



Cambourne's Volunteer Task Force Responds to the COVID-19 Pandemic

Roger Hume, one of the first residents of Cambourne, laid the foundations for, what is now a true community spirit in Cambourne.

Today we can all be proud to be part of Cambourne for many reasons, but we can be inspired with the local community spirit and energy over the last several days.

Cambourne Crescent (a local community charity) launched a small initiative called 'Volunteer Task Force', to assist the most vulnerable in our society against COVID-19 pandemic.



*Cambourne Task Force Volunteers
Abdellatif Salah, Bill Miller, Kasia Wasielewska,
Cllr Nishat Akhtar, Natasha Johnson, Hassaan
Touheed, Karla Parker and Cllr Aftab Ahamed*

Arshad Siddiqui, who is leading this initiative commented,

"The response has been overwhelming with dozens of people from all walks of life signing up to volunteer on the first day, we really were not expecting or even prepared for this response."

The volunteer group already includes members from Cambourne Crescent, Cambourne Church, the Town Councillors, community groups, local supermarkets and most importantly, many ordinary local residents."

The Volunteer task force was primarily set up to unite individuals into a cohesive unit who can be easily approached by local official bodies and especially those in need to assist in this time of crisis, with the Corona virus (Covid-19) being at the top of the agenda.

A team of people will be available and prepared to volunteer their time to assist as and when required. This could be as simple as keeping an eye on an elderly neighbour, shopping for essential supplies or speaking over phone for anyone that is feeling isolated and lonely.

Distributing Food to people is an essential service which is being provided by the Task Force, particularly at times of panic buying, where food is simply not available on the shelves to buy.

Cambourne Crescent will be discussing contingency plans with local service providers and our growing team of volunteers. For further information and regular

updates please visit our website:

If you need help or would like to volunteer, please get in touch via the website:-

www.cambournecrescent.org

or send an email with your name and phone number to:

info@CambourneCrescent.org



If you do not have access to the internet, you may call or leave a message at:

0759 3396 855 or 01954 201808

Food Bank Collections and Volunteering

The Cambourne Volunteer Task force does have volunteers who can visit our most vulnerable people to distribute the donations, but needs more.

This is also an appeal to help local elderly people, people in self-isolation and people concerned about going out. You can help these most vulnerable members of Cambourne by donating as many items as reasonably possible from the list below.

The items most in demand at present are:-

- *Canned food: vegetables, fruits, soups, tuna, meat, pasta sauce etc.*
- *Dry food: rice, pasta, beans, cereal, chips, snacks, biscuits*
- *Drinks: UHT milk, coffee, tea*
- *Cooking oil*
- *Hygiene Products:- Handwash liquid, soap, toilet paper, tissues, dish soap, laundry detergent, etc.*
- *Baby Food and Nappies*
- *Pet food and pet supplies*



Upper Cambourne Co-op Staff with some of the items generously donated by residents

Look out for the trolleys where you can donate items in the Co-op Stores in Upper and Lower Cambourne and in Morrisons supermarket.

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, Paula Brown, Divya Sharma, Krithika Dwarakanath, Tapti Roy, Simon Hagan and Andrea Sisneros.

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adverts@pendrill.net

or (01480) 831066

For leaflet distribution contact:

John Panrucker:

delivery@cambournecrier.org

Editorial submissions:

Submissions for the May edition must be received by 9pm on **Sunday 13th April 2020**. 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

Town Council
News and Events**COVID-19**

The Town Council has been following the guidance given by the Government and has therefore closed the office to members of the public, however we are still contactable by phone 01954 714403 and by email. We will update our website and Facebook page as and when new guidance is given. We have also closed our community buildings: the Hub, Sports Pavilion, both Cricket Pavilions and the Blue School. Again, we will update our website and Facebook page when new guidance from the Government has been provided.

The Town Council encourages everyone to take the Government advice seriously and we will continue to work as normally as possible to provide our services in Cambourne. If any residents are concerned and require assistance, please contact us and we will do our best to accommodate.

Mobile Post Office

We have been informed that the mobile post office will continue to attend the Hub car park on Mondays and Wednesdays (correct at time of writing) but are reviewing the situation daily. The mobile post office will inform the Town Council if this changes, and we will update our website and Facebook page accordingly.

Cambourne 10k

This event has been cancelled following the Government advice for COVID-19.

The committee will contact those that entered regarding refunds.

Cambourne Community Clean Up Day

The Community Clean Up day has been cancelled following Government advice for COVID-19. This event is co-organised with South Cambs District Council who are likely to need to utilise their resources elsewhere during this time. The Town Council and SCDC plan to reschedule the event for later in the year.

Cambourne Food Market

Our next Food Market is being held on Bank Holiday Monday 25th May, 12pm - 4pm in the Hub car park, High Street. Please follow the Facebook event for updates on street vendors and market stall traders that will be in attendance! COVID-19 - We are keeping updated on Government advice therefore this event may be cancelled.

CALENDAR OF MEETINGS**April / May 2020**

7th April 7.00pm Planning Committee
* Council

21st April 7.00pm Planning Committee
* Leisure & Amenities

5th May 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

Electric Bin Lorry - Zero emissions waste collections.

People in South Cambridgeshire and Cambridge City will soon see an electric bin lorry collecting recycling, after the shared waste service between their Councils purchased one.

The fully electric Dennis Eagle 'eCollect' has been bought for use by the Greater Cambridge Shared Waste Service, a partnership between South Cambridgeshire District and Cambridge City Councils.

The Council service will be one of the first nationally to have one of the green vehicles which have zero emissions and contribute to better air quality when out on the road.

Both Councils are committed to helping tackle the climate emergency and looking at ways to reduce their own carbon emissions. The current diesel vehicles that collect recycling and waste across Cambridge City and South Cambridgeshire are among the largest emitters of CO2 at both Councils.

The Shared Waste service has around 55 collection vehicles and plans to replace them all with electric or hydrogen lorries as the existing trucks come to the end of their working lives.

