

Going Back to Nature this Christmas



As winter's chill descends, many of us might decide to wrap up in front of a good film or a boxset with a whisky or a cup of hot cocoa perhaps.

However, according to the Wildlife Trust there's still plenty to see out in the open air that might be an improvement on watching the umpteenth re-run of "The Polar Express". If you're looking for ways to work off the results of your overindulgence in Christmas cheer, the Wildlife Trust has some suggestions for you.



Have you been Good?

Then you might be getting a letter from the Big Man in the Red Suit!

Details on page 9

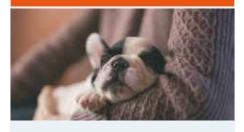
The Wildlife Trust works all year round to make our three counties a place where nature can flourish and to enrich the lives of the people who live here. With the public's help, they care for local wildlife and more than 100 nature reserves.

Volunteering your time or donating money to them will directly benefit local wildlife. In Cambourne, we're lucky enough to have our own Nature Reserve, which they look after.

Says Rebecca Neal, Communities and Wildlife Officer for the Wildlife Trust, "The reserve is looking splendid at the moment! This year has been a "mast year" for Oak trees, which means all the trees across a wide area have produced a bumper crop of acorns. This is a strategy used by the trees to ensure that every few years there are more acorns than can be eaten by wildlife, and some are left to germinate. Jays have been busy burying them for winter so are much more visible and raucous this time of year.

The winter migrant birds have arrived so you can see redwings and fieldfares eating the berries in the hedgerows, this is one reason why we don't cut the hedges down low."

"On a recent walk, it was lovely to see so many people out enjoying the winter sunshine on the reserve.



Snooze Power...

A good sleep can improve your life in every way. Tops tips from an expert.

See Health News on page 8

Thank you to our members who have helped maintain this reserve for people to enjoy in these difficult times."

If you want some fun around the reserve with your children over the holidays, why not take part in #12DayWild where you are challenged to do something wild outside between Christmas and New Year. Or you could do Rebecca's winter selfguided trail, which you'll find on <u>www.wildlifebcn.org/events</u> from early December.



If you spot any problems or just want to give positive feedback they would love to hear from you.

Rebecca can be contacted at <u>rebecca.neal@wildlifebcn</u> or/ <u>Becca Badger</u> on Facebook.

Or take a look at their website at <u>www.wildlifebcn.org/reserves</u>.



Learn to be a coach

Courses in the New Year from Cambourne Cricket Club

Find out more on page 27

PAGE 2 **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.

Editors:

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 January edition closed at 9pm on Sunday 6th December 2020.

NOTE: JANUARY EDITION:

Change in delivery dates

Due to the Christmas and New Year period, the January 2021 edition of Cambourne Crier will be delivered to Cambourne homes on 9-10 January 2021 (the second full weekend of the month)

Photos

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

CAMBOURNE CRIER

December 2020

..... **CAMBOURNE TOWN COUNCIL**

A Thank You from the Town Chairman

A huge thank you to all the volunteers for their work throughout the year, improving Cambourne and helping their neighbours through these challenging times. - Cllr Joe O'Dwyer

Christmas Closure

The Town Council office will be closed for Christmas from midday on Wednesday 23rd December, and will reopen on Monday 4th January 2021.

There will be no winter gritting of footpaths during the Christmas closure due to no ground staff being available.

Christmas Tree Recycling

The Christmas Tree Recycling point will be set up again on the ground adjacent to The Hub Community Centre carpark. Christmas trees may be left here in the New Year up until Monday 18th January 2021 after which they will be shredded and used as mulch around Cambourne.

Merry Christmas!

The Town Council would like to take this opportunity to wish you all a very Merry Christmas and a Happy New Year.

The next Council meeting will be on the 12th January 7.00pm.

John Vickery, Cambourne Town Clerk

Merry Christmas Cambourne

from Donovan, Paul, Renata, Paula, Divya, Krithika, Tapti, Simon, Andrea, John, Pam and Tim and everyone at the Cambourne Crier



The Town Council Office: The Hub, High Street, Cambourne, CB23 6GW. Offices now open, face coverings and social distancing to be observed. Tel: 01954 71403 or 07875 999028 or email office@cambourneparishcouncil.gov.uk John Vickery, Town Clerk: clerk@cambourneparishcouncil.gov.uk Jessica Lydon, Community Development: community@cambourneparishcouncil.gov.uk

£1,459,490 Announced to Further Support Vulnerable **Children and Families in Cambridgeshire County**

Cambridgeshire County Council is to receive £1,459,490 from government for food and supplies for vulnerable households as part of £170 million package

The extension of the school holiday programme will be providing food and activities for young people was also announced by the Prime Minister.

Families that have been hardest hit by the pandemic and need extra support this winter with food and bills will benefit from a new £170 million scheme unveiled by the Government.

The Covid Winter Grant Scheme will see councils across England share £170 million in additional, ring-fenced funding to help vulnerable families and individuals, with Cambridgeshire County Council receiving £1,459,490.26.

This will prevent children from going hungry this winter and ensure local families get the help they need. It builds on the £63 million already provided to councils this year to assist those struggling to buy food and essentials.

A further £220 million will be invested in extending the Holiday and Food Programme until next Christmas, meaning that all children eligible for Free School Meals will have the option to join a holiday-time programme that provides healthy food and fun

Kingsdale

www.kingsdale.co.uk

Cavendish Court, Cambourne Cambridgeshire

This full service development benefits from a central location in Cambourne. It was built to a high quality by Bovis Homes Ltd in 2003 and comprises of a mixture of 48 one and two bedroom apartments.

It is staffed 24 hours 7 days a week and owners enjoy a wide range of services including a restaurant, owners' lounge. hobbies room, guest suite, lovely gardens and gated parking.

The Management Team welcome viewings.





activities during the summer, Christmas and Easter holidays next year.

Commenting, Anthony Browne M.P. said:

"This extra £1.4 million for Cambridgeshire County Council will ensure local families that need extra support with food and bills this winter, can access it, which is very welcome news."

"I'm also pleased that the Prime Minister has announced the extension of the Holiday Activities and Food programme, which provides healthy food and activities for children during the school holidays and has a massive impact on disadvantaged young people in our community, to cover Easter, Summer and Christmas next year. "

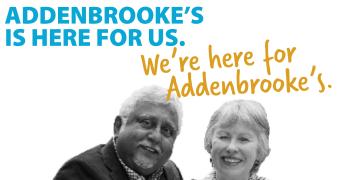
"All MPs including myself agree that it is absolutely unacceptable for any child to go hungry in modern Britain. If you do know of any child going hungry in South Cambridgeshire, do urge their parents to contact my office and we can make sure they get the help they need. "

For further information, please contact:

Adam Roberts

(FR) FUNDRAISING

Constituency Manager for Anthony Browne MP Tel: 07590818543 Email: adam.roberts@parliament.uk





Jan Brownfoot & Matt George wanted to show thanks to their hospital, "Leaving a gift in a will is just something we can do so easily."

