VILLAGE VOICE

NEWS FROM WEST WICKHAM & STREETLY END

AUGUST 2015

ISSUE 148

VILLAGE DIARY

Sat 1 Farmers Market. 9.00 - 12.00 Linton Village College

- Sun 2 Holy Communion. 9.15, St Mary's Church
- Tue 4 Blue & green wheeled bin collection
- Wed 5 Carpet Bowls Club. 7pm, Village Hall
- Sun 9 Holy Communion. 9.15, St Mary's Church
- Tue 11 Black wheeled bin collection
- Sat 15 GARDENING CLUB ANNUAL SHOW. See page 1 for details

VJ Day Benefice service. 10.00, Balsham Church

Sun 16 Holy Communion. 9.15, St Mary's Church

Deadline for items for the September issue of the Village Voice

- Tue 18 Blue & green wheeled bin collection
- Wed 19 Carpet Bowls Club. 7pm, Village Hall
- Sun 23 Family service. 9.30, St Mary's Church
- Tue 25 Black wheeled bin collection

Church

- Wed 26 Carpet Bowls Club. 7pm, Village Hall
- Sun 30 United service. 10.00, Gt Abington

September

Wed 2 Blue & green wheeled bin (day late) collection

THE VILLAGE HALL

is available to hire at the rates below, it also offers the following equipment: Badminton, Short Tennis and 3 Table Tennis tables.

Village Hall rates (for Village use).

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Sport Hire	November - March £10.00/hour.	
	April - September £5.00/hour.	
Meeting Room	day (9.00 – 19.00) £5.00/hour.	
	evening £7.00/hour.	
Main Room	day (9.00 – 19.00) £7.00/hour	
	evening £10.00/hour.	
Complete Hall	day (9.00 – 19.00) £12.00/hour	
	evening £18.00/hour	
Children's party	£30.00 daytime	
	£43.00 evening	
Adult's party/disco	£60.00	
Wedding reception	£150.00	

To book the Village Hall contact Louise Salter T: 01223 291226 Email: bookings@westwickham.org or visit www.westwickham.org

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 & DISTRICT GARDENING CLUB ANNUAL SHOW

West Wickham & District Gardening Club will be holding its Annual Show in August. Anyone can enter from West Wickham & Streetly End, as can visiting children or grandchildren. Residents from adjoining villages without a show of their own can enter, so why not encourage a friend to take part too? We hope you can be challenged into entering some exhibits or will come and see how well your friends and neighbours have done. The show schedule is inserted into this month's Village Voice. For additional copies of this or the entry form, please contact me.

There is a wide variety of classes, which we hope will interest you – vegetables & fruit, cut flowers & pot plants, classes just for children, cooking & jam making. There is prize money and cups to be won and once again a special feature in the domestic classes will be the WEST WICKHAM BAKE OFF, with an award for the STAR BAKER.

THE SHOW IS ON SATURDAY 15 AUGUST AT WEST WICKHAM VILLAGE HALL, OPENING AT 2.00pm. Tea and cakes will be available. The prize giving will be at 3.00pm, followed by an auction of produce. Exhibits can be brought to the hall between 9.30 and 11.30am.

Andrew Morris, 21 High Street, West Wickham, Cambridge CB21 4RY. Tel: 01223 290863. Email: morrisandrew203@gmail.com

WEST WICKHAM & DISTRICT LOCAL HISTORY CLUB DIG2

About 45 people took part in Dig2 over the weekend of 11 & 12 July. We opened 5 test pits – 3 in the field behind the church (Field 1) and 2 in the field on the other side of the road (Field 2). As the weather forecast for the Sunday was not good we decided to concentrate on getting 5 completed rather than risk 6. In the event, the weather was kind to us and the downpour didn't come until we were summing up and having a drink and cake in the church at the end of the weekend. Dig2 was registered as part of the Festival of Archaeology and we welcomed about 30 visitors who were also able to see our displays in the church. We were also very pleased to be joined on Sunday by our friends from Rheesearch, a voluntary group who did some more geophysical surveying for us.

Medieval pottery, some very early (and one very nice piece of Roman Samian ware), was found in 4 of the test pits -2 in each field. Much of this was in a sealed layer well below the top soil and we think this may be the result of marling (improving the soil structure of cultivated fields with waste) in the medieval period which would mean that the open fields came right up to the village. One test pit in Field 1 produced larger pieces of pottery, some with rims, indicating domestic use of this site. We need to have the pottery expertly analysed but we are now re-thinking our ideas about the development of the village around the church. Watch this space!

