November 2013

cambournecrier.org

A brilliant new store for you is opening its doors in Cambourne on November 6th. The Anglia Co-operative Food store is very excited to be located in Cambourne and has thoroughly enjoyed integrating into the local community.

The store has enlisted the artistic talents of children at four Primary Schools in Cambourne, Monkfield Primary School, The Vine School, Jeavons Wood Primary and The Blue School have been busily working on a giant banner to be displayed at the store's opening ceremony at 10am on Wednesday 6th November. As a thank you for their help, representatives of each of the schools will be involved in the official opening.

Two pupils from Monkfield Primary School were already VIP visitors to our store in the summer as winners in a competition to design a brochure for their school's summer fete- with part of their prize being a look behind the scenes to see how building work was coming

editorial@cambournecrier.org

along. As the summer progressed, The Anglia Co-operative attended the Cambourne Fete and raised over £260 for the Cambourne Youth Partnership.

To launch the store, the Anglia Co-operative will be starting a sixweek Token of Support campaign for the Youth Partnership and the Wildlife Trust for Bedfordshire, Cambridgeshire and Northants who have a base here in Cambourne. Each time you shop at the store you will be given a token, and at the end of the campaign the store with the most tokens will receive a cheque for £300 with the runner-up receiving £150.

The Anglia Co-operative has already pledged a donation to help with the supply of Christmas trees for the coming festive season in Great, Lower and Upper Cambourne

Make sure you come down to the opening of the brand new store on November 6th.

More shop news, Iceland, Home Bargains and Just for Pets are coming...

Unit	Tenant	Floor Area Sq ft (Sqm)	Lease Terms	Tenant Break Option	Rent Review	Rental Income	Rent (psf)	Comments
1	T J Morris Limited (T/A Home Bargains)	11,430 (1,061.9)	A 15 year lease from PC.	No	Every 5th year.	£150,000	£13.12	A 12 month rent free period was granted. Any uplift at review is capped at 2%p.a compounded.
2	Iceland Foods Ltd	5,963 (554)	A 15 year lease from PC.	10th year of the term	Every 5th year.	£95,400	£16.00	A 3 month rent free period was granted and a capital contribution for fit out of £95,400. The tenant will construct a mezzanine floor of 3,000 sqft. The tenant has to give 6 months written notice if exercising the break option. A provision will be made by the landlord for an amenity facility to a cost of up to £15,000 plus VAT
3	JustForPets Ltd	5,000 (464.5)	A 15 year lease from PC.	10th year of the term	Every 5th year.	£90,000	£18.00	A 12 month rent free period was granted. Any uplift at review is capped at 2.5%p.a compounded. The tenant has to give 12 months written notice if exercising the break option, there is a break penalty of £22,500.
TOTA	L	22,393				£335,400		



This is very positive news in the current financial climate and hopefully the 2 remaining units will be let on the strength of these stores.

Quite how the car park will cope as it was never intended to be a "retail Park" as it has been marketed and they are obviously confident that Cambourne will expand. The car park had a reduced capacity as it was thought that people would walk....

All submissions for the NEXT EDITION must be received by Tuesday 19th November. Please send all editorial content to editorial@cambournecrier.org. The Cambourne Crier is published online at http://cambournecrier.org - in full colour. ITEMS and attachments must be named to suit content or are likely to be rejected. For paid ADVERTISING, e-mail: ads@penpub.co.uk or tel (01954) 267842. For LEAFLET deliveries with the Crier, e-mail: delivery@cambournecrier.org



Crier Editorial Team:

David Wadsworth,
Jaspal Athwal,
Joan Reynolds (Finance),
Pam Hume,
Rafia Durrani,
Sandra Tyrer,
Tung Hau.
Roger Hume

The Crier Community Fund

The Crier created and operates a community fund derived originally from advertising revenue that enables us to make small grants and donations to local clubs, societies or causes. If you wish to apply then visit our website and download the application forms. http://cambournecrier.org

CAMBOURNE COMMUNITY CAR SCHEME

To email all: editorial@cambournecrier.org

Volunteer Community car schemes provide door-to-door transport for people who don't have access to a car or cannot make the journey by bus or dial-a-ride. But is NOT a taxi service and you need to give a much notice as possible. Drivers are all volunteers so we cannot guarantee availability. There is a minimum charge of £2.50 for each journey, or 30p per mile from the drivers home and back. Ask your doctor if you qualify for free shared transport to hospitals by others.

Tel 07504 869 438 or email cambournecarscheme@gmail.com
All expenses are paid and drivers get a top up of 15p per mile from the County
Council making a total of 45p a mile (Inland revenue limit - so no tax liability).
Please see www.cambourne.info under community info for more information
We had a VERY busy month in October so we desperately need more
volunteer drivers now that the holiday season is ending. It is very satisfying
helping people who don't have access to a car, once registered you choose what
jobs you can want to do, NO regular commitment is required.



Minimum cost to Cambridge is £6, Addenbrook's is £9, anywhere in Cambourne is £2.50.

- our volunteers are able to help people with appointments or some social engagements. A discounted taxi card scheme is also available for Cambourne residents and demand responsive buses will hopefully start soon.

www.cambourne.info/local-info/bus-timetables-and-other-transport/

Cambourne Christmas Market



Saturday 23rd November 2013 1-5pm at The Hub Great Cambourne



After the huge success last year The Christmas market will be running again this year Come along and find that perfect gift! Or a fantastic treat for yourself!

Teas, coffee and cakes will be served

All profits this year will go to Cambourne family fun group
Please e-mail us for any further information:
Cambourne.fungroup@gmail.com

07/11/13	Green Bin and Blue Bin		
14/11/13	Black Bin		
21/11/13	Green Bin and Blue Bin		
28/11/13	Black Bin		
05/12/13	Green Bin and Blue Bin		

Bin Collection Dates for this Month in Cambourne

You will receive a weekly collection **each Thursday** between 7am and 6:30pm, alternating each week between Green and Blue Bins and Black Bins. Bins will be collected a day later (Fridays) on weeks containing a bank holiday.

For South Cambs District Council waste and recycling service call 03450 450 063. Monday to Saturday 8am-8pm (excludes bank holidays).

Cambourne Contacts - your one stop shop for useful contacts in Cambourne

COMMUNITY GROUPS

Cambourne Arts:

Fran Panrucker: (01954) 710858 fran@panrucker.eclipse.co.uk www.cambournearts.btck.co.uk **Cambourne Garden Club:**

Fran Panrucker: (01954) 710858 fran@panrucker.eclipse.co.uk

Cambourne International Group:

Cambourne Children's Centre: (01954) 284672 cambournechildrenscentre@cambridgeshire.gov

Cambourne Love Justice Group:

Len Thornton: (01954) 710370 ltlenthornton@gmail.com
Network Business Breakfast:

Neil Smith: 01954 710818 info@cambournenetwork.co.uk

Reading Groups:

carolinealdridge@cambridgeshire.gov.uk

Women's Institute: Pam Hume: (01954) 201808

Joan Roe: (01954) 201808

CHURCHES

Cambourne Church Office: (01954) 710644 Church Administrator:

Julie Whitbread – (01954) 202546 Administrator@cambournechurch.org.uk

Assistant Church Administrator:

Deidre Farmery – 07876 696267

Assistantadministrator@cambournechurch.org.