Leaving a gift donation in your will is a wonderful way to say thank you and leave a lasting legacy. Just like Dr John Addenbrooke whose founding legacy helped build a hospital. Your gift, whatever the size, will help transform care for generations to come.

To request a wills pack, call 01223 217757, email wills@act4addenbrookes.org.uk or visit helpyourhospital.co.uk/wills

You too can make Addenbrooke's even better.



COUNCIL

Greater Cambridge Planning Service publishes initial findings on key topics for the Joint Local Plan

The Greater Cambridge Shared Planning Service has published a range of research developed as part of an important stage of work on the new Greater Cambridge Local Plan. This includes new baseline data about the Greater Cambridge area, insights into the amount of development that may be required in the future, and expert assessments about the pros and cons of different approaches to planning for the future.

These are interim findings which will be developed further as the Local Plan is progressed, and a range of other studies are also being developed. This thorough evidence base will help councillors and planners develop a well-informed 'preferred option' for how much development to plan for, and where development should be allocated in the new Local Plan. This is scheduled for full public consultation in 2021. In the meantime, the Planning Service has published these initial studies online in the Greater Cambridge Shared Planning Service Document Library so that they can be read by anyone interested in how the Local Plan is being developed.

No decisions have been made yet about what the eventual strategy will be, and the reports will be discussed by councillors from both Councils at the Joint Local Plan Advisory Group later in November.

Some of the initial findings include:

Under the standard method set by national government, the minimum number of new homes that would need to be built in the area is around 1,900 per year. This is about 180 more homes per year than we currently have in our development pipeline.

However, taking into account forecasts for jobs growth in the area, there may be a case for planning for between 2,200-3,000 homes per year, to help reduce pressure on house prices and commuting into the area. This would mean finding sites for up to 1,250 extra homes per year.

Our evidence suggests there could be real challenges in achieving very high levels of house-building due to market forces, but that the minimum level set by the government's standard method may not respond to the current forecast growth in jobs in the area, potentially leading to higher house prices and more commuting into the area.

New and innovative modelling suggests that the carbon emissions associated with each new home in Greater Cambridge would be between 6-13 tonnes of CO2 per year, depending on the type and location of the home. If ambitious zero carbon policies are brought in, this could reduce emissions to around 2-9 tonnes per home.

If ambitious zero carbon policies are brought in, almost no CO2 would be produced by the building's energy use itself and less than 1 tonne of CO2 per home would be generated by the carbon needed to build the home in the first place. The rest of the carbon emissions are created by the travel patterns of the residents,

which is why new homes in villages are likely to create over three times as much carbon as new homes in denser urban areas.

Water supply analysis shows that the minimum required level of growth could be achieved through adjustments to current water resource management plans, such as greater water efficiency, reducing leakages and shifting to more sustainable water sources. Medium or high growth levels would need new regional scale infrastructure, such as reservoirs and transfer schemes, and this will inform plans currently being developed by the water industry. Under normal means of provision, these will take time to implement, and this could be a 'deal breaker' that means high growth levels cannot be achieved within the period of the new Plan.

From a water management perspective, the best place to build new homes would be in new settlements, or to build large developments on the edge of Cambridge. This is because they can be designed from the outset for efficient and integrated water management, rather than having to 'bolt on' to existing infrastructure in the city or existing villages where there may be existing flood risk, wastewater and water quality constraints

About 19% of Greater Cambridge's land area is green or blue infrastructure, which means the network of natural and seminatural spaces, including water bodies. This compares to farmland, which accounts for 74% of the land in Greater Cambridge. This figure has been developed through a very detailed analysis which included asking community representatives to complete surveys about green spaces in their area.

There are many opportunities to improve and expand the green and blue infrastructure network, but the river corridors in particular would create the most benefits for biodiversity as well as communities.

Initial viability testing suggests that market-led development in Greater Cambridge should be able to pay for 40% affordable housing as part of the mix in each major development, but there is further work being developed to look at the costs of infrastructure and potential policies such as zero carbon measures.

The Next steps

The Councils will be developing a preferred option for the Local Plan and this will be published for full public consultation in summer or autumn 2021. More evidence and research is also being produced, and will be published in due course.

Talk to the team

The Greater Cambridge Shared Planning team is hosting a Zoom webinar to discuss the evidence base findings on Wednesday 2nd December, 6-7pm. All are welcome. Find out more: www.greatercambridgeplanning.org/localplan/talktotheteam or contact Hannah Coetsee in SCDC on hannah.coetsee@scambs.gov.uk or

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COMMUNITY

Seasons Greetings and Thanks from Cambourne Library

Current Library Opening times: Tuesday: 10am – 2pm Friday: 10am – 2pm Saturday: 10am – 2pm

We will be closed for Christmas from 2pm Tuesday 22nd December, and reopen 10am Saturday 2nd January 2021

As we draw to the close of a very unusual and challenging year we all at Cambourne Library would like to send sincere thanks to all our customers for continuing to use the library services. The digital service has expanded enormously, has stretched the capabilities of our colleagues, unearthed some amazing skills in lots of us, strengthened the link to far reaching areas of our Cambridgeshire community, maintained the hugely important access to hard copy stock and information, provided health promoting events and activities which are open to all! Things haven't always run smoothly but it hasn't been through want of willingly trying and round the clock commitment! We are feeling motivated and ready to embrace the New Year and hope you all have a happy, healthy, festive season!

Don't forget to order your usual Christmas Junior picture and story books as well as Adult fiction books online via Select and Collect and Reservations.

Select and Collect - This enables you to use our online form to request books based on your preferred genres at www.cambridgeshire.gov.uk/library. We choose books based on the information provided and stock available at Cambourne library. Alternatively call Customer Services on 0345 045 5225 to forward your request to the library. We will contact you when your items are ready to collect.

Reservations - Specific titles can be reserved online from home in the normal way. There are no reservation fees on adult cards for the time being.

With both the above services we issue your books in advance. This way enables us to keep safe our staff and customers by reducing the contact time needed, in order for the books to be collected. They will show on your account until you collect them and you may receive an email reminding you. If you do not wish to collect, they will still show on your account until we check them in for others to be able to order.

IT Facilities - IT facilities available by appointment only, with a limit of one 45 minute appointment per day per customer.

Printing and Photocopying - As there is no cash handling, you will need the correct change to drop into the coin box, 20p per page of A4 black and white and 75p per colour page.

To take advantage of the packed online programme of events from now until the end of the year log on to www.library.live/thelibrary-presents-events. There is something for all ages across a range of art forms including; Music, Storytelling, Theatre, Dance, Visual Art, Magic, Animation, Poetry and Craft. Events will be released throughout the season; so keep checking back for new live events and new online activities and workshops. Also view our <u>weekly online timetable</u> on our Facebook and Twitter pages or on our website

www.library.live is a new digital service offered by Cambridgeshire Libraries in partnership with Civic. The service is designed to provide a virtual experience of the physical library, including the ability to 'Ask a Librarian' a question, search local events and activities, participate in 'The Library Presents', an arts programme which is now virtual and explores local collections. Civic is a not-for-profit organization which specialises in community buildings and places working in partnership with Cambridgeshire Libraries on a project called the Future Libraries Initiative.

