



## The Newsletter of Histon & Impington Parish Council

Issue 16 - September 2016

### WE LIVE IN A GREAT PLACE ...



Every time there's a survey or a straw poll, every time we chat to people at the Feast and every time we invite people to comment about plans for the future we get the same response: Histon & Impington is a great place to live. Of course people grumble: about parking, speeding, litter and graffiti. But that's what they're doing: grumbling. Nobody protests.

But we do need to exercise care. Our balance of rural vs urban, residential vs

terms under which development can be considered. Once a community has a Neighbourhood Plan this becomes a 'material planning consideration' and the planning authorities must give due weight to it when it considers planning applications.

The Parish Council is developing a Neighbourhood Plan and a survey has been initiated to get everybody's input. That's residents and people who visit the community for study, work and shopping, young and old (and those in between). A survey form has been delivered to every household and more

copies can be down loaded from [www.aventure.co.uk/ourhi](http://www.aventure.co.uk/ourhi). The survey can also be filled in online at [www.aventure.co.uk/ourhi](http://www.aventure.co.uk/ourhi).

A good survey needs a good response so please participate. And please encourage other members of your family and your friends and other contacts in the community to participate. The end date for completion is 14<sup>th</sup> October 2016.

There's more information at [www.hiplan.net/](http://www.hiplan.net/)

*David Jenkins*

*Chair; Histon & Impington Parish Council*



#### 10 (plus) places to use free wifi

- St Andrew's Centre
- Histon library
- The King Bill
- The Red Lion
- The Barley Mow
- The Boot
- The Rose & Crown
- IVC sports centre
- The pavilion at the Rec
- D:licious
- The Railway [Vue](http://www.vue.co.uk)

employment and commerce and heritage vs 21<sup>st</sup> century isn't automatic and can easily be upset by development.

People might say "well let's not have any development" but that's a passive approach and leaves the community open to what happens when developers march in with armies of lawyers and bucket loads of cash. History is full of examples of communities ruined by developments which they did not want but were unable to resist.

That's where a Neighbourhood Plan comes in. It's a community taking responsibility for its own development and setting out the



#### 10 organisations based in H&I

- Hain Daniels (factory and UK HQ)
- Internet Watch Foundation
- International Whaling Commission
- CHS Group (Cambridge Housing)
- CPET (Cambridge Primary Education Trust)
- Morris Education Trust (IVC et al)
- Stobbs IP
- Heart Cambridgeshire
- GW Pharmaceuticals
- The Company of Biologists

### THE CAVENDISH SCHOOL

Impington Village College is currently preparing a bid to open a special free school. The Cavendish School (named after Henry Cavendish, the 18th century scientist) will be for children aged 9 to 19 with autism spectrum condition (ASC).

The school will serve families across Cambridgeshire and will be the first dedicated state school for children with ASC in the county. At capacity, it will cater for 70 children. The school will provide a highly specialised environment in which children will be supported to enable them to progress and become appropriately independent, emotionally and socially confident young adults.

The school will be co-located on the IVC site and be a part of the same Multi-Academy Trust. By co-locating, the new school will be able to benefit from IVC's many excellent resources. It will cater for the full range of need and, therefore, have the full range of provision from highly personalised curriculum to access to mainstream. There will be choice and variety so that students can flourish. If the bid is successful, it is hoped the new school will open in September 2018.

*Rob Campbell, IVC*

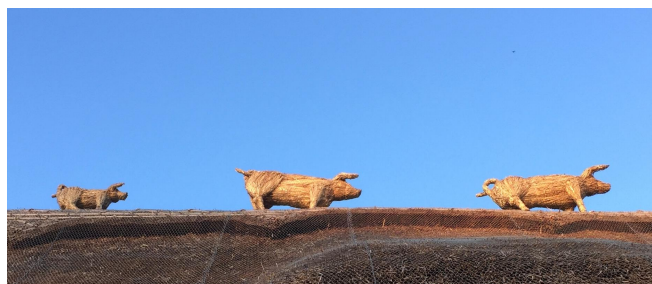
### REMEMBER, REMEMBER, THE 5TH OF NOVEMBER

The Histon and Impington Fireworks Extravaganza 2016 returns....

Advance notice that the annual Histon and Impington Fireworks Extravaganza will be on Saturday 5th November, on the playing fields at Impington Village College. Gates open at 6pm with fireworks at 7pm.

The event is run entirely by local volunteers. All money raised goes to our Village schools. If you're interested in joining the Fireworks Team, or if you can help out on the night, please contact the Extravaganza Chairman, Dan Mace, on 07966 166784 or [dan.r.mace@gmail.com](mailto:dan.r.mace@gmail.com)

### WHERE CAN YOU FIND A FAMILY OF PIGS IN STATION ROAD?



[www.hisimp.net](http://www.hisimp.net)

## Parish Office Contacts

Open at the Recreation Ground Centre

Monday to Thursday 9.30 a.m. - 12.30 p.m.

Tuesday 2.00 p.m. - 4.00 p.m.

