NEWS FROM WEST WICKHAM & STREETLY END

### **OCTOBER 2018**

#### **ISSUE 185**

# VILLAGE DIARY

- Green & blue wheeled bin collection Mon 1 Village Hall AGM. 7.30pm, Village Hall
- Wed 3 Carpet Bowls Club. 7pm, Village Hall
- **Daisy Chains Pre-School BINGO** Sat 6 NIGHT. 7.30pm, Village Hall
- Sun 7 United Parishes service. 10.45, Balsham Church
- Black wheeled bin collection Mon 8 Local History Club. Haverhill through time. Talk by Barry Young. 7.30pm, Village Hall
- Wed 10 Carpet Bowls Club. 7pm, Village Hall
- Meadow School Balsham's craft, gift & Sat 13 food fair. See page 3.
- Sun 14 Holy Communion. 9.15, St Mary's Church Meadow School Balsham's craft, gift & food fair. See page 3.
- Mon 15 Green & blue wheeled bin collection Gardening Club. Wildlife in your garden. Talk by David Hack (BTO). 7.30pm, Village Hall
- Tue 16 Deadline for items for inclusion in the November edition of the Village Voice
- Wed 17 Carpet Bowls Club. 7pm, Village Hall
- Sun 21 Holy Communion. 9.15, St Mary's Church
- Mon 22 Black wheeled bin collection
- Wed 24 Carpet Bowls Club. 7pm, Village Hall
- Sat 27 HUB NIGHT. 7 - 11pm, Village Hall
- Sun 28 Morning worship. 9.15, St Mary's Church

Mon 29 Green & blue wheeled bin collection **Daisy Chains Pre-School meets** Monday, Wednesday & Friday 9.30 - 12.30 Tuesday & Thursday 9.30-2.30 (includes lunch

> club) in the Village Hall 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.

Villaga Hall mater (few Villaga mas).

village mail rates (for village use):	
Sport Hire	day or evening £8.00/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.

day (9.00 - 19.00) £12.00/hour

Complete Hall

evening £18.00/hour 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.

# **HELPING HANDS**

Balsham Helping Hands is a voluntary car share scheme which enables people to get to the health centre, dentist, hospital or opticians if they do not have their own transport.

During the six months from the beginning of April the voluntary drivers made 239 journeys and travelled 2890 miles. The great majority of these journeys were to Linton (153) but there were also 65 trips to Addenbrookes Hospital. Other destinations included Haverhill, Newmarket, Sawston and Brookfield Hospital. Most of the people using the scheme are residents of Balsham but Helping Hand does serve West Wickham when needed. You can contact them on 07399 263222 and this number will be printed regularly in the 'useful phone numbers' box on the back page.

In addition to the drivers there are four co-ordinators, without whom Helping Hands could not operate. The co-ordinators man the telephone, each taking over for two weeks at a time. They are responsible for finding a driver to fill every request. Some lifts can be arranged with just one phone call; others may take several calls. Although there are occasions when two people can share the same lift, there have been days when four or five drivers have been needed because people had appointments at different times in different places.

If there is anyone else locally who would like to join Helping Hands as a volunteer driver or co-ordinator please contact Sara Himsworth on 01223 893975.

### **CHURCH FETE - THANK YOU**

The Fete made a total of £2,184.94 which included £715 in cash donations. A great many thanks go to all contributors and stall holders. If anyone would like to see what each stall made please email me and I will send a copy. Please contact me on nicolacornish@hotmail.co.uk

#### Nicky Cornish

Following the enjoyable Church Fete on 1 September so kindly hosted yet again by Marcus and Nicky, we would like to thank all those who contributed prizes, gave donations and purchased tickets. Thanks to you all!

#### Godfrey and Jenny Dutton

Thank you to everyone who kindly contributed to the success of the cake stall at the Church Fete. Your support by donating and purchasing baked treats was very much appreciated.

Dave and Amy Sargeant

### **UNCLAIMED PLANT!**

At the fete a man bought a pot of sempervivums from me but forgot to collect it. I did not recognise him so if this is you, or you think this might be a relative, friend or neighbour, please get in touch and I will be happy to pass it on.