Church Bookings:

churchbookings@cambournechurch.org.uk

Ark Bookings:

arkbookings@cambournechurch.org.uk

Peacehaven Baptist Church

Rev. Donovan M. Bangs: Preachbrit@aol.com (01954) 710510

www.peacehavenbc.org.uk

HEALTH CARE

Community First Responders:

Seán Hawkins - 07798 704941

Seany.hawkins@btinternet.com

Cambourne Dental Practice:

(01954) 718585

www.cambournedental.com

Chemist:

Lloyds Pharmacy - (01954)718296

Monkfield Medical Practice:

(01954) 282153

www.monkfieldpractice.co.uk

NCT: (National Childbirth Trust)

Candice Lattimore - 07595 909793

candicelattimore@gmail.com

LEISURE & RECREATION

Cambourne Fitness & Sports Centre:

(01954) 714070

Cambourne Fishing Club:

www.cambournefishingclub.com

Cambourne Sports & Social Club:

mail@cambournesportsandsocialclub.co.uk www.cambournesportsandsocialclub.co.uk

Crafty Old Ladies:

Enid - (01954) 715292 or Edna - (01954) 717360

LOCAL AUTHORITIES

Parish Council Office:

Parish Clerk - (01954) 714403 clerk@cambourneparishcouncil.gov.uk www.cambourneparishcouncil.gov.uk

All Parish Council Venue and Pitch

Bookings:

(01954) 714403 bookings@cambourneparishcouncil.gov.uk

District Councillors for Cambourne:

Alison Elcox: cllr.elcox@scambs.gov.uk Mervyn Loynes: cllr.loynes@scambs.gov.uk Clayton Hudson: cllr.hudson@scambs.gov.uk

County Councillor for Cambourne:

Cllr Mervyn Loynes

Mervyn.Loynes@cambridgeshire.gov.uk

Baby And Me:

cambourne.babyandme@gmail.com www.babyandme.org.uk

Cambourne 123's:

Jane 07530 537253

Cambourne123s@hotmail.com

Cambourne Pre-school:

Donna O'Shea: 07875 083163 cam.preschool@btinternet.com

Carers And Tots:

Emily Mendes: 07729 616007. Joy Jones: 07591 500104

Monkfield Park Care & Learning Centre

Office: (01954) 273301

cloffice@monkfieldpark.cambs.sch.uk

Peacehaven International Playgroup:

Laura Bangs: (01954) 710510 Peacehavenip@aol.com

www.peacehaven-international-playgroup.co.uk

Sunflower Nursery: (01954) 719440

SCHOOLS & COLLEGES

Cambourne Village College:

www.cambournevc.org

Comberton Village College:

School Office - 01223 262503

The Blue School (Hardwick Community Primary):

Co-heads: Andy Matthews & Ruth French School Office - (01954) 719085 blue@hardwick.cambs.sch.uk

Jeavons Wood Primary School:

Headteacher - Cath Hainsworth School Office - (01954) 717180 office@jeavonswood.cambs.sch.uk

Monkfield Park Primary School:

Headteacher - Sarah Porter School Office - (01954) 273377 office@monkfieldpark.cambs.sch.uk

Vine Inter-Church Primary School:

Headteacher - Debbie Higham School Office - (01954) 719630 office@thevine.cambs.sch.uk

SERVICES

Community Car Scheme:

Sam Morrison - 07504 869438

Cambourne Community Fire Station:

(01954) 714030

www.cambsfire.gov.uk

Cambourne Children's Centre:

(01954) 284672

 $cambourne childrens centre @ cambridge shire. gov. \\ uk$

Library:

Tel: 0345 045 5225

www.cambridgeshire.gov.uk/leisure/libraries

Police non-emergency:

PCSO David Jackson or PCSO Alex Giltinane Tel: 101

Streetlight Faults:

www.cambourne.info/lightform.htm Cambournelights@mail.com Tel: 07982 412567 late.

Cromwell Veterinary Group:(01954) 715161

Waste & Recycling (South Cambs):

03450 450 063

Wildlife Trust:

Jenny Mackay- (01954)713516

www.wildlifebcn.org

SPORTS CLUBS

Cambourne Bowls Club:

Barry - (01954) 710696

www.cambourne.info/bowls.htm

Cambourne Cricket Club:

Danny White - 07774 142740 cccadmin@cambournecc.com www.cambournecc.com

Cambourne Eagles F.C:

Secretary - Tracy Ashford (01954) 203162 www.cambourneeaglesfc.co.uk.

Cambourne F.C:

Club Secretary: Chris Williamson Email: cambournefc@gmail.com

Tel: 07900 674558

Cambourne Rovers (Adults)

www.cambournerovers.co.uk

Cambourne Netball Club:

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

Cambourne Exiles (Rugby):

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

Cambourne Runners.

Garry - 07807 498951 cambournerunners@gmail.com

Cambourne Women Runners Information.cwr@gmail.com

Cambourne Tennis Club: Andy Holcombe - (07921) 025394. andyholcombe@ntlworld.com

www.cambournetennisclub.co.uk

Cambourne Air Cadets:

Pilot Officer Rogers: 07813 897949

cjrelec@aol.com Cambourne Army Cadet force:

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

Cambourne Youth Partnership:

All Clubs at Cambourne Soul, Back Lane CU@4 (7-12yrs)•The Club with no Name

(13-16yrs)•Internet Café and Hang Out (11-

16yrs) • Junior Youth Club (7-12yrs)

Youth Club (7-12 07511 968422

Officecyp@googlemail.com

www.cambournesoul.co.uk **Cambourne Senior club:** (11-16yrs)

Michelle Link 07833 481527

michelle.link@cambridgshire.gov.uk

Cubs, Beavers & Scouts:

Waiting list: Ambika Rana-Beadle CambourneScoutsWlist@gmail.com

Guides, Brownies and Rainbows:

Waiting list: www.girlguiding.org.uk (select 'Parent' page and then 'register your daughter')

Tel: 0800 1 69 59 01

Enquiries: cambournebrownies@btinternet.com

Church Youth Group:

Jon Sanders: 07798 858302 youth@cambournechurch.org.uk

GREETINGS FROM CAMBOURNE LIBRARY

Welcome to Cambourne Library. We are situated in Sackville House opposite Morrisons. If you haven't joined already come along and visit us. Membership is completely free. We can now offer WiFi access in the library – see library staff for details.



XMAS CARDS: We have a lovely selection of Xmas cards for sale in the library. Also wall charts, sticker books and books for sale.

Don't forget to check our free on-line resources and our e-books next time you are in the library.

FREE EVENTS IN YOUR LIBRARY:

ENGAGE IN THE AFTERNOON:

"Pathfinders" talk by Warrant Officer James Blackwood from the Pathfinder Collection **Wed 2nd OCTOBER from 2.00** – **3.30.**

Just come along on the day.

"Words for Pleasure" – Creative Writing Group – anyone may come along and join. Thursday 7th November. 1.30.

FAMILY HISTORY DROP-IN Session - Monday 18th November.

2.30 – 4.30. Just pop into the library for assistance with tracing your ancestors.

JOB CENTRE PLUS – Wed 20th November 1.30 – 3.30. Drop in for help with cvs, applying for jobs and job information.

DID YOU KNOW?

THE CAMBOURNE LOGO

Do you know the origin of the Cambourne Logo?

This is seen every day on so many varied items and landmarks around the villages from bollards in the high street to sales literature and to a vierty of other signage.

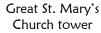
No doubt you have all walked past Great St. Mary's church on your visits to Cambridge. You have probably looked up at the clock to check the time and thought the face looked familiar. Great St. Mary's is in St.Mary's street off Market Street.

The existing church dates from 1478 although there has been a church on the site since the 11th century. The clock was erected by the University in 1793, prior to which the grand sundial on the west wall was the timekeeper.

As well as it's current fame in providing the basis for the Cambourne logo, the chime is even more famous. The Cambridge chime was composed by two Cambridge undergraduates (believed to have been inspired by Handel's aria 'I know that my redeemer liveth' from the 'Messiah'). In 1859 Lord Grimthorpe chose the Cambridge chimes for the new clock and bells in the Palace of Westminster. Thus the Cambridge chimes so familiar as the voice of London's 'Big Ben'. became famously known as the Westminster chimes.

