

VILLAGE VOICES

NEWS FROM WEST WICKHAM & STREETLY END

DECEMBER 2023

ISSUE 247

WHEELED BIN COLLECTIONS

Wednesday 6 December Blue & green
Wednesday 13 December Black
Wednesday 20 December Blue & green
Thursday 28 December Black
2024
Wednesday 3 January Blue only

Household Recycling Centres.

For details of locations & opening hours visit:
www.cambridgeshire.gov.uk/residents/waste-and-recycling/household-recycling-centres

CHURCH SERVICES

3 December 11.00. Joint service of Holy Communion. Balsham Church
10 December 9.30. Holy Communion at St. Mary's Church
10 December 4.00. Christingle service at West Wrattling Church
17 December 9.30. Holy Communion at St. Mary's Church
24 December 6.00. Christmas Eve carol service at St. Mary's Church
24 December 11.30. Midnight Mass at Balsham Church
25 December 9.30. Christmas Day Communion at St. Mary's Church
31 December 11.00. Joint service of Holy Communion. Balsham Church

For more details visit www.grantavale.org.uk

USEFUL PHONE NUMBERS

West Wickham website:
<https://westwickham.org>

AgeUK Community Warden:
Lucy Cameron. T: 07436102865
email Lucy.cameron@ageukcap.org.uk

Granta Medical Practice / Linton Health Centre:
T: 0300 234 5555 option 3, followed by option 1 for appointments, option 2 for the Pharmacy.

DEADLINE FOR NEXT ISSUE TUESDAY 12 DECEMBER

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The Village Voice is sponsored by West Wickham Parish Council and delivered free to all households in West Wickham and Streetly End. The views expressed herein are those of the contributors.

WEST WICKHAM WHATSAPP

<https://chat.whatsapp.com/HKPfGfF5U3s8kq2HHtakDr>

Join our WhatsApp Community by scanning the QR code within WhatsApp, or follow the link above, and join in one or more of the groups below or start your own to share a common interest with other community members.

- Announcements
- Village Shouts/Asks/Wants
- Village Hall Events
- Art Club
- Weekly Dog Walks



You will always be a member of Announcements. It is the community group.

Disclaimer: The Parish Council are not responsible for any content posted on any groups within the community other than within the "Announcements" group.

COFFEE MORNINGS IN THE VILLAGE HALL

Our next Coffee Morning on Thursday 14 December will be a festive affair with mince pies, cake and no doubt other treats to get you in the mood for Christmas. Do come along from 10.30 and join your friends and neighbours in the Village Hall. All are welcome. If you would like a lift to or from the Hall, please give me a call and we can arrange it.

Thanks to the donations you made for refreshments last month, we were able to donate £48 to the Royal British Legion's Poppy Appeal. In December we will be supporting Crisis, the homelessness charity.

Sue Thurston. Email: mail@suethurston.co.uk, T: 897811

HUB NIGHTS

These have been going now for several years, and have proved very popular. The original idea was to provide a venue to socialize, with a bar (as we no longer had a pub), somewhere with a nice atmosphere to meet friends and neighbours in the village. It's a great way to meet new people if you have just moved to the village, or somewhere to meet up regularly with friends.

We don't always make a profit, let alone break even, but we give £50 away each month to charities chosen by our regulars. We always support Children In Need, the Royal British Legion and any World Crisis Appeal. Do come along, we are a friendly bunch (and we always welcome help behind the bar). The next Hub Night will be on 23 December. We will then have a short break and hope to be back next March.

Di, Nicci and Ian

★ HUB NIGHT! ★
WEST WICKHAM VILLAGE HALL

NEXT DATE: **23.12.2023** 7PM-11PM



FROM THE VICARAGE

It's that time of year! Advent and the approach to Christmas, when there is so much to look forward to in our parishes: Christmas fairs; Christmas concerts and services; carol singing and more besides, all of which I really enjoy! Yet whilst Christmas decorations may arrive in the shops in early November, it can still be good to keep a balance between the waiting and preparation associated with Advent and the festive atmosphere throughout December.

Savouring the waiting and preparation can seem like a counter-cultural pursuit. Sometimes we may be encouraged to cut to the chase and get what we want straight away, as though there is nothing worth waiting for. Advent dares to defy this. Even something as simple as an Advent calendar or candle may remind us that Advent traditionally is a time of reflection and preparation for the joyful celebration of the birth of Christ.

The more hectic life may become, perhaps the more important it is to set aside time for stillness and reflection. This in turn may help us appreciate more deeply the good we may see in each other and the world around us, despite the trials and tribulations we may experience or hear about in the news. It may help us notice, name and celebrate gift, generosity and expressions of love.