Janet Morris

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

# STREETLY END TELEPHONE BOX

Lucy Cameron has offered to refurbish the telephone box in Streetly End but would like some help with getting it into good order before deciding what to use it for. Ideas would also be welcomed. So please all you good volunteers out there in West Wickham and Streetly End could you spare a few hours to help with this project? Please contact Lucy on lucycameron68@gmail.com

Jenny Richards, Parish Clerk

#### ALLOTMENT HOLDERS RENT DUE IN OCTOBER

I have decided to try and collect the rent for allotments on SATURDAY 6 OCTOBER 10AM – 12NOON at the VILLAGE HALL.

I would be very glad if you could visit me there with the necessary rent.

Jenny Richards, Parish Clerk T: 01223 665260, E:j.richards597@btinternet.com



# WOULD YOU LIKE TO COME AND VISIT US?

<sup>5</sup> Daisy Chains Preschool is held in West Wickham Village Hall, a light, airy hall with a large secure

outdoor play area adjacent to it. We are a friendly community based preschool, offering all children between 2 and 5 years of age a stimulating environment in which to play and learn. We have fully qualified staff and we are currently rated OUTSTANDING by OFSTED.

We would be delighted if you would like to visit us to have a look around the preschool and see what we have to offer you and your family. Please contact us on 01223 290512/ 07943 866294 (you can leave a message if no answer) to arrange a visit. We look forward to hearing from you.



# **DISSECTING DEMENTIA**

A discussion with Heidi Allen, *MP for South Cambridgeshire* Dr Lelane Van de Poel, *Consultant Geriatrician* and

Rev Simon Talbott, Rural Dean of Granta

Thursday 8 November, 6.30pm-8.00pm (Talk will start at 7.00pm) at St Mary's church, High St, Great Abington

Engaging in a conversation about one of the biggest health and care challenges facing our community. How can we better care for those living with dementia? What can we do to help reduce our risks?

This is a health awareness event, as part of our Parish Nurse Project.

Please note that this is a free event - No booking required Refreshments will be available

For more information contact Cazzy Walshe, 7churches.seven@gmail.com or Keith Day keithdday@btinternet.com 01223 891527

### WEST WICKHAM & DISTRICT LOCAL HISTORY CLUB

You will be very welcome to the first meeting of our autumn programme when Barry Young will be giving an illustrated talk on *Haverhill Through Time*. This will be on Monday 8 October at 7.30pm in the Village Hall. There is a small charge for non-members which includes tea or coffee.

In January we will be hearing about the Museum of Cambridge and its Tracing Traditions oral history project. In the meantime for anyone interested in collecting oral history – reminiscences of the past – there is a free workshop at the Museum on 22 October 12–4.30 Tel: 01223 355159 Email: collections@museumofcambridge.org.uk

Janet Morris

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

### SUMMER HOLIDAY QUIZ

I'm afraid our seaside resorts proved disappointingly elusive, because I only received one entry, which was correct, from Brian and Linda, and it is understood they had some assistance from a resident of another seaside resort. For those of you who had a go but didn't finish, here are the answers alongside the clues.

- 1 Eric (9) Morecambe
- 2 German worker in truncated rock (10) Hunstanton
- 3 Good French is internally correct (8) **Brighton**
- 4 Dish out the cards (4) **Deal**
- 5 Lecture note, reportedly (7) **Torquay**
- 6 Derby winner, 1969 (8) **Blakeney**
- 7 Not the highest of treetop (9) **Lowestoft**
- 8. Has sharp pain inside (8) **Hastings**
- 9. All return north, Pete's partner on back (9) Llandudno
- 10 Nothing uneven follows recycled crabs (10) Scarborough

If anyone needs an explanation, please ask. Peter Grieve, T: 290503

#### **NATURE NOTES**

Di and I have been thinking along the same lines, but from different perspectives. I have been on holiday in Shropshire, near the Welsh border, where in the past I would eagerly have been anticipating the rare sight of a red kite or a buzzard - both now everyday experiences in West Wickham. We saw plenty of buzzards, but only a couple of kites, so as Di says, we should feel privileged to live in this corner of rural Cambridgeshire, where we see or hear on a daily basis some of our best loved raptors. The kestrel has apparently declined nationally, but not so here. Every day we see one sitting on a telegraph pole, patiently scanning the verges for a potential meal. Buzzards have been soaring above us, teaching their young to hunt, but the youngsters object, screeching in the sky for food, while the reintroduction of red kites in various locations in England has been a great success, from which we benefit, although the kites have to put up with regular mobbing by various local crows and buzzards. There is also the elusive sparrowhawk, darting along the hedge line or suddenly appearing in our gardens to take a bird from the bird table.