This item first appeared in the Crier in September 2006







Great St. Mary's Clock face



Cambourne derived logo





Cambourne School Reports



Delicious!

In FS2 we have just started reading 'Delicious; a pumpkin soup story' by Helen Cooper. We have loved learning the words in story here are some of our definitions...

Scrumptious means "Really yummy!!" - Eleanor Nutritious means "Good for you, like apples." – Kye Nutritious means it's "Really healthy!" - Janice

To go alongside this learning we have created our very own mud kitchen. We have enjoyed acting out the story – scooping, stirring, chopping and dicing to make our very own recipes including Pumpkin soup and Dinosaur cakes. In the story the characters have a vegetable patch so we have recreated this and alongside making the different recipes we have been planting and digging up our own ingredients for example onions, carrots, potatoes and parsnips. The mud kitchen has given the children the chance to develop their vocabulary and drama skills but also the opportunity to extend their gross and fine motor skills and their knowledge about how things grow.

Our learning has continued inside the classroom where we have been using our senses to learn about pumpkins here is what some of the children think...

"It smells yuk, like Duck said in the story." - Ashton

"It's hard and round and smooth." - Lucy

"The seeds are crunchy on your tongue." - Katie

"It feels really heavy." – Josh

We have been using the pumpkin seeds to help us count, making sure we move each seed as we say its number name. In preparation for cooking our very own pumpkin recipes we are learning how to write shopping lists, making sure we put each word on a new line and use bullet points. We can't wait to see what our pumpkin recipes taste like!



Cambourne Crier October 2013: Year 3

We are fast approaching the end of our busy first half term and this is a good time to reflect on all the hard work and exciting activities we have enjoyed since the start of a new academic year. We have been pleased to welcome lots of new children and staff to our school including the new reception children.

Although we are not far into the academic year, a lot of learning has already taken place. As a school we have learnt about the Hindu festival of RakshaBanhan. We all spent an afternoon learning about the meaning of the

festival and how Hindus celebrate it. We have also celebrated Harvest Festival. The families of Monkfield Park have been extremely generous and we have been able to donate lots of harvest festival gifts to Jimmy's night shelter in Cambridge.

Year 3 pupils have had an exciting start to the term. We have been learning about Ancient Egypt, making our own 3D pyramids and designing sarcophagi. The sounds of recorders can be heard reverberating through the Year 3 classrooms as the children have been enjoying learning and playing a new musical instrument. Year 6 have had a very busy start to the term. Lots of children have been taking to the streets of Cambourne on their bike-ability course. Year 4 have been transported back to World War II and have been enjoying practising the Lindy Hop. Year 2 had a very exciting visit from the police and enjoyed learning about and exploring the different police vehicles.

We are all looking forward to Maths week after half term. We will all be taking part in very engaging and challenging maths activities during this week. It also won't be long until rehearsals are underway for the Year 1 Nativity and Year 3 and 4 Carol Concert, which we are all very excited about. **Year 3**



We're back into our work after a great half term break, and this half term is all about Fire for Year 1. We've all loved the recent firework displays, and have really enjoy writing fire poems inspired by the sights and sounds. Also, we have investigated the Great Fire of

London, and been fascinated by the events of that fateful night. While Year 1 have been learning about Fire, Reception have been busy jetting off around the world! First stop was Antarctica, and we were lucky enough to have a visit from a real Antarctic scientist who showed us all his equipment and even a chunk of ice all the way from Antarctica! It's all been great fun and hugely interesting. Won't be long till (whisper it!) Christmas, and the teachers are already deciding what songs to sing for the performances, details to follow in the coming weeks.

It's also that time of year when parents need to start choosing school preferences for the coming year. Please feel free to come and visit our school, we'll be very happy to talk to you and show you round! We realise many parents want to look round all of the different schools in Cambourne, so have set aside a range of dates throughout November and early December to make sure everyone can be accommodated. Please ring the Blue School office to get booked in.

Finally a note from the Hardwick PTA, we have our Crafty Christmas coming up on the 7th December. Following on from last year's success, we have decided to go bigger and better! That means more crafts, more stalls, more games, more prizes and more Christmas cheer! And of course, Father Christmas will be making an appearance. There will be something for children of all ages, so we hope to see you all there, details to follow.

FRIENDS OF CAMBOURNE VILLAGE COLLEGE (CVC)

The Friends of Cambourne Village College is a recently formed volunteer group of parents and community members who are willing to spare some of their time in fundraising activities/events on behalf of CVC.

We are looking for additional members to join our group and parents of children who will be coming to CVC in the next few years are most welcome. Likewise, any donations to help us get started would be greatly appreciated.

This is a great opportunity to help your children get the extra equipment and the school the additional funds it needs.





We are also holding our first Quiz Night on Friday 22nd
November 2013 @ 8pm (arrive for 7.30pm) - everyone is
welcome (even if you do not have children at the school you
are still welcome) and this should be a great event to meet
other parents, community members and socialise.

We look forward to seeing you all soon and building on the great start of CVC.

Sarah White (sarahwhite3@hotmail.com)

Chair of the Friends of Cambourne Village College.



In Foundation Stage we have been making the most of our beautiful school surroundings by visiting our wonderful woodland area. At the beginning of each session we remember our safety

rules and then we have a circle time to talk about what we would like to do in the session. Everyone has their own animal name, such as

Sophie Snake, Annabelle Ant and Zebra Zack. We have had a brilliant time observing nature, building dens and even climbing trees. Here is what the children think about our woods...

- 'I saw a cat in the woods.' Mason
- 'I liked finding spiders.' Isaac
- 'I liked building dens.' Imogen
- 'I liked climbing up the mountain.' Swarali
- 'I found bugs.' Zarraf
- 'I stood on the bridge.' Ines

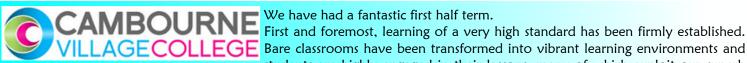


CAMBOURNE PRE-SCHOOL



The committee help to run the **Pre-School**, helps with fund raising sorting out problems that may arise during the working week. We are always looking for new members to join this committee, and if you have a spare couple of hours a month and feel that you have something to give. Then please contact our manager M's Donna O'Shea on 07875 083163 or email cam.preschool@btinternet.com

Cambourne Pre-school still have a limited number of spaces available for pre-school children and a few U3 spaces. If you are interested in sending your child to a well established pre-school then please contact our manager M's Donna O'Shea on 07875 083163 or email cam.preschool@btinternet.com



ILLAGECOLLEGE Bare classrooms have been transformed into vibrant learning environments and students are highly engaged in their lessons, many of which exploit our superb

new IT facilities. Behaviour, both within the classroom and around the school is excellent and the students are very aware of our expectations on this front. Positive, hardworking, and cheerful, the Year 7s have quickly bonded both within tutor groups and as a year group, and they are thoroughly enjoying their unique experience of being the very first cohort to pass through the College.

Extra-curricular activities are in full swing: Drama, Band, Choir, Debating, Journalism, Spanish Spelling Bee, Science, Fitness, Badminton, and Dance clubs are all well attended, both at lunchtimes and after school, with more planned for next term. Rugby and hockey fixtures have been played on Wednesday afternoons in excellent spirit and with growing success.