Other times by appointment

Parish Clerk: Angela Young  
[clerk@hisimp.net](mailto:clerk@hisimp.net)

Assistant Clerk: Chelsea O'Brien  
[admin@hisimp.net](mailto:admin@hisimp.net)

Telephone: 235906

Recreation Manager: Lynda Marsh  
[rec.clerk@hisimp.net](mailto:rec.clerk@hisimp.net)

Telephone: 232423

## Parish Councillors

Chairman

David Jenkins - Pease Way 07739 758859  
[david.jenkins@hisimp.net](mailto:david.jenkins@hisimp.net)

Vice Chairman

Andy Butcher - Nuns Orchard 513494  
[andy.butcher@hisimp.net](mailto:andy.butcher@hisimp.net)

Aga Cahn - Hereward Close 232186

Steve Carrington - Nuns Orchard 07802 443859

Marian Cleaver - High Street 232897

Neil Davies - Dwyer Joyce Close 232514

Tim Ewbank - Burgoynes Road 236627

Elaine Farrell - New School Road 572002

Cedric Foster - Clay Street 234156

Ashley Gordon - Dwyer Joyce Close % 235906

Christine Hertoghe - New Road 514509

Brian Ing - Woodcock Close 234291

Simon Jocelyn - Villa Place 232241

David Legge - Villa Road 233565

Pene Nudds - Clay Close Lane 237155

Denis Payne - Impington Lane 233577

Edd Stonham - Normanton Way 564534

Josephine Teague - Milton Rd 235127

Nick Wood - Mill Road % 235906

County Councillors:

David Jenkins - Pease Way 236232

Mike Mason - Cottenham 01954 250391

District Councillors:

Christopher Cross - Willingham 01954 260790

Edd Stonham - Normanton Way 564534

Neil Davies - Dwyer Joyce Close 232514

Parish Councillor mail addresses are  
name.surname@hisimp.net, or can be found at  
[www.hisimp.net](http://www.hisimp.net)

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## RINGING IN HISTON & IMPINGTON

You may not be aware but bird ringing has been going on around Histon and Impington since 2009. It is generally a weekend activity which has taken place on average about once a month over this period. For those who haven't seen bird ringing on programmes like SpringWatch, mist nets are used to catch birds and an aluminium ring with a unique number is fitted to the bird's leg. We do occasionally have demonstration events and for the last few years this has been at the Orchard as part of Feast Week.



Over the years more than 1200 birds have been monitored from 35 different species. To get an idea of how many individuals this included around 150 blackbirds and 80 robins. It is like an MOT for birds where an estimate of muscle and fat are taken, in addition to actual measurements of wing length and body weight. This gives an effective BMI index and this is fed into a national database that is kept by the British Trust for Ornithology.

Some of these birds are caught again by us during a later session (retraps) or elsewhere (controlled). You may think that birds don't live long or go far but we recently re-caught a blue tit which was born in 2009. Seven is a good age for this species, but well short of the record of 12 years. We also had a whitethroat return from Africa to exactly the same Impington site where he was caught 2 years before. It's amazing to think that a bird weighing only 13g has travelled around 15000 miles over this period!

Ringers are often first to observe disease and we have noticed some of these particularly affecting finches. Other data that is essential is the reporting of fatalities and this could be due to a road or window collision, cat predation etc. This is where you can help so if you do find a dead bird with a ring then please report it online [is.gd/v2Us07](https://is.gd/v2Us07)

I intend to make this an occasional feature in the paper, with a focus on species and look at some of the observations made. If anybody is interested in finding out more then email [nigel.butcher@rspb.org.uk](mailto:nigel.butcher@rspb.org.uk) Finally thanks to those people who allow us to ring birds on their land around the villages.

*Nigel Butcher*

## SAVE HISTON AND IMPINGTON'S HEDGEHOGS!



Hedgehogs are in serious trouble. Their numbers are declining at an alarming rate and we need to act now to protect them.

Reasons for the decline are many and varied. Key causes are thought to be loss of habitat, with green spaces being used for housing and roads; and an increasing inability for hedgehogs to travel between gardens to find enough food to survive hibernation.

There is much we can do to increase hedgehogs' chances of survival. One of the most effective actions is to create Hedgehog Bridges. These bridges involve linking gardens together by making small holes, about the size of a CD, in or under fences. These holes will allow hedgehogs to roam further, enabling them to find more food and keep away from roads.

Here are some other steps which can make the difference between life and death for the villages' hedgehogs:

Put out a saucer of water each night. Hedgehogs become extremely dehydrated if they struggle to find a source of water. Never put milk out as hedgehogs are lactose intolerant and milk makes them very ill.

If you can bear it, stop using slug pellets. Hedgehogs can be poisoned if they eat an affected slug. In any event, slugs are a hedgehog's preferred dinner so by encouraging hogs into your garden, they should take care of the slugs for you.

Put out some food each night for hedgehogs - meat (not fish) cat food in jelly is a good choice.

Keep part of your garden a little bit messy, with a pile of logs or leaves, as a perfect place for hedgehogs to sleep and hibernate. If you don't like the messy look, make or buy a hedgehog home and put it in a quiet part of your garden.

Help conservation efforts by logging sightings of hedgehogs and details of Hedgehog Bridges that you have created at <http://www.hedgehogstreet.org/>.

The HI Sustainability Group would like to encourage you to help save the villages' hedgehogs and post photos of your handiwork (and the hedgehogs you spot!) on the Group's Facebook page -

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

*Katharine Holliday*



# CHOIR 2000

October brings the start of the new season for Choir 2000.

Along with the ever popular Carols for All, Haydn's *Nelson Mass*, Vaughan Williams's *Fantasia on Christmas Carols* and Lauridsen's much loved *O Magnum Mysterium* will feature in the Concerts on Friday 9 and Saturday 10 December.