The new vehicle costs around £400,000. While this is more than a traditional diesel bin collection lorry, it is estimated that the whole-life cost to be at the very least the



same, if not less than a diesel vehicle. The truck is also substantially quieter than existing bin collection vehicles.

South Cambridgeshire District Council's Lead Cabinet Member for Environmental Services and Licensing, Cllr Bill Handley said: "This is another example how we can be green and tackle the climate emergency. At the environmental and

financial point of view we expect the cost of the new electric lorry to be at least the same if not cheaper than a diesel one. We are making sure we are powering this new vehicle with clean, renewable energy and we're looking at whether it is possible to install a solar farm near our waste depot to be completely self-sufficient when it comes to charging our vehicles."

Cambridge City Council's Executive Councillor for Climate Change, Environment and City Centres, Cllr Rosy Moore, added: "Our Shared Waste Service eventually aims to replace all bin lorries with zero emission options by 2028. As well as reducing our carbon emissions, electric vehicles also contribute to cleaner air and given our focus on air quality.

As well as electric vehicles, we're also investigating the possibility of testing vehicles that are powered by hydrogen in future too".

Find out more about your local recycling services at

www.cambridge.gov.uk/recycling or

www.scambs.gov.uk/recycling

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COMMUNITY

Commemorating the Spirit and Success of Women



Speakers and organisers of Cam Talks

On Friday, 6th March 2020, CamCare UK Charity hosted another CAM Talks

This is an event where four exceptional locals are invited to share their life adventures, ideas and inspiring stories. On this occasion, the CAM Talks event has been themed on International Women's Day (IWD), and so the audience had the pleasure to meet and hear stories from four amazing women.

In his opening speech Matic Golob, organizer of CAM Talks, welcomed participants and introduced the vision of the CAM Talks - to become the leading event for inspiration, idea-sharing

and networking in and for Cambourne and eventually entire Cambridgeshire.

In her first moderator role for CAM Talks, Ambika Rana-Beadle took participants on the journey through the history of IWD and the diversity of its celebrations across the world, before inviting the first speaker, Meha Patel, to the stage.

In her talk, Meha was asking herself and the audience if women can have it all?

Once more, CAM Talks had the privilege of hosting a world class athlete, an ex-Olympian Livia Gyorbiro who talked about how to enjoy the journey of life, train hard and keep going.

In true spirit of internationalism, the next speaker, Lobna Raslan shared personal stories from Syria and Syrian refugees in the UK and across Europe, touching important topics of education and equal rights not just for women but for children who were forced to leave their homes.

For the closing act, we heard a personal story of Arpita Ray, who took the audience on a journey from East to West as a mother, woman and a doctor.

The event concluded with some informal networking accompanied by drinks, nibbles and cakes. We hope to see more of our fellow Cambourners at our next CAM Talks! Find out more or suggest next speakers on: www.camtalks.wixsite.com/hello

Events at Cambourne Library in Spring

Easter Craft Event

Wed 8th April, 10am – 11.30am

Book your tickets at the library reception

Parents and carers to stay with children.

Cost £1.00

Lego Event

Wed 15th April, 10am – 11.30am

Book your tickets at the library reception. Parents and carers to stay with children. 3 yrs +

Cost £1.00

Family History Drop In

Monday 20th April, 1.30pm-4pm

Drop in for advice on researching or book an appointment to see our Family History representative

Storytime and Rhymetime

Storytime and Rhymetime starts with rhymetime on Friday 24th April, 9.30am - 10am

Engage

Wednesday 6th May 2pm – 3.30pm

Speaker to be confirmed

The Library Presents

The Spring season continues.

Tickets from Cambourne Library or

www.cambridgeshire.gov.uk/arts

Vocal Fun with the Opera Dudes -

Workshop - Friday 1st May, 7pm

By popular request the Opera Dudes return to introduce you to simple harmony, group singing and basic vocal techniques.

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Tickets £6 and £3.

Graffiti Classics

Saturday 6th June, 6.30pm

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Book Group Waiting Room Readers

Book Group Waiting Room Readers would like to welcome any new members.

Please enquire at the library if you are interested in joining this established and friendly group.

Volunteers

We are looking to recruit a Computer Buddy, Storytime

and Events Volunteer.

Please ask at the library reception for details.

COMMUNITY

X3 Bus Service for Cambourne

In early March, the Mayor of Cambridgeshire and Peterborough Combined Authority, James Palmer, announced several initiatives for faster bus routes for Cambourne. These initiatives will continue to be explored with operators, funders and the local community.

The routes under discussion are:

- A new non-stop express bus service every half hour to the Cambridge Science Park and Cambridge Regional College running Monday to Friday
- The current X3 bus route to become an hourly service running from Huntingdon to Cambridge city centre via Godmanchester, Papworth and Cambourne through to Trumpington, Addenbrookes and Cambridge Railway Station.
- An additional hourly X3 service running direct to the Cambridge Biomedical Centre from Cambourne using the M11. The two X3s together will give Cambourne a half-hourly direct link to Trumpington, Addenbrookes and the Cambridge Biomedical Centre.

"The Combined Authority have listened to the residents of Cambourne and provided bus travel that will be significantly quicker and more convenient, enabling them to access key employment sites and across Cambridge" said, the Mayor.



Councillor Ruth Betson, an ardent campaigner for better transport infrastructure said: "I am absolutely delighted that we have found a way forward so quickly. Cambourne residents do not deserve to sit in traffic every morning. For some people, these new bus services will halve their morning headache!

The Friday Walking Group Programme

Friday April 10th

Barrington - Shepreth - Barrington, approx 6 miles
Meet near the rear entrance of the library at 10.15am. Don't worry if you don't have transport as we car-share.

Future Friday Walks

Friday May 8th

Fen Drayton Lakes, approx 5 miles

Friday June 12th

Gog Magog - Wandlebury - Gog Magog, approx 5 miles

If you are interested in joining us, have any questions or would like to meet one of us prior to the walk, then please ring

Penny Flannagan on 01954 200126 or Pam Hume 01954 201808, or email pamhume1@gmail.com.