Gift, joyful celebration and an instinct for seeing the good, also point towards the deeper reality of the Christmas message and the story of Jesus' birth. Beautifully strange news which offers hope, joy and new life. A child, born in humble circumstances, is the Christ child who is greeted, as Luke's gospel says, as "Saviour, who is the Messiah, the Lord". Good news conveyed by these simple words, which invite a lifetime's reflection: Jesus is "Emmanuel, which means, 'God is with us'".

At this time of year then, we may be reminded that, however busy or testing our lives may become, the most important, life-changing good news we could ever hear is being proclaimed in the stillness and joy of our Advent and Christmas celebrations. Good news worth responding to, celebrating and sharing, and which can shape the way we live not only during Advent and Christmas but in all the times and seasons of our lives.

Revd Iain McColl

VILLAGE HALL SOLAR PANEL APPEAL FUND UPDATE:

A big THANK YOU to all those who have so generously donated to the solar panel appeal fund for the Village Hall. As of 16 November the fund has received £15,317.39 in public donations and grants, including interest, leaving us £4,753.73 short of our £20,071.12 final bill (which was a little less than we expected). If you have not already contributed, all donations are gratefully accepted.

Donations can be made by cheques payable to "West Wickham Parish Council" and posted to The Parish Clerk, West Lodge, 88 High Street, Balsham, CB21 4EP, as well as online. For online contributions to the Appeal Fund, [REDACTED]

Please include "PV Appeal Fund" on the rear of the cheque or as the reference for online banking. Should there be any excess, this will be donated to the running of the Village Hall.

Alex Schuilenburg, Chair, West Wickham Parish Council

NEWS FROM THE PAST

Cambridge Independent Press
30 December 1865

WEST WICKHAM – The Rev. J. de Fraine, incumbent of West Wickham (sic), makes the following appeal in the columns of the *Star*, on behalf of the poor village in which he resides: - "West Wickham is one of the smallest and most neglected villages in Cambridgeshire. It has a population of 600, nearly all agricultural labourers, and their families; the land is principally the property of the Earl of Hardwicke, who is lord of the manor. There is no resident clergyman, no day school, no improvement societies of any kind. I came to live here last March; and am doing what I can to remedy the neglect spoken of, by occasional addresses, a class for young men, and the distribution of attractive literature. There is a great deal of poverty. Two or three of the farmers are very charitable; but of the rest I would rather say nothing. Yesterday I called on several of the poor. Amongst them was an old man eighty five years of age, quite blind and deaf. His daughter, who takes care of him, is a widow, with a small allowance from the parish: and she makes shirts for an 'establishment' in the neighbouring town at 2s 3d a dozen! In another house I found an old woman, over eighty, very ill; and her husband the same age; in another an asthmatical man, seventy-nine; in another two crippled children – one, an interesting boy, who will lose his leg. In a cottage opposite my house a woman was confined this morning. They had no fire till I sent coal over. The calls on me are very numerous, and if any of your readers will help me by the smallest donation, will be thankfully received, and I am sure will do much good.

John de Fraine was neither a reverend nor the incumbent of West Wickham. The misunderstanding arose, which he was quick to correct in the next edition, because he was renting the Old Vicarage (incidentally from the Earl of Hardwicke) and assumptions were made. John made his living travelling around the country lecturing on temperance and other social issues. In 1862 he married Ursula Traylen who was born and raised in West Wickham where her father, James, was publican and farmer at the White Hart. For the first three years of their marriage they lived in London before moving to the village where they remained for the rest of their lives. The appeal above was the first of many. For at least the next forty years, John raised money to give a Christmas party to all the children, a tea for the elderly and after he built his Mission Hall in 1871, a supper for the young men and women who attended his Bible classes. There were presents for all. In the early days these were of a practical nature such as warm scarves and gloves but later on the elderly were given coal, tea, sugar and a little money while the young received books.

The next meeting of the Local History Club will be on Monday 11 December at 7.30pm in the Village Hall when we will be enjoying seasonal refreshments and some historic films. All welcome.

Further details from Janet Morris.

T: 290863, Email: jmmorris@jmmorris.plus.com

★ **HUB NIGHT!** ★
WEST WICKHAM VILLAGE HALL

NEXT DATE: **23.12.2023** 7PM-11PM



MY EARLY DAYS IN WEST WICKHAM Pt 1

When I was a boy there were three places of worship in the village: the Methodist Chapel, St. Mary's Church and the Salvation Army. My mother asked me which church I wanted to go to and I said the Salvation Army, a decision which shaped my life.

When I was six I joined the singing company (junior choir). The Commanding Officer at that time was 2nd Lieutenant Leslie Condon, who had just completed his officer training. He later became a Major, well known as a great composer and a great EB bass player in the international staff band of the Salvation Army. He wrote this in my autograph book - "music is the gift of God" and signed it. Unfortunately, the autograph has now been lost.

