



CAMBOURNE CRIER

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www.cambournecrier.org

Plea to Spend Locally as High Streets Re-open for Business



Shop locally and support your neighbourhood High Street

That is the District Council's call to South Cambridgeshire shoppers as non-essential retailers open their doors during June and July, for the first time since lockdown.

Councillor Peter McDonald, Member Champion for Business Support, said with many small firms having to find new ways to keep trading these past three months, now was a crucial time to continue to support them.

"Many independent shops, traders and other businesses are having a really tough time of it and we need to do all we can to help them in this next phase."

Cambourne's High Street businesses have been preparing for the big re-opening weekend which starts on the 4th July.

Apart from the first few weeks of lockdown, take-away services Fish 'n Chicken, Chutney Joe, and Wokswagon have continued serving, with measures like screening and spaced queuing in place. However, both Chutney Joe and Wokswagon say that take-away sales are lower than normal.

Recent visitors to Greens have found it transformed with indoor tables removed and new lines such as ice-creams and slushes.

"We all have to adapt" says joint-owner Dan.

"It's a bit like opening a new business".

Chutney Joe and Greens are both looking forward to welcoming seated customers again from July 4th, although social distancing means there will be fewer tables in Chutney Joe and at Greens they will only be outside.

Salon Se7en is back in business on the 6th July. To get a haircut, Salon Se7en ask that you bring your own face mask if possible and staff will also wear masks and gloves. Every other cutting station will be used, with equipment being sterilised after each customer and no magazines to read.

Louise from Salon Se7en is ready: "We can't wait to get our scissors on their hair!" she told The Cambourne Crier.

The Beauty Cabin had been working hard to be ready to re-open with safety measures in place on the 4th July, but unfortunately this was scuppered by an unexpected exclusion in the Government guidance, even though, as the Beauty Cabin say on their Facebook page, their preparations in some cases "exceed many of the guidelines".

(Continued on page 3)

Back in print!



The Crier - pleased to be back in hard print after a three-month "exile" in cyberspace!

■ Find out more on page 6...

Going to the doctor..



Monkfield Medical Practice updates us on what to expect if you need a doctor

■ See page 12 for more details...

Anyone for tennis?



Courts open for doubles play and small-group coaching sessions, with guidelines to stay safe

■ See more on page 28...

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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Editorial submissions:

Submissions for the August edition must be received by 9pm on **Sunday 12 July 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

CRITER 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

News and Events

Exercising and socialising safely around Cambourne

With many people adhering to Government guidance and staying at home, exercising and social activity has increased outdoors, particularly around the country park and lakes. It has been brought to our attention that there has been an increase in litter, dogs being exercised off their leads, and some large gatherings of people.

The most important thing to adhere to during these times is social distancing, ensuring you are at least 2 metres away from people that are not within your household.

The Government has recently allowed people to meet others from outside your household in a group of up to 6 people for socialising and exercise, so long as social distancing is practised.

As of Saturday 4th July, you can meet in groups of up to two households.

We have also received reports of disposable barbecues being used and want to ensure these are being used appropriately. We have created some guidance which you will find on page 5 of this edition.

Cambourne Community Fete

We have taken the decision to cancel this year's Cambourne Community Fete

that was to be held on Saturday 12th September. It is highly unlikely that the Government will allow mass gatherings at events and we feel it will be extremely difficult for attendees to socially distance. Our priority is ensuring the safety of Cambourne residents, and that we are doing our best to prevent the transmission of Covid-19.

Cambourne Volunteer Task Force

Although the lockdown restrictions are becoming relaxed for most, some will still be shielding. If you or someone in your household is shielding, and need assistance with shopping, collection of prescriptions, or need an odd job doing like taking letters to the post box, please get in touch with Cambourne Volunteer Task Force. If you are experiencing financial difficulty as a result of the Covid-19 pandemic, CVTF can also provide your household with a food parcel - no questions asked. CVTF can be contacted via their website:

<https://www.cambournecrescent.org/vtf/>

Alternatively, you can phone the Community Development Officer on 07875 569200. Thank you to all the volunteers involved in CVTF for their continued commitment and support helping those in need in Cambourne

*John Vickery,
Cambourne Town Clerk*



The Town Council Office: The Hub, High Street, Cambourne, CB23 6GW.

The office is currently closed until further notice

Tel: 01954 71403 or 07875 999028 or email office@cambourneparishcouncil.gov.uk

John Vickery, Parish Clerk: clerk@cambourneparishcouncil.gov.uk

Jessica Lydon, Community Development: community@cambourneparishcouncil.gov.uk

COMMUNITY



(continued from front page)

Meanwhile, The Monkfield Arms has been using their window as a community billboard to support the NHS during lockdown, with their window displays of art submitted by local children.

They are also re-opening on the 4th July with a drinks only service for the time being. Social distancing measures, as specified by the government, are in place, general manager Nicola told us, and customers will be required to be seated. Numbers will be limited, with a door greeter to ensure safe queuing, but you can also book in advance.

Clearly this is going to be a process of businesses slowly testing the measures and gradually returning to something resembling pre-lockdown service as it becomes safe to do so.

Dan from Greens and Mustafa from Chutney Joe both expressed their gratitude to loyal customers who have continued to shop with them through the crisis and it will be up to Cambourne people to help local businesses get back on their feet in the coming months.

"I think we've all come to realise how important these businesses are," said Cllr McDonald, "not just in supplying our needs but feeding into the local economy, too. And, if we want them to continue and prosper on our high streets, our role as loyal customers is essential."



SOCIAL DISTANCING MEASURES IN PLACE IN GREENS

NOTE: All details correct at the time of going to press.

Help your Family be "Water Aware" this Summer

While the sun is shining, it might be tempting to cool down with a dip in local rivers, canals or lakes.

But think twice before you do, says the Cambridgeshire Fire Service. Every year firefighters are called to incidents where people, both adults and children, get into difficulty when taking a dip in open water.

The Fire Service is urging people to be aware of these dangers when around open water and for parents to have this conversation with their children.

Cambourne is lucky enough to have several open areas of water, all of which forbid swimming. However, the risks are still there and the waterways of Cambridge are also nearby.

If you see someone in trouble in water, the Fire Service suggest the following course of action:



- Do not hesitate - call 999 immediately with clear details of your location. Request fire service if inland.
- Try to reach out to them with a stick or belt, keeping low so you do not get pulled into the water yourself.
- Send someone to the nearest road to flag down the emergency services when they arrive and direct them to the incident.
- Find the nearest life ring and throw it to the person. If a life ring is not available, throw in anything that could help them float.
- If someone goes under the water, mark on the water's edge the place they were last seen with something like a piece of clothing.
- Download the free what3words app so that emergency services can help pin point your location in a hard to find area.

COMMUNITY

Greetings from Cambourne Library

The Digital Summer Reading Challenge "Silly Squad" 2020 is now underway!

Register now! At sillysquad.org.uk

This year is all about "funny books, happiness and having a laugh!!"

You can join the Silly Squad team of animals on a new adventure. Keep track of your books, reviews and the rewards you unlock along the way. You don't need to be a library member to take part but it may be the ideal time to join the library too!

