

The Newsletter of Histon & Impington

Parish Council

Issue 18 - March 2017

Summer Activity with the Neighbourhood Plan

The recently announced closure of Les Ward's greengrocers had many of us thinking 'How can we stop this?'. The answer is 'We can't' because it's simple high street business: can you make enough margin to pay the rent? But it does get you thinking about how the community can influence developments and the answer to that is 'through developing a Neighbourhood Plan'.

The Neighbourhood Plan puts conditions on land use. It allows us to say, for example, build houses here but not there, design buildings this way and not that way, and use this plot to do this and not that.

We ran the big community survey last year and it's given us some important pointers on the green belt and new housing development. The community is evenly split on whether or not to allow development on the green belt and the message was clear: any building on green belt should have a significant delivery of affordable homes. It's just about unanimous in opposing large developments.

It also told us what facilities are most valued by the community and which ones it sees as needing improving. Top of the list for improvement comes affordable housing followed by medical facilities, schools and then footpaths. One of our challenges, then, is to frame policies which would deliver the provision of affordable housing without encouraging unwanted development.

Other facilities like the High Street and our pubs and cafes are valued but are not seen to be in need of improvement. That raises

the question, of course: do they nonetheless need protecting and if so how do we do it? That's an especially relevant question following the Les Ward decision and recent reports of rises in business rates.

The best way to protect such retail and customer-facing businesses, of course, is to use them but there's also a role for the Neighbourhood Plan because we can use it to protect shops and pubs. It can't, however, do anything about rents; that's a commercial issue between landlord and tenant, or about the specific businesses which might occupy retail premises.

The Neighbourhood Plan team has developed some starting point policies which it will be testing with the community over the next months. It took them to a South Cambs workshop recently where it was confirmed that it's on the right track.

There is going to be much activity through the summer. If you'd like to join in or to be kept informed, please contact us on np@hisimp.net.

*Sue Lee,
Member of NHP Core Group*



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Histon & Impington Community Fundraising Scheme

Hollyoak Veterinary Surgery wants to give something back to the community!

We value our clients and if you are a local resident and bring your beloved pets to see us, we want to thank you.

We promise to donate £1 from every veterinary consultation* back to the local community. This donation will help fund community services, improvements and so on.

Please support YOUR local veterinary practice and, in turn, help us support OUR local community!

*only valid for clients registered at a Histon or Impington address.



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

Assistant Clerk: Chelsea O'Brien
admin@hisimp.net

Telephone: 235906

Recreation Manager: Lynda Marsh
rec.clerk@hisimp.net

Telephone: 232423

Parish Councillors

Chairman

David Jenkins - Pease Way 07739 758859
david.jenkins@hisimp.net

Vice Chairman

Andy Butcher - Nuns Orchard 513494
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

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Edited by:

Angela Young and Chelsea O'Brien
hi-news.editor@hisimp.net

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including Penny Reeves for HICOP

Accommodation at the Red Lion

The Red Lion is situated in a very prominent position in the High Street. It is wonderful to see the pub doing so well in the wake of financial constraints. Part of the reason it prospers must be the efforts that the host Mark Donachy puts into running it. He has recognised the need for more choice in eating and offers what he calls "pub grub" rather than fine dining. He has also recognised the need for B&B in the neighbourhood for both business visitors as well as tourists who want to explore the area or families and friends who need accommodation for a few days. To this end, he has built four en-suite bedrooms.

Mark also enjoys being a positive resident of the village and has provided the means for the Annual Beer Festival to run. On a day-to-day basis, the Festival is administered by volunteers but ALL the profits go to various organisations in the village. Examples include the cricket club, improvements to The Green and the new Mental Health Initiative. Mark and the Red Lion take nothing from these funds.



2017.

The next Beer Festival is to be held the first week of September

Josephine Teague



Loneliness

What is loneliness?

The dictionary defines loneliness as "solitary, companionless isolation."

