



CAMBOURNE CRIER

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editorial@cambournecrier.org

www.cambournecrier.org

Cambourne Open Gardens goes Virtual



With the continued lock-down the organiser of Cambourne Open Gardens decided to cancel the official event for this year.

However, the good news is that people will still be able to show off their gardens, in the form of a virtual photographic tour in next month's Cambourne Crier.

"At this time we are all appreciating our gardens even more than normal," said organiser Pam Hume. "Indeed, we will probably all have the tidiest gardens ever!

So, we can't let all our efforts go to waste."

This event is open to all, and this year you can choose what others see. Large, or small, work in progress or the finished article (if there is such a thing with gardens), please send us your pictures. Your garden doesn't need to be a show garden; if you enjoy gardening and would like to share yours, or if you have an area of your garden which you are particularly pleased with, then do consider joining in.

A selection of the best photos will appear in June's Cambourne Crier.

If you'd like to take part, please send your photos to editorial@cambournecrier.org before 9pm, Sunday **17 May 2020**. Please put "**Cambourne open gardens**" in the subject line of your email.



CAMBOURNE CRIER

Cambourne Crier is the only independent, non-profit publication delivered to all Cambourne residents each month. Any profits are distributed to the community through our Community Fund. Cambourne Crier is compiled entirely by volunteers.

This month's editors are:

Donavan Bangs, Paul Jobling, Renata Kovács, Paula Brown, Divya Sharma, Krithika Dwarakanath, Tapti Roy, Simon Hagan and Andrea Sisneros.

Distribution: John Panrucker

Finance: Pam Hume

To advertise please contact:

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or (01480) 831066

For leaflet distribution contact:

John Panrucker:

delivery@cambournecrier.org

Editorial submissions:

Submissions for the June edition must be received by 9pm on **Sunday 17th May 2020**. Please email articles

and photographs to

editorial@cambournecrier.org

By submitting photographs you confirm you have permission from the photographer and anyone in the photos for us to print them.

GET INVOLVED!

If you would like to join our editorial team, please get in touch on editorial@cambournecrier.org

CRIER COMMUNITY FUND

Our community fund enables us to make grants and donations to local clubs, societies or causes.

Do you need new equipment for your group? Want to set up a new group and need some funding to get going?

Contact pamhume1@gmail.com for more information or download the application form at www.cambournecrier.org

CAMBOURNE TOWN COUNCIL

Town Council
News and Events**Thank You Volunteers!**

The Town Council would like to thank all the volunteers who have come forward in the last few weeks to support the Cambourne Volunteer Task Force. At the time of writing, we have around 50 volunteers and counting, who are all working hard to support those in isolation by assisting with their shopping, collecting of prescriptions, taking letters to the post box or simply chatting to them on the phone. The volunteers are covered by the Council's insurance when fulfilling these tasks. The Council has supplied volunteers with an ID card to display during these varied activities.

Thank you to the numerous faith groups, community groups and residents in Cambourne who have come together to support those in need. If you would like to volunteer, please email community@cambourneparishcouncil.gov.uk for a volunteer form. Alternatively, visit www.cambourneparishcouncil.gov.uk/vtf for more information on Cambourne Volunteer Task Force.

Town Council update

The Town Council followed the guidance given by the Government and therefore closed the Town Council Office. Office staff are working from home. To speak to a member of staff, please call 07875 999028 alternatively you can email office@cambourneparishcouncil.gov.uk.

All Council meetings have been cancelled until further notice. Council business will continue as far as possible given the circumstances. We will update our website and Facebook page as and when new guidance is given. All community buildings (with minor

exceptions), playgrounds and sports areas are closed until further notice.

Again, we will update our website and Facebook page when new guidance from the Government is provided. The Town Council grounds team are working reduced hours, and ensuring they get essential tasks completed, such as emptying litter and dog bins.

The Town Council encourages everyone to take the Government's advice seriously and we will continue to work as normally as possible to provide our services in Cambourne. If any residents are concerned and require assistance, please contact us and we will do our best to accommodate. Up to date information can be found on our website: www.cambourneparishcouncil.gov.uk

Food Market

We regret to announce that the Food Market planned for the 25th May Bank Holiday will not be going ahead.

Mobile Post Office

The mobile post office has continued to attend the Hub car park on Mondays and Wednesdays (correct at time of writing) and have been reviewing the situation daily. Please note it does not attend on Bank Holidays. The mobile post office will inform the Town Council changes, and we will update our website and Facebook page accordingly.



The Town Council Office: The Hub, High Street, Cambourne, CB23 6GW.

The office is closed until further notice

Tel: 07875 999028 or email:

office@cambourneparishcouncil.gov.uk

John Vickery, Parish Clerk:

clerk@cambourneparishcouncil.gov.uk

Jessica Lydon, Community Development: community@cambourneparishcouncil.gov.uk

Summer Fire Safety Tips from Cambridge Fire Brigade



As the weather gets warmer and sunshine features more each day we welcome the longer, brighter days and shorter nights. With this we have the opportunity to enjoy summer in our gardens.

We would urge residents to think twice before lighting a garden fire and consider

the impact it might have.

Lighting any kind of fire poses risks. Having a bonfire in your garden might seem a good idea to get rid of waste from a clear out, but these can easily get out of control. It could also aggravate health conditions for you or your neighbours,

particularly if isolating due to COVID-19 symptoms.

When powering up your BBQs and putting out the garden furniture for the summer season, be sure to take note of our top tips below to ensure you have a fun and safe summer in your garden.

- Never leave a BBQ unattended
- Keep children, pets and garden games well away from the BBQ
- Make sure the BBQ is well away from your fences or hedgerows
- Don't use petrol as an accelerant to get it going!

For the latest news, incidents and safety advice, or to contact us, log on to www.cambsfire.gov.uk. Sign up to email alerts and find us on Twitter, Instagram, YouTube and Facebook.

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Is your well-being at risk during the Covid-19 pandemic?

Do you feel worried, lonely, or unmotivated to take care of your emotional and mental well-being? Or are you worried about someone you care about?

As a positive psychology coach with a Master's in Applied Positive Psychology, I am offering

free online coaching sessions to anyone in need of a helping hand, compassionate listening and empowering well-being activities during these challenging times.

My free support involves (but is not limited to)

- Alleviating your worries by listening to your concerns, thoughts and feelings in a safe environment
- Helping you to replace unhelpful thinking patterns with more self-caring and supportive ones
- Building optimism for the future
- Directing you towards empowering well-being resources to practise in your own time and space

If you think I might be able to help, please get in touch.

I am particularly keen to support teenagers (16+), adults of all ages, single parents and people with ADHD.

Get in touch by emailing me at Sarahalfdanar@gmail.com

COMMUNITY

Cambourne Footpaths



At this very strange and stressful time we are all appreciating the footpaths and bridleways around Cambourne. Its great that there are numerous walking routes,

even venturing out towards Bourn, Caxton, and Knapwell.

If you've not discovered all the footpaths you can find a map if you copy and paste the following link into your browser :-
<http://www.cambourneparishcouncil.gov.uk/2017/03/02/cambourne-map/>

There are so many small detours to take, things to look at and enjoy. If you are feeling uninspired, or have children who are getting a bit tired of 'going for a walk' why not give them a focus. Have a theme to follow, for example search for different textures, patterns or even things in threes for example but above all, enjoy.

When we're out and about, on footpaths or in the street, its great that we can all greet each other albeit with a wide berth. A big THANK YOU also to couples, and families, who drop to single file to remove any uncertainty. Joggers, cyclists and fast walkers also help by giving others a wide berth, and when traveling in the same direction, ring their bell or call out to

let others know that they want to pass. Many also slow down to give others time to move out of the way, rather than running/riding past quickly.

We are lucky to be able to enjoy the countryside so close to our homes. Enjoy and keep safe!



Cambridge Sewa Day



The Cambridge Sewa Day (@sewaday sewaday.org) team collected generous donations of Easter eggs from local families and Morrisons in Cambourne. They were delivered to hardworking staff at the Royal Papworth Hospital, The Darwin Centre for Young People in Fulbourn Hospital and Ferrars Hall Care Home in Huntingdon to spread some joy and show our appreciation for all the good work they are doing.

