

Longstanton Life

Volume 19, Issue No. 2

April - May 2019

Life in Your Locality



Ready for a bee-sy spring! Photo by Paul Bolla

The information in The Longstanton Life is provided in good faith and we have tried to ensure that it is accurate and correct. However, neither the editorial team nor the contributors can be held responsible for any inaccuracies or omissions or any consequential losses of any form whatsoever arising therefrom.

The editorial team for this edition were: Anna Rudd, Tony Cowley, Manjeet Bolla, Beth Jones, Pia Spry-Marqués and John Pratt.

VILLAGE DIARY



SUNDAY	0930-1030	Sunday School	The Rectory, High St.	Susan Meah	01954 781258
	1100	Tennis Club Sessions	The Pavilion	Sarah Ballard	07985 938959
3rd of month	1600-1800	Messy Church	Village Institute*	Susan Meah	01954 781258
MONDAY	1100-1200	Zumba Gold	Village Institute*	Davina Mee	07779 244250
	1800-2000	Bowls Club	The Pavilion	Marion Edwards	01954 780118
	1930-2030	Jazzercise	Hatton Park School	Tina Chasse	01487 841811
2nd of month	1930	Parish Council	Village Institute*	(Open meeting)	
3rd of month	1945	W.I.	Village Institute*	Patrizia Peters	01954 781283
TUESDAY	1000-1200	Coffee morning (over 55's)	The Dale Comm. Hall	Please just turn up	
	1030-1115	Mini JAFFAs (pre-schoolers)	All Saints' Church	Susan Meah	01954 781258
	1700-2000	Tennis - Junior and adult coaching	The Pavilion		coaching@longstantontennis.co.uk
	1830-2000	Adult Cricket training (May-August)	Recreation Ground	Wayne Markillie	07737 313225
	1900-1945	SRF Bootcamp	Recreation Ground	Shane Rackham	07912 555301
	1900-2100	Cambridge Freestyle Martial Arts	Village Institute*	Rory / Martin	07523 854251 / 07535 646234
	1900-2130	ATC (Air Training Corps)	Cadet Centre		
WEDNESDAY	1000-1100	Music Madness (0-5yrs)	Village Institute*	Sharon Sennitt	07762 206320
	1800	Tennis Club Night	The Pavilion	Sarah Ballard	07985 938959
	1910-2130	Army Cadet Force (12-18yrs)	Cadet Centre	Sgt. Rudderham	07759 056154
	1900-2100	Bell ringers practice	All Saints' Church	Mike Cartwright	01954 781275
	1930-2030	Jazzercise	Hatton Park School	Tina Chasse	01487 841811
THURSDAY	0630-0715	BodyMod Bootcamp	Recreation Ground	Danny Williams	07946 286068
	1000-1100	Rainbow Club (bump-1yr)	Village Institute*	Susan Meah	01954 781258
	1700-2000	Junior coaching and team play	The Pavilion		coaching@longstantontennis.co.uk
	1900-1945	SRF Bootcamp	Recreation Ground	Shane Rackham	07912 555301
	1900	Football training	Recreation Ground	Luke McAvoy	07795 321494
	1900-2000	Ballroom Dancers, beginners	Hatton Park School	Mike Cartwright	01954 781275
	2000-2100	Ballroom Dancer, advanced	Hatton Park School	Mike Cartwright	01954 781275
FRIDAY	0930-1100	Little Leprechauns playgroup (0-4yrs)	Village Institute*	Jane Hordern	07960952182
	1400-1600	Afternoon tea (over 55s)	The Dale Comm. Hall	Please just turn up	
	1800	Tennis Club Night	The Pavilion	Sarah Ballard	07985 938959
	1900-2130	ATC (Air Training Corps)	Cadet Centre		01954 781180
	1800-2000	Junior Cricket training	Recreation Ground	Janet Hill	01954 261009
SATURDAY	0915-1000	SRF Bootcamp	Recreation Ground	Shane Rackham	07912 555301
	1000-1100	Longstanton Colts Football Club (6-12yrs)	Recreation Ground	Louise Gamon	07429 317803

* It should be noted that the Village Institute is available for hiring for a variety of functions; provisional bookings can be made via <http://community.longstantonvillage.org/village-institute/>. Email: villageinstitute@gmail.com or telephone 01954 782323. The Pavilion also offers private party function facilities, discuss your requirements for any family & friends gatherings - e.g. weddings, birthdays, funerals, with Michael Binks on 01954 782233 or email longstantonpav@btinternet.com

Memory Lane, Who, What, Where, When and Why?



Photo LDHS via Tom Eaton

Answers to Memory Lane Feb/ Mar 2019

What: 7 Squadron's Short Stirlings, the RAF's first 4 engine bomber in WWII.

Where: Lining up on the runway at RAF Oakington, that 77 years later would become Northstowe, Ph 2/3.

When: 1941/1943.

Why: The Stirling was the first bomber that was capable of reaching and in theory, of inflicting a hard blow to Nazi Germany in WWII.

7 Squadron flew these enormous machines, the largest planes ever to be seen at RAF Oakington. Their size can be judged in the above photograph against the height of the ground crew - the cockpit was a clear 6.7m/22ft above the ground with an initial wing span measuring 34.1m/112ft. 7 Squadron took heavy losses flying the Stirling but in 1943 converted to the Avro Lancaster. MG on the side denotes RAF Oakington..

Another memory of a building that no longer exists but which played a vital part in the recent history of Longstanton/ Oakington/ Northstowe



LDHS via Derek Chapman

HAPPY EASTER

LONGSTANTON LIFE EDITORIAL

Dear Readers,

Spring is finally here! The sun is shining, birds are singing, noses are running... yes, at this time of the year the pollen counts are high. If you are one of the hay fever sufferers, go to page 13 and read our Science Zone to find out more about the condition.

Apparently, we are experiencing an increase in bicycle thefts in our area. Our local PCSO has put together a very useful crime prevention article, so please read our feature on page 7 on how to keep your bike secure.

Any theatre lovers amongst you? Do not miss the next This Is My Theatre's production, *Macbeth*, on 2nd May in St Michael's Church. Details on page 6.

For more sporty types, our village sports clubs are looking for new members! There is something for everyone with any level of fitness: bowls, tennis, cricket, running - if you feel like turning from a couch potato into a sports pro visit our Sports section, starting on page 10. We are still looking for a new member to join our Longstanton Life editorial team, check page 7 for more details and email us! And finally, do not miss our Easter competition! Two tasty Hotel Chocolat prizes will make our two winners' Easter celebration feel a little bit more special (page 15).

Have a Happy Easter everyone!

The Editorial Team

Our contact details:

- e-mail: longstantonlife@hotmail.com
- correspondence address: Longstanton Life,
c/o The Village Institute,
24 High Street, Longstanton CB24 3BS
- Twitter account: @LongstantonLife

Longstanton Life Advertising Rates 2019

If you are interested in advertising in our magazine, please contact John on **01954 780527** or email longstantonlife@hotmail.com with 'advertising' in the subject line. New advertisements and advert changes are reviewed twice yearly:

Adverts Start Date	Adverts Accepted Until
February/March Edition	1st December
August/September Edition	1st June

Colour Adverts B/W plus 20%

Ad Size	1 Edition	3 Editions (6 months)	6 Editions (1 year)	3 Editions Spot Ads	6 Editions Spot Ads
1/4	N/A	£116/140	£232/280	£150/180	£300/360
1/8	N/A	£58/70	£116/140	£75/90	£150/180
Line	N/A	£12	£24		

Contents

	Page
Editorial	2
Features	
Police Advice - Bicycles	7
Science Zone - Hay fever!	13
Community Concerns	
Heidi Allen, Peter Hudson	4
John Street	5
Sarah Cheung Johnson and Alex Malyon	6
Hatton Park News,	8
Pathfinder PTA	9
Sports News	
Football, Bowls, Tennis	10
Cricket, Limpers	11
Regular Items	
Village Diary	2
Memory Lane	2
RSPB News	12
Surgery Update	14
St. Michael's Church	14
All Saints' Church, Northstowe Church	16
LDHS Update	24
Advertising	
Spot adverts	13
Line adverts	17
Commercial adverts	17-23
Easter Competition!	15

Please note that the copy deadline for the June -July 2019 edition of Longstanton Life is:
Thursday, 2nd May 2019
Contributions for the next issue: by email to longstantonlife@hotmail.com or drop off at the Village Institute



BIGGER!
better!
FASTER!

"For all your printing and finishing needs, speak to us now!"

xpress
circondare

Lithographic, Digital & Large Format Printers
Alington Road, Little Barford, St. Neots, Cambridgeshire PE19 6WE
Tel: **01480 474787**
Email: sales@xpress.co.uk
www.xpress.co.uk

XL Press is a trading style of XL Cirondare Ltd

COMMUNITY CONCERNS

MP for South Cambs

Heidi Allen



As you are probably aware, on 20th February I announced my resignation from the Conservative Party and I have joined, alongside 10 other MPs of both Conservative and Labour backgrounds, The Independent Group. More information can be found on my website:

www.heidiallen.co.uk

This was an incredibly difficult decision, but I believe our country deserves better. I know that not everyone will be happy, but I can honestly say I have been bowled over by the overwhelming support that many of my constituents have shown for my decision.

It remains a great honour to be your Member of Parliament and although I may have lost my party label, I have not lost my determination to serve you with everything that I have. However, for now - back to the day job!

There have been some important developments on transport infrastructure in recent weeks.

East West Rail has been developing route options for the Bedford to Cambridge section of the new railway. Full details are available on their website: <https://eastwestrail.co.uk/>

The Greater Cambridge Partnership has published its consultation on Phase 2 of the Cambourne to Cambridge Better Public Transport Project. The consultation seeks views on the link west of Madingley Roundabout to Bourn Airfield and on to Cambourne, and a new Park & Ride facility. Full details are available here: www.greatercambridge.org.uk/transport/transport-projects/cambourne-to-cambridge/cambourne-to-cambridge-phase-2/

As I said at the beginning, it's business as usual and if there is anything you would like to talk to me about, my upcoming surgeries are:

Friday 5th April between 3.30 and 5pm, I'll be at Bar Hill Tesco, CB23 8EL.