EngAGE online is a new offer from Cambridgeshire Libraries and is a programme of talks and interactive events for adults, free to join and hosted on Zoom. Events are held Tuesdays, 2pm -3pm. A virtual ticket is required and full details are available in the 'join in with our online events' listing on the library website.

https://www.cambridgeshire.gov.uk/residents/libraries-leisureculture/

libraries or our Facebook page for further details at https://www.facebook.com/CambridgeshireLibraries/

The Business & IP centre Cambridgeshire and Business & IP Centre Peterborough

Just visit the library website and follow the link.

Supports entrepreneurs, inventors and small businesses. We can help you from that first spark of inspiration, to successfully launching and developing your business. The Business & IP Centre Cambridgeshire is part of the <u>British Library Business & IP Centre national network</u>.

Our team will help you take the right steps to start up, protect and grow your business outlined below:-

- Develop your ideas with our market research and company databases.
- Learn new skills at a workshop.
- · Have a confidential one to one.
- Take advantage of the British Library's expertise. Register for regular webinars, from wherever you are in the world.

COMMUNITY

Rememberance report

On Sunday 8th November, the Act of Remembrance was held at Cambourne Church. We had hoped to host a short outdoor service this year but, due to Coronavirus restrictions, this was not permitted as Cambourne does not currently have a war memorial or cenotaph.

However, Revd Bill Miller, Minister of Cambourne Church, conducted a short Act of Remembrance from inside Cambourne Church and this was live-streamed on the church's YouTube channel and can be viewed at

http://www.cambournechurch.org.uk/remembrance This included prayers, words from Scripture, the Last Post and 2 minutes silence. A wreath of poppies was laid at the foot of the cross.

A display of poppies and words of remembrance was created in the windows of the church annexe to honour the lives and sacrifice of those lost in war and conflict.

It is very much hoped that, by November 2021, restrictions will have been lifted and the community will be able to meet together on Remembrance Sunday with the full parade of all the uniformed organisations, the Act of Remembrance will be completely open to the public and the church will be able to open its doors and welcome everyone in to the warm for hot drinks and cakes.

Vacancy at Cambourne church

Church Caretaker/ Groundsperson for Cambourne Church Part-time 3.5 hrs/ week Salary £10 /hr (Annualised F.T.E £18,200) -Permanent Contract

About the role: The Caretaker / Groundsperson is a key member of the staff team. This is a crucial role that is pivotal to the security, maintenance and smooth running of the church building/centre on a week-by-week basis. The successful candidate will ensure the church building/centre remains secure overnight and help provide a safe environment for all users of the church building/centre by carrying out regular checks, including testing of the fire and safety systems according to a specified schedule. He/she will also maintain the church building/centre and grounds in a good state of repair through timely identification of issues that require attention and where appropriate taking remedial action. The role will suit a person who is confident to work proactively and independently with a flexible approach in order to get the job done. They will also be adaptable to a changing environment.

Part time hours to be worked over 6 days Monday to Saturday. Although there is no occupational requirement for the successful candidate to be a committed Christian, he / she would be expected to work in sympathy with the vision and values of Cambourne Church.

To request an application pack, please email:

office@cambournechurch.org.uk

Closing date for applications is midday on Monday 24th December 2020

Interviews to be held on Wednesday 6th January 2021









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COLUMNISTS



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

Your Opinions on the Second Lockdown

It is absolutely clear that the epidemic is taking off again nationally at a very rapid pace (but less rapid than the first peak).

Across the UK, NHS hospitals are terrified of being overwhelmed by COVID patients, and having to limit treatment to the extent of deciding which patients to save and which to let die.

Addenbrooke's is probably in the best position of any hospital in the country, but it will end up taking overflow from other hospitals elsewhere that cannot cope.

I also spoke with a large number of constituents, and also asked them what they thought in a survey. Over 700 people replied, and although it is entirely unscientific, it is pretty conclusive: 60% are in favour of a second national lockdown. This public opinion was a big factor in my thinking.

It is most important now to focus on what happens next. As this lockdown continues, I want to urge everyone to stick to the rules and stay safe, and I give the firmest possible commitment that I will use the next four weeks to campaign with other MPs to ensure the lockdown ends at the beginning of December, that we move back to a tailored localised system, and then lift all restrictions as quickly as possible.

Finally, I want to thank everyone who took the time to write to me on this subject over the past week. It is very important to me that you are heard, and I can assure you that I have taken on board all my constituents' comments. Thank you and stay safe!



GAVIN CLAYTON DISTRICT COUNCILLOR cllr.clayton@scambs.gov.uk

Nominate your Covid Heroes this December

Over the last eight months, council employees, key workers, voluntary and community groups have gone above and beyond in serving our communities during the Covid-19 pandemic and will continue to do so for the coming months too.

A Local Government Association wants to help Councillors like me celebrate the extraordinary contribution that have been made by these key employees. They are therefore planning to produce a publication celebrating the work of our Local Covid Heroes.

I would therefore like to hear from Cambourne residents about your local Covid hero

- they could be council employees, key workers, health workers or teachers who have gone above and beyond whilst doing their job during the pandemic, local community groups who have responded innovatively and had a positive impact on the lives of community members.

Please send your nomination of no more than 150 words on why you think your Covid hero should be included to me at my email address with subject line 'Covid Heroes'.

Your nomination should include what your hero has done, why their work has been outstanding, and any tangible outcomes as a result of their work.

Twitter: #CouncilsCan Gavin Clayton District Councillor for Cambourne Email: cllr.clayton@scambs.gov.uk Tel: 07444 552490



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

The Importance of Sleep

Sleep is important for our sense of emotional wellbeing, concentration and ability to cope, but also for our physical health.

Heart disease, diabetes, obesity, infertility and poor immunity may all be at higher risk for those who get too little sleep. The risk of accidents and injuries are also increased.

For those who struggle to sleep, a regular routine may be useful including taking time to wind down.

Have a warm (not hot) bath, listen to relaxing music or stories or read before bed. Bedrooms should be associated with sleep and where there are distractions with screens the association with sleep is weakened.

Having a comfortable bed, keeping the room dark and avoiding nicotine, caffeine or eating too late can all be useful. Although some people use alcohol to help them sleep, this can cause sleep disruptions later in the night so may not be helpful.

