

CAMBOURNE CRIER

www.cambournecrier.org
editorial@cambournecrier.org

Meet Heidi Allen, MP for South Cambridgeshire

Find out what our MP is doing for our community

10-11am, Saturday 23 April 2016, The Hub

Also this month: *Celebrating Business in Cambourne* - get discount vouchers, free samples and taster sessions, plus prize draws, a bouncy castle and more...
11am-3pm, Saturday 16 April, The Hub (see pages 4&5 for more details on both events)



It's time to have your say!

The time has finally arrived for you to have your say about how you want your community to develop over the next 10 years.

On 9-10 April the Cambourne Community-wide Survey Questionnaire will be delivered to every household in Cambourne. You'll have until 12 June to complete it, and a number of events have been organised to encourage and help you.

Where possible please complete the survey online. It should take around 30 minutes and at least one adult over the age of 18 in each household should complete it though the Parish Plan Committee would welcome one per adult.

Drop-off points

If you are unable to complete the survey online, a number of drop-off points have been arranged which will take your completed hard copy questionnaire response. You'll find a list of drop-off points on page 7 of this issue of the *Cambourne Crier*.

Drop-in sessions

A series of drop-in sessions have also been arranged to allow residents to seek advice or request assistance in completing the questionnaire. You'll find more details on page 7.

Earlybird incentive

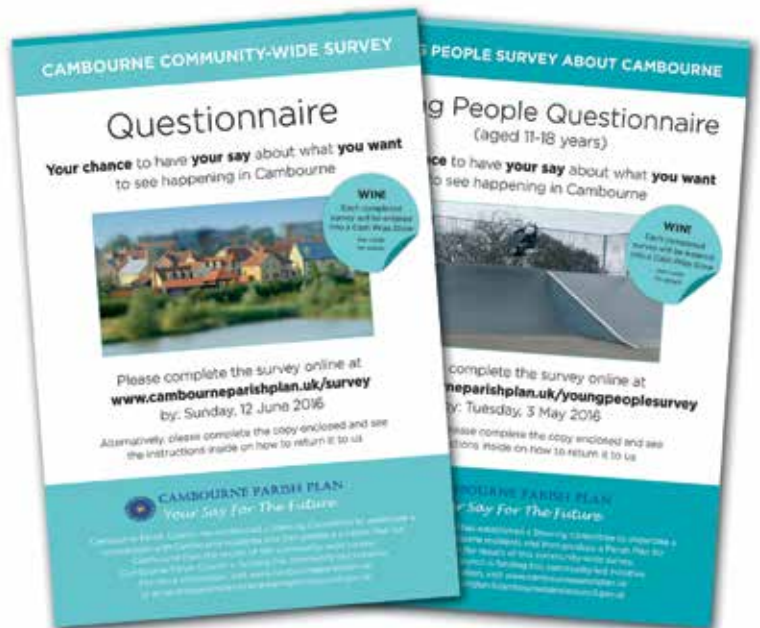
All valid* questionnaire responses received by 23 April 2016 will be entered into a draw for a £100 prize.

The big one

At the end of the consultation period, there is the opportunity to win up to £400. Once 1,000 valid* responses are received from different households, the minimum cash prize draw of £100 will be unlocked. Then, for every 100 valid* responses received from other households after that, an extra £10 will go into the prize fund. With 4,000 homes in Cambourne that's a prize of £400 up for grabs!

Out and about

Our volunteers will be out and about in Cambourne



Your views matter! Take this great opportunity to give your opinion on Cambourne and how you would like to see it develop over the next 10 years.

www.cambourneparishplan.uk/survey
www.cambourneparishplan.uk/youngpeoplesurvey

encouraging you to complete the questionnaire. The more responses we get, the more weight the Parish Council will have to implement the things you want in the future. All volunteers will be easily identifiable and will carry ID badges. If you are in any doubt please ring our volunteer coordinator on: 07754 319147.

Young People Survey about Cambourne

The views of Cambourne's young people will be captured in a separate

Young People Questionnaire which should be completed by people aged 11-18.

It is already underway and will run until 3 May 2016.

This survey should also be completed online, but drop-off points for hard copy questionnaire responses have also been organised as well as drop-in sessions for assistance in completing it. See page 7 for details.

There is also a £100 cash prize draw for all valid* Young People questionnaire responses.

CAMBOURNE CRIER

The Cambourne Crier is compiled by volunteers. This month's editors were:

Tim Nash, Donavan Bangs, Renata Kovács and Sophie Taylor

Distribution: Tung Hau

Finance: Pam Hume

Advertising:

Advertising in the Cambourne Crier can put your business in front of thousands of people: the Crier is delivered to 4,000 Cambourne homes and is available to view online or download as a PDF. The advertising revenue pays for the Cambourne Crier to be printed and distributed, so by taking out an advertisement you are not only promoting your business but helping ensure the continued publication of the Cambourne Crier. Thank you!

To advertise please contact:

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Tung Hau: delivery@cambournecrier.org

Editorial submissions:

Submissions for the March edition must be received by 9pm on **19th April 2016**. Please email articles and photographs to

editorial@cambournecrier.org

Photographs must be print quality and should be sent as separate images, not embedded within the text of your submission. By submitting photographs you confirm you have the photographer's permission for us to print them. For more details, visit www.cambournecrier.org

GET INVOLVED!

If you can spare a few hours each month, have access to a PC and the internet and would like to join the editorial team as an editor, designer or to help with our website, please get in touch.

CRIER COMMUNITY FUND

The Cambourne Crier operates a community fund which enables us to make grants and donations to local clubs, societies or causes. Grants are normally given towards items for use throughout the year.

Do you need new equipment for your group?

Or are you thinking of setting up a new group and need some funding to get going?

Contact pam.hume@ntlworld.com or download the application form at www.cambournecrier.org

Cambourne Community Car Scheme

The Community Car Scheme provides door to door transport for residents of Cambourne, Caxton and Papworth who are unable to use public transport. The service is provided seven days a week by local volunteers in their own cars. Preference is given for medical appointments at Doctors, Hospitals, Dentists & Opticians but we welcome requests for visits to Social clubs, shopping and outings etc. To request transport please call 07858 933230 - if there is no response please leave your name and number and we will call you back - or email cambournecarscheme@gmail.com

Typical costs for single or return journeys from Cambourne are: Addenbrookes £9, Hinchbrook £8.40 and Cambridge/ St Neots around £7. Local journeys within Cambourne are all £3. We are also looking for additional volunteer drivers especially in daytime weekdays. If you have your own transport which is suitable for the elderly and have spare time please contact us to discuss by email or phone as above.