A big thank you must go to all who took part and supported us but particularly to Marcus & Nicky and Keith & Anita who allowed us to investigate the fields and to Mathew for taking a 'busman's holiday' to supervise.

We're thinking of Streetly End next so if you would like to dig a test pit in your garden, offer a garden or would like to help, please let me know.

Janet Morris Tel: 290863 Email: jmmorris@jmmorris.plus.com

FROM WEST WRATTING VICARAGE

I suspect that most of you do not have a detailed knowledge of modes of clerical dress, which is undoubtedly a good thing. So just take it from me that my mode of clerical dress is pretty old fashioned. In fact my wife warned me at a 2005 VE Day celebration that I was in danger of winning first prize in the 1945 fancy dress competition. So temperamentally I am not often ahead of the curve and am sticking my neck out a bit when I offer this prediction: I suspect that relations between the present Government and the Churches will not be a good one, and at times quite abrasive.

The other Sunday I preached about Lord Runcie's difficult relationship with Mrs Thatcher's 1980's government - the one about drunken Bishops for those of you who heard it. And it struck me afterwards that although Mrs Thatcher and David Cameron are two very different prime ministers, the parlous state of the official Opposition is something they have in common. Both then and now the Labour party has suffered a bruising defeat. There is an enormous amount of soul searching and introspection going on and rightly so. But the task of actually opposing the Government inevitably suffers. And politics, like nature, abhors a vacuum. In the mid 80's much of the opposition to the government came from the Church and the House of Lords. I think we might be in for a repeat performance.

One of the great defenders of democracy was a philosopher called Karl Popper. One of his arguments was that, however benign or well intentioned a ruler, there was always the law of unintended consequences. Because we can't know everything, no one can be certain of all the consequences of an individual law. Therefore it must be open to those who have been penalised by a law to be able to campaign to have it changed, particularly for those who were not meant to be penalised. All Government legislation will have losers, people who are put at a disadvantage by it. Such people are entitled to be heard (the value of democracy) and if the opposition cannot articulate their voice, then others will.

There is supposed to be a report gathering dust in the KGB files in the Kremlin saying that if the Communists take over they should get control of the Church of England, because it has a representative in every town and village in England. And it is this national spread which makes the Bishops rather more aware of what is going on in the country as a whole than you or I are. South Cambridgeshire is a very comfortable part of England. Other places, particularly but not only in the North, are not. It is absolutely right that we are made aware of these differences. Otherwise we are in danger of being like the butterfly in Kipling's poem "Paget MP":

The toad beneath the harrow knows Where every separate tooth point goes. The butterfly upon the open road Preaches contentment to the toad.

The Book of the Proverbs in the Old Testament tells us that we must *Speak out on behalf of the voiceless, and for the rights of all who are vulnerable.* That is precisely what Christ did and it is precisely what the Church is called to do. I am not saying that all Government policy is wrong or that the Bishops are always right. I am simply making a prediction about what might happen and trying to explain why it will happen. And if it does happen, remember that you read it here first.

BENEFICE VJ SERVICE

This month it will be 70 years since the Japanese surrendered unconditionally to the Allied Forces. To commemorate this there will be a Benefice Service in Balsham Church (and possibly also at the War Memorial) at 10.00 am on Saturday 15 August.

5th SUNDAY UNITED SERVICE

On the 5th Sunday of this month, 30th August, we will hold a United Service at 10am at Great Abington Church. This will be a gathering of all seven churches together and there will be no service at St Mary's West Wickham. There will be a 7 Church Choir which includes people from each of the villages. On this occasion we will be highlighting important information about the Parish Nurse Project. The preacher is going to be Professor Alastair Coles. He is the Bishop's Adviser on health and healing, a Chaplin at Addenbrooke's, as well as being a neurologist in the hospital. The theme of the service is going to be about 'Being Healing Communities'.

Harriet, a schoolgirl who is part of the Children's Church Council at Hildersham, has had an idea worth sharing. She heard a lecture about a school in Huntingdon where many children do not have books to read in their own homes. She loves reading because it helps her to, 'get away'. Her idea is that people could donate a loved children's book to their school for these children to enjoy. In return children in the school will be invited to make a bookmark. This is then not just one group being benefactors to another group, but each contributing to the other's enjoyment of reading. In the churches we thought this was such a good idea that we want to join in. We invite people to think carefully about a loved children's book to bring along to that service on 30 August.