Our team have around 50 volunteers based around Cambridge, with most living in Cambourne. We are working on a number of

nationally led campaigns, including 'help a neighbour' where we support those self isolating in need of shopping or medicine collection and 'caring for carers' where we support NHS staff and key workers. Sewa Day is a UK registered charity encouraging individuals to volunteer and get involved in community cohesion and acts of kindness through a personal approach. The word Sewa originates from the Sanskrit language and means 'selfless service'. For further information, please contact local coordinator Yogish Joshi [@YogishJoshi](mailto:yogish.joshi@gmail.com).



COMMUNITY

Greetings from Cambourne Library!

We hope you are all keeping safe and well!

As you may already know Cambourne and all other Cambridgeshire libraries are closed to the public until further notice.

Please don't worry about accumulating fines on borrowed items taken out before the closure of your local library. Loans are being renewed automatically and charges are suspended. The suspension was in place since mid-March. If you have online access you are welcome to download free electronic books, audio books, magazines and newspapers onto your PC, tablet or smartphone through the library service.

Please copy and paste the following link into your browser:- <https://www.cambridgeshire.gov.uk/residents/libraries-leisure-culture/libraries/library-online> to find out more information on the services available.

If you are not already a library member you can join online (link above). When you sign up a membership number will be emailed to you.

Cambridgeshire libraries have been collaborating and can now provide other online activities to help keep you informed, engaged and entertained at this time. Online activities includes the firm favourite rhymetime sessions.

See our Facebook and Twitter pages for more events.

With very best wishes from all at Cambourne Library.



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COMMUNITY

Grant Funding for South Cambridgeshire Businesses

Businesses in South Cambridgeshire are Eligible for Grant Funding

Businesses in South Cambridgeshire who are eligible for grant funding under one of two Government Coronavirus assistance schemes, are being contacted by the District Council and invited to apply.

In response to the Coronavirus outbreak, the Government announced there would be support for small businesses and those companies in the retail, hospitality and leisure sectors.

This support will take the form of two grant funding schemes:

1. The Small Business Grant Fund. This fund provides a one-off grant of £10,000 to eligible businesses who already pay little or no business rates to help them meet ongoing business costs.
2. The Retail, Hospitality and Leisure Grant Fund. This fund provides businesses in these industries with a rateable value of under £15,000 with a grant of £10,000. Businesses with a rateable value of between £15,001 and £51,000 will receive a grant of £25,000

Businesses that may be Eligible

The Council estimates a total of around 1,700 businesses in South Cambridgeshire are eligible for a grant. These companies are being emailed with instructions on how to apply for the grants online. If the Council does not have an email address for them, they are being sent a letter containing details about applying.

The money for these grants was received recently from the Government. Immediate software development and testing, necessary to administer the grants, then took place and the Council is starting to pay the funds into the bank accounts of local companies.

Any business owner who does not receive an email or letter and believes they are eligible for one of the grants should in the first instance check the criteria in the 'Coronavirus information for businesses' section of the Council's website, then follow the links to contact the Council if necessary.

Cllr Peter McDonald, who is leading South Cambridgeshire District Council's efforts to assist local businesses which have been impacted by the Coronavirus outbreak, said:

"Our team at the Council is working flat out to get these grants into the bank accounts of local businesses as quickly as they possibly can. Every day I am hearing stories of local companies doing all they can to stay in business and we will support them. Please do bear in mind though that when administering these grants, there are checks that we need to carry out to guard against fraud and we are doing this as quickly as we can. Also, I'd urge all local businesspeople to sign-up for our newsletter which is produced specifically for them – you can do this via the business section of our website. We are regularly sending out the latest advice and guidance and know that clear, concise information is needed. Alongside all of this, we are driving forward the recruitment of an expanded business support team and talking with as many local businesses as we can to find out what they need from us to help them through this crisis."

Local companies can sign up for the Council's business newsletter, and get the latest Coronavirus information for businesses, at www.scambs.gov.uk/business/coronavirus-information-for-businesses

In addition to the grants, South Cambridgeshire's retail, hospitality and leisure businesses have so far been awarded around £13.7 million through the Government's expanded retail business rates relief scheme. This means eligible businesses, that would have been due to pay Business Rates for 2020/21, have had their Business Rates waived so that they won't need to pay any for next year. Businesses added to this scheme by the Government since its launch, such as estate and letting agents, will also be receiving this credit on their rate bills.

For further information contact Tom Horn in South Cambridgeshire District Council's communications team on tom.horn@scambs.gov.uk or 07704 072 548,

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COLUMNISTS



ANTHONY BROWNE

MP FOR SOUTH
CAMBRIDGESHIRE
anthony.browne.mp@parliament.uk

"Save our Pubs" says New MP for Cambourne

I am calling on brewers and pub owning companies to cancel rent for tenants who have been forced to close their pubs due to the coronavirus crisis.

I'm therefore asking pub owning companies across South Cambridgeshire to follow the example set by Everards, Adnams, Charles Wells, Admiral Taverns and others in cancelling rent for the time that the pubs are closed due to the shutdown.

Other landlords have only deferred collection of rent and ancillary charges, culminating in thousands of pounds being owed by tenants when they reopen to the public.

This risks turning temporary crises into permanent closures. Publicans may not be able to make up the shortfall caused by months of missed income, particularly for those with gardens depending on good weather to bring in custom. Some have been forced to consider closing permanently.

We need to make sure the pubs are there for us when this crisis ends.

It has never been easy to run a pub, and many villages are already left clinging to their last viable pub.

I'm also asking all South Cambridgeshire residents to get behind our pubs. Get online and share stories and news about your local pubs, to not only encourage pub owning companies to step up to the plate, but to ensure our pubs remain part of our community.



RUTH BETSON

DISTRICT COUNCILLOR
cllrбетson@scambs.gov.uk
Twitter: @ruthbetson

Reaching Out to others during Lockdown

I hope you and your family are all well in these unusual times. I've been on my own all this time - as I use an inhaler and had a respiratory infection in February, I've been very careful about going out for my daily exercise. However, luckily I'm blessed with still being employed and working full time (at the moment, who knows what the future will bring) and I must admit I'm quite enjoying not having to commute every day to London! But it's a lonely time.

If you are like me and isolating, please don't feel alone. Reach out and talk to someone, possibly someone else like you.

The Town Council is coordinating our volunteer

task force and the whole community is pulling together to deliver food packages, collect prescriptions, and importantly also make phone calls to those of us who can't get out.

Can you help by making a few phone calls for example?

Do you need help yourself in any way?

If the answer is yes, then do contact:-

Community@cambourneparishcouncil.gov.uk

It's tough and it's weird, but I am so proud of Cambourne. Thank you to all the volunteers. Our tight-knit community will fight this coronavirus battle together.

I am sending you all my very best wishes for your continued good health, both physical and mental.

If you would like to discuss something, please do contact me by email :

cllr.бетson@scambs.gov.uk



CATHERINE PRICE

CAMBOURNE PARISH
NURSING SERVICE
nurse@cambournechurch.org.uk

Mental Health Awareness Week

Health has become the focus of the world in recent times but our health comes in many forms.

Keeping mentally healthy is understandably challenging at the present time with many additional causes for anxiety.

Mental health awareness week from 18-24th May this year focuses on the importance of kindness in supporting mental health.

Whether telling someone you appreciate them, sending messages of thanks, contacting someone who may be lonely, donating to the Foodbank or sharing your skills via video call; when we offer

acts of kindness it does us as much good as those on the receiving end.

Kindness unlocks our shared humanity and is central to our mental health. It has the potential to bring us together which benefits everyone, particularly at times of great stress.

In recent weeks seeing a town come together in the face of a common threat, supporting the weakest and most vulnerable in many ways has been wonderful and inspiring. The actions of businesses, charities, the Cambourne Volunteer Task Force, volunteers and individuals with many, often unseen acts of kindness, care and neighbourliness all support mental health, but also show what a healthy community we have the privilege to live in.

Reference: www.mentalhealth.org.uk

Green Bins are coming back

Greater Cambridge phased return to green bin collections from 4th May

Residents in South Cambridgeshire are being asked to put their green bins out on their normal days from Monday 4 May as part of a phased reintroduction of garden waste collections.

Households would usually have two green bin collections between 4th and 30th May but, due to the impact of national social distancing measures, **only one collection will be guaranteed**. Crews will try to empty more bins on each occasion if they can.