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COMMUNITY

What is Light Up Cambourne?



Light Up Cambourne was formed in 2014 and is a committee comprised of a group of local residents who work together with Cambourne Town Council.

The committee is grateful to the Town Council for their year-on-year support.

Light Up Cambourne's aim is to raise funds throughout the year in order to light up Cambourne during the Christmas season. Money is needed not only for hosting and for funding the event but of course in the weeks running up to the 'switch on' to cover the cost of getting electricity from the lamp posts to power the decorative lights that drape the trees. Businesses are asked for a financial contribution and in return they get free advertising on the night of the 'switch on'.

It is lovely to see our tree lined Broad Street literally light up at the 'switch on' following the countdown. From that time and throughout the season the lights stay illuminated. The 'switch on' takes the form of entertainment on a raised stage courtesy of local personality JezO and music from local bands and we also have our now famous Santa's Grotto. The raffle prizes donated by local businesses or individuals take the form of store vouchers for items or experiences, hampers, chocolates, perfumes, alcoholic beverages etc. Traditional mince pies and mulled wine are a seasonal treat at the event which many look forward to sampling as this is often the first taste of them to kick off the festivities.

Murder Mystery Fundraising Evening

The first fundraising event for 2020 was an outstanding success which came in the form of a Murder Mystery evening at the Hub. Many locals along with friends or family went along to see and be involved in the entertainment laid on by 'Strictly Murder', a group of talented theatrical enthusiasts who performed an engaging interactive performance for us all.

Light Up Cambourne raised an astonishing £1,493 on the night. As everyone was leaving the venue they were asking when the next Murder Mystery would take place (February 2021!). To compliment the fantastic entertainment we had home made food in abundance and the drinks kept flowing throughout the evening.

The remainder of this year has several exciting events scheduled and of course we will inform confirmation of our earlier events depending on how the social distancing measures to curb the spread of COVID-19 persists.

2nd May - Bingo Night

19th September - Car Boot Sale

10th October - Bingo Night

21st November - Lights Switch On Event

12th December - Kids Christmas Party

Anyone interested in joining or looking for more information can contact the committee via email: lightupcambourne@gmail.com



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COLUMNISTS



ANTHONY BROWNE

MP FOR SOUTH
CAMBRIDGESHIRE
anthony.browne.mp@parliament.uk

Meeting with Cambourne Crescent

It was a delight to meet with members of Cambourne Crescent and to hear about their incredibly varied work in the community. This spans from inter-faith community events to supporting local food banks to teaching at STEM (science, technology, engineering and mathematics) clubs. Their aspiration is limitless, and I look forward to working with them as they look for a permanent community facility. I am incredibly proud of the works groups such as this do in our community and wish them the very best of luck as they seek to expand in the future.

We all face the ongoing challenge of Coronavirus. It's clear that Covid-19 will continue

to spread over the next few months. The most important task now is to protect our elderly and most vulnerable people when there is the maximum risk of exposure to the disease and when the NHS will be under the most pressure.

There has been much debate surrounding the Cambourne to Cambridge busway. While the final decision has been postponed as discussions between the Greater Cambridge Partnership and the Combined Authority continue, I remain committed to working with all partners to make sure the right solution is found for Cambourne. I have been clear that any scheme must integrate with the other transport systems being delivered for Cambourne, including the East-West rail link.

I also welcome the Mayor's move to introduce extra bus services from Cambourne to Cambridge, providing a rapid solution to the problems that commuters currently face.



SHROBONA BHATTACHARYA

DISTRICT COUNCILLOR
Cllr.Bhattacharya@scamb.gov.uk

Self Isolating and Stagecoach No.4 Bus

While writing this, I am also thinking how long Covid-19 is likely to stay at pandemic proportions. Well....that depends on us. Nearly all nations have agreed that we need to breakdown the chain of transmission by staying home to avoid contacts with other people.

If you have a cough and fever, please stay at home and stay away from others. You may have a normal cold, but if you're a minimally symptomatic carrier, you can do your part by making sure your particular Covid-19 ends at you. It should not be passed on to another person and the pandemic is successfully suppressed in a few months if we follow this universal agreement.

Coming back to the Council business, there will be a lot more black and blue waste than usual with more people staying at home. The collectors are also self-isolating and more will now stay off to look after children. Blue and Black bins are the priority, thus by stopping the green bins SCDC have 30 extra collectors for the Blue and Black bins.

I thanked the operational and commercial directors of Stagecoach last month for the extended service of bus No. 4 at Upper Cambourne and discussed many revised, regular bus system covering more key destinations and routes which are also cheaper. County Cllr Mark Howell accompanied me and the next follow-up meeting will be in April 2020.

Key phone numbers for you: The Government Business Support helpline 0300 456 3565; School Closures 0800 046 8687; NHS 111,



CATHERINE PRICE

CAMBOURNE PARISH
NURSING SERVICE
nurse@cambournechurch.org.uk

Looking after our Mental Wellbeing

Current times bring challenges for our mental wellbeing as well as our physical health.

In the current Self-Isolation mode throughout the country, not being able to see people as often as we may like is difficult but there are things we can do to support our mental health.

We can connect with people in whatever way we can: online, email, social media, phone calls or even write letters and ask someone to post them for you if necessary. Remember many of us are in the same boat and contacting people is likely to help them as much as you.

Take care in what you watch. Limit the time you spend looking at the news and watch or listen to something completely different and uplifting.

Keep doing what you enjoy, consider learning about something new and try and stimulate your mind with a crossword puzzle or a new project. Plan your day and stick to your plan.

Look after your physical health; use online workout sessions or see page 9 for some strength and balance exercises.

If you can, get outside and walk keeping a safe distance from others. Notice the world around you. Cambourne is full of the signs and sounds of Spring. Open the window or step outside and feel the sun on your face, listen to the bird song and know you are not alone.