Coordinators Paul Belo/Eric Cawkill

Taxi card scheme

If you have difficulty getting around, are unable to take a bus and have no access to a car, the developer-funded Taxi Card scheme is a little used benefit to Cambourne residents. It gives access to a taxi at 30 per cent of the normal fare. Buying vouchers in advance, they are used in the same way as cash. For a list of participating taxi companies call 0345 045 1151 or email: community.transport@cambridgeshire.gov.uk

St Neots bus service

The Whippet bus now runs Mondays to Fridays, leaving at 9.55am (from outside Morrisons) and returning at 1.20pm. (It is the No. 6).

The journey is direct, travelling along the A428 and takes 30 minutes, leaving a good length of time in St Neots. There is also a service to St Ives, and to Huntingdon. More information can be obtained from www.go-whippet.co.uk/routes-timetables/local-routes/

Police Contact Point

The Police Contact Point will be operating at Morrisons supermarket from 10am - midday on:

Saturday 16 April 2016

Wednesday 27 April 2016

If you would like an officer to contact you, please leave your name and details on the cards provided and put them into the police letter box.

Waste and recycling collections

Black bin:

Thursdays 7 & 21 April 2016

Blue bin, paper caddy, green bin:

Thursday 14 April 2016

- Bulky household items by arrangement.

- There is a charge of £30 for the first three items and £5 per extra item.

CAMBOURNE LIBRARY

LIBRARY OPENING TIMES

Mon: 9am – 5pm Tues: 9am – 1pm
 Wed: Closed all day Thurs: 4 – 7pm
 Fri: 9am – 5pm Sat: 9am – 1pm
 Reception area open 9am – 5.30pm every week day.

A warm welcome from the library which is located in Sackville House. As well as a wealth of books, DVDs, Magazines and books on CD to borrow, we also offer an e-book service. As a library user you can download free magazines and newspapers. There is also free Wi Fi at the library as well as free internet access. It is completely free to join and at the centre of your community.

Library Events:

ENGAGE IN THE AFTERNOON

Wed. 6th April from 2.00-3.30pm.

The Neolithic and Bronze Age Sites of Wiltshire including Stonehenge and Avebury by Paul Daw.

There will be promotional material on this talk from Mon 4th April in the library. No need to book. Donations welcome.

CHILDREN'S EVENT

To celebrate the Queen's forthcoming 90th birthday we are having a special Children's Craft session at the library on



Tuesday 5th April from 2.00-3.00pm. There will be a craft, colouring and other activities.

The session will be a drop in so no need to book. Parents are required to stay with their children.

There will be a Family History Drop in – Monday 18th April from 1.30 – 3.30.

Look out for information on the 2016 Brave New Reads Launch will be in May!

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WWW.CAMSPICE.CO.UK

Happy Easter from Cam Spice!

Easter offer: *Offer ends 30 April 2016*

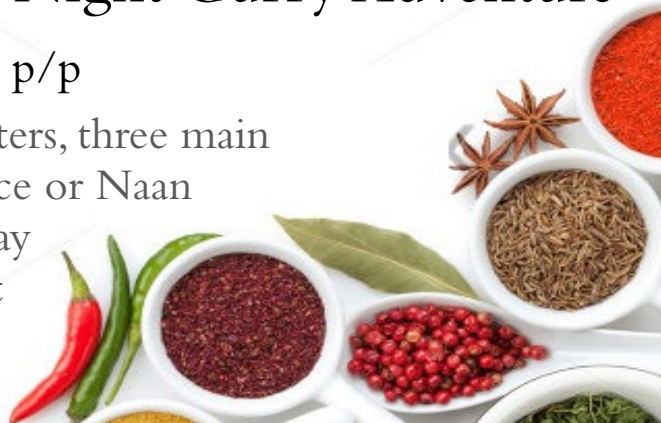
Book a table of four or more and get a free bottle of house White, or Red Wine.

Monday Feast for £12.95 p/p

Five Course Meal

**Wednesday Night Curry Adventure
for £12.95 p/p**

Enjoy three starters, three main courses and Rice or Naan bread, a great way to taste different dishes from the menu





Parish Council Election

The Parish Council is coming to the end of its third four-year term of office. All parish councillors must be re-elected, although some are standing down. This is your opportunity to become involved in the governance and future development of Cambourne. If you would like a more information and a nomination pack they are available at <http://www.electoralcommission.org.uk/i-am-a/candidate-or-agent/parish-and-community-council-elections-in-england-and-wales> or contact the Parish Office or South Cambs District Council. This time the term of office will only be for two years as the District Council is moving to all out elections with all Parish Council elections being aligned with them.

New Cricket Pavilion

You may have noticed the new building on the edge of Upper Cambourne. This is a new Cricket Pavilion which has been designed to provide additional community space. It offers a large central room with kitchen and separate bar area with changing facilities which will be available for cricket during the summer and football/rugby during the winter. There is also a large car park which can be used by parents of Jeavons Wood school when dropping off/collecting children and if there are no events at the weekend by spectators of football matches. The building will be available for private hire subject to the cricket schedule. For all enquires please contact the Parish Office.

Burial Ground

Cambourne Cemetery, situated on the High Street, is now open and available for burials and the interment of ashes. Burial plots can be purchased in advance. For all enquiries and for more information regarding the Burial Ground please contact the Parish Office.

Annual Parish Meeting

Cambourne Parish Council will be hosting its Annual Parish Meeting on Tuesday 3 May 2016. This is a meeting that Town and Parish Councils are required to hold as part of their accountability to the local electorate. The meeting is open to anyone but only the electorate of Cambourne may participate by asking questions and raising issues. The Parish Council and its Committees will present reports on their activities over the last 12 months and local organisations, clubs and societies are invited to present reports on their activities.

Calendar of Meetings March/April 2016

5 April, 7.00pm, Planning Committee, Council
19 April, 7pm, Planning Comm, Leisure & Amenities Comm
3 May, 7pm, Planning Committee



Residents are welcome to address the meeting before it formally starts on any matter that is on the agenda. If you have something else you would like to raise, please contact the Parish Clerk at least 10 days beforehand so that the item can be added if necessary.

A Celebration of Business in Cambourne

On Saturday 16 April 2016, Cambourne Parish Council will be hosting their first 'Celebration of Business in Cambourne'.

The event, which is taking place in The Hub Community Centre between 11am and 3pm, is free to enter and there will be lots on offer.

All the businesses taking part are Cambourne-based and are offering on-the-day incentives. There will be free samples, discount vouchers, free taster sessions and free prize draws!

You can practice your reverse bay parking with a driving instructor; have a make-up consultation (bookable in advance via the Parish Office); have your portrait taken; sample ice cream, cakes, coffee and African food and the children can take a turn of the bouncy castle.

Refreshments will be available from the Timebank team for a small charge or donation to their funds.

The Parish Office: The Hub, High Street, Cambourne, Cambridge CB23 6GW. Open 9am to 5pm Monday to Thursday and 9am to 4pm on Fridays.
Telephone 01954 714403.