For clarity, households can check the their online bin collection calendar to find out their guaranteed green bin collection date. In addition, Greater Cambridge Shared Waste Service crews may be able to collect some green bins more frequently than this - when there are enough staff and vehicles. Putting your green bin out with your blue bin every fortnight will mean it is available for them to empty if they are able to.

The national social distancing measures outlined for waste collection services mean that each collection vehicle currently has a driver and only one loader (the crew member who loads the bins onto the lorry), rather than the usual driver plus two loaders. This is in order to ensure enough space is left between staff when travelling, which means what would normally be one week's work could be spread across two weeks.

The decision to suspend green bin collections in March was taken to ensure black bin (general rubbish) and blue bin (recycling) collections could be maintained despite crew members becoming ill or needing to isolate. At one point, around a third of operatives at the Shared Waste Service were absent for one of these reasons.

While the service runs with only one loader per truck, in line with Government guidance on avoiding spreading the virus, it takes longer and is much more physically demanding to complete each round.

Although crews will do their best to collect as many green bins as possible during the first fortnight, only half of residents will have a guaranteed collection in these first two weeks of May. As well as finding out when their scheduled collection is via the councils' websites, residents will be able to report any accidentally missed bins online, on their guaranteed collection date, as usual. It will not be possible to report a missed green bin collection on non-guaranteed days. Residents are being asked to continue home composting as much of their garden waste as possible until collections return to normal.

For information about bin collection services or to find your usual collection date visit www.scambs.gov.uk/recycling, where you can also find answers to Frequently Asked Questions related to green bin collections.



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have the time to do it or you just want to enjoy your
leisure time rather than do chores then call me!

**If you are interested then please call Chris on 01954
710172 or 07890 170807.**

References can be supplied.



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EDUCATION

Unlocking Learning in Cambourne

Educating Otherwise: While local home educators aren't able to get out to their usual clubs, activities and trips at the moment they, like many of Cambourne's other young people; are still enjoying walks with their families on the country park amongst spring flowers and breeding birds and also making the most of enhanced free online resources.

Cambridge Science Centre is posting STEM activities on its website in lieu of its regular sessions for home educators and Mel at Wildly Curious is inspiring her bushcraft students with videos on making charcoal and whittling wooden mushrooms. Home educators who love online gaming are also taking this opportunity to teach their parents how to play or are collaborating with their friends through Skype to build a hospital together on Minecraft (pictured). Lockdown or not, learning keeps happening!

For info on educating otherwise than at school please connect via the Facebook group 'Home Education – Cambourne'.



The College Adapts to Sudden Change

Cambourne Village College: The last two months must surely have been the strangest ever experienced in our schools. At Cambourne Village College we veered from the normal intensity of exam build-up and the excitement of a wonderful four-night production of Guys and Dolls, to a rapidly escalating situation of staff absences, single year groups working at home, remote schooling for all and the cancellation of community bookings. In addition to a key worker school on site was the devastating news for Yr 11 and their teachers that the 2020 public examination system had been cancelled.

As in so many sectors, the way that the school staff responded to this situation was phenomenal. Year 11 was not allowed to end the term at CamVC without a send-off or an impromptu and a much appreciated final assembly took place, with the promise of a proper leavers' celebrations just as soon as can be arranged. Staff are now engaged in the rigorous process demanded by OFQUAL to ensure that GCSE and other grades awarded this summer are a proper reflection of each pupil's work and abilities.

Remote schooling went almost to plan by the end of the first week of closure, as all but a few were established with a device and wifi at home, including Year 7 and Year 9 pupils who were equipped with iPads. All pupils were online and studying soon after. The various Heads of Department addressed remote working as soon as they were presented with the possibility and students adhered to home-working timetables from 23 March.

The learning curve for all of us has been very steep and we'd like to thank all the parents who have supported us. Like you all we're hoping for a return to normality as soon as possible – a good reminder of this can be found in our spring magazine on this link: <https://www.cambournevc.org/news-and-events/news-at-cam>

In the meantime, we send our very best wishes for the safety and good health of our Cambourne community.

Claire Coates, Principal.



Dear Members

As you know until we emerge from the necessary restrictions of the Covid 19 guidelines all our activities/events have had to be put on hold. Fran has sent out information re trips cancelled and will continue to send out news; either local or from the U3A National office. Christine will

continue to produce the newsletter with updates but also with stories, poetry etc -cultural distractions in these isolating times. If you are an interest group with homework, it will be marked.

New members will be welcome as soon as we are up and running again. Go to u3a.cambourne.org.

Stay safe till we meet again.

Kath Thompson

COMMUNITY

CAMBOURNE COMMUNITY GOSPEL CHOIR



Over the past six months Cambourne Community Gospel Choir has continued to perform in a range of settings, amongst them our very own Monkfield Arms.

We were also contacted by a couple who wanted a gospel choir to sing at their wedding. That was a truly wonderful occasion, and an amazing experience for us. Following that, we were invited to give a concert at Shelford Feast (our first 'professional' performance). Sadly the Feast has been cancelled, but we have been booked to perform next year.

We were also privileged to share a rehearsal with a visiting gospel choir from Ruanda, (which was great fun). A number of us were able to see them perform in a local church as well. More recently, we have been meeting, courtesy of Zoom. We are all enjoying being able to chat to each other, although it is very strange singing to yourself! Each rehearsal is unique but we are looking towards the future and working in some songs that are unique to us. Watch out for us after lockdown, who knows, we might be invited to sing at the Cambourne Fete again, or even be back in the pub.



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CERC Attracts Many Enthusiasts

While the presentation come certification ceremony for 5th Beginner's batch of the Cambourne Electronics and Robotics Club (CERC) took place in the Old Blue School on 15th March 2020, which enabled students to advance to the Intermediate level. The students made PowerPoint presentations and demonstrated their projects to the public. This event also involved the induction of more than 40 students for the New Beginner's batch. On the same day more than 30 students took part in the exciting ESA AstroPi Mission to send their Python code to the astronauts in the International Space Station (ISS). There were also demonstrations by the FIRSTLego teams, PiWar team and Junior FIRSTLego team. At present the club has more than 70 students in Beginner, Intermediate and Advanced batches.

CERC offers a unique curriculum for 7-14 years students to excite them with STEM (Science, Technology, Engineering and Maths) activities. The club which has been operational since 2017 has served more than 500 students attracting kids from as far a field as Cambridge, Ely, Waterbeach, Milton, Papworth, Bar Hill and London.

The impact of these activities have seen students participating in the Senior FIRSTLego competition (Cambridgeshire champions 2019 & 2020), Junior FIRSTLego competition, PiWars 2019 & 2020 competitions (second position in 2019), Micro:bit Global competition, ESA AstroPi Missions (2019 & 2020), speaker at PiWars conference, stall at the Bett Show at London Excel, volunteer for local events, participate in the Cambourne Science Festival, summer coding challenges, train the scouts and be an active young STEM ambassador. The club also provides a platform for 14-18 years students to volunteer for the Duke of Edinburgh project. For more information please contact Cllr Dr Shrobona Bhattacharya at shrobona@gmail.com.



CERC launches initiatives for students

Cambourne Electronics and Robotics Club (CERC): has taken the initiative to engage students on electronics and robotics through live online sessions due to the current situation of schools' closure and social distancing. CERC has launched a live online session Python for Teens aimed at the 14-19 age group in Pre-GCSE, GCSE and A-level to teach mathematical concepts in Maths and Science through a programming-based approach.

Python is one of the most widely taught and used programming languages in senior schools, universities, and industries. The course teaches the skills to understand, create and debug like an expert. The fundamentals of coding including data types, variables, functions, loops, object-oriented programming concept and visualisation will be delivered in a structured manner. The live sessions will be followed by assignments giving more insight into the topics. Upon completion students will be able to register for the advanced online course Python for Machine Learning.

The sessions will be mentored by an experienced aerospace engineer and educationalist Dr Sujit Bhattacharya, who has more

than 30 years of experience working in the aerospace industry and research labs.

For more information and registration please contact Cllr Dr Shrobona Bhattacharya at shrobona@gmail.com.

CAM: CARE UK

Live Online Sessions on python Programming for Teens

Course mentored by Cllr Dr Shrobona Bhattacharya at shrobona@gmail.com

Course sponsored by CAM:CON

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Singing, dancing and acting classes for 4 - 18 year-olds

 stagecoach.co.uk/cambridge

 01223 359974

 cambridge@stagecoach.co.uk

WHAT'S ON

Due to the current situation concerning COVID-19, check with organisations directly as many events, although published are expected to be amended, postponed or cancelled.

