CAMBOURNE CRIER

www.cambournecrier.org

facebook.com/cambournecrier

editorial@cambournecrier.org

A Wild time at Cambourne's first music festival

CAMBOURNE TO BE WILD music festival staged at the Business Park was a first for the Trust (and a first for Cambourne), held as a celebration of wildlife and of Cambourne, and to reach out to a new and different audience. Staff and volunteers very much enjoyed meeting local residents and being able to chat over a convivial drink or two.

Director of Business Development and Engagement, Kevin Hennessy, said: "We wanted to engage with the people of the area, and the idea of holding a festival was to widen understanding of the work we do in the neighbourhood. As well as Cambourne being our head office, we run a 90 hectare nature reserve here, costing around £50K per annum to maintain, yet many are unaware that we are here, so the idea was to help





change this. We made it a music festival to appeal to everyone, with beer and drinks tents, good food, plus lots of wildlife based activities; hopefully many will have come away with a greater interest in the natural world.

"We extend huge thanks to all who helped, sponsored us, donated kit - and of course to all who bought tickets, came along and enjoyed themselves."

Preparing for the festival took much advance planning and meticulous organisation - from the music acts to sound equipment, staging, security, beer tents, health and safety *etc*. Having secured the site with two days to go the site was mowed, and next day Trust staff got to work creating a festival site, from setting up marquees, a tipi, first aid tent, to festooning bunting - and cheering when the all-important portable toilets and stage rigging eventually arrived.

Over the two days all the bands provided fabulous entertainment with a rousing blend of ska, rock, blues and folk, while Trust staff, volunteers and community groups ran activities - children were captivated by small mammals, weaved willow crowns, filled in quizzes, discovered their amphibian names, and tied pledges of their future hopes for nature to the Wilder Future tree.

Cooking for charity



Cambourne Experimental Cookery Club held a dinner to raise money for local charities.

Find out more on page 4...

All the fun of the fair



The funfair came to Cambourne this month.

■See all the pictures on page 6!

The Big Squiggle 2019



The Big Squiggle 2019 is happening soon, and is looking for volunteers!

Find out the details on page 9

CAMBOURNE CRIER

Cambourne Crier is the only independent, non-profit publication delivered to all Cambourne residents each month. Any profits are distributed to the community through our Community Fund. Cambourne Crier is compiled entirely by volunteers.

This month's editors were: Donavan Bangs, Paul Jobling, Renata Kovács, Susannah Davies, Paula Brown, Divya Sharma, Krithika Dwarakanath, and Tapti Roy.

Distribution: John Panrucker **Finance:** Pam Hume

To advertise please contact:

Janet Dobson: <u>adverts@pendrill.net</u> or (01480) 831066

For leaflet distribution contact:
John Panrucker:
delivery@cambournecrier.org

Editorial submissions:

Submissions for the September 2019 edition must be received by 9pm on Sunday 18 August 2019. Please email articles and photographs to editorial@cambournecrier.org
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 would like to join our editorial team, please get in touch on editorial@cambournecrier.org

CRIER COMMUNITY FUND

Our community fund enables us to make grants and donations to local clubs, societies or causes.

Do you need new equipment for your group? Want to set up a new group and need some funding to get going?

Contact pamhume1@gmail.com for more information or download the application form at

www.cambournecrier.org

CAMBOURNE TOWN COUNCIL

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Town Council News and Events

Cambourne Community Fete Saturday 14th September

The deadline for booking a stall at this year's Fete is Friday 16th August. We encourage Cambourne community groups to book a stall free of charge to celebrate Cambourne's 20th birthday. All other stalls, please email community@cambourneparishcouncil.gov. uk for pitch fee enquiries. We are accepting donations of raffle and tombola prizes which can be dropped off at the Town Council office. For more information on sponsoring the Fete, please email the above or phone the office 01954 714403.

Cambourne Food Market Bank Holiday Monday 26th August

We have lots of food stalls lined up for the next Cambourne Food Market at the Hub Community Centre car park. For stall enquiries, please email community@cambourneparishcouncil.gov.uk. The event will run from 12pm – 5pm, more information on which food vendors and market stalls will be attending can be found on the Facebook event.

Barbecues and Litter

With the warmer weather making an appearance, we have received a few enquiries about disposable barbecues on green spaces. The Town Council has no issue with using green spaces for picnics and barbecues as long as the grass is protected and the barbecue disposed of correctly, ensuring it is put out fully before it goes into the bin. All litter must be collected and disposed of. The Town Council owns Great, Upper and Lower Cambourne greens and the Eco-Park green. Please do not use the sports pitches for barbecues. If you have a query over a particular area of green space, please email

office@cambourneparishcouncil.gov.uk or phone the office 01954 714403.

Fire Safety Advice

Group Commander Kevin Napier, head of community fire safety at Cambridgeshire Fire and Rescue Service, said: "We want to help ensure that people enjoy the sunny weather while it's here safely. High temperatures and dry land can be perfect conditions for a fire to spread. Something as simple as not stubbing a cigarette out properly, or using a disposable barbecue on grass, can start a fire."

Advice from the Wildlife Trust

Fires of any sort, including BBQs, are not allowed in Cambourne Nature Reserve. If you do report any fires or other incidents on the Nature Reserve to the fire brigade or police, please also let the Wildlife Trust know. Email

<u>Cambridgeshire@wildlifebcn.org</u> or call 01954 713500

Grant Applications

Grant applications will be considered at the September Council meeting. Please contact

clerk@cambourneparishcouncil.gov.uk if you would like a grant application form. The closing date for receiving applications is the 29th August. The Council has a limited grant pot and all applications are considered on their merit.

CALENDAR OF MEETINGS

20th August:
7.00pm Planning Committee
3rd September:
7.00pm Planning Committee
Council

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 Town Clerk at least 10 days beforehand so that the item can be added if necessary.



The Town Council 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

New messaging service at MMP

MONKFIELD MEDICAL PRACTICE: We have, as a practice, started to use the MJOG service to send out vaccination invitations for such things as pneumonia and shingles and have asked those who receive our message to reply if they wish to decline this invitation.

We have also been sending messages asking for patients smoking status and again ask for our patients to respond.

Please be assured that these are genuine messages which, if you follow the instructions on screen, will advise us of your response so we can update your medical record with the relevant information. This is just another tool to help us help you.

MJOG Messenger is designed as a health messaging app for patients and is used by thousands of GPs across the UK to deliver health information, health advice and access to specialist online health services which have been recommended by your GP.

The app allows you to get automated reminder messages, including appointments, which give you a quick and easy way to cancel an appointment you no longer need.

This helps to avoid wasting GP time, and helps the NHS to save money including the cost of SMS messages sent by your Practice.

Messages are sent securely and you can PIN protect access to MJOG Messenger.

Why should you install MJOG Messenger?