John Vickery, the Parish Clerk can be contacted on:
clerk@cambourneparishcouncil.gov.uk

For all other enquiries please email:
bookings@cambourneparishcouncil.gov.uk



Talk Share Learn

Cambourne Information Sessions

Heidi Allen
MP for South
Cambridgeshire

Sat 23rd April 10am - 11am
The Hub

Come and meet your local MP to
see what she's doing for our
community.

Please email your questions in advance
to CambourneVolunteersRUs@gmail.com



CAMBOURNE PARISH
COUNCIL
District of South Cambridgeshire

PRESENTS

A CELEBRATION OF BUSINESS IN CAMBOURNE

Saturday 16th April
2016
11:00 - 15:00
The Hub
Cambourne

FREE ENTRY!

**Come and
meet your
local
businesses!**

On the day:

- Discount vouchers
- Free prize draws
- Free samples
- Taster sessions

FREE
Bouncy castle
Have your
portrait taken
Practice your
bay parking
Make up
consultations
and more...!



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HEALTH NEWS



Gut feelings: Indigestion & Dyspepsia

Following on from last month's article on acid reflux is the condition of 'dyspepsia'. Technically this means problems related the stomach itself or close by. However it is more commonly used as an umbrella term to describe symptoms of indigestion including nausea (feeling sick), vomiting, pain in the upper abdomen, feeling full, bloating, loss of appetite and can also include symptoms of acid reflux.

Dyspepsia may be caused by a variety of issues such as inflammation (or less commonly ulcers) in the stomach itself, but also gallstones, irritable bowel syndrome, food intolerances and stress. As outlined last month, it can also be affected by poor diet and lifestyle factors. Any medication you take (particularly if you use anti-inflammatory drugs such as ibuprofen) should be discussed with your doctor or pharmacist to see if this may be aggravating the problem. A simple stool (poo) test can identify whether the problem may be caused by a bacteria infection.

Persistent symptoms should be reported to your doctor particularly in those aged in their mid-fifties or older.

Similarly, losing weight without obvious explanation, significant loss of appetite, difficulty swallowing, persistent vomiting or any signs of blood in the vomit or the stool (this may be dark red /black) should be reported urgently as they may be a sign of something more serious. Reference/ further information: NHS Choices (search: Indigestion)

*Catherine Price RN, Cambourne Parish Nursing Service
nurse@cambournechurch.org.uk*

RECYCLING



What goes in your green bin?

Residents in Cambridgeshire are asked to make sure they are putting the right material in the household green bin that takes food and garden waste so that we can make it into compost that can be used by local farmers or on gardens.

Unfortunately, there have been many items in the green bin recently that should be recycled elsewhere such as plastic bags, biodegradable bags, parts of garden furniture and tools, clothing, plant pots and even metal items.

This means that some of the compost cannot be used by farmers and residents and has to be disposed of, costing the council £220,000 a year

Your green bin can accept any kind of food waste, meat or vegetables, cooked or uncooked, tea bags and coffee grounds and any type of organic material from your garden, such as grass cuttings, weeds, dead flowers, leaves and bush trimmings, twigs and mouldy vegetable plants and potatoes.

Never put food or garden waste in plastic or biodegradable bags and then place them in your green bin. Instead wrap your food in newspaper, put it in paper caddy liners or loose in your bin.

Kitchen caddies and paper liners are available from Cambridge City Council, visit www.cambridge.gov.uk

If you are unsure what goes in each bin or would like to find out where to get free compost from then visit Cambridgeshire councils' waste partnership website: www.recap.co.uk



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PARISH PLAN

Drop in, and drop off: help with completing and returning your questionnaire



CAMBOURNE PARISH PLAN
Your Say For The Future

Drop-off points for hard copy questionnaires:

- Co-op Store, Lower Cambourne
- The Vine Inter-Church School
- The Parish Council Office (The Hub)
- Jeavons Wood School
- 19 The Coffee House (Church)
- Hardwick & Cambourne School
- Cambourne Fitness & Sports Centre
- The Monkfield Park School
- Cambourne Library

Drop-off points for hard copy young people questionnaires:

- Cambourne & Comberton Village Colleges
- The Parish Council Office (The Hub)
- Cambourne Library

Drop-in sessions:

- The Parish Council Office, (The Hub),
Tuesday 24 May, 10am – 12pm
- 19 The Coffee House (Cambourne Church)
Thursday, 21 April, 12 – 2pm,
Saturday, 21 May, 12 – 2pm
- Cambourne Fitness & Sports Centre
Wednesday, 27 April, 6 – 8pm
- The Monkfield Arms
Monday, 9 May, 11am – 1pm
- Cambourne Library
Thursday, 5 May, 4.30 – 6.30pm
Saturday, 4 June, 10am – 12pm
Thursday, 9 June, 5 – 7pm

Drop-in sessions for young people:

- 19 The Coffee House (Cambourne Church)
Thursday, 7 April, 12 – 2pm
- Cambourne Fitness & Sports Centre
Wednesday, 27 April, 6 – 8pm

* A valid questionnaire is defined as one that has been completed, has a valid house number, street and postcode, together with completed contact information. The draw for the cash prize will take place at the Cambourne Community Fete in September 2016. Prize Draw Terms & Conditions available online at www.cambourneparishplan.uk

Knibbs Meat Safe

Country food..... at its best

Country food at its best ...





Product of the Month

Simple chicken, but made very special with an RSPCA Freedom Food chicken from Suffolk. roast with garlic and lemon for easter weekend, and serve with the first new potatoes and lots of fresh vegetables. Delicious!

Traditional butchers offering great quality free range and local meat, poultry and game, at great value, every day, together with a large range of artisan cheeses, and delicatessen products. And, our renowned home made pies and handmade sausages including the original Royston Banger. Free Delivery to Cambourne on orders £25 and over

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Coppicing

Coppicing (cutting trees down to ground level and allowing them to regrow) has been carried out over the winter in many of our woodland Nature Reserves.

Nearby Hardwick Wood is one of those and we have some of the hazel poles harvested from the wood available to buy for all sorts of uses in gardens and allotments.

They are a sustainable and local alternative to buying bamboo canes from the garden centre, which may have been grown many thousands of miles away.

It also supports our work to make the woods suitable for a range of wildlife (pictured: some woodland wildlife – black hairstreak butterfly, chiffchaff).

During National Beanpole Week, 9th to 17th April www.beanpoles.org.uk, we will have some hazel poles available to buy from our office at the Manor House, Broad Street.

There will also be an event at Hardwick Wood on Saturday 16th April, where you will be able to see where the coppicing has taken place and talk to the volunteer wardens who carry it out.

You will be able to select your own bean poles to purchase and take away on the day.

