

CAMBOURNE CRIER

www.cambournecrier.org
editorial@cambournecrier.org


INSIDE: Additional secondary school provision planned for Cambourne West and Zipcars trial launches in the village ...see page 3 for more details



It's official: Cambourne residents want a swimming pool and a post office!



By now, every household should have received a copy of the Cambourne Parish Plan Summary Report, so if you have not received your copy, please contact the Parish Council on community@cambourneparishcouncil.gov.uk

It was great to see so many residents attend the official launch of the Cambourne Parish Plan; there was a fantastic range of attendees from right across the community, keen to see how the community had decided Cambourne should develop over the next 10 years.

The Cambourne Parish Plan event was officially launched by newly elected Parish Council chairperson Joseph O'Dwyer, who spoke about this community led Parish Council initiative, and the hard work put in by the Steering Committee and the team of volunteers

over the past two and a half years.

Ian Bavin, chairperson of the Parish Plan Steering Committee, gave a sneak preview of the summary report including details of some of the 80-plus actions that the Parish Council has adopted. Highlights included the fact that the majority of respondents to the community-wide survey (completed in summer 2016) love living in Cambourne, and in particular enjoy the numerous green areas and outdoor spaces. As expected, more entertainment options in the evenings

and at weekends were popular requirements, as of course were a swimming pool and a Post Office.

To keep track of the actions adopted by the Parish Council, either visit www.cambourneparishcouncil.gov.uk or attend the Parish Council meetings, where members of the public can address the Parish Council at the start.

Now that we have a "wish list" for Cambourne's future, together we can make sure that Cambourne not only remains a place that people love living, but that the whole community thrives.

Monkfield Medical Practice responds to Parish Plan feedback

Monkfield Medical Practice would like to thank you for taking the time to complete the community-wide survey. We welcome feedback and constantly strive to improve our service. Our aim is to provide the highest quality of care within the constraints of the current NHS financial crisis. This is reflected in the 88% rating we received for high quality of care received and also in our achievement of GOOD in all aspects of care in the Care Quality Commission inspection carried out on 17 November 2016.

Despite the NHS facing one of its worst GP shortages, we are fortunate to have a very dedicated team of doctors, nurse practitioners, nurses and an administrative team to ensure high quality continuity of care. *Continued on page 2...*

CAMBOURNE CRIER

NEWS

The Cambourne Crier is compiled by volunteers.

This month's editors were:

Tim Nash, Donavan Bangs,
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Editorial submissions:

Submissions for the **August 2017 edition** must be received by 9pm on **Sunday 16th July 2017**.

Please email articles

and photographs to

editorial@cambournecrier.org

Photographs must be print quality and should be sent as separate images. By submitting photographs you confirm you have permission from the photographer and anyone in the photos for us to print them.

GET INVOLVED!

If you have access to the internet and a PC 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 for more information or download the application form at www.cambournecrier.org

MMP: "determined to ... continue to provide excellent medical care by working more responsively and effectively"

Continued from front cover...

Our practice, in line with most practices in Cambridgeshire, received a £100,000 budget cut over 4 years which commenced in 2015. This has meant that despite an increase in our patient population, we are unable to increase our staffing levels to provide the number of appointments to meet the demand.

We are however, determined to work within our financial constraints, to continue to provide excellent medical care by working more responsively and effectively. Subsequent to the survey and prior to receiving your feedback, we had identified, addressed and taken steps to improve our service which we would like to share with you:

Reception team

- Our reception team have all received training to assist in signposting calls/appointments appropriately.
- We welcomed 3 new members to our reception team and now have a full team to manage reception duties.

Clinical team

- Dr Koo, our senior partner, has returned from maternity leave and is once again at the helm of our practice,
- We have welcomed Dr Cowee as a new GP partner.
- We have successfully recruited three new doctors, decreasing the need for locum doctors, ensuring continuity of care and fostering good relationships.

Communication

- Improved communication via text and email messaging, for example reminders of appointments etc.
- A quarterly e-newsletter alongside a monthly Cambourne Crier article to improve patient communication and promote health campaigns.
- Improved information on waiting times at the log-in screen.
- Online access for repeat medications, access to summarized patient records and appointment bookings.



- Increased availability of online routine and on the day appointments.
- A new telephone system to help direct callers to the relevant teams and increase access to the reception team.
- Our wonderful purpose built practice is a hub for community services such as physiotherapy, midwifery, podiatry, ultrasound, disability assessment, speech and language therapy, Specsavers hearing, vasectomy, continence clinic, child and family team and health visitors. This allows Cambourne residents access to these clinics within walking distance.
- Our practice has a Patient Participation Group (PPG) that meets quarterly to listen to feedback, understand patients' perspectives and how best to work together to improve our service. We warmly welcome new members - please register your interest on our website.

The future

- We have to work together with the Cambourne community in order to provide the best possible service to all.
- Patient empowerment through health education to promote self help and health awareness.
- Working closely with other stakeholders such as the Parish Council, District Council, PPG and Clinical Commissioning Group to negotiate and secure funding so that we are adequately staffed to cope with the planned expansion of Cambourne.

Cambourne Zipcar trial launches

South Cambridgeshire District Council has attracted pay-as-you-go hire car scheme Zipcar to the village for their officers to use during the day – but the deal will mean that the local community can use the car in the evenings and weekends.

The Zipcar trial in Cambourne will begin on Monday 3 July and its primary focus is to see what savings the council can make using pool cars rather than paying mileage rates to its staff for using their own vehicles. It is also hoped that it will encourage staff living nearby to walk or cycle to work as they will no longer need their own cars for visits about the district.

The initial trial will be for six months with one car, but if it proves to be a success then a second car will join it for a further six months. If the trial proves to be a success then the council will look to hire

additional cars, which would then also be available for public use outside of work hours. Similarly, if there is a good take up of the public use of the cars then Zipcar may look to provide more vehicles in Cambourne for public use during the working week. Details of how to join and reserve a car can be found at www.zipcar.co.uk



Additional secondary school provision for Cambourne West

The Cam Academy Trust is working with the Local Authority on plans to build a further campus of Cambourne Village College, to open in September 2019. This provision is designed to meet the local need for further secondary school places.