Rev. Julie Norris

WEST WICKHAM'S TELEPHONE BOX

West Wickham's phone box has now been thoroughly cleaned, fixed, primed, and meticulously painted as originally planned. Mary Winstone, Grant Ireland and I have really enjoyed working on the revival of what used to be a very sad run down phone box.

I would like to thank the Winstone family for kindly donating all materials used on the project, to the Lucini family for looking after us with numerous refreshments and snacks, and to all who showed their appreciation while passing by.

We now move onto the second phase of the project, and in order to turn the phone box into a mini-library, we are seeking help from a carpenter/enthusiast willing to assist us with building book shelves inside the phone box. If you are interested in lending a hand, please get in touch, we'll be most grateful for your kind help.

Perla Arteaga, Email: perla.arteaga@gmail.com

AUTUMN CONCERT HOLY TRINITY CHURCH, BALSHAM

Our 5th Autumn Concert will take place on Saturday 10 October at 7.30 pm. We expect to be able to hold the ticket price once more to adults £10.00, children free, including interval refreshments. Further information will appear nearer to the date. Linda & Michael Gorman, T:290653

John Fellows

NEIGHBOURHOOD PLAN – PROGRESS

All the responses and comments from the Neighbourhood Plan Survey have now been summarised and circulated to the Parish Council. The results indicate a very positive support for having a Neighbourhood Plan and have provided wide range of topics which people would like to be considered.

The main benefits of having a Plan are to have some official input into how development is implemented in the Parish and allow the Parish Council access to a higher level of funding from the Community Infrastructure Levy. The Survey results are being put on the Village website at www.westwickham.org

The results are contained in two Excel[®] spreadsheets, one contains all the answers to questions with Yes/No answers and statements of facts, each individual's response is recorded and these are then summarised in a single Summary table. The second one contains all the comments and suggestions people have made in response to questions requiring a written answer. To help in determining what are peoples' main concerns, the comments have been summarised into common topics alongside the written comments.

The website also contains two maps, one of Streetly End and one of West Wickham, these show the answers received to Question 13 where people were asked to indicate on a map where they felt that development could take place. The answers have been split into separate areas and the number of "votes" for each location are shown. Although the questionnaire asked for suggested sites to be kept within the present villages' extremities, this did not inhibit people from expressing their ideas for alternative sites!

The Parish Council will study the results and complete an Application for Neighbourhood Area Designation for submission to South Cambridgeshire District Council (SCDC). To complete the application we have also had to identify all the businesses and landowners within the Parish and obtain their addresses and email addresses. This will enable SCDC to contact them during the consultation period and ensure that they are fully consulted in all stages of a Neighbourhood Plan process. Once the Parish Council have submitted the Application with its supporting documents the Application will be subject to a consultation period of 8 weeks during which it will be reviewed by the Planning Authority.

If the Application is successful the next stage will be to appoint a Working Group who can use the information from the Survey to produce a set of "Policies" which will outline the expectations of the residents. The development of the Plan must comply with the Local Development plan for South Cambridgeshire which has not yet been formally approved. This process will involve close support and advice from various bodies with expertise on Neighbourhood Plans such as Cambridgeshire ACRE and the District Council itself.

We appreciate that not everyone will have access to the internet to view the Survey results on-line so following the Parish Council's Application being submitted we will have all the results available for inspection at an event in the Village Hall.

A Summary of the Survey Results

Number of Survey forms returned People wishing to have housing in the Parish Reasons for not finding suitable houses	253 7 Non-availability/Cost/Size
People wishing to downsize	7
Reasons for not downsizing	Non-availability/Cost/Size
Suggested siting of additional housing	Adjacent to Existing houses 136
	Brownfield sites 99
	Greenfield within the village 64
Support more Village Hall Amenities	190
Computer Users	222
Internet Users	199
Feel broadband is inadequate	197
Support having a telephone mast	151
Against having a telephone mast	83
Support having a Neighbourhood Plan	231

Thank you to everyone who provided responses to the Survey and for the very positive support you have shown, including those who have expressed concerns on future development that will need to be addressed if the Plan is allowed to progress.