For directions to the reserve go to www.wildlifebcn.org/reserves/hardwick-wood

If you fancy having a go at coppicing next winter there is a list of Nature Reserves with weekend volunteer work parties on our website at www.wildlifebcn.org/work-parties

Cambourne 10k

On Sunday 10th April 2016 teams of runners will be taking part in the Cambourne 10K Run to raise money for the Wildlife Trust BCN.

The race is popular with all ages and running abilities and the scenic route passes through our woodland areas and alongside our lakes.

The money raised will go towards helping us to manage and maintain our Nature Reserves across the three counties, including the one here at Cambourne. If you would like to sponsor our runners, please e-mail helen.daniel@wildlifebcn.org or call 01954 713560.

**GET IN TOUCH**

If you have any comments, questions or suggestions about the green spaces in Cambourne please get in touch. Email: jenny.mackay@wildlifebcn.org Call: 01954 713516 or 713500. Find us on www.facebook.com/wildlifebcn and Twitter @wildlifebcn. Visit www.wildlifebcn.org

CYP

CAMBOURNE YOUTH PARTNERSHIP

April 2016 – July 2016 (Term time)

Wednesday

4pm - 6pm Juniors Club (Year 7-8)

7pm - 9pm Seniors Club (Year 9+)

Thursday

3.45pm - 4.45pm All Stars (FS & K1)

4.30pm - 5.30pm Boxing (Year 7+)

5pm - 6.15pm Crazy Crew (Key 2)
(All Stars and Crazy Crew, £1)

All clubs meet at the Soul Building on Back Lane apart from boxing, which takes place at the Hardwick Boxing Club above the Pet Shop. Contact Jackson for Wednesday clubs and boxing, Jane for All Stars and Crazy Crew and Jonathan for information about our music studio.

Volunteers needed

Could you give a few hours of your time each week to help us staff these clubs? We particularly need a couple more volunteers to support the Juniors Club on Wednesday afternoon and the children's clubs (All Stars and Crazy Crew) on a Thursday afternoon. If you are interested in Music or Music Tech we have a fully equipped studio.

Coming up

Thursday 2nd June - Family Funday at Cambourne Soul from 12 noon – 3:30pm. Come and join in the fun - we will make pizzas for lunch and enjoy a craft and games session. Please contact Jane Brooks for more details or to book a place.

We are currently planning a summer programme. Keep an eye out for more details of this coming soon.

Contact details

Jackson Nazombe, Youth Development Worker: 07786 125271
Jonathan Buwert, Youth Worker : 07503 171869
Jane Brooks, Children's Champion: 07850 961000
Stacy Buwert, Administrator: officecyp@gmail.com



Sunday services

(from 17 April) - 10.30am

Meeting at Cambourne Village College,
Sheepfold Lane, Cambourne.

We are currently looking at the good
news of Jesus in the gospel of Mark.

Everyone is welcome to join us.

For more information please contact
info@christchurchcambourne.org.uk

PATIENT CENTRED CARE

Have your say in patient care

The phrase 'patient centred care' is frequently said but how often do we, as patients, feel that we have a voice and can influence the quality of care that we and our loved ones receive?

Nine out of 10 patients who go to hospital will see a radiographer. Either a diagnostic radiographer who produces images such as x-rays, CT or ultrasound scans, or a therapeutic radiographer who uses radiation to treat cancer.

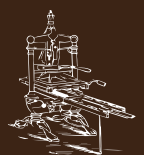
The Society and College of Radiographers wants more people to join its Public and Patient Liaison Group, which is made up of patients and carers. Members of the group can influence the radiography profession about the issues that are important to them. If you go to the 'About radiography' section of the Society's website at www.sor.org, you can read more about the group and its work. Alternatively, email Liz Robinson at lizr@sor.org and she will provide more information. It is important that patients use this opportunity to share in decision making about the care and treatment that they receive.

Richard Evans, Chief Executive Officer, The Society and College of Radiographers & Philip Plant, Chair of the Public and Patient Liaison Group

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Peacehaven Baptist Church

COME AND WORSHIP WITH US

Meeting at Cambourne Community Centre, (The Hub),
High Street, Great Cambourne, CB23 6GW

SUNDAY MORNINGS - 10 AM

SUNDAY MORNINGS - 11 AM

WEDNESDAY EVENINGS - 7 PM

Children's Sunday School & Adult Bible Studies (Hub)

Children's Church & Morning Worship (Hub)

Bible Study & Prayer Service (Pastor's home)

Pastor Donovan Bangs 01954 710510 PeacehavenBC@aol.com www.peacehavenbc.org.uk



Pastoral Thoughts

As I write this I am preparing for my father's funeral. He was 72 years old and died of lung cancer. I have been tasked with taking care of many things and this as usual results in much research. All of the forms that must be filled out and the people and companies informed. Trying to comply with the last wishes of the deceased, but unfortunately much information was never given such as songs and place of desired internment. What to do about certain things. He had no will which could have made things difficult, but since he also had no real

property it has not been bad, in that respect. Thankfully he had a standard funeral plan which made some things easier. But in all of this some obvious conclusions I will share with you.

It is never too early to think about your own mortality.

Plan ahead, make a will and be specific as it will spare a lot of pain for those left behind. You may think it is too soon but physical death is inevitable. Preparing for a certainty is wise.

Make certain of your relationships.

It is important to know that living together and even having a house and

children together do not make you the same as being married. There are no benefits for long term associate. It must be contracted in law to qualify.

While there is life it is not too late to mend relationships.

This includes spouses and children, old friends and enemies. Tell them now whilst there is time. For we do not know what tomorrow will bring. This also includes your relationship to God. Are you prepared? Are you certain of your status? Perhaps now is a good time to mend or even start a relationship.

Pastor Donovan Bangs

BUSINESS BUSINESS

Sharing advice, learning how other business owners and entrepreneurs deal with the business of business - networking, inspiring and collaborating in the relaxed environment of the business park.

LOCATION Marketing Suite, Cambourne Business Park.

TIME 8.30-10.00am, second Wednesday of the month.

FREE ENTRY We're proud to say that this is still a free group - no fees, no fuss.

Whether you're a regular business networker or maybe you're looking to explore a change of direction, perhaps you have just started your own business or want to share your knowledge and support others, come and join us as we chat about the business of business.



CAMBOURNE NETWORK

www.facebook.com/cambournenetwork

Twitter @cambourneNW

www.meetup.com/Cambourne-Nework



Cambourne Church

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

www.cambournechurch.org.uk



@cambournechurch



facebook.com/cambournechurch



I don't know if you, like me, find yourself, looking back at your past, reflecting on situations, relationships and asking how life might have turned out if...

One of the realities of life is that we can look back but not go back. Our past will for ever unalterably remain our past.

