

The Newsletter of Histon & Impington

Parish Council



Issue 17 - December 2016



## Aspirations for 2017 ...

**Mental health well-being champion**

**Successful Pedestrian Support Package bid for Local Highways Initiative 2017-18**

**Rose garden improvements at the War Memorial**

**Homefield Park amenity improvements**

## Tree Planting Programme

**Brook Renovation**

**Refurbishment of Multi Use Games Area**

**Progress with Neighbourhood Plan proposals**

**Public Art projects including renovation of BT Kiosk and more Quacky Races fun**

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## The 2016 Royal British Legion Poppy Appeal

Just over £3,000 was raised within Histon & Impington. Overall the Histon & Impington Branch expect to raise around £17,000 for the 2016 appeal to assist ex service personnel and their families.

Thank you to all who helped and supported us particularly those who let us erect 3 gazebos on their property.

For 2017 we want to have the gazebo collection points open for longer so will be asking for volunteers- all help will be welcomed.

One again thank you Histon & Impington for making the local poppy appeal for 2016 such a success.

*Brian Dunn  
Secretary Histon & Impington  
Royal British Legion Branch*



Squadron Leader David Butler DFC  
The cubs were at hand to help out



### 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)

Published by

Histon & Impington Parish Council  
The Parish Office,  
New Road, Impington, Cambridge CB24 9LU

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[hi-news.editor@hisimp.net](mailto:hi-news.editor@hisimp.net)

Thanks to photo contributors for this issue  
including Barry Starling

## County Council Fund £1M Challenge

The County Council has launched a fund, the Cambridgeshire Communities Innovation Fund, to support people to do things in their own communities or to develop a good idea, building on strengths, talents and expertise. It's open to all community groups and organisations with big ideas about how to improve the lives of local people, particularly those who are most vulnerable. They're looking for ideas that will ultimately reduce the need for people to use Council services.



Proposals can be submitted at any time - and the first decisions on projects are expected by around March 2017. Small schemes (<£50K) will get faster decisions - schemes over that size will have to go to the Council for final approval.

The scheme's being run by the Cambridgeshire Community Foundation - and details are at: <http://www.cambscf.org.uk/ccif.html> - and for this first round (if it's successful, there is expected to be further funding) there's up to £1M available!

## Editor News

Denis Payne has stepped down as Editor of the HISIMP News after 16 editions, he is owed a great vote of thanks!

Denis will remain on the Editorial Committee with a couple of other Parish Councillors and interested residents and the Editors Chelsea O'Brien and Angela Young.

We are always looking for others to get involved in the team, who meet quarterly to plan the next edition and take on the producing of articles.



Could this interest you?

Following his decision to retire as Editor, Denis says "I have enjoyed the challenge of putting the newspaper together over the last 4 years and hope our residents have found something to interest them. Good luck to the new Editors".

If you have anything you wish to share with the rest of Histon and Impington we are always looking for fresh contributions.

Get in touch!



## Christmas Services in December

St Andrew's, Histon, Church of England:

Sunday 11th

10.30am -

Meet the  
Nativity, on  
the High  
Street

Sunday 18th

7pm - Carols  
by Candlelight



Nativity on High Street

Saturday 24th

5pm - Christingle

Saturday 24th 11pm - Candlelit Midnight  
Communion

Sunday 25th 10.45am - All Age Christmas  
Cracker

St Andrew's, Impington, Church of England:

Sunday 18th 4pm - Carols by Candlelight

Saturday 24th 3pm - Crib and Christingle

Saturday 24th 11pm - Candlelit Midnight  
Communion

Sunday 25th 9.30am - All Age Holy  
Communion

Histon Baptist Church:

Sunday 11th 10.30am - Family Service with  
Nativity Play

Sunday 11th 6.30pm - Christmas Musical  
Celebration with Professional Organist: David  
Rowland - to celebrate the refurbishment of  
our beautiful church organ.