Trevor Hall

NATURE NOTES

Star sighting of the month came from Sue Harrow and all the children in the Daisy Chains Pre-School. Two privet hawk moths were resting on the picket fence at the back of the Village Hall. If you have never seen one of these impressive creatures, they are our largest resident moth with a 10 to 12 centimetre wingspan. Wings closed they are a mottled brown colour, but when opened, a distinctive pink and black barring on the body and hindwings is revealed. It is a night flying moth but does apparently have a tendency to rest on fences during the day. The wow factor is high.

Sue Kiddy also contacted me about an moth sighting -a hummingbird hawk moth on her catmint and valerian. This moth is equally impressive as the privet, although less than half the size and because it flies during the day is more frequently seen. Di reports seeing several six spot burnets on the black medick (which has yellow flowers) in the wildlife area next to the allotments.

Still with moths, I was sorry to disturb, when mowing the lawn, an orange underwing and even sorrier to find two dead ones in the church when we were being debriefed on the Village Dig last Sunday. Moths mostly fly at night, but there are many more species than butterflies and they are vital sources of pollination for many plants, which are adapted to attract night flying insects, so we should treasure them. (Except those devouring our carpets.)

July and August are the big butterfly months too. Di comments on meadow browns on the hogweed, speckled woods in the entrance path to the allotments and a common blue in the wildlife area. Small tortoiseshells and large and small whites have been plentiful and up our end of the village, small skippers have been in evidence, showing their usual preference for purple coloured flowers. The dark brown ringlets are also constant companions alongside the footpaths.

Birds at this time of year are traditionally quieter but this doesn't apply to all species. Up at Manna Cottages they've been hearing a song thrush in full voice and yellowhammers continue to sing from the telegraph wires and at the tops of trees. Di reports that several little owls have been seen at Bryn's Barn, in the Churchyard, and behind Maypole Croft, regularly calling in the late afternoons. Belatedly I have heard from Margaret Johnson and Sue Kiddy about cuckoos being heard from Balsham Wood and near Yen Hall in June. Potentially the most interesting bird event was the fatal collision of a lesser spotted woodpecker into the rear window of Wickham House. However bird nerds tend to require photographic and DNA evidence for this rare sighting and the body is no longer available. LSWs are also said to have been seen at Manor Farm, so any further sightings would be interesting.

Di has been on the coast, seeing families of Canada geese and of shelduc, plus the long-legged soft downy chicks of oystercatchers and ringed plovers, camouflaged against the sand and shingle so that they are impossible to see. Another highlight was watching gannets feeding. These big white birds with black wingtips and yellow beaks fold their wings back when they dive and enter the water like an arrow.

Last word is for an Imperial couple. A male and female emperor dragonfly were seen together on the pond at the back of the church on Big Dig day. Ovipositing was in progress.

Peter Grieve. T: 290503, Email: mail@petergrieve.co.uk

MAGPIE CHALLENGE

Some months ago after seeing a large quantity of magpies together I issued a challenge to everyone to extend the rhyme: "One for sorrow, two for joy, etc".

Tony O'Mara came up with this rather dark version, which has Da Vincian and Rossinic overtones

Eight for Death, Nine for Life, Ten for Blood, Eleven for Strife, Twelve for a Tiding, Thirteen the Meal Quattordici la ladro, Who dared to steal?

I'll try and make sure I don't see any more than seven magpies together in future.

Peter Grieve

SUMMER QUIZ

This summer's quiz is the usual set of ten cryptic clues. Among the answers there are two mammals, a tree, a butterfly, a bird, a reptile, a crustacean, a flower, an arachnid and a fungus. Relax and enjoy it. Most of these living things, although not all, have been seen in West Wickham. Answers to me by 31 August please.

- 1. Ghosts run haphazardly, haunting initially. (4,6)
- 2. Particle came first. Trees hide it proverbially. (8,4)
- 3. Police informant charmer's subject. (5,5)
- 4. Sound of sheep or second person. (3)
- 5. Danger! Pride's hurt. (6,6)
- 6. Do Royal Marines use nothing in front? (8)
- 7. Organ and church conceal animal doctor. (6,5)
- 8. Count table out. (7,3)
- 9. Travel by air, with a cigar exploding. (3,6)
- 10. Vulgar! Do low manoeuvres lead to river? (6,9)

Peter Grieve. T: 290503, Email: mail@petergrieve.co.uk



LINTON HEALTH CENTRE AND SAWSTON MEDICAL PRACTICE Working towards a merger of the two partnerships in April 2016

The partners of Linton and Sawston practices have taken the decision to work towards merging the two partnerships in April 2016. Both Sawston and Linton are strong practices, very well respected in the local health community, and the merger will build on that strength and ensure that both sites can continue to provide the best possible service for patients in the future.