There are many causes of loneliness, which can include

- Loss of daily routine following retirement
- Children moving away
- Loss of income and money worries
- Ill health
- Becoming a carer
- Bereavement
- Relationship breakdown
- Loss of confidence or low self esteem.

This seems quite a long list and we could add to it; but how do we tackle it?

What can we do to help someone?

Some people may need to seek professional help, for example, if they have money worries, but for others we can all help if we really put our minds to it.

Loneliness and isolation can contribute to anxiety and depression. Trying to stay in touch with people can help, even if it can feel like an effort at first. Catching up with people and pursuing your own interests and hobbies will help someone feel more positive.

Our mental health is just as important as our physical wellbeing. It is important to remember that poor mental health is not a normal part of ageing.



We also must appreciate that everyone is different and not all people living alone want to join a group as some prefer their own company. Often people enjoy a visit in their own home with a cup of tea to give them something to look forward to.

Many people are now caring 24/7 for a partner at home. The carer often gets forgotten in most cases and can become very isolated.

What can we do?

Looking around our own road, many of us know someone who is living alone. We must remember this may suit some people but others may just be waiting for a smile or "Hello". This costs us nothing. It will become easier when we have the better weather and can get outside in the garden.

Why not give yourself a challenge? See if there is someone you can identify that perhaps fits one of the above categories.

If so, can you find the time to say hello or phone or visit?

Jean Newman, Older Person's Co-ordinator

Cottenham

Yesteryear Road Run

in aid of
Arthur Rank Hospice Charity

Sunday 23 April 2017

300+ Classic Vehicles



Departing from Cottenham Green from 10.00am.
Arriving at Rampton from 10.05am – Willingham 10.30am –
Over 10.55 am – Swavesey 11.05am – Longstanton 11.15am –
Oakington 11.25am – Histon 11.35am – Cottenham Green 12.20pm

Hog Roast, Real Ale Bar, Refreshments, Fun Fair, Music, Tombola, Stalls at
Cottenham Green with Judging of Best Turned Out Vehicles at 3pm
All timings are approximate

For more information, visit yesteryearroadrun.co.uk

Arthur Rank Hospice Charity, Cherry Hinton Road, Shelford Bottom, Cambridge CB22 3FB
01223 675888 - arhc.org.uk
Registered charity number 1133354



Why it is a Good Idea to Join a Village Group - Any Group!

Being a chatty person, I often strike up conversations with folk I only know by sight. Sometimes, I meet someone who complains that there is not much to do in H&I and they don't find it particularly friendly. They tend to be relative newcomers and usually do not have school age children. I gently suggest they look through the 'Network Year Book' and see if any of the local societies, clubs or churches appeal. I do, on occasion, have to explain what the 'Network Year Book' is and how they can buy a replacement from the Post Office or Library, if their copy had accidentally ended up in the recycle bin!

I am not really a club person. On leaving full-time work to look after young children and an elderly relative, I often felt isolated. Through my links with the Village Society, however, I became involved in many one-off community projects. As a result, I can walk down the village, enter a pub, go to money-raising events or take part in Feast activities, knowing there will someone there whom I recognise and feel at home with. It's what I love about this community. So if you are feeling isolated and life is just commitments, try joining one group. Over time, your social wellbeing will be transformed.



Parish Council Centenary 1994



Jubilee tea party 2002



Feast Market 2010

Eleanor Whitehead, Village Society

Council Tax Discount - are you getting what you're due?

The full Council Tax bill assumes there are two adults living in your property - and the bill is made up of a 50% property element and 50% personal element (25% for each adult). So, if there's only one person in the home there's a 25% discount. There's an online form to apply for this discount at is.gd/FpJecb. There are other discounts listed at is.gd/nKbdIS.

Many of those are obvious - and don't apply to normal homes and families. One, however, may apply: "people who are severely mentally impaired". This might be, for instance, because they have a condition such as Alzheimer's disease, have had a stroke, or have severe learning difficulties.

Additionally, if you live with the person you care for, it may be that both of you can be ignored for Council Tax purposes - reducing the bill by 50%. There's more information about this at is.gd/1CCcKH.