Students from Impington Village College will join the choir on Friday, the Chesterton Singers on Saturday.

Tickets @ £10.00, conc. £9.00, students £5.00 will be available from the beginning of November from Wards or members of Choir 2000 as well as on the night. Under 16s are admitted free of charge.

For further information please visit [www.choir2000.org](http://www.choir2000.org) or find us on Facebook.

Beatrix Bown

## IMPINGTON MUSIC SOCIETY



Friday September 23<sup>rd</sup> Matthew McCombie  
Piano

Friday October 21<sup>st</sup> Robin Horgan  
(tenor) and friends

Friday November 25<sup>th</sup> Oakington Singers

Concerts at 7.30 pm in the Brackenbury Room at Impington Village College.

Membership (for 8 concert season) £20, single attendance £5, under 16s £1.

Chris Houghton

## THE IMPINGTONES COMMUNITY CHOIR



Interested in joining a friendly group who meet weekly and sing for fun?

Give us a try!

Where? - The Brackenbury Room, IVC.

When? - Every Wednesday in term time  
6.15pm - 7.45pm (New term started  
7<sup>th</sup> September 2016)

We sing popular music and songs from the shows. No audition required.

£5 per session pay as you go. No termly subs.

Find us at: [www.facebook.com/impingtones](https://www.facebook.com/impingtones)

07780 815841 [info@theimpingtones.co.uk](mailto:info@theimpingtones.co.uk)

Sue Lee

## LOCAL HIGHWAYS IMPROVEMENT 2016/17 - BAPTIST CHURCH JUNCTION

In June the Highways Committee was pleased to find out that it had been successful in it's 2016/17 Local Highways Improvement (LHI) application to redevelop the Station Road junction (Baptist Church/War Memorial). This has come as a surprise as we were originally informed it had not been awarded.

This junction is seen as a "Movement Hub" within the village, with many foot-routes using this area due to its close proximity to the Infant School, Early Years Centre etc.

There are a number of issues with its current layout including, uncontrolled crossings, wide junction splays and unrestricted parking. It also suffers from peak time congestion during school pick up times and "rat-running" by traffic which is avoiding other congested routes.

It is thought that the improvements will make for a safer junction for pedestrians, cyclists and cars drivers to use, by reducing traffic speeds, shortening crossing distances, improve parking and clearer priority road markings. The design will also focus on improving the area's aesthetics as it is considered to be an important and significant location within the village.

During the next month the layout will be finalised with CCC, with the start date of the scheme still to be confirmed. Please look out for consultation details on our website, where you can have your say.

Andrew Butcher  
Highways Chairman

## NEW HISTON WALK LOCAL GROUP

Could you do with some cheerful company in a supportive atmosphere?

Please join our FREE friendly local walking group for some gentle activity in the fresh air. The short weekly walks are at 2pm on Tuesdays, starting and finishing at Histon Library.

Do please bring a friend and help nurture the community spirit. Everyone welcome.

Organised by Sustrans, in partnership with Cambridgeshire County Council

Philip Broadbent

Ed - two more walking groups:

There's also a Gentle Walking Group Thursdays at 10am, contact Nan Hutchinson for details - [nanhutchinson@gmail.com](mailto:nanhutchinson@gmail.com)

And a Healthy Walking Group on Fridays at 10am, contact Lynne Kay or Elizabeth Lynn for information - [kaylya51@gmail.com](mailto:kaylya51@gmail.com) or [elizabeth\\_lynn@ntlworld.com](mailto:elizabeth_lynn@ntlworld.com)

[www.hisimp.net](http://www.hisimp.net)

## WHAT IS THE GREATER CAMBRIDGE CITY DEAL?



GREATER  
CAMBRIDGE  
CITY DEAL

It's an agreement between 5 partners (Cambridge City, Cambridgeshire County and South Cambridgeshire District Councils, Cambridge University and the Greater Cambridge Greater Peterborough Local Enterprise Partnership) to help secure the future economic growth of the Greater Cambridge City region. With the view "To unleash a second wave of the "Cambridge Phenomenon", securing sustainable economic growth and quality of life for the people of Cambridge and South Cambridgeshire".

As a result of the success of a growing high tech industry within our region a strain has been put on a number of key areas, including traffic congestion, shortage of new homes and affordable housing. Gaps within employment skills are also present, resulting in a high demand for suitably qualified staff.

Government has pledged an initial £100 million for transport and housing projects which will deliver economic growth. A further £400 million will be available (subject to assessment) over a further 15 year period. The partnership plans to generate an additional £500 million, taking the total investment to £1 billion.

In the initial investment the City Deal will focus on "Transport to support growth". The vision is to "make it easier to travel in, out and around Cambridge and South Cambridgeshire by public transport, cycle or on foot and maintain lower traffic levels to ease congestion". This will be achieved by improving key roads, transport links, foot and cycle paths etc. to make commuting and moving around the City easier, more efficient and sustainable. The improvements will connect "new residential and employment areas with high quality public transport networks, including new orbital bus routes".

It is this initial investment "that can be delivered quickly and provide immediate benefits to residents and commuters". The Histon Road improvements are one example. The scheme is designed to prioritise bus services and improve cycle and pedestrian paths with the goal of reducing congestion in the surrounding areas (e.g. B1049). For details on all the schemes see: [is.gd/aNpJiC](https://is.gd/aNpJiC)

The City Deal team wants to hear residents' thoughts on tackling peak-time congestion. To find out more or make any comments see: [is.gd/Wne3yy](https://is.gd/Wne3yy) Feedback is due by 10<sup>th</sup> October. There are also events taking place around the City - see: [is.gd/goWrUw](https://is.gd/goWrUw)

Or send your comments to [clerk@hisimp.net](mailto:clerk@hisimp.net) by 5<sup>th</sup> October.