Sunday 18th 6.30pm - Carols by Candlelight

Thursday 22nd from 10am to 5pm -  
Community Nativity Play. All school age  
children are invited to join us for a fun filled  
activity day, (with a performance at 5pm).  
Booking essential, see our website for further  
details [www.histonbaptist.org.uk](http://www.histonbaptist.org.uk)

Saturday 24th 11.30pm - Midnight Communion  
Service

Sunday 25th 10.30am - 11.15 am Family  
service

New Life Church:

Sunday 18th 3.00pm - 5.30pm Christmas Carol  
Service and Christmas Tea at Histon Baptist  
Church. A Christmas celebration for all ages,  
followed by tea, games and a quiz. Everyone  
is most welcome.

Histon Methodist Church:

Sunday 18th, Carols by Candlelight at 4.30pm

Sunday 25th Christmas day service at 10am,  
led by Rev'd Simon Oliver.

At the time of printing no information had  
been received from the Salvation Army.



## HI People

Find us on Facebook  
HI People



Membership of this vibrant community group is going from strength to strength and now stands at around 2,700. It would be great to see you in the group but, before applying, you might want to prepare yourself by reading the HI People Top 10 Tips for Village Survival, as gleaned from group posts over the last year or two:

- The duck pond is not a pond. It's a Brook. Apparently.
- Bread is bad for ducks. They should eat only seed from the Post Office ....or frozen peas.
- Falling conkers can be dangerous. Hard hats mandatory during conker season.
- Clean up after your dog and horse... there's no such thing as the poop clean up fairy.
- The Green must be photographed throughout all seasons and published on HI People.
- We have the best shops and amenities for miles around... leaving the village is optional.
- Our annual fireworks are loud! Buy earplugs for your pets.
- Clean up your litter or face the wrath of the Big Tidy Squad.
- Park wisely. Drive nicely.
- Finally...do not swear. You're on HI People!

*Amanda Borrill*  
HI People Facebook Admin and Founder

## Come and walk with us

The Histon and Impington Healthy Walking Group is an informal group that meets for social walking every Friday at 10am. The walks are generally three to five miles long and over a variety of terrains. We start from different points around the village, or within a 15-minute car or bus journey, and there's usually the option for refreshments together when we finish.

If you're interested in walking with a friendly, welcoming group of people, email Liz or Lynne:

[elizabeth\\_lynn@ntlworld.com](mailto:elizabeth_lynn@ntlworld.com)

[kaylya51@gmail.com](mailto:kaylya51@gmail.com)



Histon & Impington Parish Council

## Dealing with Dog Dirt

The Parish Council has recently applied to the District Council for a number of additional dog bins in the villages, based on information provided to the Environment Committee by residents and members of the Big Tidy Up group and other volunteers in the village.

We now await the outcome of our requests but hope that at least some of them are installed. We have asked for additional dog bins at:

St Audrey's Close - near to the Guided Busway



Pages Close - a short distance along footpath from The Green entrance

Villa Road - on the boundary with Pine Court

Along the footpath from Clay Street to Farmstead Close

An additional one along Home Close footpath

We have also asked for the one adjacent to the Play Area along B1049 to be relocated and we have asked for a litter bin to be installed at Clay Close Lane - a lot of ordinary litter is placed in the existing dog bin which means it is full by mid-week.



## A14 Upgrade

The recent consultation on the A14 upgrade brought mixed news for our villages.

Good news was the plan to considerably improve the Milton roundabout over the A14 which could reduce congestion down the A10 in the mornings and reduce the temptation for that traffic to divert to our B1049. This upgrade will be financed by the Waterbeach barracks development.

Bad was the omission to replace the wrongly built reflective noise barrier at Orchard Park with a sound absorptive one. A noise reducing road surface is planned but the noise expert at the consultation admitted a reflective barrier acts as a magnifying lens barrier for some considerable distance. The Parish Council is aware of the omission and making representations.

*Brian Ing*

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

## News from the Recreation Ground

It is with regret that we have to report an increase in vandalism over the spring and summer months at the Rec, including damage to fences, CCTV cameras and goals. In excess of £2,500 has been spent putting this right, let alone time spent by the team, money which could have been so much better spent on improving our facilities.