When I was seven I started to learn the cornet. The Bandmaster, Aubrey Dockerill, started teaching four of us, me and three girls. The girls started learning to play their instruments but I was still struggling to learn my scales. Eventually, I mastered them and started learning how to play. In the Band I usually sat next to the Corps Sergeant Major (CSM), Wilf Mayes, who played the BBB bass. When I got a bit older I played the bass drum when the drummer was absent.

One Christmas time I was asked by the Headmistress if I would bring my cornet to school and play some Christmas carols. Another time the parents of my friend, Nicholas Munby, took me to Cambridge to see the pantomime "Mother Goose" with the Dame being played by the late Cyril Fletcher. I was one of the lucky children to be called on to the stage by him. Musical instruments started to be handed out and I thought I would be able to show how I could play but they ran out before my turn came.

Playing Christmas carols with the Band was my favourite time of the year. Most weeknights in December we would play carols in the surrounding villages and farms. As there were no street lights in any of the villages, a paraffin lamp attached to the top of a broom handle was used. I travelled in the Bandmaster's car with the lamp between my feet. When I got older I carried the Corps Sergeant Major's bass, little knowing that in the future I would be playing a BBB bass in an RAF band.

Quite often we would be invited into someone's house for a cup of tea and mince pies. While we were outside one house in Horseheath the occupants were on the phone to America and the Band could be heard over there. On another occasion when we were playing in Horseheath the valves on my cornet froze up. Our village Postman, Charlie Atherton, lived in Horseheath so I went to his house to thaw them out.

The highlight of Christmas carolling for me was going to Newmarket on the last Saturday before Christmas. We played beside the Christmas tree at the top of the High Street. After we had finished playing we crossed the road for a wander round Woolworths followed by tea in a fish and chip restaurant before going to Newmarket General Hospital to play carols round the wards.

Every Christmas Eve we would go carol playing round West Wickham - it was smaller then. This was until one Christmas Eve when everybody's instruments froze up just after we had started so it was decided to go round the following morning. After that, it became the tradition to go round the village on Christmas Day playing Christmas carols.

Graham Hopwood



The Salvation Army playing outside the former shop, 1980/90's.

VILLAGE FOULING

We live in a lovely village within a beautiful countryside which many of us enjoy while walking our canine friends. While the majority of dog walkers are responsible, there are unfortunately a few inconsiderate and selfish ones in West Wickham who do not **bag and bin** their dog's faeces, leaving these little (sometimes not so little) mines on footpaths, pavements, verges, driveways and even on doorsteps. Yes, really!!! Apart from being anti-social and a health risk, it is generally an offence for anyone in charge of a dog to allow it to foul unless they clear it up. Dog faeces are associated with various diseases including *Toxocara canis*, which is a roundworm that can cause stomach upsets, throat infections, asthma and in rare cases blindness.

Unfortunately, some public footpaths have also become littered with faeces, sometimes dead centre and sometimes on the edges of footpaths, spoiling the countryside for everyone. It is not acceptable to leave your dog's faeces on or within a yard of the footpaths - people have to step off the footpaths to let others pass - and the majority of land-owners over whose land these footpaths run would also prefer you **bag and bin** the poo.

The village has 4 bins into which poo bags may be deposited, so there really is no excuse. There is a Topsy bin (covered) at the T junction at the bottom of the High Street, with another by the playground at the Village Hall, as well as two open bins: one on the verge outside 12 High Street, with the other on the verge outside 78 High Street. While all are well used by responsible walkers, the Parish Council are looking into installing additional bins in areas which are more problematic, as well as at the start/end of public footpaths, along with signs as reminders.

The Parish Council have received numerous complaints, along with CCTV, doorbell footage and photographs of the offenders caught in the act, and will be taking action. *To offenders: Do not be surprised if you receive a Community Protection Notice Warning in the post from South Cambridgeshire District Council. These will be followed up by a formal Community Protection Notice, along with a fine up to £1,000 and a criminal record if you continue to offend.*

If you spot an offence, you can report it to env.health@scambs.gov.uk or on their website at www.scambs.gov.uk/recycling-and-bins/report-or-request/report-environmental-issues.

Lastly, a very big **THANK YOU** to responsible walkers who pick up the dogs mess of offenders along with their own dog mess. Without you, the problem could be a lot lot worse. Please, **BAG IT, BIN IT.**

Alex Schuilenburg. Chair, West Wickham Parish Council

WEST WICKHAM AND DISTRICT GARDENING CLUB PHOTOGRAPHY COMPETITION 2024

Building on the success of the 2023 Photography Competition, we are pleased to announce the categories for 2024.