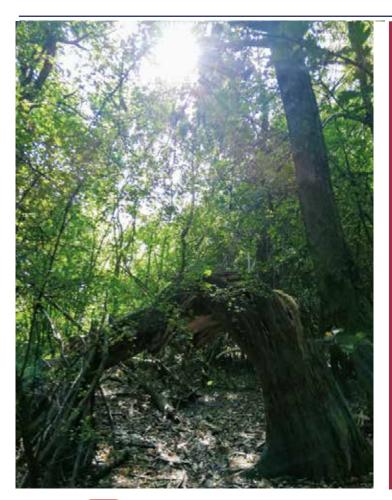
Regularly exercising in the daytime can significantly help sleep at night but avoid vigorous exercise just before bed.

Many people find their worries can affect their sleep. Writing a list of tasks for the next day before going to bed can be useful to help order your thoughts.

During the night, relaxation techniques, meditation or prayer may help. If you can't sleep, get up and do something you find relaxing until you feel sleepy again.

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COMMUNITY







PEASGOOD & SECATES Description of the family function of the family



Santa was in town Saturday November 28th. Did you see him? What a happy picture of him running down the high street so excited to see our Christmas lights.

Cambourne did not have its usual switch on event for our Christmas lights due to the ongoing public health restrictions but that cannot take away the festive look and feel they give to our community. It was a chilly night but the warmth they give to say Christmas is on its way never fails. Well why was Santa in town? He was here because Christmas is coming but just like the rest o us he has to do things a little differently because of the pandemic Yes, the Light Up Cambourne team have been working hard and being creative in modifying our usual fundraising efforts to have our cheery lights each year. Stay on the look out for our Facebook page to see what we have planned and are doing -@lightupcambourne.

Andrea Sisneros, Light Up Cambourne, Volunteer

CHURCHES

CAMBOURNE CHURCH

In the run-up to Christmas we observe the season of Advent best known for the calendars which offer chocolates hidden behind numbered doors. The Christian understanding of Advent is that it involves hopeful waiting. Of course, we all know that Christmas will come on 25th December, but the people waiting for a saviour two thousand years ago did not have a calendar giving them a careful countdown. They waited for God to keep his promises that a saviour would come - someone to sort out the mess and injustice of the world and within our own hearts.

Jesus came to do just that, even though a brief look around will confirm that the world is still pretty messed up and that injustice is alive and well. But as Christians we say that in Jesus the seed has been planted and a day of justice and peace will finally come. History's destination is certain, but the journey there contains plenty of unexpected twists and turns. Jesus will bring to completion the work that he started, although we have no calendar giving us a careful countdown with chocolates to encourage us along our way.

Hopeful waiting. Not waiting in passive inactivity, but stretching our hands, hearts, and lives towards the goal of justice and peace in relationship with God. This year we all know about hopeful waiting for a better day, as we negotiate this pandemic with its unexpected twists and turns. But that better day is comina.

Services, events and news for December

At the time of writing we are unable to confirm what services we will be able to offer through December due to changing restrictions.

Our Facebook page www.facebook.com/cambournechurch and website www.cambournechurch.org.uk will be updated as the situation is clarified.

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

Merry Christmas Cambourne.

I really do not know what the situation will be like when Christmas hits. It seems more foolishness abounds as the supposed leaders seem to change standards based on who knows what? Bickering back and forth, virtue signaling or vilifying each other. It reminds me of what my father said regarding governments many years ago. " Those people could not find their behinds with both hands and a map." Although my father used slightly more colourful language. Applying different standards for themselves and acting offended when they get caught. Same as many places in the world. Hypocrisy and power-hungry corrupt vile individuals looking down in contempt at the people from their towers. Disdain perhaps because we did not go to this or that school, or we dare to have different values to them. Silencing or canceling dissenting voices. This is not new, just another year but perhaps intensified. But wait, what has that got to do with Christmas? Has Pastor Bangs been at the Christmas cheer in a bottle? No. It has to do with the real leadership Bangs, Peacehaven in the life of a believer. I can say Merry Christmas because of Him. He was born not in a palace but in a stable. He had no wealth or power at birth yet the very angels proclaimed his birth. Wise men sought him to worship. Wicked men sought to silence and kill him even when a child the wicked Herod persecuted him and the mothers wept for those slain. The wicked still persecuted him when he was of age. The Scribes

and Pharisees sought to kill him as he was too popular with the people. Jesus did not look down on the ordinary people but taught them, healed them, fed them, and corrected them. He offered peace and love and forgiveness. He still offers that. Even if the times are not great, that great gift of eternal life still stands. Even if we are surrounded by fools wise in their conceits we still have a Saviour to reach out toward. Some say God's mercy and grace were shown in the birth of Christ and his love in the cross and his power in the resurrection. That first Christmas gift was Christ himself as proclaimed in Luke 2:10. And the angel said unto them, Fear not: for, behold, I bring you good tidings of great joy, which shall be to all people.

Luke 2:11 For unto you is born this day in the city of David a Saviour, which is Christ the Lord.

If we lose focus we may get too depressed by the world around us. But as believers

remember as the old song says this world is not my home I'm just passing through. I pray for all of us both in Cambourne and for the leadership of the many nations represented here. That there would be

wisdom, truth and peace this Christmas. You can find messages on https://tinyurl.com/y7saqark or look for us online if we cannot meet in person and here is to a happy new year. **Pastor Donavan Bangs**

Pastor Donavan

Baptist Church



PEACEHAVEN BAPTIST CHURCH.

SUNDAY MORNINGS - 11am morning message or later online - find links on Facebook for Peacehaven Baptist Church or look for Donavan Bangs on Youtube

At the Cambourne Community Centre, the Hub Pastor Donavan Bangs 01954 710510 PeacehavenBC@aol.com www.peacehavenbc.org.uk

EDUCATION

Educating Otherwise: Teaching in the moment.



One thing that is different about education at home is holidays. We can alter the times as we please and often it is based upon the progress of the student. So we can be very flexible in timings and teaching. I was able to teach some skills not learned in traditional secondary school as and when things happen. Like when we had a problem with WiFi interference I was able to teach about network cabling, even though they may teach theory but probably not things like pulling cables or CCTV wires in lofts and down conduit. It lends itself to teaching network security and why speeds alter and what can affect it. Same with COVID, I was able to teach some of the stuff I was taught in the military about biological warfare and what actually works and what just makes people feel better.

Well what do you do at Christmas? Now obviously you can teach about the holiday. The history, the meaning, the time period. Knowing that it was not always celebrated by Christians, how the actual birth was probably not in December. Why we celebrate it. We can also at that point talk about the Roman system of taxation and why they had to go to Bethlehem. We can talk about the political system at the time. With information about the relationship between the empire and the dominated and occupied countries. Now obviously I have some expertise in that area but all the information is out there as long as you are willing to learn. Sometimes teaching is the best way to learn yourself. If something breaks, if appropriate, teach as you fix it, if you can fix it. In other words teach where and when you are about what is going on.

To connect with other local people educating otherwise than at school please join the Facebook group 'Home Education – Cambourne'. *Pastor Donavan Bangs,*



Situated on the site of Monkfield Park Primary School in Cambourne

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EDUCATION

.....