- It is free and makes responding to messages extremely quick and easy
- You can get your health information direct (including results and reviews)
- Instant notifications let you know when a new message is received
- It saves you time and saves your Practice money You can download the The MJog Messenger App from the App Store or Google Play Store using the links below (depending on whether you have an Apple or Android phone). It is recommended to only install MJog Messenger when directed

Correction

to do so by your Practice.

ANTHONINE ARTS-ZETTELER'S name was incorrectly given as "Antoinette" in the caption to our article "Royal Academy success for Cambourne resident", on the front page of our July edition.

Our apologies to Anthonine for the error.



ARE YOU PLANNING FOR A SPECIAL OCCASION?

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COMMUNITY

Cookery Club raises funds for community

CAMBOURNE EXPERIMENTAL
COOKERY CLUB: The Cambourne
Experimental Cookery Club members
have had many delicious dinners
throughout the year. The members spent
time together along with their families.

The cookery club, running for the 4th year, is a chance for members to share meals with friends across nations, cultures and religions.

District Councillor Shrobona

Bhattacharya is the founder of the
CamCare UK charity and runs the club.

Shrobona said: "The prime focus of the club is regular meet-ups and dealing with loneliness, a national issue, as much as we can. Each year members select a country or cuisine for cooking which they haven't tried earlier, so they learn to cook something new".





This year all members cooked French food; they enjoyed learning new techniques and new tastes.

On 22nd June they cooked a range of delicious French dishes for 120 guests; in doing so, they raised money for Cambourne Village College (for a sensory garden), British Red Cross (for a wheelchair) and CamCare UK (for purchasing of supplies).

Email shrobona@gmail.com if you want to join the club: next year's cooking theme is Greek cuisine.

The cookery members who are the members of Cambourne Timebank get their volunteering hours and time credits as well.

Contact Laura on Laura.Papanikolaou@chsgroup.org.uk for Timebank membership.

Families get artistic with CamCare

CAMCARE UK: Sixty-five children and their parents in Cambourne took part in a Family Art Day on the 7th of July at the Hub Community Centre.

This was a free community event where children and parents got the opportunity to draw and paint, choosing one of the given themes.

A pop-up Art Gallery was created around the hall for different age groups. Visitors from in and around Cambourne came and looked at the paintings of the artists.



Every participant received a participation certificate along with a prize to acknowledge their talent and encourage them to continue their passion for arts and creativity.

Cllr Shrobona Bhattacharya, the Chair of Cam Care UK, explained: "Talents within the community must be recognized and cared for.

"CamCare UK helps in community cohesion and the well-being of its population, and it helps young people and adults to improve their skills and capacity to meet local needs through Science, Technology, Arts, Cookery, fundraising and leadership."

Mrs Parul Burman and Mrs Anuja Naik, local artists of Cambourne who helped to organize the event, said: "Art can be therapeutic for all ages and children must be given the opportunity to expand their imagination and creativity through this skill."

Mrs Anastasia Melnik also organized a cake sale to raise some money; money raised went towards supporting the running of the festival.







COMMUNITY

Running an Arctic marathon - injured or not!

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ON JUNE 22.

Cambourne resident Daniel Rajan and his daughter Nissi took part in the Midnight Sun Marathon festival in Norway.

Daniel, who ran the full marathon, and Nissi, who ran the 10km mini marathon, were raising money for



Romsey Mill, a Cambridgeshire-based charity dedicated to creating opportunities for change with young people, including those who have been diagnosed with high-functioning autistic spectrum conditions.

Daniel ran the marathon with his shoulder and elbow doublestrapped to his chest, having undergone tendon surgery in June, as he was determined not to forfeit his place.

To donate visit https://uk.virginmoneygiving.com/danielrajan1

Cambourne student gets dancing gold

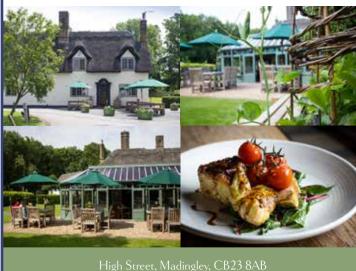


KATIE EXTON BARNETT – former pupil of Cambourne Village College - has just returned from the Dance World Cup in Portugal.

Representing England, Katie - who is currently training with Jelli Studios in Liverpool - returned home with a gold and a silver medal after competing in the Senior Show Dance Group and Senior Commercial Dance Group sections.

Team England won the overall title, beating 61 countries. Katie said it was an amazing experience and she was thrilled to have been part of Team England.





T: 01954 210221 E: 3hs@cambscuisine.com



COMMUNITY

The funfair comes to Cambourne

LARRY GRAY & SON FUN FAIR returned to Cambourne on Saturday 10th July, setting up stall on Great Cambourne Green once again.

The fair stayed until the 13th July, with plenty of local residents coming to enjoy its rides and attractions.

Photos courtesy of Joe Rey.











COMMUNITY

Discussing faith in Cambourne

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AN INTER-FAITH DIALOGUE was organized at the Camber Hall, District Council office on 28th June, to help build a stronger community.

Many faith groups came along to attend the session, the first in Cambourne, with a desire to learn more about other faith groups. The session was educational and interactive.

Understanding each other's faiths will help to build a more tolerant society, further adding to the vibrant community that Cambourne offers.

If anyone is interested in taking part in upcoming sessions, please email <u>Cllr.Bhattacharya@scambs.gov.uk</u>.



Astronomy Club returns

PAPWORTH ASTRONOMY CLUB will return from its summer break shortly. The first meeting of the autumn season will be on Wednesday 7th August. Peter Sandford will present "From Papworth Everard to Asteroid Ryugu by way of Some Interesting Places". August is traditionally the club picnic, so the presentation will be sufficiently short to allow some food and drink to be consumed!

This will be followed on Wednesday 4th September by a talk by Paul Fellows of Cambridge Astronomical Association called "Hawking's black holes and the edge of physics" (this talk was postponed from May).

The Club has moved to a new home in the North Hall, which is part of Papworth Village Hall. The Village Hall is located off Ermine Street, on the left-hand side of the old hospital entrance. The North Hall and car parking are on the far (north) side of the building. Meetings will continue to be held at 7.30PM.

Visitors are always welcome. If you haven't attended one of our meetings before, come along as a guest and see what we do. The meeting room is accessible to wheelchairs.

For more information, call Peter Sandford on 01480 830729, or email peter@cheere.demon.co.uk



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COLUMNISTS



HEIDI ALLEN
MP FOR SOUTH
CAMBRIDGESHIRE

We all play our part to prevent Climate Change

Climate change is undoubtedly one of the greatest challenges of our time. The recent announcement committing the UK to net-zero carbon emissions, ending the UK's contribution to climate change by 2050, is welcome - but to meet this target, we all need to play our part in increasing the use of cleaner and renewable energy. So last month, I was pleased to be joined by a group of constituents who made the journey to Westminster as part of the climate change lobby. I'll be working with a cross-party group of MPs to come up with some tangible targets that we'll be campaigning to have embedded in the next Queen's Speech. Committing our ambitions

to the next Government's legislative programme would be, without doubt, the most effective way of focusing minds.