The new campus is proposed to be built on land immediately adjacent to the College. Please see the College website for further details and to take part in the public consultation which runs from 23 June to 14 July 2017. www.cambournevc.org




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CAMBOURNE PARISH COUNCIL

Councillor vacancies

Following the resignations of Simon Crocker and Jeni Sawford there are two vacancies for Parish Councillors. The Parish Council would like to take this opportunity to thank both Simon and Jeni for their contribution to the Council. Becoming a Parish Councillor can be a rewarding and interesting role - you will be helping to shape Cambourne for the future, representing the views of the community and helping to bring to fruition new ideas and initiatives. Anyone interested in becoming a Parish Councillor should contact the Parish Clerk, John Vickery, on 01954 714403 or clerk@cambourneparishcouncil.gov.uk

Parish Plan Launch Event

Following the official launch of the Parish Plan on Saturday 10 June, the plan was officially handed over to the Parish Council whose responsibility it is to ensure the actions arising from it are taken. There is a significant amount of work ahead and challenges to be met. Updates will be posted in Cambourne Crier as well as on the Parish Council website and Facebook page. If you have any questions please contact the Parish Office.

Parish Council Meetings

A reminder that all Parish Council and Committee meetings are open to the public. Before the start of every meeting there is an opportunity to address the Council or Committee on items on the agenda. Councillors will not be able to respond directly but will take any views

expressed into consideration when discussing agenda items. Attending meetings is an excellent opportunity to find out more about how the Council works and the current issues that it is dealing with. The dates for all meetings along with the agendas and minutes of previous meetings can be found on the Parish Council website.

Cambourne Community Fete

Cambourne Community Fete takes place this year on Saturday 9 September and we need your help! Volunteers are needed to help with the set-up, clear up and to man stalls on the day. We also need donations of raffle prizes, tombola prizes and cakes. Donations may be dropped off at the Parish Office, or if you would like to volunteer please contact Liz Pinchen, Community Development Officer, on 01954 714403 or email fete@cambourneparishcouncil.gov.uk

Fun Fair

Larry Gray's Fun Fair will be making a welcome return to Great Cambourne ready to open on Wednesday 12 July through to Saturday 15 July 2017.

Calendar of Meetings July/August 2017

4 July, Planning & Council
18 July, Planning and Finance & Policy
1 August, Planning
22 August, Planning

Residents are welcome to address the meeting before it formally starts on any matter on the agenda.

If you have something else you'd like to raise, please contact the Parish Clerk at least 10 days beforehand so the item can be added.

Ruth Betson: District Councillor



Hello, I'm the new District Councillor for Bourn ward (Bourn, Cambourne, Caxton, Croxton and Eltisleys) elected on 4th May. Although new in post, I am trying to get up to speed as quickly as possible. It's so interesting to learn how South Cambridgeshire District Council is run and I've definitely taken my community volunteering to a whole new level!

In the next few months, I hope to meet as many of you as possible to discuss your local issues and see if or where I can help you. So do look out for me and if you've got something that can't wait, then email me at

cllr.betson@scambs.gov.uk

Here are some practical tidbits for you in the meantime:

- Online forms are available on www.scambs.gov.uk to report a missed bin collection, a faulty street light, graffiti, fly-tipping or dog fouling. If you don't have access to the internet, call 03450 450 500.
- The Police are holding training for Speed Watch volunteers on 15 July and 12 August at Cambourne police station from 10am to 12pm. All welcome.
- You can volunteer for litter picking by contacting the Parish staff at the Hub on 01954 714 403.
- Light Up Cambourne: volunteer by contacting the Parish staff at the Hub on 01954 714 403.



The Parish Office: The Hub, High Street, Cambourne, CB23 6GW
Open 9am to 5pm Mon-Thurs, 9am to 4pm Fri. Tel: 01954 714403
John Vickery, Parish Clerk: clerk@cambourneparishcouncil.gov.uk
For all other enquiries: bookings@cambourneparishcouncil.gov.uk

COMMUNITY

CYP Family Fun Days!

CAMBOURNE YOUTH PARTNERSHIP (CYP): On Thursday 2 June, CYP held another Family Fun Day for parents/carers and their children. We started with painting bughouses for insects to provide shelter for them in the garden. We then went tearing around in a mini Sports day, having races, building cup towers, and playing parachute games. After a picnic in the park, we returned to CYP Soul to decorate the bughouses, play games and enjoy an Ice-cream Factory!

There will be 2 CYP Family Fun Days this Summer for families with primary age children (a few pre-school children can be accommodated by arrangement on booking). Please book by texting Jane on 07850 961000.

Thursday 3 August: Bug hunting with the Wildlife Trust, bring a picnic lunch to enjoy at the park, crafts, games, Tuck shop and Smoothie Café.

Thursday 31 August: Multisport session at Everyone Active, bring lunch to enjoy at the park, crafts, games, Tuck shop and Ice-Cream Factory. Both days based at CYP, in the Soul building on Back Lane. £4 per child. Booking essential.



Volunteers needed!

Could you give a few hours of your time each week to help us staff these clubs?

We are looking for volunteers to support all clubs on Wednesdays and Thursdays.

If you are interested in Music or Music Tech we have a fully equipped studio to make use of your skills.

Looking for sofas...

We are still looking for some new sofas to replace the current ones. If you know of any local businesses which may be getting rid of any soft furnishings, or are aware of any funds which might be able to support this need, please get in touch at officecyp@gmail.com



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Be active!



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At any age, exercise can make you not only physically healthier but mentally healthier too. Exercise can reduce your risk of major illnesses such as heart disease, stroke, Type II diabetes, bone fractures and some cancers by up to 50%. Research also shows that physical activity can increase self-esteem, mood, sleep quality and energy, while reducing levels of stress and depression.

Everyone should try to be active every day and adults should aim to achieve at least 150 minutes of physical activity a week. This doesn't mean you need to join exercise classes or a gym but instead, making activity part of your everyday life, like walking or cycling instead of using the car.

To benefit your health, you need to be moving quickly enough to raise your heart rate, breathe faster and feel warmer. This level of effort is called "Moderate intensity activity" and you can tell if you're achieving this if you can still talk but you can't sing the words to a song. Taking part in some vigorous intensity activity (when you won't be able to say more than a few words without pausing for breath) can bring even more health benefits.

Do exercise you enjoy and build it into your day.

Reference/ further information: www.nhs.uk: exercise

Catherine Price RN

Cambourne Parish Nursing Service

nurse@cambournechurch.org.uk

HEID ALLEN MP

We are an important part of the UK



It's been two months since my last column and in that time I'm honoured and so pleased to have been voted to remain as your Member of Parliament.

As we look ahead, many priorities will remain the same. I intend to continue leading on key infrastructure projects including the A505 upgrade (M11 to A11), A428 improvements, Oxford to Cambridge rail and a train station at Addenbrooke's. I want to work closely with local communities and our new Mayor to see what improvements might be possible to improve local transport, focusing not just on new areas of development such as Cambourne, but also connecting our rural and often isolated villages.

I'll work in partnership with councils and housing associations to deliver more affordable housing for local people as we need this urgently. We have to be smart about identifying small areas of land where we can build an affordable home or two, because every home matters for those who are currently priced out of the housing market.