Saturday 6th April between 10.30 and 12.30pm is a "Drop in" surgery at Abbeyfield, Girton Green, Wellbrook Way, Girton CB3 0GQ. No appointment necessary!

If you would like an appointment to see me, my next "by appointment surgery" will be on Thursday 2nd May between 3.00 and 5pm at my office in Hardwick. If you would like an appointment, please call my office on 01223 830037.

To contact me, please send your email to: heidi.allen.mp@parliament.uk or call my office on 01223 830037.



County Councillor



Peter Hudson

The County Council met at the beginning of February to approve the administration's budget and set council tax for 2019/20 in the context of its 5 year business plan. The overall objective is to continue to protect and invest in vital services whilst using service transformation, efficiency, investment and commercialisation to offset cuts in government funding. We are on our own, as the County Council now receives no general funding from the government.

The transformation of the way the County Council works is a key factor in delivering best value for money and to support this the budget includes an increase of £4.764m into the transformation fund; we used a £1.436m surplus built up in this fund to balance the 2019/20 budget without the need to make unpalatable cuts to services that local residents need and value. The County Council has so far invested £8m from this fund into initiatives to transform services or manage demand, which has returned a £40m in reduction to costs. The Council will also carry forward the £9.1m remaining balance of the smoothing fund that was created last year which will continue to act as a contingency, as it did recently when £3.4m was used to safeguard valued children's services in the face of rising demand.

The Council's commercial projects to date are due to return a profit of £11.2m in 2019/20 including £1m from the Soham solar farm which this month met its annual £1m income target 2 months ahead of schedule. The money derived from commercial activities is a key element of the funding required to support delivery of front line services and this month saw a proposal to generate solar power at Babraham Park & Ride. The project would involve putting carports over parking spaces to support solar panels. The Council has completed a high level business case to support a planning application in 2019 with construction starting in 2020. Cambridgeshire County Council's plans for commercialisation and investment are set to return more than £58m to support frontline services over the next five years.

The County Council will continue to invest in vital services aimed at vulnerable adults & children and increasing funding on highways repairs, which means: £45 million additional spending planned for adult and children's services over the next five years.

£18 million additional spending planned for highways improvements in the next five years.

Designing Libraries for the Future The Library Service has teamed up with CIVIC, a national charity specialising in animating communities, to design libraries of the future. Our libraries are an ideal testbed to develop a family of library models that are replicable beyond Cambridgeshire. CIVIC spent the past few months working with the County's Business Intelligence and Library Service teams to identify five possible models and a shortlist of pilot locations. They will soon be embarking on an exciting journey to engage with communities and start co-designing the libraries that reflect the diversity of contexts. This will form a blueprint for all councils across the country to use in the future.

'Team in a Frame': Transforming the lives of disabled children I'm going to do some reports on the many teams we have working around the county doing great work within our communities. The first Team in a Frame, is focused on the nine-person Disabled Early Help team, based in Huntingdon, which supports disabled young people up to age 19. The team work with more than 700 young people, helping them to develop skills to prepare for adulthood, to access community activities and to increase their independence. Eligible young people are allocated a personal budget of up to £2,000 which can be used to pay for a range of activities.

Recent successes include an 18-year-old who attended a computer course, which helped boost his confidence and social skills, encouraging him to make a successful university application. A 17-year-old used his budget to attend an arts group in Cambridge for more than eight years. His passion has led to him being offered an evening job helping with younger children's parties, which is a great achievement for him and boosts his job prospects for the future.

Peter Hudson
County Councillor

Longstanton, Northstowe, Over, Oakington and Westwick

COMMUNITY CONCERNS

Longstanton Parish Council



New Councillor

We welcome Aravind Paravathala as a Parish Councillor with effect from April 2019.

Ideas from the Community

Longstanton Parish Council has had some residents approach us for support with environmental concerns. We ask anyone who is interested in becoming part of a 'Sustainable' working group to contact the Clerk at clerk@longstanton-pc.gov.uk See Sustainable Cottenham (www.sustainablecottenham.org.uk) for an idea of what this might involve.

Emergency Plan

We are working on a village Emergency Plan, designed to help the community should there be a particularly disruptive event which could overload emergency services. Such events could include flooding or other severe weather events, major fires, sustained electricity, water and/or gas failure.

We are looking for local people with skills which may be useful in an emergency. If you are any of the following and might be able to help, please contact the Clerk (email above): Doctors, Nurses, Trained First Aiders, Pharmacists, Radio Amateurs, Electricians, Builders, Vets, Farmers, Interpreters for non-English speaking groups.

Longstanton Big Weekend

Our group of volunteers have started organising your 'Longstanton Big Weekend', and a Facebook page, www.facebook.com/LongstantonBigWeekend, has been set up to share information. If you would also like to help, please contact the Clerk (email above).

Ongoing Council Work

- In addition to normal Council business, we have been:
- Working on Northstowe matters including notification of planning applications and welcoming and helping new occupiers.
- Working on adoption of the Central Open Space within the Home Farm development (potentially delayed until September 2019).
- Continuing to liaise with developers on the adoption of Home Farm roads. This includes the roads in Phase 2 which have been outstanding for 10 years (potentially delayed until September 2019)
- Working with the sports clubs to have a defibrillator installed externally on the Pavilion.
- Supporting the community group which is working on the Community-Led Plan. Results will be presented at the Annual Parish Meeting in April.
- Working with various parties regarding the dewatering of Northstowe and Longstanton.
- Ensuring compliance with the new General Data Protection Regulations which came into effect from 25th May 2018.
- Continuing to support Speedwatch in their activities.
- Supporting residents wishing to set up Neighbourhood Watch schemes on their roads.

John Street

Northstowe

At the time of writing, over 315 houses are now occupied. The parish office has worked with Northstowe residents and David Wilson Homes (part of Barratt Homes) to have a defibrillator installed in Phase 1 of Northstowe. We are also working with the County Council Highways Department at County Council following concerns raised that vehicles are not observing the roundabout (locally known as the 'oblongabout' due to its shape) at Pathfinder Way, Links Lane and Wellington Road.

Youth Council

Please remember that the Youth Council's club for secondary school aged children, '@The Hind Out' continues to meet every Tuesday afternoon during term time, 4-5.30pm (doors open at 3.30pm) at the Village Institute. They are appealing for more adults to help by being in attendance for safety reasons while the club is taking place. If you can spare some time on a Tuesday afternoon, please contact the Clerk (email above).

Don't forget to sign up to our new-look email newsletter: <https://www.surveymonkey.co.uk/r/LPCCContactConsent>

*John Street
Chairman, LPC*

Longstanton Big Weekend
2019

Friday 28th-Sunday 30th June 2019

Event to include:

- Hatton Park School Fete
- Village Market
- Teddy Bear Parachute (from All Saints Church)
- Open Air Cinema (2 films)
- Family Fun Run
- Picnic in the Park
- Craft and Produce show
- Quiz
- Beer Festival, and much more

#longstantonbigweekend
[Facebook: longstantonbigweekend](https://www.facebook.com/longstantonbigweekend)

**AN EVENT
NOT TO BE
MISSED**

COMMUNITY CONCERNS

District Councillors Notes



Northstowe Updates

At the most recent community forum we got updates from Northstowe, including a presentation of the masterplan for the proposed Town Centre. These plans were exciting, reflecting the changing nature of the High Street and the move away from traditional retail, with more emphasis placed on working space and other leisure activities that would make the town centre a 'destination' and draw people in.

Public transport and cycle access will be key to the success of the Town Centre. We were told the Northstowe centre would be approximately 13 minutes from the centre of Longstanton.

More details on plans for the Northstowe town centre, full notes made by Sarah at the forum and the slides from the presentations can be found via our Longstanton, Oakington and Northstowe Facebook page (<https://www.facebook.com/pg/longstantonoakingtonnorthstowe>) or by contacting us.

Updates from South Cambs District Council

Budget and Business Plan: At the meeting of the full Council in February the Council's new business plan and budget were agreed. The four priority areas agreed in the new business plan were:

-Growing local businesses and economies – including putting in place a single point of contact to support businesses through the planning process and making it easier for small local businesses to bid for Council contracts.

-Housing that is affordable for everyone to live in – this will see the Council double the number of Council homes built each year, deliver high environmental standards on new homes to reduce running costs and focus on working with partners to make sure walking, cycling and public transport improvements provide alternatives to using cars.

-Being green to our core – by the Council developing a plan for a carbon-neutral future, exploring opportunities for green energy generation and improving air quality.

-A modern and caring Council – by being an employer of choice for people with disabilities and ethnic minorities, generating income from investments to offset cuts in national funding and improving customer service.

At the meeting the Council's budget was also agreed. This included plans to generate, within five years, a quarter of the money the Council spends on services from its investments. By the end of March 2024, Council investments are forecasted to return an income of just over £5 million a year which will be used to protect the services people want and need. Investments could include providing space for small businesses, helping them to grow and create new jobs.

The Council also wants to invest to deliver improvements in communities that have not been delivered commercially by the private sector. This could help provide more homes or facilities for communities or improve the green credentials of a development to make sure it is of the highest standard.

Council Tax: It was agreed that there would be a £5 per year increase in Council Tax for the average band D home. This is the equivalent of 10 pence extra per week and still means we remain one of the lowest taxing District Councils in the country.

The Council has also agreed to increase Council Tax on empty properties with the aim of incentivising owners to bring them back into use. During a recent public consultation that asked for views on these proposals, almost two in three people who

responded were in favour of this higher empty homes premium.