I know that many of you share my concerns about the acute pressures on our NHS. Last month, I called a debate in Parliament to challenge the Health Minister about this and press for an increase in funding, since Cambridgeshire is one of the fastest growing counties. During the debate, the Minister agreed to meet me and our Clinical Commissioning Group's Chief Executive to discuss these concerns in more detail.

■ Details of forthcoming surgeries can be found at www.heidisouthcambs.co.uk. You can phone my Westminster office on 020 7219 5091 or my constituency office on 01223 830037 for local concerns. Email: heidi.allen.mp@parliament.uk



SHROBONA
BHATTACHARYA
DISTRICT COUNCILLOR

Community Connectivity across all age groups

I am speaking with Stagecoach about the No. 4 bus service, aiming to persuade them to continue their service in Upper Cambourne into the evening as it already provides service in Great and Lower Cambourne until 11pm.

I am also very much enjoying my role in developing the Health and Wellbeing strategy in the District Council as it gives me a great opportunity to work in areas where I can contribute to tackling loneliness, prevent isolation and improve mental wellbeing.

I proposed a "Parish Toolkit Fair" engaging all neighbouring parishes and providing the

opportunity to see what other Parishes are doing to address loneliness and increase community connectivity across all age groups.

The Digital surgery for senior residents is to remain open to support their mobile and computer related queries at 2pm on 18/08, 01/09, 15/09, and 29/09 on alternate Sundays.

I am also lookiing for volunteers who can help create a Sensory garden in Cambourne.

The Festival of World Languages and the International Food Festival will be held on 29th September at The Hub to acknowledge Cambourne's diverse population and the 60+ languages which are spoken by the people of Cambourne.

■ Contact me on <u>Cllr.Bhattacharya@</u> <u>scambs.gov.uk</u> or 07852753216



CATHERINE PRICE CAMBOURNE PARISH NURSING SERVICE

Early Detection of Breast Cancer

Breast cancer is the most common type of cancer in the UK affecting about one in eight women during their lifetime and it can also (rarely) affect men. It does occur in young women but the risk increases with age.

Breast cancer screening is offered to all women between 50 and 70 years old, every three years.

There are a number of symptoms of breast cancer including a lump or area of thickened breast tissue, change in the size or shape of one or both breasts, discharge from nipples (which may be streaked with blood), a lump or swelling in either armpit, dimpling on the skin of the breasts,

a rash on or around the nipple or a change in the appearance of the nipple such as becoming sunken into the breast. Although breast pain isn't usually a symptom of breast cancer, it is important to know what is normal for you and to report anything out of the ordinary.

Most breast lumps are not cancerous and a mammogram or ultrasound will be able to assess what the cause is quickly and easily. Recovery from breast cancer is more likely if it is detected in the early stages and therefore it is vital that women of all ages are aware of any changes and always discuss them with their GP.

For reference/further information, visit www.nhs.uk/conditions/breast-cancer

Contact me: <u>nurse@cambournechurch.org.uk</u>

COMMUNITY

Big Squiggle 2019 is coming up!

PLANNING IS WELL UNDERWAY for this year's Big Squiggle, which is a free-of-charge art event run by Cambourne Arts for everyone in Cambourne.

It will be held on Saturday October 5th in the Hub from 1-4pm.

The Big Squiggle is planned and run by volunteers, some of whom are trained artists, some just enthusiastic and keen.



We would warmly welcome more volunteers: men; women; members of the various young-people's group in Cambourne; Duke of Edinburgh Award Scheme participants; members of St John's Ambulance or trained first-aiders.

We are looking for helpers for setting up, packing away and prepping craft activities in advance. Helpers are also needed on the art and craft tables to work alongside the table leaders – no experience necessary, but free refreshments available!

If you are interested, please get in touch with Fran Panrucker at fran@panrucker.eclipse.co.uk.

There will be a meeting for all volunteers on Wednesday September 4th at 7.30 pm which will include checking materials, a risk assessment and more details on the various activities.

Children's Art Club

DUE TO POPULAR DEMAND, we are hoping to be able to have two children's art groups, catering for different ages: one from 7-10 years and the other from 11-14 years.

We are hoping the timing will stay the same – 4-5.30pm – but while one group will still be on Friday, we have yet to confirm the meeting day of the other group.

For this to happen we will need more (paid) art/craft tutors, so please get in touch if you have experience in this work and have the necessary safety clearance.

And also get in touch if you are interested in signing up for the autumn term. The tutors choose what they would like to do each week, so there is lots of exciting variety.

For more information, contact fran@panrucker.eclipse.co.uk



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- Yoga







EDUCATION

Calling out to past students of Monkfield Park

THE MONKFIELD PARK PRIMARY SCHOOL: In the last edition of the Cambourne Crier, we wanted to hear from anyone in the community who has fond memories of Monkfield Park, either as a former pupil, parent or member of staff. This September, the school and hamlet will celebrate 20 years, and we are eager to know your continuing story as they are very much a part of our story.

If you would like to share with us your experiences and memories then please e-mail the school office at office@monkfieldpark.cambs.sch.uk with a short piece about what Monkfield Park has meant to you. In turn, we will be sharing such experiences with the children and inviting you to be part of our celebrations in due course.

In the essence of celebrating years that have passed, Year 6 performed their grand finale which showcased their acting skills during a performance of 'Treachery at Traitors' Quay' in the last

chapter of life at the school before moving on to secondary education. This was an opportunity to reflect upon the children who joined us in the last seven years and the many things that they have accomplished. The motto of this performance was 'Keep calm and carry on', which is certainly a virtue that Year 6 possess. They have been excellent role models over the years, who ought to be very proud of themselves. We look forward to hearing about their lives and achievements in the future as they develop into young adults.



Hardwick and Cambourne say adieu

HARDWICK AND CAMBOURNE COMMUNITY PRIMARY: The end of year will be memorable as the Cambourne Campus says goodbye to Mr Gaynord, Mr Blake and Miss Croft who are all moving on to new roles.

Then there is our Head teacher of fourteen years, Mr Andy Matthews, who was instrumental in supporting children academically and creatively, while successfully shaping the school into the diverse, caring and child-focused academy it is today. On behalf of all the staff and students, we wish you the very best in your

new job!

The final farewell goes to the students of Year 6. This is the first year group which includes some children from our initial intake (way back when the school was the original Blue School!). Many more have since joined us along the way, contributing to only what can be described as an awesome year group!

Their finale will be the 'Greatest Showman', one of the best end of year productions. Well done to each and every one of you, the school will not be the same.