Further information: NHS Every Mind Matters www.nhs.uk/oneyou/every-mind-matters/

Taking the Party On-line

Like many others, Sundial Theatre Company decided to take their cancelled "Big Theatre Quiz" online. "It was good fun" said quiz master Mel Barr, "and we're planning more. It's a great outlet if you starting to feel cooped up"

Sundial used Google Hangouts (<https://hangouts.google.com/>) which allows you to have groups of people all online at once – whether on phones or computers, chatting together.

Tools like Hangouts are providing a welcome alternative for both work and play without leaving the home. Cisco, who runs the Webex on-line conferencing tool says they've seen a 700% growth in use since the outbreak.

Many of the conferencing tools have relaxed their limits on free accounts, including Cisco, Microsoft, Intermedia Anything and Google. While it remains to be seen how well internet connections will hold up under this increased usage, it provides a great way to keep connected while remaining safe.

If you're not familiar with video conferencing, here are a few worth trying:

Google Hangouts – <https://hangouts.google.com>

Zoom - <https://zoom.us>

Cisco Webex – <https://www.webex.com>



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So if your home or garden is running away with you, you have a task that needs tackling and just don't have the time to do it or you just want to enjoy your leisure time rather than do chores then call me!

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References can be supplied.



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EDUCATION

Its Muddy Times at Cambourne Pre-school

Cambourne Pre-School: The children enjoyed using our outdoor play area all year round and recently this has led to a lot of mud too.

The school and parents have launched a funding drive for us to revamp the garden to make it useable all year round in all conditions. Our first fundraising event is a car wash on Sunday 19th April followed by our first jumble sale at the pre-school on the 26th April. We have got a long way to go so it would be fantastic to have your support to make our play area awesome for years to come. To donate £3 toward improving Cambourne pre-school outdoor play area text MUDDYCAM to 70331



A new roll to play?

Educating Otherwise: On 8th February 2020 home educated children and other members of the community got together to learn how to play Dungeons & Dragons. Cambourne Library kindly hosted the two games which were led by expert story-telling Dungeon Masters Jack Redfield and Oliver Bulcraig. Each player got into the role of a character of a chosen race (e.g. elf, dragonborn, gnome, tabaxi, human, dwarf) and class (e.g. barbarian, cleric, druid, fighter, rogue, warlock) and joined their team-mates on an exciting adventure to find treasure in the Wizards Keep or drive a dragon gang out of abandoned mines.



They overcame threats and challenges on the way using their skills, abilities, weapons and spells with the roll of many-sided dice to determine the outcome. It was great fun! They are planning to play again in The Monkfield Arms soon.

For info on educating otherwise than at school please connect via the Facebook group 'Home Education – Cambourne'.

Monkfield Park

The children at Monkfield Park have had an exciting start to the second half of the Spring term. Year 1 are learning about castles and Kings and Queens. They have enjoyed researching, designing and building castles out of lots of different materials, as well as creating their own Coat of Arms design. They are looking forward to their 'wow' day where they will be taking part in musical activities with the Academy of Ancient Music as well as having a medieval banquet! Select Year 5 mathematicians took part in a fun Mega Maths Event where they

completed a range of Maths activities and puzzles, competing with children from other schools. They are also currently writing and practising their 'Go for Gold' production based around their topic of Ancient Greece.

Children from across the school wowed us with their unique and imaginative World Book Day costumes. They enjoyed sharing stories and books with their class as well as completing a range of World Book Day activities. We were lucky to also have a famous author, Julia Jarman,

visit us to take reading and writing workshops across the year groups.



COMMUNITY

CAMBOURNE OPEN GARDENS 2020 NEEDS YOU!



Cambourne Open Gardens will take place on the weekend of 13th and 14th June. (Circumstances permitting)
Lower Cambourne and the area of Great Cambourne around School Lane will open on Saturday 13th June, with Upper Cambourne and the rest of Great Cambourne opening on Sunday 14th June.

This is a local event, for local people. Our aim is to provide an event that will enable residents to socialise, share interests, and gain knowledge and inspiration for their own gardens.

Your garden does not need to be a show garden; if you enjoy gardening, then do consider opening. Large, or small, work in progress or the finished article, if there is such a thing with gardens; everyone is welcome.

Please put the date in your diary, or better still, open your garden. If you would like to take part, or would like more information, please email: pam.hume1@gmail.com, or if you prefer, telephone 01954 201808

Pictures By Rowan Litting



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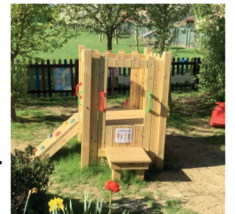
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www.monkfieldpark.cambs.sch.uk

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01480880667, bluebell@goldenapples.co.uk

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The Cambourne Kitchen presents:



No Rules Layered Loaf from Singalongchef@gmail.com

In our time of austerity here is an idea for using up leftovers and also to include more veg into your diet. The loaf you choose needs to have a good crust to absorb excess juices.

Ingredients:

Mix 1 large onion thinly sliced, 400g mixed tomatoes thinly sliced, 3tbsp sugar, 1tsp salt and pepper, 100ml olive oil, 50ml vinegar then set aside for 10 mins.

Other ingredients for layering are

800g loaf of bread with a good crust, 4 or 5 boiled eggs, ½ cucumber sliced, 100g salami sliced, 1 tin sardines in oil, 50g sweetcorn, lettuce leaves, 100g sliced ham, 70g olives 100g sundried tomatoes, 100g artichokes, 2 balls mozzarella diced, coriander leaves, basil leaves, 1 tbsp of mustard and 1 tbsp of mayo.

Method

Slice along the whole top of the bread. Gently pull out the soft middle of the loaf.

