

Longstanton Life

Volume 21 Issue No. 1

February - March 2021

Life in Your Locality



Spring is here! Photo: Anna Rudd

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, Beth Baker, Manjeet Bolla, Lucy Shaw, Victoria Stevens and John Pratt.

VILLAGE DIARY

DUE TO CORONAVIRUS PLEASE CHECK WITH THE ORGANISER FIRST

SUNDAY	09.30-10.30	Sunday School	Village Institute*	Susan Meah	01954 781258	
	11.00	Tennis Club Sessions	The Pavilion	Sarah Ballard	07985 938959	
MONDAY	11.00-12.00	Zumba Gold	Village Institute*	Davina Mee	07779 244250	
	18.00-20.00	Bowls Club	The Pavilion	Marion Edwards	01954 780118	
	19.00-20.00	Jazzercise	Hatton Park School	Tina Chasse	01487 841811	
	2nd of month	19.30	Parish Council	Village Institute*	(Open meeting)	
	3rd of month	19.45	W.I.	Village Institute*	Patrizia Peters	01954 781283
TUESDAY	10.00-12.00	Coffee morning (over 55's)	The Dale Comm. Hall	Please just turn up		
	10.30-11.15	Mini JAFFAs (pre-schoolers)	All Saints' Church	Susan Meah	01954 781258	
	18.00	Tennis Club Night	The Pavilion	Sarah Ballard	07985 938959	
	18.30-20.00	Adult Cricket Training (May-August)	Recreation Ground	Wayne Markillie	07737 313225	
	19.00-21.00	Cambridge Freestyle Martial Arts	Village Institute*	Rory/Martin	07523 854251/07535 646234	
	19.00-21.30	ATC (Air Training Corps)	Cadet Centre			
WEDNESDAY	10.00-11.00	Music Madness (0-5yrs)	Village Institute*	Sharon Sennitt	07762 206320	
	19.10-21.30	Army Cadet Force (12-18yrs)	Cadet Centre	Sgt. Rudderham	07759 056154	
	19.00-20.00	Jazzercise	Hatton Park School	Tina Chasse	01487 841811	
THURSDAY	10.00-11.30	Rainbow Club (bump-1yr)	Village Institute*	Susan Meah	01954 781258	
FRIDAY	09.30-11.00	Little Leprechauns playgroup (0-4yrs)	Village Institute*	Jane Hordern	07960952182	
	14.00-16.00	Afternoon tea (over 55s)	The Dale Comm. Hall	Please just turn up		
	18.00	Tennis Club Night	The Pavilion	Sarah Ballard	07985 938959	
	19.00-21.30	ATC (Air Training Corps)	Cadet Centre			
	18.00-20.00	Longstanton Juniors Cricket (5-16yrs) includes the All Stars (5-8yrs) (April-July)	Recreation Ground	Richard Jenkins	rkbjenkins@gmail.com	
SATURDAY	10.00-11.00	*Longstanton Colts Football Club (6-12yrs)	Recreation Ground	Louise Gamon	07429 317803	

*Mid week football training available, please contact Louise Gamon (Tel: 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 www.longstanton-pc.gov.uk/Longstanton_Village_Institute_Hall_23070.aspx. 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?

Longstanton and District Heritage Society



This photograph is from the LDHS Archives, via Michael Goodchild.

Dated December 1938, it shows villagers clearing snow off the High Street in Longstanton. On the left is Church Farm; both the house and barn remain standing to this day.

Once sited outside Hatton Park School, the snowplough in this picture is currently located at The Manor. It was moved many years ago when the school was rebuilt. Although it is largely intact, the snow-plough is rotted in places and needs restoring before it can be moved. Sadly, wooden artefacts are not suited to being outdoors as they inevitably deteriorate, so it would be good if this important piece of Longstanton's history can be restored

and placed on display in a suitable indoor location. Restoration needs to be carried out before the snow-plough is beyond repair so if anyone can help organise this, please contact us.

Michael Goodchild was the son of Rev. John Goodchild who was Rector and Vicar of Long Stanton All Saints' and Long Stanton St Michaels, from 1936 - 1944.

The family took a number of photographs of Longstanton. Not many families in the village would have had a camera at this time and most of the photographs they took date from 1938. With the threat of war looming and construction

of RAF Oakington underway, taking photographs of the village after this date would not have been possible. Sadly, Rev. John Goodchild died suddenly before the war ended so the family were unable to take any more photographs of the village.



Hilary Stroude

LONGSTANTON LIFE EDITORIAL

Contents

Dear Readers,



We hope you are well, healthy, and looking forward to reading the new issue. With many of us spending lots of time at home and the weather being temperamental, we hope that this issue will give you a few ideas on how to occupy yourself and your children during lockdown (pages 9 and 10). For the history buffs amongst you, we have a couple of very interesting articles from Longstanton District Heritage Society - pages 12 and 13.

Perhaps you would like to become a Parish Councillor? Longstanton Parish Council is looking for new members; see the back of this issue for more information and contact Libby White if this is something you might be interested in doing.

We are always keen to hear your lockdown stories, ideas which keep you occupied, and see photos that you took on your walks. Perhaps you have someone you would like to say thank you to? In this issue we are starting the Neighbourly Shout Out! column, so we can show appreciation to people who help us out during these difficult times (page 5). Write us an email, or a letter if there is something you would like to share with our readers.

Don't miss our Juniors and Seniors competition to win a chocolate egg, just in time for Easter!

Keep warm, keep safe and keep busy!

The Editorial Team

Our contact details:

- e-mail: longstantonlife@hotmail.com
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- Twitter account: @LongstantonLife

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Please note that the **copy deadline** for the April—May 2021 edition of Longstanton Life is:

Thursday, 11th March 2021

Contributions for the next issue: by email to longstantonlife@hotmail.com or drop off at the Village Institute

Longstanton Life Advertising Rates 2021

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.

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

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1/8	N/A	£65/78	£130/156	£82/99	£165/198
Line	N/A	£15	£30		

COMMUNITY CONCERNS

County Councillor

Peter Hudson



Covid-19 Vaccination Programme: The Covid-19 Vaccination Programme is now well underway in Cambridgeshire and will continue throughout the current national lockdown. This is an update of the programme as it stands at the time of writing.

Vaccination Sites: All staff and external colleagues are working incredibly hard to open up additional vaccination sites over the coming days and weeks, to expand the number of vaccination appointments available across Cambridgeshire. The following sites are live and delivering vaccinations:

- Addenbrooke's Hospital
- Royal Papworth Hospital
- Hinchingsbrooke Hospital
- Ely South and Ely North Primary Care Networks (PCN) – with practices in Ely, Soham, Haddenham, Burwell and Littleport
- Wisbech PCN – covering the following practices: Clarkson Surgery, North Brink Practice, Parsons Drive Surgery and Trinity Surgery
- Lakeside St Neots – covering the following practices: Cedar House Practice, Dumbelton Medical Practice, St Neots Health Centre and Eaton Socon Health Centre
- All of the Primary Care Trusts throughout the County, including large pharmacies.

Vaccination Appointments: Medical staff have already booked in and vaccinated thousands of people aged over 80, care home workers and frontline NHS staff across the area, but know that there are many more people still to contact and book in, as more slots become available. If people are registered with a local GP, they will be contacted via email, text, phone or letter when it is their turn to book an appointment. This may vary slightly between different areas in our region, due to how the vaccines are made available and distributed from the central distribution system.

Local residents who fall into the priority groups (as determined by the Joint Committee on Vaccination and Immunisation) will be contacted by their nearest vaccine centre as soon as the vaccine is available for them. Local people should not contact the NHS to seek a vaccine, unless invited to do so.