The spotlight was certainly focused on the NHS and GP services during the recent general election campaign. There is no doubt that the pressure on general practice has increased over recent years and, with an ageing population and more care to be delivered in the community, the pressure on GP services will continue to grow. General Practice needs to be prepared to evolve to meet that challenge.

Sawston and Linton are the two largest practices in South Cambridgeshire, delivering services to around 14,500 patients and 11,500 patients respectively. We have been in discussions together for the last two years, discussing how we can meet the challenge of 8 am - 8 pm working, how we can meet the challenge of looking after our ageing population in the community, how we can meet the challenge of training doctors and nurses to work in general practice. We are convinced that merging the two partnerships will enable us to meet such challenges better.

This is not a cost saving exercise: there will be no reduction in staffing levels on either site, and in fact all partners are investing in this merger as a means of building on the services we provide to our patients and securing a strong future for general practice in South Cambs.

Initially, we suspect that patients will notice very little difference! Although patients could choose to attend either site, we suspect that the majority of Linton patients will continue to see the Linton doctors and nurses at Linton, and Sawston patients will continue to see the Sawston doctors and nurses at Sawston. Each site will continue to provide all the current services for patients and, over time, we hope to be able to provide more services shared between the sites. An example would be extended 8-8 opening hours: neither practice could comfortably offer such extended hours alone, but together that becomes more feasible and is certainly a better option than having to travel to Chesterton for out-ofhours care. There are many opportunities for the future, but in the very short term the aim is to secure a sustainable future for delivering GP services to both Sawston and Linton patients.

The recent direction of travel from NHS England is for practices to work more collaboratively in order to provide 'primary care at scale', for example in federations/networks/ mergers. In some respects Sawston and Linton are ahead of the curve with the proposal to merge the partnerships in April 2016.

We have had meetings with our respective Patient Reference Groups who are very supportive of this project and we aim to keep them updated as we move forward. As always, we appreciate the support and interest of our patients and are very happy to take your comments.

Sheila Griffiths, Practice Manager, Linton Health Centre Email: linton.healthcentre@nhs.net

ART CLASS

We have been attending the watercolour painting class courses run by Susan MacKenzie, a local professional artist from Abington, which she has been holding at Horseheath Village Hall on a Monday morning from 10am until 1pm. The classes run for 6 weeks three times a year and the set up is really easygoing. We have found the course content always fresh and easy to comprehend and the other attendees make it great fun. It's been surprising how much we have learnt about drawing and painting techniques and Susan takes a lot of time to demonstrate any new subject she features and will always give individual advice or help which, when you are not an experienced artist, is such a help. Art materials can be purchased through the group at reduced cost but only basic materials are needed.

The next course will start on Monday 17 August continuing on Monday 24 August, then miss out the Bank Holiday on 31 August, to re-continue on 7, 14, 21 & 28 September. Classes run from 10am to 1pm. If anyone is interested in joining us first ring Susan on 891521 or email her at sjhmac2@yahoo.co.uk

Mary Stone & Jan Lupton

1ST HORSEHEATH BROWNIES

We have now finished for the Summer term but what an action packed term it was. We held a Promise ceremony for Ella and India, at the same time we also said 'Goodbye' to Mollie, Natasha, Sorrel, Susanna, Lily and Hermione who are 10 years old and will be starting Guides in September, hopefully. We also said Goodbye to Helena who is moving to Balsham Brownies in September and also to Ellie who now has other commitments on a Wednesday.

During this term we continued with our Agility badge by mastering ball skills. We did this in different ways so the girls had fun. We had a great time at the Brownie Fun Day where all the activities were based on America as it was held on Independence Day. The activities varied from cooking pancakes on a campfire to baseball, making funky foam badges to dream catchers. They also had to look for items in the wooded area whilst making animal noises. It was funny hearing the Brownies getting more and more excited.

We also had a great Campfire with 1st Linton Guides. The girls all arrived with either an animal mask or their faces painted as an animal from Nepal. The girls all paid a donation and £80.00 has been sent to the Nepal Disaster Relief fund.

We start back on 9 September for another exciting year with at least three new Brownies starting. If you would like to put your daughter on our waiting list, as we will still be very full in September, please register her at www.girlguiding.org.uk/interested. If you would like more information on what we do or would like to help us with a special skill you may have then please drop Sophie and I an email.