Determined to make their mark, Recep-

tion brought the house down with their interpretation of 'Popstars, Rockstars' concert and we loved every single minute. Ending the year with the proud faces of some of our youngest can't be beaten!

A final mention goes to all who helped to support our Race for Life. The children loved being part of such an incredible event with many running for very personal reasons. The money raised was amazing, and their efforts was simply staggering. Thank you all.

We wish everyone a great summer break and will see you in September!

Getting creative and going with the flow



EDUCATING OTHERWISE: As a home educating mum it is an absolute joy to watch and support my youngest daughter Flo (12) exploring her passions, one of which is animals.

In addition to having and fostering pets, visiting zoos, and playing with soft toys, Schleich and Sylvanian families she has nurtured a love for drawing creatures, some of whom gets transformed into solid beings using clay, wool or fabric, or evolved into digital art and animations.

This has led onto an interest in role playing both online and with friends, photography, film-making and experimenting with costume making! It all involves generating and developing ideas, designs, characters and their back stories.

Flo's imagination is fuelled by all sorts of books, magazines, films, YouTube clips, computer games, conversations and theatre trips; and as one thing naturally leads into another there is a glorious free flow of creativity and learning.

EDUCATION

Safari Stu pays a visit to Cambourne Preschool

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CAMBOURNE PRE-SCHOOL: The Preschool welcomed an exciting visitor at the end of Summer term!

Safari Stu came out with some of his amazing creatures that the children, some of their families and staff all got to hold and learn about.

Stu brought two snakes, a lesser tenrec (just like a hedgehog the children thought!) some hissing cockroach (which most children felt able to hold on their hands!) a champagne skunk, and a rather beautiful chameleon amongst others.

The preschool really value these real life hands on experiences and taking lots of photos provided an enriching language experience afterwards when staff chatted with children about what they had seen.

Safari Stu was really great with this young age group of 2, 3 and 4 year old children.

To enquire about the school please call 01954 715150.







EDUCATION

Shakespeare at the Vine

THE VINE SCHOOL: Year 6 at The Vine always perform a play at the end of their time at our school. This year we performed Shakespeare's A Midsummer Night's Dream ... or our version of it anyway, but we think that William Shakespeare would have been proud of us because it was still a masterpiece! We made it truly our own.

After studying Twelfth Night in English lessons, the news that we were to perform another Shakespeare came as a great surprise! The only problem was that Mr Shakespeare didn't write the play for The Vine, so there weren't enough characters for us all to perform a part.

So, we had a lot of fun adding some: we made up a very jobsworthy bodyguard for Duke Theseus (who eventually got the sack) and an extra mechanical (the workmen who perform their play for the royal wedding) who burst into song at every possible opportunity (and was told to shut up just as often!).

We don't think that Will would have minded that we added a few – he was a jobbing actor, after all. We had boys dressed as girls (just like in Elizabethan days), people turning into asses (just like in Eliz ... well, maybe not) and a fairy and a mortal court with lots of problems.

We rehearsed practically every day for four weeks and when we had learned our lines and left our scripts in the classroom, we found it so much easier to act our parts and our performances improved dramatically.

We had a lot of fun putting cheesy actions to the songs and now we all want to go on Britain's Got Talent! We would totally win. Simon would press that golden buzzer!

It is always a pleasure seeing the quiet and shy among our year group singing and dancing and doing some very silly things and this year was no different!

We also know that Shakespeare is a bit hard sometimes and that's ok too. We just stick with it and persevere and end by understanding the strange language and odd names.

Then came the Big Day. It began with a full Dress Rehearsal in front of the entire school (over 300 people) and the evening performance to our parents and friends.

We were nervous ... We were excited WE WERE FABULOUS!





DONATIONS PLEASE!

The NSPCC is looking for the following pre-loved items for the NSPCC Cambridgeshire Branch stand at the Gransden Show on 28th September: decorative glassware, vases, crystal glassware, ornaments, tea/coffee sets, dinner services and other china items. (Please, no books, DVDs, pictures, mirrors or clothing/electrical items, or toys.) Anything quirky would be welcome!

All proceeds go to help children and young people in this region. Contact Kate Armstrong on 01954 719745 or cfm.armstrong@gmail.com for more information.

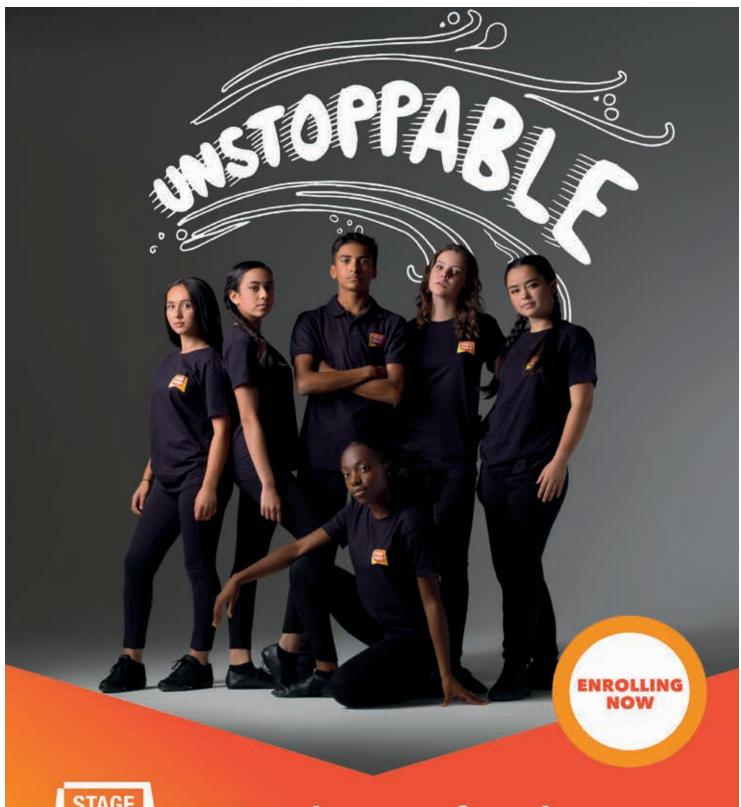
GET WILD ON WEDNESDAYS

Every Wednesday during August, the Wildlife Trust are running wildlife activities.

Activities will include wild art, jumping off logs, adventures with sticks and lots more. The cost is £4 per child. Meet at the Manor House 10am-midday.

For further information, contact Rebecca Neal at rebecca.neal@wildlifebcn.org or 07894 599020.

For more information on the Wildlife Trust's activities and the events it will be running over the next few months, visit https://www.wildlifebcn.org/.





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WHAT'S ON

South Cambs Child and Family Centre

.....