There's a story, told by J John a Christian minister and author who tells of a guy who returns to his hometown and sees a picture he has painted in a shop.

The picture needs work as some of the colours are faded and the frame is damaged. But to get the painting back he will have to buy it back and only then can the painting be restored to its former glory.

The story is analogous of Easter where Jesus takes the faded colours, the broken frames of our past and dies on the cross. Then something incredible happened, death could not stop Jesus and he rose from the dead.

And though these events happened thousands of years ago, Jesus is still alive and transforming people's lives today. Jesus invites us all to know him and to be transformed by his love and mercy. The bible says "I have come that they may have life, and have it to the full." (John 10.10)

Rev Matthew Trick, Minister of Cambourne Church

Night of Champions

On Saturday 23rd April, WCCYM are running a sports tournament called 'Night of Champions' for youth groups in the local area. Teams of 4-6 young people will compete in a whole range of games, and you don't need to be particularly sporty to join in. The event will take place from 5-8pm at Cambourne Village College. If you would like to be part of a team from Cambourne, or if you are already in a youth group and want to bring a team to represent them, then just e-mail info@wccym.org.

Fathers' and Children's Breakfast

8.30 - 10.30am at Cambourne Church

First Saturday of every month.

It would be great to see any dads with their kids for a bacon roll, toast or just a coffee. Breakfast is free although donations are welcome.

Contact Gerald: 07902 225678

gdc.draughting@btconnect.com

Next Meetings - 7th May and 4th June

Sunday Morning Services

Sunday 3rd April 10am

7.30pm Praise and Worship

Sunday 10th April 9.30am and 11am

Communion at both services

Sunday 17th April 9.30am and 11am

Sunday 24th April 9.30am and 11am

Sunday 1st May 10am

7.30pm Praise and Worship

19 The coffee house

Open Weekdays:

8.45am-2.00pm Monday - Thursday

8.45am-12.00pm Friday

19 will be closed during the Easter Holidays and will reopen on Monday the 11th April.

19 will also be closed on Monday the 2nd of May.

Open 10am-2.00pm on Saturday the 16th April and Saturday the 21st May.

Cambourne Church Holiday Club 2016

Join other Secret Agents at MISSION RESCUE to discover how God rescued the Israelites from slavery in Egypt, and how God continues to rescue people today through Jesus.

Sunday 24th July 10am

Launch Service

Monday 25th - Friday

29th July, 9:30am-12

Sunday 31st July 10am

Celebration service



LOCAL GROUPS

CAMBOURNE TIMEBANK

Local scheme to exchange time and skills for free. Meets every Wednesday 10am in café 19. *Details: Laura Papanikolaou, lpap@chsgroup.org.uk, 07540 122624*

OPEN MINDS

Meeting on the first Tuesday of each month, 7pm-9pm, we will be offering talks on Spirituality, demonstrating helpful techniques and providing introductions to different complementary health practices. Regular guest speakers. £10 to cover costs. *Details: 247openminds@gmail.com*

CAMBOURNE VOLUNTEERS R US

Bi-monthly Saturday morning meetings (10am-11am, The Hub) organised by volunteers who care about the Cambourne Community. Guest speakers. ALL welcome. Dates: 23 April and 25 June. *Details: Facebook 'Cambourne Information Sessions', @Cambourneinfosession CambourneVolunteersRUs@gmail.com*

SUNDAY WALKS

In March, we had a lovely walk over the Gogs, and some of us went for lunch afterwards. The next walk will be on Sunday 24th April. We will meet at the car park in School Lane at 10 am. Just turn up or, if you prefer, contact Dave on 01954 202792 or e-mail him at david.ellis@ntlworld.com for further details.

FRIDAY WALKS

The flooded meadows of St Ives looked spectacular in the sunshine. The March walk takes place on Friday 8th April. We plan to walk along the river from Chesterton to Baits Bite Lock, returning via Fen Ditton, a walk of approximately 5 miles. Do join us. Just turn up at the library, near the rear entrance at 10.15 or, if you prefer, e-mail pam.hume@ntlworld.com or telephone Penny Flannagan 01954 200126 to find out more.

PAPWORTH ASTRONOMY CLUB

Dates of our next few meetings are Wednesday 6th April and Wednesday 4th May. All meetings are held in the Vinter Room in Papworth, at 7:30PM. The Vinter Room is near the entrance to Vinter Close (building with the clock tower). Entering Papworth Everard from the south, go past the hospital, take the first left after the next set of traffic lights into Elm Way, pass the fire station, then take the second left into Vinter Close. Visitors are always welcome. For more information call Peter 01480 830729 or email peter@cheere.demon.co.uk.

PUB MEET

An opportunity for anyone with an interest in the arts to meet, talk and maybe plan. 7.30 pm on Tuesday April 12th.

WATERCOLOUR CLASSES

The current class, meeting on a Wednesday morning, is currently full, but please get in touch if you are interested in joining a Monday evening group as there is almost enough interest now to get started. For more information, phone 01954 710858 or email fran@panrucker.eclipse.co.uk

WORDS FOR PLEASURE

'Words for Pleasure' is a friendly, fun and welcoming writers' group which meets on the first Thursday of the month in Cambourne Library at 1.30pm. For more information please get in touch by phoning Pat Callaghan 01954 718836, asking at the library or just turning up on the day.

CAMBOURNE WI

Are you interested in craft? Then come and learn about Making Button Necklaces with Jane Shaw at our next meeting on 14th April: 7.30pm at the Hub. We do have to make a small charge for visitors of £4 each. To find out more go to www.thewi.org.uk/about-the-wi. Our next coffee morning will be on Friday 29th May, 10.30am at Greens. For more information about the WI, or our coffee morning, please contact Pam on pam.hume@ntlworld.com, or call 201808 for a chat.

WHAT'S ON

Sunday 10 April 2016, 10am -4pm

Cambridge Gliding Centre Open Day

B1046 between Little Gransden & Longstowe, SG19 3EB
Trial flights with qualified instructors, on a first-come, first-fly basis. FREE admissions to talks and gliding simulator lessons. More info: <http://www.camgliding.uk/>

Saturday 16 April 2016

Mosaic Dance School- Show of the Year

Organized by Comberton Sports & Arts. For more information visit www.mosaicdance.com

Sunday 17 April 2016, 7:30pm -9pm

Bat Appreciation Evening

Wandlebury Country Park, CB22 3AE
Come and join a bat expert to learn about and detect our local bats. Booking is essential. Adults ONLY, £4.00. Parking is available and costs £3.00 per vehicle. For more information email bookings@cambridgeppf.org, call 01223 243830 or visit www.cambridgeppf.org/whats-on

Wednesday 20 & 23 April 2016, 7:45pm

The Odd Couple- presented by Barton Drama Group Barton Village Hall

This production is presented by the Barton Drama Group. Tickets: £8.00 (£6.00 concessions). Available by phone from Norma Eaton, 01223 263561 or online at www.booking.bartondramagroup.com

CAMBRIDGESHIRE HEARING HELP?