Disability Confident Employer Scheme: At full Council it was confirmed that the Council was signing up to the Disability Confident employer scheme with the aim that the Council will become an employer of choice for disabled people. Sarah will be the councillor leading on this initiative.
<https://disabilityconfident.campaign.gov.uk/>

Climate and Environment: Following on from the decision by South Cambs councillors to raise the bar by aiming to be carbon neutral by 2050, solar panels have been installed on the roof of the waste depot at Waterbeach, which will generate around a quarter of all the electricity the building uses. The installation is expected to pay for itself within eight years. It will take advantage of the last of the Government's feed-in tariff, which is a payment to an energy user for the renewable electricity they generate. It will provide income to the Council for 20 years.

Please do not hesitate to contact us if you have any questions about these, or any other matters.

Sarah: cllr.cheungjohnson@scambs.gov.uk 01954 489089
Alex: cllr.malyon@scambs.gov.uk 01954 202859

See our Facebook page, for frequent updates:
www.facebook.com/LongstantonOakingtonNorthstowe

*Alex Malyon and Sarah Cheung Johnson
District Councillors for Longstanton, Oakington and Northstowe*



**THIS MY
THEATRE**

presents

Macbeth

**St. Michael's Church
Longstanton**

2nd May, 7.30pm

**Tickets: www.thisismytheatre.com
For FoSM members discounted tickets please
contact fosm2017@gmail.com**

Longstanton Cycle Security - Police Advice

Dear Residents,

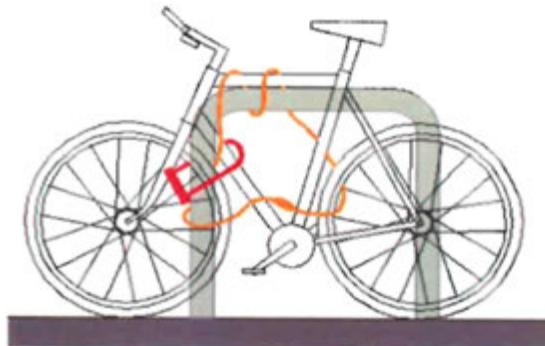
I am one of the neighbourhood officers that covers Northstowe and Longstanton. Over the last six months we have had an increase in cycle thefts, therefore I have decided to put together some crime prevention tips on how to keep your bike safe and unattractive to bike thieves. By taking some simple preventative measures you can reduce the risk of your bike being stolen and improving your chances of recovering it if it is unfortunately stolen.

Before your bicycle is stolen there are some measures you can take. Record the details of your bike: make, model, colour, type of bike e.g. Unisex, BMX, Mountain or Racer and the frame number. It will help you describe your bike to police officers. Take a photo of your bike, this will help prove that it is yours and help with insurance purposes.

Register your bike for free on the www.immobilise.com database. This helps police reunite stolen bikes with their owners and assists with prosecutions. This simplifies insurance claims and Police reports with certificates of ownership. There are also great member offers.

We live in a bike City, so as you can imagine not all bikes are reported stolen to the police. They are not normally reported because the victim thinks that they do not have any chance of getting their bike back.

Cambs police recommend you lock your bike up like this:



If your bike is stolen **report it immediately** to the Police, with the above mentioned information. When reporting your bike the details will be put on the stolen property register and anyone found with it can be arrested. If your bike is not reported stolen there could be a possibility that a suspect could be released with your bike. Do you want this to happen?

Don't leave Your Bike unlocked. Do not leave your bike in isolated places. Use bike racks which are located in a visible and well-lit area. Lock up your bike at all times using a good quality D-lock, even if you're quickly going into a shop or visiting a friend's house. Wherever possible, try to find a place to secure the frame and at least one wheel to an immovable object. If there are cycle parking facilities nearby that provides this, then use them, otherwise look for railings or posts.



Would you like to join the
Longstanton Life editorial team?

We are looking for an extra person or two, who are enthusiastic about local issues and stories to help put the magazine together. If you are familiar with using Microsoft Publisher and could spare 2-3 hrs once every couple of months, we would be delighted to hear from you. Email us for more details; longstantonlife@hotmail.com

We look forward to hearing back from you!

The Editorial Team

Which lock should I buy? This is not an easy question for the Police to answer as we cannot recommend individual products. As a general rule of thumb the more you spend on a lock the more security it will offer. Many of the locks that look good in the shop offer no deterrent to thieves. Some D or U locks may look strong but the security they offer varies widely. Thin cable locks can easily be cut, but the better ones are thicker and have interwoven threads that force the attacker to spend longer "chewing" through them. The website www.soldsecure.com lists cycle locks that survive attack testing. Buy good quality locks and **use them every time.**

Bike Parts and Accessories. If a thief can't steal your bike, they may take a piece of it. Wheels and seats held by "quick release" fittings are vulnerable. Local bike shops have a solution to this, in which the lever is replaced by a security bolt. Bicycle lights are made to be detached and so remove them, before the thief does.

Second Hand Ask the seller if they can account for the history of the bike. Ask to see the frame number, if there has been interference with it decline the purchase. If stickers or decals have been removed, ask why. This could be to disguise the bikes identity. **If in doubt do not buy.**

I also want to take this opportunity to let you know that I will be running a **Neighbourhood Watch** event at the Parish Council Offices in Orchard Park on Thursday 18th April between 18:30 – 20:00 hrs. If you are interested in your area and security and want to know more about Neighbourhood Watch, how to become a member or co-ordinator and what it is all about then please come along, everyone is welcome.

www.cambs.police.uk - 101 non emergency / 999 emergency
www.actionfraud.police.uk - 03001232040
www.crimestoppers-uk.org - 0800555111
www.neighbourhoodalert.co.uk

Kind regards
PCSO 7009 Bujar MANI
South Cambs- Prevention and Partnership Team
Tel: 101 ext: 7113152 | E: bujar.mani@cambs.pnn.police.uk

**The Over Day Centre
Celebratory Bike Rides**

Sunday 16th June 2019

Come and join us on one of two 'sportives' organised by Willingham Wheels Cycle Club in association with Swavesey & Over Cycling Group, to celebrate a triple 10th anniversary: Over Day Centre's 5-pub challenge walk, Willingham Wheels and SOCG.

Choice of two rides:

① **Marked 50 Mile Challenge** route through local villages, with cycle repair and first-aid support. Minimum donation £20 per rider. Registration 8.00 to 9.00am. Ride start 9.10am.

② **8.5 mile route** along cycle-ways and busway, for family & casual riders. Minimum donation £10 per family (any size); £5 adult individual; £2 under-18. Registration 10.00 to 11.00am. Ride start 11.10am. Certificates and medals for all children completing the course.

All under-18 riders must wear a helmet and be accompanied by an adult.

All proceeds go to the Over Day Centre (ODC), an essential care and convivial charity providing vital support to older people in our local area and beyond.

Both rides to start at ODC and end at The Green in Over, at around 12 noon, for a lively social finish with rock band, refreshments, food and bar marquees.

Register before or on the day. Download a registration form from www.overdaycentre.co.uk/bike-ride or call 07787 53094 for a copy. Car parking at ODC, 1 Drings Close, Over, CB24 5NZ or adjacent roads. Please park responsibly.



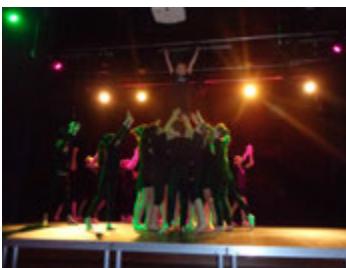
Event kindly supported by Law and Lewis Joinery, Redmayne, Arnold & Harris Estate Agents, and Penleigh Cycles (cycle-repair support on 50 Mile Challenge).

HATTON PARK PRIMARY SCHOOL NEWS

Hello again to everyone!

We are happy to be bringing you an update on the great things happening at your village primary school. At the time of writing, we are already halfway through the school year! Time flies when you're having fun.

Our children are working as hard as ever in all aspects of the curriculum. They have been enjoying exploring quality texts and using these as a stimulus to write their own. We celebrated our love of books by joining in World Book Day



in early March. The children loved explaining who they had chosen to be. We had a great variety of characters and we all learned lots from each other. We also continue to be excited about learning maths. It was great to invite families back to school and play with numbers last term. We hope to build on this with another event in the Summer so watch this space! Our children continue to engage in learning science, and once again we have been able to add enriching experiences on top of our everyday science learning. NAPP science visited us and brought their expertise. We were also able to take our older children to the University of Cambridge's chemistry lecture on the periodic table. It was brilliant to be in a proper lecture theatre and hear all about the different elements. There were the expected bangs and explosions too. Have a look on our Facebook page for a clip of the hydrogen filled balloon exploding! There have been beautiful dragons drawn in Art, Anderson shelters constructed in DT, rhythms explored in Music, UK learning in Geography, financial management in PSHE and a bit of WW2 time travel in History!

We love Physical Education at Hatton Park and in addition to our everyday learning, we have been entering lots of competitions. Our netball team did us proud and we are looking forward to the next stage. Our tag rugby team came second at the country event and were also nominated for the Spirit of the Games award by the other schools. Great stuff. We also ventured into hockey for the first time and have got a taste for it now! We are also loving having Cambridge Cricket back with the "Chance to Shine" program. Currently our Year 3 and 4 children are having weekly cricket coaching, with Year 1 and 2 taking part after Easter.

We have also been working hard in raising money for charity. The school supported Comic Relief and raised around £900 through our wacky hair day and other events.



Our lovely Friends of Hatton Park have also been working hard on raising money for the school to be able to provide extras for the children. They are currently looking at helping us make our lovely wood and pond areas more accessible for everyday learning. This will really enhance the learning opportunities we can provide.

One last plea to all dog walkers. Unfortunately, some people have taken the decision to toss their dog's waste over onto our field in its bags. We love and respect our school and its grounds and want everyone else to do so too. Please use the bins provided.