The competition is run by the Gardening Club and open to all villagers in West Wickham and the district to share their images of nature and have some fun at the same time. We also have a photography class exclusively for children this year and we hope this will inspire families to take some photographs together.

The Club is currently exploring new formats for the Annual Show and we'll be making further announcements in the New Year. So, pull out your phones or cameras and use your imagination to capture the world around you!

Children's Class (age 15 and under)

My World and Me. Show us your three favourite pictures of nature from the past year. These could be anything from some amazing scenery on a walk or holiday to a picture of a tiny insect you've spotted: the choice is yours!

Adult Classes

It's a Small World. Take a closer look at the world in miniature to capture antics in the insect world or an intriguing pattern on a flower or animal. We'd love to see how you view this small world in a different way.

The Changing Landscape. We are all aware of the impact climate change is having on a global scale and this class has been included so that villagers can share how it is affecting their own world. It could be a parched or flooded scene or simply a plant flowering in the mildest of winters. Whatever embodies this changing world for you, we'd be fascinated to see.

My Garden Palette. This class is an opportunity for you to share your garden successes with us. The image could be a container you are particularly proud of, a full summer border bursting with colour or even sensuous swathes of grasses in a dry garden. Just capture the scene from your favourite spot and share it with us.

We are publishing these details now so that you can enjoy looking for images as you take winter walks, work on the last garden tasks of the year or go on travels further afield. The photography competition is very inclusive and we hope you enjoy taking part in 2024.

Sally Collins. Email; photo@westwickham.org

WEST WICKHAM & DISTRICT GARDENING CLUB
Monday 18 December, 7.30pm in the Village Hall
Christmas social and the opportunity to make
Christmas decorations

STREETLY HALL BIO-DIGESTER PLANNING APPLICATION

There was a well attended meeting on Saturday 18 November when Christopher Covey outlined the plans submitted to the County Council for planning permission and answered questions from various Parish Councils and members of the public.

This is a reminder that you have until Wednesday 6 December to send the County Council your comments on this proposal. To see all the documentation and fill in a comments form visit tinyurl.com/Streetlyhall. Please note that you need to register with the County Council to comment. The form to enable you to do this can also be found via the tinyurl link.



Come along to our festive monthly
**COFFEE
MORNING**
in West Wickham Village Hall
THURSDAY 14 DECEMBER
FROM 10.30

SELECTION OF TEAS & COFFEE
VARIETY OF FESTIVE TREATS
MORE INFORMATION FROM
DI LICENCE (290434) &
SUE THURSTON (897811)
Call us if you need a lift

PETER AND RUTH LLOYD TRUST AWARD 2024

We are pleased to report that the Trust presented the 2023 Award to Emily Jackson, from Weston Colville. Emily is now at Birmingham University undertaking a Masters Degree in Nursing. Very well done!

As always it was a pleasure for the Trustees to meet such enthusiastic and interesting young people from our locality during the selection process

We are now inviting applications for pupils starting university next September. Normally one scholarship is awarded each year to the amount of £1000.

Broadly speaking the degree course should be from one of the following: Architecture, Engineering, Geography, History, Law, Mathematics, Sciences, Education, Medicine, Nursing and Veterinary Medicine. The applicant should be living in one of the parishes bordering the old RAF Wrattling Common airfield including West Wickham. The Award is intended to be of assistance in the purchase of books, materials, equipment etc. The final decision and award will be made immediately after 'A' Level results & University offer are confirmed.

For further information about the Trust and Award please contact: Jonathan Drury, T: 290087

For an application form please apply via email to: peter.ruthlloydtrust@sky.com. The application form and supporting documents must be received at the latest by 2 April 2024



★ **HUB NIGHT!** ★
WEST WICKHAM VILLAGE HALL

NEXT DATE: **23.12.2023** 7PM-11PM

WEST WICKHAM VILLAGE HALL HUB VILLAGE NIGHT

NATURE NOTES

Richard Adams had a shock the other day. He was in his shed and suddenly was aware of a small striped head looking at him, keeping still long enough for him to take a photograph. The conclusion is that the animal was a **ferret**, in which case we feel that it must have belonged to someone local. Our other thought was that it may have been a polecat, but these normally have a more uniformly dark face and are mainly restricted to Scotland. Whatever, this member of the mustelid family deserves a place of honour in nature notes as it had presumably been living in the wild for some time. If he makes another appearance or his owner is found, we will let you know.