If you think you may be entitled to a discount, you should contact the South Cambridgeshire Revenues Department at revenues@scambs.gov.uk or call them on 03450 450 064.

Impington Music Society

Friday April 28th

James Eisner, Music for St. George's Day

Friday May 19th

Palm Court Tree-O, Music for a Summer Evening

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

Membership (for season) £15, single attendance £5, under 16s £1

Chris Houghton

Histon & Impington Village Society Dates

Tuesday March 28th

Michael French: Histon Road Cemetery

Tuesday April 25th

Carol Pook: Agatha Christie

Tuesday May 23rd Please note: PAVILION at IVC

Members' Night

Tuesday June 27th

Dotty McLeod from Radio Cambridgeshire

Contact details:

Telephone: 01223 233397

Email: village.society@hotmail.co.uk

Barbara Parr, Village Society

www.hisimp.net



St Andrew's, Histon

April 13: Maundy Thursday

7pm: Soup Supper in the Stable Room followed by 8pm Holy Communion in Church.

April 14: Good Friday

10am: Council of Churches Service - with Children's Activities at the Saint Andrew's Centre

11am: Walk of Witness to High Street

11:15am: Prayers of Blessing for the Village at the green outside the Library

April 16: Easter Sunday

9:15am: Easter Day Holy Communion

10:45am: Holy Communion with Baptisms

3:30pm to 5:30pm: Easter Egg Hunt and Bouncy Castle Fun at the Stable Room

At St Andrew's, Impington

April 14: Good Friday

2pm: Final Hour

April 16: Easter Sunday

9:30am: All Age Holy Communion

4:00pm: Holy Communion

Histon Baptist Church

April 13: Maundy Thursday

7.00pm: Quiet, reflective service

April 14: Good Friday

10am: Joint Good Friday Service at St Andrew's, Histon followed by Walk of witness to the village at 11am

April 16: Easter Sunday

10.30am: Easter Sunday Family Service

Histon Methodist Church

April 13: Maundy Thursday

8pm: Holy Communion

April 16: Easter Sunday

10:30am: Holy Communion

New Life Church

April 16th: Easter Sunday

3pm: Easter Service at the Baptist Church



World War I Histon and Impington Roll of Honour

Missing since 1996, the Roll of Honour, which records ALL the residents who served in the Great War, has been found. An updated version is being prepared by the Village Society. An additional 120 names have already been added by cross-referencing a multitude of documents such as Absentee Voters Lists. The Society also has a comprehensive list of all who served (and their role) at the local Red Cross Hospital. For further information please contact the Society directly or through its Facebook page.



2017 WWI Roll of Honour

A Feast Week Heritage Walk, starting at 7.00pm at the Memorial Green on Station Road on Thursday 6th July, will include information on the three-year period when The Firs acted as a Red Cross Hospital.

Eleanor Whitehead

Histon Handmade: contemporary design and craft fair

Saturday 15th April 2017 12-7pm
St Andrew's Centre, Histon

Histon Handmade is holding its second event over the Easter weekend, at the St. Andrew's Centre in Histon, featuring the work of 15 local designers/makers.



Alongside jewellery from founder Claire Howieson (Oakington), the event will showcase prints and cards from Jo Clark and Roxana de Rond, ceramics by Rachel Dormor and Sarah Went, photography and printmaking from Sarah Vigliotti (Histon), baskets by Nadine Anderson, glass by Jutta Robinson, textiles by Anna Osbourne, paintings from Sue Smith (Histon) and Ophelia Redpath, metal clocks by Rebecca Stark, handmade books from Edel Hopkin, wooden furniture from Andrew Strickland (Histon) and jewellery by Abi Cochran. There will also be some tasty treats on offer from Cambridge Street Bakes.

If the November event is anything to go by, it is recommended that you visit in the second half to avoid the crowds!