Aside from clubs, the visit of Marcus Sedgwick, prize-winning author and our Patron of Reading has given a great boost to book-borrowing from the library, and the 'Streetwise' presentation by the troupe 'Performance in Education' gave the students a thought-provoking reminder about road safety. The whole year group is taking part in Curriculum Extension Days on the last two days of the half term, allowing them to try out a range of new sports on one day, and to visit Ely Cathedral on the other, where a workshop will kick-start the creation of an stained glass installation, made by the students, for the College entrance. From the start we have been keen to live up to our proud name as a Cambridgeshire Village College. Adult Education classes on a Tuesday evening are very well attended, as are a number of community activities during the day. We have been delighted with the number of volunteers who are helping in all sorts of capacities around the College, and with the formation of the 'Friends of CamVC' group of highly enthusiastic and supportive parents. Our first Community Arts event, a stand-up comedy evening took place on 18 October and looks set to become a regular, highly entertaining event for Fridaynights in Cambourne. It has been a pleasure to welcome many visitors to the College this half term. The Community Open afternoon on 5 October and Year 6 Open Evening were both hugely well attended. My favourite event of the term so far, however, must be our International talent Evening. Each form performed their Abba song in Spanish in the 'Spanglovision' contest and we had Indian dancing, a performance of Tchaikovsky on the piano, and many individual recitals in languages ranging from Arabic to Chinese to Greek. With refreshments provided by the Friends and great support from parents, this event has epitomised our ethos as a vibrant, high achieving, inclusive community college with an international outlook. Watch this space!

Claire Coates Head of School



Cambourne 123s is a fun and friendly toddler group We meet Fridays from 10-11.30am at the Sports Pavilion Cost £2 per child (extra children 50p, under 1s free) Cambourne 123's is run by a group of mums on a voluntary basis and hopes to provide a calm(ish!) environment for

toddlers to play safely whilst their carers enjoy a chat plus a FREE cuppa and biscuits! So, if you are new to the area or just feel like getting out of the house, then please do come along.

Do you have too many toys cluttering up your house? Cambourne 123s will gladly take them off your hands; contact us on the email address/number below.

Bonfire craft 1st Nov

8th Nov Poppy Plates

15th Nov Cake Decorating

22nd Nov Scratch Art

29th Nov Highland Games

If you are interested please do come along, as we would love to see you or for more info please contact Jane on 07530 537253 or email cambourne123s@hotmail.co.uk



Afterschool Art Club/Playgroup

Wednesday 3:30 to 5:00 pm Except school holidays Sponsored by Peacehaven Baptist Church Meeting at the Cambourne Community Centre, The Hub, High Street, Cambourne, Cambridgeshire CB23 6GW. Enjoy a piece of cake, a cup of tea or coffee and a chat. There are refreshments and arts activities. PIP is intended for children ages (0 to 12 years old) and parents/carers. All nationalities are welcome. The entry fee is £1.00 per family for children ages 0 to 5 years old and £1.00 per session each for art students ages 6 to 12 years old. Please register in person.

November 6th Paper cut out cards/Monoprint

13th Confetti headbands/Edge-punched medallions/Tissue Paper Paintings

20th Popcorn wreath/Birthday charts

27th Holiday cards/Blossom favour boxes/Paper Weaving

For bookings & enquiries contact: Laura Bangs, (01954) 710510 Peacehavenip@aol.com

http://peacehaven-international-playgroup.co.uk



Christmas Bazaar: Saturday 7th December 2013, 11.00am - 2.00pm.

If you would like to run a stall then you can complete an online form or download a booking form from our website (http://www.combertonvc.org/christmassbazaar) or collect one from the college reception. Stalls cost £12 and are allocated on a strictly first-come, first served basis. Corporate or personal donations of confectionary, cakes, mince pies, Christmas puddings, bottles, produce, toiletries, books or raffle prizes are, as always, extremely welcome. Please could they be left at the school reception from November 22nd for the attention of Sean Sycamore.

What's On At Comberton Village College ...?

08/11/2013	Custard Comedy	Doors 7:45pm	£10 adv / £12 Door	Matt Price, Michael Dolan, Chris Purchase. MC Andrew Ryan	www.combertonsa.org
22/11/2013	The Three Belles	Doors 7:30pm	£15 adults/ £13 cons	Let yourself be whisked back to the 1940s for a jolly good time!	www.thethreebelles.com
23/11/2013	Live & Amped WCCYM	Doors 6:45pm	£5	Local bands and rappers	www.liveandamped.co.uk/
24/11/2013	WCCYM		Free	Joint churches service	www.wccym.org
30/11/2013	CVC Dance Show	Doors 7:00pm	£6 / £3 cons	Dance Showcase	www.combertonvc.org/



1st Cambourne Cubs were lucky enough to visit Cambourne Police station last month as part of their local knowledge badge. The Cubs enjoyed finding out about the equipment the police carry with them. The handcuffs got passed around and were surprisingly heavy, the children were shocked to discover there was a smaller, more lightweight pair for them! A tour around the station revealed the office where everyone works

as well as the 'interviewing' room.



Most enjoyed by the Cubs was the opportunity to be 'zapped' by a speed gun! The boys had to run as fast as they could to record a time. 12.5 miles per hour was the most impressive result. The boys found it fun when unsuspecting Morrisons customers were also zapped doing 2 M.P.H.! The boys all got the chance to point and zap a stationary car which is trickier than it sounds.

The Cubs also got the opportunity to go inside the police van. They liked being locked in the back like 'real criminals'. It was also very exciting when the van was suddenly needed for a real emergency. We all quickly got out of the way to see the van zooming down the High Street with its lights flashing and siren blaring. What a great night we all had. We would like to say a huge thank you to all at Cambourne Police Station.

Would you like to be part of an active Cub pack? Could your company offer our Cubs an entertaining evening out? Please get in touch on 1stcambournecubs@gmail.com

Schools Out - for some Freedom of information request



Response to Request for Information

 Reference:
 FOI 3279

 Date:
 15 October 2013

Type of request Freedom of Information Request

School admissions, Cambourne

1. How many children are currently on a waiting list for a Cambourne Primary School place, by school, by year group?

	No. of Cambourne children on Reserve Lists					
	1	2	3	4	5	6
Jeavons Wood P	13	X	0	0	0	X
Monkfield Park P	8	0	0	0	0	X
The Vine P	X	6	0	0	0	X
Hardwick Primary - Blue School Campus	0					

Some figures have been suppressed as the low numbers could lead to a pupil being identified.

- 2. How many children living in Cambourne are currently on a waiting list for a place at Comberton Village College, by year group?
- 3. How many children in total are on a waiting list for a place at Comberton Village College by year group?

Total No. stud Comberton V reserve list		No. of Cambourne residents on Reserve list			
Year 7	x	0			
Year 8	7	x			
Year 9	6	x			
Year 10	9	x			
Year 11	×	0			

Some figures have been suppressed as the low numbers could lead to a pupil being identified

4. How many children in Cambourne are currently being home schooled?

10

5. How many children in Cambourne are currently not in any school?

Currently there are no children on our records whose last known address was Cambourne.

www.cambridgeshire.gov.uk

6. How many children in Cambourne travel to an out of catchment area school?

There are currently 80 primary aged children who live in Cambourne but currently attend a school outside of Cambourne. There are currently 19 secondary aged children who live in Cambourne but attend a school other than Cambourne Village College or Comberton Village College.

Please note that these figures include not only children who have been designated a school by the Local Authority, as a result of oversubscription, but also those children whose parents have expressed a preference to attend an alternative school.

Information Governance Team

Box SH1202, Cambridgeshire County Council Castle Hill, Cambridge, CB3 0AP Tel: 0345 045 5200

Email: foi@cambridgeshire.gov.uk

Please note that some of the lower figures have been suppressed. I was especially shocked at the number of children attending out of area schools, 80 primary aged children!

SCHOOL EVENT IN BOURN

Come and join us at our annual Christmas Capers Fair!