Andrew Butcher  
Highways Chairman

# HISTON AND IMPINGTON VILLAGE SOCIETY

Meetings usually take place at 7.30pm on the last Tuesday of the month, in term time, at Impington Village College, in the Brackenbury Room. In the Spring Term an afternoon meeting is held on a Monday at 2.30pm in the Baptist Church. Membership is £10 per annum, and visitors are welcome at £3 per person, per meeting.

## Programme Autumn/Winter 2016

- 27 September Louise Milbourn: A very different war
  - 18 October Horry Parsons: Building Bury St Edmunds Cathedral Tower. Part 2
  - 29 November Dr David Oates: Finding features on the Flat Fen edge
  - 6 December Christmas lunch Members only
- Publications and notelets are available from the Publications Officer 01223 232744 and from Histon Library

More information at: [is.gd/iWufN6](http://is.gd/iWufN6)

Ann Fletcher 01223 564716  
Barbara Parr 01223 233397

# WW I COMMEMORATION

A meeting was held recently to discuss ways in which the villages could commemorate the end of WW1 in 2018, and to ensure a minimal overlap of activities.

The meeting was attended by representatives of the RBL, the Feast Committee, the Village Society and interested residents.

A number of events were discussed including a presentation by the Village Society "Voices of WW1" using pre-recorded readings, narration, music, sound effects and possibly live acting or mime.

The Guides, and possibly Scouts, are keen to do something to celebrate the restoration of the pump on the Rec. sometime before November 2018.

It was suggested that poppies should mark where all WW1 veterans had lived in the villages possibly by a plaque, or a temporary artificial poppy. Poppies could also be grown or made by children for the memorial, like the Tower of London display.

It is hoped to create a replica of the Roll of Honour which has disappeared from Histon Church, and which included the names of all those who served as well as those who died.

A display of WW1 coloured postcards and copies of the War Illustrated could form a display at the Presentation in 2018.

If any other groups are planning WW1 events, please do contact me on 01223 234502

Eleanor Whitehead

# BIG DIG SUCCESS

The final digging weekend on 6/7 August took our tally of test pits to 28 and revealed the original Anglo-Saxon locations of both Histon and Impington. It showed reduced arable cultivation after the Black Death and the embankment of the Impington Hall estate. We even found a Roman coin of 400-410 AD and a flint knife blade 5000-6000 years old!



Flint knife blade and Roman coin

Over 250 people were involved at some stage - a remarkable effort. Thanks to those who kindly hosted test pits and the impressive number of enthusiastic friends, relations and neighbours brave enough to come and try something a bit different.



Digging, sieving and washing

We were helped by experienced leaders from other local groups. Archaeologists from Oxford Archaeology East kindly visited the project and discussed the finds.

Several people commented on the social aspects of the project - how working together has promoted a feeling of community and provided opportunities to get to know people you would not normally meet.

Until 800-900 AD, people lived in scattered farmsteads then moved to form "tuns" or towns, with names ending in -ton, soon acquiring a church nearby. Remarkably, we found characteristic thick hand-made black pottery of this period both at Church Street in Histon and on the edge of Impington College grounds - good indications of where and when our villages first started.

Every piece of animal and domestic waste - literally and including broken pots - went onto a heap subsequently used to manure the fields. The resulting thin sprinkling of pottery fragments indicates arable use of the land. The dates of the medieval pottery found in Barrowcrofts and West Road show that these fields were returned to pasture after the Black Death. At Park Drive it stops later - perhaps when Impington Park was created and the people moved elsewhere.

Come to Histon Baptist Church at 7.30pm on Thursday 20th October for a full BIG DIG Talk and Display. All welcome.

David Oates

# REC NEWS.....

We are pleased to welcome our new apprentice Alex Hale to the team. Alex started with us at the beginning of July and is taking on a variety of tasks both on our sports areas and open spaces around the villages.



## MUGA



The Rec Committee continue to look at options for the refurbishment of the Multi-Use Games Area. This popular facility is certainly in need of some TLC! It has been open and well used for over 10 years. If

the project proceeds, it is hoped that work would go ahead in March 2017

## Play Areas

The committee have agreed to the continued upgrade of the timber items on the recreation ground play area and an order has been placed to replace the seating area and stepping posts in the under 5's area. The much loved tractor slide has had a service.....



and at South Road play area the climbing frame and rocking horse have had a facelift!

## The Rec Pump Project



The Village Society and Friends of the Rec are seeking to restore an old agricultural Bamford water pump which has been in its present location for over 110 years.

The location of the pump is in the far right bottom corner of a field which now forms part of the village Recreation Ground

and the objectives of the project are to create a special quiet / reflective area to include:

- restoring the pump to its original state when first erected surrounded by old stone slabs
- restoring an old water trough to be placed by the restored pump and plant poppies in the trough to remember those village men in gave their lives in WW1
- provide an information board on the site
- provide wooden logs for seating
- plant new oak trees and wild flowers

The Friends of the Rec have applied to the Co-op Community Fund for a grant to help towards the cost. It is hoped that the project will be completed in Spring 2017

Pene Nudds, Neil Davies & Lynda Marsh



## THE NEW PAVILION

The creation of the unique Glaze Pavilion was a culmination of the exacting manufacturing capabilities of Gx Glass and the contemporary design ideas of architects Cousins & Cousins. The pavilion was first showcased in London's St. John's Smith Square as part of the Clerkenwell Design week and then again at the UK Construction & Grand Designs exhibition in Birmingham.