The Recreation Ground is run on a mix of Council Tax collected from residents and income from the facilities. Hopefully this spate of anti social behaviour is behind us now and we can return to investing that money where it is most needed.

The roundabout at South Road Play Area is out of use at present due to a Health & Safety report. Unfortunately, following further safety advice, the Recreation Committee were left with no option but to remove this much loved piece of equipment. Replacement equipment is being researched and residents will be informed when a decision has been made.

The community room will be closed over the Christmas and New Year period for planned maintenance and cleaning works. If you are interested in hiring the room for your event in 2017, whether for children's birthday parties, quizzes, exhibitions, meetings, classes or family get-togethers, please look at the availability calendar <http://www.hisimprec.co.uk/community-room/> and contact Lynda Marsh on 232423 or at [rec.clerk@hisimp.net](mailto:rec.clerk@hisimp.net) to discuss your requirements.

*Merry Christmas from all the Team*

*Lynda Marsh*

### Parish Office Festive Opening Hours



The office will be closed from Friday 23rd December re-opening Tuesday 3rd January 2017

Emails to [admin@hisimp.net](mailto:admin@hisimp.net) will be checked periodically during this period

December 2016



Histon & Impington Village Society Dates

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 £12 per annum from the 2017 AGM, and visitors are welcome at £3 per person, per meeting. Visitors to the AGM are free.

Tuesday January 24<sup>th</sup>

AGM followed by a forum with Parish Council Chairman David Jenkins and Vice Chairman Andy Butcher

Tuesday February 28<sup>th</sup>

David Reeve, retired bodyguard to the Queen when she was at Sandringham, her Norfolk residence

Monday March 13<sup>th</sup>

Please note: 2.30pm Baptist Church

Bridget Cusack : Rowan

“A Cambridge City based charity and arts centre established in 1984 to bring artists and people with learning disabilities together in the production of fine artwork and crafts while providing opportunities for self-expression and creative exploration ...” (Rowan webpage).

Barbara Parr

A Bumper Bonfire Burn 10K

Over 920 runners took part on a sunny Sunday 6 November in the sixth Bonfire Burn 10k and runners were welcomed at registration by the Histon Salvation Army Band.

The first male home was Andrew Mynott in a time a shade over 35 minutes and Pia Thiemann was the first lady home.



The event organised by Friends of Histon & Impington Recreation raises funds to help improve facilities and promote activities for all ages on the village Recreation Ground. The event raised £4,500 which will be used to restore an old Agricultural Water Pump on the Rec, replace a 5 a side goal on the Rec MUGA and £1500 will be donated towards the cost of the Village Older Peoples Coordinator and £1,000 donated to the new Village Mental Wellbeing initiative.



Neil Davies Friends of Histon & Impington Rec

Histon and Impington Fireworks Extravaganza

Four thousand people attended this year’s Fireworks Extravaganza, and the organisers were delighted that such a large number of people attended.



It is a real community event and is also a great community effort. The event is planned and run by a dedicated team of organisers, supplemented by about 150 volunteers on the night.

The organisers are grateful for the support of the sponsors. This year Redmayne Arnold and Harris were lead sponsor with further sponsorship from Panther Taxis, Daisy Chain, Limetree Financial, Brookfield Groundcare, Cambridge Stove Installations, the Red Lion and the Co-operative. Other supporters include Enterprise who donate two vans for the weekend and Essex Pyrotechnics who supply the fireworks.

We were very sad to learn that some people became ill after the event. As in every year, extensive risk assessments were carried out and we only use respected, local, professional caterers to manage the food supply on the night. All concerned are co-operating fully with the relevant authorities who are investigating the cause.

The proceeds are shared between the PTAs of the three village schools. This year we were delighted to donate just over £2,000 to each school. Small donations were also made to those organisations who help on the night, including Histon Scouts, the Air Cadets, Choir 2000 and the British Legion.

Next year’s event will be on Saturday 4<sup>th</sup> November. We hope you’ll join us again for an even bigger and better event!