For more information please visit the website at www.histonhandmade.com

Contact: Claire Howieson

Tel: 07870 276088

Email: enquiries@clairehowieson.com

Facebook: @histonhandmade

Twitter: @HistonHandmade

Good News from the Recreation Ground

Work has been completed on renovations in the play area at the recreation ground. The sail shelter is back in place using new materials, which should stand up to all weathers. It is a lovely place to gather or just sit and watch your children play and adds something special to the area.



The little bridge and wooden bollards have also been upgraded with all-weather material to make everything easier to use and maintain.

Your community room is attracting new users and in recent months has been used for local band practices, village



group AGMs, quiz evenings and countless children's birthday parties, all in addition to regular bookings for classes. See our online availability calendar at www.hisimprec.co.uk.

The well-used multi-use games area (MUGA), due to be refurbished during April, is bound to give an improved playing experience to the varied users. Prices start at £5.50 per hour for tennis or £15.50 per hour for football.

High numbers of football games continue on the grounds, and we are pleased to report that there have been very few cancellations because of weather. Our groundstaff work hard to ensure this remains the case. We can start to look forward now to the start of the cricket, bowls and tennis season. There is even a croquet club using the grounds, and becoming very popular. For details on any of the local sports clubs running at the recreation ground, contact Lynda for club details on 01223 232423 or see our website www.hisimprec.co.uk.

Lynda Marsh

GARDENER'S WORD



The Garden in Spring

Jobs, jobs, jobs! Get busy now and I promise that every task completed now pays back threefold after Easter. Top of my list is clearing out the greenhouse, a 'snail hotel' as it appears to be called in my garden. Throw everything outside, get scrubbing and remove any hibernating snails which particularly love plastic pots. What you do with them is up to you, but moving them two metres down the path is not going to work. Clean the glass to let more light in. Look for evidence of mice. Better now than later when there are precious trays of seedlings in there.

One of the things I am not doing yet is sowing seeds in the ground. Even if the air temperature is warm, the soil is still cold and wet and they will just rot. I am also not treading on the dug-over soil on the vegetable patch as this would only compact it. Nor am I tidying up the mixed borders in the garden yet as the hibernating insects still need seedheads, loose stems and leaves to shelter in.

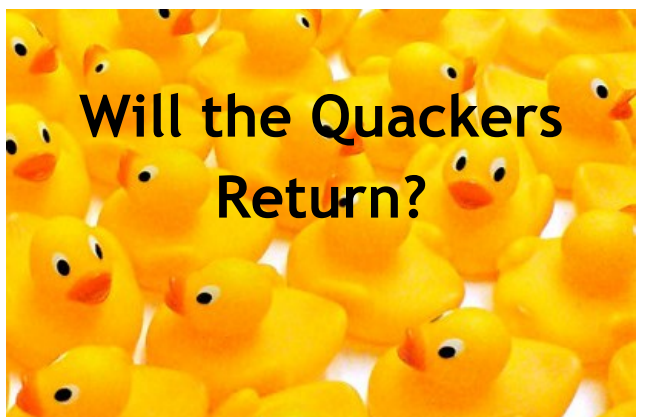
I am, however, removing weeds when they emerge in the showier 'Spring Park Bed' as I



call it. This is an area of tulip bulbs and wallflowers which will all burst into flower soon and could do with looking neat and tidy. Later in the year, self-sown marigolds cover up the fading tulips so I need a clean slate to start with. I have done the essential pruning. I have bought vegetable and flower seeds. I will not sow runner beans as my family do not eat them. There, I've said it. I will, however, sow cannellini and borlotti beans that will be harvested when dried on the vine, taken home in one go and then podded and stored in a cupboard, not the overstuffed freezer.

Birds are nesting now - in general, leave evergreen trees and shrubs alone and leave bunches of dry grass, hair, and moss from the lawn out so they can be used.

Alice Jackson Steggles



Will the Quackers Return?

Firs House News

Our surgeries, Firs House in Histon and 42 Telegraph Street in Cottenham, have been serving the local population of Histon, Impington,



Cottenham, Oakington, Westwick, Landbeach and Rampton and parts of Girton for many years. We are a clinical team of seven doctors, two trainee GPs and six nurses. Our experienced clinical staff are supported by reception, secretarial and administration teams.