So it was with great enthusiasm the Parish Council welcomed the opportunity to re-home this exquisite structure which comes with such a fine pedigree.

Histon & Impington have some extremely well equipped play areas and fantastic sports facilities at the Recreation Ground. However there is no provision within the two villages for outdoor Performing Art activities, nor is there anywhere centrally located for people of all ages to meet outdoors and be sheltered from the weather.



Currently the villages do not have such a versatile and vibrant place for people to meet, perform in or to simply admire!

The Pavilion project would help to fulfil these needs and it fits with the vision for Homefield Park, which was once home to the Chivers Family - famous for their Jams & Jellies.

Preliminary discussions have already taken place with the various youth groups (Guides, Cubs, Scouts etc), community event planners, caterers and performers. They are all excited by the opportunity and are keen to get stuck in to help.

Are you a performer or someone who would like to organise an activity using the soon to be erected pavilion? If so please contact [pene.nudds@hisimp.net](mailto:pene.nudds@hisimp.net)

We have received many offers of services eg. structural engineer, urban planner, farm lifting equipment for the installation and other offers for help with a launch event.....

But there's no such thing as too much help! If you would like to get involved in any way please contact [pene.nudds@hisimp.net](mailto:pene.nudds@hisimp.net)

Would you like to put on an event in Homefield Park using this fabulous new pavilion? Do you have an idea for a function or event you would like to use the Pavilion for? Are you able to help with a Family Fun Day for the official opening next year?

*Pene Nudds*

## UNDERSTANDING DEMENTIA - A FREE INFORMATION EVENT



When: 11th October 7.00 for 7.30 - 9.00p.m.

Where: Histon Baptist Church, Station Road, Histon CB24 9LQ. (Parking available).

Firs House and Telegraph Street Patient Participation Group in partnership with the Histon Baptist Church, is delighted to invite you to a free information evening. Our speakers will be Valerie Freestone, Clinical Specialist Dementia Nurse and Dr. Simon Poole, local GP. Topics include :

- Preventing dementia
- Writing your own care plans
- Maintaining independent living
- How friends and family can help

Followed by a question and answer session.

Refreshments are available from 7p.m.

No booking required. We look forward to welcoming you there. Further information is available at [www.firshouse.com](http://www.firshouse.com)

*Fei Ni Toole*

## REC SUMMER FESTIVAL 2016

Great weather and support from village residents and led to a wonderful five day festival attended by nearly 4000 people.

The first event was an evening with the England Test batting legend Graham Thorpe. Graham opened the new Cricket nets and later told an interesting mix of stories from his international cricket career.

The Rio Olympic celebration was blessed with glorious weather and hundreds of local primary aged children took part in an opening parade which led into an opening ceremony. A great memory from the event was over 200 reception and Early Years Centre children taking part in the Sculpture Dance.

The Village WI organised the Festival Summer Tea on the Friday afternoon and over 100 older residents enjoyed a fabulous tea.

The Indie Killers went down a storm and were superbly supported by local band Glue- nearly 350 packed out the marquee. The following evening saw a sold out Summer Ball.

Over 500 attended the Village Churches service and the Festival Sunday afternoon provide a variety of entertainment for the 1000 plus attending. Many children and young people attended the Graffiti workshop

The Festival team had worked on the planning of the event for over 14 months and was an incredible team effort. The costs of organising the whole Festival was over £45k and despite the support received a loss of over £2k was incurred by the Friends.

*Neil Davies*

## HELP WITH DEMENTIA

Did you know that 1 in 14 people over 65 will develop dementia? Did you know that some memory loss is a natural part of ageing?

What is Dementia Friends?

It is a social action movement developed by the Alzheimer's Society to raise awareness about dementia through understanding and action, and to reduce the associated stigma and isolation. This is achieved through attending a 1 hour interactive and fun information session.

The next Dementia Friends information session will be at St Andrew's Church, Impington, Wednesday 12<sup>th</sup> October 10-11am. Coffee and cake served from 9.30am.

Who am I and why am I involved?

I qualified as a social worker 18 years ago. My experience is in working in hospitals, with older people in the community and the educating and training of social workers. My Dad lived with multi-infarct dementia. I am a Dementia Friend's Champion and am trained to voluntarily provide these information sessions.



Cognitive Stimulation Therapy course for mild to moderate dementia:

I have trained in other dementia therapies, and in the future plan to provide these additionally on a freelance basis. I will be running a Cognitive Stimulation Therapy course for 14 sessions (approved by NICE) at the St Andrew's Centre, starting 17<sup>th</sup> November. This is funded by the Histon Poor's Land Charity. This will be for the benefit of 5 or 6 individuals, living with mild to moderate dementia. If you or anyone you know, who lives within Histon and Impington, would benefit from this, please contact me.

How does this involve Histon and Impington?

Jean Newman (Histon and Impington Older People's Co-ordinator) and I are keen to raise awareness with businesses in the village, particularly those who have direct contact with people living with dementia, in our community. We are aiming to develop an approach that will make Histon and Impington one of the first Dementia Friendly Communities in the area.