Start with a little mayo and mustard spread around the core of the loaf, then line with the ham and salami. Add some of the onion and tomato mix spreading evenly on each layer, a few lettuce leaves and herbs. Then the sundried tomatoes, sweetcorn. At the halfway point add a layer of boiled eggs. Then continue layering up and pressing to compact the ingredients. Once at the top, tip any remaining juices over the top, replace the bread lid then wrap tightly in foil first and then cling film. Pop it in the fridge for a minimum of twenty minutes or better overnight. Then slice using a large bread knife and enjoy.



Boost Your Immunity

As everyone today is concerned and anxious about keeping themselves safe and healthy. It is important to keep your immune system strong, to fight with any type of infection. We can boost our immune system by eating certain type of foods.

Our immune health depends on the lifestyle choices that we make every day. We should aim to support our body's natural ability to fight against infections. Our immune system is compromised by factors like stress, lack of sleep, unbalanced diet and inactivity. It is important to adapt healthy choices such as including nutrient dense food with lots of antioxidants and gut friendly bacteria while ditching processed food.



3 foods to boost your immune system:

Citrus food: Vitamin C helps the production of white blood cells, which are key to fight infection and hence support our immune system. Almost all citrus foods such as oranges, lemon, grapefruit etc. are high in Vit C. Our body cannot produce or store Vitamin

C, as it is water soluble and any extra will excrete out, so daily intake is essential.



Garlic: It has 33 Sulphur-containing compounds including 'allicin' and amino acids, which helps to support our immune system. It also helps to lower blood pressure and hardening of arteries.

Ginger: It helps to reduce inflammation and helps reduce sore throat. It also helps to decrease nausea and have cholesterol lowering properties. It has a compound 'Gingerol' which is heat producing and may reduce chronic pain.

By Vandana Manocha RNutr, Registered Nutritionist (Public Health) for more information or recipes please visit www.nutrition2wellness.com.



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WHAT'S ON

Due to the current situation concerning COVID-19, check with organizations directly as many events, although published are expected to be amended, postponed or cancelled.

South Cambs Child and Family Centre

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, 1:30-4.00pm.

Thursdays

International Group - Blue School, 10-11.30am, ages 0-5, free
Clothes Swap - Blue School, 1pm-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@cambri
 dgeshire.gov.uk or 01954 284672.

Free Monthly Workshops

Join in creative workshops with professional artists from Wysing Arts Centre every month, on the second Saturday of the month. Places are free but must be booked in advance via eventbrite (www.creativecambourne.eventbrite.co.uk). If you cannot attend a session please cancel your place to allow others to take part. The workshops are run by Wysing Arts Centre in partnership with Romsey Mill and Cambourne Youth Partnership. Workshop Timings
 11:00 – 13:30 for age 11-14
 14.30 – 17.00 for age 15-19

Saturday 4th April

Big Deal Comedy 7:30pm

Cambourne Sports & Social Club
 Bringing some of the best new and experienced comedians on the circuit to a comedy night in Cambourne.
 £7 per person (advanced booking advised)
 For full details and how to book:
www.bigdealcomedy.co.uk

Friday 24th April

Cambourne & District U3As Meet & Greet

Ian Cameron who would be speaking on the Battle of Hastings at the Hub 10.30am -12pm.
 Email : u3a.cambourne.org

Thursday 23rd April

Lawns Bowls First Club Night 6pm

Club nights will continue on Monday and Thursday evenings throughout the season which will finish mid September. We welcome ladies and young people as well! For more information about Cambourne Bowls, please contact the undersigned.
 Robin Bailey Email:
robin.doreen@bopenworld.com or 01954 269328 or 07711 613559.

Saturday 13th June and Sunday 14th June

Cambourne Open Gardens

Open Gardens is a charity event organised every year in Cambourne. You can walk around visiting any garden that has 'Open Garden' posted outside. Tickets are available at all gardens and a £5 ticket lets you to visit all open gardens in Lower, Greater and Upper Cambourne on both days Children have free entry. Lower Cambourne and the area of Great

Cambourne around School Lane will open on Saturday 13th June, with Upper Cambourne and the rest of Great Cambourne opening on Sunday 14th June. Just start walking or cycling around your neighbourhood looking for 'Open Gardens' signage. With your ticket you will get list of all gardens which are open. You can buy tickets a week before the event from the library.

Cambourne Experimental Cookery Club

Join the cookery club for the year 2020 - 2021.
 Email : shrobona@gmail.com
 Phone : 07852753216

Editorial Note

It is not good to do nothing. You will be amazed at what is available to do from your own home. All the projects that have waited for years until you had some time. Many of them can be done without leaving the house. For example, did you know it is good to clean the dust from the radiator of the fridge? If you did not know fridges had radiators then yours may need to be cleaned. Also, the inside of your computer or the filters on the outside. Once cleaned this will reduce energy use and could prolong the life of your unit. See Google and YouTube to find out more.

MOBILE POST OFFICE:

The Hub car park
 Mondays: 1.45pm to 4.00pm
 Wednesdays: 12.30pm to 4.00pm
 Closed Public Holidays
 Tel: 0345 611 2970

Please note: opening times are subject to road conditions

WASTE AND RECYCLING:

Bin collection dates

Black bin: Thursday 9th April and Friday 24th April.

Blue bin : Thursday 2 April, Saturday 18th April and Thursday 30th April.

Green bin collections and deliveries suspended from 23 March.

EVENTS IN AND AROUND CAMBOURNE

MONDAYS**Watercolour Class**

7-9pm The Hub Cambourne .

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.

Cambourne Youth Club

Year 9-11 **7- 8.30pm**, at Cambourne Soul Youth Centre

TUESDAYS**WW2 Aircraft Club**

First Tuesday of the month in Cambourne at The Blue School.

Cambourne Tae Kwon Do

Adult and children classes (Tuesday evenings or Saturday mornings). Refer to Facebook page : Cambourne TKD.
Beginner classes for all at the 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** at the Village College.

Cambridge Badminton Academy

7.30-10pm at Cambourne Village College.

WEDNESDAYS**Watercolour Class**

10-12pm in the Sports Pavilion.