We were very pleased to be awarded an Outstanding result in the government's Care Quality Commission (CQC) inspection in June 2015.

As well as normal GP and nurse appointments we offer specialised services for dermatology, contraception and musculoskeletal medicine and care for the long-term conditions such as asthma, diabetes and COPD. We also pride ourselves on having an in-house phlebotomist, so patients do not have to travel away from the surgery for routine blood tests. We also offer free NHS healthchecks, flu and travel vaccinations.

We work closely with our local pharmacists who are happy to see patients with minor self-limiting illnesses and who have knowledge and awareness of patients' prescribed medication.

Our patients can register for online access which allows them to book appointments and request repeat medication online as well as access to their medical records. Our reception team is happy to advise on the registration process.

We have a very active **Patient Participation Group (PPG)** which meets regularly with the surgery's manager and one of the GP practice partners to work together to improve patients' experience of care. The PPG has organised several local health promotion and information events and talks, including ones on dementia and skin safety. We would encourage our patients to join our Virtual Patient Representation Group which now has over 1200 members, to stay updated via email with the latest local NHS and surgery news, and for the opportunity to have your say in any NHS consultation about health services which could affect you or your family. You can join online at www.firshouse.com/ppg.aspx.

The surgery will be saying goodbye to its long standing partner Dr Grande who is retiring in May this year. Having joined the practice in 1985, he has provided care to thousands of local patients, and in a number of cases, several generations within one family. Dr

Grande wishes all the patients and the practice all the best for the future.

More information about the practices, including opening and extended hours and services, is available on our website: www.firshouse.com.

Olga Starobinskaya, Practice Manager

New Archaeology Group

Last summer's Big Dig in the villages involved over 250 people joining in a community archaeology project to excavate no less than 28 test pits. Finds ranged from a beautifully struck flint blade from the Neolithic period 6000 years ago, through pottery from the Bronze and Iron Ages, the Anglo-Saxon period, the Middle Ages, a coin from the Roman occupation, memorabilia from the Victorian era and even from the 20th century.

The distribution of dateable pottery fragments showed how the initial villages spread out from the higher ground near the Churches. Animal bones recovered gave some idea of the diet of our predecessors and of extensive wool production from huge numbers of sheep.

Thanks to the wide interest in learning about the past of our villages, the Histon and Impington Archaeology Group (HIAG) has been formed to continue our investigations.

There will be practical activities, including further test pits around the village, field walking and study of the material found. Information gathered will be disseminated to the local community through public presentations and the Cambridgeshire Historic Environment Record. Monthly club nights are held at St Audrey's Community Centre from 7:30pm on the first Thursday of each month - do drop in.

We also have an active programme of related talks at Histon Baptist Church.

At 7:30pm on Thursday 11th May, Alison Dickens from the Cambridge Archaeological Unit will talk about the archaeological dig at Chesterton Lane Corner. It was here they found the Cambridge Hoard - a spectacular cache of silver and gold mediaeval coins from 1350-5, now on display in the Fitzwilliam Museum.

At 7:30pm on Thursday 8th June, David Oates will talk on the History of Chivers Jam Factory.

Whether you are interested in the talks, meeting us at club nights or the occasional session digging or field walking, do make sure we have your details to keep you up to date with what is happening.

Please send an email to hisimp.archaeology.group@gmail.com and we will add you to our mailing list.

Rob Noble

Junior Youth Club Day Trip

Junior Youth Club had a great trip to Xtreme 360 on Monday 13th March. An hour of somersaults, basketball, volley ball, dodgeball and general bouncing seemed to keep everyone happy. An amazing buffet was then consumed - to help recharge before heading home.

Andrea Cowley, Youth Worker



Village Club Defies Rumours

A sport which is gentle, sociable, entertaining, inclusive, welcoming, inexpensive and growing in popularity is now well established at the Recreation Ground, in spite of perceptions by some people that none of the above descriptions are appropriate.