PAULINE, SOPHIE, KATIE and HERA. Email: brownies@horseheath.info

HAVE YOUR SAY ABOUT FREQUENCY OF LOCAL ELECTIONS

Local residents, businesses and other organisations are being asked whether there should be a move to 'all-out' elections of the whole Council once every four years, or preservation of the current 'by thirds' system of electing one-third of Council seats each year for three successive years out of four.

The change is being considered ahead of a scheduled boundary review later this year by the Local Government Boundary Commission for England (LGBCE). The review will see wards - the geographical area councillors cover – adjusted to ensure that all district councillors represent approximately the same number of electors.

As part of the review, LGBCE will consider how many councillors are needed to effectively represent South Cambridgeshire residents. If the Council continues to elect 'by thirds', the Commission will look to introduce three-councillor wards across the district. An 'all-out' election cycle - which would begin in 2018 at the earliest – would see a mixed ward pattern, favouring single-councillor wards where possible.

Currently, 57 councillors serve four-year terms representing 34 wards across South Cambridgeshire. Depending on their size, some wards have one councillor while others have two or three, meaning that some residents are eligible to vote in district council elections more frequently than others.

Cllr Sue Ellington, Chair of South Cambridgeshire District Council's Civic Affairs Committee, said: "There are pros and cons to both options for running our elections in the future. We'd like as many residents, partners and other organisations as possible to give us their views, and all feedback will be considered ahead of a vote on the matter by all Councillors later this year."

The consultation closes on 18 September. More background information and an online survey form can be found at www.scambs.gov.uk/local-elections-consultation Paper surveys are also available by calling 01954 713366 or from richard.may@scambs.gov.uk



CELEBRATING 10 YEARS OF LINTON NETBALL CLUB

Linton Netball Club are celebrating their 10th Anniversary this year and have recently held a presentation evening at The Flying Shuttle, Haverhill to celebrate and give thanks to their founder Bridget Savill. Bridget was presented with an engraved vase and a Bouquet of Flowers in appreciation of all the work she has done for the club over the last 10 years!

The Club was set up in 2005 following a back to netball course run by Helen Stepney at Comberton Village College. The course was attended by Bridget Savill who enjoyed it so much she decided to set up her very own club! 10 years on and the club is still going strong. We have a great bunch of ladies who train each week with the aid of a qualified coach. The ladies team enters the Katy Colson Cup as well as the Cambridge District Netball League in the summer and the Adult Friendly League in the winter although there is no obligation for anyone to play competitively.

This year we have set up a youth section to our club for school years 9-11 as there is no youth club within a 9 mile radius. We hope to enter a youth team into the league next season. We have been overwhelmed by the generosity of a local business that has donated balls, bibs and pump to help get our youth section started.

We are a friendly group of ladies and girls who always welcome new players. We train every Monday evening, usually term time only, at Linton Village College outside courts, although this summer we have decided to train through the summer holidays 7.30-8.30pm. The club is open to ladies of any age, experience and fitness level and for girls in years 9-11. Once the girls leave secondary school they can join our adult section.

We are holding an Adult Registration Evening on Monday 7 September 7.30-8.30pm and a Youth Registration Evening on Monday 14 September 6.30-7.30pm.

If you would like to know more about our netball club please contact Bridget Savill on 07972598668 or Angela Bridgeman on 07729879300 or complete an enquiry form on our website www.lintonnetballclub@weebly.com



HELP TO STAY INDEPENDENT, SAFE AND WELL

Many of us don't think about care and support until we or someone we know find we are unsure where to find information

need it, then find we are unsure where to find information and how to access the support we need.

A new online resource is providing information about care and support and wellbeing, including information about continuing to live independently and safely at home, make life easier, get support after a stay in hospital, or find out about care home and housing options and paying for care and support. You can find out more by visiting www.cambridgeshire.gov.uk/careandsupport

If you do not have access to the Internet, can't find what you need online, or want more information, you can phone 0345 045 5202 or visit any Cambridgeshire Library (also known as community hubs).

PHYSIO DIRECT

What is Physio Direct? Physio Direct is a telephone self referral service which has been set up to provide early advice and management for adults with back/neck/joint problems or following injuries. You do not need a GP referral to access this service.

Who is the service for? The service is for anyone over the age of 18 years who is registered with a Cambridge City/ South Cambridgeshire/Huntingdon GP practice.