Delivery of Second Dose: National guidance from the UK's Chief Medical Officers now recommends that the second dose for both the Pfizer-BioNTech and Oxford-AstraZeneca vaccines can be delivered up to 12 weeks after the first vaccination. The new medical advice states that the second dose of the vaccine remains effective when given up to 12 weeks after the first dose and should be given towards the end of this 12 week period. Two doses of the vaccine are still needed to get the best protection from the virus, but significant protection is provided after the first dose. The new guidance will therefore help ensure that as many vulnerable people as possible benefit from the protection offered by the first dose of the vaccine as soon as possible. There are no safety concerns in the new guidance, and it will not impact on how effective the vaccination is in protecting people from Covid-19 once the course is complete.

The national plan sets out how they will expand and accelerate the rollout, creating the largest vaccination programme in British history, with:

- 206 active hospital sites
- 50 large vaccination centres
- 1,200 local vaccination sites.

This means that by the end of January, everyone in England will be within 10 miles of a site, or have a vaccine brought to them in highly remote areas. By mobilising a workforce of over 80,000 from the NHS, the armed forces, and government, with the support of potentially over 200,000 members of the public, they are working to the following timetable:

- 1) **End of January** – all residents and staff in over 10,000 care homes across the country will be offered a vaccine.
- 2) **February 15th** – all those in the top four priority groups, who account for 88% of fatalities, will be offered a first dose.
- 3) **Spring** – all nine high-risk groups for phase one of the programme (32 million people, accounting for 99% of deaths) will be offered a vaccine.
- 4) **Autumn** – all UK adults will have been offered a vaccine.

*Peter Hudson
County Councillor*

Longstanton, Northstowe, Over, Oakington and Westwick

MP for South Cambs

Anthony Browne



As we come into 2021, we face a new challenge and a new variant of Coronavirus.

This has led to a situation no-one wanted - another round of tough restrictions. We all would have preferred a new start this year, but this mutated strain has been

shown to be far easier to transmit - the data on infections makes for difficult reading, with local cases rising to the highest levels recorded and hospital admissions increasing. I remain in regular contact with our hospitals, the CCG, and the Director of Public Health, and will continue to post available information across my social media platforms where possible.

There is hope for the future, as for the first time we are able to pair tougher restrictions with a vaccination programme. It is the hope of the NHS that by the end of February, the top four priority groups (people in care homes, all health and social care staff, anyone clinically vulnerable and all those over 70 years old) will have received a vaccine. This will remove huge numbers of people from the path of the virus and we can begin to look at a timetable to reduce these measures. Now we need to remain vigilant, work within the guidelines, and give our NHS the support it needs.

We also find ourselves facing the new year truly outside of the European Union. I promised during the election campaign to fight to ensure the UK left the EU with a deal, and a deal we have. It provides tariff and quota-free access to the EU single market and preserves UK sovereignty. It was supported not just by the Conservative government, but by Labour, Eurosceptics, the European Commission, and Governments across Europe. And it gives us the chance to explore exciting policy options in every field from environmental regulation to taxation. Say goodbye to can't do and say hello to the new "can do" Britain.

As we continue to find our way, to freedom from Coronavirus and away from the European Union, I will continue to work for South Cambridgeshire. As ever, if you have any other questions, comments or queries, please don't hesitate to contact me.

anthony.browne.mp@parliament.uk
01223 603677



*Anthony Browne
MP for South Cambs*

COMMUNITY CONCERNS



District Councillors Notes



We hope that you have all been staying safe and well. The start of the year has already been exceedingly difficult for everyone, with another lockdown, and our thoughts are with everyone affected by Covid-19. Please do keep following the rules so we can all stay safe as the NHS works to roll out the vaccine. We are so appreciative of the response shown by the whole community. We would particularly like to thank key workers who are providing essential services to us all and risking their own and their family's health to do so.

Laptops Appeal: Thank you to those who responded to our online appeal for laptops for Martin Bacon Academy, the new Special Needs school at Northstowe. Vulnerable children were unable to access learning at home as the school was not eligible to apply for laptops directly from the government scheme. We are pleased to say that seven laptops needed have been donated by the community – thank you for your generosity!

If you have a laptop you could donate, please let us know by emailing cllr.cheungjohnson@gmail.com and we can direct it to local schools who are still in need. Parents who wish to apply for a new laptop can do so via a project run by Cambridge Online, supported with funding from South Cambs District Council (SCDC). More details available via: cambridgeonline.org.uk.

COVID-19 Business Support: The Council continues to provide advice and to offer grants and other support for businesses disrupted by the pandemic. For more information, please go to: www.scambs.gov.uk/business/coronavirus-information-for-businesses.

Northstowe Town Council: In the period before elections can be held for the new Town Council, we as District Councillors and County Councillor Peter Hudson will form an interim Town Council. An interim Town Clerk, Rosie Hughes, who brings over 30 years of experience as a Parish Clerk for Sutton Parish Council, has also been appointed to help us to transition to the new fully elected Town Council.

Residents of Northstowe, including residents of Rampton are being encouraged to put themselves forward for the new Town Council. There will be loads of opportunities to find out more about what the role involves, and specific training and support for the new Councillors. More details can be found here: www.scambs.gov.uk/community-development/establishing-northstowe-town-council.

Northstowe Planning Updates: Wilson's Road bridge: The non-motorised users bridge at the end of Wilson's Road has been installed. For a video of the footbridge going in and a map of where this footbridge is, please go here: www.facebook.com/longstantonoakingtonnorthstowe/posts/1132799467135918.

Homes England have released new drone footage of Northstowe which can be seen here: <http://tiny.cc/dzm8tz>

Northstowe has opened its largest park, Pioneer Park, next to Pathfinder School. It has outdoor play equipment, a small multi-use games area (MUGA), outdoor gym equipment and table tennis tables.

New Blue Bin? If you regularly find yourself filling your blue bin with recycling, did you know you can order up to 3 additional blue bins from the council for free? See: www.scambs.gov.uk/bins/report-or-request/request-a-bin

South Cambs District Council recycles far more plastics than other areas. For example (clean) cling film, plastic bags, wrap that goes around vegetables and meat etc. can all be recycled. To check the full list of what can and cannot be recycled see: www.scambs.gov.uk/bins/what-goes-in-which-bin

Zero Carbon Grant Success: We were really pleased to hear that Northstowe Horticultural Association were amongst the 17 projects that have been awarded funding in the latest round of Zero Carbon Community grants. They have received £5,800 from SCDC to develop the community garden and orchard.

Congratulations to the Northstowe Horticultural Association and thank you to everyone who worked hard putting the successful grant application together!

Controversial New Town Proposal: A speculative development company is proposing to create a new sprawling town of 25,000 homes between and encompassing the villages of Shepreth, Melbourn, Meldreth, Whaddon, Bassingbourn, Wimpole, Orwell, Barrington, and Foxton. The new town, dubbed 'South West Cambridge,' would profoundly change South Cambridgeshire.

The developer, Thakeham, has missed the deadline for the Council's Local Plan 'Call for Sites,' despite having spent the past two years preparing its scheme. It now proposes a late submission in the Call for Sites. While it has contacted relevant landowners, Thakeham has made no contact with residents or their elected representatives, although it appears Homes England were aware.

Email Newsletter: We have a monthly email newsletter with updates on local news as well as wider district issues which will impact us. To sign up please go to: www.sclibdems.org.uk/email_signup_longstanton.

As ever, feel free to contact us on these or any other issues:
Sarah Cheung Johnson: cllr.cheungjohnson@scambs.gov.uk
Alex Malyon: cllr.malyon@scambs.gov.uk

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

NEIGHBOURLY SHOUT OUT!

Over the last year, we've all appreciated our local community. So why not show your fellow residents some love?! Have you enjoyed a chat with a friendly dogwalker? Been helped by a village COVID volunteer? Smiled at a neighbour's festive lights?

