

CAMBOURNE CRIER

www.cambournecrier.org
editorial@cambournecrier.org

Cambourne Parish Plan team says thank you!

The Parish Plan Steering Committee would like to thank everyone in Cambourne who took the time to complete the community-wide questionnaire recently.

Now that you've had your say on how you'd like Cambourne to develop over the next 10 years, what happens next?

The Steering Committee will be working hard over the coming months to make sure all of the responses which have been received are collated, the data analysed and the results summarised into a report which will be available in the autumn.

The report, "Cambourne Parish Plan", will, among other things, spell out what you have identified as being important to the ongoing development of Cambourne and will prioritise the actions that need to be taken in order to achieve the community's vision.

In the meantime, the committee will be at the Community Fete in September where they intend to display some of the



Teams of volunteers have been out and about in Cambourne over the past few weeks, encouraging residents to have their say in the future of the villages

initial findings from the survey as well as drawing the winners of "The YP Big One!" and "The Big One!" Cash Prizes. Everyone who entered a valid questionnaire is in with a chance of winning. Good Luck!



At the time of going to press, the Parish Plan team was on target to achieve 50% of Cambourne households returning at least one valid, completed questionnaire

*Thank You for
Having Your Say!*

Cambourne Community-wide Survey



Would you like to join the Cambourne Crier editorial team?

The Cambourne Crier has been bringing community news and local information to village residents for more than 16 years. Launched back in February 2000 when there were just 200 houses in Cambourne, we now deliver to more than 4,000 every month.

The Crier has always been edited by volunteers and right now we're looking for some new people to join our team

and help keep the Crier going from strength to strength.

If you'd like to get involved - whether you already have relevant skills or if you would like to learn some new ones - then we'd love to hear from you!

If you'd be interested in writing, editing, designing, taking photographs or helping out with our website, then please get in touch.

The Cambourne Crier is also a member of Cambourne Timebank, so we can even reward you for your help with Time Credits.

So if you have a few hours you can spare each month and access to a PC, then please email us on editorial@cambournecrier.org for more information.

Cambourne Crier Editorial Team

CAMBOURNE CRIER

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

Tim Nash, Donavan Bangs and Renata Kovács

Distribution: Tung Hau

Finance: Pam Hume

Please note the August edition of the Cambourne Crier will be delivered a week later than usual, on 13/14 August.

Advertising:

Advertising in the Cambourne Crier can put your business in front of thousands of people: the Crier is delivered to more than 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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or (01480) 831066

For leaflet distribution contact:

Tung Hau: delivery@cambournecrier.org

Editorial submissions:

Submissions for the **August edition** must be received by 9pm on **19th July 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, writer or to help with our website, please get in touch on editorial@cambournecrier.org

CRIER COMMUNITY FUND

The Cambourne Crier operates a community fund which enables us to make grants and donations to local clubs, societies or causes.

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 local residents who are unable to use public transport. We are friendly and helpful and our aim is to take the stress out of your journey. Preference is given for medical appointments but we welcome requests for visits to Social clubs, shopping and outings etc. Drivers will sit and wait for your return journey whenever possible.

To request transport please either:

Call 07858 933230. If no response please leave your name and we will call you back or email cambournecarscheme@gmail.com

Typical costs are: Addenbrookes £9, Hinchbrook £8.40, Cambridge £7-9. Local journeys within Cambourne are £3.00 & we are happy to provide transport to the Medical Practice, Pharmacy & Dentist.

We are seeking additional volunteer drivers. If you have your own transport and have spare time please contact us to discuss.

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:

Wednesday 6th July, Monday 18th July, Wednesday 10th August

Monday 22nd August, Friday 16th September (2pm – 4pm),

Thursday 27th September

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:

Thursday 14 July 2016

Blue bin, paper caddy, green bin:

Thursday 7 and Thursday 21 July 2016

- Bulky household items by arrangement.

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

CAMBOURNE YOUTH PARTNERSHIP**Family Fun Days at CYP!**

On Thursday 2nd June over half term Cambourne Youth Partnership held a family Fun Day in The Soul Building on Back Lane. Family Fun Days are an opportunity for families to take part in some organised activities during the holidays. A parent or carer attends with their children, and is welcome to join in the activities. We made pizzas and enjoyed eating them, went to Everyone Active for a Multi-sports session, and then returned to CYP for crafts, games and refreshments.

There will be two more Family Fun Days over the Summer – one on Thursday 3rd August, and one on Thursday 1st September. For more details and to book, please email officecyp@gmail.com or text Jane on 07850 961000

Summer Programme

For those in year 7 and above there will be a programme of activities running throughout August, including sport, music and art. Details: Jackson on 07786 125271

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



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Cambourne Parish Council
District of South Cambridgeshire



New councillors

Following the uncontested election on 5 May 2016 nine councillors were re-appointed to Cambourne Parish Council: Cllr Simon Crocker, Cllr Patrick Gavigan, Cllr Thomas Hudson, Cllr Joseph O'Dwyer, Cllr Ghazala Mehboob, Cllr Jeyur Patel, Cllr Ruth Poulton, Cllr Jeni Sawford and Cllr Greg Thompson. At the Council Meeting held on 7 June 2016, four new councillors were co-opted on to Cambourne Parish Council: Cllr Dr Shrobona Bhattacharya, Cllr Peter Hedges, Cllr Simon Krintas and Cllr Kevin McIntyre. Below is a short statement from the new councillors about themselves and what they feel they will bring to the Parish Council.