Summer Holiday Activities

Please note no activities will be running from Monday 12th until Friday 16th August, or on Monday 26th August

Mondays

Lets Get Physical - Blue School, 10-11am, ages 0-5, £2,

Baby Group - Cambourne Child & Family Centre, 1:30-3pm, 0-mobile Midwife Clinic, Cambourne Child & Family Centre, 1:30-4:30pm

Tuesdays

Under 25's Group (Bumps, Babies and Buddies), Cambourne Child & Family Centre, 10:30-midday, for parents under 25, free.

Wednesdays

Stay & Play - Blue School, 10-11.30am, ages 0-5, £2 Multiple Births Group - Cambourne Child & Family Centre, 10-11.30am, 1st & 3rd Weds only, ages 0-5, free Midwife Clinic, Cambourne Child & Family Centre, 1:30-4pm.

Thursdays

International Group - Blue School, 10-11.30am, ages 0-5, free Clothes Swap - Blue School, 1-2.30pm, 1st Thurs only, bring clean good condition clothing, 0-8yrs, to swap, free Midwife Clinic, Cambourne Child and Family Centre, 9:30-midday.

Child Health Clinic, Cambourne Child and Family Centre, 10-11:30am, 1st and 3rd Thurs only.

Self-Weigh, Cambourne Child and Family Centre, 10-11:30am, 2nd and 4th Thurs only.

Fridays

Breastfeeding Support - Cambourne Child & Family Centre, 10-11.30am Busy Bees SEND group - Blue School, 1-2.30pm, ages 0-5, free (referral only)

For info and bookings please contact: ChildAndFamilyCentre.South@cambrid geshire.gov.uk or 01954 284672.

Wednesday 7 August, 10am-1pm

Painting Classes

Sports Pavilion, Cambourne
Class on using pastels for older children
and adults, run by Be Berbank. £10, including some materials, payable in advance.
Limited spaces - phone 01954 710858 or
email fran@panrucker.eclipse.co.uk

Friday 9 August, 10.15am

Friday Walk

Meet at Cambourne Library rear entrance We are planning to do a circular walk the perimeter of Cambourne. Contact Penny on 01954 200126 or Pam on pamhume1@gmail.com or just turn up.

Sunday 25 August, 10am

Sunday Walk

Meet at Monks Wood car park, School Lane

Decide on the day where to walk. Lunch afterwards is popular with some of us. For further details please contact Sandra on 07747 012245 or email sandracalcraft@waitrose.com.

Monday 26 August, 12-5pm

Cambourne Food Market

The Hub car park, High Street, Cambourne Bank holiday food market - street food and market stalls to be confirmed. Check out the Cambourne Town Council Facebook event to find out which stalls will be in attendance.

Saturday 14 September, 12-6pm

Cambourne Community Fete

Great Cambourne Green, Cambourne
Food stalls, live music, dog show, community displays, bar and barbecue and fun and games. Money raised for Cambourne Community groups. Deadline for booking stalls 16th August. Contact community@cambourneparishcouncil.gov.uk

Saturday 21 September, 9am-1pm

Car Boot Sal

The Hub car park, High St, Cambourne Raising money for Light Up Cambourne. Refreshments available. Pitches £5 on the day.

Sat 21 September, 10:30am-12:30pm Jumble Sale

Cambourne Church, Cambourne

Ladies', men's and children's clothing, handbags and accessories, babywear, books and toys, household items and more. All proceeds go to the NHS charity Head to Toe. Refreshments available. Admission 50p.

Saturday 21 September, 9am-1pm Car Boot Sal

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The Hub car park, High St, Cambourne Raising money for Light Up Cambourne. Refreshments available. Pitches £5 on the day - sellers to arrive from 8am.

Saturday 28 September, 7:30pm

Cambourne Air Cadets Ceilidh

The Hub, High St, Cambourne
Cash bar and raffle on the night. Over 18s
only. Tickets £15 each - please contact
105@aircadets.org or call Alison on 07871
096265.

Saturday 5 October, 7pm

Bingo Night

The Hub, High St, Cambourne
Raising money for Light Up Cambourne.
Wine and cash prizes and Heads or Tails
game. Bar available. Tickets £14 (must be
booked in advance) which includes all bingo
games and a chip shop supper. Email
lightupcambourne@gmail.com.

Saturday 5 October, 7pm

The Big Squiggle

The Hub, High St, Cambourne
A free-of-charge art event run by Cambourne Arts, with a variety of art and craft activities designed to encourage everyone to take part. Volunteers needed: email fran@panrucker.eclipse.co.uk.

NHS Health Checks

Free health checks by Everyone Health.

Wednesday 7th August, 9am-1pm, Bowls Pavilion

Monday 19th August, 2-5:30pm, Bowls Pavilion

Thursday 29th August, 4-8pm, Cambourne Fitness and Sports Centre

Wednesday 4th September, 2-6pm, Bowls Pavilion

EVENTS IN AND AROUND CAMBOURNE

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MONDAYS

Watercolour Class

7-9pm Upper Cambourne Cricket Pavilion.

......

Cambourne United Football Club

8-9pm Cambourne Village College: Ladies.

Cambourne Bowls Club

Regular club nights Mon and Thurs, 6pm. New players of any standard, age or gender welcome. Behind Everyone Active.

TUESDAYS

WW2 Aircraft Club

First Tuesday of the month in Cambourne.

Cambourne Tae Kwon Do

Beginner classes for all at Vine School.

Cambourne Women Runners

7.15pm club run, meet at Old Blue School.

Cambourne Open Minds

1st Tuesday of every month, 7.30-9.30pm.

Cambridge Badminton Academy

7.30-10pm at Cambourne Village College.

WEDNESDAYS

Watercolour Class

10am-12pm in the Sports Pavilion.

Buggybootcamp

10-11am Crow Hill Lane Green CB23 5AW

Timebank Coffee Morning

1st Weds of the month, 11am in Cafe 19.

Cambourne Youth Clubs

Year 7-8 3.30-5pm, Year 8-10 5.30-7pm, Year 10+ 7.30-9pm at Cambourne Soul.

Cambourne Tennis Club

Social tennis session. 7-10pm.

Cambourne Runners ARC

Meet at the Hub. 7.10pm.

Photography group

3rd Weds of the month 7.30pm The Belfry.

Cambourne Community Gospel Choir

7:30-9:15pm in term time Old Blue School.

THURSDAYS

Diabetes Peer Group

1st Thurs of the month 11am-12pm
Upper Cambourne Cricket Pavilion. FREE.

Home Educators Multisports

12.30-2.30pm at Sports Centre.

Cambourne Rugby

6:45pm on all-weather pitch. All abilities.

Cambourne Netball Club

7.30-9pm senior squads at Sports Centre.