Dan Mace

A special thanks to all the contractors we have used this year including ...

- |                  |                    |
|------------------|--------------------|
| Tates Treework   | John Webster       |
| Pure Doors       | Steve Gill Fencing |
| Hovells Cleaning | John Pollard & Son |
| Ian Levitt       |                    |
| M & M Heating    |                    |
| Ron Downes       |                    |



GARDENER’S WORD



Winter Gardening

Now is the time to light a fire, make a hot drink and sit in a comfy chair. Well, don’t let me stop you if all chores are done, but first take your mug and stand at the window. What is the first thing that catches your eye in the garden? An eyesore or seasonal fireworks?

After all, you are going to be spending long winter months indoors and anything you can see from the window should be extra special and really earn its place in the garden.

Of particular value this time of year are shrubs with bright berries, such as Pyracantha or the rather startling Callicarpa with its Barbie doll purple berries, and trees with interesting bark such as Prunus serrula or a silver birch. I recommend the



smaller Himalayan birch (Betula jacquemontii) as it will not top 20m in 15 years and has stunning white bark. But what really brings a smile to my face is the Cornus sanguinea ‘Midwinter Fire’ which drops its leaves to reveal gorgeous burning twigs of deep orange and yellow. The rest of the year it is a very dowdy green-leaved bush and saves itself for winter fireworks. Other good winter twigs are red Cornus alba ‘Sibirica’, and Salix varieties which tend to be pale green. They will all grow to be much bigger (about 3m across) than you want if left, so once they start to bud in late Feb, get out the secateurs and snip the long coloured bits down to the first bud. The more arty among you may want to put these in a dry vase. For inspiration, we live near the best winter gardens to visit at Cambridge Botanic Gardens, and Anglesey Abbey winter garden. Obviously the scale will need revising (!), but planning now will be rewarding if the result is a better sight from the sofa.

Alice Jackson Steggles

Christmas Tree Chipping

Once again Matt Menzies from Tates Treework will offer free Christmas tree chipping on The Green and at The Crescent on Saturday 7th January. Details will be posted on our website and via HI People Facebook Group

The enviro.volunteers will be at hand to assist





Santa’s Grotto 3rd December

The night was dry and not too cold, as villagers, families, and friends arrived from all directions to await Santa’s arrival, heralded by the switching on of the lights. “It’s magical!” said a little girl (unprompted) as she gazed up at me with shining eyes and a happy smile. And indeed it was magical. The Glow Trail stretched invitingly through the trees. The scaffolding “tree” with its hundreds of bright white lights contrasted with a backdrop of trees in ever changing colours. Peace doves fluttered in the trees. Gifts on a stall glittered brightly in the lights. Log fires glowed in the darkness. And at the centre, Santa’s Grotto, lit with a warm, welcoming glow, while inside, beautiful Christmassy decorations decked the walls. A queue of excited children quickly formed to visit Santa, greeted by a splendid, wonderfully costumed elf. They emerged just as excitedly, happy and smiling, having met Santa, and received their gift from him. While they waited patiently we were all entertained from the stage, which had been transformed with attractive new lights, by the Salvation Army band, the Junior School choir, and singers from the Baptist Church, creating a perfect Christmas atmosphere.

Congratulations and many thanks to the Enviro volunteers, who, in an amazingly short time, worked so hard to create a truly magical setting and a special and memorable evening for us all.

Special thanks go to Santa, all the Enviro volunteers, Alison Borley's Guides, Edd Stonham for PA system, Ray and Barbara Parr, the Salvation Army Band, the Junior School Choir, singers from the Baptist Church, the Parish Council for icicle lights, permission to hold the event and loan of gazebos, Matt from Tates for logs and several loads of chippings, Cambridgeshire County Council for the power supply, Daniela Stief for the gift stall, Helena Perry for her art work, Will Russell who sponsored the Glow Trail, Emily the no.1 elf, Edwin the fireman, Pulsar Light of Cambridge Ltd. for the loan of colour changing lights and The Railway Vue for providing outside catering and warm festive drinks.