For information access the Cambridgeshire Libraries website, Facebook and Twitter pages.

Online arts and crafts events for all ages!

On 11th July we bring you

"How to make a Silly Paper Party Hat!"

Keep watch throughout the summer for this regular, creative slot for other exciting sessions!

<https://www.facebook.com/CambridgeshireLibraries/>

"The Library Presents in your House!"

Enjoy our new online programme from the comfort of your sofa.

Following the cancellation of the Spring programme of events 'The Library Presents' is now online for residents to enjoy. Launched by Cambridgeshire County Council, is a new service which will allow residents to watch, and participate in high quality arts and culture performances and workshops.

Ensure that you catch time-sensitive events by checking 'Live Performances and Workshops'.

All other performances and workshops will be accessible throughout the summer.

The listing of all events will be on at www.cambridgeshire.gov.uk/arts

If you are not already a library member you can join online. When you sign up a

membership number will be emailed to you.

<https://www.cambridgeshire.gov.uk/residents/libraries-leisure-culture/libraries/>

If you have online access you are welcome to download free electronic books, audio books, magazines and newspapers onto your PC, tablet or smartphone through the library service.

Cambridgeshire libraries have been collaborating and can now provide other online activities to help keep you informed, engaged and entertained at this time. Online activities includes the firm favourite rhyme time sessions. See our Facebook and Twitter pages for more events.

Library Service Recovery - A message from Gary Porter, Head of Libraries and Communities

"You will hopefully know that whilst libraries have been closed during the pandemic, library services is open for you online."

What is next at the Library?

I am sure you have been following communications from the government outlining the next stages of the national 'recovery plan'. Libraries are included in Phase 3 of this schedule effective from 4th July. This means, if the rate of transmission is declining in the country we can, from this date, offer some form of physical library service.

What might this look like? It will **not** be a full opening. Our priority is the health and safety of all our staff, volunteers and customers in line with Public Health advice and guidance. We are currently planning what our initial phase of re-opening will look like but in headline terms this will be:

- limited opening hours at some libraries across the county to give reasonable geographic coverage
- no mobile library services due to the challenge of making a confined space safe
- a click and collect book service – not open access, no browsing as in normal times
- managed, time limited access to our IT facilities
- reinstating the phone line so that customers without home IT can contact the service
- Home Library Service – already partially reinstated but we will look to restore to all customers who normally receive this service

Our approach is to start with a small, carefully managed offer that can be gradually grown in line with circumstances and Public Health guidance and requirements.

Could this timetable change?

Yes. We are guided by advice from the government and you will be aware that if the public health situation deteriorates the country may revert to stringent lock down measures and if so we would have to revise our approach to re-opening libraries.

We look forward to welcoming customers old and new back into our libraries in the future!

The Revised Library@Home Service Cambridgeshire-

We can now accept new referrals. This service is open to Cambridgeshire Residents who fit a set criteria: -

The service is for anyone who usually relies heavily on reading books or listening to audiobooks and who is shielding or isolating due to age or health conditions under the current COVID-19 Government guidelines.

People accepted for this service will be contacted by a member of the Library@Home Team who will arrange a doorstep delivery of specially chosen books/audiobooks.

Deliveries will be monthly (by prior arrangement) and previously loaned books/audiobooks will be picked up when new ones are delivered.

To enquire about the Revised Library@Home Service you can contact us: email - volunteers@cambridgeshire.gov.uk; phone – 07442 022 926 (Magda) or 07342 700308 (Fay) A member of Library@Home team will respond to the referral.

CAMBOURNE TOWN COUNCIL

Keeping Cambourne Safe and Looking Great this Summer

The sun may be shining and lockdown may be easing, but the pandemic isn't over yet and there are still social distancing rules to be observed. The Town Council has provided this guidance of things to remember when out and about this summer. Social distancing guide-lines are current as we go to print.



difficult to adhere to social distancing if you have to retrieve your dog if they are close to another person not within your household.



on sports pitches or cricket squares. Barbecues must be disposed of properly ensuring they are completely extinguished before putting into a litter bin.



- **Ensure there is at least a 2 metre gap** when walking by people, exercising with others, or when meeting people outside of your household to socialise. You can meet in a group of up to 6 people from different households, or 2 households can meet (for example: 2 families of 4)

- **Please ensure that you clear up all rubbish** and dispose of in a litter bin. Please notify the Town Council if a bin is overflowing.



- **Please remember to pick up after your dog** and dispose of dog waste in the numerous dog bins around Cambourne.

- **Please do not use disposable barbecues around the country park, lakes and woods.**

If you would like to use a disposable barbecue, you can use them at numerous open spaces within Cambourne, such as village greens.

- **Please ensure the grass is protected by raising the disposable barbecue off the ground.** Please do not use them



- **When exercising dogs, we advise keeping dogs on a lead**, particularly around the lakes where people are likely to be fishing, and birds are nesting. It can be

- **As of Saturday 4th July, the playgrounds and outdoor gym equipment will be re-opened for use.**

- **The Tennis courts and multi-use game areas have already been re-opened** providing that social distancing is adhered to. The Town Council will release guidance once we have received it on how to safely use playground and outdoor gym equipment. Social distancing will still need to be adhered to when these facilities are open.

We know that many people will already be adhering to the guidance and the Town Council thanks you for your efforts so far. You can read the Countryside Code via the following link:-
<https://www.gov.uk/government/publications/the-countryside-code/the-countryside-code>

Your Faithful Crier - Back in Print!

Like many other local businesses and organisations, we are celebrating our return to a semblance of normality, with the first print run of The Cambourne Crier in three months, after shrinking advertising revenues and lockdown safety considerations required us to go online in March.

No-one knows what the future will hold and we are moving forward carefully, but given the ongoing easing of lockdown measures there is general feeling of relief that the printed edition is back.

It's remarkable to note that, since the Cambourne Crier was established in 2001 by a small team of residents, it has never missed a month of printed publication - until the lockdown. It went out late once and another time in two halves, but a pretty remarkable record, considering that, through all that time, it has been run by local volunteers.

That very first edition was around four pages long, half the page size and sent out to 200 homes, in a young but growing Cambourne.

In 2020, it's professionally printed in full colour. On the first Friday of every month, 46 boxes, each containing 100 shiny new magazines, arrive on the doorstep of volunteer delivery co-ordinator, John Panrucker.

Distribution around Cambourne is a well organised operation that involves John and our young delivery team (aged 14-18 years old), supported by their families, getting the magazine posted through your letter box.

"It's a good job I'm retired" says John, "Otherwise it might be a different story."

Although we never really went away, it's good to be back!



Huntingdon's Gain – Cambourne's Loss



It is time to say farewell to Jane Brooks, the children and families worker at Cambourne Church.

After working here for almost eight years, she is moving on to the role of children and families missionary in Huntingdon parish.