Finally, look out for the Hatton Park Summer Fete being advertised. It kicks off the Longstanton Big Weekend on the 28th June so come along after school and eat, drink and be entertained. Put it in the diary!

Until the next issue,

Anthony Aguda, Headteacher, and the Hatton Park team.



Hatton Park Primary School is supported by Friends of Hatton Park (PTA)



The PTA works really hard to support the school throughout the year to enable Hatton Park to purchase additional tools to enrich the children's learning experiences.

WE NEED YOU: Without the support and time of parents with children at Hatton Park, this simply would not work.

The PTA are a friendly bunch and are always looking for support with events throughout the year. Please contact PTA Chair - Claire Grannin, Tel 01954 789745, if you can help or offer any skills or interest that will assist us in carrying on our support.

WHAT ARE WE RAISING MONEY FOR?

We are sure lots of you would like to know what we will be raising money for this year – here is our short-term plan:

- Tidying up and improving the forest area
- Getting some raised beds for the pond area
- Creating a chicken run so that the school can get their own chickens!
- Putting money towards the new school website
- All these things are on top of what we pay for already: Christmas plays, Christmas presents for all the children, new books etc. Our longer-term plan is to improve the pond area – getting a new pond-dipping platform made, secure fencing, adding logs, and hopefully a covered learning area.

JOIN THE PTA: We welcome more members – you don't have to commit to every meeting and take on loads of work or actions – just fresh ideas are always welcome! Without this support, we cannot plan extra fundraising activities.

HELP WITH EVENTS:

- Spread the word to help us promote all our events, especially the School fete which is on Friday 28th June from 3.30-6.30pm. This will also be part of the Longstanton big weekend.
- Assist us in planning and staffing these events. This can be as little involvement as possible – every little helps!
- Feel free to suggest other fun fundraising activities – let us know your ideas no matter how big or small!

Become a co-op member and choose the school as your local charity: Did you know that you can become a member and choose our school as your local charity? Go to www.coop.co.uk/membership/local-causes to register and the co-op will give us 1% of what you spend on co-op branded food products in their store – once you have selected us, you don't have to do anything else apart from shop as usual in any co-op store and use your membership card!

SAVE THE DATE!

HELPERS NEEDED – Hatton Park School Fete Friday 28th June – 15.30-18.30



BREAKFAST CLUB, PRE-SCHOOL & AFTER SCHOOL CLUB



We are amazed at how quickly the weeks are passing. We are only three weeks away from the end of the Spring term, which has been extremely busy. Last week we had a fantastic time celebrating World Book Day. We saw an array of characters, from a very traditional

Mary Poppins and Red Riding Hood, to more modern literary names such as Horrid Henry and The Highway Rat. The children loved sharing their favourite stories and hearing about some that are less familiar to them. We made the most of 'Storm Gareth' by flying kites on the field and chasing bubbles in the garden. (Storm

Gareth was mentioned just for you W!). The pre-school, breakfast and after school club children have been helping the team to select new resources to buy that will benefit everyone and we can't wait for them to arrive. We are also in the process of planning the revamp of our mud kitchen which will include a wild and sensory area. Keep an eye out for a wish list in the vestibule for any skills or resources you may be able to help us with achieving this.

Shelle Stevens, Manager



Longstanton breakfast club, pre-school, & after school club is an established childcare service located in Hatton Park Primary School managed by the Early Years Alliance. We provide high-quality sessional care for children aged 2 years to 11 years old. We are open term time from 7.45am – 6.00pm, Monday to Friday. If you would like to discuss your childcare needs further, please feel free to call on 01223 491623 or by email at longstanton@pre-school.org.uk or shelle.stevens@pre-school.org.uk

VILLAGE SPORTING ACTIVITIES

LONGSTANTON FOOTBALL CLUB



It's been a while since I last spoke to you all about our fantastic football club so here goes with a roundup of where we are as we approach the end of the season. The club is going from strength to strength at all age groups. We are preparing for our next intake of U6's ready for the new season in September, but

before that and as many of you may have seen we will be welcoming Real Madrid FC to Longstanton FC in May!!! We are lucky enough to have been selected to run a training week with them that will take place during the half term week at the end of May on the recreation ground in Longstanton. Please contact Brian O'Sullivan brianosullivan10@hotmail.com for more details.

At the senior end of our club the two men's teams are doing exceptionally well. The Saturday lads are currently top of the league with 4 games to go and the Sunday boys are through to the cup Quarter Final (at the time of writing). This shows the big steps we are making as a club at getting senior football re-established in our village! As we enter the final furlong of the season we look forward to it being successful and enjoyable in equal measure. This season we have welcomed some new faces to our club and



added some very exciting youth players that have stepped up from our colts system, showing we are truly one club and something everyone involved should be very proud of. Finally can I take this opportunity to thank Kate Bunch for all her help, dedication and passion for the youth setup at Longstanton as she steps down from coaching our U17s and takes a short break before taking charge of the next bright young talent Longstanton has to offer in the coming seasons.

Ben Lee - 1st Team Manager, Longstanton FC

LONGSTANTON BOWLS CLUB



Spring is here at last with the longer evenings and as usual at this time of year Longstanton Bowls Club is recruiting new members. Do you fancy some gentle exercise on a summer's evening? It doesn't matter if you haven't played Lawn Bowls before as we have plenty of members always willing to provide help and guidance. Everyone is welcome and our membership ranges

from juniors to retirees and novices to experienced players. We have many members from surrounding villages, including Swavesey, Over, Willingham, Northstowe, Bar Hill and Cottenham. Don't worry about equipment, as the club can assist with this - just wear flat shoes. We pride ourselves in being a friendly club where the enjoyment comes from taking part. Our bowls green is located on the recreation ground, between the Longstanton Pavilion and the tennis courts, Over Road, Longstanton.

Monday evenings are club roll-up nights, reserved for informal practice in a mildly competitive environment, ideal for beginners. We also have a fun league on Thursday afternoons where you even get points just for turning up!

The club plays in a number of inter-club leagues, some of which are more competitive than others. Away matches give members an opportunity to experience other club's greens and facilities in the Cambridge area. Most of our league matches are on the light summer evenings, starting at 6:30pm. There is also an afternoon league with matches starting at 2pm with a break for tea and biscuits halfway through, so it is all very sociable!

There is plenty of bowls to suit everyone so why not come along and give it a try? The outdoor season runs from late April to September. If you're tempted, please come along to our Open day on Saturday, 13th April 2019 (from 2pm) or alternatively, on Monday evenings in season (from 6pm) to meet some of the members and possibly try your hand. If you just want to watch, then that's fine too.



For more information visit contact Marion Edwards on 01954 780118 or email to: marionedwards1@btinternet.com

Also visit our web site: www.longstanton-bowls-club.co.uk

Corinne Walsham

LONGSTANTON TENNIS CLUB

The first signs of warmer weather and sunshine mean that Spring is upon us, so you'd be very welcome to join us down at the tennis courts. The 2019/20 season has just started, so now is the perfect time to join the club and really make the most of your money. Visit www.longstantontennis.co.uk/membership/ for further information on how to join. This year we have some new membership packages, so take a look and see what fits you best. You can even join us for a 3-month trial for just £30!

We had one of our busiest years in 2018 for events, with the Quorn Family Cup, the Jake Benton Memorial Trophy, the Great British Tennis Weekend and the Halloween Monster Smash. Thanks to everyone who joined us in these events, and you'll be pleased to know that we plan on doing similar events this year. Keep an eye on our website for more details.

We also have a very special event planned for May 11th – the Bright Ideas for Tennis event. This will see ex-professional Davis/

Federation Cup players joining us for an afternoon of masterclass sessions, speed gun challenges and exhibition matches. The details are all on our website, so take a look if you'd be interested in participating. There are sessions for all skill levels and ages. Even if you don't intend to play, you'd be very welcome to come down and watch. It's sure to be a great afternoon, with some incredible tennis skills on show!

Our club social nights are Tuesdays and Fridays from 6pm and Sunday mornings from 11am, and are popular in almost any weather. We also have coaching with our resident coach David Nation on Thursday evenings. You can book a court any time outside of these sessions; members book for free or you can simply book to use the courts on a 'pay and play' basis. Full details are on our website www.longstantontennis.co.uk/courts/

Happy playing, and we hope to see you on the courts soon!

*Damian Kramer
Club Chair*

VILLAGE SPORTING ACTIVITIES

LONGSTANTON GRASSHOPPERS CRICKET CLUB

LONGSTANTON
GRASSHOPPERS
CRICKET CLUB

- Cricketers wanted for the 2019 season
- Fun & friendly atmosphere
- Outdoor nets begin 9th April

EMAIL: info@longstantoncc.co.uk
CALL US: 07737 313225
ADDRESS: Over Road, Longstanton Cambridge. CB24 3DW

NEW MEMBERS OF ALL AGES AND ABILITIES ARE WELCOME!



Things are warming up here at Longstanton Cricket Club in readiness for the new season. Winter nets at Hills Road are in full swing (from 7.00 – 8.00 p.m. on Tuesday evenings) and outdoor nets will begin in early April, again on Tuesday evenings, for adults and colts.

Junior nets will begin shortly on Friday evenings and we are pleased to share that we will be running the ECB All Stars programme this year. Please see www.ecb.co.uk/play/all-stars for All Stars details and for registration information. We plan to run eight 45-minute sessions over nine weeks from Friday 13th May – Friday 12 July, 6-6.45pm (no session in summer half term 31st May). With this initiative we can provide cricket opportunities for children aged 5 to 8 years.

We are very keen to meet any prospective new players, young or old, of any ability so come on down and take a look, introduce yourself, give it a try. Our first team will be playing Senior League Division 1 this season and our second team will be playing in Junior Division 3. We are very proud of our success in bringing local youngsters through the ranks into the senior team so if you aspire to higher standard cricket we can provide a great route.