Send your thank you by emailing longstantonlife@hotmail.com, using "Thank you" as the subject line, and we'll print it here. Include your name and street if you like!

I wanted to thank Jamie (Rampton Drift) for being a great neighbour: our boiler broke between Christmas and New Year, leaving us shivering. Despite being on holiday, Jamie popped straight over to help us identify the fault. We're super grateful for his kindness!

Beth Baker, Rampton Drift

COMMUNITY CONCERNS

Longstanton Parish Council Dan delaMare-Lyon



Happy New Year, Longstanton! We find ourselves back in lockdown, coping with the changes that it brings to everyday life again. At least this time we see the acceleration of vaccinations, with the glimmer of hope that we can reduce the risk to the most vulnerable people and work out how the country can start to come out of our enforced hibernation.

I hope that you all managed to enjoy the Christmas break, and are all safe and well, albeit stuck at home again.

Lockdown Support As you are doubtless aware, during the first lockdown we ran a village-based scheme to help those sheltering, isolating or needing support during that period. Two lockdowns later, many more sources of support have sprung up, including those provided by central and local government (NHS Volunteers 0808 196 3646). Should you need more local help, we are still here. We are contactable in the same way as before—you can email or phone the parish office—though the huge decrease in demand we've observed suggests many have already identified alternate sources of support.

Parish Council Opportunities In May, Northstowe will formally gain its own Town Council. Longstanton has been administering Northstowe since the start of the development and we anticipate that many of our current councillors will move into the Northstowe Town Council. As such we will need to recruit up to 6 new councillors to allow us to keep our services and capabilities at the current levels. You can find more information on our website and we will be sharing more on social media in the coming weeks. This is your chance to get involved in your community and make a difference for your village!

When Santa came to visit Many will recall Santa toured the village on the

6th December. We'd like to thank the village for the warm reception, and even though it was a freezing foggy day, a good time was had by all. Thanks to Cllr Brash-Hall for arranging Santa's transport (the Reindeer were still resting ahead of the big day), and to all those who helped get Santa around the village - hopefully Santa will pop in again this Christmas!

New Village Facility It hardly seems the time, when we are shut at home, to be considering new facilities for our use in the village. However, as we get back to life-as-normal this year, we are planning to make aggressive progress on the new village facility. We'll be moving forward with this shortly, and those of you that said you could help will be contacted soon. Due to the lockdown, things might progress a bit slower than we'd like - but we really want to get moving!

New village assets Some of you have noticed the two speed signs on the B1050 around the entrance to Northstowe. These were gifted to the village by the A14 Legacy Fund. These and other things (bus shelter, benches and noticeboards) will start to appear in the coming months which is great news.

Kingfisher Pond/Hydrology Investigation We expect this will conclude in the coming weeks. Many of you have been following this with interest, and we are confident that a very thorough and impartial exercise is being undertaken by the contractor Longstanton Parish Council selected. We are also assured that SCDC will support the results of the report when it is delivered and will take any necessary enforcement action as a result.

In the meanwhile, thank you for reading, your Parish Council is here if we can help in any way, so feel free to reach out to Libby, myself, or any of your Parish Councillors - you can find their contact details on the website.

Stay safe, and best wishes as we move towards Spring!

Dan delaMare-Lyon
Chairman, LPC



NSC ACHIEVES PLASTIC FREE SCHOOL STATUS

Pioneering Northstowe Secondary College goes plastic free in a Cambridgeshire first. The pupils and teachers at the new secondary school in Northstowe have had their hard work, to reduce single-use plastic, rewarded by officially achieving Plastic Free School Status. As part of the Plastic Free Communities initiative, organised by Surfers Against Sewage, this is particularly impressive as it has been achieved during COVID-19 pandemic conditions.

Plastic Free Schools is a pupil-led, ground-breaking programme that equips young people with the tools to understand the problems of single-use plastic, speak to politicians and eliminate unnecessary single-use plastic from their schools for good. In 2018, Damien Hinds, Education Secretary at the time, challenged all UK schools to become plastic-free by 2022, highlighting this programme as the way to do it.

As part of the wider effort to make Longstanton and Northstowe single-use plastic free, Northstowe Secondary College has been working towards becoming a Plastic Free School meaning they have made changes to reduce their use of single-use plastic. Five challenging objectives have now been met, which have included pupils reducing their use of single-use plastics in the canteen; adding recycling points for crisp packets and plastic bottles and picking litter and then writing to local companies concerning the items they have found.

A small group of students even wrote to the local MP who wrote letters back supporting their desire to improve the environment. Students also presented and shared ideas of how we can continue to improve, and what needed to change, to achieve the Plastic Free School status.

Carole Moss, Head Teacher at Northstowe Secondary College, said, "At Northstowe Secondary College, we highly value the importance of kind-

ness and encourage our students to be kind to each other, the community and the wider world. I am really proud that our collective actions are creating waves of positive environmental change of which achieving Plastic Free Schools Status is just the beginning. We look forward to building on this success and working with others locally and across the Cambridge Meridian Academies Trust to continue to find ways to minimise our impact on the environment. We have also been able to link this into our curriculum, which has been a really great experience for our students and will help them to continue making an impact throughout the rest of their lives".

Northstowe Secondary College have played a key part in the bid to achieve Plastic Free Community status for Longstanton and Northstowe. Local co-ordinator Chris Poultney commented, "I'm absolutely delighted that from an initial meeting with some key staff, the College has managed to meet all the challenging requirements to become a plastic free school. They have completely committed to this and have so many good and positive ideas. It will be exciting to see what they will do next. Their accreditation is a big step forward in the work which has been going on in the wider community."

Emily van de Geer, SAS Education Manager, said, "These young ocean activists have challenged themselves, their school, big business and the government and made positive lasting changes, tackling single-use plastic pollution. Surfers Against Sewage is calling for changes from the playgrounds to the front benches of parliament and these pupils have made this happen, inspiring countless others along the way. We can't wait to see what else they can achieve together but for now, we are all celebrating their achievements (with reusable cups, of course!)"

Chris Poultney
Plastic Free Community Lead

VILLAGE SPORTING ACTIVITIES

LONGSTANTON GRASSHOPPERS CRICKET CLUB



It is sometimes easy to forget cricket in the depths of winter, but it is great to remember that it will be there, waiting for us, come the spring. Of course, we wait to see what form it will take in 2021, but there is cause for hope of a decent season with renewed interest and appreciation for this great game.

Over the winter months, work does still go on, with the likes of Steve Pryor tending to the square and ground and the committee ensuring all of the preparation is done in readiness for the cricket to begin. With a new committee in place; a new Chairman in the form of Dom Frost; new ideas from the new blood on the committee and new cricketers coming in as local develop-

ments expand, we look forward to good times at Longstanton CC.

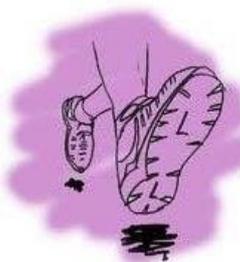
We will hope to build upon the success of our 2020 season and continue to have fun while we do so. If this sounds 'up your street', please do not hesitate to contact us – we are always on the lookout for new players and will give you a warm welcome. First XI captain Joe O'Gorman and Second XI captain Wayne Mar-killie will help with orientation and introductions.