Cambourne Futsal

Indoor football for 18 to 65 yrs. Cost £4. Facebook.com/groups/cambournefutsal

Soul Stories

In partnership with Wysing Arts Centre. For those aged 15-19. Share your story though music, performance, video, writing or visual art. 7-9pm, Cambourne Soul, Back Lane.

Youth Club

Running for 6 weeks, starting 6 June. For young people about to start secondary school, to make friends from other primary schools and have space to think about the transition to Year 7 through games and activities. Cambourne Soul, Back Lane.

FRIDAYS

Cambourne Health & Wellbeing Club

14 and 28 June. 10.30am -12pm. Blue School. For older adults, with a speaker or games, refreshments and chair-based exercises. FREE. Contact nurse@cambournechurch.org.uk

Children's Art Group

4-5.30pm. 5-11 yrs. New Cricket Pavilion.

Cambourne Chess

5-6pm in term time from 1st March. School years 1-6. Cambourne Church.

SATURDAYS

Cambourne Runners ARC

Meet 8.50am at the Hub.

Cambourne United Football Club

9-10am girls & boys on Cambourne 3G.

Doodle's Dog Walking Group

9.30am at Just for Pets shop. Open to all.

SUNDAYS

Cambourne Tennis Club

10am-12pm. Social tennis session.

Cambourne Electronics & Robotics Club

Alternate Sundays in the Blue School. 2pm seniors, 3.30pm new.

Cambourne Library

Space Chase Summer Reading Challenge

It's not too late to do our Summer Reading Challenge! Sessions on Mon 2:00–4:00, Tues 10:00–12:00 and Fri 10:00–12:00.

Decorate a Moon Rock

Wed 7th August, 10-11:30am. Age 4+, tickets £1 from the library.

Abra-Star-Dabra Magic Show

Wed 14th August 10-11:30am, Age 3+. Tickets £3 from the library in advance.

Animal Experience

Animal handling event. Wed 21 August, 10:30-11:30. Age 3+. Tickets £3 from the library in advance.

CD craft event

Wed 28 August, 10:00–11:30. Age 3+. Tickets £1.

Family History Drop In

Drop in for advice on researching or book an appointment to see our Family History representative. Mon 19 August 1:30-4pm.

British Library and Living Knowledge

Interactive "Writing - Making Your Mark" exhibition at the library.

The Library Presents

Coming soon - Autumn brochure and tickets available from the library.

PLease note that the library will be closed on Monday 26th August.

Cambourne Raptors Basketball Club

Open scrimmage 6-8pm at CVC.

Digital Surgery for 60+

Alternate Sundays in the old Blue School. 2-5pm. FREE. Drop in!

Cambourne Balkan Dance Club

5:15pm, Blue School. £3 per session. Open to all.

SEE P16-17 FOR GROUPS' DETAILS...

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

Cambourne experimental cookery club

Member organises only one dinner and attends many at others. Fundraising finale. shrobona@gmail.com / 07852753216

Cambourne International cookery workshops shrobona@gmail.com / 07852753216

Cambourne Electronics and Robotics Club

Runs on alternate Sundays shrobona@gmail.com / 07852753216

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 Tutor-led classes for watercolour painting; Monday 7-9pm,

Wednesday 10-12pm. Contact fran@panrucker.eclipse.co.uk Children's art class: Contact fran@panrucker.eclipse.co.uk

Photography group: Beginner to advanced. Meetings on third Wednesday of the month at 7.30pm in the Belfry hotel. Nicola Marriott on 07811 154901 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 Tuesday of the month. Contact

01954 269 173 or iancameron692@gmail.com

Papworth Astronomy Club

Meetings at the Vintner Room, Papworth Everard, 7.30pm. Contact Peter on 01480 830729 or peter@cheere.demon.co.uk

Friday walks: Monthly. Meet at the rear entrance to the library at 10.15am. Contact Penny Flanagan on 01954 200126 or pam.hume@ntlworld.com

Sunday walks: Monthly. Meet at 10am in Monks Wood car park, School Lane. Contact Sandra on 07747 012245 or

scalcraft@gmail.com for next walk.

Cambourne Community Website Group

John Panrucker: 07734 258 059 hello@cambourne.info www.cambourne.info/about

Cambourne and District U3A:

Self help organisation for the retired/semiretired providing a chance to learn new skills and meet new people. Visit u3a.cambourne.org or contact Fran Panrucker on 01954 710858

Story blog: Publishes real life stories of war, travel and human interest. Contact Tapti Roy on 07582016562 or taptibr@ gmail.com www.pastconnect.net

Cambourne Open Minds: Meditation, laughter & self development. First Tuesday of every month 7.30-9.30pm. Suzanne: 07887 715555, SMJLANE@lifequest.co.uk

Cambourne Community Gospel Choir:

Rehearses in the Old Blue School 7:30-9:15pm on Wednesdays. Just turn up. A donation of £1 per session is suggested towards costs. Find us on Facebook.

Child and Family Centre:

01954 284672 or ChildAndFamily Centre.South@cambridgeshire.gov.uk Children's Chess Club: Y1-8, Fridays 5-6pm at Cambourne Church. Book in advance: cambourne.chess@gmail.com

Sundial Theatre Company

Cambourne community theatre group info@sundialtheatre.company or visit www.sundialtheatre.company

Cambourne Balkan Dance Club

Dance meet ups Sundays. bit.ly/BalkanDanceCambourne

Cambourne One

A charity group run by Muslim volunteers and open to everyone. cambourne1.org.uk

CHURCHES

Cambourne Church

Church office (in the Blue Space): 01954 710644. Mon / Tues / Thurs: 10am-12pm and 1pm-3pm. Wed: closed. Fri: 10am-12pm. www.cambournechurch.org.uk

Administrators and Church Bookings

Jacqui Huckle, Hannah Heasley 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: Manager Cilla Mills.

Open Monday - Thursdays 8.45am - 2pm;

Fridays 8.45am - 12 noon. 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

Cambourne Catholic Community

Mass: Sat. 5pm, Tues. 12.15pm, Thurs. 7.15pm http://cambournerc.com

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

Diabetes Peer Group: First Thursday of the month, Upper Cambourne Cricket Pavilion, 11am-noon. Free to join. Contact

info@nutrition2wellness.com

Cambourne Health and Wellbeing Club

A group for older adults. FREE. Next meetings: 3rd & 17th May, 14th June,10.30am -12pm at the old Blue School site. No booking required. Catherine Price: 01954 710644 /

nurse@cambournechurch.org.uk

LOCAL AUTHORITIES

Parish Council Office: 01954 714403 office@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 Gavin Clayton - cllr.clayton@scambs.gov.uk Shrobona Bhattacharya cllr.bhattacharya@scambs.gov.uk

GROUPS, SERVICES & CONTACTS

EDUCATION

Cambourne Village College:

01954 284000

thecollege@cambournevc.org

www.cambournevc.org

Comberton Village College:

School Office - 01223 262503

Hardwick and Cambourne Community

Headteacher: Andy Matthews School Office - 01954 719085

blue@hardwick.cambs.sch.uk **Jeavons Wood Primary School:**

Headteacher - Sue Wright School Office - 01954 717180 office@ieavonswood.cambs.sch.uk

Monkfield Park Primary School:

Headteacher - Sarah Jarman School Office - 01954 273377 office@monkfieldpark.cambs.sch.uk

Vine Inter-Church Primary School:

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

Educating Otherwise: for local meetups & activities please join facebook group 'Home Education - Cambourne'.