We will again be running three junior sides across the age ranges up to Under 15; we view this as vital as the youth continue to graduate into the adult sides.

Longstanton Cricket Club is Clubmark accredited, so you can be assured that Club provides the right environment, ensuring the welfare of members and encouraging everyone to enjoy sport.

Ian Handy

info@longstantoncc.co.uk

LONGSTANTON LIMPERS



Photo: Glenn Smethurst

Looking back over the last year, Longstanton Limpers have had a very exciting 12 months, which saw the club become a 'proper' institution when we became affiliated to England Athletics. We've been able to offer more and from a standing start the club has developed to the point that we now have over 25 paying members - so you may have seen more of our purple shirts around.

We're still the friendly bunch of runners that we've always been, we're just slowly getting more organised! We've had generous support from the Parish Council which has enabled us to access training and development which we've used to improve both the three free 'Couch to 5k' introductory courses, and the club more generally.

We have also been busy putting on three bespoke training courses for members, two 10k races, a track session, and have firmly established the regular weekly social run on Mondays at 7:30. It has been great to see people who have finished the Couch to 5k courses taking up running regularly and seeing some benefits.

The members have been busy in races including the Milton Keynes Marathon, the Amsterdam Half Marathon and also representing at the local events large and small from Cambridge Half to Fen Gallop, to the Cottenham 7k. A number of runners are preparing for marathons in the next few months - more on that in the next issue.

Overall we've put around 200 hours into the community and are well into planning how to keep improving and developing over the next year. Get in touch through our Facebook page or come along to the Monday social. Or just say hello if you see us out and about!

www.facebook.com/longstantonlimpers

Seeking *new* Heights?

The indoor climbing wall at Swavesey Village College's Sports Centre is open to climbers of all abilities

Tuesday evenings between 7.30 and 9.00

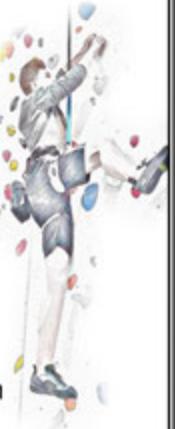
Beginning 2nd April: climbing for anyone age 18 or over

Saturday mornings between 10.00 and 12.00

Climbing for anyone age 5 and up

For more information visit: <https://www.svcclimbingwall.com>

Or contact: swaveseyclimbingwall@gmail.com



Group Activities

Visitors to Fen Drayton Lakes who have walked our Ferry Lagoon Trail may well have noticed a sign along the southern

side of the lake, adjacent to the guided busway, marking our 'Discovery Zone'. This peninsula boasts impressive views across the lake and is the reserve activity area used by local schools and youth groups. Here children can get up close and personal to nature, particularly invertebrates, by pond dipping in the lake, going mini-beast hunting around the log piles and leaf litter, den building, and undertaking other outdoor activities.

We have a self-led approach whereby we give you access to the Discovery

Zone classroom housing all the equipment needed and leave you to it, although additional support can be provided if required.

It is a great time to be outdoors enjoying nature so if you run a local group, regardless of age, and would like to come and use the Discovery Zone, please get in touch.

Visit rspb.org.uk/fendraytonlakes

The Royal Society for the Protection of Birds (RSPB) is a registered charity:
England and Wales no. 207076, Scotland no. SC037654

The Pavilion

Tel: 01954 782233, Over Road, Longstanton

longstantonpavilion@gmail.com

www.longstantonpavilion.weebly.com

Find us on Facebook

Spring must be in the air as there are lots of events happening in Longstanton in the near future.

Easter weekend will include a St George's Day celebration on the Saturday and on Easter Sunday (21st April) we will have our Easter Egg hunt, please see our poster in the Post Office and our Facebook and web page.

We will be joining in the Big Weekend in June with a beer festival and other drink promotions. We are awaiting confirmation of timings on the film schedules to see if we can keep the party going with music once the film has finished. You will be able to buy pop corn, ice cream and other nibbles during the screening.

We will be saying goodbye to the football season shortly and would like to thank the senior football teams for their support and look forward to the finish of the season. The Colts will finish their season after the week of football camp so we will revert to summer opening at 12.00 on Saturdays.



Get involved...our events in 2019:

Dragonfly Walk

Go on a guided walk around the reserve to learn all about dragonflies and damselflies.

Sunday 21 July, 2-4pm. Booking required.

Willow Weaving Workshops

Join us to learn how to use willow harvested at the reserve for weaving.

Sunday 8th Sept, 10am-4pm: garden obelisk

Sunday 8th Dec, 10am-4pm: Christmas decoration

Booking required

Stargazing

Join experts from the Cambridge Astronomical Association on a stargazing evening at the lakes.

Saturday 12 October, 8.30-9.30pm. Booking required.

Wednesday Wander

Ever thought you'd like to know more about the reserve and its wildlife? Informal volunteer-led guided walks take place on the second Wednesday of each month. There's no need to book and it only costs £3 for members and £4 for others. Walkers meet at the main car park, leaving at 10.15am.

Volunteering

We always need help to keep on top of our lengthy jobs list, keep our trails safe, and our bird feeders topped up. If you'd like to find out about our volunteering opportunities, please get in touch using the details below.

Email: fendraytonlakes@rspb.org.uk

Phone: 01954 233260

OPENING HOURS

Monday - Thursday: 17.00 until 23.00

Friday: 17.00 until 23.30

Saturday: 12.00 until 23.30

Sunday: 12.00 until 22.30



That of course means that we will be welcoming the cricket teams back and look forward to sitting in the sun (hopefully) and applauding them on.

We are working together with two chauffeurs, both local and airport runs, so just ask behind the bar and we will contact them for you.

Just a quick reminder that everyone is welcome in The Pavilion, there is no membership so come along and enjoy a drink with us. We are also pleased to rent out the conservatory for parties or any other function and can arrange catering for you.

You can contact us via e-mail at:

longstantonpavilion@gmail.com, via our Facebook page or just come in and speak to a member of staff.

Michael, Suzanne and the Pavilion team

It's Spring time and the weather is getting warmer. For most of us this will be a blessing, but for some there will be feelings of anxiety because of what it brings with it...hay fever. In the UK, the hay fever season usually starts in March and extends to around September, although there's a later start and shorter season in the north of the UK, where there is generally less pollen. Urban areas tend to have lower pollen counts than the countryside, and places inland have higher counts than around the coast. Hay fever is worse when it's warm, humid and windy. This is when the pollen count is at its highest.

Hay fever is an allergic reaction to pollen when it comes into contact with your mouth, nose, eyes or throat. Pollen, which is



usually yellow, is the fine powder from the male part of a flowering plant that is carried by the wind, insects, or other animals, to female plants of the same species in order to produce seeds so that new plants can establish.

There are three main kinds of pollen: tree, grass and weed, which overlap in seasons from Spring until early Autumn.

1. Tree pollen occurs first, typically from late March to mid-May, and affects around 25% of people.
2. The majority of people are allergic to grass pollen and the season lasts from mid-May until July. There are two peaks in grass pollen, the second, lower peak usually occurs in the first two weeks of July, after which things tail off slowly.
3. Weed pollen can be released at any time but the season typically covers the end of June to September.

These timings may vary depending on how wet, dry, warm or cold the weather is. Furthermore, there are many factors that can change the start date of the pollen season. Low temperatures in winter will keep plants and trees dormant for longer into the New Year. Essentially, the lower the temperature the less pollen is produced, but this can change if the soil and air temperatures in Spring are higher than normal. Spring rainfall is also a key factor, the less rainfall and the drier the season, the lower the amount of pollen production. Regardless of the weather, pollen is also dependent on how hardy different species are, and how well they cope with a mixture of different types in one region.

Pollen causes the mucous membrane of the eyes and nose to become inflamed. The severity of the allergic reaction varies from person to person, some will only suffer from mild hay fever, while others may struggle with being outdoors in the summer if they don't take hay fever medication.

The signs you are suffering from hay fever are quite similar to a cold, but the most common symptoms are sneezing and coughing, a runny or blocked nose, itchy, red or watery eyes, and itchy throat, mouth, nose and ears. Other symptoms can include loss of smell, pain around your temples and forehead, headache, earache, and feeling tired. If you have asthma, you might also have a tight feeling in your chest, be short of breath,

wheeze and cough. Hay fever will usually last for weeks or months.

There's currently no cure for hay fever and you can't prevent it, although you can try to limit the amount of time spent outside and keep windows closed when pollen counts are high (keep an eye on the weather forecast and pollen updates for your area). There are some barrier balms and nasal sprays available which may help some people. These work by coating the lining of the nose and thus preventing pollen contacting the mucous membrane of the nose/eyes, but these only reduce the symptoms not eliminate them. The main way to ease or reduce the symptoms of hay fever is by using antihistamines. The first line of treatment for hay fever is a once-a-day oral antihistamine. The treatment can then be personalised depending on the symptoms and the severity of the symptoms. For example, if itchy eyes is one of your more predominant symptoms, then the recommendation is Sodium Cromoglicate eye drops as well as taking an oral antihistamine. You should always consult a pharmacist or your GP before taking any medication for hay fever.

For the hay fever sufferers amongst you, here's hoping for lower pollen counts this season.

Manjeet Bolla

Advertisement

NUTCOMBE PLUMBING AND HEATING

LOCAL DOMESTIC SPECIALISTS

Gas, Oil & LPG appliance serviced, installed and repaired;
Landlords Gas Safety Check; PowerFlushing;
Solar Hot Water Systems; Energy Efficiency Upgrades

Dedicated bathroom design and installation team

All plumbing & heating works undertaken
Accredited installers for Honeywell Controls, Vaillant,
Alpha, Polypipe Underfloor Heating

24hr emergency call out service offered
with local operatives in Longstanton area

Shaun Rivers: 07967 095721
Andy Day: 07967 095720
Office: 01223 870580
enquiries@nutcombe.cambridge.co.uk





www.nutcombe.cambridge.co.uk

WILLINGHAM & LONGSTANTON SURGERIES

Reception Tel: Willingham 01954 260230 Longstanton 207600 Dispensary: 207602 District Nurse Team: 01223 726469
Option 2 | Health Visitors: 0300 029 50 50 Out of hours cover: Ring 111 Website: www.willinghammedicalpractice.nhs.uk

THE SURGERY WILL BE CLOSED ON FRIDAY 19TH APRIL AND MONDAY 22ND APRIL FOR THE EASTER BANK HOLIDAY WEEKEND

Please ensure you have enough medication to last the weekend. The last date to order your medication from Dispensary in time for the weekend is Tuesday 16th April.