We also have a new challenge, and that is to ensure the needs of South Cambs are listened to by those at the Brexit negotiating table. We are a very important part of the UK for science, innovation, academia and agriculture so have a valuable role to play in ensuring Brexit is a success for all.

I'm in the process of planning my surgery dates and the next will be held in Girton on 1st July and Duxford on 29th July. Full details are on my website, you can email me on heidi.allen.mp@parliament.uk or phone 01954 212707.

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COMMUNITY

Orchids in bloom in Cambourne Country Park

WILDLIFE TRUST:

Cambourne Nature Reserve continues to mature and improve, and there are still new species popping up. In June orchids have been blooming in the grasslands, with bee orchids still occurring in clusters on road verges and more disturbed ground, while common spotted orchids have increased in number around the EcoPark. We also had our first marsh orchid (pictured), also in the EcoPark on the banks of one of the seasonal ponds.



Birds have been busy nesting in the long grass on Crow Hill. Thank you for keeping your dogs under control in these areas and sticking to the paths during this sensitive time. They will be nesting up to the end of July, which is why we don't start cutting the grass in these areas until August to give the chicks time to develop and get out of the way.

We will have to start cutting some of the other areas in July, just so that we can get round them all, but we try to rotate which areas get cut first each year. It is important to cut the grass and remove the cuttings, so that the grassy areas stay as grass and don't get covered in bushes and brambles, and to help reduce the nutrient levels so that the tougher grasses don't dominate over the more delicate wildflowers. It is great to see the wildflowers spreading through all the grasslands around Cambourne and giving the butterflies, bees and other insects lots to feed on.

Do remember to let me know if you see any interesting wildlife around Cambourne, or if you need help identifying something you have seen.

Jenny Mackay - Wildlife Trust Reserves Officer

jenny.mackay@wildlifebcn.org Tel: 01954 713516

www.facebook.com/wildlifebcn and Twitter @wildlifebcn

DONATIONS PLEASE!

The NSPCC is looking for pre-loved decorative glassware, vases, crystal glassware, ornaments, tea/coffee sets, dinner services and other china items for the NSPCC

Cambridgeshire Branch stand at the Gransden Show on 29th September. All proceeds go to help children and young people in this region. Contact: Kate Armstrong 01954 719745 cfm.armstrong@gmail.com

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CAMBOURNE CHURCH

Jul / Aug services and events

Young Church and Youth groups take place at the 11am services

Sunday 2nd July
10.00am Morning Worship

Sunday 9th July
9.30am Morning Worship with Communion
11am Morning Worship with Communion

Sunday 16th July
9.30am Morning Worship
11.00am Morning Worship
7.30pm Time for Prayer

Sunday 23rd July
10.00am Holiday Club Launch
7.00pm Encounter

Sunday 30th July
10.00am Holiday Club Celebration Service

Sunday 6th August
10.00am Morning Worship

Please note that throughout August services will be at 10am



19 - the coffee house
will be open on
Saturday 17th June
from 10am - 2pm

Fathers' and Children's Breakfast
8.30 - 10.30am at Cambourne Church.
First Saturday of every month.

Encounter - 4th Sunday
Listen - Share - Receive
7 - 9pm at Cambourne Church
Tea, Coffee and Snacks
Theme - Who is the Holy Spirit?

Coping strategies for life's challenges



This is the last in my present series of articles exploring how you can live a happier life. As a Christian, I hold onto the promise of Jesus that He came to bring "Life in all its fullness" (John 10.10). Being happy is part of God's plan for your life and this series has been exploring practices which promote such 'happiness'. I hope you've found these articles helpful and I hope you're happier as a result.

A friend recently reminded me of the term 'life hacks', those things we can do to make our lives easier and/or better. It occurs to me there's a life hack in the bible when we're told to "cast all our anxiety onto God because he cares for us" (1 Peter 5:7). For Christians, this is a foundational coping strategy, primarily expressed through the practice of prayer. But it also has relevance for non-Christians too: 'a problem shared is a problem halved' and I'm sure beyond pithy phrases, you've experienced the renewed ability to cope from just having coffee with a good friend. So, to conclude this series, here are some strategies for coping 'well' through the challenges life throws at us:

Tell Someone - Don't try and bottle up your problems, find a friend, colleague or family member you can trust.

Keep perspective - Remember that you are not defined as a person by your thoughts and emotions around present challenges. Your life is broader than the present.

Be humble - There are some challenges we simply can't face without the support of doctors and counsellors, don't let pride prevent you from seeking this help.

Rev Matthew Trick

Minister of Cambourne Church

Cambourne Church Holiday Club

Find out about the treasure of who Jesus is.

Mon 24 - Fri 28 July 2017, 9.30am - 12 noon every day.

Welcome Service Sun 23 July, 10am, Celebration Sun 30 July, 10am

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Service times: Sunday 9.30 & 11.00am
2nd and 4th Sunday in month:
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PEACEHAVEN BAPTIST CHURCH

Dear Friends,

We live in uncertain days. And frankly it is hard to know who you can trust. Not all emails or calls are genuine nor are all folks coming to your door. The newspapers and TV lie and blatantly edit the truth to match their own narrative. Political correctness has displaced actual correctness and everyone is so careful not to offend that little is said - or if it is said it is ignored. We have danger and bloodshed

on our streets. Do we place our trust in the government? I think most would agree that may not be the best.

Personally, I would not trust many of them to get me a kebab, let alone run the nation. Do we trust in ourselves? We are as fallible as any other. We must trust in that which has a record of not failing. In our studies we are covering Psalm 23 where King David places his trust in the Lord. Not in his own might nor that of his army or

weapons or political parties. But trusting in the Lord. Even when enemies abound and he walks through the valley of the shadow of death, David does not fear as his Shepherd the Lord is near. There may be fear about, but we do not have to live in it. There may be darkness, but we can dwell in light. There may be anger, but we can have peace in the midst of these storms. Yes, we must be sober and vigilant. We walk, but not alone. We



stand strong together in the turmoil, for we know that great Shepherd will watch over us, who is Jesus Christ.
Pastor Donovan Bangs



COME AND WORSHIP WITH US

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 (at the Hub)

Junior Church & Morning Worship (at the Hub)

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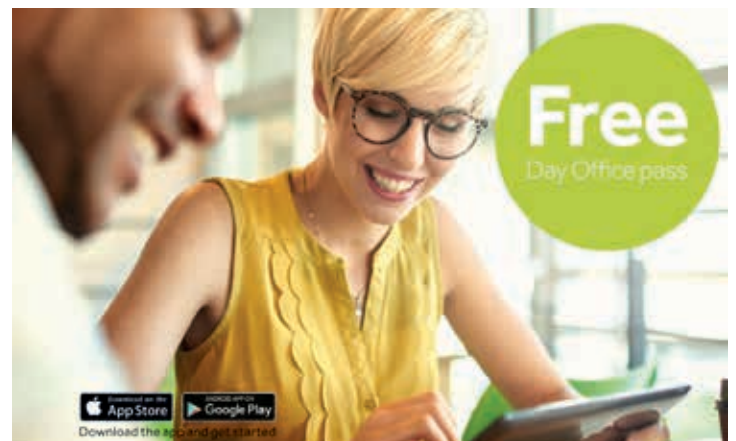


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Sunday services - 10.30am.
Meeting at Cambourne Village College,
Sheepfold Lane, Cambourne.
Everyone is welcome to join us.