Although fruiting bodies of **fungi** can be spotted all the year round, the autumn months are the time when they seem to be most prolific. Mushrooms can be delicious, but they can also poison you, cure you, feed you or give you visions. We need to know what we are looking at and regrettably most of us find it difficult to distinguish between the many varieties, so we need to be cautious. There are a lot of them around this year, perhaps because of the damp conditions and I have seen some fine examples of **shaggy inkcaps**, **parasol mushrooms** and **puffballs**, all of which are edible if picked when young. As the inkcap ages, the gills blacken and liquefy and the 'ink' can be used, but how many inkcaps you need to write a letter, I couldn't say. I have never personally eaten any of the above, but I picked some field mushrooms recently which I ate and lived to tell the tale. Although the fruiting bodies are the visible embodiment of fungi, which are there primarily to disperse spores, we must remember that the life of a fungus persists out of sight either underground or on other living or dead things. Fungi are a vital part our ecology and one of them, yeast, is the foundation of human life both within and outside our bodies.

Last month I commented that the leaves on the trees were slower than usual in changing colour and falling to the ground but the transformation has now begun in earnest. The changing colour is caused by trees cutting off essential chemical supplies to the leaves, a process called **abscission**, which results in a magnificent display of colour before the leaf is severed from the tree and falls to the ground. A few days of strong winds has accelerated this process so now there are plenty of leaves on the ground which will be broken down by bacteria and fungi to become humus and provide nutrients for the benefit of trees and other plants. The Nature Notes recommended reading list on trees and fungi are *Read a Tree* by Tristan Gooley and *Entangled Life* by Merlin Sheldrake.

An update on the expected arrival of **fieldfares** and **redwings** is that at the time of writing they are still awaited in any significant numbers. Redwings are known to migrate under cover of darkness calling softly while fieldfares are less secretive about their movements. Once they arrive the two species can quite often be seen together but the fieldfares are bigger and noisier with their chuckling and chattering sounds. Watch out for them in flocks on the fields or perching in groups in the hedges.

There have been sightings of a bird of prey with white on its tail. Could it be a **hen harrier**? If anyone sees it, let us know.

Please send your nature sightings to:
Peter Grieve. T: 01223 897811, E: mail@petergrieve.co.uk
Di Licence. T: 290434, E: dianarubylicence@gmail.com

GARDEN HISTORY – WITH LALA

Linton Area Learning Alliance (LALA) starts a new 10 week course called **The History of Herbs & Herbals, Physic & Botanic Gardens** on Tuesday mornings from 9 January. We meet in Linton Village Hall, Coles Lane, from 10.00 to 11.45 and we are pleased to welcome tutor Andrew Sankey once again.

Andrew describes the course as exploring the history of herbs in relation to how they were grown. Beginning in the medieval period we'll assess the importance of herbs. We'll look at famous herbals, eminent herbalists, and how the first physic gardens evolved into the botanic gardens of today. You'll find out how to make a nosegay, the truth about the screaming mandrake root and which poisonous herbs enable you to fly a broomstick!

Please contact me for more information. Cost for the 10 weeks remains at £50 and includes a coffee break.

Sue Mudge
T: 01223 892737, Email: mudges.linton@btinternet.com

SOLSTICE KINDNESS

As we head to the winter equinox some of us will be revelling in our jumpers and curling up in a duvet or in front of the fire. However for others this time of year provokes a sense of unease and dread in relation to shortened days, less light and feeling low. Kindness can help us ride the seasons and our own ups and downs.

Self kindness is a skill that many have lost. It is strange how many of us have an internal voice that is harsher to ourselves that we would ever be to friend or loved one. What you may not realise is that the brain can't distinguish between us and a nasty friend / threat and we can end up in a state of fight / flight, where we feel stressed and anxious. Talking to ourself as if we are talking to friend can help reduce this. It helps us to feel better, both emotionally and physiologically, increasing the production of chemicals that soothe and reassure us. This balances the stress chemicals, enhancing our ability to manage stress and boosts our immune system. These effects also occur when we are kind to others and when we notice other people being kind to each other. This may feel hard in a world where bad news is often focused on and shouted louder.

Self kindness can also take the form of self care. Making time to do the things we enjoy, or doing the day to day grind in a way that feels less burdensome, having a boogie as you Hoover, or listening to music instead of the news on the way to work. Dark nights are a time of rest and hibernation for much of the natural world, balancing the energy and activity of summer. So be kind to yourself, and if you would like links and more information please get in touch.

Laura Hawksley, Biodynamic Massage Therapist and Scar Worker. Email: laura.biodynamic@gmail.com

BENEFICE 'MOTHER JULIAN OF NORWICH' GROUP

This Group meets monthly on either the second or third Wednesday at 7.15 pm at Nine Chimney House, Balsham, the home of Joanna Sanders. We finish around 8.30 pm.

We read one of Mother Julian's readings from Divine Love and then have half an hour's meditation followed by the rereading from Mother Julian and then time for a chat over a glass of wine. At the moment we are a fairly small group but anyone who would like to join us would be very welcome.