Pharmacy Opening Hours: Willingham Pharmacy is open from 8:30am every day until 6pm, apart from on a Tuesday when it will remain open until 7:00pm. The Pharmacy will also be closed for both Bank Holidays over the Easter Weekend. Details of alternative Pharmacies that are open on Good Friday and Easter Monday will be displayed on the doors of the surgery and also on our website willinghammedicalpractice.nhs.uk.

Please note the Willingham Pharmacy opening hours have been formally changed: Open at 8:30am daily - close at 6pm on Monday, Wednesday, Thursday and Friday. On Tuesday they are open until 7pm. The Dispensary is open for telephone calls until 5pm daily as usual, for repeat prescriptions.

Surgery Road - Driving and Parking: We have received many concerns over recent months from pedestrians and local residents regarding the junction where the surgery road meets Long Lane, and the speed at which some drivers are exiting/entering the road. One concerned resident emailed us as follows: "As someone who walks along Long Lane most days of the week, I would raise my concerns about the speed with which a number of drivers exit the surgery car park access road onto Long Lane with no consideration for pedestrians crossing the junction. Being aware of the risk I'm now careful to listen out for the sound of an approaching vehicle and stop, which a person with a hearing disability or impaired mobility might not be able to do." Please can all patients using the car park drive slowly and take particular care at this junction. It is a main thoroughfare through

the village and is particularly busy during school drop off and pick up. The car park is intended for the use of visitors to the surgery, and parents should not be parking here for school runs, to help us minimise the movement of vehicles in and out of the junction during peak times

The foot care clinic at Willingham Surgery run by Mrs Casey Javed is every Monday and some Wednesday mornings. For appointments please call 01480 301337 or 07807 505534 or visit www.stiveschiropody.co.uk.

Mental Health: We all have mental health and looking after it is just as important as looking after our physical health. The Keep Your Head website has lots of info for adults, children, and young people on looking after our mental health www.keep-your-head.com **Need urgent support for your mental health?** Call the CPFT NHS First Response Service on 111 option 2 - they're there to help.

Carers Support Meetings: Meetings held on the first Wednesday of every month. If you are a carer, please pop along and get some support from other people in the local community. Refreshments provided no need to pre-book and completely FREE! Please contact Sue Lawson at the surgery or email her at susan.lawson7@nhs.net for more information.

Cambridgeshire Hearing Clinics: The next Hearing Aid Clinics at Willingham Surgery are on Weds 17th April, Weds 15th May and Weds 19th June from 2:00pm-4:00pm. No appointment necessary, just pop along for your free NHS hearing aid batteries and for help and advice regarding hearing loss.

A&E is not an alternative to a GP appointment. If we are closed, please call 111.

Lisa Smith - Assistant Practice Manager

FRIENDS OF ST. MICHAEL'S CHURCH



We are pleased to announce that St Michael's is again the venue for a season of productions by This is My Theatre. Dates have been finalised and this year's programme begins with *Macbeth* on 2nd May. Other plays to be presented throughout the summer include *Romeo and Juliet* (19th June), a matinee performance of *Wind in the Willows* (24th August) and in the evening *The Importance of Being Earnest* (24th August). Details regarding theatre tickets are available at www.thisismytheatre.com or for discounted tickets please contact the Friend's group.

The newly formed committee of the Friends of St. Michael's Church aims to present a variety of events to encourage the community to come and enjoy the special nature of this historic building. These events will be advertised throughout the village, in future editions of *Longstanton Life*, and on village websites.

On Sunday 9th June, the 75th anniversary of the D-Day landings will be celebrated at St. Michael's Church with a Cream Teas Afternoon/Street Party. We look forward to welcoming residents to this special afternoon event.

It is important to explain again that the use of this building for different events, both secular and religious, improves the

prospect of funding repairs to the building that are urgently required. Different avenues of raising this money are being explored in an effort to help with this. Suggestions, from the wider community, are always welcome. As ever, we encourage new members to join us in our efforts. For information, please contact fosm2017@gmail.com.

St Michael's church continues to draw visitors, even during the winter months. Reading through the entries of the visitor's book shows the international nature of people who came especially to see this unique church. If you do visit the church please sign the book: simply doing so helps show the importance of St. Michael's to our community.

The Friends of St. Michael's Church

Urgently Required

Care Support Workers in Longstanton Village, supporting adults with a learning disability.

We offer flexible and reasonable hours, induction, training and company pension.

Experience not essential.

Must be committed, passionate and caring.

Contact: Andrew McLees 01954 789856

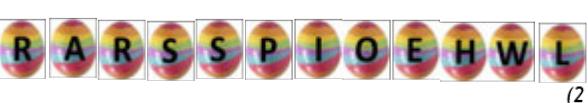


EASTER COMPETITION

Easter is not so far away, and we have some delicious Easter chocolate prizes to give away in this issue. There are two prizes, one for the senior readers and one for the younger ones.

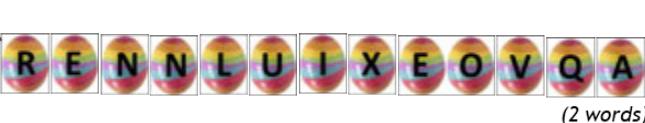
Seniors – open to everyone over 10 years. Re-arrange the anagrams in the eggs below to form Spring-related words.

1.  (1 word)

2.  (2 words)

3.  (2 words)

4.  (1 word)

5.  (2 words)

Juniors – open to all those aged 10 years or under. Hidden on the pages of this issue of the magazine are Easter baskets. Find and count them all, and then send us the total number of baskets that you find. To help you start we've given you the first one here!



To enter the competition, send your answers to Longstanton Life either by (a) posting at the Village Institute, or (b) email to longstantonlife@hotmail.com before Monday 15th April. Remember to include your name and contact details. For the juniors entry, please also include your age.

The first person randomly selected from those with the correct answers from each category will receive some Hotel Chocolat Easter treats.

The winners will be announced in the next issue. Good luck!



RACE CIRCUITS COMPETITION WINNER



The winner of the race circuits competition was Jonathan Fuller. Congratulations to Jonathan! He is pictured (inset) very pleased with his squeaky clean car. Our thanks again to New Marque Cars for donating the prize.

The answers for the competition were: 1 Le Mans, 2 Daytona, 3 Silverstone, 4 Imola, 5 Monte Carlo, 6 Laguna Seca, 7 Nürburgring, 8 Spa-Francorchamps, 9 Knockhill, 10 Suzuka.



All Saints' Bell Ringers

As many of you will know our ringing chamber will be out of action at All Saints until the new one is complete as part of the church alterations to bring in new toilets and kitchen.

However, not to be defeated your ringers have been practising at Rampton parish church every Wednesday, polishing our ringing skills ready for the grand reopening at Easter.

Rampton church is a chapel of ease which means it is still holding occasional services, at least 6 per year, to remain fully operational. It is very old with an extremely interesting interior, I would strongly recommend a visit.

It is with great sadness I report the deaths of two past tower captains: Rex (Dick) Turpin and John Hobson who even in retirement were very supportive of us, the All Saints Bell Ringers. RIP

Please contact me on: mikec321@btinternet.com or tel. 07768 735910.

Mike Cartwright

Ball Room Dancing

Not much to report. However, we are progressing, busy practising the new steps we have forgotten from the week before! This process seems continuous, as we seem to be seeking that eureka moment when we master the new steps and dancing them is spontaneous.



We meet Thursday evenings at 7.30 for one hour - if you could be tempted please let me know. Contact me by e-mail: mikec321@btinternet.com or tel. 07768 735910.

Mike Cartwright

ALL SAINTS' CHURCH, LONGSTANTON

As you read this we will be half way through Lent and beginning to looking forward to Easter and lots of chocolate Easter eggs! But before that we will be reflecting on the sacrifice that Jesus made for us particularly in Holy Week, that is the week leading up to Easter Sunday. On **Maundy Thursday 18th April at 7.30pm** a service with Communion and stripping the table of all ornaments. On **Good Friday 19th April** between the hours of 12-3pm, a short service with time to reflect on the Stations of the Cross. You are invited to stay for as long or short a time as you wish. **Easter Sunday, 21st April**, a service of Holy Communion at 9.30am to celebrate the Risen Lord.

The building work in the church has gone well and by Easter the new toilets and improved kitchen facilities will be up and running. We do give thanks to all those who worked tirelessly to make this happen and all those who have given money to make it possible. Watch this space for the date of a celebration to mark this milestone in the history of All Saints'.

On 19th May we will welcome Rev'd Dr Simon Gill to be the new Priest in Charge of Longstanton with Northstowe, Over, Willingham and Swavesey Parishes. His Licensing service will take place on Sunday 19th May at St Andrews Church, Swavesey and you are all welcome.

CREAM TEAS AND CAKE SALE in the church on Saturday 18th May to mark the end of Christian Aid Week. Come along between 3 and 5pm to enjoy a delicious homemade cream tea and take some cake home for later!

If you would like to discuss any matters or have any ideas where you could help us please contact one of the Church Wardens , whose details are below. If you wish to speak to clergy during the vacancy then Jenny Hill can be contacted on 07970 949331 or email: revdjennyhill@5folds.org.uk

Our regular Sunday morning services are at 9.30am do come along and join us. Check the website 5folds.org.uk for all the latest news. Don't forget that our All Age worship is on the 2nd Sunday, croissants and coffee will resume in May.