Barbara Parr



Histon Library Event

Please join us on 14 December 2pm–3:30pm for a festive session with mince pies and a chat about Christmas past and good winter reads. This will be our first opening to the public after the new counter was installed following a generous donation from The Red Lion Beer Festival so why not come and have a look!

**A free event!**  
**Any ideas for use of the Library are welcome**  
An Engage in the Afternoon event



Contact: [hisimplibraryfriends@gmail.com](mailto:hisimplibraryfriends@gmail.com)

I never knew we had a community orchard....

Its surprising how often we hear those words. The orchard is now nearly five years old; the first trees were planted in the Spring of 2013 and now there are 70 fruit trees, many of the varieties having historic connections to the villages. The orchard has been planted with wildflowers to encourage wildlife and is surrounded by a native hedge. We hold workshops where you can learn about pruning, grafting or juicing. The orchard also hosts activities such as wassailing and wildlife events.

So where is it? Well if you walk down the footpath at the junction of Shirley Road and Somerset Road, take a left and then immediately right, walk towards the busway along the edge of the field, then you won’t miss it. And do enjoy it - it’s for all of us. For further information see [www.hicop.info](http://www.hicop.info), and do get in touch through the 'Contact us' section.



Dan Mace  
HICOP

Chivers Delight

Understanding Dementia



In October, the PPG ran an information event ‘Understanding Dementia’ attended by 80 people. Valerie Freestone, Specialist Clinical Dementia Nurse at Addenbrooke’s, was keen to encourage us to adopt a positive attitude to both preparing for the possibility of someone developing dementia, and doing our best for the affected person. Dementia is the most feared condition amongst over 50s and is sometimes described as a ‘living death’. But by ensuring the wishes of someone with dementia are known and communicated to family, friends and care staff, we can turn the situation into ‘living well’. It is worth ensuring necessities like a favourite food, things that give pleasure or evoke memories like a play list of music, and an easily navigable domestic routine are put in place.

Dr Simon Poole, Firs House Practice GP, chaired the evening. He looks after the whole spectrum of cases, from those that are worried about their memory loss but otherwise well, through to patients attending a hospital clinic or resident in a care home. He said there was now good evidence that a good diet and healthy lifestyle can help prevent the onset of dementia, but was cautious about drug treatment: it has its place but has disappointingly not been the major advance that it was first described as. Valerie stressed we should always seek a diagnosis if we were worried about any of the forms of dementia, in order to put some positive strategies immediately into place rather than try and hide from it.

Parish Puzzle



Can you find the missing word, it’s a Christmas dinner favourite?

Email your answer to [clerk@hisimp.net](mailto:clerk@hisimp.net) for a chance to win a £10 gift voucher to spend at Chop Shop in the new year

D	S	S	X	A	X	R	P	B	A	E	Y	Y	T	Z
X	G	D	F	R	U	O	Z	D	B	K	T	L	G	G
Z	J	L	Q	D	H	J	W	C	P	A	A	L	O	K
P	K	L	O	S	X	E	S	Q	G	L	K	O	P	R
K	I	L	P	Y	E	K	R	U	T	F	C	H	Q	J
D	P	O	A	X	T	M	M	C	B	W	R	K	R	B
H	H	T	Y	T	L	V	M	T	E	O	A	E	V	R
C	U	Q	B	K	A	J	P	T	F	N	C	N	N	W
E	N	I	W	D	E	L	L	U	M	S	K	G	R	S
S	Q	Y	V	R	C	T	O	E	D	D	E	A	R	O
P	R	E	S	E	N	T	S	P	S	D	R	K	M	X
G	G	D	K	P	Y	K	R	S	I	N	I	C	N	Y
K	X	Y	P	Z	N	F	S	A	R	H	I	N	F	Q
W	P	F	E	Q	G	S	V	M	L	C	C	T	G	G
A	T	S	B	Z	G	I	U	E	U	Q	G	S	G	B