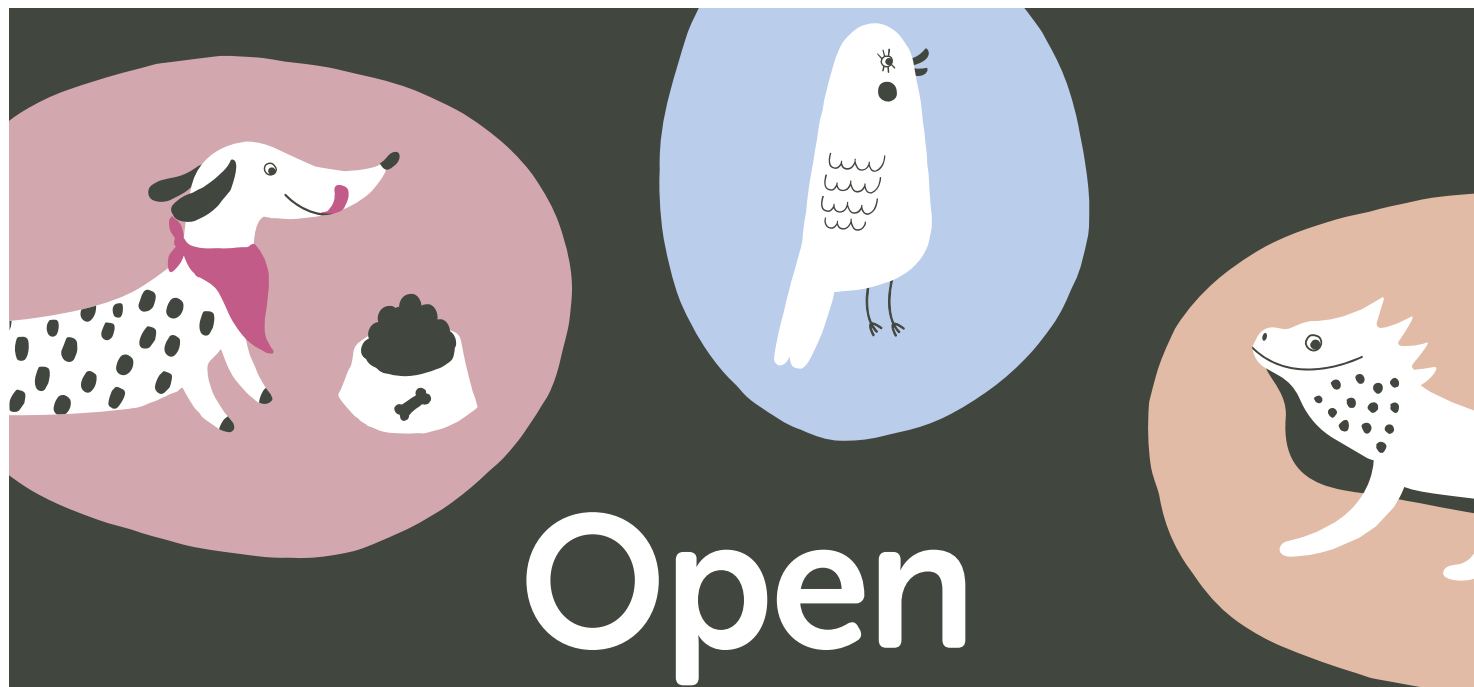
You may have known Jane from her work with children in the church building – the 'Gazebo' weekly after-school club, the weekly activities for children on Sundays or events such as the annual holiday club and light party. Or maybe you knew her through her work in the primary schools, as she has been involved in leading assemblies in all four of them.

Jane has led Christmas services for schools, assisted with religious education, conducted mock weddings, and at the Vine Inter-Church Primary School has taken a particularly central role in supporting worship and the Christian ethos. Or maybe you encountered Jane when you brought your child for a thanksgiving service or to be baptised, or through her work with the Cambourne Child and Family Centre in Sackville House or through parenting courses. She has been busy!

The Church will miss her, and many in the wider community will miss her too.

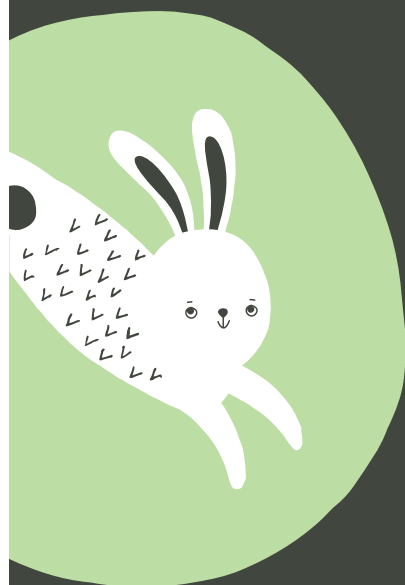
Her new role starts in July, and in the Corona virus crisis it has not been possible properly to mark her leaving. So once the current restrictions have been lifted, and we can gather together, Jane will be back to say her goodbyes face to face.

In the meantime we wish her well.



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COLUMNISTS



ANTHONY BROWNE

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

Protecting our Local Waterways

Over the last few weeks, we have seen in action the positivity I spoke of in my last article.

It is a delight to witness Cambourne and surrounding areas begin to re-open, our streets busy once again – albeit in a socially distanced manner.

It has also been a busy and productive time in Westminster. With MPs back in the Palace of Westminster, we have been able to meet with Ministers, scrutinise legislation and speak in person during debates.

This afforded the opportunity to meet with the Minister for Floods and Water, alongside experts from across South Cambridgeshire, to discuss our

ambition to tackle the burgeoning water crisis which is enveloping the county.

As Cambourne residents will understand, we are continuing to grow at a rapid rate and must ensure we protect our local waterways, ponds and reservoirs. We have a once in a generation opportunity to deliver a visionary strategy which could have a lasting impact not only on an environmental level, but also on the quality and quantity of water available to residents for decades to come.

Other good news for Cambourne's commuters was the announcement that Network rail have confirmed the location for the new Cambridge South station, to be completed in 2025.

Having campaigned hard for this station and welcomed the official funding announcement by the Chancellor in March, this update marks an important step towards completion.



SHROBONA BHATTACHARYA

DISTRICT COUNCILLOR
Cllr.Bhattacharya@scambs.gov.uk

A Time of Unprecedented Change

We have seen unprecedented changes in our lives over the last few months.

The UK is beginning to ease out of the lockdown and moving towards a new normality, which is going to have a long term impact on our lives. A cultural shift has already been started with working from home, virtual education, online seminars, conferences and festivals.

I found a mixed reaction when I talked to the residents around Cambourne. Staying at home offered more family time, but the safety of our loved ones often created anxiety.

Jobs, businesses, mental health issues all bring intense uncertainty – while at the same time a

new sense of gratitude and gratefulness. community and social cohesion emerged.

SCDC emergency Food Hub has reduced its opening hours as the demand over the last few weeks has dropped considerably. It is now open 7 days a week from 8 AM to 5 PM.

The District Council is running a hot meal scheme to bring nutritious food to vulnerable residents. For more information contact Tom Horn at SCDC on 07704 072 548 or email tom.horn@scambs.gov.uk

Since the lockdown started, I am running a virtual Come Cook Dine with Me every Saturday. We start cooking at 11 AM, and then we are having a virtual community meal together at 1 PM, which is a great way of staying connected with the people in the community. Please email me on shrobona@gmail.com if you are interested in joining us.