While we were in Shropshire it was reported that the government were intending to extend the badger cull in the west of the country, upping the number of deaths to a mindboggling 42,000 to try and stop the spread of bovine tuberculosis. Undoubtedly our local badger population is on the increase, judging by the evidence of trampled bushes and vegetation, several latrines and new digging, plus roadside corpses. Trevor also had evidence of them having dug out wasps' nests in his garden to eat the grubs. The correlation between the cull and our burgeoning population here leads one to suspect that the badgers are coming over here as a safe haven from the firing squads out west. But am I over-estimating their intelligence? It would be good to know if people see live badgers, or perhaps capture them on camera.

Just before we left for our Salopian trip, Andrew and Janet showed me the hornets which were going in and out of a hole in the wall of their house. It must be a good year for hornets, because while we were away our holiday abode was also visited by these immensely impressive insects. On two occasions one came into our bedroom - a somewhat alarming experience when the lights are out, in pitch darkness with the silence only being broken by the hornet's ominously loud buzz. Like West Wickham there were a good number of speckled wood butterflies and also a couple of very beautiful golden ringed dragonflies.

Back in the balmy days of August, Lyn Kimble contacted me to report that a hummingbird hawk moth had visited her garden. These lovely insects have featured in this column in previous years, but I had not seen one in 2018, so it was good to know they are still flying here.

However, autumn is more or less here now and the crop of blackberries has been enormous. Other hedgerow berries are also in profusion, while acorns seem to be particularly big and numerous this year. Another sign of the changing season is that some varieties of bird begin to flock. Di has seen a large flock of linnets up towards Hill Farm. They are easily disturbed and fly up twittering, but then become camouflaged when they re-settle on the bare earth. Golden plover and lapwing have also been seen, so they are on the move too.

If you have any news about nature please contact either mail@petergrieve.co.uk or dianarubylicence@gmail.com



# 1<sup>st</sup> HORSEHEATH BROWNIES

We started the new term with five new Brownies, Isla, Niamh, Olivia and Lexi all transferring up from Rainbows and Charlotte who is new to Guiding. We will have space for more girls who would like to join, the only things you need to be is free on a Wednesday and be 7 years old or older. See below on how to register.

This term we will be working on the Jarman Centre 30th Birthday challenge badge, so far we have seen how many words we can make from 'Jarman Centre' and planted some spring bulbs in the village hall grounds. We have a campfire planned with the Guides and some makes involving pearls and beads. We will also be trying out some activities from the new Brownie programme which was launched at the end of July. We have a year to introduce the programme to the Brownies which will make the transition a lot easier.

This term we will also be joining other Brownies in our district for our annual Revels. The theme this year will be 'Teddy Bears Picnic'. We will also be getting ready for Christmas with crafts and activities for the girls to take home.

If you have a daughter who would be interested in joining us please register her at www.girlguiding.org.uk/ information-for-parents/register-your-daughter/ or 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 us an email.

Pauline, Katie, and Laurené. E: brownies@horseheath.info



### SAWSTON ADULT EDUCATION

Wow, what a start to the new academic year! Since introducing online booking for our adult courses we have seen an increase in course take up. Our new courses Flamenco, Willow Weaving and Bollywood have been very popular, so thank you to those who have suggested these courses for our programme. We are delighted to provide the courses the local community want.