For more information on Longstanton cricket club you could also visit:

https://lpg.play-cricket.com/website/web_pages/60010

Ian Handy
info@longstantoncc.co.uk

LONGSTANTON LIMPERS



Our 'Winter Warmer' series of events is nearing completion as I write this in mid-January. The response that we've had to our virtual 5k and 10k events, and our walking and running '80-day challenge', has been brilliant. Our 'advent calendar' of daily challenges was also fantastic. When we were in the planning stages, I wasn't sure how many people would be interested but we've been able to raise

over £500 for our local schools and for charity. We have also provided some motivation for people to stay active over the winter months when there isn't much daylight and it's harder to find the energy to get out for a run or a walk. A full report will follow once everything is complete and we've sent out the medals and held the prize draw in early February. It's been very positive and great

to be able to offer something to the wider community that has been popular and really inclusive of all ages, genders and abilities. I think we even had a few people finish our virtual 'Couch to 5k' - quite an achievement when you're not doing it as part of a group. Maybe we'll do something similar in the future...

In the meantime, we are continuing to plan ahead, as everyone is, for a return to more normal conditions and more certainty about getting back to some routines like our Monday night social runs, group events and entering events. There will be some exciting news later in the year, which will have a big impact on local runners and walkers - more of that in a future issue! For now, I hope that you're able to stay active and enjoy getting out and about (responsibly of course) as there is more daylight to enjoy in the evenings. Get in touch through our Facebook page - we're keeping that updated with what we're up to!

Chris Poultney
www.facebook.com/LandNLimpers



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BASKETBALL JUNIOR AND SENIOR SESSIONS IN NORTHSTOWE

There is an opportunity to set up a new local basketball club for both junior and senior players in Northstowe. We are planning to start basketball sessions as soon as Covid-19 restrictions are lifted. At this point, whether you want to play or help the local community in some capacity or you want your children to experience another sport locally, we would encourage you to register your interest by sending an email to: northstowe@fastbreakbasketball.co.uk.



On court availability, currently, basketball sessions can begin every Thursday and Friday in Northstowe. All sessions will be following protocols recommended by Basketball England to run Covid safe sessions. The first junior sessions are expected to start every Thursday between 7:15 and 8:15pm. These sessions will be run by qualified Basketball Coaches. The initial aim is to set up two teams for under 12 and under 14 age groups. If your children are in Years 5, 6, 7 and 8, please register their interest by sending an email to: northstowe@fastbreakbasketball.co.uk for these sessions.

The first senior Scrimmage sessions can start every Thursday evening after 8:15pm. Please register your interest by sending an email to: northstowe@fastbreakbasketball.co.uk

When the time is right, more sessions could be set up for team training for those who are keen to play in a competitive environment.

NORTHSTOWE SECONDARY COLLEGE (NSC) NEWS

The excitement of the new year has been tempered a little for us all with the announcement of the national lockdown. We love having our children in school and miss having them all with us. We have about 25% of children in school, accessing our key worker provision. They are a joy to have with us and we are enjoying their company. They are experiencing a full taught curriculum, very different from the first national lockdown when we were providing childcare. All our children, in school and at home, are accessing their usual timetables and experiencing a range of lessons. Most lessons are live or have a live element and their subject teacher is available throughout the hour to support children with their classwork. Our children and families have been remarkable as always, and very patient with us during any technical hiccups! We have loaned out 75 laptops to our families to ensure that all children can access their live lessons and assignments. We have also reinstated our school voucher scheme to ensure that none of our families go without while schools are not open to everyone. We have chosen our own voucher scheme using WONDE as we are able to support our families more with the administration. It allows families to access vouchers that can be used in their choice of supermarket. Urban Splash have also been very generous in allowing the bursary money they have given us to be used to support families in whichever way is best.



Prior to lockdown, our outside facilities had been in full use, including our 'Specsavers' sponsored arena. Local teams have made full use of the pitches for football and hockey, and the MUGA has been used by 'Over power' for bootcamp style sessions. We have had some internal lettings, with dance groups and we are looking forward to the startup of adult education classes and the full use of our beautiful sports hall and activity studio. Look out for our online Adult Education offer on our Facebook page. Whilst our site is finished, we are looking with interest at our neighbours, Urban Splash, with their first houses arriving late January. It is certainly exciting to see the town grow up around us. Our fundraising efforts continue with our dedicated committee raising money for a joint mini-bus for NSC and the Martin Bacon Academy as we continue to look forward to the future when our experiences outside school can begin again. Our children are still working towards their pledges at home, so if you can think of creative ways to help our children to achieve them, we would love to hear from you.

All our good wishes to our community. We hope you all stay safe and well during this challenging time.

Carole Moss, Headteacher

LONGSTANTON WOMEN'S INSTITUTE



In this strange time we are doing our best to keep in touch. Several members did a socially distanced walk around the advent lights after having fuelled up on mulled wine and mince pies. It was so

good to have some different conversation. Now that lockdown 3 has hit, it's all been about keeping in touch via telephone and email over the festive season and beyond so that all of our members feel less isolated.

Debbie Lienau

The Pavilion

Tel: 01954 782233, Over Road, Longstanton
longstantonpavilion@gmail.com
www.longstantonpavilion.weebly.com
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OPENING HOURS:
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Happy New Year. We are hoping that everyone made it safely through the Christmas period and made the most of what they were allowed to do within the restrictions that had been set out. It feels like a long time since the Pavilion was not open on Christmas Day or seeing in the New Year. I know that all the staff missed everyone and are looking forward to the day we can open up the bar again.

With that in mind, we will just have to try and make 2021 celebrations just that bit better. May we even dare to think of Easter and the hunt for the socially distanced Easter eggs? Fingers crossed!



Due to the stay inside restrictions that are currently in place, we are not making many visits to the Pavilion so would ask that if you do use the seating outside, you remove any rubbish either by taking this home or by using the large containers or the bins that are around the grounds.

Keep safe,

Suzanne and the Pavilion team

IDEAS FOR STAYING SANE DURING LOCKDOWN

At the time of writing this, we were all partway through our third Lockdown. Hopefully adjusted to new routines, perhaps giving up on the idea of setting resolutions for New Year—having never kept to them anyway—we all have different ways of getting through the stresses of quarantine and I thought I would share a few ideas below.



Being out in Nature

Lockdown is restrictive. There is no getting round that, but with current regulations allowing us all to take a step outside for exercise there are a lot of benefits that come from enjoying the natural world that is on your doorstep.

Living in Longstanton, you might be surprised at the hidden gems that can be found on your walks.

Keeping to a Routine

This can be difficult when circumstances change as much as they have done for many. However setting a structure for your day; getting up and going to sleep at consistent times, factoring your commute into the time you start work (even if you are working from home) so that you are not simply waking up and switching on your laptop, will help establish a sense of normality to your day. If you are not working, then setting a routine that balances what you want to achieve (doing the laundry, walking the dog etc...) with time to allow yourself to do nothing (if that's all you feel up to) could help navigate some of those periods of dullness that has been part of life in lockdown.

Staying Social

It is possible to underestimate the power social interaction can have on our moods. If you are used to working in an office and suddenly find yourself sat working alone in an empty room for long periods of time, the change can be quite jarring. Which is why setting up 'virtual' coffee dates with friends, family or colleagues can be so important.

Trying Something New

Although I'm not a fan of setting New Year's Resolutions I do believe that trying out a new hobby (even if you don't keep it up), helps keep boredom at bay and drives conversations.

With this in mind I would like to encourage you to share photos of the activities you've tried out over lockdown, as members of the Longstanton Life Editorial Team have done within this page.

Beth's Paint by Numbers

Increasingly popular, there are so many designs available to choose from on sites like Amazon or Etsy.



Vicky's (Laura Tegg Pattern) Crochet NHS Doll

My first attempt at crochet, the head is a lot bigger than it should be (I will be starting again soon!) but you can find the pattern here: www.ravelry.com/patterns/library/weebee-standard-size-baby-doll

Anna's Blueberry, Almond and Lemon Cake

So delicious we have included the recipe for you to try out below.

Victoria Stevens

Blueberry, Almond and Lemon Cake

Tasty, easy and keeps well, for 3-4 days, stored in an airtight container at room temperature. You will need: a loaf tin (11 x 21cm, or 2lb) and a food mixer.