CATHERINE PRICE
CAMBOURNE PARISH
NURSING SERVICE
nurse@cambournechurch.org.uk

The Importance of Diabetes Awareness

In diabetes there is either not enough insulin in the body or it does not work properly.

Insulin is a hormone made by the pancreas which helps move glucose (blood sugar) from the blood stream into the cells to make energy.

There are two types of diabetes: Type 1 develops due to a problem with the immune system; usually begins at a young age and is not related to lifestyle.

More commonly, 90% of adults with diabetes will have Type 2 Diabetes. You are more at risk of Type 2 diabetes if you are over 40, overweight, have a close relative with diabetes or are of South Asian, Chinese or black African origin.

Symptoms of diabetes are: feeling thirsty, tiredness, passing more wee than normal, weight loss, blurred vision, wounds that take a long time to heal and thrush. Uncontrolled diabetes can be linked to problems with vision, nerve damage (including loss of feeling and injuries to the feet), heart disease, stroke and kidney damage.

Diabetes can be managed (and often prevented) by eating a healthy diet with low levels of sugar, keeping a healthy weight and exercising regularly. Regular monitoring of blood pressure, blood sugar, kidney health, eye and foot health are all important. Medication may be necessary to keep blood sugar in a safe range but changes to lifestyle can make a real difference.

Reference / further information:
www.diabetes.org.uk or www.nhs.uk (search: diabetes).

COMMUNITY

Council launches £200,000 fund to establish new Mobile Warden schemes in South Cambridgeshire

Mobile Wardens support people wanting to remain living in their own homes rather than moving into a care facility by offering help with practical tasks such as making an occasional light meal, organising appointments, delivering shopping, filling in forms and collecting prescriptions.

The Council has identified seven locations across the District, which have higher populations of older or vulnerable people, that would benefit from the new schemes being introduced. Local groups can apply via a tender process to run the schemes in these locations: Fulbourn; Gamlingay; Over; Papworth Everard; Sawston (and surrounding villages within the Granta footprint); Willingham; and a cluster of villages including Bourn, Caldecote, Hardwick, Toft and Wimpole. Groups wishing to create new schemes in other South Cambridgeshire parishes could also be eligible for funding and can apply through the grant application process.

“Although residents pay a small charge for the service, the schemes incur costs for training and putting safeguarding measures in place as well as from overheads and set up costs. If Parish Councils, charities or independent groups are interested

in setting up a new group, please apply. We can help connect you with the practical guidance you will need to get going as well as support to complete an application.”

Applications open from Monday 1 June 2020 and will close on Friday 10 July 2020. Visit the council’s website for more information about logistical support the council can offer to groups as well as full details on how to apply – through the tender process or directly to the grant: www.scambs.gov.uk/mobile-wardens



Five Health Benefits of Vegetarianism

Vegetarianism is becoming popular more than ever.

People are embracing a plant-based diet on their own due to many reasons. For some people eating a plant-based diet is a way to be healthier, for others it is a part of religion, or animal rights or environmental concerns. Research shows the positive connection between plant-based diet and reduced risk of developing certain types of cancers such as colon cancer, protective effect for heart diseases, lower risk of diabetes and depression.

Vegetarian is a broad term used for people who include vegetables as the main source of food in daily diets, they do not eat meat, poultry, or fish.



Five Health Benefits of Vegetarianism

1. Reduced cancer risk

A vegetarian diet is full of antioxidants which reduces the oxidative stress in our body. Study has shown that certain types of vegetarian diets can reduce the risk of specific cancers for example vegan diet can reduce the risk of female-specific cancers

2. Heart health

Vegetables and fruits are naturally rich in heart healthy polyphenols which have beneficial effect on our health.

3. Preventing Type 2 diabetes

A vegetarian diet may help and treat complications from Type 2 Diabetes. Foods like nuts, wholegrain and pulses are high in fibres, proteins and has low glycaemic index. It helps to stabilize your blood glucose and may also release insulin.

4. Lowering blood pressure

A plant-based diet is lower in sodium, fat, and cholesterol and high in potassium, which can have positive impact on blood pressure.

5. Weight management

A vegetarian diet is naturally low in calories and high in vitamins, minerals, and fibres, which can help to reduce or maintain weight.

By Vandana Manocha RNutr, Registered Nutritionist (Public Health).

EDUCATION

The Vine Celebrates Book Week

The Vine Primary School: The Vine has previously enjoyed Book Week during the last week of the Summer 1 term. We wanted to continue the tradition this year, so despite not being physically at school, we all embraced Book Week at Home with the goal: 'Create a Book Nook to enjoy Book Week at Home' (Nook: an undisturbed corner or space.)

We were inundated with photos, videos and anecdotes showing a range of cosy, quiet, sunny and bizarre book nooks! Examples included: cushions in the bedroom, in the (dry!) shower, a tent in the garden, in a sandpit, the cupboard under the stairs, on the stairs and in the dog's bed! Most importantly everyone was reading, from FS1 to Year 6, sharing stories, facts and songs with family and through the necessity of email and video with their teachers and teaching assistants too. Here are just a few of the great activities that made our remote book week special.

FS2 made everyone smile with their cleverly cut class rendition of 'Elmer the Rainbow Elephant' song and the Year 1 adults had everyone guessing in their dress-up 'Who Am I?' book character quiz. Mr Minei gave Joe Wicks a run for his money with a great week of book related PE workouts and Mrs Irish organised

bookworm quizzes and competitions. Year 6 also fed our bookworm brains with book and author puzzles and facts. FS1 were challenged to go on a book hunt, with questions like 'Can you find a story about a bed?'

Some of us were challenged to 'behave like a book character' – could we do it for an hour... a day...? What would they eat for lunch? Others got crafty making story sacks for their favourite books.

Books were reviewed, rated and shared. Mixed-up fairy tales and sequels were written, while we relaxed, listened to stories and imagined what was happening, adding our own details.

What a fantastic 'Book Week at Home'!



The Village College is focused on normality

Cambourne Village College: I started my article for the June Crier by saying that I couldn't predict what the educational landscape would look like by the time the magazine reached you – and much the same holds true as I write this on 14 June for the July edition of the Crier; but at least I can give you an update on

students can attend school alongside our Key Worker provision. All of this has been overseen by officers of the CAM Academy Trust. After very careful consideration we have focused our attention to on-site lessons on those areas that pupils simply cannot do at home. Practical subjects such as Art, Design Technology and those requiring particular software have been prioritised for Year 10, alongside inviting in those pupils who are clearly falling behind in a number of areas. Alongside this, staff have acquired an array of new technological skills to make on-line learning as engaging as possible for the majority of pupils who have been studying at home since March and continue to do so.