The Vine hosted a Harvest Festival for friends



At The Vine Primary: In Year 1 The Vine ended a busy first half-term with a fantastic fundraising Harvest Festival.

We knew that we would not be able to make donations of food to support our chosen charities this year, so instead we had a non-uniform day. In support of our global neighbours at Uzimatele School in Kenya, we all came to school dressed in red, green, black and white - the colours of the Kenyan flag. We 'zoomed' our service across the school which taught us about harvest traditions here in the UK as well as around the world. Members of the school recorded songs, poems and prayers which were enjoyed by all; culminating in a fun virtual inter-class harvest quiz, proving we didn't have to be physically together to worship with one another!

In our quest to adopt a 'pro-social' ethos at The Vine, pupils in Year 4 were the first year group to fill their marble jar. They chose to make games for the children at Uzimatele and we look forward to sending them along with our Harvest donation.

We are so grateful to our generous families, who together raised an astonishing £639 which we will split between the Uzimatele School and Jimmy's Night Shelter here in Cambridge.

A LIVE Zoom production based on the famous Charles Dickens story

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EDUCATION

Cambourne Village College is expanding!!

The Village College is working with Cambridgeshire County Council on plans to open a sixth form for 350 students on our campus in Cambourne as part of a wider development; which should allow for growth in our secondary capacity to accommodate expected numbers from the new Cambourne West community. We will see our 11-16 intake grow from the current 9 forms of entry to 11 forms of entry for Year 7 in 2023, taking the full capacity of the school to 1650 pupils by September 2027. As many readers will know we have been working towards opening a sixth form on site for the past two years, and the go-ahead for construction was given earlier this term by the Local Authority. If all goes well, we hope to have built the additional accommodation needed for our 11-16 pupils and completed the sixth form centre in time for our current Year 9 students to have the option to attend. It's envisaged that the Cambourne Sixth Form will offer academic excellence with a full range of A-Levels and Applied and Vocational courses. Detailed curriculum planning is yet to take place, but we will work in close partnership with our Trust sixth forms at Comberton, St Peters and Huntingdon to offer the fullest possible range of subject combinations. Our Year 11 students will be able to opt for Cambourne Sixth Form alongside the full range of 16+ provision on offer across Cambridgeshire and we anticipate high demand from those students currently having to travel into the city from the west. Further details can be found on our website: www.cambournevc.org where readers are invited to give their views on the planned development via the online consultation which is open until Friday 11th December. *Claire Coates, Principal, Cambourne Village College*

Hardwick & Cambourne Support Struggling Families

At Hardwick and Cambourne Commuity Primary, we admire and support the work Marcus Rashford did in shining a spotlight on the scandal of food poverty; and also want to assist struggling families in our community. However for us, it's not just about the households who are entitled to Free School Meals – but also about those parents and carers who are just above the poverty line - struggling month in month out to put food on the table for their children – often going hungry themselves.

As a school, we decided to hold our 'Harvest' slightly later this year asking for items that were long life so we could create our own food bank. That way we can support any of our families that

are in need or indeed anyone else who needs it. We are encouraging parents and villagers if they can, to continue to contribute items so we can ensure that our struggling families are well supported – especially as we approach another period of uncertainty.

If anyone would like to support this cause and contribute any long life items, we have a trolley in the school foyer where items can be deposited. Likewise, if anyone feels that they are in need or know of a family in need please send the school an email which will be dealt with in the strictest of confidence to office@hardwick.cambs.sch.uk



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Wishing you a Merry Christmas and a Happy New Year and Thank You All for your Continued Support

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GROUPS, SERVICES & CONTACTS

COMMUNITY GROUPS

Light up Cambourne: lightupcambourne@gmail.com Cambourne Children's Centre: 01954 284672 cambournechildrenscentre@ cambridgeshire.gov.uk Cambourne Crescent: www.cambournecrescent.org Cambourne Experimental Cookery Club/ **Cambourne Electronics and Robotics Club** shrobona@gmail.com / 07852753216 Words for Pleasure Writers' Group Pat Callaghan 01954 718836 Watercolour Classes /Children's Art Club/Cambourne Arts: / Cambourne and District U3A: Contact fran@panrucker.eclipse.co.uk Photography Group: Nicola Marriott on 07811 154901 www.flickr.com/groups /cambournephotographygroup/ **Reading Groups:** carolinealdridge@cambridgeshire.gov.uk Timebank: https://www.facebook.com/CambourneTime/ posts/1497202690445409 Crafty Ladies: Enid - (01954) 715292 or Edna - (01954) 717360 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 or www.cambourne.info/about **Child and Family Centre:** 01954 284672 or ChildAndFamily Centre.South@cambridgeshire.gov.uk Children's Chess Club: cambourne.chess@gmail.com

Sundial Theatre Company www.sundialtheatre.company

CHURCHES

Cambourne Church www.cambournechurch.org.uk Foodbank: Julie Whitbread julie.whitbread@cambournechurch.org.uk Peacehaven Baptist Church www.peacehavenbc.org.uk Christchurch Cambourne www.christchurchcambourne.org.uk Cambourne Catholic Community 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

LOCAL AUTHORITIES

Parish Council Office: 01954 714403 office@cambourneparishcouncil.gov.uk www.cambourneparishcouncil.gov.uk 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 www.cambournevc.org **Comberton Village College:** School Office - 01223 262503 Hardwick and Cambourne Community Primary: School Office - 01954 719085 blue@hardwick.cambs.sch.uk **Jeavons Wood Primary School:** School Office - 01954 717180 office@jeavonswood.cambs.sch.uk **Monkfield Park Primary School:** 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: - 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

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

Community Car Scheme: 07526 998 465 or e-mail: cambournecars cheme@gmail.com. Min. 48 hours notice. Streetlight Faults: www.cambourne.info/lightform.htm Vets: Cromwell Veterinary Group: 01954 715161 Wildlife Trust: Jenny Mackay 01954 713516 www.wildlifebcn.org Cambourne Crescent Food Bank Info@cambournecrescent.org

SPORTS & LEISURE

Cambourne Fitness & Sports Centre: 01954 714070 Cambourne Fishing Club: www.cambournefishingclub.com **Cambourne Bowls Club:** Robin Bailey - 01954 269328 Cambourne Cricket Club: Phillip Broadwith, Cambournecc@ gmail.com Cambourne Eagles F.C: Cambourneeaglesfc.sec@gmail.com Cambourne FC: www.cambournefc.org Cambourne Netball Club: cambournenetball@googlemail.com Cambourne Exiles (Rugby): www.cambourneexiles.com Cambourne Raptors Basketball Club: Facebook: cambourneraptorsbasketballclub **Cambourne Runners:** cambournerunnersarc@gmail.com **Cambourne Women Runners** Information.cwr@gmail.com **Cambourne Tennis Club:** 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 stephenlacev73@gmail.com **Cambourne Karate School (AKS)** www.karateschools.co.uk / 07929 100612 **Cambs Chargers Volleyball Club** cambschargers@gmail.com **Cambourne United FC** cambourne.united@gmail.com pitchero.com/clubs/cambourneunitedfc **Cambourne Fledglings Football Academy** cambournefledglings@gmail.com **Cambourne Balkan Dance Club** http://bit.lv/BalkanDanceCambourne Cambourne Air Cadets: Sgt. (ATC) Adam Kelly 2484df@aircadets.org **Cambourne Army Cadet force:** www.cambsacf.com