Who will I speak to? A Senior Chartered Physiotherapist will be at the end of the phone to take your call.

How and when can I contact the service? For residents registered with GP practice in Cambridge City and South Cambridgeshire:

Tel: 01223 446999. Monday – Friday 1 – 5pm

How long will the phone call take? The length of telephone calls varies, on average it will take about 20 minutes.

What will happen when I phone? You will be asked a number of questions about your problem and how it is affecting your daily life, your current medication and any other relevant information to aid us in making a diagnosis. We can then determine the most appropriate way to manage your problem.

This may include one or more of the following:

1. Advice only

2. Advice and appropriate exercises may be sent to you in the post

3. An appointment may be arranged for you

NB: If you have been given advice and are not getting better or if you have any concerns please do not hesitate to contact Physio Direct again.

What can I do if I can't get through? The telephone line can get very busy; although this is variable depending on the day and time you call. Mondays and Tuesdays are our busiest days. You can keep trying to get through to us or download the self referral form in order to refer yourself to us. (www.cambscommunityservices.nhs.uk/what-we-do/ specialist-services-(ambulatory-care-services)/ dynamichealth-services/physio-direct) Alternatively you can go to your GP surgery to collect a self referral form which can be sent through to our service. If you fill in a self referral form this will generate a face to face assessment within 2 weeks and then you would be offered advice on self management or advice and a further appointment.

SAWSTON ADULT EDUCATION

Our 2015/2016 Adult Learning programme is available. We are pleased to continue to offer ever-popular courses such as Pilates, Friday Singers, Pottery and a range of language and cookery classes. We are also delighted to offer new courses including Art History, Tap Dance, Developing Presentation Skills and a variety of computer courses. We will host our busy Saturday Workshops on 3 October and 14 November which will include Paediatric First Aid, Make Up for Over 40s, De-Stress and Sleep Well and various Patchwork Techniques. Our Taster Sessions will be held on Monday 7 September from 7.00-8.00pm, booking essential. Please visit our website www.sawstonadulted.org for our full programme or follow our new Facebook page https:// www.facebook.com/pages/Sawston-Adult-Education/931076816931627 to keep up to date with our news and offers.

SOLAR PHOTOVOLTAIC PANELS GROUP DISCOUNT SCHEME

Back in 2011 a group from Coton got together to form a solar PV panel bulk purchase scheme. The resulting eCoton scheme allowed 75 residents from South Cambs to install solar panels at a reduced price. Now, in 2015, a group of volunteers from the Sustainable Parish Energy Partnership are organising a second scheme, 'eCoton Solar Savers', open to all property owners in South Cambs.

Prices of PV panels have come down significantly since the first eCoton scheme. In fact, they are now around half the price that they were in 2011! The largest domestic system is around £6,000, although eCoton Solar Savers (2015) hope to negotiate a lower price. Financial returns are partly through savings on electricity bills and partly through the Feed-in-Tariff (FIT), the government payment scheme to homeowners. This has been reduced since 2011 but the 'payback period' is still about 7 years, and panels can be expected to last for 20–25 years.

If you would like to register interest in this scheme, send an email to ecoton.solarsavers@gmail.com. When prices are arranged, you will receive details and then be invited to attend an information meeting on Wednesday 23 September in Haslingfield, where you can meet the SPEP volunteers running the scheme and the solar panel installation company. Following this, the installers will arrange for an assessor to visit your property to establish its suitability for solar panels.

Should your property be suitable for solar panels, then it is only at this point that you would need to decide if you want to proceed. All contracts and payments will be made between you and the installer – the role of SPEP volunteers is to set a price with the installer and set up the scheme.

eCoton Solar Savers is open to anyone with a property in the South Cambridgeshire area, so if you are interested in reducing your carbon footprint and making a sound investment then register and save with solar!

For information on the Sustainable Parish Energy Partnership visit www.scambs.gov.uk/content/sustainableparish-energy-partnership

SAVE THE CHILDREN – THANK YOU

Many, many thanks from Bernard, myself and the local Committee of Save the Children for the wonderful support you all gave us on Wednesday 15 July when we opened our garden at Haling in Castle Camps and offered our visitors a cream tea. The day started rainy but I became more optimistic as the sun broke through and by 2:30 start it was fine and sunny. We welcomed nearly 70 people and my one regret is that I was not able to thank you all in person. In the kitchen we were up to our eyes in tea, jam and cream trying to serve everybody. Indeed at 4:30 Val and Allan emerged from behind the flower bed to politely inquire if they might be served yet. They were more than happy to be given a bag of scones and a pot of jam.