South Cambs Child and Family Centre

All the groups has been cancelled until further notice.

For more info contact :

ChildAndFamilyCentre.South@cambridgeshire.gov.uk or 01954 284672.

Free Monthly Workshops

Join in creative workshops with professional artists from Wysing Arts Centre every month, on the second Saturday of the month. Places are free but must be booked in advance via eventbrite

(www.creativecambourne.eventbrite.co.uk). If you cannot attend a session please cancel your place to allow others to take part. The workshops are run by Wysing Arts Centre in partnership with Romsey Mill and Cambourne Youth Partnership. Workshop Timings

11:00 – 13:30 for age 11–14

14.30 – 17.00 for age 15–19

Fridays

Live Theatre, Classical Music or Musicals

7pm

Andrew Lloyd Webber musicals

Details on [YouTube.com/theshowsmustgoon](https://www.youtube.com/theshowsmustgoon)

The Royal Opera House

Details on roh.org.uk

Sundays & Thursday

7pm, 7:30 pm

The London Symphony Orchestra

Details on Lso.com

The National Theatre

Details on NationalTheatre.org.uk

Leave a light on concerts

Details on thetheatrecafe.co.uk

Comedy

Details on Avalonuk.com

For more:

onstage.com and timeout.com

Every other Thursday

Mama's Night In

8pm Via Zoom

Free online chat with local Mamas and interesting people.

Find out more @ [Mamas.tic](https://www.facebook.com/Mamas.tic) on Facebook

Friday 1st May

Pyjamarama

Fuelled day of fun at home, celebrating bedtime stories and our shared love of reading at www.booktrust.org.uk.

Alternate Monday & Fridays 4th May

Toddlers, Babies & Bump and Free

Online Coffee Mornings

10:30am

Hosted by local, qualified hypnobirthing, antenatal, postnatal and breastfeeding experts

Cambourne Experimental Cookery Club

Join the cookery club for the year 2020 - 2021.

Email : shrobona@gmail.com

Phone : 07852753216

The mobile post office will inform the Town Council if anything changes, and we will update our website and Facebook page.

MOBILE POST OFFICE:

The Hub car park

Mondays: 1.45pm to 4.00pm Wednesdays:

12.30pm to 4.00pm

Closed Public Holidays

Tel: 0345 611 2970

Please note: opening times are subject to road conditions

WASTE AND RECYCLING:

Bin collection dates

Black bin: Thursday 7 May 2020 Thursday 21 May 2020

Blue bin : Friday 15 May 2020 Friday 29 May 2020

Green bin collections and deliveries suspended from 23 March. But are being reinstated please check with <https://www.scambs.gov.uk/recycling>



Go WILD with the Wildlife Trust for Bedfordshire, Cambridgeshire and Northamptonshire

Can you do one wild thing a day

throughout the whole of June?

We believe you can!

Join thousands of people taking part in our annual nature challenge, 30 Days Wild. Do it for your health, wellbeing, wildlife and the planet.

What is 30 Days Wild?

30 Days Wild is a fun, feel-good challenge run by The Wildlife Trusts every June. Back for its sixth year, it brings people closer to nature where they live, taking small actions that can collectively have a big impact.

From little things such as watching a bee from your window or feeding the birds, to giving up single-use plastics for a month or digging a pond in your garden: every Random Act of Wildness counts.

If you want to see what others are getting up to, just check out #30DaysWild on social media.

What's in a 30 Days Wild pack?

When you sign up, you'll be able to download a host of goodies to help you plan your month. You'll have a wallchart, wildlife bingo, an activity passport and a nature table template. We'll send you lots more resources leading up to June too, from instructions for baking hedgehog cupcakes to a beginner's guide to wildlife photography.

For more information look online

Search 30 days wild and also check out <https://www.wildlifebcn.org/>

EVENTS IN AND AROUND CAMBOURNE

MONDAYS

Watercolour Class

7-9pm The Hub Cambourne .

Cambourne United Football Club

8-9pm Cambourne Village College: Ladies.

Cambourne Bowls Club

Regular club nights Mon and Thurs, **6pm**.
New players of any standard, age or gender
welcome. Behind Everyone Active.

Cambourne Youth Club

Year 9-11 **7pm - 8.30pm**, at Cambourne
Soul Youth Centre

TUESDAYS

WW2 Aircraft Club

First Tuesday of the month in Cambourne at
The Blue School.

Cambourne Tae Kwon Do

Adult and children classes (Tuesday
evenings or Saturday mornings). Refer to
Facebook page : Cambourne TKD.
Beginner classes for all at the Vine School.

Cambourne Women Runners

7.15pm club run, meet at Old Blue School.

Cambourne Open Minds

1st Tuesday of every month, **7.30pm -
9.30pm** at the Village College.

Cambridge Badminton Academy

7.30pm - 10pm at Cambourne Village
College.

WEDNESDAYS

Watercolour Class

10-12pm in the Sports Pavilion.

Buggybootcamp

10-11am Crow Hill Lane Green CB23 5AW

Timebank Coffee Morning

1st Wed of the month, **11am** in Cafe 19.

Cambourne Youth Club

Year 8-9 **3:30pm - 5pm**, at Cambourne Soul
Youth Centre. Year 11+ **7pm - 8.30pm**

Cambourne Tennis Club

Social tennis session. **7pm - 10pm**.

Cambourne Runners ARC

Meet at the Hub. **7.10pm**.

Photography group

3rd Weds of the month **7.30pm** at
The Belfry.

Sundial Script Nights

2nd or 3rd Wednesday of each month.
8pm - 10pm. Fun, sociable script-readings
for those interested in drama with
Cambourne's community theatre group.

Cambourne Community Gospel Choir

7.30pm - 9.15pm in term time Old Blue
School.

THURSDAYS

Diabetes Peer Group

1st Thurs of the month **11am - 12pm**
Upper Cambourne Cricket Pavilion. Free.

Home Educators Multi-sports

12.30pm - 2.30pm at Sports Centre.

Cambourne Rugby

6.45pm on all-weather pitch. All abilities.

Cambourne Netball Club

7.30pm - 9pm senior squads at Sports
Centre.

Cambourne Futsal

Indoor football for 18 to 65yrs. Cost £4.
[Facebook.com/groups/cambournefutsal](https://www.facebook.com/groups/cambournefutsal)

FRIDAYS

**Cambourne Health & Wellbeing Club
A group for older adults**

We meet alternate Fridays in term time (next
meeting: 6th & 20th March) from 10.30-
12pm at the new Church annex. We aim to
have a speaker or table games,
refreshments, chair-based exercises and
time for conversation. No booking required,
the group is FREE. For more details please
contact: Catherine Price Cambourne Parish
Nursing Service : 01954 710644 (Church
Office)
Email: nurse@cambournechurch.org.uk.

Children's Art Club

4-5:30pm 7-14 years

Upper Cambourne Cricket Pavilion.
For ten weeks each school term. There are
three professional tutors who will choose
different themes and media, some of which
are continued for more than one week .
The cost of the class varies according to the
number of children taking part, but is roughly
£70 for each ten-session term, and this
includes materials. Provision is available to
enable children in cases of financial hardship
to be able to participate in the group.
Parents/Carers do not need to stay unless
they wish to, but we do ask for help in setting
up and putting away the tables.
The Club will start the Summer Term on
Friday April 24th 2020

If you are a potential tutor for this group,
with a DBS check in place, we would love to
hear from you.
Please contact Fran Panrucker by email at
fran@panrucker.eclipse.co.uk to book a
place.

Cambourne Chess

5-6pm in term time . School years 1-8.
Cambourne Church.

Friday Walks

Our walks are approx. 5 miles. We meet in
the library near the rear entrance at
10.15am. If transport is needed, we share
transport.

To join us or for any questions prior to the
walk, please ring Penny Flannagan on
01954 200126 or Pam Hume 01954 201808,
or email pamhume1@gmail.com.

Cambourne Youth Clubs

Year 7 **3.30-5pm**, at Cambourne Soul Youth
Centre

SATURDAYS

Cambourne Runners ARC

Meet **8.50am** at the Hub.