Chop shop      Cracker      Mulled wine  
Presents      Pudding      Rudolph      Holly  
Snowflake      Tinsel      Turkey



# Senior Newsroom

For more information on the opportunities and activities below please contact: Jean Newman, Older Persons Co-ordinator: 07772 437789 email: [jean.newman7@ntlworld.com](mailto:jean.newman7@ntlworld.com) or Paul Seekings: 07982 106805 email: [paul@seekings07.plus.com](mailto:paul@seekings07.plus.com)

## Winter is Here

It's cold outside and we may think twice about going down the village for our paper or bread, take a moment and think, if it's cold for me it's very cold for the elderly. Is there something I can do to help?

Do you have an elderly neighbour? You could check that they are OK.

If they have difficulty in getting from room to room offer to make them a flask of tea or better still warm some soup and put it in a flask.

By 4pm it starts to feel colder, it may be better to stay in one room, have a rug or blanket to cover the legs and knees and wear a hat.

A hot 2 course meal can be delivered 5 days a week from CAMMS Meals for £5.50 per day 01223 314288 [cammsltduk@googlemail.com](mailto:cammsltduk@googlemail.com)

The Mobile Village Warden can check on someone each day for £5 per week. 01223 232897 or 07957 608530. Winter fuel payments are made in November & December with the state pension An older person may be eligible for help with winter fuel bills.

For information about any of the above please contact Age UK 03006669860 or Jean Newman as above.

If you are concerned about an elderly neighbour please contact Jean who will do her best to help.



HISTON AND IMPINGTON COMMUNITY

Could you drive the Community  
minibus?



The bus is used to take people to shops, doctors' surgery and other trips but we need more drivers.

If you can spare some time to help those in the community who are less mobile, please contact Don Kelly at [dhkelly55@gmail.com](mailto:dhkelly55@gmail.com) or on 07738 366387 for more information.

## Attendance Allowance

This is a tax free benefit you can claim regardless of your income or savings. Lower rate is £55.10 per week, Higher rate is £82.30.

### Who can claim?

If you are over 65 and have a health problem and need help with personal care such as:

- Washing and dressing, preparing or eating a meal, using the bathroom, moving around your home, taking medication, communicating because of poor eye sight or hearing, or need supervision to avoid substantial injury or danger to yourself or others

### How to claim

Telephone 0345 605 6055 for a form or download from our website [www.hisimp.net](http://www.hisimp.net)

People who can help:

- Age UK 01353 612926
- Independent Age 0800 319 6789
- Citizens Advice 0344 848 7979

If I can help with advice for yourself or a family member then please contact Jean Newman.



## Companionship at Christmas

Abbeyfield would like to invite 6 people for lunch on Christmas and Boxing day as we feel that no one should face Christmas alone. This years campaign is Companionship at Christmas and the meals will be free of charge and need to be booked by 19th December via telephone 01223 236248 with myself or any member of the staff available. I'm sure this will make a difference for someone this Christmas.



Andreia Correia  
Housing Co-Ordinator - Burdett House

## Bringing the Generations together!

On 28<sup>th</sup> November members of The Generation Game project visited Burdett House. Here, young people got the opportunity to talk with residents. They found out about each other's lives and how we could work together to provide activities and projects that young people and residents would enjoy together.

Ideas include: games nights; helping writing letters to friends and family; help with technology; reading book aloud; listening to music and dancing.

We hope The Generation Game team will be able to provide some of these activities on successful completion of the course.

## A bit of Fun ...

### The Elf Who Lost Christmas

Vicky was a sweet little elf  
And very keen to help.  
So Santa gave her a special job  
And she gave a little yelp.  
Santa had not realised that  
Her memory was not good  
No matter how hard she tried  
To remember what she should.  
Santa said, to the North Pole, go  
And tell the Elves you see there  
"Christmas, is a special word  
That helps the world to care"  
Vicky set off to the North Pole full of good intent  
But when she reached the North Pole  
Her energy was spent.  
She was distraught,  
her memory wiped clean  
She had been trusted with a task  
A disaster, it would seem.  
When Santa arrived he was met  
With the news of Vicky's lack  
He smiled kindly and said don't worry  
He searched throughout his sack  
I have just the thing for you  
He sprinkled magic dust  
Vicky sneezed! And as that happened  
She shouted "Christmas is a must"



Josephine Teague



# 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

### The Generation Game

Introducing our 14 participants on The Generation Game project.