If you would like more information on any of the above or have questions about baptism, marriages or funerals, please don't hesitate to contact our Administrator, Gillian Beale (01954 203459, admin@5folds.org.uk) or one of the Church Wardens – Roger Valentine (rvalen6199@aol.com, 01954 230519) or Sue Gamon (sgcoutures64@gmail.com, 01954 782371).

Church Times

All Saints' Church, Longstanton

For exact dates and details of activities being held please refer to the church notice board or go to the website:

www.friends-of-all-saints-church-longstanton.org.uk



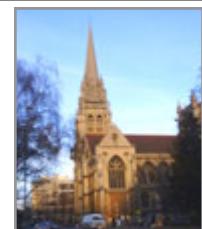
Catholic Sunday Mass

Cambridge: (OLEM) Our Lady and English Martyrs, Hills Rd, Cambridge CB2 1JR

Tel: **01223 350787** / web: www.olem.org.uk

Bar Hill: (serviced from OLEM)

St Ives: The Sacred Heart, Needingworth Rd, St. Ives. Tel: **01480 462192** / web: www.sacredheart-stives.org



Need home communion for the sick or house bound? **Contact:** Fr Edward Tredota **01480 462192**



10.30am every Sunday with worship band and Sunday club for children
6.00pm Every Sunday for traditional evening worship.
Lots more detail of weekly events and news on the website:
willinghambaptist.org

Please contact: Paul Joel (Minister) 07955071160
Alan Wright (Secretary) 01954261770
Church Office 01954260538
Church is situated on George Street

All Welcome



Advertisements

LINE ADVERTS

J&G Blinds Ltd Supply and fitting of bespoke blinds, curtains, internal shutters and awnings. Tel. 01954 261149 or 07847 559208 or e-mail: sales@jandgblinds.com

Piano, Clarinet and Saxophone lessons - Pupils from beginner plus. Anita Dawson BMus(Hons) PGCE. Tel. 07821 441127 or email: anitajdawson@hotmail.com

Practise Speaking English! www.esolcafe.co.uk

Bass Guitar Lessons - All styles and abilities. Professional preparation for graded exams. Tomasz Ziobro Dip LCM. Tel. 07514 664020 or email: walkingbasslessons@gmail.com

Yoga Classes, Dry Drayton – Newcomers welcome! Anita Cullum, tel. 01954 780645 or email: www.littleyogacorner.co.uk



Rated 'Good' by Ofsted - SPACES AVAILABLE

For children aged from 2 years 6 months

Open during school hours most days.

For further details, or to arrange a visit, please contact the Pre-School on:

Tel: 01223 237 504 – Water Lane, Oakington

Find us on Facebook

Charity No: 1030857

**MORE TREES, MORE POTS,
MORE UNUSUAL PLANTS THAN
MOST GARDEN CENTRES!**

We are probably BIGGER than you think!

We are a traditional garden centre specialising in...

- Large trees and shrubs
- Conifers and bamboo
- Home grown bedding
- Pots and planters

QUALITY ● VALUE ● VARIETY

**PARKHALL
GARDEN CENTRE**

WE ARE EASY TO FIND ▶

Mon-Sat 9am-6pm Sun 10am-4pm

Come into Somersham, turn into Parkhall Road (opposite the band stand), follow road over hump back bridge for half a mile into the countryside

Tel 01487 840397
www.parkhallgardencentre.co.uk
 Sat Nav Somersham PE28 3HW

*This voucher cannot be used in conjunction with any other offers.

Collect a FREE bag of compost when you spend £25 or more with this advert!
 (60 litre bag, RRP £3.95)

Find us on Facebook
 OR GIVE US A SCAN

AIRPORT CARS



**Call us first on 01954 782822
or 07442 497 601**

Locally based to cater for all your travel requirements
 Airports, Seaports & Long Distance Travel
 Executive Cars, Estates & MPV's

Competitive rates
 Business travel
 Family holidays & free child seats

enquiries@airportcars.uk.net
www.airportcars.uk.net



Jill Bridger School of Dance

Established 1988

Principal: Jill Bridger RAD Teach Dip., MNATD, AISTD
 Creator of the Melody Bear® curriculum taught across the UK & overseas

For ages 18 months to 18 yrs
Ballet, tap, modern dance & musical theatre
Classes in Cambridge, Cambourne, St Ives,
Eddington & Hardwick

Pre-school Melody Movement® classes
The ideal entry into the world of ballet
Dance along with Melody Bear®

NEW CLASSES IN NORTHSTOWE

At the Pathfinder School



DET
 Approved Teacher Training Registered School



Tel: 01480 469711
www.danceschool.biz
www.melodymovement.com

Advertisements

LAW & LEWIS JOINERY of Cambridge

- KITCHENS ▪
- STAIRCASES ▪
- WARDROBES & FITTED FURNITURE ▪
- CASEMENT & SASH WINDOWS ▪
- BIFOLD, SLIDING, & FRENCH DOORS ▪
- ENTRANCE DOORS ▪
- SPECIALIST MOULDINGS ▪
- CORIAN® WORKTOPS ▪

We don't just sell timber, ask us about aluminium or aluminium clad windows and doors

Tel: 01954 260575
www.lawandlewis.co.uk

Brookfield Groundcare

A family run business providing a quality and professional service to all aspects of hard and soft landscaping

- Grass cutting
- Hedge trimming
- Tree surgery
- Fencing
- Paving
- Hedge & tree planting
- Turf laying
- Sports field maintenance
- Paddock maintenance



Contact us to discuss your needs

Daniel Wright 07812 670039

Office 01954 789585

Email brookfieldcontracting@gmail.com

web www.brookfieldgroundcare.com

Peter Nightingale's

House Help



More than just maintenance...

Here to help your house with any small job!

Fit a shower - put up a shelf - fix a squeaky door
- mend a leaky tap - tile a splashback - fit a cat flap - replace a pane of glass - exchange a faulty siphon - touch up paintwork - assemble flat pack furniture - small electrical work - fit a new bath panel - erect a shed - put up a towel rail - hang a picture - insulate a loft - change a lock - paint a fence - fit a water softener - install an extractor fan - light removals - all small jobs, no problem.
Please just ask!

01954 789218 / 07962 012579

78 Thornhill Place, Longstanton

(Cash / card on completion of job)

Stan the COMPUTERMAN.co.uk

SOLVES WIDE RANGE OF PROBLEMS
WITH YOUR COMPUTER OR IT EQUIPMENT,
GIVES TUITION AND CONSULTATIONS.



Free call out 0792 820 8563

No Fix-no Fee 01223 790 690

Reduced prices for budget pensioners.

Mobile Locksmiths



- Door and Window Lock Opening
- Door and Window Lock Fitting
- Key Cutting
- Insurance Approved Upgrades
- Garage Door Security
- External Buildings Security
- Wireless Alarm Installation

Tel: 07952 747279

Web: www.cottenhamlocksandkeys.co.uk

Email: enquiries@cottenhamlocksandkeys.co.uk

Advertisements

NEW MARQUE
SPECIALIST CARS

- FREE VEHICLE HEALTH CHECK AVAILABLE -
- TYRES & SERVICING AT GREAT PRICES -
CALL NOW ON 01223 750 911 TO BOOK

NEW MARQUE
MOTORHOME HIRE

MOTORHOME HIRE NOW AVAILABLE - 01223 750 911

Alpha Cars
01954 23 23 00
www.alphacarsonline.co.uk

Alpha Car Taxi Service

Alpha Cars are a local reliable private hire taxi service based in Longstanton.
We can transport you and your friends or family to the airport ready for your holiday, take you to an event in London or even transport you locally into the heart of Cambridge. We will cater for all your transport needs however long, short or complicated they may be.

Think Taxi Think Alpha Cars

01954 23 23 00 info@alphacarsonline.co.uk
Alpha Cars, Longstanton, Cambridgeshire

Bellaclaire*
CHILD CARE

Looking for childcare in Longstanton?

Bellaclaire Childcare is a privately run nursery offering first class childcare in Longstanton. We offer a modern purpose built, well administered and well managed childcare facility. Creating a safe, caring and stimulating environment where each child can develop their social, emotional, educational skills and potential whilst becoming independent and active long term learners.

Age: 18 Months to 5 Years
Hours: 0730-1800
Days: Monday to Friday (all year)
Funded and Private spaces available.

www.bellaclaire.co.uk
Tel: 01954 789745

Instagram facebook

JASON KIRBY

Professional Painting & Decorating Ltd

- All Aspects of Internal & External Decorating Undertaken.
- Period, Residential & Commercial Properties.
- City & Guilds Qualified.
- Full Public Liability Insurance.
- For Quality & Reliability At Competitive Rates
- References Available.
- A local established business built on reputation and recommendations

Tel/Fax: 01954 211775
Mobile: 07966 174431
info@jasonkirbyltd.co.uk

MOBILITY EQUIPMENT

SCOOTERS, WHEELCHAIRS, RISER/
RECLINER CHAIRS, BEDS, WALKERS,
FOOTWEAR, TOILET & BATHING AIDS,
KITCHEN & HOUSEHOLD AIDS,
CONTINENCE CARE, CUSHIONS,
STAIRLIFTS AND MUCH MORE

HOME VISITS AVAILABLE
EQUIPMENT HIRE, SERVICING AND REPAIR
FRIENDLY AND CONSIDERATE SERVICE
GUARANTEED



Orchard
mobility centre

Scotsdales Garden Centre
Horningsea, Cambridge
CB25 9JG

Tel: 01223 863908

www.orchard-mobility.com

Open: Monday to Saturday
9 am - 5 pm

Fenland Heating & Plumbing Ltd.