Please note there will be no service
at Cambourne Village College
on Sunday July 16.

For more information please visit
www.christchurchcambourne.org.uk

Cambourne Art Day

Sit and Draw

Family-Friendly Event
Saturday, 8th July 2017
3pm until 5pm
The Hub, High Street,
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Sunday, 2nd July 2017

1:00 to 5:00 pm

Cricket Pavilion

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Cam Harmony Group

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'It keeps us connected to all...'
'It gives you friendship, new skills and a togetherness that we are a caring community'
'To help one another for mutual benefit and friendship. To meet new friends'

COMMUNITY

Brownies and Rainbows cause Magic and Mayhem



RAINBOWS & BROWNIES from Cambourne descended upon a huge campsite on 9 June to take part in fun activities and sleep under a giant big top tent.

Girls from Cambourne, some as young as five, attended Girlguiding's flagship Magic and Mayhem event at Foxlease in Hampshire. The girls took part in a range of range of adventurous activities, including slack ropes, climbing and giant inflatables. We also learnt a magic trick, dance routines, and circus skills. We even got to make our own lava lamp! After adventuring all day, the girls camped together under a giant big top tent. For many of our girls this was the first time spending a night away from home.

NEW COMMUNITY WEBSITE NEEDS YOUR HELP

A new website, cambourne.info, is being developed as a one-stop information site for everything Cambourne.

If you're new to Cambourne, or ever wondered "How do I...?" or "Where do I...?" then cambourne.info will be the place to go! The team developing the website need your help though to ensure all local information is available, up to date and correct, so if you run a business, sports club or community group in Cambourne, please get in touch and let them know your details. Email: hello@cambourne.info

Voices4Choices

Do you or someone that you care for have a disability or a long term health condition and are receiving support such as home care, a support worker, day services or respite care? Maybe you feel you might need some help in the future?

A Direct Payment is one way to fund care and support. It is money from the council that aims to give you more flexibility, choice and control. To find out more, get in touch with James or Leisha. CALL: 0300 111 23 01; james@cambridgeshirealliance.org.uk or leisha@cambridge-shirealliance.org.uk

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Small jobs can be done after normal work hours or at weekends, so you don't need to take time off work!

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Product of the month

BBQ Packs

The sun is out and it's time to light the barbie! Make it a truly scrumptious occasion with our great quality, great value BBQ packs prepared by our butchers. (24 hours notice please)



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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.

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Follow us at Knibbs Meat Safe, Bourn for more exciting recipes and menu ideas each week

SCHOOLS

Jeavons Wood welcomes local artist Chris Duffett

JEAVONS WOOD: Local artist Chris Duffett spent a week at Jeavons Wood creating a painting inspired by the school and its children.

Prior to starting the painting, Chris held an assembly to invite the children to enter his poetry competition. The winning poet would have a section of their poem displayed on the painting. The children were lucky to watch Chris build up his painting across the week; this inspired many poets to get scribbling.

At the end of the week Chris and his able assistants chose a winner from all of the entries. Owen in Year 2 will have the pleasure of seeing his words in print displayed in the school



main entrance. Owen received a paint set from Chris as a prize; well done Owen!

It was an absolute pleasure to have Chris working at our school and gave the children the incredible opportunity of being able to watch a real artist at work. Chris has truly inspired many of us.

Thank you Chris!

Alumni call from Melbourne Village College

MELBOURNE VILLAGE COLLEGE would like to hear from past pupils from all walks of life to find out where they are now and what they are doing.

Deputy Principal Regina Lawrence said: "It is part of our 'Somebody Amazing' programme at Melbourn Village College to inform and inspire current students.

"It doesn't matter whether you left the College three years ago or 30, your story is still one we want to hear."

Melbourn alumni include Olympic diving medallist Dan Goodfellow; Lucy Landymore, a Young Musician of the Year finalist; Harry Galloway, part of the National Youth Dance Company; and Stephanie Winiecki, a member of the Young Shakespeare Company.

Please contact Alison Friday on 01763 223400 or office@melbournvc.org or visit the alumni page of www.melbournvc.org

Summer sleepover at the Vine

THE VINE: Year Three had a fantastic time at their sleepover in May. When the bell went at 3 o'clock, they didn't go home! Instead they had a snack and a drink while watching "The BFG". They set up their sleeping areas in the classrooms which was very exciting.

During the day they had made pizzas which they ate for the evening meal. Dessert was ice cream with lots of delicious toppings. Next, everyone was put into groups for the evening's activities, hot chocolate on a camping



stove in the courtyard, team building games in the playground, singing songs around the campfire and making a sleepover photo frame.

After all the events, everyone got into their pyjamas, washed and brushed their teeth. Before sleep, there was a special treat: a bedtime story read by

Mrs Higham. Everybody managed to get some sleep and after some breakfast in the morning everyone was delivered back to their grown-ups. Comments from Year Three included: Ashton: "It was just like being on holiday!" and Rosa: "It was the best thing about Year Three so far."

JOSEPH

AND THE
AMAZING TECHNICOLOR DREAMCOAT
YOUTH GROUP PRODUCTION

LYRICS BY
TIM RICE

MUSIC BY
ANDREW LLOYD WEBBER

SUMMER CAMPS

Suitable for ages 4 -16 years

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Date: 7 August - 11 August

Joseph and the Amazing Technicolor Dreamcoat 6-16 years

An Amateur Youth Production by arrangement with The Really Useful Group Ltd.

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SCHOOLS

Monkfield Park's residential trips

MONKFIELD PARK: The Summer term saw children in Year 4 and Year 6 heading for their residential trips to Burwell House and PGL. Despite torrential winds and rain Year 4 bravely set off for a two day trip.

The inclement weather did not dampen the children's spirits as they turned their hands to many different craft activities such as making batik bags, enamelling and clay work. Following the completion of their SATs, Year 6 enjoyed a wonderful week at PGL Liddington in Wiltshire.