Keeping motivated under these conditions - for pupils and staff - can be challenging, as those of you working from home yourselves may appreciate while our Heads of Year have been brilliant at boosting morale. Mr Yeates' weekly quizzes, Music Department events (Look out for the virtual production of Rapunzel: Before Social Distancing was fashionable!) and an ongoing set of physical challenges from our PE department have also provided welcomed light relief. Take a look at our Facebook page for examples of some of the fantastic work being done by pupils and published as 'Friday Shout-Outs':

<https://www.facebook.com/CambourneVC/>

And a final and really important bit of news: As I write this, we are fully staffed with teachers for September! A welcome thought of 'normal' school potentially returning.

Take care everyone.

Claire Coates,

Principal, Cambourne Village College.



the first half of June at the College.

A huge amount of care has gone into ensuring that school is as safe as possible for the wider school opening on June 15th. Adaptations to the premises, new procedures, staff training and risk assessments are all in place so that 25% of Year 10

EDUCATION

Cambridge Regional College promotes Romney Mill

CAMBRIDGE REGIONAL COLLEGE: Second year journalism students at Cambridge Regional College have participated in a real-world project with client, Romney Mill to promote their latest project of working with young people in Cambourne.

The students explored the work that Romney Mill does as a charity helping young people in Cambridge and the surrounding area to demonstrate their understanding of how to use the codes and conventions of news reporting and multimedia feature-writing. They worked on two briefs, one exploring the work of the charity in the fast-growing community of Cambourne and the other looking at how the charity helps tackle the problems caused by economic inequality in the north of Cambridge. The students wrote their features using the multimedia storytelling application Shorthand and an industry-standard platform used for long-form reporting by many of the big players within the industry. The aspiring journalists liaised with their client through meetings, emails and phone calls and those who were able, visited Romney Mill's various centres to interview users and take photos.

To conclude the project, the students formally presented their work at a meeting at the charity's headquarters in Cambridge earlier this year and their final articles have been published on a website set up by course lecturer, Andy Darley. He said, "At its heart, journalism is about telling the stories of people and their lives. That's why it's always best for journalism students to work on real projects whenever they can - class room exercises just aren't the same thing. This project was a significant challenge, testing the students' ability to research, plan and organise as well as their practical skills. I am extremely proud of how they rose to that challenge."

Romney Mill is a Cambridge-based Christian charity that works with children, young people and families, many of whom are facing significant challenges in their lives. Established in 1980, the charity delivers a variety of programmes and projects to support the community. The showcase website titled 'Bringing people together in a new community' can be visited following this link, <https://crcmedia.shorthandstories.com/yr2journalism2020/index.html> Find out more about Romney Mill, <https://www.romseymill.org/>

Gamer Education

Educating otherwise: One thing about homeschooling is the great times for teachable moments. Recently my son has been playing some of the world of tanks / warships / warplanes. He asked me about the different upgrades for the units. I was able to use that to teach him about advances in technology, particularly in aviation. Having spent several years in service I had some knowledge. We also had good discussions about the events that led to the second world war and the great innovations that came out of necessity. Different game maps lent themselves to cover strategy and architecture. Different speed vehicles allowed me to discuss power to weight ratios and the difference streamlining or suspension makes. But the point is teaching can come at any time and it should. Teach them diligently when you are in the house or out of the house, Teach them when you get up or before you go to bed, to paraphrase a good book I know.

Donavan Bangs



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The Covid-19 Challenge Continues in our Region



Monkfield Medical Practice

As we start the next phase of living with COVID 19 we wanted to update you concerning what to expect if you need to contact us at Monkfield Medical Practice.

You might have already experienced the big changes we have been required to make over the last few months with an emphasis on telephone/video consultations and doing as much of our work electronically' as possible.

We thank all of you for your understanding whilst we have made these adjustments and also thank our staff for helping us implement all the new procedures.

As you will understand, the period ahead will still be difficult for the NHS, as we find a way to slowly reinstate services in a safe way for all. This applies to Monkfield Medical Practice as well as to our local hospitals and community services.

Over the month of July, we will start the process of slowly increasing the number of contacts and start reinstating some of our more routine work.

Sharing our Plan with You

We therefore wanted to share with you some processes that will help us all stay safe.

Please be aware that these processes are updated daily and may change over time:

1. We will continue to encourage you to make contact with the practice through electronic means and the telephone rather than face to face. We encourage you to view our website for information before making contact, as you might find the answer to your question this way.
2. In order to help us direct you to the right service and clinician we would like to ask that you undertake a symptom assessment through doctor link before you request consultations. This is an online symptom checker that can advise you on how best to manage your problem.

If the advice is to make an appointment, the system will alert the practice to call you back to offer an appointment within the timeframe outlined.

Registration to this service is simple on

<https://app.doctorlink.com/monkfieldmp/register> or look for the Doctor link logo to recognise it by:-



3. If you haven't already done so, please sign up to have online access to our clinical system. This will enable you to:

- request repeat prescriptions,
- view summary records and results,
- making appointments once this service is reinstated in the future.

Please contact our reception team and we will arrange for the application form to be sent to you to access the Clinical System.

4. Once you have an appointment with a GP or Nurse Practitioner this will first be by phone/video, with face to face appointments only arranged when these are medically necessary.

5. We will continue to triage all patients coming into the practice for COVID 19 symptoms and we ask you not to attend if you have symptoms or have been asked to self-isolate.

Temperatures will be checked on entry, and we ask patients to use face coverings when entering the building.

6. Any face to face appointments will be with one patient only unless there is a clear need for more than one person to be present.

7. Social distancing will still need to be observed. Reception staff will need to monitor the number of patients waiting in waiting rooms at any one time, and this will be kept to a minimum. You might be asked to wait outside or remain in your car on occasions.

8. Times between appointments will be spaced out to allow for social distancing and cleaning surfaces between patients. The time inside the building will therefore be kept to a minimum.

If you have a concern about your health please do not delay contacting us as your health is our priority.

The pandemic has obviously caused a lot of change and will continue to do so in the months to come. We ask for your patience and understanding whilst we continue to adapt to the challenges ahead.

Dr Cowee and Dr Siriwardena
Monkfield Medical Practice, Cambourne



CAMBOURNE HEALTH PAGES

Cambourne Resident Appointed Director of Healthwatch Cambridgeshire and Peterborough

At a recent Board Meeting of the Cambridgeshire and Peterborough Healthwatch, Cambourne resident Paul Jobling was endorsed and appointed as a Director of Healthwatch Cambridgeshire and Peterborough.

Healthwatch is the independent champion for people who use health and social care services to make sure that those running services, put people at the heart of care.

Their sole purpose is to understand the needs, experiences and concerns of people who use health and social care services and to speak out on their behalf.



Paul Jobling, Nadine Emmony & Healthwatch Chair Val Moore

Paul's role as a Board Member of Healthwatch will be to work with his colleagues to provide strategic direction to Healthwatch.

Paul is particularly interested in the effect that the Corona virus is having upon patients who have conditions unrelated to Covid-19 and how these people have been affected by the lockdown in terms of accessing medical care. *He asks that everyone completes the survey on the page opposite*

Paul lives in Upper Cambourne, having moved to Cambridgeshire in 2016 from his native North East.