Cambourne United Football Club

9am - 10am girls & boys on Cambourne 3G.

Doodle's Dog Walking Group

9.30am at Just for Pets shop. Open to all.

**Cambourne Fledglings Football
Academy**

9-10am Everyone Active 3G for reception
and year 1 ages.

SUNDAYS

Cambourne Tennis Club

10-12pm
Social tennis session.

Cambourne Electronics & Robotics Club

Alternate Sundays in the Blue School. **2pm**
seniors, **3.30pm** newcomers.

Cambourne Raptors Basketball Club

Regular junior sessions @ CamVC;
8 & Under: Monday 5.15pm - 6pm
11 & Under: Monday 6pm - 7pm
14 & Under: Monday 5.30pm - 7pm
18 & Under: Monday 7pm - 8.30pm
11/14 & Under: Saturday 1.30pm - 3.30pm

Digital Surgery for 60+

Alternate Sundays in the old Blue School.
2pm - 5pm. Its FREE so drop in!

Cambourne Balkan Dance Club

Dance Meet-up. 5.10-6:30pm in the Blue
School Main Hall. £3/session. Open to all.
find us on Facebook.

Sunday walks

If permitted, join us at 10 am at Monks Wood
car park on School Lane. Lunch afterwards
is popular with some of us. For further
details and date please contact Sandra on
07747 012245 or email
sandracalcraft@waitrose.com

**For more details of local groups and
clubs see pages 16-17.**

GROUPS, SERVICES & CONTACTS

COMMUNITY GROUPS

Cambourne Arts:

Fran Panrucker: 01954 710858
fran@panrucker.eclipse.co.uk
www.cambournearts.btck.co.uk

Cambourne Children's Centre:

01954 284672 cambournechildrenscentre@cambridgeshire.gov.uk

Cambourne Love Justice Group:

Len Thornton: 01954 710370

Cambourne Crescent:

Local charity run by volunteers
www.cambournecrescent.org
Info@cambournecrescent.org

Cambourne Experimental Cookery Club

Member organises only one dinner and attends many at others. Fundraising finale.
shrobona@gmail.com / 07852753216

Cambourne International Cookery

Workshops

shrobona@gmail.com / 07852753216

Cambourne Electronics and Robotics Club

Runs on alternate Sundays
shrobona@gmail.com / 07852753216

Words for Pleasure Writers' Group

Meets on the first Thursday of the month in Cambourne Library at 1.30pm
 Pat Callaghan 01954 718836

Watercolour Classes

Tutor-led classes for watercolour painting;
 Monday 7-9pm, Wednesday 10-12pm.
 Contact fran@panrucker.eclipse.co.uk

Children's Art Club:

Contact fran@panrucker.eclipse.co.uk

Photography Group:

Beginner to advanced. Meetings on third Wednesday of the month at 7.30pm in the Belfry hotel. Nicola Marriott on 07811 154901 www.flickr.com/groups/cambournephoto

Reading Groups:

carolinealdrige@cambridgeshire.gov.uk

Timebank:

email.timebank.cambourne@gmail.com or facebook
<https://www.facebook.com/CambourneTime/posts/1497202690445409>

Crafty Ladies: Enid - (01954) 715292 or Edna - (01954) 717360

WW2 Aircraft Club: Meeting in Cambourne on the first Tuesday of the month. Contact 01954 269 173/iancameron692@gmail.com

Papworth Astronomy Club

Meetings at the Vintner Room, Papworth Everard, 7.30pm. Contact Peter on 01480 830729 or peter@cheere.demon.co.uk

Friday walks: Monthly. Meet at the rear entrance to the library at 10.15am. Contact Penny Flanagan on 01954 200126 or

pam.hume@ntlworld.com

Sunday Walks: Monthly. Meet at 10am in Monks Wood car park, School Lane. Sandra: 07747 012245 or scalcraft@gmail.com.

Cambourne Community Website Group

John Panrucker: 07734 258 059
hello@cambourne.info
www.cambourne.info/about

Cambourne and District U3A:

Self help organisation for the retired/semi-retired providing a chance to learn new skills and meet new people.

Visit u3a.cambourne.org or contact Fran Panrucker on 01954 710858

Story Blog: Publishes real life stories of war, travel and human interest. Contact Tapti Roy on 07582016562 or taptibr@gmail.com
www.pastconnect.net

Cambourne Open Minds: Meditation, laughter & self development. First Tuesday of every month 7.30-9.30pm. Suzanne: 07887 715555, SMJLANE@lifequest.co.uk

Cambourne Community Gospel Choir:

Rehearses in the Old Blue School 7:30-9:15pm on Wednesdays. Just turn up. A donation of £1 per session is suggested towards costs. Find us on Facebook.

Child and Family Centre:

01954 284672 or ChildAndFamilyCentre.South@cambridgeshire.gov.uk

Children's Chess Club: Y1-8, Fridays 5-6pm at Cambourne Church. Book in advance: cambourne.chess@gmail.com

Sundial Theatre Company

Cambourne community theatre group
info@sundialtheatre.company or visit www.sundialtheatre.company

Cambourne Balkan Dance Club

Sunday Dance Meet-ups. Open to all.
<http://bit.ly/BalkanDanceCambourne>
 Find us on Facebook.

Cambourne One

A charity group run by Muslim volunteers and open to everyone. cambourne1.org.uk

CHURCHES

Cambourne Church

Church office (in the Blue Space): 01954 710644. Mon / Tues / Thurs: 10am-12pm and 1pm-3pm. Wed: closed. Fri: 10am-12pm. www.cambournechurch.org.uk
 Minister: Revd Bill Miller
bill.miller@cambournechurch.org.uk

Administrators and Church Bookings

Jacqui Huckle, Hannah Heasley
administrator@cambournechurch.org.uk

Youth Worker: Jonathan Buwert

Tel. 07503 171869 jonathan.buwert@cambournechurch.org.uk

Children and Family Champion:

Jane Brooks 07850 961000

jane.brooks@cambournechurch.org.uk

Parish Nurse: Catherine Price
nurse@cambournechurch.org.uk

Foodbank:

Julie Whitbread
julie.whitbread@cambournechurch.org.uk
19 The Coffee House: Manager Cilla Mills.
 Open Monday - Thursdays 8.45am - 2pm;
 Fridays 8.45am - 12 noon.

19thecoffeehouse@cambournechurch.org.uk

Peacehaven Baptist Church

Pastor. Donovan M. Bangs:
Preachbrit@aol.com 01954 710510
www.peacehavenbc.org.uk

Christchurch Cambourne

Sunday services - 10.30am
 Meeting at Cambourne Village College
www.christchurchcambourne.org.uk

Cambourne Catholic Community

Mass: Sat. 5pm, Tues. 12.15pm, Thurs. 7.15pm <http://cambournerc.com>

HEALTH CARE

Community First Responder:

Mark Taylor, 07858 394719
mark.taylor@inheritancewills.co.uk

Cambourne Dental Practice:

(01954) 718585
www.cambournedental.com

Lloyds Pharmacy: 01954 718296

Monkfield Medical Practice:

01954 282153
www.monkfieldpractice.co.uk

NCT: (National Childbirth Trust)

Candice Lattimore - 07595 909793
candicelattimore@gmail.com

Diabetes Peer Group: First Thursday of the month, Upper Cambourne Cricket Pavilion, 11am-noon. Free to join. Contact info@nutrition2wellness.com

Cambourne Health and Wellbeing Club A group for older adults

Meets alternate Fridays in term time from 10.30am - 12.00 midday at the new Church Annexe. We aim to have a speaker or table games, refreshments, chair-based exercises and time for conversation. No booking is required and the group is FREE.