Buggybootcamp

10-11am Crow Hill Lane Green CB23 5AW

Timebank Coffee Morning

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

Cambourne Youth Club

Year 8-9 **3:30 - 5pm**, at Cambourne Soul Youth Centre. Year 11+ **7-8.30pm**

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** at The Belfry.

Sundial Script Nights

2nd or 3rd Wednesday of each month.
8-10pm. Fun, sociable script-readings for those interested in drama with Cambourne's community theatre group.

Cambourne Community Gospel Choir

7.30-9.15pm in term time Old Blue School.

THURSDAYS**Diabetes Peer Group**

1st Thurs of the month **11-12pm**
Upper Cambourne Cricket Pavilion. Free.

Home Educators Multi-sports

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 65yrs. Cost £4.
[Facebook.com/groups/cambournefutsal](https://www.facebook.com/groups/cambournefutsal)

FRIDAYS**Cambourne Health & Wellbeing Club**
A group for older adults

We meet alternate Fridays in term time (next meeting: 6th & 20th March) from 10.30-12pm at the new Church annex. We aim to have a speaker or table games, refreshments, chair-based exercises and time for conversation. No booking required, the group is FREE. For more details please contact: Catherine Price Cambourne Parish Nursing Service : 01954 710644 (Church Office)
Email: nurse@cambournechurch.org.uk.

Children's Art Club

4-5:30pm 7-14 years

Upper Cambourne Cricket Pavilion.
For ten weeks each school term. There are three professional tutors who will choose different themes and media, some of which are continued for more than one week .
The cost of the class varies according to the number of children taking part, but is roughly £70 for each ten-session term, and this includes materials. Provision is available to enable children in cases of financial hardship to be able to participate in the group.
Parents/Carers do not need to stay unless they wish to, but we do ask for help in setting up and putting away the tables.
The Club will start the Summer Term on Friday April 24th 2020
If you are a potential tutor for this group, with a DBS check in place, we would love to hear from you.
Please contact Fran Panrucker by email at fran@panrucker.eclipse.co.uk to book a place.

Cambourne Chess

5-6pm in term time . School years 1-8.
Cambourne Church.

Friday Walks

Our walks are approx. 5 miles. We meet in the library near the rear entrance at 10.15am. If transport is needed, we share transport. To join us or for any questions prior to the walk, please ring Penny Flannagan on 01954 200126 or Pam Hume 01954 201808, or email pamhume1@gmail.com.

Cambourne Youth Clubs

Year 7 **3.30-5pm**, at Cambourne Soul Youth Centre

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.

Cambourne Fledglings Football Academy

9-10am Everyone Active 3G for reception and year 1 ages.

SUNDAYS**Cambourne Tennis Club**

10-12pm Social tennis session.

Cambourne Electronics & Robotics Club

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

Cambourne Raptors Basketball Club

Regular junior sessions @ CamVC;
8 & Under: Monday 5.15-6pm
11 & Under: Monday 6-7pm
14 & Under: Monday 5.30-7pm
18 & Under: Monday 7-8.30pm
11/14 & Under: Saturday 1.30-3.30pm

Digital Surgery for 60+

Alternate Sundays in the old Blue School.
2-5pm. Its FREE so drop in!

Cambourne Balkan Dance Club

Dance Meet-up. 5.10-6:30pm in the Blue School Main Hall. £3/session. Open to all. find us on Facebook.

Sunday walks

The April walk takes place on Sunday 26th April. Join us at 10 am at Monks Wood car park on School Lane. Lunch afterwards is popular with some of us. For further details please contact Sandra on 07747 012245 or email sandracalcra@waitrose.com

For more details of local groups and clubs see pages 16-17.

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:

Local charity run by volunteers
www.cambournecrescent.org
Info@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

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 Club:

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/cambournephoto

Reading Groups:

carolinealdrige@cambridgeshire.gov.uk

Timebank:

email timebank.cambourne@gmail.com or facebook
<https://www.facebook.com/CambourneTime/posts/1497202690445409>

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/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. Sandra: 07747 012245 or scalcraft@gmail.com.

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/semi-retired 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 ChildAndFamilyCentre.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

Sunday Dance Meet-ups. Open to all.
<http://bit.ly/BalkanDanceCambourne>
 Find us on Facebook.

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
 Minister: Revd Bill Miller
bill.miller@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

Pastor. 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

The group meets alternate Fridays in term time from 10.30am -12.00 midday at the new Church Annexe. Each time we aim to have a speaker or table games, refreshments, chair-based exercises and time for conversation. No booking is required and the group is FREE.

For more details please contact:

Catherine Price : Cambourne Parish Nursing Service Tel: 01954 710644 (Church Office)
 Email: 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

GROUPS, SERVICES & CONTACTS

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

EDUCATION

Cambourne Village College:

01954 284000
thecollege@cambournevc.org
www.cambournevc.org

Comberton Village College:

School Office - 01223 262503

Hardwick and Cambourne Community

Primary:

Headteacher: Andy Matthews
School Office - 01954 719085
blue@hardwick.cambs.sch.uk

Jeavons Wood Primary School:

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

Monkfield Park Primary School:

Headteacher - Sarah 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. annettesage@btinternet.com

Arabic Language School

Run by Cambourne Crescent during term time on Sundays - 10am at CVC.
linfo@cambournecrescent.org

Cambourne Crescent Science &

Technology Club: Runs on alternate

Sundays at 3pm in Blue School

Info@cambournecrescent.org

Cllr.akhter@cambourneparishcouncil.gov.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:

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: cambournecarscheme@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

Cambourne Crescent Food Bank

Info@cambournecrescent.org
Cllr.ahmed@cambourneparishcouncil.gov.uk

SPORTS & LEISURE

Cambourne Fitness & Sports Centre:

01954 714070

Cambourne Fishing Club:

www.cambournefishingclub.com

Cambourne Bowls Club:

Robin Bailey – 01954 269328 or 07711 613559. Email: robin.doreen@btopenworld.co.uk
m. Facebook: Cambourne Bowls

Cambourne Cricket Club:

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

Cambourne Eagles F.C.:

Cambourneeglesfc.sec@gmail.com
[Facebook.com/cambourneegles](https://www.facebook.com/cambourneegles)

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](https://www.facebook.com/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

Cambourne Fledglings Football Academy

cambournefledglings@gmail.com

Cambourne Balkan Dance Club

Sunday Dance Meet-ups. Open to all.
<http://bit.ly/BalkanDanceCambourne>
Find us on Facebook.