Joanna Sanders, Email: sanderschimneys@uwclub.net

LINTON VILLAGE COLLEGE NEWS

Sixty-nine Year 9 and 10 students from Linton Village College spent the Remembrance weekend on the Battlefields trip in France and Belgium. The trip gave students the opportunity to explore trench lines on the Western Front that had been preserved since the end of the First World War whilst guides talked them through how disease, infestation, and poor sanitation was rife.



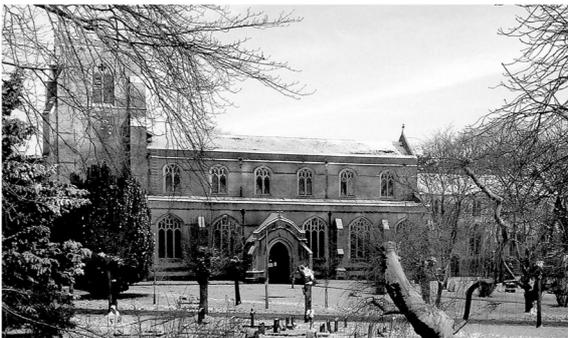
At 11 o'clock on Armistice Day, students had an incredibly special opportunity to mark the 105th anniversary of the end of the First World War at a graveyard in the Somme Valley that was dedicated to men in the 36th Ulster

Division, many who died in the very first hours of the Battle of the Somme on the 1 July 1916. Pupils visited a number of other memorials, including the memorial for unknown soldiers at Thiepval and the Newfoundland Memorial Park.

Some students were fortunate to be able to visit the sites of some of their ancestors who gave their lives during the fighting on the Western Front in the First World War and whose graves we visited on the trip on personal pilgrimages. Lucy, in Year 9, visited the grave of one of her great great grandfather's brothers who died in Ypres at the age of twenty seven.

Meanwhile, Thomas in Year 10 discovered that one of the tour guides is an expert on his ancestor who was awarded the Victoria Cross, the highest military honour in the British Army, for his gallantry and bravery in the First World War. It was a very special and poignant extra-curricular event that staff and students gained a great deal from.

Helena Marsh, Principal



BALSHAM SINGERS
present

**A WONDERFUL AFTERNOON
OF CHRISTMAS MUSIC**

Directed by JOHN CLENAGHAN
& Accompanied by RALPH WOODWARD

Holy Trinity Church Balsham
Saturday 16th December
at 4pm

Come and get festive!
Win a superb Christmas hamper
in our raffle!

Tickets £12, Under 16s **FREE**, to include refreshments.
Available online at www.ticketsource.co.uk/balshamsingers
Also available from Balsham and Abington Post Offices

MEADOW SCHOOL NEWS

We now find ourselves wrapped in the cosy embrace of colder weather here at The Meadow. This past month has seen plenty of opportunities for us to come together to celebrate our collective and individual achievements as well as commemorate and remember important parts of our history.

Honouring Remembrance Day: A Schools' touching tribute.

On the playground, where laughter and noise usually echo through the air, stood a solemn and poignant sight this Remembrance Day. All children and adults at The Meadow came together in a touching tribute that showcased their reverence for those who sacrificed their lives in service.



In a tradition that has become a cherished part of the school's Remembrance Day commemorations, children gathered around a giant poppy clutching their pennies. After the 2 minutes silence, the children approached the poppy, respectfully placing their money upon it. They understood that these pennies were not just a collection of coins but a collective token of respect, a gesture of remembrance for those who had given their all.

Celebrating Stars amongst us:

Every week at The Meadow, our assembly hall transforms into a stage of recognition. These weekly gatherings are a celebration of the unique talents, progress and endeavours that make our school community shine. Whether it's a child mastering a new skill, showing resilience in overcoming challenges, or simply displaying remarkable growth, every achievement is a star in our constellation. We are incredibly proud of all the achievements of the children in our school and this celebration reinforces our ethos that every child is respectful, caring, and passionate about learning and trying our best.

Calling All Volunteers:

We invite individuals to become part of our school community. Your role would involve spending just a few hours a week listening to students as they read aloud. Your presence and support can significantly impact their confidence, fluency, and enthusiasm for literature. No special qualifications are needed, just a willingness to listen, encourage, and engage with our young readers. If this is something you think you can commit to, please get in touch with our English Lead and Deputy Headteacher, Mrs Butcher via our school office. Email address: office@meadowprimary.org or phone number: 01223 894400

Faye Facer. Assistant Head teacher

LINTON LIBRARY NEWS

We wish you all a Happy Christmas! We have lots of Christmassy books for all ages to snuggle up with, comfy chairs and study space if you're feeling chilly at home.