For more details please contact:
 Catherine Price : Cambourne Parish Nursing Service Tel: 01954 710644 (Church Office)
 Email: nurse@cambournechurch.org.uk

LOCAL AUTHORITIES

Parish Council Office: 01954 714403
office@cambourneparishcouncil.gov.uk
www.cambourneparishcouncil.gov.uk

Venue Bookings: 01954 714403
bookings@cambourneparishcouncil.gov.uk

GROUPS, SERVICES & CONTACTS

Pitch Booking:

Everyone Active at the Sports Centre

District Councillors for Cambourne:

Ruth Betson – cllr.betson@scambs.gov.uk
Gavin Clayton – cllr.clayton@scambs.gov.uk
Shrobona Bhattacharya –
cllr.bhattacharya@scambs.gov.uk

EDUCATION

Cambourne Village College:

01954 284000
thecollege@cambournevc.org
www.cambournevc.org

Comberton Village College:

School Office - 01223 262503

Hardwick and Cambourne Community

Primary:

Co-Headteachers-
Ms Cate Thompson & Mrs James Hoban
School Office - 01954 719085
blue@hardwick.cambs.sch.uk

Jeavons Wood Primary School:

Headteacher - Sue Wright
School Office - 01954 717180
office@jeavonswood.cambs.sch.uk

Monkfield Park Primary School:

Headteacher - Sarah Jarman
School Office - 01954 273377
office@monkfieldpark.cambs.sch.uk

Vine Inter-Church Primary School:

School Office - 01954 719630
office@thevine.cambs.sch.uk

Educating Otherwise: for local meetups & activities please join facebook group 'Home Education - Cambourne'.

Home Educators Multisports:

Thurs during term time at Cambourne Fitness & Sports Centre. 5-8 yrs: 12.30-1.30pm, over 8s: 1.30-2.30pm. annettelesage@btinternet.com

Arabic Language School

Run by Cambourne Crescent during term time on Sundays - 10am at CVC.
linfo@cambournecrescent.org

Cambourne Crescent Science &

Technology Club:

Runs on alternate Sundays at 3pm in Blue School
Info@cambournecrescent.org
Cllr.akhter@cambourneparishcouncil.gov.uk

PLAYGROUPS/PRE-SCHOOLS

Baby And Me:

Natalie 07999 406679
cambourne.babyandme@gmail.com

Cambourne Pre-school:

Donna O'Shea: 01954 715150
cam.preschool@btinternet.com

Carers And Tots:

cambourne.carersandtots@gmail.com

Monkfield Park Care & Learning Centre:

Office: 01954 273301
clcoffice@monkfieldpark.cambs.sch.uk

Sunflower Nursery: 01954 719440

SERVICES

Cambourne Library

Mon: 9am – 5pm; Tues: 9am – 1pm
Wed: Closed; Thurs: 4 – 7pm; Fri: 9am – 5pm; Sat: 9am – 1pm. Reception area open 9am – 5.30pm every week day. We also offer an e-book service and local information. Free Wi Fi. We also sell stamps, books and children's wall charts. 0345 045 5225 www.cambridgeshire.gov.uk/leisure/libraries

Community Car Scheme:

If you need transport for a medical or social appointment and are unable to use public transport you can call us on:

07526 998 465 or e-mail: cambournecarscheme@gmail.com. Min. 48 hours notice.

Cambourne Community Fire Station:

01954 714030 www.cambsfire.gov.uk

Police non-emergency:

PCSO Alex Giltinane; Tel: 101

Streetlight Faults:

www.cambourne.info/lightform.htm
Cambournelights@mail.com Tel: 714403

Vets: Cromwell Veterinary Group:

01954 715161

Waste & Recycling (South Cambs):

03450 450 063

Wildlife Trust: Jenny Mackay

01954 713516 www.wildlifebcn.org

Cambourne Crescent Food Bank

Info@cambournecrescent.org
Cllr.ahmed@cambourneparishcouncil.gov.uk

SPORTS & LEISURE

Cambourne Fitness & Sports Centre:

01954 714070

Cambourne Fishing Club:

www.cambournefishingclub.com

Cambourne Bowls Club:

Robin Bailey – 01954 269328 or 07711 613559. Email: robin.doreen@btopenworld.co.uk
m. Facebook: Cambourne Bowls

Cambourne Cricket Club:

Phillip Broadwith, Cambournecc@gmail.com / www.pitchero.com/clubs/cambourneccricketclub

Cambourne Eagles F.C:

Cambourneeeaglesfc.sec@gmail.com
[Facebook.com/cambourneeeagles](https://www.facebook.com/cambourneeeagles)

Cambourne FC:

www.cambournefc.org
cambournefc@icloud.com

Cambourne Netball Club:

Emma Smith - (01954) 710034
cambournenetball@googlegmail.com

Cambourne Exiles (Rugby):

Neil Ingham - 07956 410309
info@cambourneexiles.com
www.cambourneexiles.com

Cambourne Raptors Basketball Club:

Facebook: [cambourneraptorsbasketballclub](https://www.facebook.com/cambourneraptorsbasketballclub)
info@cambournebasketball.org

Twitter/Instagram: @CamRaptorsBball

Cambourne Runners: Weekly runs, all abilities on Saturday morning 8.50am and Wednesday 7.10pm from the Hub.
cambournerunnersarc@gmail.com

Cambourne Women Runners

Information: cwr@gmail.com

Cambourne Tennis Club:

Ben Byron benbyron@hotmail.com
<https://clubspark.lta.org.uk/CambourneLTC>

Cambourne Tang Soo Do Club

Mondays 6.45-8.15pm
www.cambournekarate-tangsoodo.co.uk

Cambs Tai Chi Club

www.cambs-taichi.org.uk

Cambourne Tae Kwon Do: See facebook or stephenlacey73@gmail.com

Cambourne Karate School (AKS)

www.karateschools.co.uk / 07929 100612

Cambs Chargers Volleyball Club

cambschargers@gmail.com

Cambourne United FC

Chris Williamson 07900 674558
cambourne.united@gmail.com
pitchero.com/clubs/cambourneunitedfc

Cambourne Fledglings Football Academy

cambournefledglings@gmail.com

Cambourne Balkan Dance Club

Sunday Dance Meet-ups. Open to all.
<http://bit.ly/BalkanDanceCambourne>
Find us on Facebook.

YOUTH GROUPS

Cambourne Air Cadets: Sgt. (ATC) Adam Kelly 2484df@aircadets.org

Cambourne Army Cadet force:

dc.cambourne@gmail.com
www.cambsacf.com

Cambourne Youth Partnership

in partnership with Romsey Mill:

Weekly clubs for young people open to all; Years 7-8 3:30-5pm, Years 8-10 5:30-7pm and Year 10+ 7.30-9pm. Community based youth work, offering support through mentoring, sporting and music activities. For more information or to volunteer, contact Jonathan Buwert at jonathan.buwert@romseymill.org or on 07503171869.

Cubs, Beavers & Scouts:

1st Cambourne: joininglist@cambourne-scoutgroup.org.uk

2nd Cambourne:

waitinglist@2ndcambourne-scoutgroup.org.uk

Guides, Senior Section,

Brownies and Rainbows:

Waiting list and volunteers girlguiding.org.uk

A Better Life

Fiona H Drummond M.A. D.Hyp.
Psychotherapist & Clinical Hypnotist
 Member of the British Psychological Society
 Member of the British Society of Clinical Hypnosis

Fiona is a very well qualified Psychotherapist and Clinical Hypnotist with over 20 years' experience in the treatment of a wide range of physical, psychological, emotional and relationship issues in children and adults such as:

**DEPRESSION - STRESS - ANXIETY - WEIGHT PROBLEMS -
 PHOBIAS - CONFIDENCE - PANIC ATTACKS - INSOMNIA -
 STOP SMOKING - SEXUAL PROBLEMS - IBS - ABUSE - GUILT-
 BAD HABITS - RELATIONSHIP PROBLEMS - ANGER - TRAUMA**
 If you have a specific problem - just ask!

A Better Life is based in Cambourne
 Tel: 01954 205084

www.abetterlife.org.uk
 email: fiona@abetterlife.org.uk

Ian Critten Accountancy Ltd
Chartered Certified Accountant
Accountancy and Tax Work for
Individuals and Businesses

01480 831422 or 07854 209111

Becky's Fitness

Would you like to have fun and get fit?
 Would you like better **core strength** and **flexibility**?