Shrobona Bhattacharya:

"Integrity is the strength of the community. I want to invest my creativity, knowledge, energy and skills to Cambourne and its people. I have organized several events. It is my privilege to serve the people of Cambourne and to touch the lives of many. I want to work closely with Cambourne Parish Council as I found Cambourne has big potential to grow strong. The Position of councillor will give me the opportunity to meet and work with all sorts of interesting people. I am fit for incredibly varied roles with my community leadership and engagement, broad range of skills, decision-making and can-do attitude "

Peter Hedges:

"I am proud to have served for seven and six years respectively as an elected Town and District Councillor in Cirencester, Gloucestershire, including a term as Deputy Mayor of Cirencester and as Deputy Group Leader and Environment spokesperson at District level. I put myself forward for Co-Option as during my term as Councillor I was heavily involved in the development of both the Cirencester Town Plan and Local Development Plan for the District. I believe that this experience will enable me to make a constructive contribution to the development of the Cambourne Parish Plan."

Simon Krintas

"I am a Community Governor and the chair of Finance, Planning and Personnel Committee at Cambourne Village College and I am also a Parent Governor, the Vice Chair of Governors and the Chair of Finance and Premises committee at Bourn Primary Academy. I would like to help our parish council in its efforts to "enable more residents to play an active role in the community, and thoroughly enjoy living in Cambourne" in any way I can. I believe that my personal and professional experience and my enthusiasm for the role will allow me to add to the varied mix of councillors, bring fresh insights and add value."

Kevin McIntyre

"I am excited to see the continued growth and development of Cambourne, and am looking to be more involved in contributing to that development. Whilst living in Cherry



Hinton I served on Teversham Parish Council, for nearly five years. I served diligently, with integrity, and where needed I was prepared to challenge our thinking, or approach on a particular matter. As with my personal and work life, I have always tried to do this in a professional manner."

Electric bicycle

Cambourne Parish Council recently awarded a grant, from the Parish Energy Fund, to Cambridgeshire Constabulary for the purchase on an electric bicycle. The bicycle has been customised and was handed over to PCSO Jackson to enable him to patrol Cambourne more efficiently. The bicycle will only be used in Cambourne.

3G Pitch and new tennis courts

Later this month work will commence on the new 3G artificial pitch and new tennis courts on land to the rear of the Sports Centre. A full report on the new facilities will be in next month's Cambourne Crier.

Calendar of Meetings May / June 2016

5 July, 7pm	Planning Committee, Council
19 July, 7pm	Planning Committee, Finance & Policy Committee
2 August, 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.

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

CAMBOURNE LIBRARY

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.

If you would like to join a local book group, The Cambourne Caterpillars meet on a Monday evening.

Ask at the library for details.

ENGAGE IN THE AFTERNOON: No need to book just pop along to the library. Refreshments available for a donation.

Wednesday 6th July 2–3.30pm

“A Life With Downton Abbey Style Overtones Before Migrating Down Under.” By Judy Opitz.

Wednesday 3rd August 2–3.30pm

“Life below stairs in a Country House – Wimpole Hall” National Trust talk by Sue Price.

Big Friendly Read - This year's Summer Reading Challenge is called “The Big Friendly Read” and links in with the 100th anniversary of the birth of Roald Dahl. More information is available at Cambourne library and we are hoping to visit your schools to tell you all about it.

BRAVE NEW READS 2016, Tuesday 19th July 2–3.30pm

Final wrap up meeting to discuss our last 2 books “Just Mercy” and “Spill Simmer Falter Wither”. Then we will discuss all six and vote on our Winner! You do not have to have been to the other meetings to attend. Just drop in.

Job Centre Plus drop in Wednesday 20th July 1.30pm



Cambourne 123s is a fun and friendly group for carers and children aged 1-4, meeting Fridays from 10-11.30am at the Sports and Social Club. Cost £2 per child (extra children 50p, siblings under 1 free)

We have a craft activity every week and lots of toys for them to play with. We are run by a team of volunteers and the cost also includes tea, coffee, squash and biscuits. To see our weekly programme information please visit our facebook page.

We are currently looking for 3 or 4 people to join the committee on 123s from September. We would love some new people to help with teas and coffees and setting/tidying up approx every three weeks. It would also be nice to have some new input on craft ideas and events we could do. We also have a social every few months! If this is something you would be interested in please speak to one of the committee members at the group, drop us an email, give us a call or message our facebook page - we will get back to you!

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



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HEALTH NEWS



What is your blood pressure?

When the heart contracts it forces blood into the blood vessels around the body creating blood pressure. Blood pressure can be checked and two readings provided: the systolic (top number) is the pressure on the blood vessels as the heart contracts; the diastolic (bottom number) measures the pressure on the blood vessels when the heart is at rest.

Everyone over 40 should have their blood pressure checked at least every five years up to 80 years old and at least every year after 80. Around a third of people aged 50 and two thirds of people over 75 have high blood pressure (hypertension). Often high blood pressure does not have any symptoms but it can be easily checked. Many pharmacies (including Lloyds in Cambourne) offer this, as does the Parish Nursing Service or the Medical Practice.

It is important to know if your blood pressure is high as it means the heart is working harder, putting both the heart and blood vessels under strain. It is also linked to strokes, kidney problems, heart problems and dementia.

Although medications are available to lower blood pressure, you can also take steps to keep blood pressure in a healthy range. These include losing weight if needed, reducing the amount of salt you eat, exercising regularly, eating a healthy diet, avoiding too much alcohol, cutting down on caffeine and stopping smoking.

Reference: NHS Choices, Hypertension

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

HEIDI ALLEN MP



Jo Cox's death was an "absolute tragedy"

I would like to begin by paying tribute to my parliamentary colleague Jo Cox. Her death was an absolute tragedy and my thoughts go out to her family.

Jo was quite simply an inspiration and we owe it to her to carry on fighting for those most in need.

I honestly can't believe I have now been your MP for a whole year! Having just had the Queen's Speech, we are off again at the start of a new Parliamentary year. If there are any areas of new legislation coming through that you have expertise or concerns with, please do get in touch.

Since I last wrote I've been out and about as usual. I've unveiled the new village sign and plaque in Little Shelford (the smallest village green in the UK!) and tied a joint ribbon across the river Granta in Little Abington to celebrate the joining of the Sawston and Linton Medical Centres.