If you have some free time, could you be a Library at Home volunteer? Cambridgeshire Libraries offer a free Library at Home service to readers of any age who find it difficult to get to the library due to disability, illness or caring responsibilities. We need a local volunteer who can visit a reader monthly, bringing library books and audiobooks chosen according to the reader's preference and have a friendly chat if you'd like. For more information about becoming a Library at Home volunteer, or customer, please ask at the library, call 0345 045 5225, email volunteers@cambridgeshire.gov.uk or visit our website <https://www.cambridgeshire.gov.uk/residents/libraries-leisure-culture/libraries/advice-and-support/library-at-home-service>

Come visit Linton library in the warm this December for...

- **Storytime. Rhyme-time. Duplo-time.** 10am – 11am, every Tuesday (in term time). Stories, songs and Duplo play for 0-4-year olds.
- **Games Afternoon for adults.** Tuesday 5 and 19 December at 2pm – 4pm, meet new people and try new games (you can even bring your favourite with you for us all to try).
- **Knit and Natter.** Bring along any craft project you're working on, 2pm – 3pm on Tuesday 12 December.
- **Daylight Readers.** Our Book Groups meet on Friday 15 December, one at 10.30am and the other at 2.30pm, and always welcome new members!

The library will be shut for Christmas from Monday 25 December until Tuesday 2 January.

Ann King and Melanie Symonds,
Community Library Assistants, Linton Library.
Opening hours: Tuesday 10am-5pm; Wednesday 4-7pm;
Thursday 2-5pm; Friday 10am-5pm; Saturday 10am-1pm.
Customer Services (regular office hours): 0345 045 5225.
www.cambridgeshire.gov.uk/library

GIRLGUIDING LINTON DISTRICT

Christmas is coming and we are getting busy. Pantomime season is upon us and it will soon be time to say "oh yes you can." It is also time for Christmas fairs and decorating a Christmas tree at the village Christmas tree festivals. Our District went away to Blackland Farm for a few days in October. Once there they took part in a host of different activities. (See the Brownie report). They have also planned lots of exciting activities for next year. Two of our leaders have gained their going away licence and a third took their licence on the Blackland Farm trip. All our amazing leaders are volunteers and give their time and energy freely which gives the girls the opportunity of trying new challenges, having lots of adventures and helping them know they can do anything.

We are always on the lookout for help and are in need of someone to help lead our district. We are in very exciting times, so if you would like to find out what we do please take a look at our website. www.girlguiding.org.uk/ interested

If you are interested in the Trefoil Guild and are 18+ you can join in the fun visit <https://www.trefoilguild.co.uk/> Linton is the most incredible district, full of friendship with the most amazing, wonderful, dedicated leaders, Young Leaders and dozens of awesome girls.

Louisa, T: 07711 614 328

1ST HORSEHEATH BROWNIES

What a busy term we have had. We have been working on the "take action" theme and concentrating on the 'Make Change' topic. This was the first skills builder we completed when the change in programme happened in 2018/2019. Where has that time gone? We've completed all six themes and both topics in each theme. We have made monsters out of recycled materials, we've listened to the noises made by nature and tried to recreate them, and we've also made an impact-o-meter where we showed how we are being environmentally friendly to the world but also being helpful at home by not being wasteful with resources e.g. turning off the light when you leave the room

At the beginning of half term several Brownies travelled down to Blackland Farm near East Grinstead for a residential (a large Brownie holiday) with other Brownies, Guides and Rangers from Linton district. The girls took part in crate stacking, climbing, bungee trampolines, pasta making, crafts and not sleeping! We all had a great time and thank Maya from Linton Brownies and Guides for organising this for us. We had a great adventure.

We are halfway through Brownies Go Explore challenge badge. The girls have made hedgehog cupcakes, paper plate elephants, paper aeroplanes and helicopters, plus we've played parachute games and will be learning how to tie a friendship knot in a neckerchief, a skill that could be used to tie any neckerchief or scarf in the future. At the end of term we will be taking part in the Christmas Tree Festival at Horseheath Church. For our tree we will be making clay ornaments, and the Brownies will be making extra so they can take them home to decorate their own tree.

If you have been intrigued by what you have read about the Brownies and you have a 7-year old girl, or older, living in your home and think she might like to join us, then please email me on horseheathbrownies@gmail.com or register her on www.girlguiding.org.uk/information-for-parents/register-your-daughter and I'll get in touch. Also, if you have a daughter who is 5 years old, she could be a Rainbow or if she is over 10 years old then she could be a Guide. We have units in Linton that have spaces that they could join. Email me for more details.

Pauline, Katie and Gemma
Email: horseheathbrownies@gmail.com

STAY STEADY ON YOUR FEET WITH NEW FALL RISK CHECKING TOOL

Cambridgeshire County Council has launched an online fall risk-checking tool to help you understand your risk of falling and simple steps you can take to stay active and independent.