Cambridgeshire Hearing Help holds free drop in sessions in Sackville House, Cambourne on the first Tuesday of each month from 2pm – 4pm.

NHS hearing aid users can receive free batteries and also have their hearing aids cleaned and re tubed.

We also offer advice.

Full details of our service can be seen at www.cambridgeshirehearinghelp.org.uk

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Donations towards the £70,000 cost of running Cruse services in 2016 are very welcome. We depend on local support almost entirely.

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Cambridge Cruse Office (admin only) 01223 302662.

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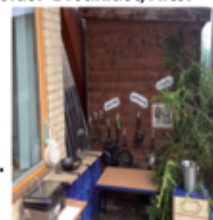
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SCHOOLS

Cambourne Village College Spring Term

The Spring term has been very short – and crazy busy! Year 9 have now opted for their GCSE subjects, after a round of information gathering, including a Careers Carousel where the students met representatives from a range of professions and organisations. Many pupils participated in the BBC News Report day, writing and recording articles on a wide range of subjects, and interviewing people, including our MP Heidi Allen, who visited the College for the afternoon. Their reports can be seen on the College website. Much sporting activity has taken place, with teams representing the College at football, netball, rugby, and rowing, and the Library has been buzzing with activity as usual, with World Book Week celebrated and a group of students reading the novels on the Carnegie Award shortlist.

The main event of this term has been the intensive rehearsing, and performance of the Queen musical: 'We Will Rock You'. This is the most ambitious production we've



attempted, with two casts playing over five performances. The range of talent within the College continues to astound us, and the standard of singing and dancing of the young cast was a reflection not only to their talent, but of the many hours spent in rehearsal. We also thank our teachers for all their support and effort in making these rehearsals possible.

Cambourne Pre-School's developing garden

The children at Cambourne Pre-school are finishing their busy Spring term with an Easter egg hunt that family are invited to! Easter activities included making baskets for the egg hunt as well as drawing and painting daffodils and using toy chicks and eggs to practice counting and sorting skills. The Spring Hindu festival of Holi is still yet to come.

During the Easter break staff will be developing the garden area, this will include digging over the growing patch ready for the children to get busy planting and growing, establishing a new water wall and water area, creating a music wall and a new mud kitchen kindly made and donated by the Slater family. If any member of the community feels they can donate anything that would enhance these areas we would be very grateful. We would especially like items to extend our water wall such as tubing, buckets and piping. For our music wall such as old pots and pans or utensils as music beaters!

In the Summer term, Year 4 and 5 children from Jeavons Wood primary school will be coming over to the Pre-school to spend time reading with the children. A venture we hope will be very beneficial to all children involved.



To enquire about the Pre-school and spaces available please use the contact details below.

**Cambourne Pre-School, At The Blue School, Eastgate,
Great Cambourne, CB23 6DZ**

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SCHOOLS

Monkfield Park Primary School - Reception

The children have began their term by learning about the amazing people that they are surrounded by. They began by looking at the amazing people and services we have here in Cambourne and wrote thank you cards to show their appreciation. Our local supermarket, Morrison's, was also used to inspire children to create their own supermarkets in the classrooms. As part of their Maths learning, they enjoyed using money to buy different food items and children made their own purses to store their coins in.

The children has a visit from two paramedics who brought along their ambulance vehicle and medical bags. The children were very excited to be inside a real emergency vehicle and had many questions to ask about the different buttons in the vehicle. After the visit, the children created their own stethoscopes and made their own emergency vehicles using cardboard boxes.

To deepen their understanding about the story behind their first ever play of 'The Litter Muncher', the children explored the concept of 'Reduce, Reuse, Recycle'. They made posters to remind others of what to recycle, reused recycled materials to make their own imaginative models, and were encouraged to help with recycling at home. The children can now be heard, reminding each other of where to put their different types of rubbish.

It goes without saying that all other year groups have been busy as well. Years 1-4 have been developing their biking skills with weekly Bikeability sessions, meanwhile, Year 5 recently showcased their creative side at the Comberton Village College 'Dance Share' and Year 6 have become experts in how light is reflected in a mirror. They have been creating their own periscopes using two mirrors so that they can see above or around an obstacle.



Year 5 and 6 Discussion Time at the Vine

Friday afternoon sees a small intrepid band of noisy thinkers congregating in Tanzanite classroom. There is often a strip of tape on the floor - carefully avoided - never, ever stood on. This is our 'Electric Fence'. So, on one side we may have 'dolphins' and the other side 'sharks', or 'rich your whole life /superhero for a week'. Don't sit on the fence - for fear of an imaginary electrocuted bottom! You MUST decide ... it's surprising how many decide, listen, then change their minds by jumping over the fence!

One of our longest discussions was the Evilometer: we investigated the nature of evil by ordering 10 statements of evilness. Now that was a noise as everyone had opinions which had to be heard! We have also investigated the nature of loneliness by asking which is preferable - to be stranded on a deserted island or always surrounded by people.

So, two of our questions for you: if you had to teach the world one thing, what would it be? And what is the opposite of cheese?

SCHOOLS

Jeavons Wood choir: Voice in a Million

After many months of dedicated rehearsals during lunchtimes the Javons Wood choir finally set off to London on the morning of Thursday 3rd March. A big thank you to all of those parents who joined us either on our journey in the coaches or met us at the venue.

Upon arriving at the venue the children were so excited to be sat in their seats ready to rehearse, Wembley arena certainly is a big place but the children took it all in their stride. A huge well done must go to our three banner bearers who proudly held our school banner (created for us by Art club) during the rehearsals and to open the show for the parents during the parade.

The children thoroughly enjoyed their experience singing for all they were worth the whole evening, not to mention performing some pretty nifty dance moves. (The adults didn't do too badly either!)

We were so proud of the children for their fantastic enthusiasm and energy during the rehearsals and then performance and of course for their impeccable behaviour throughout the day. They really did represent the school brilliantly, so well done Jeavons Wood choir, you were fantastic.

For those that could not make it on the day an assembly will be held at 2.30pm on 26th April to showcase some of the songs the choir sang during the concert.



Big events in Jeavons Wood

Year 5 has been very busy this half term with their Narnia topic. On the first day back after half term they had to enter their classroom through a wardrobe which lead to a Narnia wonderland where we watched the film. This got all the children very excited and interested in their new topic.

In English, the children wrote their own fantasy stories based on Narnia where they innovated parts of the story.

In Maths, we have been working hard on fractions and now we are all experts. The children can convert, multiply and even recognise equivalent fractions.