Our Saturday Workshops in September have also proved very popular so we are sure you will love our 8 December repertoire. Book now or you might be disappointed! Saturday 8 December Workshops

Saturday 8 December Workshops

Basic Car Maintenance  $9.30 - 12.30 \pm 18$  per person

Bollywood Dancing  $10.30 - 12.30 \pm 12$  per person

Christmas Cake Decorations 10.00 – 16.00 £36 per person

Christmas Day Flowers 10.30 – 12.30 £12 per person

Creative Writing (constructing a story)  $9.30 - 12.30 \pm 18$  per person

Fabulous Looks With Make Up 10.00 -16.00 £36 per person

Family Cooking – Festive Sweets and Treats 10.00 -13.00 £18 per adult

Flamenco: Tango for Beginners  $10.00 - 12.00 \pm 12$  per person

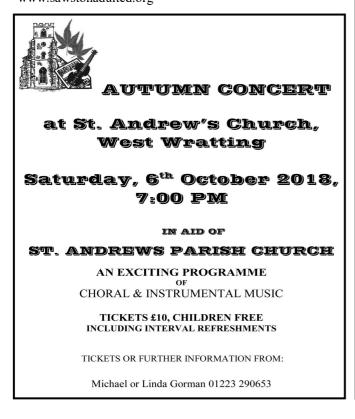
Indian Stuffed Breads 10.00-16.00 £36 per person

Willow Weaving – Christmas Crafts 9.30-12.30 £18 per person

We are already taking bookings for our Spring term courses, which start the week commencing 7 January 2019. Please check our website and book through Wisepay if you are able, it is secure and very easy. If you have any enquiries or wish to make a booking personally, please feel free to pop in to the Adult Education reception Monday to Friday, 9am to 1pm during term time. Alternatively telephone us on 01223 712424.

The Adult Education team are looking forward to welcoming you to your community college Email: community@sawstonvc.org Website:

www.sawstonadulted.org



#### **TAI CHI?**

Tai Chi is just walking slowly up and down and waving your arms around isn't it? So, what's wrong with that? Activities like walking, gardening and aerobics, are good for the heart and improve circulation. The latest perception is that balance, integrated with muscle and bone strengthening, are also vital for health and future wellbeing. Strengthening and balance activities not only help prevent falls, but also help improve mood, sleeping patterns, increase energy levels and reduce the risk of an early death.

It really is amazing how the Chinese cottoned on to this health idea way back as far has the Hang dynasty. Tai Chi was passed down by word of mouth through the generations rather like a folk art. There were few written records in the past and printing was confined to what carved wooden blocks could produce. The written texts from the past exist in a sort of Martial Arts code known as 'The Tai Chi Classics.'.

'Stand like a mountain, move like a stream' is a poetic example of some of this knowledge. It is easily recognisable now in the western world as stemming from the principle of Yin and Yang. The Tai Chi Tu symbol shows where the root of this piece of knowledge lies.

In older adults poor muscle strength increased the risk of a fall by 76%. Those who have already had a fall are three times more likely to fall again. Strengthening and balance activities not only help prevent falls, but also help improve mood, sleeping patterns, increase energy levels and reduce the risk of an early death.

The recent perceptions of the charity 'Public Health England', is that walking is just not enough. Waving your arms around has got to be a bonus. But the ancient Chinese already knew that. Courses are run at the Strictly Dance Studio in the Grip, Linton on a Thursday between 10-11am.

Dan Downey, Advanced Instructor, 01223 471931 www.tai-chi-teach.com

(Ed. There are also Tai-Chi courses run at our local Village Colleges: At Linton on Tuesday evenings and at Sawston on Monday evenings. Both do beginner and improver courses).

#### A604 CLUB

We would welcome interest in our club. Our meetings taking place between now and the AGM, are as follows: **3 October.** 

A fish and chip lunch at 12.30 Horseheath Village Hall. **7 November.** 

Meeting up at Scotsdales. Time to be decided.

#### 5 December.

Christmas lunch. Members to choose the venue once the menus are available.

16 January. Bring and share lunch. Horseheath Village Hall.

6 February. AGM. Horseheath Village Hall.

Anyone wishing to know more, or to book a meal for the fish and chip lunch, please ring Denny Pearson on 07817633191. Please leave a message if I'm not able to answer.

(Ed. We presume the last two dates are at lunchtime. We have asked but have had no response!)

# **ADVICE FROM CAMBRIDGESHIRE FIRE & RESCUE**

Throughout the year and particularly as the winter months draw in, we begin using our fires, burners and chimneys once again to warm our homes.

Follow our 'top tips' below to ensure your home is kept safe and warm all year round.