If you would like to invite me to give a free 1 hour Dementia Friends information session, please contact me at: [cambridgedementiatherapies@yahoo.co.uk](mailto:cambridgedementiatherapies@yahoo.co.uk) or Margaret Reed Roberts 07769803395.

*Margaret Reed Roberts*



COMMUNITY MINIBUS



Paul Seekings and Jean Newman

Some of you may have seen the blue Histon and Impington Community minibus around the villages and wondered: So where is it going? Who is on it? Who drives it? Read on for some answers. The minibus is used extensively throughout the week for various journeys. You can see from the list below there are regular shopping trips for those who find it

difficult to get to the shops on their own.

Shopping Service for Histon and Impington residents

The following shopping trips are available to Histon and Impington residents.

	Tesco	Tesco	Village	Morrisons
	1 <sup>st</sup> Tuesday	3 <sup>rd</sup> Tuesday	2 <sup>nd</sup> Friday	3 <sup>rd</sup> Thursday
First pick up	9.30am	9.30am	9.30am	12.00am
Donation	£2.00	£2.00	£1.00	£2.50
October	4 <sup>th</sup>	18 <sup>th</sup>	14 <sup>th</sup>	20 <sup>th</sup>
November	1 <sup>st</sup>	15 <sup>th</sup>	11 <sup>th</sup>	17 <sup>th</sup>
December	6 <sup>th</sup>	20 <sup>th</sup>	9 <sup>th</sup>	15 <sup>th</sup>

We ask for a donation towards running costs.

If you wish to use one of these services please call Paul Seekings on 07892 106805 or Jean Newman on 07772 437789

Other days include transport to the Doctors' surgery, and community groups. One such group is the seated exercise class. Each Monday morning an organiser and volunteer driver collect people from around the village and bring them to the Recreation Centre for an hour's class. They are joined by people who can make their own way bringing the total to around 20. So what do the attendees say? "How would you like to start the week feeling fit and healthy? Come and join the Monday morning exercise class at the Recreation Centre. It's a really friendly group, with excellent leaders and you can even get a lift!"

So what do the volunteer drivers say?

- "A friend was a volunteer and he told me how much he enjoyed it so I started and am still volunteering five years later."
- "It's an opportunity to meet people and put something back into the community."
- "The best bit is when you collect someone and they are so happy to see you."
- "Being part of an enthusiastic team."
- "Seeing how much people enjoy and benefit from the classes."

Paul Seekings

COMMUNITY CAR SCHEME URGENTLY NEEDS MORE DRIVERS!

Community Car Schemes are supported and subsidised by Cambridgeshire County Council across our county. Volunteer drivers are offered training and mileage at 45 pence per mile and passengers pay 30 pence per mile.

This is a much valued service for those residents in Histon, Impington and Girton who can't access conventional transport and might otherwise struggle to get out and about and thereby be isolated in their homes.

We are appealing to anyone with a bit of spare time to join our team of drivers. As little as two or three hours a week or every fortnight would be welcome.

This is a wonderful volunteering opportunity for anyone who would like to serve their community without having to commit to a specific amount of time or fit in with a rota.

The role would involve driving mostly elderly residents to appointments and social events. You would be given full support every step of the way and you would be contributing enormously to the welfare of those elderly residents in your villages without having to make a regular commitment.

We are already a team of 4 drivers in Histon and Impington and 2 in Girton but we need more drivers to meet the growing demand.

We are currently in danger of having to turn people away who are in desperate need for someone simply to come and pick them up and take them to their destination.

For more information please contact the Community Car Scheme coordinator on 07982 108 927 or Care Network Cambridgeshire on 01954 211 919.

SPLAT MESSY PLAY IS COMING!

A great fun learning and play experience for children aged 6 months to 4 years and you don't have to clean up afterwards! Using all sorts of sloppy, gooey, crunchy, sticky ingredients, children are encouraged to make as much mess as they like! They are free to learn, interact, observe, share and imagine whilst exploring colour, shape, texture and space.

Sessions are available on a Monday morning at 9.30am or 11.15am at Histon Baptist Church

Booking is essential so please email me at [dawn@splatmessyplay.co.uk](mailto:dawn@splatmessyplay.co.uk) to reserve your place or for further inquiries.

Dawn Evans

POKEMON GO

You may have seen a sudden increase in both younger and older residents walking around Histon & Impington staring at their phones over the recent months. This is due to the new 'fitness' game Pokemon Go.

Since the release in July there have been over 30 million active users of the game.

Pokemon are everywhere, and Histon & Impington is proving to be thriving with virtual creatures. Hot spots include:

- Recreation Ground
- High Street
- War Memorial



For those of you who play, a variety of rare Pokemon has been spotted at the Recreation Ground including a Snorlax, Lapras, Mr Mime and Bulbasaur!



There are 22 Pokestops around the villages at significant village locations, which players can visit to collect supplies. These include, to name a few:

- The Salvation Army Church and Outreach Centre, Impington Lane
- War Memorial, Bridge Road
- Histon Baptist Church
- Twin Starts, Chivers Way
- Histon Windmill
- Impington Sports Centre

Without knowing you can walk miles playing this addictive game, which also has it dangers. So players please be careful when playing and stay alert to your surroundings and respect the stops you visit. Do not trespass to catch a Pokemon (even if it is rare).