His work history began with an Honours degree in Pharmacy. He worked in pharmacy before running the emergency doctors' service in Newcastle upon Tyne and Southampton. He then went on to join the NHS, becoming Director of Operations and Quality for a NE Health Authority. As a change in career Paul spent 15 years in business development in the international video games industry before returning to the healthcare sector. He also has a Master's degree in Marketing and brings experience of working with Community Health Councils – forerunners of Healthwatch.

Since moving to Cambourne, Paul has also been an active member of the community having joined the Cambourne Crier as a volunteer editor in 2016, a role which he proudly continues to this day.

Paul currently runs Cambourne Carpentry and Building Services which he recently began with business partner and neighbour Martin Krzak.

healthwatch
Cambridgeshire

healthwatch
Peterborough

You can help by taking Healthwatch's new Survey about your health and care during the Coronavirus crisis

How has the Covid-19 Pandemic and Lockdown affected your Health and Care?

Health and social care services are working hard to care for us all in these difficult times. As we have all seen, the way in which most services are provided is changing in order to help keep people safe from the threat of Covid-19.

Healthwatch Cambridgeshire – the organisation which monitors and reports on services for people who use health and social care services – want to know how these changes have affected you and those you care about?

The NHS wants to hear Your Views and Experiences

Healthwatch is finding out what effect the Covid-19 crisis has had on your physical and mental health via the survey below.

The survey is available online. It only takes 10 minutes to complete and is completely anonymous. So you can share your or your family's experiences in confidence.

Healthwatch wants real opinions from real people and every question you answer provides valuable and important feedback to the NHS.

All of your answers and comments get reported back to the people running the health and social care system, so they can better understand what is working well or what needs to change and why.

Your Opportunity to be Heard and Help Others

Please take part and help our local NHS and social care system make sure everyone gets high quality and safe support.

How to Take Part in the Survey

You can find the survey online at:

www.healthwatchcambridgeshire.co.uk/coronavirus-yourviews

Should you prefer to answer the questionnaire on paper, please contact Healthwatch on 0330 355 1285 or text 0752 0635 176 and Healthwatch will mail you a copy with a stamped addressed envelope so there is no cost to you.

"I love the NHS: it's such a worthwhile service that really helps people when they need it. So, by taking part you can show why you love it too and help make it even better."

— says Cambridgeshire student Kirsty

Healthwatch thanks you for your support and looks forward to hearing from you.



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WHAT'S ON

Due to the ongoing COVID-19 pandemic, it is expected many groups and organisations' events, although published are expected to be modified, cancelled or postponed until further notice. Please check websites or contact via email/phone/social media for updates

Free Monthly Workshops

South Cambs Child and Family Centre

All groups have cancelled meetings until further notice.

For more info contact :

ChildAndFamilyCentre.South@cambridgeshire.gov.uk or 01954 284672.

Join in creative workshops with professional artists from Wysing Arts Centre every month. Places are free but must be booked in advance via eventbrite (www.creativecambourne.eventbrite.co.uk). The workshops are run by Wysing Arts Centre in partnership with Romsey Mill and Cambourne Youth Partnership. Workshop

Live Theatre, Classical Music or Musicals

Andrew Lloyd Webber musicals

Details on

[YouTube.com/theshowsmustgoon](https://www.youtube.com/theshowsmustgoon)

The Royal Opera House

Details on roh.org.uk

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Details on NationalTheatre.org.uk

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Hub Cambourne - temporarily suspended until further notice.

Cambourne United Football Club

Cambourne Village College for Ladies - temporarily suspended until further notice.

Cambourne Bowls Club

Temporarily suspended until further notice.

Cambourne Youth Club

Cambourne Soul Youth Centre - temporarily suspended until further notice.

WW2 Aircraft Club

The Blue School - temporarily suspended until further notice.

Cambourne Tae Kwon Do

- temporarily suspended but check for updates at

<https://www.facebook.com/cambournetkd>

Cambourne Women Runners

Check for updates at

<https://www.facebook.com/cambournewomrunnersrun>

Cambourne Open Minds

Contact Suzanne: 07887 715555, SMJLANE@lifequest.co.uk

MOBILE POST OFFICE:

The Hub Car Park

Mondays: 1.30pm-4pm

Wednesdays: 12.30-4pm

Tel: 0345 611 2970

The post office informs the Town Council of any changes and these will be updated on: <http://cambourneparishcouncil.gov.uk/> <https://www.facebook.com/cambournetowncouncil>

BIN COLLECTIONS:

(At the time of publication)

Black: Thursdays July 2, 16 and 30, 2020

Blue and Green: Thursday July 9 and 23 2020

Further info:

<https://www.scambs.gov.uk/recycling>



As normal life has been put on pause it has focused us once more on the importance of community: WhatsApp street support groups, people who have offered their time to

shop and deliver for shielding residents and much more. We have as a U3A group kept in contact with our members through our Newsletter, emails and in Zoom using interest groups. So when the play button is finally activated and we meet again, we will be ready to welcome current and

hopefully new members from Cambourne and district's wide ranging community. If you want more information on our group please go to u3a.cambourne.org

EVENTS IN AND AROUND CAMBOURNE

Cambridge Badminton Academy

Check for updates at
cambsbadmintonacademy.co.uk
<http://www.cambsbadmintonacademy.co.uk/>

Buggybootcamp

- temporarily suspended until further notice.

Timebank Coffee Morning

- temporarily suspended until further notice.

Cambourne Youth Club

- temporarily suspended until further notice.

Cambourne Tennis Club

- temporarily suspended until further notice.

Cambourne Runners ARC

- temporarily suspended until further notice.

Photography group

- temporarily suspended until further notice.

Sundial Script Nights

- temporarily suspended until further notice.

Cambourne Community Gospel Choir

https://www.cambournechurch.org.uk/Groups/271176/Cambourne_Community_Gospel.aspx

Diabetes Peer Group

- temporarily suspended until further notice.

Home Educators Multi-sports -

temporarily suspended until further notice.

Cambourne Rugby - temporarily

suspended until further notice.

Cambourne Netball Club - temporarily suspended until further notice.

Cambourne Futsal - temporarily suspended until further notice.

[Facebook.com/groups/cambournefutsal](https://www.facebook.com/groups/cambournefutsal)

Cambourne Health & Wellbeing Club

A group for older adults

- temporarily suspended until further notice.

For more details please contact: Catherine Price Cambourne Parish Nursing Service : 01954 710644 (Church Office)
 Email: nurse@cambournechurch.org.uk.

Children's Art Club

- temporarily suspended until further notice.

Please contact Fran Panrucker by email at fran@panrucker.eclipse.co.uk

Cambourne Chess

Cambourne Church - - temporarily suspended until further notice.

Friday Walks

- temporarily suspended until further notice. To join us or for any questions prior to when anticipated walks resume, please call Penny Flannagan on 01954 200126 or Pam Hume 01954 201808, or email pamhume1@gmail.com.

Cambourne Youth Clubs - temporarily suspended until further notice.

Cambourne United Football Club

For girls & boys on Cambourne 3G - temporarily suspended until further notice.

Doodle's Dog Walking Group -

temporarily suspended until further notice.

Cambourne Fledglings Football Academy

- temporarily suspended until further notice.