In Science, we have been doing lots of experiments;

looking at separating materials from each other, solubility, reversible and irreversible changes.

In our topic work, we have produced some fantastic winter themed paintings based on Narnia. These look exceptional on our Narnia display board.

In PE, we have been working with David Bridges (FA skills coach). The children have gained a lot from the lessons and their confidence in playing football has really improved over the last weeks.

We've had the pleasure of taking part in the Bikeability Plus project this half term. This kicked off with a fun day and some of the children in year 5 have enjoyed bike fix sessions and a bike ride. Hopefully this project will inspire more children to get out on their bikes.

We are now looking forward to our next topic, which is called 'delightful Dahl.' This will start with a dress up day, where the children will come in dressed up as their favourite Roald Dahl character.



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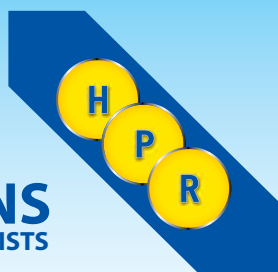
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SPORT

Cambourne Netball Club



Walking Netball! Anyone fancy it? Cambourne Netball Club are canvassing interest in this new idea - netball, but at a walking pace. The game has been designed so that anyone can play it regardless of age or fitness level.

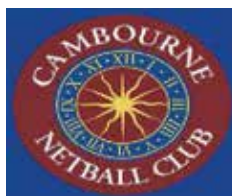
It really is for everyone. Women the length of the country have begun playing the game of Walking Netball for the fun, laughter and camaraderie the social session brings, as much as the health benefits on offer. It can give those who don't deem themselves fit enough to run anymore or those looking for a stepping stone back into netball. Have a look on the England Netball Website or just Google 'Walking Netball'. If we get enough interest we can organise some games and who knows where it will lead. Email sharon.moon@sky.com for info.

League Updates

The winter season is drawing to a close and the final positions show continuous improvement across the Club. C2 won division 3 and will be automatically promoted to division for next winter league. C3 came third in their first season in division 4 and will be pushing for promotion next winter. C4 almost doubled their points compared to last year.. C1 have a number of games to play but are optimistic they will win a trophy!

Premier League Calling

Anyone out there looking to join Cambourne Netball Club's Premier league team? If you've experience of playing netball at a higher level we'd love to hear from you! Training on a Thursday. For further information on Cambourne Netball Club please email cambournenetball@googlemail.com.



Basketball in Cambourne

Junior Basketball

As part of a Satellite club of Cambridge Cats, our junior players have been invited to attend county trial sessions for U13 and U15 age groups which will be held on 2nd of April at St Bedes School in Cambridge. This will be to pick teams to represent Cambridgeshire at the Inter County Tournaments held at the end of April/ early May. The selected players will train throughout April and May and will get the opportunity to compete in front of Regional Coaches with the chance of being selected for Regional Squads for 2016. This is part of BE Performance Pathway. As we started late this year, we do not expect many of our players to be selected this year but we are hoping that it would be inspirational for them to see the best of County players for their age groups. We encourage all Cambourne players to attend. The times are U13 Boys (03/04)- 1200-1400, U15 Boys (01/02) - 1400-1600 on 2nd of April.

Our junior Basketball sessions are held at Cambourne Village College Sports Hall every Monday. Training starts at 5:30pm for 9 to 12 years old and for older children up to year 10, it starts at 6:30pm. Boys and girls are welcome to join at any point in this academic year. All abilities welcome. The current sessions are run by the Cambridge Cats Coach, Clinton Wedderburn. It costs £5 per session and it is run on a "pay and play" basis.

Senior Basketball

We will start our first session on 11th of April at 8:30pm. It will be run every Monday (excluding school holidays) until the end of June. You are invited to come along to play basketball with a group of friendly local people. Please contact Navid Ghomi on navid.ghomi@btinternet.com or text to 07449 120976 to receive more information.

CAMBOURNE TENNIS CLUB

On Sunday 17th April, at 2pm, we will have a Fun Doubles Tournament (any standard welcome) followed by the Wimbledon tickets ballot draw. Just turn up. To be eligible for the ticket draw, you must be a member by that date. Our new website takes online payments and lets us go paperless: <https://clubspark.lta.org.uk/CambourneLTC>. The summer League matches start at the end of April and we need players to strengthen our teams, especially Ladies. We enter adult and junior teams. You might win a trophy like these ladies.

Membership Now is the best time of year to join our club. There are 6 different annual membership options, all incredible value, for example £5 for mini-members, £45 for adult, and £80 for family. There is no court booking fee. For further details look online <https://clubspark.lta.org.uk/CambourneLTC>.



TC/Membership/Join or contact annaspringham@btinternet.com

Coaching The summer term starts after the Easter holidays, on 11th April, and a range of different sessions are available for Juniors ages 4 upwards and Adults from beginners upwards. Tennis is a fun form of exercise for all ages. Book online via overandin.com or contact coaching@overandin.com or 0844 776 1763.

Social Mix-in Club Sessions run twice a week, all year round, Wednesdays from 18:30 and Sundays from 14:00. ALL WELCOME.



CAMBOURNE FISHING CLUB

Under 16's Coaching Day June 12th June 2016

All tackle bait etc supplied. Parents/Guardians will need to complete a consent form before their child can participate, so come down 15 mins prior to session time.

Sessions available: 9.30 am -11.30pm - 1.30pm

There are limited spaces so booking will be required.

FREE EVENT

Please email child's name, age, session required to cambourne_fishingclub@yahoo.co.uk

Charity Silver Fish Match

In Memory of Tony Brennan (Bonesy) Sunday 3rd July 2016. Who sadly lost his battle with pancreatic Cancer aged 36 on the 18th August All funds raised will be donated to Cruse Bereavement Services & Pancreatic Cancer Research as requested by Tony's family. Tony was one of our members of Cambourne Fishing Club.,

Entry £10 per person (please book via email as we have limited spaces: cambourne_fishingclub@yahoo.co.uk)

Draw 8.00am Match start 9.00am, Match Finish 1.00pm

1st & 2nd Prize Trophies will be presented. Donated by Cambourne fishing Club.

Unveiling of a Plaque dedicated to Tony Brennan TBC Lake Ewart will be closed to members until 4.00pm on the day. If you are unable to take part, please come down and give Tony's family some support, there will be chances for you to donate other ways. Full details available on our website www.cambournefishingclub.com

OPEN TO NON MEMBERS

WANTED

Prize Donations for the raffle would be greatly appreciated..To enable us to raise money for a worthwhile cause.

Open Day August 21st 2016

All tackle and bait supplied for those who want to learn to fish. Any ages welcome!! (consent forms need to be completed so please turn up 15 mins before session time).