Bourn Primary Academy School Riddy Lane, Bourn, CB23 2SP 2-4pm on Saturday 7th December

Lots of children's activities, stalls, competitions, tombola and even a visit from Santa in our Christmas Grotto!

Flu vaccinations - If you received an invitation for a flu vaccine and where unable to attend any of the clinics arranged, then please call the surgery to book an appointment into the nurses' flu clinics. If you do not wish to have the vaccine then please complete the 'decline slip' at the bottom of the invitation and hand it in at reception. We can then up date our records. If you have had your vaccination either at work or elsewhere then please let us know so your records can be updated accordingly.



Repeat prescriptions - You probably order repeat prescriptions via e mail. Now you can order through our clinical system from a link on our website. www.monkfieldpractice.co.uk Please register for this service at reception where you will be issued with a user name and a password and will then be able to access your repeat medication lists and select the ones you want. This method is safer because you will no longer have to remember the spelling of your medication simply tick a box.

<u>Practice Closures</u> - The practice will be closed for Clinical Governance training on the afternoon of 11 December 2013 from 1pm. During these times calls will be diverted to UCC on 0330 123 9131



Cupper with a Copper

The next Cuppa with a Copper event will be at Greens Coffee Shop on Friday 29th November between 10 and 11am, please come along and discuss issues of concern. Kind regards, David Jackson PCSO 7064 Safer Neighbourhood Team Cambourne Police Station Telephone: 101 x 3920 Mobex: 7111120 Mobile: 07736086749



YOU ARE INVITED! CALVARY CHAPEL CAMBRIDGE ... to live is Christ!

WHAT IN THE WORLD IS GOING ON? WHO CAN WE TRUST?

MONDAY, 11th NOVEMBER THE MEETING ROOM AT THE HUB

7.45 p.m. Light Refreshments 8.00 p.m. TALK BY PASTOR JOEY ROZEK

PEACEHAVEN BAPTIST CHURCH



Meeting Sundays at the Hub O am Bible Study and Sunday School 11 am Morning Worship Pastor's home

Pastoral Thoughts

November is here and Christmas is fast approaching. Christians celebrate this time when the promised Messiah came to earth, was born of a virgin and lived a sinless life and died upon a cross for our sin then rose from the dead the third day. He, being the first Christmas present that was unwrapped and given to all at Easter.

It is always a rush getting things ready. You may be the type who carefully selects things for people based on needs and desires or maybe you spend 10 minutes on e-bay and buy everyone the same thing to get a discount on shipping. In either case preparation is needed in giving whether it is a few days or 2,000 years, anytime you get a gift someone prepared it. Take time to thank them this year for the gift that was given.

We have started a new series in adult biblical studies in the book of Romans entitled Transformed by God's Grace, at 10 am. And you are all welcome to come along to find out more.

If you have any questions or just need to chat let me know. Pastor Donavan Bangs

Churches West of Cambridge invite you to the

annual United Celebration Servicen 24 November, 10.30-11.45. at Comberton Leisure "Many voices, one song"

Join us for a service of songs, prayers and reflection with Dr Emma Wild-Wood. Director of the Henry Martyn Centre for world-wide mission in Cambridge

Also with GenR8 for primary aged children

and creche with audio and video relay of the adult service With choir and musicians drawn from across the churches.

Refreshments to follow.





CCS invites you to celebrate **Diwali** - The Festival of Light

Saturday 16th November 2013 - 5:30pm to 11:00pm

Venue

Camboure Village College, CB23 6EF Straight ahead after "Elms Cambridge BMW" showroom

Main Attractions

Laxmi Pooja Prasad **Entertainment & Cultural Programs** Indian Dinner **Open Dance Floor**

Payment details

: £12.50 (Member) | £15 (Non-Member) Adults Kids (over 4 years) : £6 (Member) £8 (Non-Member) **Senior Citizens** £7.50 (Member) | £15 (Non-Member) Family ticket £31 (Member Only, excludes senior citizens)

Kids (under 4 years) : free

Family membership: one time fee of £15 per family

Contacts for payment

: 07833717371 Roopesh 07789302879 Vinod : 07554078430 Jeyur

: info@ccsuk.org.uk **Email**



CCS - Cambourne Cultural Society, UK info@ccsuk.org.uk



This service is put together and supported by: Local Baptist Churches, Cambourne Church, Cambourne

Catholic Church, Hardwick Evangelical Church, Lordsbridge Team Churches, Methodist Churches,

Papworth Team Ministry, & WCCYM.



Cambourne Church

A partnership of the Church of England, Baptist, Methodist & United Reformed Church



Service Times: Sunday 9.30 and 11.00am

1st Sunday in the month 10.00 am (2nd Sunday Holy Communion)

www.cambournechurch.org.uk

Special Services in November

10th Remembrance Sunday 9.30 and 10.50

The wreath will be laid after the first service. The second service starts slightly earlier to allow for silence at 11am.

24th 10.30 — Joint Service at Comberton Leisure

Please join us, and others from across West Cambridge, in Comberton (there will be no services in Cambourne that morning). Children's activities will be led by GENR8.

Exciting News: Two New Additions to the Ministry Team

We are delighted that **Revd Lynda Taylor** has recently taken up the position of Assistant Minister at Cambourne Church. Lynda also works part-time in higher education and comes to us as a self-supporting minister. She and her husband Nigel have moved into Cambourne and look forward to getting to know people in the community.

We'd also like to announce the appointment of **Revd Matthew Trick** as the new Minister for Cambourne Church. We are looking forward to welcoming Matthew and his wife Sarah in January (more information to follow).

His official welcome/induction service is on Monday 13th January 2014 7.30pm in the church. All welcome.



Operation Christmas Child 2013

Bring joy to children living in poverty by filling a shoebox with Christmas goodies. Forms and details have been given out through local schools, clubs and can be collected from the church foyer.

For more information contact Jeanine: Jeanine.kennedy@cambournechurch.org.uk

Drop your boxes off in the church foyer when the Coffee House is open (Mon-Fri 8.45 - 12.00pm) and before the end of the morning on Monday 11th November



Safari Supper
Saturday 9th November 7.30pm
£12 per person; tickets still available
Contact julie.whitbread@ntlworld.com



SATURDAY OPENING

The coffee house will now be opening **One Saturday** a month 10am – 12 noon

Next few dates:

30th November, 21st December 19thecoffeehouse@cambournechurch.org.uk

Ely Diocese' Big Cribs Exhibition Weekend Sat 30th Nov and Sun 1st Dec.

Cribs made by local schools can be viewed during our Coffee House Open Saturday and around the service (at 10am) on the Sunday.

CAMBOURNE KITCHEN

Warm New Potato and Avocado Salad with Lemon and Garlic. Who said salad was only for the summer? This salad is warming, comforting and bold with big flavours. It's just what you want when the days are drawing in and there is a distinct chill in the air. It is very simple to put together and can be enjoyed as a filling lunch or, by adding a little extra, a substantial meal at a dinner time.

Ingredients:

- 500g new potatoes cut into 1 inch pieces
- 1 bunch spring onions, finely sliced
- 1 clove garlic minced
- Juice and zest of 1 lemon
- 1dsp sugar
- 1 ripe avocado
- 1 inch ginger minced
- 30ml olive oil
- 25g butter
- Salt and pepper to taste



Method:

Place the new potatoes into a plastic bag and wrap to seal any holes (a microwave bag is better if you have one or, if you don't have a microwave, you can boil them – I think you keep more of the flavour cooking them this way). Place into the microwave and cook for approximately 9 minutes on full power or until they give way under light pressure with a fork. Whilst they are still hot put them into a large mixing bowl with all the other ingredients and scoop out the flesh of the avocado over the top. Stir together well and allow the avocado to almost melt through the mix. That is it!