COMMUNITY

New youth worker for Cambourne

We are delighted to that Emma Whitbread has joined the Cambourne Youth Partnership and Romsey Mill youth team in Cambourne as a Youth Support Worker. Emma has spent the past four years in Cheltenham studying for a degree in Youth Work and later working for a youth organisation there. Having grown up in Cambourne, she is excited to be back in her home town and working with Romsey Mill and CYP, engaging with local young people, encouraging them to thrive and supporting them through challenges they may face.

Emma loves baking, being outdoors, spending time with family and friends (prior to lockdown) and is a qualified archery instructor, and we look forward to her sharing her skills and passions with young people here.

Emma will be out and about with the team of youth workers and volunteers doing detached youth work throughout the week, so look out for her to come and say hi.



Cambourne volunteer task force is still here

We are living in times of difficulty and many families are struggling to feed themselves. CVTF represents the Cambourne community that stands by its members in distress. We can provide you with food parcels. If you are in need or know of someone else in need, please be assured we are here to help. In particular, we want no child facing hunger or malnutrition.

We run the food bank session every week as per the following schedule:

> Time: Saturdays 10:00 - 11:00AM Venue: Blue School, Eastgate, Great Cambourne CB23 6DZ

If you are isolating or have mobility issues, we might be able to deliver to you. We are reachable via:

> www.CambourneCrescent.org/vtf Phone: +44 7593 396855 Email: info@cambournecrescent.org



Co-op is helping our CVTF

How does the Co-op Local Community Fund work?

Register for Co-op membership and you get 5% cashback (when you use your points card while shopping Co-op branded products).

Select "Cambourne's Volunteer Task Force" as your chosen charity. Co-op donates 2% to #CVTF (after signing in, see weblink)

Please help #CVTF as the cause to support by signing into Co-op membership account and choosing Cambourne's Volunteer Task Force -

https://membership.coop.co.uk/causes/43690



COMMUNITY

Council's Green Initiative: the all-electric bin lorry

Bin collections in South Cambridgeshire and Cambridge City are going state-ofthe-art green, as the two Councils covering the area take delivery of their very first all-electric bin lorry.

Now out around the streets on bin collection days, the lorry is the first allelectric addition to the Greater Cambridge Shared Waste Service – a partnership between South Cambridgeshire District and Cambridge City Councils. The Dennis Eagle 'eCollect' is now part of the Shared Waste Service's fleet and being used to collect residents' recycling.

It marks the start of a drive to replace all the waste service's collection lorries with electric or hydrogen vehicles as their existing trucks come to the end of their working lives.

The Shared Waste Service is one of the first waste collection services nationally to invest in green vehicles which have zero emissions and contribute to better air quality when out on the road.

The new fully electric Dennis Eagle 'eCollect' has five specially designed battery packs generating 300kWh of power and a 200kW electric motor, making it substantially quieter than existing bin collection vehicles. Fully loaded it will weigh around 26 tonnes and will typically take around seven to eight hours to recharge, easily completing a full day of collection rounds and returning to the depot with charge remaining in the battery.

The new vehicle cost around £400,000 and, while this is more than a traditional diesel bin collection lorry, the Councils expect the whole-life cost to be at the very least the same – if not less – than a diesel vehicle, due to reduced servicing, fuel and general running costs.

South Cambridgeshire District Council's Lead Cabinet Member for Environmental Services and Licensing, Cllr Brian Milnes said: "We are committed to playing our part in the battle to combat climate change and 'Being Green To Our Core' is a central part of our business plan."

"Taking delivery of our very first allelectric bin lorry is another exciting milestone for us on that journey. It not only makes environmental sense but is a financially sound thing to do, as we expect the lifetime cost of the new electric lorry to be no more, if not cheaper, than a diesel one."

"We are also looking at whether we can install a solar farm near our main waste depot to provide clean, renewable energy for this vehicle and future ones to come, making us completely self-sufficient when it comes to charging our vehicles."

"As well as reducing emissions, this new lorry will contribute to cleaner air which is another important factor given our focus on air quality in and around the city. The excellent crews will quickly become familiar with the new truck and residents will be able to spot it very easily thanks to its striking green paint job. The Shared Waste Service already has some vans which are powered by electricity, and it may be the first of many electric or hydrogen bin collection vehicles that will be arriving in the years ahead."

BIN COLLECTIONS:(At the time of publication)

Black Bin: Thursdays December 3rd, and December 17th Blue and Green Bins: Thursday December 10th Blue Bin: Thursday December 24th Further info: https://www.scambs.gov.uk/recycling

MOBILE POST OFFICE:

The Hub Car Park Mondays: 1.30pm-4:15pm Wednesdays: 12.30-4:15pm 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/cambourne towncouncil

Cambourne Indian Club's

Our popular carol service this year is going to be online! We can join any interested families online and sing your favourite carol songs via Zoom , Google Meet or Facebook Rooms.

Donations are accepted. All contributions from the carol service will be donated to a charity. We also wish to invite you to Cambourne Indian Club's 'Online Christmas & NY premiere' on Friday, 25th December at 3PM.

Please see our teaser below. https://youtu.be/FU_LifYE71I

This online premiere event will be uploaded to YouTube as a live event . Anyone can participate in this event from anywhere in the world.

Please complete this form with a performance video if anybody would like to participate in the online premiere event.

https://docs.google.com/forms/d/e/1FAIpQ LSd7WYseI5QeTvGqXhVhPWThtelopj8Bj 5VDHPZLzUtNPMKWdw/viewform

For more information, please contact by phone (07723307263) or email cambourneindianclub@gmail.com



Wishing our Customers a Merry Christmas and

Happy New Year!

We are hoping to re-open in the New Year. Initially on reduced days, hours and menu.

Volunteers needed to help make this possible. Please get in touch via our Facebook page or phone on 07766 273 405 Thank you, Cilla - Cofe Manager

> The Foyer, Cambourne Church Jeavons Lane, Great Cambourne

BUSINESS

Financial help available for Cambourne businesses

South Cambridgeshire businesses that were forced to close their doors during this month's national lockdown can now apply for new Government grants that are being distributed by the District Council.

With many unable to provide a face-to-face service, the new grants are designed to help get them through the month until they can begin trading again.