Cambourne Electronics & Robotics Club

<https://www.facebook.com/pages/category/Education-Website/Cambourne-Electronics-Robotics-Club-1751318351633866/>

Cambourne Raptors Basketball Club

- temporarily suspended until further notice.

Digital Surgery for 60+

- temporarily suspended until further notice.

Cambourne Balkan Dance Club

- temporarily suspended until further notice.

<http://bit.ly/BalkanDanceCambourne>

Sunday walks

- temporarily suspended until further notice but for further details when the resume in the future contact Sandra on 07747 012245 or email sandracalcraft@waitrose.com

For more details of local groups and clubs see pages 24-25.



GROUPS, SERVICES & CONTACTS

COMMUNITY GROUPS

Light up Cambourne:

If interested in joining or looking for some information contact the committee via email: lightupcambourne@gmail.com

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 Crescent:

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

Cambourne Experimental Cookery Club

shrobona@gmail.com / 07852753216

Cambourne International Cookery

Workshops

shrobona@gmail.com / 07852753216

Cambourne Electronics and Robotics Club

shrobona@gmail.com / 07852753216

Words for Pleasure Writers' Group

Pat Callaghan 01954 718836

Watercolour Classes

Contact fran@panrucker.eclipse.co.uk

Children's Art Club:

Contact fran@panrucker.eclipse.co.uk

Photography Group:

Nicola Marriott on 07811 154901

www.flickr.com/groups

[/cambournephotographygroup/](http://cambournephotographygroup/)

Reading Groups:

carolinealdridge@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:

Contact 01954 269
173/iancameron692@gmail.com

Papworth Astronomy Club

Contact Peter on 01480 830729 or
peter@cheere.demon.co.uk

Friday walks:

Contact Penny Flanagan on 01954 200126 or pam.hume@ntlworld.com

Sunday Walks: Contact 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:

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. Suzanne: 07887 715555, SMJLANE@lifequest.co.uk

Cambourne Community Gospel Choir:
https://www.cambournechurch.org.uk/Groups/271176/Cambourne_Community_Gospel.spx

Child and Family Centre:

01954 284672 or ChildAndFamilyCentre.South@cambridgeshire.gov.uk

Children's Chess Club:

cambourne.chess@gmail.com

Sundial Theatre Company

info@sundialtheatre.company

www.sundialtheatre.company

Cambourne Balkan Dance Club

<http://bit.ly/BalkanDanceCambourne>

Cambourne One

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

CHURCHES

Cambourne Church

In person meetings temporarily suspended until further notice.

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.

19thecoffeehouse@cambournechurch.org.uk

Peacehaven Baptist Church

In person meetings temporarily suspended until further notice. Pastor. Donovan M.

Bangs: Preachbrit@aol.com 01954 710510
www.peacehavenbc.org.uk

Christchurch Cambourne

In person meetings temporarily suspended until further notice.

www.christchurchcambourne.org.uk

Cambourne Catholic Community

In person mass temporarily suspended until further notice.

<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:

Contact info@nutrition2wellness.com

Cambourne Health and Wellbeing Club

A group for older adults

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

Pitch Booking:

- temporarily suspended until further notice.

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:

Co-Headteachers-
Ms Cate Thompson & Mrs James Hoban
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

GROUPS, SERVICES & CONTACTS

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: - temporarily suspended until further notice. For further details see facebook group 'Home Education - Cambourne'.

Home Educators Multisports: Contact

annettelesage@btinternet.com

Arabic Language School

Contact linfo@cambournecrescent.org

Cambourne Crescent Science &

Technology Club: Contact

Info@cambournecrescent.org

Cllr.akhter@cambourneparishcouncil.gov.uk

PLAYGROUPS/PRE-SCHOOLS

Baby And Me:

Contact Natalie 07999 406679

cambourne.babyandme@gmail.com

Cambourne Pre-school:

Contact 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

Onsite visits temporarily suspended until further notice. Contact 0345 045 5225

www.cambridgeshire

.gov.uk/leisure/libraries

Community Car Scheme:

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

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

Rural Coffee Project

Delivers speciality grade, single origin,

arabica coffee beans, ground coffee, Swiss water decaf coffee and home baked cakes to your door. Details available online at www.shop.ruralcoffeeproject.co.uk ruralcoffeeproject@gmail.com

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.:

Cambourneeeaglesfc.sec@gmail.com

Facebook.com/cambourneeeagles

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: [cambournerraptorsbasketballclub](https://www.facebook.com/cambournerraptorsbasketballclub)

info@cambournebasketball.org

Twitter/Instagram: @CamRaptorsBball

Cambourne Runners:

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

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

<http://bit.ly/BalkanDanceCambourne>

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:

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:

girlguiding.org.uk 08001695901

childerley.dc@gmail.com

EATERIES

Food Outlets and Pop-up Restaurants

Available for Take Away Service:

During the lockdown period please refer to either facebook or Cambourne's community website for contact details to get information on those offering not only collection but deliveries too in our community:

<https://www.cambourne.info/eat-drink/page/2/> Look out for providers such as Flavas Cambridge Co., Cambourne Grill, Chutney Joe, Rural Coffee Project, Fish 'n' Chick'n, 400 degree pizzeria, Domino's, Angie's Cakes & Pastries, Nanna Mexico and Greens Coffee Shop at time of publication.



CHURCHES

CAMBOURNE CHURCH

Cambridge City Foodbank - Cambourne Distribution Centre
Cambridge City Foodbank (CCfb) is part of the Trussell Trust (the largest UK network of foodbanks). As many of you will know, CCfb has a distribution centre in Cambourne. It operates out of the Old Blue School on a Thursday morning 10am-12pm by a group of volunteers from the local community. CCfb recognises the huge impact the Coronavirus pandemic is having on people's economic situations and wants to ensure that anyone who is struggling to meet financial needs during this time is able to access a foodbank voucher if necessary. Due to many voucher-holding agencies being closed for face-to-face appointments, most are able to issue code-only vouchers to a client's mobile phone, which is then redeemable at the distribution centre. Such agencies include local schools, SCDC, Cambourne Church, the GP surgery, Citizens Advice Bureau, etc. If this isn't possible vouchers can be obtained via the foodbank website: <https://cambridgecity.foodbank.org.uk/gethelp/foodbank-vouchers>. If you do not have access to the internet, the code-only vouchers are obtainable over the phone.

During 'normal times' the foodbank team is able to offer hospitality, a listening ear and signposting to other organisations that might be able to support in the longer term. During lockdown it has been unable to offer hospitality in the same format, but is still able to listen and is aware of those organisations able to

help, even (and especially) at this difficult time, so please don't suffer in silence.

Finally, we would like to thank everyone for their generosity in donating to the foodbank during lockdown.

The response to others' needs has been
Julie Whitbread

**Services and events for July**

Services for July are suspended.

"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 www.cambournechurch.org.uk or visit our Facebook page www.facebook.com/cambournechurch for updates, streamed services and prayer meetings

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

www.cambournechurch.org.uk Twitter: @cambournechurch

Facebook: cambournechurch

Peacehaven Baptist Church: Pastoral Thoughts

What next 2020?