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; 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@2ndcambourne-scoutgroup.org.uk

Guides, Senior Section,

Brownies and Rainbows:

Waiting list and volunteers girlguiding.org.uk

A Better Life

Fiona H Drummond M.A. D.Hyp.
Psychotherapist & Clinical Hypnotist
 Member of the British Psychological Society
 Member of the British Society of Clinical Hypnosis

Fiona is a very well qualified Psychotherapist and Clinical Hypnotist with over 20 years' experience in the treatment of a wide range of physical, psychological, emotional and relationship issues in children and adults such as:

**DEPRESSION – STRESS – ANXIETY – WEIGHT PROBLEMS –
 PHOBIAS – CONFIDENCE – PANIC ATTACKS – INSOMNIA –
 STOP SMOKING – SEXUAL PROBLEMS – IBS – ABUSE – GUILT-
 BAD HABITS – RELATIONSHIP PROBLEMS – ANGER – TRAUMA**
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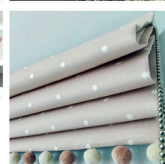
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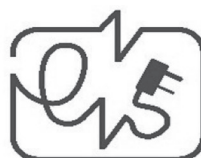
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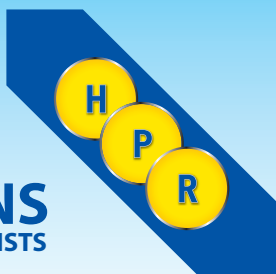
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COMMUNITY

Holi Festival of Colours

CamCare UK organised the Festival of Colours on Sunday 8th at new cricket Pavillion. People took advantage of a brief burst of early March sunshine in the Holi Festival of Colours. The Festival of Colours was played with all precautionary

measures in a sensible manner this year. There was dancing with many getting together to make it a fun event. Packets were made separately and distributed among the people. People were allowed to play colours with their own family members only.



CHURCHES

CAMBOURNE CHURCH

This month Christians celebrate Easter - the most important festival of the church's year. Jesus Christ, who died, is risen from the grave.

By the time you read this article the situation in Cambourne with regard to the coronavirus outbreak may be very different from when I am writing. What measures will be in place to protect ourselves and our neighbours? Will many be in isolation? Will people have stopped gathering together? Will some be grieving the deaths of loved ones?

What does Easter mean in the face of all this?

True human companionship and community are difficult to maintain in a purely virtual world. Telephone calls and social media are great, but they are no substitute for physical proximity and the intimacy and reassurance of a hug. When God came among us in Jesus, he came as a real human being with a real body. And when Jesus rose from the dead he had a real body too - the physicality of our humanity is important. This is one reason why isolation is so difficult.

But Easter also points to the fact that death, destruction and darkness do not have the final word. The resurrection of Jesus assures us of a future and a hope even in the darkest of situations.

So let me conclude with the traditional Easter greeting, heard in churches across the globe. I hope we still get to gather and declare it together:

"Hallelujah! Christ is Risen!

He is risen indeed! Hallelujah!"



Revd Bill Miller

Services for April are suspended at this time.

"We are still trying to stay connected and to serve our community in various ways. Although the building is closed and we are not gathering for worship, Cambourne Church is alive and well. You can still get in touch with us in these difficult times." Bill Miller

**You can hear messages at
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Peacehaven Baptist Church: Pastoral Thoughts

Everything is cancelled.

Or so it seems. Obviously we are not meeting at the moment in person. I have however started to record messages and such online in somewhat low budget video files on youtube. I literally had a shower curtain as a backdrop. I did try a live stream and I got 7 minutes that looped and did not do well. However, this does allow for more folks to hear the message and in fact my initial test message got more views than normal church attendance. I will have to work on that a bit more as I am a preacher not a youtuber. But it is a great time to learn about new things. Many of you will have children with you and need to do something with them, so learn together about new ways to connect with people in a safe environment. Teach them safe practices with social media and how to do things around the home. Even if they are not in school you can teach them life skills. Like cooking and cleaning are not just chores but vital skills for life. Teach them how to do laundry and washing up as well as the importance of why we do these things. Car



**Pastor Donovan Bangs,
Peacehaven Baptist
Church**

maintenance can be done as a family. Checking fluids and pressures. Other tasks around the home that were put off or sorting out the loft space. Make use of the time. But in all these things do not

forget that despite circumstances you are not alone. I would encourage you to reach out to those around you via safe means. Call or email or video chat folks. I set up a whatsapp group

for our church and we are communicating now more than ever. And feel free to visit our little corner of the web. To hear a message of encouragement. You can also call or email me with any questions. Just like Noah we are all in the same boat but that does not mean we cannot have a productive journey. I pray for all of Cambourne so this month let us all come together by staying apart. I know it is weird but this too shall pass.

Pastor Donovan Bangs

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HEALTH ADVICE

Keep Fit and Healthy when Self-Isolating

Inactivity, such as what you might experience when self-isolating, can significantly affect strength, balance and confidence, particularly as we get older. The following exercises promote strength and balance and should be done three times a week.

- Use a sturdy dining chair (or a worktop for the standing exercises) keeping the knees soft and not locked when standing.
- Always stop if you experience pain, chest pain, severe shortness of breath or dizziness.
- Always start by focusing on a good posture - sit or stand tall as if you are being pulled up from the crown of the head.

Exercise 1.