Croquet is sometimes described by people who had a bad introduction to it as a 'vicious game' because opponents will often send 'their' ball to the other side of the court (just like football or many other ball games!), but it is usually done for a tactical reason rather than from a nasty motive.

That false impression will easily be dispelled if you ask to have a taster session. They will be available here as they will all over the country on June 4th, National Croquet Day; but there is no need to wait until then as we are happy to arrange one for you long before that at any mutually convenient time, free of charge. The club has 25+ members - people will be

re-joining for 2017 in the next few weeks - and we are always

glad to see newcomers and to partner them in a supportive way. We have some very experienced players and others who play only occasionally. We like a relaxed afternoon in the sun with good company and the opportunity to get to know new people.

For more information call 01223 563487 or email: woodstock23@virginmedia.com.

Keith Heywood



Open Gardens 11th June 2017

Yes, another two years have passed, since the previous event (where did they go?). Anyway, this year the format will be similar, but enhanced to make the event more family-friendly.

Seventeen gardens will be open to visit, plus the Community Orchard. There will be music groups playing in several gardens and teas served at three, plus hot sausages and soup & rolls for the early birds. As in previous years, local groups (the Village Society & Histon & Impington Archaeology Group) will be represented in some gardens and will also have stalls on the Green where you will be able to find plants for sale.



Apart from being a massive village social, Open Gardens raises money for charity.

The previous five events have raised over £28,000 which have been distributed among seven charities. The charities you will be supporting this year are Camsight, The Cogwheel Trust, the Village Feast & Wateraid. In order to help you become more aware of their work, they will have stands on the Green on the day, with information boards and staff to chat to about their work.

A new attraction at this year's event is the inclusion of more activities aimed at younger members of our community. There will be a children's trail. As a final treat, the local Guides will be running a strawberry & marshmallow kebab stall on The Green.

The Open Gardens' programme will be on sale for the three Saturdays prior to the event, starting 25th May at four shops within the villages; St Andrew's Cafe, The Lighthouse, The Geographer & Station Stores. The price is £4 per adult (youngsters are free) or £5 on the day. For that you can visit as many gardens as you have the stamina and time to fit into the afternoon.

Here's hoping for a beautiful English summer's day to enable us all to enjoy a fun family day!

Tim Ewbank

Priority Services Register

Do you need extra support during a power cut? Perhaps you know someone else that would need extra support?

Being on UK Power Networks Priority Services Register will give you access to additional support if you experience a power cut.



If you qualify to receive extra support during a power cut, you receive the following:

- a priority number you can call 24 hours a day
- a dedicated team who will contact you to keep you updated during a power cut
- experts to offer advice on energy bills and saving tips
- tailored support such as home visits, hot meals, advice and keeping friends and relatives updated
- in certain scenarios, free hotel overnight and transport to the hotel.

You can register to receive extra support if you:

- are reliant on medial equipment
- are chronically ill
- have a disability or dementia
- are blind or partially sighted
- are deaf or hard of hearing
- are of pensionable age
- live in a nursing or residential home
- have children under five in your household
- have any other case that you would like us to consider.

For more information visit UK Power Networks website and see if you can apply: [is.gd/r6PBkM](https://www.ukpower.co.uk/priority-services/register)

We are pleased to have received this in the post!

"We are not sure who to address this note to but we wanted to pass our congratulations onto the Parish Council for the hard work they put in with regard to the Christmas lights on the village green; it looked absolutely wonderful .. Thank you so much for all your hard work on this project and all the other things that council undertake throughout the year."



Thank you to David Jenkins and Andy Butcher from Histon and Impington Village Society.

Histon and Impington Village Society held its AGM on January 24th 2017. Following the AGM business, it has been our custom to invite representatives from the Parish Council to an Open Forum to tell members about the work of the Parish Council over the previous year, to highlight future development affecting the two villages and for members to ask questions about and comment on these and other matters.