Recent meetings with the BMA, GPs, and staff at Addenbrooke's remind me of the challenges the NHS faces, so I am grateful that this new partnership will be able to offer new services and extended opening hours for their patients.

Having recently held drop in surgeries in Whittlesford and Papworth, I'm heading next to Bar Hill on 9th July.

Please see my website for details

www.heidisouthcambs.co.uk/residents-drop-surgeries or

please get in touch if I can help you with anything.

You can contact me by phone on 01954 212707 or via email at heidi.allen.mp@parliament.uk.

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1ST CAMBOURNE CUBS

Celebrating 100 years of Cubs

It is 100 years since Cubs was started by Lord Baden Powell and 1st Cambourne Cubs are taking part in many different activities this year to celebrate this. In January we thought about what it meant to be a Cub in 1916. Was it very different from 2016? We have also taken part in a district quiz. One of our teams has reached the final which will be played out in the autumn term.

An activity that we all enjoyed was our trip to St Neots cinema to see 'The Jungle Book'. Baden Powell was good friends with Rudyard Kipling and in Cubs we have many references to The Jungle Book - all the leaders are named after characters from the story.

June saw the Cubs enjoy a 'street party' to celebrate our patron the Queen's 90th birthday. The Cubs made paper hats and flags and enjoyed a party tea. We are looking forward to our annual visit to Scouting headquarters at Gilwell to take part in many fun activities. We also have two camps planned and a visit to Whipsnade Zoo! 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 at 1stcambournecubs@gmail.com

As with many youth groups, 1st Cambourne Scout Group is only possible with the support of the adult volunteers; both leaders and administration. For the last 6 months, we have been short of both a Chairman, group fundraisers and, at times, enough leaders to comfortably support all section meetings. We have been fortunate to welcome on board additional leaders in the last year, but still need more support. Our annual AGM is to be held on 14 July 2016 at Hardwick (Cambourne Campus) Primary School at 6pm. The group needs, as a minimum, a Chair to run effectively next year, to be voted in at the AGM. Could any one interested in supporting their local Scout Group please let us know. For more information on 1st Cambourne Scout Group, please visit the website www.cambournescoutgroup.org.uk or e-mail via the 'contact' tab on the same website.



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WILDLIFE TRUST

WILDLIFE
REVIEW JULY

As summer creeps on in between the showers there are lots of things to spot out and about around Cambourne Nature Reserve now. This is the peak time for colourful insects like butterflies and dragonflies.

In the woods I have seen speckled wood butterflies dancing in the dappled shade. They are chocolate brown with pale yellow spots. If you see two twirling up together these will be two males battling for dominance to claim a territory. Out around the ponds and lakes there will be many large dragonflies, such as emperors, black-tailed skimmers or red darters, but also the more delicate and numerous damselflies, including large red, blue tailed and hopefully the rarer white-legged damselfly.

Binoculars can be quite useful when watching dragonflies as you can see them in detail from further away rather than scaring them off if you get too close.

Wildlife Watch

Come along to Cambourne Wildlife Watch group in July for some Marvellous Moth fun! They will be setting up moth traps on Saturday 23rd then returning on Sunday 24th to learn about what has been discovered. If you are between 8 and 12 and would like to get more involved with nature or for further information about our

Marvellous Moth event,
please email the Watch
Leaders at:
cambournewatch
@gmail.com



**Bedfordshire
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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



Bridges to Belarus Fundraising in aid of Bridges to Belarus and Papworth Hospital Charity

FAMILY FUN DAY
SUN 3rd JULY
1.30pm - 5.30pm
Blue Lion, Hardwick

Teambuilding Bourne Castle
Raffle Face Paint Games
Cakes Nearly New Crafts
Elsa & Anna Ever After Experience Minions! And more!!

EDITORIAL DEADLINE: email your submission to editorial@cambournecrier.org by 9pm on 19th July for the August edition

FROZEN

Book at www.ticketsource.co.uk/cambournemusic
Enquiries please call 07941 017504

AUGUST 1ST TO 4TH 2016
PRICE £60 (FOR 4 DAYS)

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Sunday services - 10.30am

Meeting at Cambourne Village College,
Sheepfold Lane, Cambourne.

Christ Church Cambourne is an independent Evangelical Church. 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 visit
www.christchurchcambourne.org.uk

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In association with the Parish Council

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02 July 2016 06 August 2016
03 September 2016

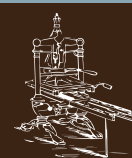
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SUNDAY MORNINGS - 11 AM

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



Pastoral Thoughts

Dear Friends,

Well this month we celebrate our church anniversary. Usually a picnic and barbeque. We may have it on the 3rd or the 10th depending on our folks.

Our Father's Day went well. We gave out Swarfega orange hand cleaner for the men and I preached on external and internal cleaning as it concerns man from a biblical point of view.

I mean some cleaners are good but it takes God to cleanse the soul and purify the heart. We had a small meal

afterwards. Slow cooked beef covered with bacon covered with pork and topped with more bacon as well as lasagne and stuff.

Our studies are progressing in Colossians in Sunday school for equipping believers and Biblical studies on Wednesdays to strengthen and expand their knowledge.

I have been able in this new time of easier communications, to counsel with many people from all over the world on a variety of subjects.

Some are former members or friends that have moved away and some are friends of friends who may be too far

away from home and need a friend to assist or an ear to hear. And I thought if I can do this on an international level why not a local level.

So if you have questions or concerns but are nervous about meeting new people you can email me at the church email address somewhat anonymously at first if you wish. Just let me know you are from Cambourne that way it does not get stuck in spam. And maybe together we can address whatever issues I may be able to assist you concerning this present or coming life.

Pastor Donavan Bangs



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Cambourne Church



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

Service times: Sunday 9.30 & 11.00am (except 1st Sunday in month)

1st Sunday in month: 10.00am Service 2nd Sunday in month: Holy Communion at 9.30 and 11am services

www.cambournechurch.org.uk  @cambournechurch

 facebook.com/cambournechurch

Cambourne Church is currently following a series exploring the four Christian denominations that form Cambourne Church as an ecumenical Church. It's quite exciting to delve into the history and heritage of Christian denominations who have been faithfully worshipping Jesus Christ for centuries.