This is a great base and you can add all manner of things to stretch it out or zip it up a bit more. Here's a few of my suggestions. Try crumbling crispy bacon over the top or smoked salmon (trimmings are cheaper and just as tasty). Serve with a piece of chicken, salmon or crumble feta through it. Add extra spice with some minced up fresh chilli or chilli powder or a fruity twist, as I did, with a handful of sultanas or raisins.

And another handy tip – pop your lemon into the microwave for 20 seconds before juicing and it will be much easier and you will get more. **Go for it – make it your own and enjoy!**

Cambourne Mens Bake Club

If you baked last months recipe for a basic loaf of bread I hope that you had some success and you are ready to try something new.

This time I'll give you a quick and foolproof recipe for a real piece of comfort food that you can use and adapt in many ways.

Chocolate and Coconut Fudge Brownies

Ingredients:

- 100g Cocoa
- 250g Butter
- 150g Golden Caster Sugar
- 150g Dark Muscavado Sugar
- Tablespoon of instant coffee mixed with a tablespoon of boiling water (optional but enhances the chocolate flavour without giving a coffee taste)
 - 4 Eggs (beaten)
 - 100g Self Raising Flour
 - 100g Desiccated Coconut





- •Heat oven to 180C/160C fan/gas 4. Line the base of a 21cm square tin with baking parchment.
- •Put the cocoa, butter, coffee and sugar in your largest saucepan and gently melt, stirring so the mixture doesn't catch. When the cocoa mixture is melted and combined, cool slightly, then stir in the eggs, little by little, followed by the flour and coconut.
- •Tip into the tin and bake for 45 mins on a middle shelf check after 30 mins and cover with another piece of baking parchment if the crust is browning too much. Cool in the tin, then carefully lift out and cut into squares.

You can add anything you like to this recipe such as chopped walnuts and chunks of white chocolate and omit the coconut. Play about with it and customise to suit your own taste. These can be eaten cold, or they are great warmed briefly in a microwave and served with ice cream and chocolate sauce.

Remember, if you want to join us at our next Mens Bake Club meeting keep a look out at Greens Coffee for our posters or contact me at: cambournebakeclub@gmail.com





It's finished! The Cambourne WI tablecloth, pictured below, and incorporating our 'donated' felt, (if you remember we had an evening of felt making) was put together by one of members. THANK YOU Joan for all your hard work, and Jane who helped too.



November Meeting

An invitation is extended to attend a Fashion Show, courtesy of Edinburgh Woollen Mill, on 14 November 2013, 7.30 pm at the Cambourne Fitness and Sports Centre, Back Lane, Cambourne, Cambridge CB23 6FY.

Some of our members will be modelling their clothes. We welcome the opportunity to share this evening with members and non-members. If you would like to attend, the visitors' entry price is £3.00 and includes light refreshments. Edinburgh Woollen Mill is offering a 20% discount voucher for attendees to use against any subsequent purchase on the evening or the following week at any EWM stores. Please note we have been advised that the preferred payment method for purchases made on the night is in cash as the card machine can be temperamental.

If you would like more information about the Cambourne WI, or would like someone to meet you prior to the meeting, please contact Pam on pam.hume@ntlworld.com, or telephone Joan on 200908.

Other groups continue as normal, although the November coffee

morning, on 29th, will be held at 13 Bulrush Lane: £2.50 for coffee and cake, We are also holding a raffle, £1 per ticket.

CAMBOURNE GUIDING

Lend a Hand? STOP PRESS: WE STILL NEED YOU!

Ist Compourse Brownles

Cambourne Guiding have advertised for adult helpers in the past and have had some success in recruiting people to come along and help at our meetings. But we could do with more!! If you would like to give 1hr – 1.75 hrs. each week in term-time, or some other less frequent commitment. Please get in touch to see if you can be matched with a unit that needs help. (cambournebrownies@btinternet.com or 01954 715722).

AND NOW FOR SOMETHING COMPLETELY DIFFERENT.....

Each year, we write annual accounts for each unit of Guiding (we currently have 10 units in Cambourne). These accounts are simple income and expenditure accounts, prepared by people who don't do this in their day job. But these accounts need to be reviewed by someone who doesn't have any links to Girlguiding (so could not be a parent of one of our members/girls).

The review isn't a financial audit, it's a check to make sure that the money spent and the income reported seems reasonable for the activities carried out. Also that the bank balances match what is in the printed accounts. It doesn't matter if you haven't looked at accounts before – the unit leaders will be able to go through their paperwork with you.



Our independent reviewers check through the accounts for us and sign them. Ideally a reviewer would look at the accounts each year for the same unit as this would allow them to form a view about the type of expenditure they would expect to see.

We struggle to find people to review accounts and this is a once a year commitment (usually January or February). If you feel you could help please contact Kim on <u>cambournebrownies@btinternet.com</u> or 01954 715722.

CAMBOURNE WALKING GROUP

There was only a small group for the October walk, which took place at the Gog Magogs and around Wandlebury, rather than Reach, on a day that started brightly, but deteriorated. The rain arrived while the group were walking under trees, so they didn't get as wet as they could have done. We are nearing the end of the walking year, a year which has seen the group grow in numbers, although not everyone walks every month. The November walk is along the river, from Chesterton to Fen Ditton, and back the other side. This is an undemanding walk of approximately 4 miles, but very pleasant nevertheless. We meet at the rear entrance of the library at 10.15 am on the second Friday of the month, the 8th. Hopefully, some of you will be able to join us. For the last planned walk of the year, in December, we stay local, in case of inclement weather, heading to Bourn - and maybe a stop in the coffee shop.

COMBERTON RAMBLERS CLUB

The Comberton Rambling Group walk on alternative Sundays. Walks are from 4 - 7 miles, usually ending near a public house.

We are a friendly / informative group and enjoy exploring the varied countryside in this area. New walkers are welcome to join us with up to 2 free walks, and if you enjoy our walks we request that you become a member. Annual membership fee is £7.50, and free if under 18.

Our next 3 walks are:

13.10.13 - Start time 10.15 a.m.

Green Tye/Perry Green near Much Hadham Herts 5 miles

27.10.13 -Start time 10.15 a.m.

Castle Camps near Haverhill 4.5 miles

10.11.13 - Start time 10.15 a.m.

Borough Green near Newmarket 6 miles Please see our full Walks Programme on www.combertonramblers.org.uk

or contact the Secretary - Stella - email stella.ramblers@hotmail.com



X Marks the Bökship 17 November – 20 December 2013

X Marks the Bökship relocates to Wysing Arts Centre for a six week exhibition that includes specially commissioned artist-made bookshelves, publishing space and an ongoing series of events including book clubs.

From the 17 November, the East London bookshop and project space founded by Eleanor Vonne Brown, will operate from Wysing's rural Cambridgeshire site between 17 November and 20 December.

WYSING ARTS CENTRE Since opening less than five years ago, X Marks the Bökship's promotion of contemporary publishing activity through book launches, events and production resources, has helped redefine what a bookshop can be.

Specialising in small press publications by artists and designers, the Bökship acts as a site to bring together individual practitioners and create a local publishing community.

For this exhibition Wysing's gallery will be expanded into a functioning bookshop selling limited edition publications and artist-made books. Acting as a combination of exhibition space, publishing space and reading room, events at Wysing will include readings, in-conversations, book clubs and screenings. Specially commissioned bookshelf works by sculptors and writers will support publications, creating a sculptural environment which will form a backdrop to these activities.

Donna Lynas, Director of Wysing Arts Centre, said: "We have had a long association with X Marks the Bökship, with Eleanor Vonne Brown contributing to a retreat on publishing in 2011 and more recently hosting launches of Wysing publications. It's fantastic to be hosting the Bökship at Wysing, creating a space for reading, writing and thinking. It's also great to be able to run a fully functioning bookshop for the first time. It's a lovely way to end a productive year at Wysing."