Zumba - Aerobics 'n' Tone
 Fitness Pilates - Pilates
 Body Conditioning

FIRST CLASS FREE

Cambourne timetable

Zumba 7.30pm Mondays at The Blue School
 Fitness Pilates 9.15am Tuesdays at The Hub
 Fitness Pilates 9.15am Thursdays at The New
 Cricket Pavilion
 Zumba 8pm Thursday at The Hub

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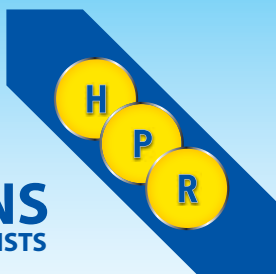
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COMMUNITY

Covid-19 Volunteer Task Force

Last month's Cambourne Crier featured the launch of the local Covid-19 volunteer group. The response of the town to the call for volunteers was enormous and more than 60 volunteers are now signed up from all sections of the community, different faith groups, town councillors, the local pub and local residents. It has been a very busy couple of weeks for the steering group who started the initiative, processing all the applications and organising tasks alongside the core activities of getting groceries and prescriptions out to the people who needed them. With the help of local political party systems, leaflets have been distributed to nearly every house in Cambourne, and volunteers have been checked and issued with ID badges. One member of the steering group was not surprised at the number of volunteers.

Task Force, pictured here, delivered



Easter Eggs, donated by Morrison's, around the town, schools with key worker's children, retirement homes, individuals and families, and the pharmacy staff

Cambourne is quite a unique place where everybody is adopted in. Many do not have a family network here", says Karla Parker, in charge of Food Parcels, "and there's a huge heart for Cambourne from the people that live here, a very can-do attitude." One such volunteer is Becky Johnson, from Lower Cambourne. She explains why she joined the group. "I didn't want anyone to feel totally isolated

and vulnerable". Becky does shopping and runs errands for some older ladies and also helps with delivering the prescriptions.

The prescription system is organised around Nichola Neville-Stearn, General Manager of the Monkfield Arms, who



collects them from the pharmacy and hands them to volunteers to deliver around the village. Volunteer Rachael Davitt has been helping with this task: "It's been really nice. I've had little chats with people, and that has sometimes been the only chat they have had in the day". Food provision is available both for those who simply need help getting their groceries for those who cannot afford food at the moment. The Coop in Upper Cambourne has kindly agreed to make orders ready twice a week and volunteers take the shopping to the people who need it. The Food Parcel service is for people who cannot afford food at the moment. They can come to the Blue School and collect a parcel twice a week (Wed 5 -6 pm and Sat 10-11 am). For people who are unable to come in person, volunteers can drop parcels off. Both local shoppers and Morrisons itself have been extremely generous in making donations for this service, which is needed even more than usual at this time.

Another very important service offered by the Task Force is that of making phone calls. Pam Hume is spearheading this activity. She explains that she now has a handful of people who she rings from time to time. "Some people suffer from anxiety or depression anyway, and this [situation] has made it more stressful. People are missing contacts, missing family and have

extra burdens to the norm." Volunteers agree that they themselves get a lot of satisfaction from their work. They feel that it is great to be able to make a difference on their own doorstep. As Cambourne Crescent's Arshad Siddiqui, who leads the initiative, puts it: "Now when you walk through the village, people are more smiling, kinder. People realise, we are all one, we are all together in this".

The work of the group is being recognised within the town and further afield. Following an application to the Cambridgeshire Coronavirus Community fund, a decision in principle has been made for the group to be awarded a grant to support its work in helping vulnerable, older and isolated people in the town.



Volunteers with food parcels outside the Blue School.

Food Parcel opening times at the Blue School, Eastgate:

Wednesdays: 5:00-6:00 pm

Saturdays: 10:00-11:00 am

Groceries

Those who are self-isolating and need help with shopping can choose from a simplified list of essential items. We will collect all requests and seek advance payment (currently donation to our Just Giving link) by Thursday night for delivery on Saturday night.

Prescriptions

Prescription requests are sent to the pharmacy, usually collected the same day or the next morning, and delivered around the town.

Phone Calls

We have trustworthy volunteers who are happy to talk to those who are in isolation.

CHURCHES

CAMBOURNE CHURCH

As I write this, we're heading into week four of lockdown. The children have been home from school for over two weeks and we've not had a proper face to face conversation with anyone outside the household for what seems like ages.

There's so much uncertainty around us. When will schools reopen? Is this the start of a sniffle or hayfever, or is it something more sinister? We find ourselves clinging to things we know are consistent; routines, TV boxsets etc.

As Christians, we know we have consistency and security in Jesus. As this time of uncertainty was beginning to make itself known in the UK I asked on our Facebook page if people would share verses from the Bible that they return to in difficult times. Here are some of them.

" Where can I go from your Spirit? Where can I flee from your presence? Psalm 139: 7

" In the beginning God created the heavens and the earth. Genesis 1: 1

" The LORD is my light and my salvation- whom shall I fear? The LORD is the stronghold of my life- of whom shall I be afraid? Psalm 27:1

" For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline. 2 Timothy 1:7

We have a Lord who we believe gives us strength and courage. He created the beautiful world we live in (aren't we blessed to have the country park in Cambourne!), and He will always be with us, through the ups and downs, the times of security and the times of uncertainty.



Rev'd Bill Miller

Services for May are suspended at this time.

"We are still trying to stay connected and to serve our community in various ways. Although the building is closed and we are not gathering for worship, Cambourne Church is alive and well. You can still get in touch with us in these difficult times." Bill Miller

You can hear messages at www.cambournechurch.org.uk or visit our Facebook page www.facebook.com/cambournechurch for updates, streamed services and prayer meetings

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Peacehaven Baptist Church: Pastoral Thoughts

Well we are still here.

It is difficult for a shepherd to be away from the sheep. But oddly my workload has actually increased. As now in addition to my duties with the church I also am having to study lighting, video production, audio filters and additional software. I am now putting messages online via youtube and oddly getting more views than we have people on some of them. The quality is by no means superb (720p) but the content is solid when in reference to the scriptures. Some of the illustrations could use a little work and a better background would be good but I am not a professional at this kind of thing. However, if you ever wondered what are they teaching over there? But did not have the opportunity to come along, this is a great chance. I have created a playlist of recent messages and I actually have subscribers. The playlist is at

<https://www.youtube.com/playlist?list=PLnT29d7HzdKVS6ixTmKjdh1PqrYIGxAKw>



**Pastor Donovan Bangs,
Peacehaven Baptist
Church**

Hopefully that will be clickable if not just cut and paste as we are just digital at the moment. I am also helping out locally and with my extended family and with the crier. Oh the joys of online meetings. I

understand this is difficult for us all but at least we all can take strength that despite the circumstances this too shall pass and eventually things will get back to normal. Now it may

be a different normal for us but hopefully a better one. One if I might suggest that we not only consider our physical status, but one where we look to our spiritual state as well. We may have to be socially distant but we do not need to be spiritually distant as the Lord is always ready to listen when his children call out to Him.

Pastor Donovan Bangs



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HEALTH

Some Do's and Don't while Recovering from an Illness

Any illness takes a toll on our body and having a speedy recovery is what everyone wants.

When recovering from an illness, it is normal to feel exhausted and lethargic. We should give some time to our body and do not exert it especially during and after an illness including an infection or flu.

It is also important to boost your mood and keep yourself motivated in order to get back to good health.

Five things to do while recovering from an illness

1 A Balanced Diet

A Balanced diet is essential to regain and retain good health. Make sure to include all the food groups in your diet. A large proportion of your diet should include fresh fruits and vegetables.



Eating a colourful variety of fruit and vegetables can provide you with varied range of essential vitamins, minerals and antioxidants. The vibrant colours of fruits and vegetables provide them with unique disease fighting phytochemicals, that protect you from various illnesses.

Try to include good carbs such as whole-wheat varieties, as well as protein and 'good fat' such as what you get in oily fish, legumes and nuts. You can also add some form of probiotics in your meals such as yoghurt, pickled vegetables, as it can help to support your digestion and immune system.

2. Good Hydration

Good hydration is important, as our body consists of 60% water, so we need enough fluids to keep our body healthy. Water has many vital functions in our body. It regulates temperature, transports nutrients and compounds in blood, removes waste products via urine and acts as a lubricant in joints.

The amount of fluid required by our body depends on many factors including the physical activity level, weather and age. It is recommended that you drink 6-8 glasses of fluids every day.

3. Exercise

Light exercise such as yoga or strength training and meditation can support your physical and mental health.

4. Relaxation and Mood

Self-care and relaxation like taking a hot bath with magnesium salts or talking to friends and loved ones can boost your mood.

5. Sleep

Good sleep is vital as our body recover while sleeping. Try to make a sleeping regime and sleep for 7-8 hours every night.