But what excites me more, as we following this new teaching series, is the history of Cambourne Church where we've seen a diverse group of Christians come together to worship God. The bible has quite a lot to say about unity but Paul perhaps put's it most strongly in addressing the Corinthian Church:

"I appeal to you, brothers and sisters, in the name of our Lord Jesus Christ, that all of you agree with one another in what you say and there be no divisions among you, but that you be perfectly united in mind and thought."

1 Corinthians 1:10

Events in Orlando and other countries across the world demonstrate that the world is not united in 'mind and thought' but is actively engaged in hostility and conflict. It's not at all that difference is feared in itself, but that difference is feared when it impacts on the way I feel things ought to be. Paul also reminded followers of Jesus that "we have the mind of Christ" (1 Cor 2.16) and that mind is for unity around the Gospel of love and grace. This is what the church has to offer an often fractious world: that through prayer and being God's prophetic voice of unity and peace the world can have hope of another way of handling difference

Revd Matthew Trick

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 - 2nd July and 3rd September

Sunday Morning Services

Sunday 3rd July	10am Morning Worship
Sunday 10th July	9.30am Holy Communion 11am Holy Communion
Sunday 17th July	9.30am Morning Worship 11am Morning Worship
Sunday 24th July	10am Morning Worship Holiday Club Launch service
Sunday 31st July	10am Morning Worship Holiday Club Celebration service
Sunday 7th August	10am Morning Worship

Please note that all services in August are at 10am.



19 The Coffee House



Open Weekdays:
8.45am-2.00pm Monday - Thursday
8.45am-12.00pm Friday

Open 10am-2.00pm on Saturday 16th July.

Thank you for your continuing support.

The coffee house will be open throughout July but will be closed during August.

LOCAL GROUPS

CRAFTY OLD LADIES

Recently the craft group enjoyed a trip to Hunstanton. Some of us even braved the chilly wind to paddle in the sea. Eventually the sun did come out and everyone had a great time. The Crafty Old Ladies is an informal group who meet on alternate Tuesday's at 2.30pm in the Hub. We charge £2 per session, which includes tea and biscuits. If you are interested in crafts then do come along, either with something to do, or just to chat about craft. We meet on July 5th and 19th, and August 2nd, 16th and 30th.

SUNDAY WALKS

Do you enjoy walking? Would you like to discover walks in and around Cambourne? Then join us on our Sunday walks. Our next walk will be on 31st July. We meet at Monk's Wood car park, on School Lane, at 10.00 am. So why not join us? For more details e-mail Dave at david.ellis910@ntlworld.com, or phone him on 202792.

FRIDAY WALKS

The June walk was longer than usual but we discovered a new route. Our next walk is on Friday 8th July. Come to the library - near the rear entrance at 10.15am or, if you prefer email pam.hume@gmail.com or phone Pam at 01954 201808. We will be walking around Fen Drayton lakes, a total distance of 4-5 miles. Other walks planned: Friday August 12th. We do hope you can join us on one of these walks.

Cambourne 123s

It is a fun and friendly toddler group for carers and children aged 1-4. Club meets Fridays from 10-11:30am at the Sports and Social Club. The cost per child is £2 (extra children 50p & siblings under 1 for free). We are currently looking for 3 to 4 people to join the committee. For info, please contact Jane on 07530 537253 or email cambourne123@hotmail.co.uk.

PHOTOGRAPHY GROUP

From beginner to advanced, new members welcome. Details: flickr.com/groups/cambournephotographygroup

PUB MEET

An opportunity for anyone with an interest in the arts to meet, talk and maybe plan. 7.30 pm on the second Tuesday of each month in the Monkfield Arms. The next one will be on July 12th.

WATERCOLOUR CLASSES

Although the class that meets on a Wednesday morning is currently full, there is a new Monday evening group which meets in the new cricket pavilion from 7-9pm. For more information, phone 01954 710858 or email fran@panrucker.eclipse.co.uk

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

WORLD WAR 2 AIRCRAFT CLUB

A WW2 Aircraft Club has been started in Cambourne. This is a non profit organisation which is devoted to the study of WW2 aircraft in all theatres of the conflict. Meetings are held in Cambourne on the 1st Monday of every month. Those interested are welcome to contact Ian Cameron or leave a message at 01954 269 173 (evenings) or email ian@cameronrecruitment.com

CAMBOURNE HEALTH & WELLBEING CLUB

A monthly group for older adults. The next group is on Friday 15th July from 10.30am -12.00 midday at the Blue School site (behind the Church). Each month there will be a speaker, refreshments, chair-based exercises and time for conversation. No booking is required and the group is FREE. For more details please contact Catherine Price, Cambourne Parish Nursing Service. Tel: 01954 710644 (Church Office). Mobile: 07523 567738. Email: nurse@cambournechurch.org.uk

WHAT'S ON

22 July- 31 August 2016

Summer at the Museums

Venues around Cambridge and the county

Join museums around Cambridge for some family fun and adventure. Summer at the Museums brings you everything from craft activities to drop-in events and museum trails. For info go to www.cam.ac.uk/museums/summer.

Saturday 6 August 2016, 2pm-5pm

Cambourne Art Day (Sit and Draw)

The Hub, High Street, Cambourne, CB23 6GW

This Art day will be organized for the Cambourne children as a Summer Holiday Activity. This is free family friendly event. Last date to book place: August 1st. Contact Mrs Papanikolaou at lpap@chsgroup.org.uk or call 0754 0122624.

Saturday 6 August 2016, 9am-1pm (sellers from 8am)

Car Boot Sale

The Hub car park

To become a seller, it will cost £5 on the day. Money raised will go towards Light up Cambourne.