Again the weather did not deter the children from having a fantastic time as they challenged themselves to leap from the trapeze, climb Jacobs Ladder, build rafts and face the giant swing. Everyone



agreed that it really had been a wonderful experience in which they overcame fears and demonstrated fantastic teamskills.

As part of their science topic Year 2 had an exciting visit to Woolsthorpe Manor where the great scientist Isaac

Newton lived. The children enjoyed exploring many of Newton's experiments and discoveries on light, gravity and optics before visiting the orchard to see the famous apple tree from which the apple fell and led him to develop his theory of gravity.

**HARDWICK & CAMBOURNE COMMUNITY
PRIMARY SCHOOL PTA
PRESENTS**

AN AFTERNOON AT THE MOVIES

Bouncy Castles	Games	Live Music
Glitter Tattoos	Licensed Bar	Hot & Cold Refreshments
Raffle	Movie themed fancy dress	And much more!

12pm - On the Red Carpet
All children invited to participate in our red carpet parade

**SATURDAY 8TH JULY 2017, 12-4PM
HARDWICK SCHOOL CAMPUS**

Monarch Farm experience at Cambourne Pre-School

Cambourne Pre-School had a treat at the end of the first half of the Summer term when Monarch farm came to visit. Children were able to see, touch and learn about ponies, sheep and goats as well as a hands on experience of milking a model goat.



The children and staff were really excited to have this opportunity and would like to say thank you to the farm for visiting; they will return to the pre-school summer fete on 14th July. Also at the fete will be a bouncy castle and fun bus. Refreshments will include Charlotte's Ice-cream and Pizza from Mondo. To get involved, offer a raffle prize or to have a stall at the fete ,please contact the Pre-school.

The Pre-school also welcomed a visit from Ofsted during this half term which resulted in a grading of 'Good' in all areas. Staff were pleased as it was noted that 'staff provide a variety of interesting and stimulating learning experiences' with 'quality interactions' in a 'warm and welcoming environment'.

WHAT'S ON: EVENTS IN AND AROUND CAMBOURNE

Saturday 1st & 2nd July, 2 - 6pm

Caldecote Open Gardens

Caldecote & Highfields Caldecote

From landscape gardens to vegetable gardens, there will be range of gardens to explore. £5 for adults, free for children. All proceeds help to restore Caldecote's church. Details at www.caldecotechurch.org.uk.

Sunday 2nd July, 2017, 1- 5pm

Cambourne Eid Group

Cricket Pavilion, CB23 6BP

Free entry and free Eid treat. To keep the tradition with a special Eid dessert for everyone to taste.

Wednesday 5th July 2017, 6 - 9pm

Cambridge Network Candidates Evening

Hauser Forum, CB3 0GT

Job seekers attending on the night will hear from the headline exhibitor TTP; their recruiters and Consultants will be available to talk through their vacancies and their company culture.

Saturday 8th July, 12 - 4pm

An Afternoon at the Movies

Hardwick School Campus

All children are invited to participate in the red carpet parade. Activities include bouncy castles, games, live music, glitter tattoos, and much more.

Saturday 8th July

Cambourne Art Day

The Hub, High Street, CB23 6GW

Free entry for all. A family-friendly event. A chance for your child to draw and display. If you are interested, contact Shrobona Bhattacharya at 07852753216 or shrobona@gmail.com

15 July, 5-7pm

Gemma Raymond presents A Magic & Illusion Cabaret

Everyone Active, Cambourne

Fundraising event in aid of Mind. Contact 10954 714070 for details, ticket prices and to book.

Bourn Mill Open Days

Bourn Mill is a scheduled Ancient Monument, owned and restored by the charity. The money raised and admission fees goes towards the maintenance. Adults £3 and children £1. For more information visit www.cambridgeppf.org Saturday 26th - 28th August, 10am - 5.30pm

Cambridge District Art Circle

Grantchester Village Hall, CB3 9NF

Visitors can purchase refreshments and home-made cakes. This is an ideal opportunity for visitors to buy original art from local professionals and amateur artists.

Saturday 2nd September, 10am - 1pm

Farmers Market

Manor Farm, Bourn

Everyone is welcome and it is free entry. Local producers will be selling their goods including cakes, bread, meat, beer, etc on the 1st Saturday of every month.

Saturday 30th September

The Big Draw

For this year's big day of painting and drawing. For the event we could do with more helpers. For more information, email fran@panrucker.eclipse.co.uk or call 01954 710858.

Saturday 30th September, 7pm

Murder Mystery Night!

Cambourne Village College

Buffet & performance included. £10 per ticket. 18+ only, cash bar, raffle, prize for winners. Proceeds to benefit your local Air Cadet Squadrons: 2484DF Cambourne and 2484 Bassingbourn. Contact Jen Collins for tickets: 07944 154003

For local group meeting dates and times, please see listings on pages 16-17.

Events in the library in July:

Library Opening Times:

Mon: 9.00 - 5.00pm

Tues: 9.00 - 1.00pm

Wed: Closed all day

Thurs: 4.00 - 7.00pm

Fri: 9.00 - 5.00pm

Sat: 9.00 - 1.00pm

Engage in the Afternoon:

Wed 7th July, 2.00-3.00pm

Talk on Gardens and National Trust.

Wed 2nd Aug, 2.00 - 3.00 pm

"The Life and Times of Madam Genoa" by Annie James.

Refreshments available for a donation.

Family History Drop In:

Mon 19th July 1.30 pm - 3.30pm

To book a slot come into the library in advance or call 03450455225.

Cambourne Lunch Bunch Reading

Wed 14th July 12.30 - 1.30 pm

Please come along if you are interested in joining.

CYP Youth and Children's Programme

Wednesdays:

4-5:30pm, Juniors club (Year 7-9)

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

Thursdays:

3.45-4.45pm, All stars (FS & Key 1)

5-6.15pm, Crazy crew (Key 2)

For more information please contact:

Jonathan Buwert, Youth Worker, (07503 171869)

Jane Brooks, Children's Worker, (07850 961000). All clubs are at the 'Soul Building', next to the Sports Centre, on Back Lane.