So far they have:

Got to know each other; started their portfolios; completed their First Aid and Food Hygiene Certificates; trained as a Dementia Friend and have met with older people at Burdett House.

At the end of this course young people will set up various activities and projects where young people and older people come together to support each other.

If you are interested in finding out more about this project, please do get in touch.

Funded by



### 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.



### 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!



### Level One Youth Work Course



After running a very successful Level One Youth Work Course we can now benefit from the skills and expertise of 14 young people who are now trained as Junior Youth Workers. Over the course of 15 hours we:

- Explored the values and ethos of youth work
- Considered the role of the youth worker
- Considered the skills and qualities required to engage young people
- Identified acceptable and unacceptable behaviour
- Reflected on personal values and attitudes
- Developed an awareness of professional confidentiality and boundaries

Our new Junior Youth Workers will now be volunteering at various youth projects in the area. If you run an activity and would like their help, please get in touch with Andrea Cowley



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

Sessions restart on Monday 9<sup>th</sup> January. 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 email [paulineyoga@gmail.com](mailto:paulineyoga@gmail.com)

### A note from Andrea Cowley

Wow, I can't believe 2016 is coming to an end. Youth Work in Histon & Impington is thriving!

Our projects and groups have been well attended – young people seem to be hungering after new qualifications and skills. Being able to offer them in the way of Babysitting; First Aid; Food Hygiene; The Generation Game; and Level One Youth Work Course has been a pleasure.

During 2017, together, we are going to build on this. Young people setting up projects alongside older people; Junior Youth Workers being placed in local projects to build on and share their skills; another babysitting course will run bringing more services to families in the villages; and I'm sure other new projects will arise.

It is an absolute privilege to work with the young people of Histon and Impington. Thank you for being so great – and thanks also to the parents who have raised such fab kids!



### A BIG thank you ...

Thank you to everyone who showed concern, and supported me, during my recent accident (leg break!).

It's been quite an experience – particularly explaining why I haven't got a cast on! A titanium rod and screws now hold my leg together – and yes I'll be setting off the alarms at airport scanners for the rest of my life! What joy!

Having a great team of youth workers to carry on in my absence was invaluable. Thanks to Debbie Orton, Dan Benstead, Rachel Denning and Sarah Cloughly for keeping all the projects going. And a special thanks goes to Angela, Lynda and Chelsea in The Parish Council Office for keeping the youth work ship floating!

Wishing you all a very Merry Christmas and may 2017 be the year all your dreams come true!

Best wishes, Andrea

### 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.



# Histon & Impington Mobile Warden Scheme

We have a Mobile Warden Scheme which is designed to help older people who may need some support, to live at home independently, for as long as possible. We are very fortunate in having Mrs Gillian Berry, a village resident, as warden. She keeps in contact with clients by regular visits and phone calls. She also helps in practical ways, such as shopping or collecting pensions, giving help with forms or putting her clients in touch with other agencies, as well as providing them with much needed personal and moral support.

Our warden has a good working relationship with Jean Newman, The Older Persons' Co-Ordinator, the Firs House Surgery and those who run the Mini-bus and the Day centre. This means that she is often informed of people who might need her services and others learn of the scheme by word of mouth. Currently, she has 22 households under her care, which is very close to the maximum she can manage.

This scheme is working well in our villages. It is funded by contributions from the County Council, SCDC, the Parish Council and the contributions paid by the clients for the service. It is managed very efficiently for us, at the moment, by Age UK. When the hospital is under pressure there are likely to be incidents of patients sent home with insufficient warning and inadequate care in place. This is when the work of Gillian Berry and Jean Newman, as well as concerned neighbours and other care organisations in the village is critical.