Saturday 27 August 2016, 5pm-8pm

Cambourne Got Talent

The Hub, High Street, Cambourne, CB23 6GW

This Talent Show will be organized for the Cambourne children as a Summer Holiday Activity. This is free family friendly event. For info on how to get in, contact Dr Bhattacharya at shrobona@gmail.com or call 0785 2753216.

Cambourne Art Day
Sit and Draw
 Family-Friendly Event
Saturday, 6th August 2016
2pm until 5pm
The Hub, High Street,
Cambourne CB23 6GW

FREE ENTRY

A chance for your child to draw and display

Last Date for Booking a Place: Monday, 1st August, 2016

If your child loves to draw, please contact:
 Dr. Shrobona Bhattacharya : 0785 275 3216 : shrobona@gmail.com
 Mrs. Laura Papanikolaou : 0754 012 2624 : lpap@chsgroup.org.uk



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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

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www.meetup.com/Cambourne-Nework

SCHOOLS

Great Talents at Cambourne Village College

While the pupils have continued to work hard in class this term, and to make very strong progress as confirmed by a Cross Trust Review of standards in May, a great range of exciting extra-curricular opportunities has been made available to them. We've been involved in a number of national events recently: 20 of our most artistic pupils had the amazing good fortune to attend a pre-opening event at the new wing of the

Tate Modern – a fantastic experience which left them fizzing with excitement – some talented students were invited to present their own designs for new medical packaging at the national Asthma Annual Conference in London, following a project with Cambridge University. Year 9 students were invited to deliver a reading during the vigil at Westminster Abbey in June to commemorate the eve of the centenary of the Battle of the Somme.

This is very much in keeping with the rapid growth of the school. Our largest cohort yet of new Year 7 pupils will join us in September, following the usual induction days in July, and our roll next year will be close to 720 pupils. It's just

as well that our planned building project, to take the school to a capacity of 1050 pupils from September 2017, is due to start in July. Next year will present us with some logistical challenges, but we're very excited by the new range of facilities that we'll be able to offer the pupils, once the work is complete.

With sports days, careers events, exchange visits with our partner schools in France and Spain, the Year 7 production of RATS on 12 and 13 July, and an exciting week of activities planned for the last week of term while Year 7 go on our annual residential visit to Beaumanor Hall, pupils and staff will be looking forward even more than usual to a rest at the end of this eventful term!

For more information about all the above, please see our magazine, News@Cam on www.cambournevc.org where you will also find details of Adult Education Courses for next year and information about our Music School for primary aged pupils.

Royal Celebration at The Vine Primary School

On Friday 10th June, The Vine took part in activities to celebrate Her Majesty Queen Elizabeth II's 90th birthday.

As The Queen herself was unable to attend, a Year 5 girl, Sophie, was chosen to be Queen for the day (as it just so happened to be her birthday!).

The whole school practised curtsying and bowing and then welcomed our Queen into assembly.

In Year 2, we had a day of all things royal. We made crowns decorated with jewels to wear to our picnic lunch.

Then, we learnt lots of facts about the Queen and her family; completing a quiz and ordering a timeline. Did you know that The Queen has 4 houses and feeds her own corgis?

The whole school gathered together twice during the day. The first was for our picnic lunch. The Vine Cafe made delicious crown shaped biscuits for us to munch. Thankfully the weather was kind and we were able to enjoy being on the field altogether, while listening to majestic music.

The day ended with everyone circling our flag pole. It was lovely seeing all the children wearing the crowns that they had made.

We stood at the arrival of our Queen, and, as she raised the Union Jack, we all sang the National Anthem. It was a great way to end a very special day.



If you would like to find out more about The Vine School then Debbie Higham, Headteacher, would be pleased to hear from you on 01954 719630 or e-mail: office@thevine.cambs.sch.uk

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SCHOOLS

Hardwick & Cambourne Primary School

As the end of the school year is approaching, we take the time to reflect on this year. This was our fourth year as the Cambourne Campus, and the first in our lovely shiny new building. This year, Key Stage 2 class has moved to the top of the school and a nursery has been added. Our older children are growing and maturing into fine young adults. Nursery has been an absolute treat, and we look forward to welcoming more new families next year. The reception children have had a great year, too. They capped this off with a super trip to Linton Zoo, enjoyed by all.

Year 1 and 2 also finished their year with a trip to Woburn Safari Park. Encounters with fierce tigers and cheeky monkeys meant the day was a roaring success!

A big thank you to all the staff, children and parents who have helped make our first year in the new building a great one. We hope that over the summer our wildlife area will be completed and we can have an "official" opening.

Coming up soon we have our annual Carnival, held at the Hardwick Campus on Saturday 9th July. This year we have a Rio Olympic and Carnival theme, so we want to see lots of sportswear and feathers! The Carnival never fails to be a won-

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12-4PM
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derful community event, which is great fun for all the family. We have bands, demonstrations, a beer tent and games for all ages. Be sure to get there early to catch the magnificent opening ceremony. We hope you all have a great (and restful) summer break. We hope to see you all in September.

'Young Queen' at Monkfield Park Primary



Monkfield Park was awash with red, white and blue as the staff and children celebrated the Queen's 90th birthday in patriotic style.

The festivities began with a traditional fete where the children had the opportunity to try games designed and made by each class. Games such as 'Throw the Jewels in the Crown' and 'Crowns or Corgis' have become the favourite. The day was rounded off with a traditional 'street party' on the field and the arrival of two very special royal guests. The 'young queen' and her older counterpart joined the children in singing the National Anthem before mingling with the crowd on a royal walkabout.



Wood Green Animal Shelter came to visit Year 1 as they have been finding out about animals and how to care for them. The children had the opportunity to ask the expert lots of questions as well as learning about how to care for furry and not so furry creatures. Year 4 began the half term by departing for Burwell House on their first residential trip. The children took part in natural sculpture workshops, tried their hand at enameling, played 'Burwell Fox', worked on their team building skills and learnt that you must always read to the bottom of the page when following instructions! Everyone was sad to leave and agreed it had been a wonderful adventure.