Local Restrictions Support Grant (LRSG) and Additional **Restrictions Support Grant (ARSG).**

The grants, which are being administered by South Cambridgeshire District Council, are the Local Restrictions Support Grant (LRSG) and the Additional Restrictions Support Grant (ARSG). Any businesses who believe they are eligible can find information on how to apply, along with eligibility criteria, via the Council's website at www.scambs.gov.uk/businessgrant

Local Restrictions Discretionary Hardship Scheme (LRDHS)

South Cambridgeshire District Council aims to support as many businesses as possible, either financially or in other ways, and so is also making available a third scheme, the Local Restrictions Discretionary Hardship Scheme (LRDHS), to support those facing extreme hardship but who are not eligible to claim under the first two schemes and/or have received limited state aid or financial assistance to date. Awarded at the discretion of the Council, application for this is via a written statement and supporting evidence. Further guidance on eligibility is also available via the above link.

Local Restrictions Support Grants (LRSG)

The Government's LRSG scheme will provide grants of up to £3,000 to all rate-paying non-essential retail businesses, indoor and outdoor leisure facilities, entertainment venues and personal care concerns which were required to close by Law on November 5th due to the nationally imposed lockdown restrictions.

The funding for the LRSG will be £1,334 for the four weeks of national lockdown for companies with a business rateable value of or below £15,000; £2,000 for those with rateable values between £15,001 to £51,000; and £3,000 for those with a rateable value of more than £51,000.

Additional Restrictions Support Grants (ARSSG)

The ARSG scheme is allocated at the Council's discretion and is for non-rate-paying companies which were either forced to close by law or, whilst still allowed to operate, have been severely impacted by the lockdown, such as those which form part of a supply chain to a closed business. Rate-paying businesses which can open but have also been severely impacted in this way are also eligible to apply for this grant.

Businesses claiming under the ARSG scheme will receive the same payments based on rents or rateable values of below £15,000 per year for £1,334, from £15,001 to £50,999 per year for £2,000, and over £51,000 for £3000.

To be eligible, businesses must have been open as usual immediately prior to the second lockdown being imposed, and primarily providing 'in-person' (face-to-face) services to customers from their premises. They must also have been

registered for business rates at their premises as at 4 November 2020.

Non-Essential Retail businesses include clothing stores, homeware stores, vehicle showrooms (other than for rental), betting shops, tailor, tobacco and vape shops, electronic goods and mobile phone shops, and market stalls selling non-essential goods.

Leisure and Sports Facilitites

Leisure and sports facilities include leisure centres, gyms, swimming pools, tennis and basketball courts, golf courses, fitness and dance studios, climbing walls, and archery, driving and shooting ranges.

Entertainment Venues

Entertainment venues include theatres, concert halls, cinemas, museums, galleries, casinos, amusement arcades, bingo halls, bowling alleys. skating rinks, go-karting venues, soft play centres and areas, circuses, funfairs, zoos and other animal attractions, water parks and theme parks.

Personal Care Facilities

Personal care facilities include hair, beauty, tanning and nail salons, tattoo parlours and body and skin piercing services, spas, massage parlours.

Hospitality

Cafes, restaurants, pubs, bars and social clubs which have closed but have changed the way they operate to provide takeaway, or businesses offering click and collect or online services with delivery during the lockdown period, will still be counted as closed and eligible to apply for a Support Grant.

Those which normally operate in that way however cannot apply as they are able to carry on trading as normal during the lockdown.

Other concerns which would normally have been in the closure list but have been able to remain open in some format due to a special exemption may also still be able to claim, such as hotels, hostels and guesthouses, community centres, halls, libraries and places of worship.

Cllr Peter McDonald, Lead Cabinet Member for Business Recovery and Skills, said: "We're determined that no business will be left behind and our experienced Business Support and Development Team is here to help get this new source of funding to where it is most needed and to help our economy spring back into life once the lockdown ends."

South Cambridgeshire District Council Leader, Cllr Bridget Smith said the new Government funding was crucial to helping the district's businesses come through the Covid crisis. Every local business plays an important part in the good health of our district's economy and we'd like to see as many of them as possible open again in time to take advantage of the Christmas trading period."

Further details with downloadable application forms, can be found at www.scambs.gov.uk/businessgrant For further information contact Tom Horn from SCDC on tom.horn@scambs.gov.uk or 07704 072 548

COMMUNITY

Is there something in the air?

Is it just the time of year? Or perhaps it's the need to find interesting activities to get out of the house... Whatever the reason, we have received several photos from Cambourne residents this month and so we've decided to give them a page of their own. Enjoy!







Photos taken by Charlene Howell and her friend Kirsty from the top of Crow Hill in early November. Says Charlene: "The landscape around us two polar beauties. Town drenched in the golden glow of the rising sun whilst the fields behind the hill remain covered in a cool misty blue hue. Cambourne really is such a beautiful place to live. Ideal location for practicing our photography skills! "

This photo of Lower Cambourne at dusk was taken by Rachel Tarrant from Great Cambourne in early November.



The Girls are just as eager to return to the field

CAMBOURNE GIRLS' FOOTBALL

Like all Grassroots clubs, all our teams were very disappointed at the start of lockdown and can't wait to start again soon when it is safe to do so. We've heard that some of our boys and girls have continued to meet socially on Zoom for football-related fun with their teammates and kept in touch which is great to hear. Just prior to lockdown some of our teams played a few friendly games during half term which was a great way to engage in friendly competition!

Recently both the U10s and U11s girls' teams were asked if they wanted to try a special training session with Jack Rayner, Girls Football Development Manager at Norwich City FC. Both teams and coaches really enjoyed having Jack with them and trying new things. The U10s also took part in a Festival of Football organised by Norwich City FC where the girls had the chance to participate in mini-training sessions and matches which improved their experience.

A reminder that we are always open to more girls joining our Girls' Soccer School (FA Wildcats Centre) after lockdown. We welcome all girls aged 4-8 free of charge - children are grouped by ages with a dedicated coach and learn skills appropriate to their age, all in the form of short football-themed games that build confidence, skills, coordination and balance as well as listening skills. If you have a daughter aged 4 - 8 who is also interested in coming along, please contact cambourne.united@gmail.com for more details. Sessions are free.



YEAR 4 AND 5 GIRLS FOR NEW TEAM!

We are looking to get new under 9's and under 10's girls teams formed so please get in touch at camboune.united@gmail.com for more information.

CAMBOURNE TOWN FC MEN'S TEAM ARE LOOKING FOR NEW PLAYERS! Young and old...whatever your age - the team needs you! If you are looking to get back into football or join your local men's side then please get in touch with Adrian on 07979 600131 or email on adrian@taylor-and-co.net

Everyone Active is Petitioning Against Closures

EVERYONE ACTIVE LEISURE CENTRE in Cambourne is petitioning to keep gyms open in addition to being recognised as an 'essential service' amid a new closure due to the second lockdown. Cambourne Fitness and Sports Centre managed by sports and leisure operator Everyone Active in partnership with Cambourne Town Council, was forced to close for a prolonged period since March.