Ingredients:

150g unsalted butter, at room temperature, plus extra for greasing / 190g caster sugar / 1 large lemon: finely grate the zest to get 2 tsp, then juice to get 2 tbsp. / 1 tsp vanilla extract / 3 large eggs, beaten / 90g self-raising flour, sifted / ½ tsp salt / 110g ground almonds / 200g blueberries / 70g icing sugar



Instructions

1. Preheat the oven to 180°C fan. Grease and line a loaf tin, and set aside.
2. Place the butter, sugar, lemon zest, 1 tablespoon of lemon juice and vanilla extract in a bowl. Beat with a mixer on a high speed for 3-4 minutes, until light, then lower the speed to medium. Add the eggs, in small additions, scraping down the sides of the bowl. Don't worry if the mix splits a little, it'll come back together. Add the flour, salt and almonds in three additions. Finally, fold in 150g of blueberries, by hand, and pour into the prepared loaf tin.
3. Bake for 15 minutes, then sprinkle the remaining 50g of blueberries over the top of the cake. Return to the oven for another 15 minutes, until the cake is golden-brown but still uncooked. Cover loosely with tin foil and continue to bake for 25-30 minutes, until risen and cooked. Test by inserting a knife into the middle: it's ready if it comes out clean. Remove from the oven and set aside, in its tin, to cool for 10 minutes, then remove from the tin and place on a wire rack to cool completely.
4. Meanwhile, make the icing. Put the remaining tablespoon of lemon juice into a bowl with the icing sugar and whisk until smooth. Pour over the cake and gently spread out: the blueberries on the top of the cake, they will bleed into the icing a little, but don't worry: this will add to the look.



HOW TO KEEP YOUR CHILDREN ENTERTAINED DURING LOCKDOWN

Schools are closed again, and the perils of home learning and frustrated children are a reality many families had hoped they'd seen the back of. Yet, here we are again, hoping to get through the day without any tears or tantrums (and that is just the parents).

Thankfully there are still some sure-fire ways to break up the monotony of staying at home. Below are a few ideas to get your children moving and to add some fun to the whole family's day. Why not send photos of your activities (with permission to use them in our next edition) to us at longstantonlife@hotmail.com?

Get creative with recycling! *What you will need: anything from the recycling bin, paint, paint brushes, masking tape, glue and anything else you can use to decorate your masterpieces!*



Empty your recycling bin and channel your inner sculptor to get creative with some cardboard! In our house, a few egg cartons and toilet rolls have inspired rocket ships; treasure chests, complete with pasta shaped treasure, and penguins.

Treasure hunt! *What you will need: pen, paper, hiding places and treasure (a packet of Smarties always works well with my two)*

This can be done inside, outside or both and there is no limit to how many clues you can hide! Give your child/ children a starting clue to lead them to the first hidden clue, which will lead them to the next clue and so on. Your clues can be as cryptic as you like depending on the age of your child/ children (e.g., 'It's time to find some puddles. You'll need to wear these'... the clue is in their welly!) Depending on your child's age, maybe they could also set up a treasure hunt for you or their siblings.

Outdoor Bingo! *What you will need: pen, paper and probably some wellies*

The benefits of getting outside are endless. Not only can it benefit your children's physical health, it can help improve their mood, sleep and concentration. Just getting out for a walk in nature is enough to shake up your day.



But there are also ways you can make walking entertaining for children. Collect leaves and make some winter art; collect sticks and make a sailboat or set challenges to get your children balancing, running or jumping. Or you could play 'Outdoor Bingo'. Write a list of items your child needs to find whilst walking and get them to tick them off as they go. If you have more than one child, give them different lists. Have one child searching for a black car and another searching for a red car. The first to find all their items can shout 'BINGO!'.

Dance! *What you will need: music and your best moves!* Chuck on some music and 'dance like nobody is watching!' Dancing can be an instant mood booster and a perfect way to switch off from home learning or work. Use this as an opportunity to impress your children with your moves or to just make a fool of yourself. Either way, dancing is guaranteed to put a smile on everyone's face.

Let your children teach you a dance or learn a dance together on YouTube. You could even have a weekly dancing slot where you learn different styles of dance. Strictly, here we come!

Build a den! *What you will need: bed sheets, chairs/ a table/ bunk beds, cushions, blankets, pen, paper, sticky tape and fairy lights (if you are feeling really adventurous)*

Whether you go Bear Grylls or Grand Designs, a den can be as basic or as elaborate as you like. Use chairs as walls and drape sheets over the top and down the sides to create a cosy nook. Fill the den with cushions and blankets and it can make a perfect place for children to relax, have a picnic or read a book. Get your children involved and ask them to make a special sign for their den and of course a secret password!

These are just a few ideas to add a bit of variety to your day. However, not every day can be packed full of activities, and juggling being a parent, employee and child's entertainer is frankly exhausting! Even just reading a story with your child at the end of a long day is enough to reconnect. So, give these activities a go but, most importantly, stay positive and know that you are not alone!

Lucy Shaw

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Reedbed Management

With its many peninsulas and islands, Elney Lake is our largest area of reed and therefore one of our more important areas for target breeding species including marsh harrier and bittern. Keeping it in the best possible condition for these species to successfully nest requires a lot of work and we have recently been going out to the islands to remove the willow trees that take root in amongst the reed.

Looking out at Elney Lake from one of the viewpoints you may notice that the majority of the islands on the western side of the lake are dominated by large trees with very little reed and larger expanses of water between them. The eastern side is very different with reed dominating the islands and filling the channels between. If left, willow trees would gradually spread to the eastern side, drying out the channels and shading out the reed so that, in time, it would develop into a wet woodland and look very different, forcing the reedbed specialist species to move off the reserve.

To keep the willow in check and maintain the reed, each winter we head out in the boat to get onto target islands with our team of volunteers. Hand tools are used to cut new willow growth while chainsaws are used for anything larger that has been left too long. Willow grows remarkably fast so trees just two or three years old can already be large enough to require mechanical felling. After being cut, we carefully treat each stump with a herbicide to prevent the tree from regenerating and sending up any new shoots.

Willow cutting work on Elney Lake is done in rotation and we have made good progress this winter, clearing four of the islands and part of the northern peninsula on Elney Lake. Reed will quickly recolonise these areas, providing more habitat for



Bearded tits can be seen in the winter flying low over the reed on Elney Lake. Photo: Dave Ward

some fantastic species and we will be back next winter to target islands and other areas that we did not get to this time.

Events

Under current circumstances, we are not running any events at present.

Email: fendraytonlakes@rspb.org.uk

Phone: 01954 233260

[Visit rspb.org.uk/fendraytonlakes](https://www.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 FRIENDS OF ST. MICHAEL'S CHURCH

Who could have known that the quickly concocted fundraising idea of building log reindeer would have such a positive community response? And so it was that the Reindeer Project at St. Michael's Church became the alternative approach to our annual Christingle service and an unqualified success in difficult times.

Families taking an opportunity to get out to express their creativity, was extremely satisfying to watch. In a 'normal' December, the last few weekends are usually a manic rush to finalise all things Christmassy and plan our festive diaries. Not so this year, and so as a twist of luck the Children's Society benefited from our best fundraising effort so far, to the tune of £650.

Challenges of transporting log reindeer on bicycles, squeezed into cars and transported home through the village did not deter the young builders and certainly presented an amusing sight to remember. The community response was so positive that the suggestion to make it an annual St. Michael's event is one to be seriously considered.

It can honestly be said that no two reindeer were alike as children, parents and grandparents created their own special reindeer. Pictures here show the results.

What did we learn? People do want to do things locally and there is an appetite to get out and do something in family groups; that something so simple could bring so much joy to children and adults alike, could bring such benefits to a worthwhile charity.