DISPATCHES

The latest news from the 2484 (Bassingbourn) Squadron and 2484 (Cambourne) Detached Flight Air Training Corps.

Wings Appeal - September 2013

Cadets from 2484 (Cambourne) Detached Flight and 2484 (Bassingbourn) Squadron took part in the annual Royal Air Force Association, Wings Appeal collection.

The Cadets, with kind permission of the Manager at Morrisons of Cambourne, Mr Steve Dadge, manned the doors of the store on the evenings of Monday 2^{nd} Sept, Wednesday 4^{th} Sept and both Saturday and Sunday of the following weekend.



Last year the Squadron and Detached Flight raised over £750.00, the second largest amount by any ATC unit in the country leading to the award of the Sir Gus Walker Trophy. This year the amount raised was a huge total of £912.59 by no less than twenty staff and cadets.

Flying Officer Rogers said, "I did not think that last year's total would be beaten, but the time and effort put in by the Squadron proved me wrong. We now wait to see if we have won outright this year. I am delighted that this large sum will be going to support RAFA and the vital work they do, supporting past and present RAF service personel in their hour of need.

Well done to all those who gave up their free time to make this year's collection such a success."

If you would like information on how to join the Air Cadets, become a member of staff or support the Flight by joining the Civilian Committee, please call to arrange a visit at Bassingbourn Barracks or Cambourne Sports Pavilion, Monday and Wednesday evenings between 7 and 9pm.



Report ALL Faulty Cambourne Street lights

Email Cambournelights@mail.com or fill in the online web form

www.cambourne.info - under local information tab

please also check if the light has a number.

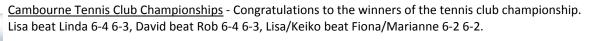
State road and address of nearest house and builder to avoid delays, or phone or send a text to Rogers mobile 07982 412567





CAMBOURNE TENNIS CLUB

Contact Details: www.cambournetennisclub.co.uk



Family Christmas & Presentation Evening - Dec. 7 (Thu), tickets cost £5 per person and £15 per family (max. 4 people)

Indoor Tennis Lesson for Children? Summer is over but tennis can continue all year around inside. Parents can wait in the sports center. Please contact Kay for more details: cambournecoaching@gmail.com/07775910280

Monday: 4:00-4:45 Place: Everyone Active Sports Centre Age: 5-8

<u>Female Player Wanted</u> – Did you play tennis before? Would you like to have fun and make new friends? Do you like to compete? We are looking for lot of female

players. If you are interested, please call ladies team captain Kay; cambournecoaching@gmail.com/07775910280

Adult Lesson are: Beginner/Rusty 18:30-19:30, Intermediate 19:30-20:30 on Mondays and Beginner 14:00-15:00 Beginner/Rusty 17:00-18:00 on Saturdays. Club sessions run twice a week on Wednesdays at 18.00 and

Sundays at 14.00. If you want to meet a group of friendly people and give tennis a try then come on down and give it a go, we'd love to

see you there.





CAMBOURNE FISHING CLUB LAKE EWART

Lake Ewart is Cambourne's only fishable lake with an average depth of 4 $\frac{1}{2}$ ft. Located in Cambourne Country Park there are 31 marked pegs to fish from. It is stocked with Rudd, Roach, Chub, Bream, Perch, Barbel, and also Carp of mirror, common and crucian varieties. The largest reported Carp so far has weighed in at 19lb. Float, leger, pole, method and fly fishing techniques are welcome. There are 2 specimen awards yearly open to mem-

Day tickets are only £5 (Dawn till Dusk), Season ticket Adult £20 (16 onwards), Children under 13 FREE (must be accompanied by an adult member or day ticket holder), Season ticket Junior £10 (13 – 16 year olds).

This year's specimen awards have been presented to the winners. Senior award was won by Tom Cull with a Common Carp Junior award was won by P.J. McAdam with a Common Carp

Winners received a trophy, their name and catch details engraved on a club plaque and a tackle shop gift voucher. The awards were presented by Les Gunasekara, which he kindly donated, at our club AGM Tuesday 15th October.

Submissions are now open for next year's specimen awards. Please send photos of the fish along with details of the weight and verifying persons to cambourne_fishingclub@yahoo.co.uk

Can you win next year?

www.cambournefishingclub.com



The Running Man



Hints, Tips and Info for Runners
From the Run Leader of Cambourne Runners – Run in England Group

If you've been running for a while, perhaps since the start of the year as part of a new fitness regime, you may be finding yourself becoming a little jaded with your regular training runs. This can be a problem especially with the onset of autumn/winter. The comforts of the sofa, TV and a hot coffee can easily overcome the desire to go out and run in the cold and darkness. But, it is your training during these difficult months that build both physical and mental character and strength. It is possible however to encourage yourself to get out by setting training goals as I mentioned in last months piece.

Keep the momentum going and you will continue to reap the rewards that running will offer you into the future. So, don't let things like bad weather or shortness of time become an obstacle to your running, see getting over these barriers and sticking with your running as achievements in themselves. Stay motivated and on track by entering future races or start taking part in Parkruns such as those at Milton or the Wimpole Estate. The Parkruns are free, and let you run a timed and marshalled 5k route. Gaining these times will give you a target to beat and increase motivation.

Don't forget to enhance your autumn/winter running by wearing the right kit. Make sure that you are seen by wearing good hi-viz clothing or accessories. Keep warm with gloves and hats designed for runners these will keep you warm without becoming a sweaty mess. Finally, if you like to hit the trails or cross country at this time of year, then consider your footwear. Your usual run shoes may need to be replaced by a pair of trail shoes with added grip and stability.

Whatever the conditions, get out there and enjoy your running!

The Cambourne Runners Group meets outside the Hub Saturday mornings at 8:50 am for a 9am start*. Aimed at those that can already run 5km (in under 45mins). A friendly and free run group!

Please note that on the last Saturday of each month there is no regular group as members take part in Parkrun*

Upcoming Local Races: Every Saturday: Parkrun 5 km trail Cambridge, Milton Park and Wimpole Estate and Huntingdon all Start at 9am.



CAMBOURNE NETBALL CLUB

Summer may be over but Cambourne Netball Club are not letting the cold weather get us down! September brought with it the end of the Summer League, with C2 finishing in 2nd and C3 7th in their respective divisions. There was not much time to reflect on this though as it was soon time for our annual tour! This year we were able to take three teams to the two day tournament in Great Yarmouth. The weekend gave us the chance to mix up our squads and try out some different positions, even discovering some new talents in the case of Tiff Letch who is now fast becoming star shooter of

C3 (having previously played in centre court). We had a well earned rest between competition days and enjoyed a "Back to School" party, miraculously everyone still managed to play the next day, despite lots of sore heads!

The whole club is now back and our minds clearly focussed on the new season. Cambourne 1 got us off to a fantastic start by beating Witchford 45-28 in their opening match. They then kept all the supporters on tenterhooks during their second, very stressful match against CoJags, but managed to secure a well deserved draw, placing them a comfortable 4th in Division 1.

Meanwhile C2 have a lot to prove this year after gaining promotion into Division 4, and so far they are doing a great job! The first match against Burwell was a little nerve wracking with several players making their League debuts and everyone hoping to meet the level of the higher division. We needn't have worried though as C2 secured a convincing win of 46-27. The following 2 matches were equally successful with further wins of 39-30 against Pulse and 42-37 against Hawks, placing us 2nd in the table.

C3 have been equally successful in their opening matches. Having had numbers in the squad boosted by the influx of new players since our Back to Netball course - the squad have been able to focus more on tactics and skills rather than having to make up numbers! This has clearly paid off with a win of 25-17 against Thundercats in their opening match, quickly followed by another win of 28-22 against Ely, placing the squad in 3rd position.