#### **Chimneys and Fires**

- Have your chimney swept once a year or more frequently if you burn wood.
- Avoid burning resinous woods that quickly build up soot
- Only burn fuels suitable for your burner (eg. never burn anything other than wood in a wood burner).
- Do not overload the grate/ appliance.
- Do not bank fires too high and remember to let them burn out well before you go to bed.
- Check the hearth, floor and furnishings near the fire for hot sparks/embers.
- Do not place objects on or over the mantelpiece which cause you to stand too close to the fire in order to reach them.
- Use a fire/spark guard to prevent accidental fires and make sure it has the kite mark or conforms to British/ European standards.
- Inspect your chimney breast, particularly the roof space. Make sure it is sound and sparks/fumes cannot escape through cracks or broken bricks.

#### Wood/Multi-Fuel Burners

• A qualified and competent engineer should install all wood/multi-fuel burners and boilers – regular maintenance should be undertaken to prolong the working life of the appliance. Specialist servicing and maintenance will usually be provided by the company you purchase the appliance from but you can also refer to www.solidfuel.co.uk for advice and information.

### WEST WICKHAM & DISTRICT GARDENING CLUB

After a year of exceptional heat and consequential difficulties for us and our gardens we are now into September, the season of mists and mellow fruitfulness. It also brought us to our Annual General Meeting which took place on Monday 17 September in West Wickham Village Hall. We were delighted to find so many attending and this is an encouraging sign for our year ahead. Despite having to pay our speakers more than we have done in the past, mainly because they have to come from further afield and charge mileage, we have a healthy bank balance. We have welcomed quite a few new members from the surrounding villages. All our officers were re-elected:- Chairman Arthur Mawby, Treasurer Andrew Morris, Programme Secretary Rosemary Yallop, Trading Secretary Marian Corbett. It may be of interest that we buy our seeds through the Club from Mr. Fothergills and Marian has been able to secure a discount of 40% on all orders.

Our first meeting will be on Monday 15 October, 7:30 in West Wickham Village Hall when David Hack from the British Trust for Ornithology will talk on "Attracting wildlife in your garden", birds in particular. If you would like to join us at any of our meetings please come along, you can be assured of a welcome and tea and biscuits.

Rosemary Yallop (01799584262)

- Ensure correct ventilation is in place when the appliance is in use
- Wood burning. appliances should only use the right quality wood recommended by the supplier.
- Regularly inspect the chimney and flues.
- Generally wood should be well-seasoned (usually wood kept dry and stored for around 2 years).
- Avoid wet or newly felled wood as this will cause tars/ creosote deposits forming in the burning appliance and chimney.
- Using laminated chip boards will leave binding glue deposits.
- For each slow burning period there should follow a quick burn to dry out unwanted tar/creosote deposits and to warm up the chimney again.
- At the end of each burning season and at least once during the season the entire system should be cooled and thoroughly cleaned to maintain top performance.

#### Most importantly

- Fit a smoke alarm that carries the kite mark or British Standard Number 5446 and test your alarm weekly by pressing the test button and know the life of your battery.
- Always also install a CO alarm in the room where the burner is installed. Chimney Fires continue to be a common occurrence in home fires in the winter months.

We experience an average of 81 chimney fires a year in Cambridgeshire alone. Whatever fire you have, or fuel you burn, it is vitally important you have your chimney swept to avoid a build-up of ash and soot. For more information log on to www.cambsfire.gov.uk, follow us on social media or call 01480 444500.

# Weston Colville Cinema Club

Back this Autumn:

O Brother Where Art Thou? L'Atalante

Love Actually

First Wednesdays: 3 Oct 7 Nov 5 Dec

\* Donations \*Refreshments \* Pre-screening talk

# **MEADOW SCHOOL NEWS**

Welcome back to the new academic year. It is hard to believe where a six week summer holiday went, but already the school is back into full swing!

The start of term has gone exceptionally smoothly, and it has been lovely to see old faces returning and welcoming in all our new children and families. The beginning of term is always full of happy smiles, shiny shoes, new jumpers and neat hairstyles; let's hope it lasts! We are especially proud of our youngest Early Years children and how well they have adapted to school life. Hardly a tear has been shed, and they have adapted to their new learning environment very quickly. Each Foundation Stage child is attached to a Year 6 Buddy, and they have been brilliant at training them in the tricky aspects of school life, especially learning to balance the school dinner tray without dropping the contents on the floor!