From the age of 65, the risk of having a fall increases but many are avoidable. The new tool, Steady on your Feet, is aimed at those who haven't previously had a fall but would like to understand what they can do to prevent this happening.

Steady on Your Feet is easy to use, asking a short series of questions to help understand any individual risks you might have and providing an action plan to keep you active and independent while increasing your confidence and reducing the risk of falling. You can fill it in yourself, or ask a family member or friend if you need extra help.

Suggested steps to prevent a fall might include arranging an eye or hearing test, increasing your activity levels and eating a balanced diet, or even looking after your feet and making sure you wear supportive footwear with non-slip soles.

For more information and to use the risk checker, go to www.steadyonyourfeet.org/cambridgeshire

GRANTA Medical Practices

Please find below details of when our surgeries will be open over the Christmas and New Year break.

Make sure that you order your repeat prescriptions in plenty of time to ensure that **you do not run out of your medication** over the holidays. The table below shows you when you will be able to collect your prescriptions, depending on the date you place your order.

Date	Opening hours	Repeat prescription schedule
Friday 22 December	Open as usual	Place order today, pick up Friday 29 December
Saturday 23 December	Open for pre-booked appointments only (Sawston)	Place order today, pick up Tuesday 2 January
Sunday 24 December	Closed	Place order today, pick up Tuesday 2 January
Monday 25 December	Closed	Place order today, pick up Tuesday 2 January
Tuesday 26 December	Closed	Place order today, pick up Tuesday 2 January
Wednesday 27 December	Open as usual	Place order today, pick up Tuesday 2 January
Thursday 28 December	Open as usual	Place order today, pick up Wednesday 3 January
Friday 29 December	Open as usual	Place order today, pick up Thursday 4 January
Saturday 30 December	Open for pre-booked appointments only (Sawston)	Place order today, pick up Friday 5 January
Sunday 31 December	Closed	Place order today, pick up Friday 5 January
Monday 1 January 2024	Closed	Place order today, pick up Friday 5 January
Tuesday 2 January	Open as usual	Place order today, pick up Friday 5 January

Don't forget, we now have the **Prescription Collection Points at Sawston, Linton and Shelford**. Sign up today via cpicb.grantadisensing@nhs.net to pick up your medication at your convenience over the Christmas holidays.

Be prepared for common health problems by keeping a well-stocked medicine cabinet at home. You can treat many minor illnesses such as colds and coughs, sore throats, and upset stomachs by having a supply of health care essentials such as pain relief (paracetamol), cough and sore throat remedies, a first aid kit, upset stomach treatment, rehydration treatment and heartburn / indigestion treatment. Having these essentials at home will not only save you time and help you feel better quicker, but will also help save the NHS much needed resources.

Your **local pharmacist** can also offer you advice and guidance on the best treatment for you. Pharmacists are available on every High Street and in supermarkets with many open evenings and weekends.

Whilst we are closed, if you need urgent medical assistance please use the NHS 111 service. If you have an emergency that poses an immediate threat to life, please ring 999.

For further information on available healthcare services, please go to www.nhs.uk or our website www.grantamedicalpractices.co.uk

Sandra East, Head of Patient Services. Email: sandra.east@nhs.net

COUNTY & DISTRICT COUNCIL NEWS

19 BUS SERVICE CONTINUES. We have previously reported that the number 19 bus service, which runs through some of our smaller villages was in danger of having its funding pulled earlier this year. Luckily, the Cambridgeshire and Peterborough Combined Authority has agreed to continue to fund the service, at least for another year. However, as use of this service is quite low, any encouragement that can be given to people to use it will go a long way to show it's a vital service that should be permanently retained.

MOBILE FOOD HUB. There is a mobile food hub that visits Linton Village Hall on Coles Lane every Tuesday between 1pm and 2pm. There is no registration required just turn up on the day. If you need any more information on the scheme, this can be found on the Hope CIC (the charity running the scheme) website - <https://hopeagainst.org/hope-cic-mobile-food-hub> or on 07474725477.

Geoff Harvey & Henry Batchelor.

BALSHAM WI

At our meeting in November the speaker was Linda Cook (and her husband Tony) who told us about their business, Turn and Burn, which makes turned wood items by Tony and decorated (including upcycled) items which Linda produces using pyrography. She told us a little about the history of pyrography and about the machines she uses and showed us a wide range of items that they produce. Members could purchase Linda's items if desired.

Our next meeting is on Tuesday 12 December and is our annual Christmas celebration. Our meeting on 9 January features a talk on the History of Jewellery by Jason Middleton.

We are a friendly bunch, and new members are welcome. We meet on the second Tuesday of each month at 7.30pm in the Pavilion, Balsham. Please get in touch if you are interested in joining us - balshamwi@gmail.com or send a message on Facebook, @Balsham WI

Debbie Mower