Home Educators Multisports: Thurs during term time at Cambourne Fitness & Sports Centre. 5-8 yrs: 12.30-1.30pm, over 8s: 1.30-2.30pm. annettelesage@btinternet.com

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:

cambourne.carersandtots@gmail.com

Monkfield Park Care & Learning Centre:

Office: 01954 273301

clcoffice@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. We also offer an e-book service and local information. 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 need transport for a medical or social appointment and are unable to use public transport you can call us on:

07526 998 465 or e-mail: cambournecars cheme@gmail.com. Min. 48 hours notice.

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:

Phillip Broadwith, Cambournecc@ gmail.com / www.pitchero.com/clubs/ cambournecricketclub

Cambourne Eagles F.C:

Secretary - Danny Brooks 07516 630552 Cambourneeaglesfc.sec@gmail.com Facebook.com/cambourneeagles

Cambourne FC: www.cambournefc.org

cambournefc@icloud.com

Cambourne Netball Club:

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

Cambourne Exiles (Rugby):

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

Cambourne Raptors Basketball Club:

Facebook: cambourneraptorsbasketballclub info@cambournebasketball.org Twitter/Instagram: @CamRaptorsBball Cambourne Runners: Weekly runs, all abilities on Saturday morning 8.50am and Wednesday 7.10pm from the Hub. cambournerunnersarc@gmail.com

Cambourne Women Runners

Information.cwr@gmail.com

Cambourne Tennis Club:

Ben Byron benbyron@hotmail.com https://clubspark.lta.org.uk/CambourneLTC

Cambourne Tang Soo Do Club

Mondays 6.45-8.15pm

www.cambournekarate-tangsoodo.co.uk

Cambs Tai Chi Club

www.cambs-taichi.org.uk

Cambourne Tae Kwon Do: See facebook

or stephenlacey73@gmail.com

Cambourne Karate School (AKS)

www.karateschools.co.uk / 07929 100612

Cambs Chargers Volleyball Club

cambschargers@gmail.com

Cambourne United FC

Chris Williamson 07900 674558 cambourne.united@gmail.com pitchero.com/clubs/cambourneunitedfc

YOUTH GROUPS

Cambourne Air Cadets: Sgt. (ATC) Adam

Kelly 2484df@aircadets.org

Cambourne Army Cadet force:

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

Cambourne Youth Partnership

in partnership with Romsey Mill:

Weekly clubs for young people open to all, most on a Wednesday evening; Years 7-8 3.30-5pm, Years 8-10 5.30-7pm and Year 10+ 7.30-9pm. Community based youth work, offering support through mentoring, sporting and music activities. For more information or to volunteer, contact Jonathan Buwert at jonathan.buwert@romseymill.org or on 07503171869.

Cubs, Beavers & Scouts:

1st Cambourne: joininglist@cambourne scoutgroup.org.uk

2nd Cambourne:

waitinglist@2ndcambournescoutgroup.org.uk

Guides, Senior Section,

Brownies and Rainbows:

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

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Thursday 8th, Thursday 22nd August

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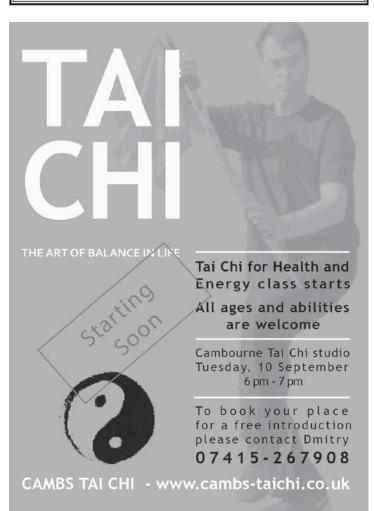
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Wednesday 9.45-10.45am Ross Street Community Centre
Thursday 9.45- 10.45am St Ives Free Church
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CHURCHES



For well over a hundred years there has been an annual recognition of Education Sunday in England and Wales.

It is a national day of prayer and celebration for everyone in the world of education.

If you are involved in education in any way as a parent, pupil or staff member, you are warmly invited to a Celebration of Education service – on Education Sunday on 8th September 2019 at 11am in Cambourne Church.

The whole service will revolve around the theme of education - this year focussing on 'Form and Flourish'. The service will be for all ages, and will last about 55 minutes.

Thanksgiving event will be held in the church building on Saturday 2nd November - 11am-3pm

New Minister Rev Bill Miller has been appointed to the role of Minister at Cambourne Church and will take up his post towards the end of September.

Services and events for August

Young Church and Youth groups will not be meeting during August but will start again on 1st September.

Sunday 4th August

10am Morning Worship

8pm Prayer meeting

Sunday 11th August 10am Morning Worship

Sunday 18th August

Morning Worship with Communion 10am

Sunday 25th August 10am Morning Worship

No Encounter

Sunday 1st September 10am Morning Worship 8pm Prayer meeting

Sunday 8th September - Education Sunday 9.30am Morning Worship with Communion

Morning Worship with Communion and a Celebration of Education (Form and Flourish)

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PEACEHAVEN BAPTIST CHURCH:

This last month saw our annual church picnic. We hold it each year in varying locations as a celebration of God's goodness to us where we as well as many guests we invite come along and have fellowship. This year we had a barbeque at one of our member's places which has a large area. We had a little paddling pool for the kids and more than enough food, with leftovers to take home for those in attendance. We had several first time guests and it went very well. The breaking of bread (or burgers and chicken) together is an intimate thing and really reflects part of what a church is which is a family. It should not just be a Sunday morning for a few hours and not

speak during the week kind of thing. Other believers should make up a good proportion of our friends and confidants or advisors. King David said in psalms

Psalms 119:63 I am a companion of all them that fear thee, and of them that keep thy precepts.

This is not to the exclusion of others but rather for helping and encouraging one another. After all can two walk together, except they be agreed? Yes we are called to outreach, but also to inreach. To comfort one another and help and show that love, starting with the family then out into the world.

Hebrews 10:24 And let us consider one another to provoke unto love and to good

So that is part of what we do as a family and I would encourage you to find those people who will lift you up, and help you do what is right.