GROUPS, SERVICES & CONTACTS

COMMUNITY GROUPS

Cambourne Arts:

Fran Panrucker: 01954 710858
fran@panrucker.eclipse.co.uk
www.cambournearts.btck.co.uk

Cambourne Children's Centre:

01954 284672
cambournechildrenscentre@cambridgeshire.gov.uk

Cambourne Love Justice Group:

Len Thornton: 01954 710370

Cambourne Crescent:

www.cambournecrescent.org

Network Business Breakfast:

Jo Christy hello@stirupmedia.com
 07852 227917

Words for Pleasure writers' group

Meets on the first Thursday of the month in Cambourne Library at 1.30pm
 Pat Callaghan 01954 718836

Watercolour classes

Monday evening group meeting in the Upper Cambourne cricket pavilion in Upper Cambourne from 7- 9pm. Suitable for beginners. Wednesday morning group for intermediate painters. Please get in touch if interested: 01954 710858 or fran@panrucker.eclipse.co.uk

Photography group

Beginner to advanced. Meetings on the third Tuesday of the month at 7.30pm in the Belfry hotel. Nicola Marriott on 07811 154901 <http://www.flickr.com/groups/cambournephotographygroup/>

Reading Groups:

carolinealdridge@cambridgeshire.gov.uk

Timebank:

0300 111 3555 or Laura

Papanikolaou 01223 713555

Crafty Ladies:

Enid - (01954) 715292 or

Edna - (01954) 717360

WW2 aircraft club:

Meeting in Cambourne on the first Monday of the month. Aircraft for discussion in August will be the B29 Super Fortress. (July ME 262). Contact Ian Cameron on 01954 269 173 or iancameron692@gmail.com

Cambourne Birding Club

It is intended to start a Birding Club and interested parties are welcome to leave a message for Ian Cameron on 01954 269 173 or email iancameron692@gmail.com

Friday walks: Next walk is on Friday 14th June. Circular walk Barrington to Shepreth, approx 6miles. Just come to the rear entrance of the library.
pam.hume@mail.com or Penny Flanagan on 01954 200126.

Sunday walks:

Next walk - 30 July.
 Meet at 10am in Monks Wood car park, School Lane. Dave 01954 202792 or david.ellis910@ntlworld.com

Gardening club Meets at The Belfry on the 2nd Thursday of the month, 7.30pm. In July the subject will be garden pots.

The Link Meets Sundays 4 to 6pm (term time) at the *Vine Family Centre*. Food, conversation, and space for reflection. Discuss the Big Questions of life with people across the generations.
bit.ly/TheLinkOnFacebook

CHURCHES

Cambourne Church

Church office: 01954 710644
 Open Mon-Thurs 9am-3pm, 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

Administrators and Church Bookings

Stacy Buwert and Jacqui Huckle
administrator@cambournechurch.org.uk

Youth Worker:

Jonathan Buwert
 Tel. 07503 171869 jonathan.buwert@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

Christchurch Cambourne

Sunday services - 10.30am
 Meeting at Cambourne Village College
www.christchurchcambourne.org.uk

HEALTH CARE

Community First Responder:

Mark Taylor, 07858 394719
mark.taylor@inheritancewills.co.uk

Cambourne Dental Practice:

(01954) 718585
www.cambournedental.com

Lloyds Pharmacy

01954 718296

Monkfield Medical Practice

01954 282153
www.monkfieldpractice.co.uk

NCT: (National Childbirth Trust)

Candice Lattimore - 07595 909793
candicelattimore@gmail.com

Cambourne Health and Wellbeing Club

A group for older adults
 FREE. Alternate Fridays in term time (next meeting: 14 July) 10.30am -12pm at the old Blue School site. Speaker, refreshments, chair-based exercises and time for conversation. No booking required. Catherine Price: 01954 710644 or nurse@cambournechurch.org.uk.

LOCAL AUTHORITIES

Parish Council Office:

Parish Clerk 01954 714403
clerk@cambourneparishcouncil.gov.uk
www.cambourneparishcouncil.gov.uk

Venue Bookings:

01954 714403
bookings@cambourneparishcouncil.gov.uk

Pitch Booking:

Everyone Active at the Sports Centre

District Councillors for Cambourne:

Ruth Betson –
cllr.Betson@scambs.gov.uk
 Des O'Brien –
cllr.obrien@scambs.gov.uk
 Simon Crocker –
cllr.crocker@scambs.gov.uk

SCHOOLS & COLLEGES

Cambourne Village College:

www.cambournevc.org

Comberton Village College:

School Office - 01223 262503

The Blue School (Hardwick Community Primary):

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

GROUPS, SERVICES & CONTACTS

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:

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

PLAYGROUPS & PRE-SCHOOLS

Baby And Me:

Natalie 07999 406679
cambourne.babyandme@gmail.com

Cambourne Pre-school:

Donna O'Shea: 01954 715150
cam.preschool@btinternet.com

Carers And Tots:

Pippa 07803 504220
cambourne.carersandtots@gmail.com

Monkfield Park Care & Learning

Centre: Office: 01954 273301
cloffice@monkfieldpark.cambs.sch.uk

Sunflower Nursery: 01954 719440

SERVICES

Cambourne Library

Mon: 9am – 5pm Tues: 9am – 1pm
Wed: Closed Thurs: 4 – 7pm
Fri: 9am – 5pm Sat: 9am – 1pm
Reception area open 9am – 5.30pm every week day. As well as books, DVDs, Magazines and books on CD to borrow, we also offer an e-book service and local information. Library users can download free magazines and newspapers. Free Wi Fi. We also sell stamps, books and children's wall charts. 0345 045 5225 www.cambridgeshire.gov.uk/leisure/libraries

Community Car Scheme:

If you live in Cambourne, Papworth, Caxton or Elsworth, need transport for a medical or social appointment and are unable to use public transport to reach your destination then you can call us on: 07526 998 465 or e-mail: cambournecarscheme@gmail.com. All drivers are friendly, helpful volunteers

who will take you to your appointment, wait and return you home. Typical fares from Cambourne are: Addenbrookes £9, Hinchbrook £8.40, St Ives £7.20, local in Cambourne £3. Please give us a minimum of 48 hours notice.

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). Takes 30 minutes. Also a service to Huntingdon. www.go-whippet.co.uk/routes-timetables/local-routes/

Cambourne Community Fire Station:

(01954) 714030 www.cambsfire.gov.uk

Police non-emergency:

PCSO Alex Giltinane; Tel: 101

Streetlight Faults:

www.cambourne.info/lightform.htm
Cambournelights@mail.com Tel: 714403

Vets: Cromwell Veterinary Group:

01954 715161

Waste & Recycling (South Cambs):

03450 450 063

Wildlife Trust: Jenny Mackay

01954 713516 www.wildlifebcn.org

SPORTS & LEISURE

Cambourne Fitness & Sports Centre:

01954 714070

Cambourne Fishing Club:

www.cambournefishingclub.com

Cambourne Bowls Club:

Robin Bailey – 01954 269328
Facebook: Cambourne Bowls

Cambourne Cricket Club:

Callum Healy - 07714 007 282
cccadmin@cambournecc.com
www.cambournecc.com

Cambourne Eagles F.C:

Secretary - Danny Brooks
07516 630552
secretary@cambourneeeaglesfc.co.uk
www.cambourneeeaglesfc.co.uk