Our thanks to Brookfield Services and all those who contributed supplies that enabled us to do this event.

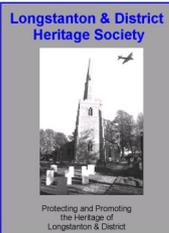
We look forward to presenting some more events when easing of restrictions enable us to do so - watch for notices on social media, and on a lamppost near you.

We always welcome new members to the group so please do contact us at fosm2017@gmail.com. Keep safe!

The Friends of St. Michael's Church
Email: fosm2017@gmail.com



LDHS UPDATE: LONGSTANTON - February / March 2021



2021 - A HISTORIC YEAR AHEAD

The parish lands of Longstanton and Oakington have been inhabited for millennia. From this land three villages formed and were recorded in the Domesday Book of 1086. The two villages of "Stantune" and "Stantone" appear to have given rise to the villages of Long Stanton St Michael's and Long Stanton All Saints. A short walk away is the Domesday village of "Hochinton", which would become known as Oakington. These organised settlements originally had a place of worship as a focal point but the inhabitants would have relied on neighbouring land for resources such as timber, with areas being needed to grow crops and raise farm animals. Being so close to the Fen Edge these villages also benefited from easy access to eels, reeds, fish and fowl as well as a transport network offered by nearby rivers and ancient trackways.

It is believed that the parish system in Europe was established between the 8th and 12th centuries, and that an early form was long established in England by the time of the Norman Conquest in 1066. As the influence of the Church increased, the connections between outlying land and a particular village became more formalised. This resulted in the ecclesiastic and administrative system of parishes we recognise today. Of course, many parishes have changed over the centuries, with some disappearing altogether, and in 2021 the parish boundaries of Longstanton and Oakington and Westwick will officially change to make way for the new town of Northstowe. Although Northstowe has had residents since 2017, it has not formally been provided with independent governance and boundaries: this year that will change and it is an important historic moment for all three communities. 2021 will see the first elections to a Northstowe Town Council, with councillors

initially standing for a period of one year. Longstanton, Oakington and Westwick will lose parish land to Northstowe but in return we will be gaining new neighbours and friends. Perhaps most surprising of all was the revelation, through archaeological excavations, of the extent to which Northstowe was populated in the past. What was originally perceived as a totally new town now appears to be a continuation of human occupation of the site over millennia.

NEWS UPDATE

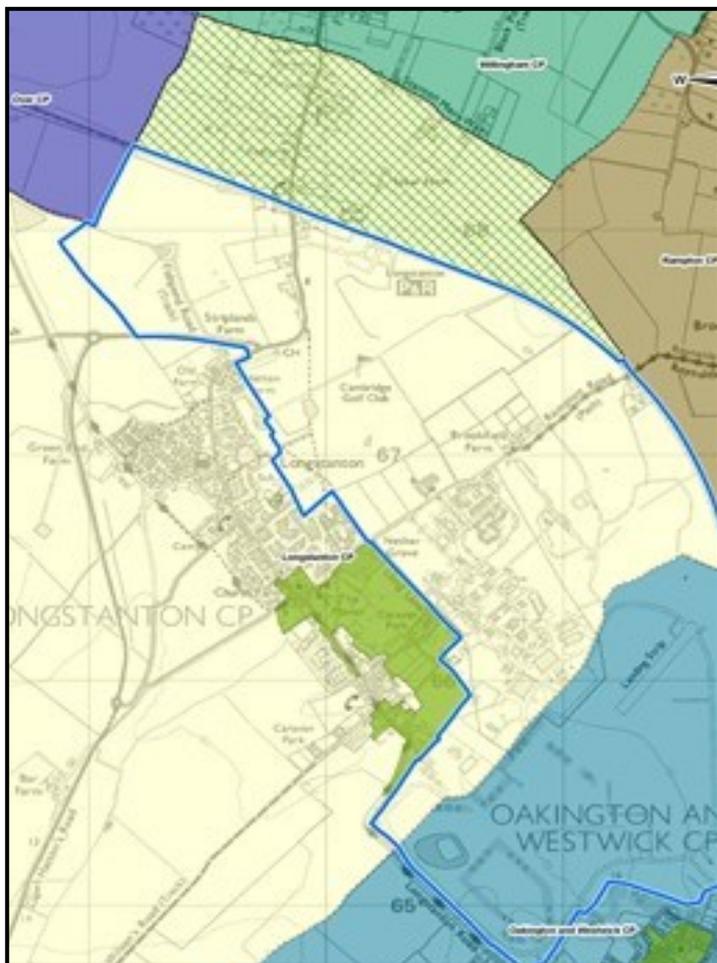
At the time of writing, England has just entered a third national lockdown due to the coronavirus pandemic. Consequently, the usual Spring Season of Talks, normally arranged by the Longstanton & Heritage Society (LDHS), will not be able to go ahead. As usual, our priority is to adhere to all government restrictions and to keep both our members and the wider communities safe from this disease. Fortunately, LDHS is an affiliated member of the Cambridge Antiquarian Society who are hosting their 2021 lectures online. LDHS members are able to access these lectures free of charge and details have been circulated to members by email. More information will follow.

MEMBERSHIP RENEWALS

Annual subscriptions are due for payment by the end of March. It costs £10 for an individual and £15 for a family. Membership forms can be downloaded from our website: www.ldhs.org Alternatively please contact the Secretary by any of the methods outlined below and we will provide you with a form. The Heritage Society is a great way to find out more about your community and meet other people, whilst helping us to safeguard our shared heritage for future generations.

Hilary Stroude

Secretary, Longstanton & District Heritage Society, c/o The Manor, Woodside, Longstanton, Cambridge. CB24 3BU
For more information please visit our website at www.ldhs.org or contact us by post, Facebook message by or e-mail at ldhssec@hotmail.co.uk



Boundary map for Longstanton, Oakington & Westwick and Northstowe as approved by SCDC following the Governance Review of 2020. The blue line denotes the boundary of the new town of Northstowe.

COMMUNITY RESEARCH:

The work of the Longstanton & District Heritage Society covers many different areas and in recent years this has meant that there has not been the time to carry out our own research into Longstanton's history, or the history of our neighbouring area. However, last year we were approached for help by Roger Hetherington who was working on a research project of his own. On completing his research Roger kindly agreed to write a series of three articles for us to publish in Longstanton Life. Below is Roger's first article - we hope you enjoy it. We were delighted to be able to help Roger and if anyone else has research they would like to carry out we would be delighted to assist if we can and to publish summaries of the work here. Please see the LDHS Update for our contact information.

The Shapers of Longstanton - Stories Behind the Stones

Inside and outside All Saints' church are impressive memorials and many gravestones marking one-time members of the parish community. But who were they and what influence did they have on Longstanton village? Over the next few months there will be a series of articles about some of these characters based on evidence I gathered from a survey of memorials for my Archaeology and Heritage studies and other research.

Sir Thomas Hatton -1st Baronet and the Golden Hind

The most impressive memorial monument in the church is that at the East end of the south aisle (to your right as you enter the church).

COMMUNITY RESEARCH:

Continued from previous page:

Two well-dressed marble figures lie on a raised pedestal elaborately decorated with figurines of children and animals. Above their heads is an impressive wall canopy with further figures, coloured heraldic shields and mounted on top of that is an ornate 3-dimensional crest with a small animal figure mounted on top, a golden hind. On the end of this monument are detailed inscriptions which, if you look closely, two of them are in Latin (a challenge for any classics scholars reading this, no doubt your translation can be printed in a future edition!)

This monument commemorates Sir Thomas Hatton who died in 1658, and Mary, his wife. He was the first of a line of 10 Hatton Baronets who were Lords of the Manor of Longstanton until 1812. During that period, they effectively ruled the village. Anyone living in Longstanton not related to the Hatton family would have either served them on their estate or owed their living to the family.