If you are a parent interested in a place for your child and would like to find out more about Monkfield Park Primary School then Sarah Jarman, the Headteacher, would be delighted to hear from you. Please contact her via the school office on 01954 273377 or by e-mail: office@monkfieldpark.cambs.sch.uk.

SPORT

BRONZE MEDAL FOR ELLENA

Ellena Barrett, a student of the Cambourne Karate School, represented the AKS National Squad at the British 4 Nations Karate Championships held at Ponds Forge International Sports Centre in Sheffield on 28th-29th May.

The Championships, hosted by the British Karate Federation, are highly contested with over 80 of the top National Squads from England, Scotland, Northern Ireland and Wales participating for a British title.

Ellena age 10, has been a karate student training regularly since age 5. She currently holds a Brown Belt.

Ellena competed in the Girls 10/11 yrs Kata (forms). Katas are where the practitioner demonstrates a series of traditional karate techniques to a set pattern. With 23 competitors in Ellena's section she knew she had to win three rounds or more to medal with a different kata required to be performed in each round. She claimed the first round 4-1, the second



round 5-0 and the third 4-1 and then lost out in the semi-final but still claimed one flag losing 1-4 for a position in the final. Ellena was awarded the British Bronze medal. She has been competing since the age of 7 and has taken a number of medals both in Kata and Kumite (fighting) but this is her most major success to date at this level. Her coach and Chief Instructor of AKS (Associated Karate Schools) Anthony Barrett 5th Dan is also Ellena's dad and he is delighted with the result and very proud of his daughter.

For more details of AKS and their squad please see www.karateschools.co.uk



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Cambourne FC is proud to announce the set-up of our new Girls Football Academy for 4 - 6 year-olds from early September. Girls from ages 4 - 13 who are interested in joining the new Academy or any of our teams for next season are invited to come along to the Girls Football Open Day on 16th July 10am - 1pm on the fields close to the Sports & Social Club. Please email Chris at cambournefc@gmail.com for details.

This has been a great season for all 12 Cambourne FC teams from all age groups. Special mention must go to our U10s Boys team who, after winning the League Plate last season, made the Final of the League Cup, only to narrowly miss out on penalties after a hard-fought match.

As always, we celebrated the end of a successful season with lots of fun at our Trophy Day on 18th June, where children of all teams received trophies to mark their hard work throughout the season.

As testament to our ever popular Soccer School (every Saturday 9am, for 4 to 6 year olds - please come along), we have 2 new U7s teams graduating from there for next season. We also welcome our new U13s Spartans team.

We are always looking for new players to join our teams, and for people interested in coaching - no experience necessary, training will be provided and paid for.



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References can be supplied or come and see my garden as seen on TV in Cambourne open gardens!



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SMART Repair Technician

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 www.cambournearts.btck.co.uk

Cambourne Children's Centre:

01954 284672 cambournechildrenscentre@
 cambridgeshire.gov.uk

Cambourne Love Justice Group:

Len Thornton: 01954 710370

Network Business Breakfast:

Jo Christy hello@stirupmedia.com
 07852 227917

Photography Group:

Nicola Marriott: 07811 154901

Reading Groups:

carolinealdrige@cambridgeshire.gov.uk

Timebank:

0300 111 3555 or Laura

Papanikolaou 01223 713555

Women's Institute:

Pam Hume: (01954) 201808
 Joan Roe: (01954) 200908

CHURCHES

Cambourne Church

Church office: 01954 710644

Open Mon-Fri 9am-12pm

Offices are located in the Blue Space on
 Eastgate

www.cambournechurch.org.uk

Minister:

Rev Matthew Trick

matthew.trick@cambournechurch.org.uk

Assistant Minister:

Rev Dr Lynda Taylor

lyndataylor@cambournechurch.org.uk

Administrators and Church Bookings

Stacy Buwert and Jacqui Huckle

administrator@cambournechurch.org.uk

Youth Worker:

Jonathan Buwert

jonathanbuwert@cambournechurch.org.uk

Children and Family Champion:

Jane Brooks 07850 961000

jane.brooks@cambournechurch.org.uk

Parish Nurse:

Catherine Price

nurse@cambournechurch.org.uk

Foodbank:

Julie Whitbread

julie.whitbread@cambournechurch.org.uk

19 the coffee house:

Cait Dawkins and

Jacqui Huckle

19thecoffeehouse@

cambournechurch.org.uk

Peacehaven Baptist Church

Rev. Donovan M. Bangs:

Preachbrit@aol.com 01954 710510

www.peacehavenbc.org.uk

HEALTH CARE

Community First Responder:

Mark Taylor, 07858 394719

mark.taylor@inheritancewills.co.uk

Cambourne Dental Practice:

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Edna - (01954) 717360

LOCAL AUTHORITIES

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Parish Clerk 01954 714403

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PLAYGROUPS & PRE-SCHOOLS

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cambourne.babyandme@gmail.com

Cambourne 123's:

Jane 07530 537253

cambourne123s@hotmail.co.uk

Cambourne Pre-school:

Donna O'Shea: 01954 715150

cam.preschool@btinternet.com

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Pippa 07803 504220

cambourne.carersandtots@gmail.com

Monkfield Park Care & Learning Centre

Office: 01954 273301

cloffice@monkfieldpark.cambs.sch.uk

Sunflower Nursery: 01954 719440

SCHOOLS & COLLEGES

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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 - Sue Wright

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:

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School Office - 01954 719630

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cambournecarscheme@gmail.com

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Library:

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www.cambridgeshire.gov.uk/leisure/libraries

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Jenny Mackay

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SPORTS CLUBS

Cambourne Bowls Club:

Robin Bailey - 01954 269328

Facebook: Cambourne Bowls

Cambourne Cricket Club:

Callum Healy - 07714 007 282

ccadmin@cambournecc.com

www.cambournecc.com

Cambourne Eagles F.C:

Secretary - Danny Brooks

07516 630552

secretary@cambourneeeaglesfc.co.uk

www.cambourneeeaglesfc.co.uk

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Cambourne Netball Club:

Emma Smith - (01954) 710034

cambournenetball@googlemail.com

Cambourne Exiles (Rugby):

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Cambourne Women Runners

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Cambourne Tennis Club:

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Cambs Tai Chi Club

www.cambs-taichi.org.uk

YOUTH GROUPS

Cambourne Air Cadets:

Sgt. (ATC) Adam

Kelly adz31@hotmail.co.uk /

2484df@aircadets.org

Cambourne Army Cadet force:

dc.cambourne@gmail.com

www.cambsacf.com

Cambourne Youth Partnership:

All Clubs at Cambourne Soul, Back Lane

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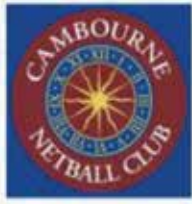
Cambourne Netball Club

Division 3 Winners - Junior Development League

The Club is so proud to report that Cambourne Junior Netball under 16 Team won the Junior Development League end of season tournament. A well-deserved achievement for these girls who have worked so hard and really showed improvement over the course of the season.

Cambourne Premier Team Needs You!

And finally, Cambourne's first team are looking to strengthen the squad as it prepares to enter the Cambridgeshire Premier Winter League in September. If you've played at Division 1, County or Regional level we'd love to hear from you. Training on a Thursday evening in Cambourne. Please do get in touch cambournenetball@goolemail.com.






Want To Play Netball?

In School Years 5 & 6 from September?
Free on Tuesdays 4.30pm till 5.30pm?
Can Get To Cambourne Village College?

If the answer is **YES** then Cambourne Junior Netball Club have a session for you to join.

To book your place at these sessions please email
cambournejuniornetball@outlook.com
You will be sent a confirmation email to secure your booking.
Sessions cost £20.00 per term. Places are limited so please book early to avoid disappointment.

For more information contact us on -
cambournejuniornetball@outlook.com
Or have a look at our website -
www.pitchero.com/clubs/cambournenetballclub

Basketball in Cambourne

Raptors Senior Basketball

www.cambournebasketball.org

Building on the success of the existing Monday evening sessions the Raptors will be adding Thursday evening sessions at Cambourne Village College sports hall during July and August. We are expecting these to attract even more players who found it difficult to attend on Mondays as well as providing another hour a week for players to practice on a regular basis. Both sessions start at 8.30pm and are run on a pay as you play basis until the start of the new season in September. The sessions are open for 18yr+ players of all abilities including complete beginners. The hour long sessions mix everyone together to make sure we all get plenty of time on court. If you would like to start playing or want more details please email info@cambournebasketball.org. As the club grows we are looking for more enthusiastic people

to get involved. If you are interested in learning to coach, being trained in first aid, would like to play competitively or just want to take part playing regularly then get in touch or follow the club on Facebook.

Junior Basketball

www.cambridgecats.co.uk

The Junior basketball sessions are also held at Cambourne Village College Sports Hall every Monday. The training sessions are run by the experienced Cambridge Cats Coach, Clinton Wedderburn. Training starts at 5:30pm for 9 to 12 years old. 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 are welcome. It costs £5 per session and it is run on a "pay and play" basis.



CAMBOURNE BOWLS CLUB

We continue to hold bowls open evenings on Mondays and Thursdays from 6pm at the bowling green which is adjacent to the Sports Centre. Everyone is welcome from experienced bowlers to complete novices. If you haven't tried bowls before, this is a great opportunity to try the game at no expense. All

equipment will be provided and there will always be someone available to explain the rules and techniques of the game. The only requirement is to wear flat soled shoes (trainers generally OK). We have excellent facilities which would be the envy of many local clubs so come on down and give it a try.



CAMBOURNE FISHING CLUB

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.

Entry £10 per person (please book
viaemail as we have limited spaces left):

cambourne_fishingclub@yahoo.co.uk)

Draw 8.00am Match start 9.00am, Match

Finish 1.00pm Lake Ewart School Lane

Lower Cambourne CB23 6DD

1st & 2nd Prize Trophies will be

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If you are unable to take part, please

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Please come down and give Tony's family
some support. Our email address:

cambourne_fishingclub@yahoo.co.uk

Cambourne FC Spartans

Update on Cambourne FC
Spartans U12:- Spartans go from
strength to strength, with back to
back 9 v 9 wins, scoring eleven
and conceding one. Summer
tournament season is upon us
and the boys have already
reached 2 semi finals out of two,
losing to Peterborough Division 1
runners up Baston on both
occasions.

Spartans have four more
Summer tournaments to come
and look forward to their first ever
season in the Cambs League –
we are still looking for our final
additions to the squad, if you are
interested in becoming a
member of a great up and
coming team please contact
Spartans-fc@outlook.com.

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Headaches

Children

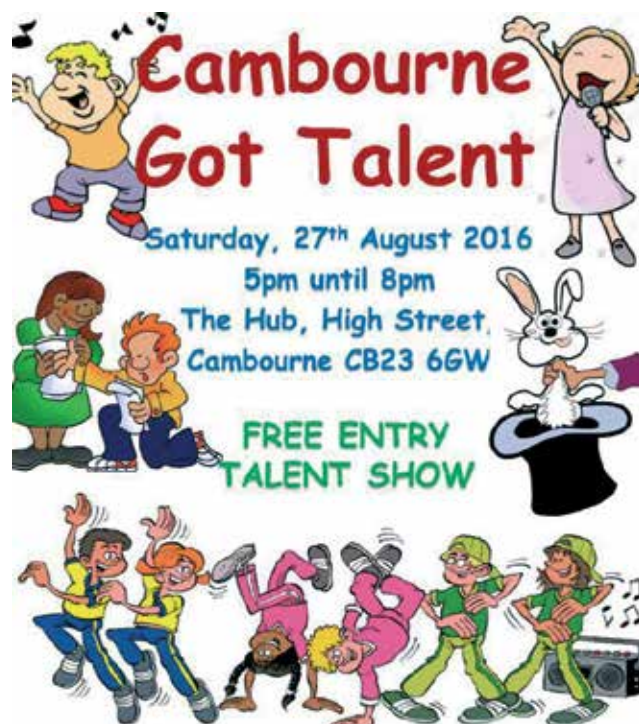
Arthritis and Joint Pain



Cambourne Osteopaths

01223 598558

www.cambourneosteopaths.co.uk



If your child loves to show any talent - please give names to:

Dr. Shrobona Bhattacharya : 0785 275 3216 : shrobona@gmail.com

Mrs. Laura Papanikolaou : 0754 012 2624 : lpap@chsgroup.org.uk



SPORT

FootballFoundation
football's biggest supporter



Cambourne Eagles
Football Club

Academy-The Academy is looking to expand, but we need a 2nd coach to help run sessions and bounce ideas off. If you're able to devote 1 hour each week, want to start/develop your coaching skills, we're interested to talk to volunteers/parents of current reception/Yr 1 children. Please contact us at info@cambourneaglesfc.co.uk

U9 Red-We are well into our run of summer tournaments - they are so much fun! A mixture of sun, chaos, ice cream, candyfloss, bouncy castles, oh and some football gets played too!! The boys have really enjoyed the frantic nature of the tournaments and as soon as we finish one match it's pretty much time for another! They have all done so well and are really defending and breaking quickly as a team. We have welcomed Seth to our team and he has fitted in really well, most importantly he is prepared to run and run!! We look forward to our final tournament at Histon and then a well-earned rest.

Trophy night in a couple of weeks will be amazing and I know the boys are desperate to show case their moves on the dance floor at the disco!!

U11- The team have been enjoying lots of tournaments this month. The small-sided matches have been good practice for the team in helping them to move faster. We have seen some great football from all our boys and some great goals - one special headed goal from Joe which we won't forget and some



superb saves from our goalkeeper George.

Keep up the hard work.

U15 - A well balanced and competitive Eagles U15 (next year's U16) squad is looking for a central defender to complete their 16-man squad. With a solid structure, team sponsorship, established coaches and excellent training facilities in place, the squad is ready and raring to go for next season. This newly created team recently competed and won their 1st tournament at Godmanchester. All inquiries to 07737 436594 or info@cambourneaglesfc.co.uk



CAMBOURNE TENNIS CLUB

cambournetennis.clubbuzz.co.uk

News

We've had confirmation that the long-awaited new tennis courts will be started mid-July and finished end of September.

We have had strong support from the parish council. I can't express how happy we will be to finally get them opened after 6 years of campaigning, form-filling and sourcing funding.

It has been an outstanding competitive season for the club so far with Ladies1, Mens1 and Mens3 all unbeaten at the time of writing.

To track our progress please see our website <https://clubspark.lta.org.uk/CambourneLTC> or join our Facebook group.

Coaching

More great news is that we've been successful in obtaining funding from the LTA for a few initiatives to encourage over-35s into tennis; ideas include sessions aimed at the business park workers, mums whose kids go to the local schools, and cardio tennis for fitness. We will also be restarting our coach-led junior club sessions for the summer. We haven't got dates and times firmed up yet, but to express interest in advance please contact alex@overandin.com. For regular summer group coaching, see course times and book online via overandin.com or contact coaching@overandin.com or 0844 776 1763.

Social

Our popular mix-in Club Sessions run twice a week, Wednesdays after 18:30 and Sundays after 14:00. Just turn up. We will go to the Monkfield Arms to watch the Wimbledon Mens' final which is scheduled for Sunday 10th July and usually starts about 2pm. Please join us!

Membership

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/Membership/Join> or contact nigel.hillyard@btinternet.com

COMMUNITY

Principal gets on her bike!

On 3 July, Principal of Cambourne Village College, Claire Coates, is taking part in the annual 60 mile London to Cambridge bike ride, to raise money for the research charity Breast Cancer Now.

Claire was treated for breast cancer at Addenbrookes Hospital last summer, and is now keen to use this event both to celebrate her return to good health, and to do some fundraising.

"This time last year," said Claire, "I couldn't even lift my bike out of the shed, so it's great to have the energy to do this. I was very touched by the support I received from the Cambourne community when I was ill, so I hope people won't mind my asking if anyone would like to sponsor me."

If you would like to support Claire's efforts, please see her Just Giving fundraising page:

www.justgiving.com/fundraising/claire-coates



CAMBOURNE'S FIRST SOUTH ASIAN MELA took place on 16th April 2016 at Cambourne Church Hall.

Organiser and Councillor Dr Shrobona Bhattacharya said: "Most of the Indian and South Asian New Years fall on 14th April or in March-end. They are known in various



names like Vishu / Puthandu / Gudi Padwa / Ugadi / Cheti Chand / Poila Baishakh / Bihu.

"Cambourne residents were encouraged to display and sell Indian dresses, handmade jewellery, ethnic sweets and food. It was a family friendly, free event."

Healthwatch Cambridgeshire: your local health and care champion

There are lots of important conversations happening about the future of our local health and care services. It is Healthwatch Cambridgeshire job to make sure you are listened to when decisions are made. Some of the conversations we've been involved in recently include Hinchingsbrooke Hospital merger, care at Addenbrookes and the Rosie, the future of older people's health care and adult community services, children and young people's mental health, crisis mental health care, NHS 111 and out of hours GP care.

We have also published Thriving, our report into children and young people's mental health, which is being used to redesign children and adolescents' mental health services.

We need to know how health and care is working in Cambridgeshire for you. We will listen to your experiences and share them with the people who make decisions about local services, without identifying you. We also provide an Information Service and can help you find out about health and social care services, what to do if you have a concern or complaint, organisations that can give you help or advice.

We are always happy to talk to local groups and attend events, so please do invite us. Visit healthwatchcambridgeshire.co.uk or call 01480 420628.