Cambourne F.C:

www.cambournefc.org
Cambourne Netball Club:
Emma Smith - (01954) 710034
cambournenetball@googlemail.com

Cambourne Exiles (Rugby):

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

Cambourne Runners

Weekly runs, all abilities on Saturday morning 9am and Wednesday 7.10pm from the Hub.

cambournerunnersarc@gmail.com

Cambourne Women Runners

Information.cwr@gmail.com

Cambourne Tennis Club:

Nigel Hillyard: 07787 565045
nigel.hillyard@btinternet.com
www.cambournetenniscub.co.uk

Cambs Tai Chi Club

www.cambs-taichi.org.uk

Cambs Chargers Volleyball Club

cambschargers@gmail.com

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:

Weekly clubs for children and young people, open to all. Wednesday evenings for ages 11-18 or Thursday afternoons for ages 5-11. Contact Jonathan Buwert (07503171869) for the youth clubs or Jane Brooks (0785096100) for the children's clubs. All Clubs at Cambourne Soul, Back Lane. Officecyp@googlemail.com

Cubs, Beavers & Scouts:

joininglist@cambournescoutgroup.org.uk

Guides, Senior Section,

Brownies and Rainbows:

Waiting list and volunteers
girlguiding.org.uk
08001695901 childerley.dc@gmail.com

WASTE AND RECYCLING

Black bin:

Thursday 6 July 2017
Thursday 20 July 2017
Thursday 3 August 2017

Blue bin, green bin, paper caddy:

Thursday 13 July 2017
Thursday 27 July 2017

Bulky household items by arrangement. £30 for the first three items and £5 per extra item.

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TUESDAY 10.00 – 11.00am

Chesterton Sports Centre, Gilbert Road, Cambridge

WEDNESDAY 9.45 – 10.45am

Multi-Arts Community Space, 47-51 Norfolk Street, Cambridge

THURSDAY 9.45 – 10.45am

The Free Church, Market Hill, St Ives

For further information please contact Alison Thompson

t: 01954 267378 e: info@sunnysteps.co.uk

www.sunnysteps.co.uk

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Email: sarah@elsart.co.uk Little Bird Art Studio
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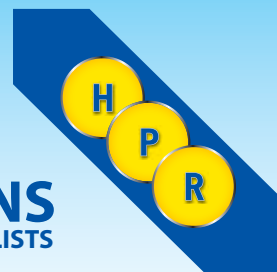
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SPORT

Spartans end successful season on top of league

CAMBOURNE FC SPARTANS have had an outstanding first-ever season in Cambridgeshire and District Colts; winning the League by beating second placed Whittlesford twice in the final week of the regular season. The boys appeared in the U13 Knock-out Cup Final, sadly losing to the odd goal in three, but doing themselves and the village proud.

The boys collected their League Champions Trophy in Cambridge on the Sunday 28th and held a celebratory lunch at the Monkfield Arms in part supported by Michelle and her fantastic team. Players accolades were handed out as follows:



Harry Downes - Top Assists; Ben Grain - Goal of the Season; Morgan Pacey-Smith - Manager's Player; Clark Mcfarlane - Parents' Player; Joel Fox - Players' Player.

Very well done to the Spartans boys! Our success is down to you, your effort and dedication. We will be looking to add players for next season, contact: Spartans-fc@outlook.com

Cambourne Fishing Club updates

TAMMY HARRISON

CHARITY FISHING EVENT:

Sunday 16th July 2017 -

Raising funds for a 4 year old local girl, Tammy, who has cerebral palsy, for an operation that would make her life more comfortable as it is not available on the

NHS. Full details of times and rules on our website.

£10 to enter, payable in advance via our donate button.

Tammy also has a GoFundMe page.

We will hold a raffle, so if any local businesses would like to donate a prize it would be greatly appreciated. Tickets can be purchased via the membership page at www.cambournefishingclub.com. There will also be fun and games for the children while the mums and dads are fishing.

Details: Cambourne.fishingclub@yahoo.com



ANGLING COACHING SESSIONS

We all had a brilliant day with the children covering four coaching sessions on 4th June. Every child that took part caught fish, and walked away with a

certificate, goodie bag and well-earned awards. We would like to thank everyone that volunteered to make the day run smoothly. Well done all.



POACHERS ALERT

If anyone sees anything suspicious, please contact 101 or the EA on 0800 807060 and quote OPERATION TRAVERSE. Help protect our local lakes.

Raptors recruiting for new season



CAMBOURNE BASKETBALL:

The Raptors are getting ready for our first full season competing in the local Cambridge league and are on the lookout for experienced players to help boost the existing squad. This will be the first time that Cambourne has fielded a team and the Raptors will start in the competitive second division. With only weeks before the league starts, this is a great time to try out for the squad by attending the weekly training sessions led by our L2 qualified coach, Laura Chaplin.

For those wanting to play in a more sociable atmosphere, there is a weekly two hour mixed scrimmage session on Thursdays, open to players of all abilities to just turn up and play. We regularly welcome newcomers and those who haven't played for some time.

As part of our aim to promote the game and find ways for more people to take part we are also looking at starting a ladies only session. Contact ivonnel_ms@hotmail.com

Squad coaching session - Monday 8-9.30pm

Open scrimmage - Thursday 7.30-9.30pm

Both sessions are held at Cambourne Village College and cost £5 for members and £6 for non-members.

<https://www.facebook.com/cambourneraptorsbasketballclub/>
info@cambournebasketball.org

Junior basketball sessions

Training sessions for junior basketball players are held at the Cambourne Village College every Monday evening. The sessions are run by the experienced Cambridge Cats Coach, Clinton Wedderburn. All abilities are welcome.

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SPORT

Cambourne Eagles continue success during off-season

CAMBOURNE FC EAGLES

Academy and U6 players had a great time at Willingham Wolves Football Festival on a hot and sunny morning in early June. Mixing the Reception age players with the Year 1 proved to be a great success with some excellent performances throughout the teams. Reception age children train on a Wednesday night at 6:00pm indoors at the CVC and are always looking for additional players. If you have a Reception age child who's interested in playing football in a safe, supportive and fun environment then please contact the Club Secretary on the email address below.

U7's are also looking for new players to add to their squad along with an adult who may be interested in coaching/managing. Support will be given by the club with training and equipment so if you're interested in getting



involved in Youth Football Coaching or you have a Year 2 child who's interested in playing football then please email the secretary on the email address below.

U10 Reds are having a busy closed season! We all recently enjoyed a morning playing Footgolf in Milton. We thought we did pretty well until someone told us at the end that the idea is to complete the holes in the fewest kicks not the most!