Three things to avoid

- i) Processed and fried foods have trans fats which are bad for your health.
- ii) Added Sugar and salt are harmful for your blood sugar and blood pressure.
- iii) Alcohol in excess is not good for your liver.

Information provided by Vandana Manocha RNutr, Registered Nutritionist (Public Health). For more information or recipes please visit www.nutrition2wellness.com.



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From the allotment- Jerusalem Artichoke Soup



These root veggies are in season from October to March.

Ingredients - 1 tbsp olive oil, onion chopped, garlic clove crushed, 1lb artichokes, peeled & chopped, 2fl oz white wine, 5fl oz hot chicken or vegetarian stock, 2fl oz double cream, salt & pepper. Fresh chives to garnish.

Method - Heat the oil in a medium saucepan, add the onion and cook gently for three minutes until they have softened. Add the garlic, stir and cook for one minute. Add the artichokes, white wine and stock and cook for eight minutes or until the artichokes have softened. Place the mixture into a food processor. Add the cream and blend the mixture until smooth. Season to taste with salt and freshly ground black pepper. To serve, spoon into a bowl and garnish with fresh chives.



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Inspired by self isolation - community fiction

A CAMBOURNE RESIDENT LOATHES SELF ISOLATION: 'What?' I snapped.

'We are all out of flour,' the fresh faced assistant replied behind a stack of Easter Eggs. Unbelievable. 9:09 Monday morning in Morrisons and no staples. This isn't Caxton, Croxton or St Neots but Cambourne. How exactly am I supposed to self-isolate if I can't have cod with my caviar, or Chanterelles in my Fricassee? I'm an advisor a pillar, civil servant and upstanding member of the community for the last eleven months. A staple of this rural hamlet. How else will the constituents be notified of increases to their council tax and parking charges. When bin collections will resume or to look out for potholes on the A428.

There is only one thing for this. Online shopping. Yes if I could become an advocate and ensure that our key workers, educational and government establishments are equipped, then a night club for the youth, university for graduates and a petrol station to encourage some healthy petrol wars. This would surely establish CB23 as a town and probably propel me onto my dream of advising future residents of 10 Downing Street or Whitehall, but first champagne vinegar for my Waldorf salad. No point queuing up one metre apart for just vinegar and mushrooms, when I can have my chops and parfait delivered, while I indulge in a spot of online courting with the boyfriend or should that be potential boyfriend. Nigel is eccentric. How many people can boast of a hot tub and a Jaguar coupe? Well I should make haste and hurry off to kill two birds with the same stone as they say.

Despite saving the environment and everything that Greta T stands for, I can't resist any excuse to get behind the wheel and drive. Mind you after five days of home working and the only words I physically managed to utter was 'Yes please,' to the courier as next door wasn't in 29 minutes in the SUV to Cambridge feels like an outing. A treat. Truth be known shopping is now the new trend. Yes it was everything I thought it would be. I truly recommend it. First there was the guy in the petrol shop.

'That's £20.00. Do you have a club card?'

Then there was the guy at the fish counter.

'These are line caught turbot. £2.50. How much would you like?'

Then there was the girl at the check-out counter.

'That's £27.50. Do you have a club card?'

Three conversations in under an hour. Second time this month. But what do I do once my pantry is stocked? Blimey there is always the flat tyre or stalled engine. Here is hoping the traffic will be minimal when the AA respond.

Logged on to the work site and I wait for a query. Someone with a complaint or an idea to help other residents and extend our sense of community. A good cup of tea and toast. Nothing hits the spot like cream cheese on toast and I wait. And wait. Check out the local animal centre. Maybe there are a few new arrivals who need re-housing. Wow Mocha coffee with skimmed milk is really nice. Glad I had the time to discover it. Oh just discovered I have voice messages.

'Im Sarah, 49 chef from Caxton and working in a local care home. I just want to say that in all my twenty-two years of working in Caxton, my residents have always had sausage rolls for brunch and Yorkshire puddings with their tea. And I think it is unacceptable that I can't get sourdough flour within a ten mile radius. I will be bringing this up at the next council meeting.'

'Im Luke, 66 retired baker from Croxton and just opened up my own deli catering to the local community. How do you account for the lack of Fenugreek and Garam Masala in Cambridgeshire? Essential ingredients for Dopiaza a very popular dish. Even online the earliest delivery won't be til August and this is April. How am I to survive as a trader?'

'Im Sheila, 41 manager of the Ultimate Experience care home here in Cambourne, and I find it shocking and astonishing that I can't source locally Ultimate Wellbeing Bath and Aromatherapy Associates from the Absolutely Fabulous brand within Cambridgeshire. My nearest supplier is in Holborn London. A cost which I will have to pass on to my residents which means a rise in cost of at least 8% at the start of the financial year.'

Blimey do these constituents realise that a global pandemic is unfolding as I type? All they seem to be absorbed in is the ingredients of a recipe or bath oils. I can see now why most of the councillors have taken a leave of absence and I a mere receptionist on overtime has been asked to cover the switchboard. Well I too will be bringing a few queries up at the next council session. Eek! My mobile. Someone to talk to. My third conversation of the month.

'Hello.'

'Helen it's me Jack. Hope you are well and safe. I've just been summoned to Huntingdon. Its not all good I'm afraid. What's your availability tomorrow?'

'Tomorrow? Let me check my diary....'

To be continued.

Online Tennis Challenges

CAMBOURNE TENNIS CLUB: Our head coach Toby has been posting daily tennis challenges to keep everyone active during the lockdown period. Our members can check these out on (<https://www.facebook.com/groups/411519055541088/>).

Currently Toby uploads two videos a day during the week, a fitness challenge around 10am and a racket skills challenge around 1pm. The challenges are for all ages and abilities and can be adapted by everyone.

So far everyone seems to be enjoying the sessions and it would be amazing to see more attempts posted on Facebook, WhatsApp or emailed to Toby. Further online coaching sessions are being developed and we'll keep you updated on our website and Facebook pages.

We would like to thank our members who have already renewed their membership in what is a challenging time for everyone. We look forward to welcoming you (and everyone else) on our courts again once the lockdown restrictions are over. For general information on the club and on how to join, please see the club website:
<https://clubspark.lta.org.uk/CambourneLTC>.



Cambourne Cricket Club is in lockdown.

CAMBOURNE CRICKET CLUB: Breaking news cricket in Cambourne is currently following Government guidelines and postponed until June at the earliest. In the meantime the Club hosted the County Grounds Seminar during early March which allowed us to demonstrate the latest in grass cutting technology. We will keep our followers updated as the year progresses. Please stay safe.

Daniel White,
whichpitch.co.uk
Seeking Grounds For Change



The Cambourne Bear Hunt:



Times like these bring out the best in people and Cambourne residents are no exception, and we have the bears to prove it!

On 28th March, during the first week of the coronavirus lockdown Toni Hall had a 'bearrrrlliant' idea and set up a Facebook group called 'Cambourne goes on a Bear Hunt' which now has around 450 members. 'Its for all our young residents to have a bit of fun and sunshine at this unpredictable time,' said Toni.



Inspired by the bear hunt in St Neots, participants are given a number to display in their window with a bear for people to spot on daily walks. The bears are soft toys, homemade pictures or photographs which has sparked the creativity of Cambearnians young and old. There are traditional teddies, rainbow bears, pandas, a burglar and nurse bear and even cheeky monkeys, chicks, bunnies, Winnie-the-Pooh, Tigger, Pikachu, Elmer the Elephant and Buzz Lightyear! Bears are appearing alongside the rainbows that many people have been putting in their windows to express support and appreciation of the amazing keyworkers keeping us all cared for and fed.

Big Bear outside Toni's house has been spotted sunbathing in a hammock, doing yoga, planting flowers, going on a bike ride, playing Jenga and building a den with friends, shopping, having a beauty treatment and dressing up as the Easter Bunny. Toni



also introduced an idea she'd seen posted by a group in Papworth Everard and added furry friendly birthday wishes and gifts to help children celebrate their special day during the lockdown. Charlie Renshaw, Davinia & Dave Coulson and others have joined in making birthday posters and leaving out presents. Others have left out happy rocks, books and Easter eggs for passersby to find. Thank you to all our beary good friends for spreading such joy and keeping Cambourne's spirits up! If you would like to get involved please join 'Cambourne goes on a Bear Hunt' Facebook group or email tonih.girlguiding.info@gmail.com