This year, our newest team, C4, are competing in the Katie Colson Cup and are maintaining Cambourne's winning reputation by securing a victory in their first match.

Our Junior Club has now been running for just over a month with a promising number of girls attending each session. However, we are still looking for <u>new members</u>, from years 7-9 to join us! The girls train on Thursday evenings, 6-7pm at Cambourne Village College. All sessions are run by a qualified coach. Please see contact details below for more information. Come along and give it a try!!

Contact: Juniors: cambournejuniornetball@outlook.com **Adults**: cambournenetball@googlemail.com

Twitter: @CambourneNetbal **Website:** www.pitchero.com/clubs/cambournenetballclub

Facebook: Cambourne Netball Club







Contact Details: www.cambourneeaglesfc.co.uk Tracey Ashford, Club Secretary: 01954 203162

Academy- Children in Reception and Year 1 - Our new Academy has moved to a new venue. Cambourne Village College sports hall provides a great space which is warm and dry, important for our young footballers over the cold winter season. Training is now held on a Wednesday 6-7pm. There are a few spaces left; session cost is £2 payable weekly. Please contact Sally on sallyaday1@gmail.com to sign up.

<u>U7 Blue</u> - The boys have just completed their first 5 game mini season and really have had a lot of fun learning quickly in a match environment. It's also worth mentioning that our parents are making my job managing the team a simple one with lots of significant contributions. Thanks

U7 Red - We have been making really good progress and we have enjoyed playing our last 3 games. The players have been improving all the time. We are especially happy that the players are now passing with more accuracy and are far more confident on the ball and have really grasped the basic elements of football.

U9s - The U9s have made a good start to the season, adapting well to a bigger pitch and longer playing time. We are looking forward to a busy fixture list up until Christmas.

U10s - The under 10s are really enjoying their football this season, and we are also pleased to welcome a number of new players to strengthen the team. Everyone is playing very well and working hard in training, making every effort to improve.

U11s - We have had a battling start to the season with some very close competitive games against tough opposition. Goals have been coming from all over the pitch along with some very impressive individual and team performances. Well done to the boys for a very pleasing start to the season.



U12s - The boys continue to show good form and have won 3 out of the first 4 games. They have adapted really well to playing with the offside rule and all have settled into their respective positions.

<u>U14s</u> - The season has started really well for the Under 14s with 4 wins out of 5 in the league. It has been a real team effort with 5 different man of the match winners and different goal scorers. Well done to all the boys and let's hope the good run continues.



cambourne FC

Email: cambournefc@gmail.com Website: www.cambournefc.org.uk Telephone: 07900 674 558

Committee - On 22 September, Cambourne FC held a Car Boot Sale in the car park of the Hub which raised significant funds for the club. Many thanks to Lisa Logan, newly responsible for Events & Marketing in the club, and to everyone else who helped out on the day for all their hard work in organizing such a fantastic start to our fund-raising year.

Soccer School - Barrie Wilkinson takes over Soccer School training from Chris Racher. The School, for children up to 6 years old, is still held every Saturday morning 9-10am at the Cambourne MUGA. Anyone who is interested in assisting Barrie with coaching can contact him at <u>barrie.wilkinson@jic.ac.uk</u> or the Club Secretary at <u>cambournefc@gmail.com</u>.

U7s - In the U7s first season, Lee's team has enjoyed plenty of success so far, with much hard work and entertaining play. We look forward to watching our most junior team continue to develop over the months and years ahead.

U8s - Both U8s teams have had excellent starts to the season with many fine performances, on-field successes, and plenty of goals. Ben and Patrick can be very proud of their teams' results.

U9s - After a frustrating first game in which the White team played excellent football but the equalizing goal just wouldn't go in, there followed a fighting draw and then three excellent back-to-back victories as the team has gone from strength to strength, scoring 34 goals in the first 5 matches. In the same vein, the Black team has played some fantastic football in its first few matches which bodes well for the rest of the season.

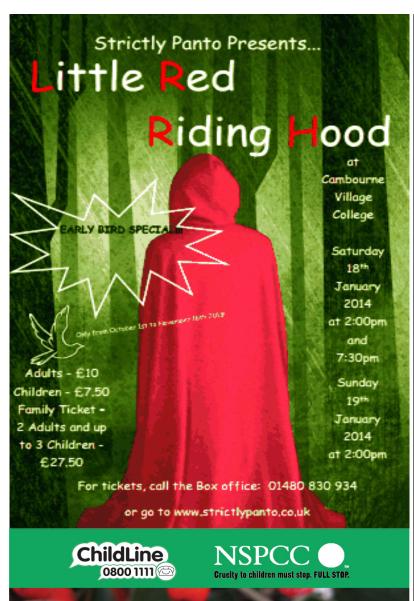
U10s - The Blue team have experienced mixed results in the first few matches of the season before an exceptional 7-1 win away to Red Lodge in the U10 Knock-Out Cup. Similarly, the White team, in their first season together, is working hard to establish a firm foothold in their league. However, a thumping 5-1 victory against Burwell in the Cup may just provide the kickstart required.



U11s - All change for the U11s this season: a bigger pitch, bigger goal, 9v9, offside, longer matches as well as being up against the strongest Cambridgeshire teams in their age group. After a challenging start in the A league, the U11s beat Chatteris 9-2 in the U11 Knock-Out Cup, followed by a hard-fought 1-1 draw against Over Sports, which gives the team much to look forward to.

U12s - The U12s started off the season with a stunning 4-0 win against SASS. Other highlights thus far include an exciting game against Chatteris in the Cup which ended in a narrow 5-4 loss (AET), as the team continues to battle towards greater things.

U15s - In this early part of the season, the U15s have improved steadily game-on-game resulting in their first points of the season at home to Girton, winning 2-1, and providing good reason for optimism for the season ahead.



FESTIVE AUTUMN FAIR 2013

TUESDAY 19TH NOVEMBER Gala Preview 6.00-9.00 p.m. WEDNESDAY 20TH NOVEMBER Main Fair 9.30a.m.-4.00 p.m.

ANSTEY HALL

Maris Lane, Trumpington, Cambridge, CB2 9LN next door to Waitrose & near Trumpington Park & Ride

OVER 30 VARIED STANDS

St Faith's choir • Delicious home made refreshments
Luxury prize draw • Raffle

Special Offer: pre-order tickets at www.eventbrite.co.uk £4 per day / £7 both events

Tickets on the door: £5 per day / £9 both events

FREE PARKING

NOVEMBER BULLETIN FROM CAMBRIDGESHIRE FIRE AND RESCUE SERVICE

FIREWORKS and bonfires can be plenty of fun for all the family to enjoy. CFRS recommends going to an organised firework display instead of holding one at home, however, if you do use fireworks or light a bonfire at home, we would ask residents to take on board our safety advice to ensure it is just their fireworks that go off with a bang:

- Keep fireworks in a closed box and always follow the instructions.
- Light them at arms length using a taper and stand well back.
- Never go back to a lit firework.
- Never put fireworks in your pocket or throw them.
- Don't light bonfires in unsuitable weather, particularly in windy conditions.
- Don't leave bonfires unattended.
- Build bonfires well clear of buildings, fences and hedge.
- Never use flammable liquids to start the fire, and never burn dangerous rubbish such as aerosols, paint, foam furniture, rubber tyres, batteries.
- Before you light the bonfire, check that children and animals are not hiding inside and are a safe distance away.
- To find out if you are eligible for a free home fire safety check, call 0800 917 99 94.

Leanne Ehren Media and Communication
Officer Cambridgeshire Fire and Rescue
Service

01480 444558 07747113255

www.cambsfire.gov.uk