Sir Thomas's father was a cousin of Sir Christopher Hatton who served as Lord Chancellor to Queen Elizabeth I and sponsored the ventures of Francis Drake. Drake of course renamed his flagship, the Golden Hind, which, as you can see from this and other memorials in the church, is the Hatton family emblem. (It is also the name of the pub on the corner of Milton and Kings Hedges Roads in Cambridge, further evidence of historic Hatton family influence in the area.)



If you look around you will see the Hatton name on quite a few memorials in the church, especially on the strange 'bread oven' like feature in the chapel to the right of Sir Thomas and Mary Hatton's monument. Not only did the Hattons control the village itself but wanted to make sure you were aware of their primacy before God!

Roger Hetherington

PATHFINDER CHURCH, NORTHSTOWE

Looking back with thanks Over in Northstowe, despite the challenges, the community came together to share some light and hope over Christmas.



A few of our highlights include:

Stopping by, or even stepping into, the Church House Nativity Scene, enjoying a moment of wonder around the manger made from spare pieces of Northstowe houses. Joining in our Light Trail, or Christingle Trail, noticing and wondering together as people explored Northstowe. Meeting a friend



for a frosty walk around the newly opened paths, spotting wildlife along the way. Spotting brilliant "Films reimaged with a Christmas Twist" Advent Windows. (Check out www.facebook.com/groups/northstowe-advent-windows). The midnight and "early midnight" campfire communion services.

Midwinter Stories of Hope and Light Retelling such stories of community -connection, even at "social distance", gives me hope this winter. In many cultures, winter is a time to pause, reflect, and share stories together.

Here in the UK, National Storytelling Week falls between 30th January and 6th February, crossing the mid-point of winter (half way between the shortest day and the spring equinox).

Traditionally, this midwinter point has always been a time for festivities; sharing stories and lighting candles.

Within the Christian Tradition, we mark "Candlemas", telling the stories of how the child Jesus was recognized as the Light of the World by the prophets Anna and Simeon. It's a festival that brings together young and old, acknowledges grief and challenge, but ultimately looks forward in hope.

So how might you mark this midwinter season this year, with stories, honesty, and new hope?

Is there someone of a different generation that you can swap stories with? Perhaps arrange for grandparents to read a bedtime story to their grandchildren over the phone? Or start a letter exchange?

Is there some way you can acknowledge the grief and challenge of this season? Many people find journaling a helpful exercise: and, for those of us with faith, this often leads into prayer as we speak honestly to God about our fears and grief, following the example of the Psalmists.

You may want to seek out a trusted friend who can listen. Or even arrange a walk with me.

What makes you feel spiritually alive? To help find new hope, try completing this sentence half a dozen times with different endings: *"I feel most spiritually alive when I/we..."* Then make a 'date' to do each thing at least once between now and the start of Lent - the next significant "Season" of the church year, which starts on 17th February this year. Praying, exploring, and sharing whether we're apart or together.

Alongside our sister churches, whether we meet online or in person, we are still here to walk with those of all traditions, supporting each other practically (e.g., litter picks, food banks, friendship) as well as prayerfully.

Find out more at: www.northstowe.church

Rev'd Dr Beth Cope is the Pioneer Minister for Northstowe, working closely with Rev'ds Lucy and Simon from the 5folds Family of Churches. She is available to talk through the Big Questions of life, as well as for Northstowe's weddings, baptisms, and funerals whether you are a regular churchgoer or not. Contact her at Church House, 6 Woodpecker Close, Northstowe (01954 261 181) contact@northstowe.church

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ALL SAINTS' CHURCH, LONGSTANTON



Pancakes and Ashes

There is nothing like an intriguing book title to foster curiosity in the potential reader. Here are two examples from the Christian church today: *'Silence and Honeycakes'* by the former Archbishop of Canterbury, the Rt Rev'd Dr Rowan Williams, which explores the wisdom of the desert fathers; *'Eggs and Ashes'* a collection of worship resources for Lent and Holy Week, by

Ruth Burgess and Chris Polhill from the Iona community. *'Pancakes and Ashes'* - the title for this seasonal piece - is a variation on theirs.

In 2020, Lent began on 26 February as Covid-19 was starting to take hold in the UK, just a few weeks before our first lockdown. This year, Shrove Tuesday falls on 16 February and Ash Wednesday the following day. Despite a 3rd national lockdown, we are now in the Covid-19 vaccine season and it is often commented that 'there is light at the end of the tunnel.'

Lent can feel like a long, dark tunnel - a demanding, disciplined 40 day journey. On Shrove Tuesday, the eve of Lent, tradition invites us to eat up all the perishable foods in our kitchen cupboards (perhaps in filled pancakes). Thus, we recall the Israelites' swift flight from slavery in Egypt with their unleavened bread. In Lent, some people go on a diet of sorts - fasting from culinary treats like chocolate or alcohol. A scaled-down lifestyle such as this reflects the experience of Jesus being tested in the wilderness for 40 days. The Easter joy of the risen Jesus is the light and hope at the end of the Lenten tunnel.

In recent years, the Church of England has promoted a positive campaign *'Love Life, Live Lent'*. It encourages us to mark Lent by reaching out to care for others in our community and across the world. Also, to recognise the beauty and promise of God's creation and the consequence of our decisions and actions upon it. We have seen this healthy, outward looking theme become a movement which has gained global impetus. Might we consider its call this Lent? I offer this prayer by Chris Polhill as a resource for mindful reflection in the coming weeks:

Creator God, from quark to planet your universe is awesome.
Give us eyes to gape at the wonders daily about us,
and the will to live in the harmony of your creating.
Help us to recognise and honour the connections of all things,
even at cost to our own wants and comforts;
so we may live gently on earth, and all creation praise you. Amen.

'From quark to planet'
A Lent prayer by Chris Polhill from *'Eggs and Ashes'* © 2004 Wild Goose Publications.

At this time, our worship offerings are online. The ongoing audio services and talks are accessed via: www.5folds.org.uk/page/online-services-and-resources Extra video resources can be accessed at: [5folds.online/](https://www.5folds.org.uk/online/) YouTubevids

Look out for upcoming details of our Ash Wednesday reflective service by Zoom on 17 February 2021.

All Saints' Longstanton Graveyard

A small band of hard-working people tend All Saints' churchyard; clearing ivy, pruning trees and bushes and cutting the grass from time to time. Hopefully, this provides a pleasant and peaceful place in which to visit a loved one's grave or to sit and enjoy a reflective moment. We are glad that people feel able to visit Longstanton churchyard.

Some of the graves are very old and are no longer tended by family members. Flowers and artefacts are still laid regularly on many other graves and great care is taken to maintain the graves. We are very grateful that many people look after their family graves. At the same time, it is necessary to maintain every grave in accordance with diocesan regulations. These stipulate the size and type of memorabilia permitted on graves for the safety and orderly management of all parish churchyards.

It is prudent to re-communicate these rules from time to time. They read as follows:

- Trees and shrubs may be planted on or around a grave only with separate Faculty permission.
- Details of how to apply for a faculty are found on the Diocesan website'.
- No artificial flowers may be placed in the churchyard except for Remembrance Day poppies and traditional Christmas wreaths. These shall be removed within 2 months.
- Wreaths and cut flowers must be removed as soon as they appear to be withered. Vases which are no longer in use must be removed.
- No lighting, whether solar or otherwise, is permitted on or around the grave.
- With the permission of the Minister, up to 3 toys or similar objects may be left at the place of burial or interment of cremated remains for a period of 12 months from the date of burial or interment. They must be removed at the end of that period.
- The PCC has authority to remove any artificial flowers, or other memorabilia which do not comply with these Regulations.