When I was a young man I played a computer game called Sim City. And there was an option in the menu for disasters. Now while we have not had Godzilla stalking around sometimes it feels like someone clicked a little too often for this option this year. In the world, we have wars, rumors of wars, plagues, riots, massive wildfires, insurrections, isolations, murder hornets, and other stuff. Also, have you heard about the swarms of locusts? Some days I look down the bridle path to see if there are any horsemen. However, in Cambourne, it really is not so bad. I went the other week to post a package at the post van. We all stood in the queue orderly and patient properly distant having a very British pandemic. With changing rules on distancing and learning more about how this works it is possible we might actually be able to meet up sometime soon. However with this year who knows?

Each week I continue to upload messages to Youtube located at <https://tinyurl.com/y7saqark>



Pastor Donovan Bangs,
Peacehaven Baptist
Church

In all honesty, getting back to normal will not be normal as normal for a while will be altered. But at least some things do not change. Like our commitment to Biblical truth despite the winds of change in society. We want to ensure we lose not those things for which we have wrought as the apostle said. Understanding that timeless truths are just that, timeless.

And my prayer for this month is we

would recover a little more and have patience as we adjust, particularly as our local places open up with new methods of doing things. It may take a little longer but we can adapt and overcome and have more interesting things to look forward to this year and next.

Pastor Donovan Bangs

**PEACEHAVEN BAPTIST CHURCH.**

SUNDAY MORNINGS - 11am Morning message
Online find links on Facebook for
Peacehaven Baptist Church or look for
Donovan Bangs on Youtube

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

An Appeal from the Cambourne Runners ARC



CAMBOURNE RUNNERS: Cambourne's running club is aiming to raise £2,000 for NHS Charities Together by organising a 24-hour social distancing endurance running event. On the weekend

of 11-12 July. Teams of one to eight people will be running a virtual relay from 6am to 9pm on the Saturday and from 6am to 3pm on the Sunday. Each 'lap' is five miles, with handovers conducted via WhatsApp, so each individual can run their own five-mile route and keep to social distancing rules. Ian Bavin of Cambourne Runners ARC who organised the event said: "Several club members had intended to take part in the team endurance event Endure24 in Leeds this month; but when it was cancelled due to the coronavirus outbreak, we decided to hold our own version, which we've called 'Endure Covid-19 – Running through this together'.

"We're running for NHS Charities Together as many of us have family that work for the NHS in some capacity or have had experience of the fantastic support and service they offer during this Covid crisis." If you would like to support NHS Charities Together you can donate at <https://www.justgiving.com/fundraising/cambournerunners>.

On the fundraising page you'll also find more information about the event and the names of those runners from Cambourne, Caldecote and other local villages taking part.

Cambourne's Bowls Club will be back. Watch this space!

CAMBOURNE BOWLS CLUB: The bowling green is now open for play and regular club nights will take place on Monday and Thursday evenings from 6pm. Whilst we are still in the grip of the coronavirus pandemic there will be some restrictions. All registered players are aware of these but if you intend using the green for the first time or you are not on the bowls mailing list please contact the secretary for further guidance. At the time of writing the Sports Centre remains closed so it is not possible to obtain the keys for the green. Until we come up with a solution please contact the secretary if you wish to play other than on club nights. The bowls league has been cancelled for this season. Robin Bailey Bowls Sec. 07711 613559 or 01954 269328 or robin.doreen@btopenworld.com.

In support of Addenbrooke's Charitable Trust



INTRODUCING KAREN LEE from Addenbrooke: On the 11th and 12th of June Karen Lee attempted a 26 mile walk around a cul-de-sac in Upper Cambourne, in support of Addenbrooke's Emergency Appeal.

Currently employed by Addenbrookes Charitable Trust she supports the supporters. Recently she worked with

the family of Alison Durant, who sadly passed away back in March in the John Farman ICU ward at Addenbrookes; while it endured some challenging times throughout the pandemic.

Karen wants to raise money for the ICU and make it better for the patients and staff. She was particularly touched by Alison's family wanting to raise money for Addenbrookes in her memory especially during these difficult times as well as wanting to help the NHS celebrate its 72nd Birthday by highlighting its life saving work. So she intends to walk 72km during the month of July to raise money in memory of Aly and in aid of the NHS. Below is a link to their Just Giving page, should anyone like to sponsor her and her endeavour to

raise money for the Addenbrooke's Emergency Appeal currently during this Pandemic.

<https://www.justgiving.com/fundraising/al-ydurant>

In support of:



Tennis returns to Cambourne this Summer

CAMBOURNE TENNIS CLUB: We are very happy to let you know that our courts are open again for doubles games and small-group coaching sessions. To ensure the safety of everyone on the court there are strict guidelines for players including: washing hands before and after playing, personal hand sanitisers, keeping 2 metres distance from other players at all times, only touching their own tennis balls and not the benches,



fencing and gates etc.. The complete and latest guidance can be downloaded from the LTA website:

<https://www.lta.org.uk/coronavirus>. The guidelines have enabled our Head Coach Toby to set up a Summer Term Coaching Programme with groups of up to 5 players. 1-to-1 tennis lessons are also available throughout the summer. For more information and booking see www.gamesettennis.co.uk or contact Toby on 07972 149874 or toby@gamesettennis.co.uk.

If you want to get out with the kids playing sport this summer then why not try tennis! Our parent membership is only £20 for the whole tennis year (until the end of March 2021). This gives access to the courts for exercise and fun with your family all weekend plus weekdays before 6.30pm. Kid's memberships are £10 for under 10s and £20 for under 18s. There are no court booking fees. More information on how to join here:

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

Finally, we would like to remind everyone that you must be a member or have paid the guest fee to play on our courts. Courts must be booked in advance through the members area on our website:

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

Cambourne Cricket Club is planning a comeback!

CAMBOURNE CRICKET CLUB: Early June saw the easing of lockdown restrictions across the country, with positive moves regarding the potential return of recreational cricket, possibly as soon as August. Whilst this would mean a severely shortened season, CCC is pleased to announce that we have restarted small group training sessions (max. 6 players per session) at Lower

Cambourne – in strict accordance with ECB and Government guidance – in order to shake off the rust if we get the go-ahead for matches to start.

These nets sessions are (i) only available to club members, (ii) booked solely through the club and (iii) subject to all players following clearly set out terms and conditions, to ensure no improper usage of club facilities or

breaching of social distancing /hygiene guidelines.

In off-the-field news, we are excited to announce that we will be hosting a virtual quiz night on 22nd July, with 50% of all proceeds going towards charity. The remainder will go towards the club's efforts to fundraise for a defibrillator station in our Upper Cambourne pavilion. Entry will be £10 per team with a selection of highly sought-after vouchers, hampers and assorted treats from local businesses up for grabs! Please get in touch if you fancy supporting our fundraising efforts by entering a team into the mix - we will have rounds on all sorts of topics. Full details on how to enter on our website (cambournecc.com) & Facebook (facebook.com/CambourneCC).

We hope that July will see us successfully sharpen our skills on and off the pitch, and look forward to an August return!

Darren de Souza.