Chelsea O'Brien

GROWING UP IN CAMBRIDGESHIRE

Histon & Impington Library Friends present an evening of readings by members of Histon Library Writing Course; followed by discussion.



Chair: Judy Wilson

Thursday 13<sup>th</sup> October 2016; 7:30pm at Histon Library

£3 includes a glass of wine/soft drink.

Book at Histon Library or email [HisImpLibraryFriends@gmail.com](mailto:HisImpLibraryFriends@gmail.com)

# Young People's Noticeboard

For more information on the opportunities and activities below please contact:

Andrea Cowley, Youth Worker: Parish Office, Histon & Impington Recreation Ground, New Road, Impington CB24 9LU; 0789 990 4959; [youth.worker@hisimp.net](mailto:youth.worker@hisimp.net)



## HI Youth Noticeboard

All news, activities and events will be posted here.

Be first to find out about the exciting projects and courses we are planning to offer next year!

Like us to get the information you need



### Youth Club

Youth Club runs every Monday from 4.00pm-5.15pm at The Community Room on The Recreation Ground.

Open to all young people in years 7, 8 and 9.

We offer a wide variety of activities each week including: sports; cooking; crafts; table tennis; pool; team challenges and the opportunity to meet with friends in a safe and friendly environment.

Admission is free - we just ask you to bring a smile!



### Yoga & Mindfulness

FREE - Yoga and Mindfulness course for teens and pre-teens – boys and girls

Anyone can do yoga, you don't have to be flexible or strong, you don't have to be sporty (but if you are it will help increase flexibility and reduce the risk of injury).

Yoga is great for everyone and has many benefits including developing strength, flexibility and stamina; reducing tension, stress and anxiety; and raising self-esteem.

The sessions will cover basic postures for strength and flexibility, relaxation and mindfulness practices for concentration and de-stressing. There will also be some emphasis on learning techniques to help relax, focus and keep calm for test and exam preparation. All delivered in a fun, safe and welcoming environment!



This is what some of the current students have to say about the sessions:

"I have gained so much flexibility and happiness and confidence, so worth doing, best thing ever."

"I like yoga because it's cool."

"I like yoga, it helps me sleep at night."

"We do yoga because it relaxes us and we feel good after we have done it."

Sessions restart on Monday 12<sup>th</sup> September. As before these will be held from 5.30pm to 6.30pm on Mondays at The Community Room, Histon & Impington Recreation Ground. Why not come along to a class and find out for yourself?

For further information or to book please contact: Pauline on 07985 947328 or [paulineyoga@gmail.com](mailto:paulineyoga@gmail.com)

## The Generation Game – will now start on Monday 31<sup>st</sup> October 2016



10 more young people needed to run this course – please consider joining us for this unique course!

Become a *Community Companion* and help build relationships across the generations.

A tailor made course offering a basic level of knowledge, understanding and learning to become a companion to an older person.

Participants will receive a Certificate of Attendance; Basic First Aid and Basic Food Hygiene Certificates; and a portfolio of work.

Young people will be offered the opportunity to befriend an older person in a variety of settings including: setting up games nights in local care homes; helping older people with their computing needs; and ensuring members of our community feel less isolated.

The course will run on a Monday evening from 6 – 7.30pm at The Ideal Base, Impington Village College and will start week commencing 31<sup>st</sup> October.



Funded by

Cambridgeshire Community Foundation

## The Youth Bar at Histon Football Club



Every Wednesday  
7.30pm – 9.30pm

Upstairs at Histon Football Club in the Glassworld Bar

An opportunity for those aged 14+ to meet with friends, enjoy films; comedy; bar – serving drinks and lights snacks.

The Glassworld Bar is also available to hire for private functions. It's a great place to hold a party or gathering. Get in touch with Luke Harnwell to make your booking: 07940 0965563

## Where are the babies?



Our youth worker Andrea has collated a list of local young people who have successfully completed the Babysitting course and are available and willing to look after other people's children.

If you are looking for a babysitter please contact Andrea with:

- Your name and contact details
- how many children you have and their ages;
- the specific dates and times you require a sitter (please give as much notice as possible and at least 2 weeks)
- How much you are willing to pay them.

She will then forward your details to young people on the database who can then make contact with you to make further arrangements.

## \*\* BOOK YOUR PLACE NOW \*\*

### Emergency First Aid at Work

Saturday 15<sup>th</sup> October 2016

9.30-4.30pm @ The Community Room, Histon & Impington Recreation Ground.

Successful completion of this course will give you a 3-year nationally recognised certificate. Add this to you CV and College Application Forms - and be ready to deal with an emergency should it occur.

Download an application form from HI Youth Noticeboard on Facebook; through Histon & Impington Parish Council website or get a form from G6 at IVC.

Training provided by:



## I want to do this!

If you are a young person and have ideas for projects and activities that you would like to see in Histon & Impington then get in touch with Andrea to discuss them.

If you would like to volunteer on one of our projects, please get in touch with Andrea to discuss this further

Our Youth Worker, Andrea Cowley, has broken her leg!

So, she's off work for the foreseeable future but we have managed to get new staff to keep projects in Histon & Impington running.

She will have occasional access to email so do please keep in touch!





LONGEVITY IN THE FUNERAL BUSINESS

As part of our occasional on local businesses, in this issue we profile Richard Stebbings, of Richard Stebbings Funeral Services.