We are remarkably well served in our two villages by the many people who provide services for our older residents but our Mobile Warden Scheme is notable for the practical way it enables people to continue living safely in their own homes. We are indebted to Mrs Berry for her tireless work, as I am sure all those she helps would agree. If you would like further information or help, Gillian Berry can be contacted on her work mobile Mondays to Fridays between 9.15am and 1.30pm: 07957 608530

Marian Cleaver


# Cycling is good!


Many of us remember how being able to ride a bike made our lives better: we could get to places faster, we could go further and, if we cycled to school, it meant we could stay in bed longer. In short it gave us more options and more independence.


In modern speak of course cycling is all about staying fitter and reducing one's carbon footprint but that just gives us more reason to get on our bikes.

Trouble is lots of us do that and at the same time there are more cars on the road and not enough protection for the cyclist so many are inclined to take to the footpath instead. Problem is: that's where the pedestrians are and that's a cause of conflict.

So here's a plea. Not a set of hard and fast rules but a couple of suggested guidelines:

 Pedestrians have priority on footpaths. So if you're cycling give way to any pedestrians. Don't just ring your bell or shout and expect them to get out of the way.

 If you're an adult (and for the purpose of this exercise let's define an adult as someone who'd normally pay full fare on the bus) maybe you should stay on the road.

 It's not a sign of weakness to get off your bike and walk with it sometimes. Think about this especially along the High Street where the carriageway is narrow and there are lots of pedestrians about.

There are times when all of us will use the footpath. That's OK but let's remember that a speeding bike is a bit of a guided missile if you're a little unsteady on your feet, pushing a pram or riding a disability scooter. As the sign on the Busway says 'respect'!



David Jenkins  
Chair, Parish Council

A lot of people are busy making plans for 2017 and have advised the Parish Council in advance. Here are a few provisional dates for your diary:

Village Society AGM 24 January

HICOP Wassailing 28 January

Big Tidy Up 4 March, 3 June, 2 September, 2 December

Circus on Homefield Park 23–26 March

Sustainability Group's Repair Cafes 4 March and 30 September St Andrews Centre

Yesteryear Road Run 23 April

Parish Council AGM and Annual Parish Meeting 15 May

Post Office anniversary celebrations look out for details of a summer event on our website

Quacky Races! A second event is planned for the Summer

Histon & Impington Feast: Fun fair 30 June - 4 July, Flower Festival 1 -3 July, Strawberry Teas 1 July, High Street Feast festival 2 July, Big Band on The Green 7 July

Mental Health Well-Being Week w/c 7 October



## Council & Committee Meetings

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

Full Council - Recreation Centre from 7 p.m. - Monday 16<sup>th</sup> January, 20<sup>th</sup> February, 20<sup>th</sup> March 2017

Planning - Parish Office 7.30 p.m. - Tuesday 20<sup>th</sup> December 2016, 10<sup>th</sup> January, 24<sup>th</sup> January, 7<sup>th</sup> February, 28<sup>th</sup> February 2017

Highways - Parish Office 7.30 p.m. - Thursday 19<sup>th</sup> January 2017

Finance, Legal & Administration - Parish Office 7.30 p.m. - Monday 9<sup>th</sup> January 2017

Environment - Parish Office 7.30 p.m. - Tuesday 31<sup>st</sup> January, 14<sup>th</sup> March 2017

Recreation - Recreation Centre, 7.30 p.m. - Monday 23<sup>rd</sup> January 2017

Residents are welcome to attend all Council meetings

At Full Council there is a standing agenda item for Public Participation

Various Working Parties and Task & Finish meetings are also held which report into these Committees

## Christmas Waste Collection

This year black bin collection will be Wednesday 28th December, with blue and green bins collected Wednesday 4th January.

Remember green bin collections moved to monthly from 6th December, returning to fortnightly 27th February.

South Cambs District Council will be changing bin collect rounds on 27th February next year, to improve efficiency and reduce costs. Keep an eye out for an important information leaflet through your door.