Gas Safe Regd. Gas Heating Engineer

Gas boiler servicing & repair

Heating system service & repair

Plumbing maintenance & repair

Immersion heaters changed

Unvented hot water cylinders

Landlord certificates

Electrical part 'P' qualified

Solar accredited installer

01353 727088

11a Chapel Lane
Wicken, Ely
Cambridgeshire
CB7 5XZ

Hometyre
MOBILE TYRE SERVICES

MOBILE TYRE SERVICES based in Longstanton

Tyres fitted at your home or work
Saving you time and money

All work guaranteed and competitively priced

To order your tyres and book an
appointment

CALL 0333 444 5454 or visit our
website www.hometyre.co.uk

Counselling

support through life's challenges...



Marie Edgar

Counselling Psychotherapist (MBACP)

t: 01954 781741

m: 07761 334321

w: www.cmecounselling.co.uk

e: marie.edgar@cmecounselling.co.uk



Oakington
Garden Centre & Café

The Olive Tree Café
- Time to Relax

Spring, Summer & Autumn

A large variety of locally grown bedding is available from spring to early summer, along with planted hanging baskets and tubs. You can also leave your empty baskets with us and we will plant them for you. In the autumn we have Pansies and Violas that will provide you with colour until the following spring.

Opening hours:
Summer (Monday – Saturday) 9:00 - 18:00.
Winter (Monday – Saturday) 9:00 - 17:00
Sundays 10:00 - 16:30

TELEPHONE: (01223) 234818
www.oakingtongardencentre.co.uk
DRY DRAYTON ROAD, OAKINGTON, CAMBRIDGE, CB24 3BD

Highgate Country Stores Ltd

PET & ANIMAL FEEDS & ACCESSORIES,
EQUESTRIAN SECTION & BUTCHERY DEPARTMENT

Over Road, Willingham, Cambridge CB24 5EU
Tel: 01954 260798 Fax: 01954 261997
Email: info@highgatencountrystore.co.uk

DJB FLOORING

Dave Brooke

07763 976352
01954 789225

Specialising in carpet,
vinyl, Karndean, Amtico
& contract safety flooring

djbflooring@yahoo.co.uk

7 Mitchcroft Road,
Longstanton, Cambridge.
CB24 3ER

M.B. FLACK

Interior and Exterior
PAINTER & DECORATOR & REPAIRS



"30+ Years of Experience

in the Trade"

(Free Estimates Given)

29 Thistle Green, Swavesey, Cambridge. CB24 4RJ

Telephone: 01954 231915

Mobile: 07984006080

E-mail: m_flack@yahoo.com



N.G. Uttridge Ltd.

Building & Groundwork

Over 28 Years Experience Includes:

- Design & Build
- Structural Steelwork
- Full/Part Renovations
- Extensions & New Builds
- Kitchens & Bathrooms
- Alterations



Tel. 01954 200767
Mobile. 07764 656216
nick@nguttridge.co.uk

ENTIRE
GROUP



300007



Water
Safe



The Complete Gas Heating and Plumbing Company

Plumbing • Heating • Gas
Bathrooms • Water Softeners
Property Maintenance

Tel: 01954 204044 • Web: www.entiregroup.co.uk
Email: service@entiregroup.co.uk

SB DECOR
PROFESSIONAL PAINTING & DECORATING SERVICE

- SB DECOR provides you a high quality painting and decorating service
- All aspects of interior and exterior decorating with 20 years experience
 - Full public liability insurance
- We respond to your needs, working in collaboration with you to ensure every project is completed efficiently and on time

For a free estimate please call us today on :

07515481210 or 01954 201352

Web: www.sbdecor.co.uk

Email: info@sbdecor.co.uk

P. LOVERIDGE

Carpentry & Locksmith Services

TEL: 01954 202907 MOB: 07811 158018

EMAIL: PAULLOVERIDGE31@GMAIL.COM

ALL ASPECTS UNDERTAKEN

FITTED WARDROBES
ALCOVE CUPBOARDS
KITCHENS FITTED
FIRST & SECOND FIX

LOCKS REPAIRED & REPLACED
EMERGENCY ACCESS
LOCKS KEYED ALIKE
HOME SECURITY UPGRADED

Advertisements

Cygnet Advanced Beauty & Dental Clinic



Are Proud to Present the Opening of their New Clinic

We use the latest result driven technology to help you look your best.

We can Offer: • 3D-lipo Non surgical fat removal, treatment of cellulite & skin tightening in one award winning machine. Cutting- Edge Laser Technology with • **Cynosure Laser hair removal** that targets & destroys cells responsible for hair growth without harming surrounding skin.

Undo Age & Sun Damage to get Rid of Unwanted Pigmentation: • **Laser Revitalization** treatment that reduces unwanted signs of ageing, including wrinkles around eyes & mouth. • **Dermal Filler** treatments to reverse the effects of sun damage & ageing. Dermal fillers are specially formulated to help smooth out wrinkles for a smooth, youthful complexion. Dermal fillers are a natural skin – hydrating solution also used for • **Lip Enhancement**. • **Anti Wrinkle Injections.**

To find out more, please call and speak to one of our fully trained members of staff who will be happy to discuss any treatment you feel would benefit you:

Contact Us:

37a High Street, Longstanton
Cambridgeshire. CB24 3BP or
Tel: 01954 781618 or

info@cygnetclinic.co.uk or

WWW.cygnetadvancedbeautyanddentalclinic.co.uk

2020 Spirit Vision Crystal Healing & Online Shop

Helping Depression & Stress
Rebuild your Protective Energy Field
Restoring Balance & Calm

Lucy Chapman MCMA

01954 780361 Longstanton Cambridge
email: C2020spiritvision@outlook.com
www.2020spiritvision.com

Total Relaxation at the farmhouse

01954 789 344

Aromatherapy, Massage, Indian Head Massage, Hot Stone Massage
Reflexology, Gel Polish, Hopi Ear Candles, Facials
Lash and Brow Treatments, Manicures & Pedicure
Waxing, Hairdressing.
The Old Farmhouse, Gladeside, Bar Hill, Cambridge CB23 8DY
email: total.relaxation@ntlworld.com
www.total-relaxation.co.uk
Gift vouchers always available

Paying too much for your glasses?

Save Money - Buy Direct!

Visit our factory shop to see our fabulous range of Discount Prescription Eyewear

- Hundreds of frames to choose from
- Specialists in high and complex prescriptions
- Wide range of prescription sunglasses
- Full range of sports eyewear
- Save up to 75% on premium frames and lenses
- Fast turnaround

01954 231545

We are open 9am to 5pm Monday to Friday, and 9am to 1pm Saturday



www.all-eyes.co.uk

20 Norman Way Industrial Park, Over, Cambridge CB24 5QE

SPECIAL OFFERS

**FREE WRINKLE REDUCTION CONSULTATION
FREE TEETH WHITENING CONSULTATION**

Accepting new Children
and exempt Patients on the NHS
for a limited time only



CONTACT US NOW

Bar Hill Dental Clinic
Hanover Close, Viking Way, Bar Hill
Cambridge CB23 8EH

01954 781616

www.cambridgedentist.co.uk

Gerry Archer BEAUTY & HOLISTIC THERAPIES

Relax - Rejuvenate - Revitalise

*FACE BODY NAILS TAN
WAX LASHES*

*Over 10 years industry experience.
Only the highest quality products combined
with excellent training and professionalism.*

www.gerryarcher.co.uk
Tel: 07725043600

YAURA BEAUTY

Microdermabrasion, Reiki,
Massage, Collagen Facials,
Inch Loss & Skin Tightening



Complementary Health & Beauty

Helen Johnson - MICHT
89 Thornhill Place, Longstanton
Cambridge, CB24 3EF
Mob: 07842 834845
yaurabeauty.i@googlemail.com
www.yaurabeauty.co.uk

For News and Offers:



Advertisements

C.R.C Home Electrical
Fully Qualified Electrician



For all your domestic Electrical needs including:

- › Lighting Fitting Replacement
- › New Installations
- › Fault Finding
- › Testing & Inspection
- › Cooker Installations
- › Additional Sockets
- › Outside Lighting

For a free quotation call Callum on 07598 581075 or email on CRCHomeElectrical@gmail.com

NOW OPEN in the Village of Over...

Dog Day Care... with a difference

Opening Hours
Monday to Friday
7:30am - 6pm

 Find us on facebook

Unit 17
Norman Way
Over CB24 5QE
07764 959238

PUPPY CLASSES - 6 WEEK COURSES
SPACES ALWAYS AVAILABLE

Norman's



Take a look at what we all get up to each day on our FACEBOOK PAGE... search for 'Norman's Dog Day Care'



wilderspin
GARAGE LTD



SERVICING AND REPAIRS

- Exhausts
- Batteries
- Tyres
- Clutches
- Brakes
- Timing belts



M.O.T.

TEST CENTRE

- Classes 4, 5 & 7
- Motor homes
- Mini Buses
- Cars
- Vans
- Light commercials



We would like to wish all of our valued customers a Happy Christmas, and a healthy New Year!

Seasonal Home Grown Fresh Fruit & Vegetables



Open Daily,
May - November
Larksfield,
Rampton Road,
Longstanton,
Cambridge,
CB24 3EN
01954 780087

AIRPORT EXPRESS

Luxury vehicle private hire

Up to Six seats - Air conditioned
Laptop facilities - All major airports
All Eurostar terminals -
All London theatres and shopping trips
Or even a day at the races!
Business accounts welcome

Phone: 01954 260568 Mobile: 07881 921113
Email: george@airportxp.co.uk

AQUASTREAM
Water Softeners limited

Call us for Softeners, Salt and Servicing

Now selling 'Kinetico Premier Compact'

- Operates without electricity
- Fits neatly in your kitchen cupboard
- Parts have a 10 year warranty
- Easy to load with block salt





01954 230898

Unit 17 Buckingway Business Park, Swavesey, Cambridge, CB24 4AE

www.aquastream-softeners.co.uk