Sit to stand

Sit near the front of the chair, feet flat on the floor but slightly back towards the chair and knees hip width apart. Lean slightly forward and stand (using the chair as needed). Gently paddle the feet to feel balanced if required. Move back so both legs touch the chair and slowly lower into the chair. Repeat 10 times working towards not using the arms at all.

Exercise 2.

Heel raises

Stand behind the chair holding the chair back with your feet, hip width apart.

Rise onto your toes putting the weight on your big toes and second toes.

Lift feet to a count of 3 and lower to a count of 5.

Repeat 10 times working towards using the chair less for support.

Exercise 3.

Toe raises

Stand behind the chair holding the chair back with feet hip width apart.

Lift the toes so weight is on the heels and keep your bottom tucked in.

Lift to a count of 3 and lower to a count of 5.

Repeat 10 times working towards using the chair less for support.

Exercise 4.

Heel toe stand

Stand behind the chair holding the chair back with feet hip width apart.

Place one foot directly in front of the other (heel touching toes) and look straight ahead.

Try and balance for 10 seconds only holding on if necessary.

Put the feet back to the starting position then repeat with the other foot in front.

Repeat twice on each foot working towards using the chair less for support.

Exercise 5.

Heel toe walking

Turn sideways on to your chair or stand next to a kitchen worktop.

Walk 10 steps putting one foot directly in front of the other (as above).

Look ahead and walk slowly and steadily holding on only if necessary.

Put feet back to hip width apart before slowly turning and repeat in the opposite direction.

Work towards doing this backwards.

Exercise 6.

One leg stand

Stand close to the chair holding the chair back.

Put your weight onto one leg then raise the other leg (heel up towards your bottom).

Look ahead and hold for 10 seconds. Do the same with the opposite leg and repeat twice on each side. Work towards using the chair less for support, wearing leg weights or heavy shoes.

Should you require further information or support with these exercises or other exercises to do at home, please do contact me using the details below:

Catherine Price RN

Cambourne Parish Nursing Service

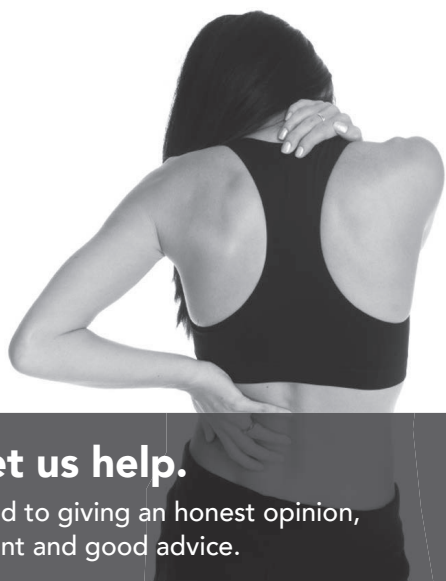
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underwent rigorous training, lost weight, did endurance building and so on. Well done to their local coaches and I was privileged to stir them towards this achievement. These young lads are thrilled to have a race-medal around their necks.



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The Tennis Club holding team trials

CAMBOURNE TENNIS CLUB: The summer tennis season is about to start and the club has 4 men's, 2 ladies and 3 mixed teams in the league this year. We have had our first team trial on Tuesday 31 March and a second trial will be held this Sunday 5 April. If you are interested in the trial or playing for one of the teams please contact Arif on 07854741308. You can see the various divisions at: bit.ly/CAMLTC-teams.

With respect to the coronavirus outbreak, the club is monitoring the guidance and information available via the following link: <https://www.gov.uk/guidance/coronavirus-covid-19-information-for-the-public>. While tennis is a non-contact sport, members are urged to avoid handshakes, not to touch their face, and to thoroughly wash their hands after games.

With planning permission for our new clubhouse approved, we will be looking for sponsors and supporters to help us make this

into a great success. One of our fundraising events will be a Racenight which will take place later this year.

For general information on the club and on how to join, please see the club website:

<https://clubspark.lta.org.uk/CambourneLTC>.



More Success for the Raptors Senior Team



CAMBOURNE BASKETBALL

CLUB: A big shout out to those who attend our Sunday Scrimmage sessions, which are great opportunities to play pick-up games of basketball in a friendly environment. Sessions are open to all levels of experience and played at Cambourne Village College sports hall from 7 – 9 pm every Sunday evening.

The seniors are holding down 4th place in division 2 of the Cambridge Basketball League with a 8-3 record and with 2 games in hand over those above them. The team are scheduled to play Huntingdon Hawks 2 in the plate semi-final of the Cup Competition.

8 & Under: Monday 5:15-6a pm

11 & Under: Monday 6-7 pm

14 & Under: Monday 5:30-7 pm

18 & Under: Monday 7-8:30 pm

11/14 & Under: Saturday 1:30-3:30 pm.

Go Raptors!



Spring Kicks In

CAMBOURNE TKD: As Spring arrives, preparations have been in place for months for the English Championships, this time to be held in Coventry. Hopefully, the threat of the Coronavirus won't force us to postpone the competition. At the time of writing, the TAGB is awaiting government advice.

In the meantime, our students have also been training hard for the upcoming coloured belt grading. Students young and old have been practising their patterns, linework and sparring so that they can be promoted to their next belt. The last few weekends have seen senior black belts and those hoping to advance to black belt commuting to Derby and Nottingham to put themselves through some gruelling training as preparation for the official grading in Bristol where they will be graded by five Grand. We hope to bring you some news on this next month.

But even if it's not your time to grade, there's still plenty to learn and fun to be had in class. We've welcomed several new young students recently who no doubt will be inspired by their peers. As instructors it's very encouraging and rewarding to see youngsters come out of their shell and really take to the martial art,

improving their physical skills and, just as importantly, social skills with children and adults.

For more information on adult and children classes (Tuesday evenings or Saturday mornings) contact Stephen on 07905 744777, stephenlacey73@gmail.com or visit our Cambourne TKD Facebook page.