In many ways, the business is everyone’s image of a local busy, independent, small, family run and rooted in the community. At a time when the trend in the industry is towards larger chains, the firm remains resolutely independent and small by comparison.

Almost the entire family is involved, Richard, the founder and managing director, his wife Drusilla, daughter Hazel, sons David & Tony and son-in-law Mark. Between them, they arrange around 400 funerals per year in and around Cambridge, but sometimes further afield (such as Norfolk or Peterborough).

Richard is celebrating fifty years in the funeral business this year, having started out in the stone masons’ department of the Cambridge & District Co-Operative Society. After four decades in the industry, progressing to become a company director, he established his own firm in 2004. He was helped in finding a premises in Impington by the then vicar Rev. Hugh McCurdy where the firm as been based ever since, on Cambridge Road, just south of the Guided Busway.

In reflecting on the firm’s twelve years in the village, Richard is most appreciative of the support of the local community, especially in the early years of operating as an independent business in a sector dominated by larger players. During that time, the firm has organised some unusual funerals, such as bodies transported by motorbike sidecar or even on the back of skip (the deceased having been a skip driver).

Other changes have been the wider range of funeral services that families are requesting beyond mainstream religious ceremonies; humanist and civil celebrants are becoming more common. Also the choice of styles and materials from which coffins are made has increased markedly; in addition to caskets and wooden coffins, various forms of biodegradable materials are available, such as willow, bamboo, seagrass.

Throughout our conversation, Richard emphasised the importance of listening to bereaved families and helping them arrange an appropriate end of life ceremony for departed loved ones.

Tim Ewbank



VILLAGE FOOD FESTIVAL AT THE COMMUNITY ORCHARD



Saturday 1<sup>st</sup> October, 10am - 2pm

The Community Orchard Project and the village Sustainability Group are holding a joint event at the Community Orchard between Manor Park and the Busway.

Juice your own apples

Juicing Days are very simple: bring surplus apples from your garden and leave with fruit juice. It’s suitable for all ages and a popular activity with children. There will be a small production line going so you can take part in each stage of making juice; from washing the apples, preparing them for the juice press and finally turning the press and filling your containers. The juice can be frozen if you want to keep it longer than a few days.

A kilo of apples makes roughly 250ml of juice but will vary according to the variety as will the flavour.

If the apples in your garden are a bit of a mystery, we’ll have someone there to try and identify the variety for you.

This year there will also be the chance to make your own smoothies using pedal power, courtesy of Pulp Friction.

Stalls, experts and activities

Talk to a variety of experts about all kinds of things - from composting systems to keeping your own chickens and the ins and outs of beekeeping. As well as representatives from the Community Allotment there will also be a surplus stall where you can swap or donate your excess fruit and vegetables.

The Sustainability Group will have a stand so you can find out what other activities are going on around the village - from the hugely popular Repair Cafés to wildflower management in the hedgerows. If you want to find out what you can do for nature there will be representatives from the Wildlife Trust offering advice.

HICOP will have a stall providing tea/coffee and cakes and there will be other food stalls too. With quizzes, information about the carbon footprints of foods and juicing activities for the children, there will be lots to see and do.

Entry is free, but donations to the orchard are always appreciated.

Ruth Moulder

USEFUL NUMBERS

Histon and Impington Older Persons Team  
Jean Newman 07772 437789  
Paul Seekings 07982 106805  
Community Warden Scheme 07957 608530;  
01223 232897

Day Centre  
Chris Swallow 07484 134923  
Margaret Vale 07919 861378  
Histon and Impington Community Car Scheme  
07982 108972

Social Services Older Persons Team 0345  
045 5202

CAMMS hot meals to you 01223 314288  
Age UK Helpline 03006 669860  
Winter Fuel Helpline 08459 151515

Fault/problem reporting  
Authorities prefer use of online reporting -  
see [www.hisimp.net](http://www.hisimp.net) for details - but here are  
the phone numbers if you need them.

Highways matters 0345 0455212  
Damaged water stop cock boxes 01223  
403176 (office hours) or 01223 706050 (urgent  
out of hours)

Sewerage/blocked sewer pipes  
08457 145145.

Surface water drainage 08457 919155.  
Gas & Electric 0800 68858

Street lights and damaged road island  
illuminated signs 01954 233300. In all cases  
quote number displayed on lamp post or road  
island sign with location.

Street cleaning, domestic refuse bins, village  
litter bins and village dog bins issues 03450  
450063

Council & Committee Meetings

See website for details: [www.hisimp.net](http://www.hisimp.net)

Full Council - Recreation Centre from 7 p.m. - Monday 17<sup>th</sup> October, 21<sup>st</sup> November 2016

Planning - Parish Office 7.30 p.m. - Tuesday 11<sup>th</sup> October, 1<sup>st</sup> November, 15<sup>th</sup> November, 29<sup>th</sup> November, 20<sup>th</sup> December 2016

Highways - Parish Office 7.30 p.m. - Thursday 10<sup>th</sup> November 2016

Finance, Legal & Administration - Parish Office 7.30 p.m. - Monday 10<sup>th</sup> October, 12<sup>th</sup> December 2016

Environment - Parish Office 7.30 p.m. - Tuesday 25<sup>th</sup> October, 6<sup>th</sup> December 2016

Recreation - Parish Office, 7.30 p.m. - Monday 26<sup>th</sup> September, 28<sup>th</sup> November 2016

Residents are welcome to attend all Council meetings.

At all meetings there is a standing agenda item for Public Participation