In a letter from Everyone Active's Managing Director, David Bibby, concerns were raised about the tougher effect on the public this time round, with shorter hours of sunlight and colder weather affecting mental health and the motivation for people to exercise outdoors.

Research by industry body UKactive shows that 58% of people managed their mental health by being active during the last lockdown, emphasising the role gyms and leisure facilities can play in providing vital sanctuaries this winter.

Following the reopening of leisure facilities in July, Everyone Active, like other providers, implemented a host of strict operational measures to ensure the utmost safety across gyms, swimming, group exercise and activities to protect both customers and colleagues. This included online booking systems to manage capacity at its centres and rigorous cleaning regimes, which it believes contributed to a low transmission rate. However these efforts have been met with news of an additional closure instead of recognition of the statistical data which reinforces the safe use of leisure centres. A Parliamentary committee is due to hold a debate on Covid19 restrictions on gyms and sports on Monday.

Dan Hicks, Everyone Active's Area Manager, added: "This is an incredibly difficult time for the leisure industry and our centre in Cambourne."

"We are urging our members to support their local centre by signing the petition to encourage the Government to keep gyms open here: petition.parliament.uk/petitions/333869. "We're so proud of all our colleagues for their hard work and dedication in providing a safe environment for our customers and can't wait to reopen our doors once again."

To read Managing Director's David Bibby's letter in full, visit: https://www.everyoneactive.com/news/our-manager-directoris-calling-on-your-support/

For more information on Everyone Active, visit: www.everyoneactive.com

SPORT

The Raptors can't wait to get back to business

CAMBOURNE BASKETBALL CLUB: As soon as this lockdown ends Cambourne Raptors Seniors aim to get back to something resembling 'business as usual' - within the latest Basketball England guidelines. All are welcome to join us for the weekly scrimmage, which takes place at Cambourne Village College on Sundays 3.00 pm - 5.00 pm (this weekly session will be moving to Mondays 8.00 pm - 9.30 pm from January 2021). For more contact senior coordinator@cambournebasketball.org or scrimmage_coordinator@cambournebasketball.org.

The Seniors are looking for coaches to build on recent success when we reached the playoffs and closing stages of the plate competitions. Our goal is to field two teams with paid positions

available for Head and Assistant coaches. Apply to senior_coordinator@cambournebasketball.org.

Raptors Juniors also hope to continue their regular sessions until the Christmas holidays. These are for players aged 6 to 17 years, held at Cambourne Village college on Sundays, Mondays, Saturdays and Comberton Village College on Mondays. Please visit our website - www.cambournebasketball.org - for the latest details and how to enrol.

Finally, a big Thank You to all the players who came for our training and scrimmage sessions this year. Cambourne Raptors wish everyone a Merry Christmas!

Go Raptors!

Cambourne Cricket Club is back on the green

CAMBOURNE CRICKET CLUB: Cambourne Cricket Club would like to thank the Town Council for their assistance with a new, public-use defibrillator which has been fitted to our Upper Cambourne pavilion, readily accessible for the local community.

Two Foundation Level 1 coach courses are scheduled in Cambourne in January and February (open to all 18+). This qualification will allow people to "lead coaching sessions independently and without supervision". A Coach Support Worker course is also being held in March at the Village College (open to ages 16+). Please contact the Club or visit www.cambscricket.org.uk/page/coaching-546/ for more information.

Following the Club's AGM in October we are currently seeking a sponsorship coordinator to join the Committee, as Cambourne looks to build on its recent success and secure its future - you don't have to have any cricketing experience, but if you have worked with securing partnerships and sponsorships before, we would love to hear from you. Drop us a message on facebook.com/CambourneCC or email us at cambournecc@gmail.com.

Finally, all at CCC would like to extend its warmest winter wishes for the festive period, and hope that the local community is staying safe and healthy as 2020 draws to a close.

Local doctor runs Ultramarathon

Local Doctor, Daniel T Rajan ran the London Marathon (virtual) and made the 42K into an ultramarathon by doing 50.3 Kilometres.

Dr Rajan was able to raise £1,715 for a London based charity called The Nehemiah Project.

The Nehemiah Project charity, houses and rehabilitates inmates who are released after they serve their prison term.

Picture: Father and son duo Ian (Best Batsman - 4th XI) and Elliot James (Best Bowler - 3rd XI) receiving their trophies after the Club's awards night.





SPORT

The Tennis Club bids Adieu to Nigel Hillyard

CAMBOURNE TENNIS CLUB: After many years of organising our twice-weekly adult social mix-in sessions, our Social Tennis organizer Nigel Hillyard has recently decided to step down. The mix-in sessions have grown hugely popular under Nigel's watch and offer our members a relaxed opportunity to get know other players and to improve their game. Nigel always made sure that new players received a warm welcome to these sessions, and his infamous clothes-peg "Enigma-machine" has proven to be very helpful in matching players according to their ability during the sessions. We are very grateful to Nigel for having run these sessions so well, and also for supporting the Tennis Club in many other ways. The photo shows Nigel in action as the "Grinch" during last year's Christmas social.

Moving forward, Jamie Dixon has kindly agreed to become the new Social Organiser and we look forward to many exciting social events post-lockdown. While our courts are closed during the current lockdown, Jamie is exploring new ways for our members to engage with each other and to learn more about their fellow tennis players. Jamie is therefore hosting a new Cambourne LTC Live Video Podcast that aired for the first time on Wednesday 18th Nov on YouTube. During each episode, there will be a chance to hear from a member of the club on a variety of topics including tennis, science, coaching, the arts, life. The first guest was Toby Jackson, the club's Head Coach and member of the Men's 1st Team.

We look forward to seeing our members back on the courts after the current lockdown period. More information on the club



and on our attractive membership packages can be found here: https://clubspark.lta.org.uk/CambourneLTC/.

Cambourne Crier Sponsors Local Football.

CAMBOURNE U7 FOOTBALL TEAM: This year has been challenging for everyone in football, with the restrictions which has been particularly frustrating for our younger members who haven't seen their friends play or have fun. But it's important to remember the sacrifice of not playing has a positive impact on the spread of the virus, a small price to pay when we see so many struggling during this difficult time.

At the start of the year a small number of children were unable to start their journey due to the absence of qualified coaches and a team. Something noted across the sport by the Football Association's inability to provide courses and training due to Covid-19. This season Cambourne FC started a new U7 team which offered kids their first game just before the second lockdown was announced. It was a joy to watch the team leave the field with a smile from ear to ear! Well done to all involved.

Setting up and starting any team isn't easy as money plays a big factor and I want to take this opportunity to thank Pam Hume and the Cambourne Crier fund who donated £125 to Cambourne FC. This money has been spent on equipment and footballs, so we can continue to offer children in the community and surrounding areas a positive and fun outlet during the pandemic.