The raffle for a weekend in Norfolk brought in £230 and the overall amount raised on the day and in donations for Save the Children was £708. I cannot thank you enough for your generosity and hope you all enjoyed a very peasant afternoon.

Rosemary Yallop

MEADOW SCHOOL NEWS

As always the last few weeks of the school year are never dull! We were recently treated to a spectacular performance of Joseph and the Techniclour Dreamcoat by our Year 5 and 6 children. They sang their hearts out, acted superbly and danced their socks off. On the hottest days of the year and the school hall full, the children performed with a real energy.

We also had another reason to celebrate this month after our end of year results were published. We are once again delighted with our Year 6 SATs results. The children's achievements are incredible, with results well above the national averages being recorded for a second year in a row. For the second year in a row we also scored 100% of children achieving the required score in the Year 1 phonics check. Our Early Years results are the best ever, with 81% of our children achieving the required level, last year the national average was 62%, so we are considerably above. To round off a fantastic year of achievements our Year 2 children's SATs results put us strongly above national expectations too. With these results being some of our best ever, huge congratulations to everyone.

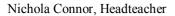
With lots to celebrate, it was great to see the children participate in the move up day. The children are always excited as they get to meet their new teachers, spend time with their new classes and locate their new classroom. This is no different for Year 6 who recently spent 2 full days at Linton Village College, finding their way around, negotiating a new style timetable and of course meeting many new people. Everyone had a fantastic time at both our school move up days and LVC's with lots of new friendships already being formed.

You may remember from the last edition we had decided to take the whole school to the beach for a day. Some thought we were mad, while others thought it was a fantastic opportunity. The trip was planned with military precision, tide times checked, ice creams booked and extra buckets and spades purchased. The children all arrived at school early with the biggest backpacks you have ever seen and the convoy of coaches was quite a sight. As we walked down the promenade at Hunstanton we caused quite a stir, seeing 270 people arrive on mass and set up camp on the beach is clearly not a sight that is seen everyday.

It wouldn't have been a complete day without a paddle in the sea, which everyone thoroughly enjoyed. Luckily the children had all taken spare clothes – they were much needed! We shared the whole day as it happened on Twitter, which allowed all those at work to be part of our amazing day. The children were impeccably behaved and the feedback from parents on Twitter and our ParentVoice Facebook page was incredible.

The summer holidays are now here, and everyone certainly deserves a well earned break. I would like to take this opportunity to thank the local community for their continued support this year, your help has helped us to make the rapid progress and attain fantastic results once again. The Meadow is definitely back on the up. Bring on Ofsted!

We share photos and news of everything that happens at The Meadow on our Twitter page, @Meadow_Balsham. Take a peek!





LINTON VILLAGE COLLEGE NEWS

It is coming to the end of term now, but we have really enjoyed a terrific summer at the College. For many, the highlight of the year is the Year 11 Ball. For the last few years it is an event we have held at the College. Some years we have hired a marquee, but in the last couple, the venue has been the main hall which has been magically transformed into a sparking venue through silk, lights, balloons and fancy furniture by the very inventive duo of Charlotte Foster and Tracy Coston. The students arrive along the drive in a variety of vehicles and proceed down the red carpet to a reception of drinks and music provided by Linton Jazz.

Once inside, the students encounter mocktails (alcohol free fruit concoctions), sweet trees, a casino, a magician, and a thumping disco. The time flies and by 11 pm, the Ball comes to close and the young people disappear to private 'after parties', the details of which I never want divulged to me: "what goes on at the after party, stays at the after party."

Newcomers to our villages and the College have seen much of this before at the Leavers' Proms held by other schools, but what is quite peculiar and charming to Linton is the arrival of the community spectators. Come rain or shine, from 6.30 pm onwards people come to take their spots behind the strategically placed barriers, ready to watch the arrivals. Literally, hundreds of people do this. Many people do not even have children in Year 11 but come to enjoy the spectacle or to consider the outfits that their own children might wear in the future. In some cases, this is a matter of the *exact* outfit – eBay does rather well at the end of the College Ball season!

This year I watched with a particular feeling of sadness. That was my last Ball as College Principal; my last leavers' season. Next year, I join the crowd of spectators to watch my son's entrance this time as a parent. I will get there early.

Caroline Derbyshire, Principal

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