Please book as limited spaces available **FREE EVENT**

Sessions available 9.30am, 11.30am, 1.30pm. In addition if you would like to try the lake out for a free session, before becoming a member, you are welcome to come down and give it a try (on a first come first served basis, you will need to bring your own tackle and bait).To book a session or to say if you would like to come down for a free fish please email your details to cambourne_fishingclub@yahoo.co.uk

Osteopathy... more than just backs

Back and Neck Pain

Postural Problems

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01954 28 28 20

Cambourne Osteopaths
within Monkfield Medical Practice
www.cambourneosteopaths.co.uk



Cambourne Bowls Club

To all Cambourne Bowlers old and new.

We intend to start the new season on Monday 18th April and continue with our twice weekly open sessions on Mondays and Thursdays at 6.30pm to which all Parishioners are welcome.

If you haven't played bowls before and you want to give it try then we have plenty of spare equipment, the only requirement is to wear flat soled shoes (trainers generally OK). There will always be someone present to help you get started.

We will continue to keep everyone informed about bowls activities throughout the season in the 'Crier' and on our Facebook page 'Cambourne Bowls'.

For more information, please contact:

Robin Bailey (Bowls Sec.) 01954 269328 or E mail robin.doreen@btopenworld.com

SPORT

Football Foundation
football's biggest supporter



Cambourne Eagles
Football Club

Academy The Eagles Academy currently trains indoors between 6-7pm on Thursdays and we are looking to increase our intake. We offer 'football & fun' for Reception & Year 1 children, if you're able to offer help, or your child is interesting in joining us, please contact us at info@cambourneeglesfc.co.uk

U7- Blue Eagles U7's Blue have been having a good run of form recently and are training hard to ensure that it continues. The coaches are seeing improvements from all the players.

U9- Red We are reaching crunch time in our season! We have reached the Cambridge Cup semi-final where we will host Haverhill in April. We are looking forward to it and will try to reach the final! Whatever happens it will be a great day and we will have a lot of fun trying! Back in the league, we have had



some really tough games, with mixed results, but the boys are definitely on an upward curve and we continue to develop our fitness.

U10 We are now unbeaten since November, playing some excellent attacking football at the same time as being solid defensively. Goals, assists and man of the match awards are being spread throughout the team too. We are looking forward the semi-final of the League Plate in April.

U11 The U11's have been training hard, and have benefitted from the help of one of the FA coaches - our passing and team communication has really come on in the past couple months. We are looking forward to the last 5 matches of the season, plus a couple post-season tournaments.

We are also looking for a couple more players to join our training squad. Please contact Jen Collins (jencollins4@gmail.com) if your Year 6 son or daughter would like to play with the Eagles!

U13 The under 13's finished their season and had a significant victory in their final league game. We are looking forward to a fun end of year tournament. Please get in touch with any queries - info@cambourneeglesfc.co.uk or 07516 630552



Following a successful 2015, Cambourne Cricket Club is looking forward to the new season.

Cambourne is now a Senior League club, on the back of the 1st team's junior championship title last year. We are always on the look out for new players - so if you'd like to play some cricket.... why not join our club?

Our indoor net sessions continue at Cambourne Village College until Tuesday 12th April (7pm for juniors; and 8.15 pm for adults). We will then begin our summer nets for adults from Wednesday 13th April at the Lower Cambourne ground (The Green, Woodfield Lane, CB23 6FD).

The new season begins in May, and there are opportunities for anyone to participate and enjoy a game of cricket - whether they are new to the game, or used to playing at a competitive level - in a friendly, welcoming environment.

Cambourne welcomes players of all ages and abilities. With 3 teams playing league cricket on Saturdays, friendly games throughout the season and 3 junior teams at under 10s, under 11s and under 13s, and net sessions throughout the summer - there are plenty of opportunities for players who want to play every week, those who are only available occasionally - and those who haven't played in quite a while and want to get back into the game.



Do get in touch with us, if you are interested. Email: ccadmin@cambournecc.com

For the 2016 season, Cambourne's senior side captains are:

1st XI - Temoor Khan

2nd XI - Danny White

3rd XI - Graham Saint

This season, we will be playing more games at the Great Cambourne pitch on Back Lane, following the completion of the new pavilion, and with the new facilities we will be able to offer a more enjoyable experience for our spectators.

Details of an event to celebrate the new pavilion will be announced shortly. Website: www.cambournecc.com

COMMUNITY

Bags of Help for community projects in Cambs



Do you know of a local community green space project that would benefit from up to £12,000? If so, there are Bags of Help at hand!

The money raised from the 5p bag charge in Tesco stores is being used to pay for a large number of local projects to improve green spaces in communities across the UK. Grants of £8,000, £10,000 and £12,000 are on offer through the scheme. Community charity Groundwork is administering the funding and you can find all the details on www.groundwork.org.uk/tesco.

In total the Bags of Help programme will support around 2,500 projects each year across the UK – about 40 of those are in Cambridgeshire. There will be two funding rounds per year over the next three years, meaning that around £700,000 will be given out in grants.

The next round of applications opens online on 18 April. Don't miss your chance to benefit!

All information about the scheme is on the website but you can also contact your local Bags of Help Enabler for further information about applying on Katie.dean@groundwork.org.uk or 07736 132870.

Cambourne Open Gardens weekend

2-3 July 2016

Saturday: Great and Upper

Sunday: Lower Cambourne

You are invited to open your garden and be part of this community event which is now in its twelfth year. So far we have eight gardens to look forward to, which is a great start. It doesn't matter how big or small your garden is, as long as there is something of interest for people to enjoy or find ideas in. For

instance, a garden that's just starting out, raised beds, vegetables, themed borders, a children's area, garden gnomes, gardens that face e.g. north or south and need plants that can cope with those challenges. It's a fun weekend for the community and to raise funds for various charities.

Exchanging time with Cambourne Timebank: open to all ages

Cambourne Timebank is a free group that is open to all ages in which we exchange time, you give your time doing something you enjoy, and you receive time from someone else with the things you need help with.

Timebank member Poppy Simpson, 12, said: "Over the past year I have really enjoyed being a member of the Timebank in Cambourne; it has helped me meet more people in my community.

"To earn time credits I have visited a couple of people as well as helping at several events. I helped at the Halloween fundraiser making wands with little kids and designing posters



Timebank member
Poppy Simpson

advertising the event beforehand. I like going to the Timebank meetings to discuss new ideas and chat to other Timebank members.

"I have spent my Timebank credits on various activities like the roller-skating disco at the sports center, going to a theatre production of 'Snow White and Rose Red' and a trip to the cinema to see 'Inside Out'.

"I've had a good experience at Timebank and I will continue to have more fun through 2016."

Contact the co-ordinator Laura Papanikolaou on lpap@chsgroup.org.uk or 07540122624 for details of how to join. Check out our Facebook page *CambourneTime* and our new website.