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SPORT

Raptors look ahead to next season





CAMBOURNE RAPTORS BASKETBALL CLUB: the Seniors will be holding squad trials every Thursday 19:30 - 21:30 during August at Cam VC and pre-season training will be starting in September. The club is looking for dedicated players to join an improving squad as it aims for greater success next season.

Please check our Facebook page (cambourneraptorsbasketballclub) for more details or email the club (secretary@cambournebasketball.org) to register interest or for any inquiries.

The U17s played a friendly match against a mixed Cambridge Cats team on the 24th of June, with the Raptors turning out 58-47 winners in the end. The Juniors ended their season in grand style with an in-house end-of-season event on the 15th of July. The highlights were a friendly 4v4 between the U13s and a 3v3 tournament between the U17s, along with dribbling and passing contests.

The Juniors will hold a Summer Basketball Camp from 19th to 23rd of August between 18:00 and 20:00. The camp is for ages 6 to 18 years and the cost is £50. We welcome beginners to come and have a look or take part.

Contact junior coordinator@cambournebasketball.org for any inquiries. Keep your eyes on our Crier updates in August.

Ray's a stringing pro

CAMBOURNE TENNIS CLUB: Local Cambourne resident and Tennis Club member Ray Wan was part of the official Wimbledon Championship stringing service team again this year.

Ray, a qualified ERSA Pro Tour Stringer, joined a team of 9 stringers for the qualifying sessions, working 17-18 hour days to keep up with player demand, before transferring to the Wimbledon Aorangi Pavilion stringing room as part of the full team of 16.

Rackets were strung within 20 minutes to a consistent standard throughout the day, with 'on-court' emergencies strung in under 15min. On Monday, a record breaking 524 rackets were booked in



on a single day and by the end of his 11 day stint, Ray had contributed 330 racket restrings for the team.

This term's Autumn Camp will be running from 9th September to 14th December. Lesson prices & times can be found at

www.gamesettennis.co.uk or email our head coach at toby@gamesettennis.co.uk. For more information, visit https://clubspark.lta.org.uk/Ca mbourneLTC.



SPORT

Martial Arts as a learning aid

CAMBOURNE TKD: Could martials arts help children to learn? There is plenty of evidence that martial arts training provides children with educational benefits including improved attention, alertness and positive effects on behaviour, along with physical, social, and emotional benefits.

As well as helping kids develop their core strength, they also learn to get on with one another.

Kimberley Lakes is a US researcher who has looked at the positive effects of martial arts. Some studies involved replacing standard PE classes with taekwondo sessions and she noted that this produced improvements in memory and attention in the children.

Kids taking part in martial arts training in schools have been shown to have better classroom conduct, more pro-social behaviour and are generally better behaved.

Some research has even used martial arts training as an antibullying programme, teaching children strong self-control and how to react calmly if they feel heated. This can help reduce aggression levels in children, resulting in less bullying and bad behaviour.

Plenty of academics believe the upsides of teaching children martial arts far outweigh any potential downsides - rather than making violent behaviour more likely, it actually increases selfregulation and makes it less likely, providing self-esteem and psychosocial benefits such as decreased tension, anger and depression.

We have classes for adults and children on Tuesday evenings at the Vine School or Saturday mornings at the Sports Centre. The first month's training is free.

Contact Stephen on 07905 744777, or send an email to stephenlacey73@gmail.com.





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Cambourne Rugby needs you!

CAMBOURNE RUGBY CLUB is looking for new players of any ability young or old, for touch rugby on the field to the right of Everyone Active gym every Thursday at 7pm throughout the summer season.

Cambourne team members have also been enjoying group activities such as a successful end of season dinner, paintballing and BBQs.

Cambourne will be starting preseason training soon, as our aim for another successful season in the Eastern Counties Greene King Division 3 West.

Why not come along and join us, keep fit and make some new friends. Any level of experience is more than welcome - join us at 7pm on the rugby pitches. Alternatively, visit our web site CambourneExiles.com and leave a message and someone will get back to you.



The Eagles & Cambourne FC are united



GREAT NEWS FOR ANY budding Harry Kanes or Lucy Bronzes in Cambourne as the Eagles are excited to announce our partnership with Cambourne FC, delivering football to tots, toddlers and tykes (age ranges from pre-school through to reception). For pre-school age children there is the Soccer Tots soccer school every Saturday 09:00-10:00 at the Cambourne Church. Places are limited and can be reserved for a fee, and a £3 charge for each session attended thereafter. For more information on this please contact cambournefc@icloud.com.

For 4-6 year olds we are also delivering the new Cambourne Fledglings Academy. This will run Saturdays during school term times 09:00-10:00 at the Cambourne Everyone Active 3G pitches. This session will offer a pathway into the older age groups beyond the reception school age, and both the soccer school and the academy are open to all abilities and promise to be fun and engaging, whether your child has played the game before or is completely new to it. Both of them are also available to girls and boys and are run by FA Qualified Coaches. For enquiries about the Academy and details of how to register please contact cambourneeaglesfc.sec@gmail.com.

The Eagles U10 Blues received a special guest at training in July when recent Cambridge United signing Luke Hannant (pictured) attended their final session of the season. It was a pleasure to have him join us at the end of such a great season for the team. Well done to all the players, parents and coaching staff for this season, looking forward to the next!

The Eagles U7 team attended the Histon tournament in July; the boys had a great day in the summer sunshine, playing some excellent football and bringing an end to a great year of football for them. Keep up the good work.

Finally, a number of our teams are looking for players for the upcoming season, so if interested please contact the secretary (mail address below) – there are available places in the 2019/20 season for our U9 White (year 4), U10 (year 5), U13 Blue and Red (year 8), U14 (year 9), and U15 (year 10). You can keep up with all our news on Facebook -

https://m.facebook.com/cambourneeagles/ - and @cambourneeageles on Twitter. For all playing/training/volunteering/sponsorship enquiries please contact cabourneeaglesfc.sec@gmail.com.



CAMBOURNE BOWLS CLUB continue to hold club nights on Monday and Thursday evenings

All residents are welcome to attend these which are free of charge and is an excellent way to try bowls if you haven't played before. Of course, we welcome experienced bowlers who are new to the town and have not yet found us.

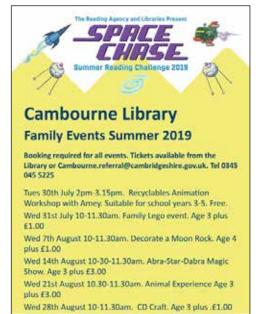
We continue with our fixtures in the Cambridge Business House league.

For more information about lawn bowls in Cambourne, please contact Robin Bailey, the Bowls Secretary, on 01954 269328 or robin.doreen@btopenworld.com or check-out our Facebook page 'Cambourne Bowls'.

WHAT'S ON - EVENTS IN AND AROUND CAMBOURNE







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We look forward to seeing you there!

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https://www.willowfoundation.org.uk/willow10k





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