We have also just competed in the Godmanchester Rovers summer tournament where we introduced lots of our new players, we have lots of work to do for next season for sure!

We finished off the day with a celebration BBQ and the true highlight of the whole evening was the parents v kids rounder's match, which the parents won; oh yes, good times!

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BOWLS CLUB SEEKS PLAYERS FOR NEW SEASON



CAMBOURNE BOWLS: Our intention is to put at least one team in one of the local bowls leagues, but presently we do not have enough players to put out a team of twelve on a regular basis.

If there are any players who currently play for other clubs but would prefer the convenience of playing home games in the village, please get in touch. We need to make a decision in October regarding 2018 leagues.

Sessions continue on Mondays and Thursdays from 6pm, to which all parishioners are invited.

All equipment and instruction, if required, will be provided. Just remember to wear flat soled shoes (trainers generally OK).

If you require more information about lawn bowls, please contact the secretary or look at our Facebook page 'Cambourne Bowls', Robin Bailey, Bowls Secretary 01954 269328 or robin.doreen@btopenworld.com

Cambourne TKD welcomes new students to the club

CAMBOURNE TAE KWON DO: We are very happy to recently welcome new students - adults and children - to our club. They are settling in well and impressing the instructors with their dedication, willingness to muck in and learn their new techniques and discipline of the art. They are enjoying the sparring elements as well as self-defence techniques whilst at the same time improving their balance, co-ordination, stretching abilities and self-confidence using a combination of patterns, sparring and pad work.

In the meantime, students' preparations for next year's World Championships has started for squad members with increased lessons and some intense training. Last year our little club came away with three medals, earned in front of thousands of international competitors and spectators from around the world, and we have every intention of bettering our achievement in 2018.

We are sure that you can find an aspect of this martial art which will appeal to your interests and help you or your child achieve focus, co-ordination, balance and strength in an



enjoyable way and at your own pace. If you are interested in giving it a go we have beginner classes for adults and children on Tuesday evenings at the Vine School and/or Saturday mornings at the Sports Centre. The first month's training is free so please contact Stephen on 07905 744777 or stephenlacey73@gmail.com for more details or visit our Cambourne TKD Facebook page.

TANG SOO DO CELEBRATES BLACK BELT AWARDS

CAMBOURNE TANG SOO DO, part of the Dragon Black Belt Academy International, congratulates three students after their successful black belt grading.

- Ayushi Ambegaonkar graded to 1st Dan Black Belt in November 2016, becoming our youngest student at just 10 years old to gain black belt status.
- Sarva Babla also graded to 1st Dan Black Belt in April 2017
- Henry Clark graded to 2nd Dan Black Belt in April 2017, and at 14 years old, shows that commitment and determination does pay off.

All three students are Cambourne residents and have trained regularly at the club for a number of years, learning the syllabus incorporating basic to advanced karate techniques alongside open hand Hyungs, self-defence, and weapons. Gradings are always held locally and for a student grading to black belt will take in the region of 4-5 hours, testing not only their skills, but their fitness and determination.

We train at the Hub on Monday nights from 6.45pm to 8.15pm. Please come along for a free taster session. You don't need previous experience of Martial Arts as the class caters for all ages and experience levels. It is a good way of



improving your fitness and well-being while learning a life skill. We keep the fees low. You pay as you train, we don't charge monthly! All instructors are fully licensed and insured and have first aid experience and the club has a child protection policy. For further details please call Ade Collen - Lead Instructor 07966 346273

PAPWORTH BLASTERS FC is looking for new players for the 2017/18 season. We are an established FA Charter Standard club playing in the Hunts Mini Soccer League and Hunts Youth League.

We have spaces for players for our new U7s team, (aged 6 by 31 August 2017). In addition, next season's U12 and U13 teams are both looking to strengthen their playing squads, the latter following promotion. If interested, contact Club Secretary David Pope on 07857557965 dpopepapworthblasters@btinternet.com.

COMMUNITY

Cookery club raises cash for war and drought victims

CAMBOURNE COOKERY CLUB: If you want to make new friends, you love experimenting with food and like to be invited for dinner - then join the Cambourne cookery club!

Councillor Shrobona Bhattacharya, who runs the club, says: "Cookery club members acquire many friends in their neighbourhood and get invited by the other members to attend dinners. We



know each other better and this helps to kill loneliness. At the end of all dinner rotas, we organise a fundraising dinner to do our bit for society."

This year members raised £1,352 for Syrian war children and east African drought victims for British Red Cross on

Sunday 14 May. The dinner, at the Hub, was attended by 120 guests from various communities and included many varieties of experimental recipes from Levantine cuisine. If you want to join the Cambourne Cookery club, please contact at shrobona@gmail.com

Community Iftar in Cambourne

After a long 18 and a half hour fast, the Muslim community in Cambourne and members of the Cambourne Cricket Club shared the breaking of their fast (iftar) at the Hub Community Centre during the fasting month of Ramadan.

Event host Maria (pictured) welcomed many familiar faces and some new ones. On the menu were fresh fruits and dates, as it is traditional to break the fast with dates. For initial starters there were samosas, pakoras, spring rolls, followed by a main course of lamb biriyani and



seekh kebabs, chick pea yogurt, and pasta salad. Traditional deserts were served made from Vermicelli and Indian rice pudding.

Fasting for one lunar month every year is one of the 5 pillars of the Islamic faith and is obligatory for all adults except those who are suffering from an illness, travelling, the elderly and pregnant.

Spiritual rewards for fasting are believed to be multiplied during Ramadan as Muslims make a greater effort to pray more, offer good deeds and give in charity.

The community made generous donations to two causes on the day; Meraj Un Nisa welfare trust which is a charity supporting poor and orphaned children in Pakistan, and Zaffar Ali, who is seeking funds for a prosthetic leg after an amputation due to diabetes.

Community Bring 'n' Share Iftar

CAMBOURNE CRESCENT'S Community Bring 'n' share iftar at the Cambourne Village College this month brought together over 300 people, fasting families as well as community guests.

With the fast breaking at sunset (9.20pm), on offer were foods from across the world - a variety of succulent African, Arabic and Asian dishes, as well as fresh homemade desserts.

During the blessed month

of Ramadan, Muslims all over the world abstain from all food and drink during the daylight hours, but Ramadan is much more than just not eating and drinking: it is a time to purify the soul, refocus attention on God and practice self-discipline and sacrifice. It is also a time to be generous in giving charity. At the event, money was raised for one local and two international poverty relief charities.

The event was concluded by the congregational evening prayer known as Taraweeh. This prayer is performed only during Ramadan.



The end of the month is marked by the festival of Eid. The holiday celebrates the conclusion of the 29 or 30 days of dawn-to-sunset fasting during the entire month of Ramadan.