For the rest of the school, learning started off at full pace in the classrooms. Children had already spent time on their transition days back in July getting to know their new teachers and class mates, which really helped relationships start positively. Our Whole School focus this term is 'Arts' and each year group has chosen a topic through which they will teach a broad spectrum of arts. As a school we feel it is essential that children receive a broad and balanced curriculum and teaching Music, Drama, Art and Design and Technology alongside the other parts of the curriculum is vital for developing the 'whole child'.

The Infant children started their year off with a Design and Technology topic, investigating, designing and making photograph frames, as part of their 'You've Been Framed' topic. It felt very brave as this was only Day 1 and 2 in school for many of these children! Year 3 and 4 have made and tasted Sushi, as part of their Japan Topic. It was certainly interesting watching the mixed reactions as the children sampled it, but they now have a new understanding of just how tricky this cuisine is!

It was clear that Year 5 and 6 were starting their arts topic, linked to Africa, as they enjoyed their African drumming workshop. The sound coming from the classroom was amazing as they were taught to play a variety of African percussion instruments and different rhythms. I wonder how many children are now requesting drumming lessons!

We have also begun to welcome a number of visitors into the school. At the start of September, we were asked by Cambridge Assessment if we could host some visitors from the Bureau for Development of Education in Macedonia. They have been working with Cambridge Assessment as part of an ERASMUS+ project to introduce new curricula for maths and science in Macedonian state primary schools and we had been recommended as a great example of a Cambridgeshire Primary School to visit. It was a pleasure to show them around and be part of their development.

As with all of our learning at The Meadow, it is greatly enhanced by visitors and helpers from our local community. We rely heavily on parents and members of the villages to come into school to hear readers, or help with classroom jobs, trips or Forest School. If you feel that you can spare an hour or two a week, then please do contact the school office.

Helen Loe, Assistant Head Teacher

# **USEFUL PHONE NUMBERS**

Parish Nurse: Claire Gillett, T:07498994205 email:7churches.parishnurse@gmail.com Community Warden: Karen Williams, T: 07717871832 Helping Hands: 07399 263222

# LINTON VILLAGE COLLEGE NEWS

The start of the new academic year is an important time for building relationships. Our new Year 7 cohort have been busy bonding in their tutor groups and teachers and students across the school have been getting to know each other in their new classes and houses.

At Linton Village College we prize relationships. Strong connections between staff and students, and students and their peers, support wellbeing and academic success. While relationships are at the heart of learning, they are not always easy to create and sustain. Secondary schooling can prove a challenging time for friendship issues and teenage cliques; the pressure to fit in and be accepted by peers is not always easy to navigate, especially with the additional influence of social media. The shift in the PSHE curriculum to give a greater emphasis to healthy relationships, as well as esafety, is an important one to equip young people with the opportunity to learn and reflect on the connections that they engage in.

The changes that we have made to pastoral care structures and systems at the College this term are in recognition of the need for clear, targeted support to enable all of our young people to achieve their potential. We have been joined by a new Inclusion Administrator to support the pastoral team including our Inclusion Manager, and have some new roles including Heads of House, Safeguarding Officer and Case Workers in recognition of the need for intervention and pastoral care that focuses on safeguarding our young people and providing vulnerable students with bespoke care and support. We are also in the process of recruiting important support staff positions including Teaching and Catering Assistants which are advertised on our website.

Being relational is one of our Trust's core values; it is central to staff recruitment, underpins our behavioural expectations and defines the teaching and learning culture at LVC. Our positive climate for learning is always commented on by external visitors to the College. We are looking forward to showcasing our amazing students at our Open Evening on Thursday 4 October and subsequent Open Mornings.

Helena Marsh, Principal

DON'T FORGET HUB NIGHT SATURDAY 27 OCTOBER 7 - 11pm, VILLAGE HALL

PRESS DATE FOR NEXT ISSUE: 16 October Editors: Sue Thurston & Andrew Morris Correspondence & News to: 21 High Street, West Wickham, Cambridge CB21 4RY T: 01223 290863 e-mail: editor\_wwvillagevoice@yahoo.co.uk or contact Sue on: T: 01223 290503. e-mail: mail@suethurston.co.uk