We understand that the care and appearance of the graves of your loved ones is very important to you. Yet, we do ask that you remove anything that is not permitted from the graves that you look after. There is a booklet "Guidance to Families and Next of Kin" which explains the rules and regulations clearly". Please could you ensure that you remove anything that is not permitted by 28th March 2021. Thank you. At this point, all such items still in place will be disposed of respectfully.

With thanks for your co-operation and understanding in this sensitive matter.

**All Saints' Longstanton PCC, (Parochial Church Council)
January 2021**

*The relevant documentation can be found on this webpage:
www.elydiocese.org/parish-support/church-buildings/guidance-notes-and-policies-search-our-database/churchyards-and-memorials.php



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What do we need as human beings? Whether in Lockdown or in "normal life", what is it we really want? New York Pastor Tim Keller suggests that what we long for is to be truly known and truly loved.

"To be loved but not known is comforting but superficial. To be known and not loved is our greatest fear. But to be fully known and truly loved is, well, a lot like being loved by God. It is what we need more than anything. It liberates us from pretence, humbles us out of our self-righteousness, and fortifies us for any difficulty life can throw at us."

We all need people who know and love us, and keeping connections with those people is vital during this lockdown.

But is there a God who knows and loves us? And how would we connect to him? The Bible points to Jesus as the one who shows

us a God who knows and loves is there. And it tells us we can connect with God through Jesus, and so experience God's love ourselves. Being known and loved by God helps us to face life with peace and joy - even if we are ill or locked down.

If you'd like to explore these ideas, you could watch one of our Sunday services (10:30am and 8pm) live streamed ([facebook.com/emmanuelchurchnorthstowe](https://www.facebook.com/emmanuelchurchnorthstowe)), or contact us (contact@emmanuelchurchnorthstowe.org) to ask for more information or join a discussion group.

josh.monteiro@emmanuelchurchnorthstowe.org
Website: emmanuelchurchnorthstowe.org

Pastor Josh Monteiro

WILLINGHAM & LONGSTANTON SURGERIES

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Health Visitors: 0300 029 50 50 Out of hours cover: Ring 111 Website: www.willinghammedicalpractice.nhs.uk

Covid19 Vaccination Programme At the time of writing, the practice is currently working in collaboration with other practices in the local area to plan and roll out the Covid19 vaccination programme as quickly and effectively as possible.

Priority groups are currently being contacted by local hospitals and vaccinations are underway for those over 80 and living in care homes. As time progresses, we expect larger hubs to open in the local area hence increasing the capacity of vaccination appointments available.

We understand our patients are anxious, but ask you to be patient and wait to be contacted. We will make information available to you via the website and social media as soon as we know more. We are working as quickly as we possibly can and kindly request you do not contact the surgery about the vaccine.

Access to Coronavirus testing There is very high demand for coronavirus tests and it is vital tests are prioritised for people with symptoms to help stop the spread of the virus.

If you have coronavirus symptoms, you must get a test.
If you don't have symptoms, don't get a test.

If you have symptoms and need to book a test, you can do this online or by ringing 119.

Please be aware that GP practices or A&E are not able to provide Coronavirus tests.

We all need to play our part to protect the NHS Test and Trace service for those who really need it.

What to expect when you visit our practice To ensure the safety of our staff and patients we have measures in place to minimise the risk from coronavirus. All patients attending an appointment at the practice are asked to follow our safety guidelines:

- Please be on time for your appointment, if you are early please wait in your car or outside until your allocated appointment time
- If you are waiting outside, please ensure social distancing at all times (please wear suitable clothing for weather/bring an umbrella)

- Please wear a mask when inside the practice
- Once inside the practice, please follow signage and the one-way system in place
- Please use hand sanitiser stations and respect the social distancing at all times.

If you have any questions or concerns about attending your appointment, please contact the practice.

Carers Meeting Due to the pandemic, the carer's meetings are still currently postponed until further notice. They will be reinstated as soon as it is safe to do so. In the meantime, we would like to continue to support carers in our local community in any way possible. If you are a carer for someone and need advice and financial or emotional support, please contact Sue Lawson at susan.lawson7@nhs.net or 01954 260230.

Lisa Smith
Assistant Practice Manager - February 2021

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

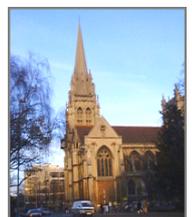


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Contact: josh.monteiro@emmanuelchurchnorthstowe.org





EASTER COMPETITION

It seems a little early to be thinking of Easter but if we have the Easter competition in our next issue then it would be after Easter has taken place. So we're having our Easter competition in this issue. We have two competitions, one for the younger readers and one for the rest of you.

Junior – open to all those aged 10 years or under. Hidden on the pages of this issue of the magazine are Easter bunnies. Find and count all the bunnies.

Senior – open to anyone over 10 years. In the grid opposite are images of people/logos of organisations that have been doing their bit during the Covid-19 pandemic. All you have to do is name these.

To enter the competition, send your answers to Longstanton Life either by posting at the Village Institute, or by emailing to: longstantonlife@hotmail.com before Sunday 14th March. Remember to include your name and phone number with your entry. For the juniors entry, please also include your age.



The first person randomly selected from those with the correct answers from each category will each receive a chocolate Easter egg.



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

CHRISTMAS COMPETITION WINNERS

The winner of the juniors competition was Ben Hamblin (aged 3), pictured here on the right. The winner of the seniors competition was Lindsey Griffin. Our congratulations to both winners. Our thanks again to the **Co-op** for donating the prizes.

The answer to the juniors competition was 12, and the answers for the seniors competition were: 1E (Mariah Carey - All I Want For Christmas Is You), 2F (Bing Crosby - White Christmas), 3A (Frank Sinatra - Let It Snow! Let It Snow! Let It Snow!), 4C (Wham! - Last Christmas), 5B (The Pogues - Fairytale of New York) and 6D (Band Aid - Do They Know It's Christmas?).



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SWAVESEY CAMERA CLUB

Annual Photographic Exhibition

Our Annual Exhibition has been an established event for many years. It is an important opportunity for club members to demonstrate our photographic vision and skills to the public. Unfortunately, we could not hold the 2020 exhibition last April because of the Covid lockdown. Given the continuing uncertainty over public gatherings as we move towards spring, we have decided that we will be holding our 2021 Photographic Exhibition online. Participation by all club members is encouraged and we will have a diverse and fascinating display of digital photographs, AV presentations, and images that have scored highly in the club's internal competitions as well as in external competitions. The exhibition will commence on Saturday 10th April and will run for 2 weeks.

Each year we host an Open Photographic Competition within our Annual Exhibition. Our aim is to encourage photography amongst everyone in the local community.



Mary's Shell at sunset by Maggie O'Moore

The Competition is open to all amateur photographers. Prizes will be awarded in three categories: Junior school age, Senior school age, and Adults (see website below for further details).

www.swaveseycameraclub.co.uk

Maggie O'Moore
Committee member

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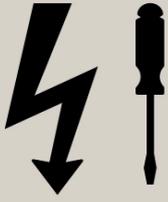
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The last 12 months have shown all of us how important our village community life is to us. We've all been affected in some way and although it has been a horrible time, we've all pulled together over the months and made time to help one another.

Libby White, our Clerk, and the members of Longstanton Parish Council have been at the forefront of the community helping and supporting our local residents and we want to continue the great work we do.

May 2021 sees the formation of Northstowe's own Town Council. Many of our current councillors will be standing for election with the new Town Council and that means we will be short of Councillors to run our own administration here in Longstanton. We need a Parish Council to bring the help and support but also the services and community events needed and desired by residents.

It is a great opportunity to get involved, give a bit back to help the community we live in and most importantly **HELP MAKE THINGS HAPPEN.**

Working Together for a Better Village of Longstanton