This year, the Parish Council Chairman, David Jenkins, and the Vice-Chairman, Andy Butcher were in attendance. We learned that these are "exciting times", as David outlined: the A14 upgrade, the effect of the City Deal, the Cambridgeshire and Peterborough devolution deal, and Brexit. Locally, we heard about the Neighbourhood Plan; a new development on Milton Road, Impington comprising housing and recreation space; helping to better connect residents there with the community; and the new primary school and refurbishment of the junior school, both to cater for ages 4-11. Planning applications for the old station, station yard and Bishop's site are expected to be submitted soon. David emphasised the importance of looking after our High Street, shops, pubs, restaurants and coffee shops, and underlined the Parish Council's aim that we continue to feel like a village community, keeping clear agricultural land between Histon and Impington and Cottenham. Whilst we have all the advantages of being near Cambridge. The A14 keeps us separate from Cambridge.

Andy outlined the Council's vision and strategy for residents to move around the villages easily and safely, for an efficient movement of traffic, buses, cars, bikes and pedestrians, and for a safe commute to Cambridge. The Baptist Church junction will be made more pedestrian-friendly and there will be improvements at the Rose and Crown junction. There are pros and cons re a 20mph speed limit. Limiting some roads to, for example, heavy traffic, will depend on views expressed in the Neighbourhood Plan.

Our members really appreciated this opportunity to hear such interesting presentations with much "food for thought". It is good to know that the future of our villages is in good hands, with such commitment to maintaining a safe and vibrant village community.

Thank you David and Andy!

Barbara Parr, Village Society

Amazing and thoroughly enjoyable: Histon and Impington's very own choir

"I have gained in confidence and get so much pleasure by singing - it is the one thing I hate to miss."

If you've walked through the centre of Histon and Impington on any recent Wednesday evening, you have probably heard some amazing sounds drifting through the air. They were the voices of Choir 2000 rehearsing Beethoven's Mass in C for their March concerts.

Set up in the year 2000, as a *Choir for the Millennium*, it is rooted in Histon and Impington's local community. We asked some Choir 2000 members what it's like to perform a concert with over 100 singers.

One of the founding members, Anne, has seen it grow into such a popular local choir, now with a waiting list. Part of the pleasure of singing, for Anne, is that *"It is such a very high standard of music"* and for Angus, he's able to *"see pieces in a different light"* through learning to sing them. For Lesley, much of the thrill of singing is joining with others *"Being able to sing as part of such a big choir and perform concerts with such wonderful soloists and an orchestra is just amazing."*

You might have heard of the health benefits of singing with a choir. Richard agrees. Having been singing with Choir 2000 for five years, he says, *"I get a tremendous amount out of it. I turn up exhausted and leave refreshed."* Another choir member even attributes her rapid recovery from recent major surgery in part, having been singing so much with Choir 2000 beforehand.

"It's easy to forget the many benefits that having a choir in your village can bring," says John. For many Histon and Impington residents, Choir 2000 is an integral part of the week, and their social life. The Choir is also involved in the local community through singing at community events and raising funds for local charities. *"It's one of the few occasions where you can spend time with your neighbours, with people of all ages and backgrounds, and work together to produce something tangible and thoroughly enjoyable."*

There's no better way to find out more about Choir 2000 than by attending one of their concerts.

Details, tickets and volunteer opportunities and information on other ways to get involved with your local choir are available via the Choir 2000 website www.choir2000.org and you can find us on Facebook.

Chris Markham, Choir 2000

Mental Wellbeing Champion for Histon and Impington

From April, Annabell Webb has been appointed for an initial two-year contract to increase mental wellbeing awareness and break down barriers in the



Mental Wellbeing

villages. She will help with early intervention and prevention, working with the community and existing providers to develop, deliver and coordinate a range of activities and groups to promote mental wellbeing for all ages.

Annabell Webb said, "This is such an exciting opportunity. I can't wait to get started to



help people improve their mental wellbeing and tackle the stigma associated with mental health."

The initiative grew out of a conversation

between Neil Davies and James Blandford-Baker in early 2015 when both became aware of tragic and challenging stories affecting young people in our community. As for so many in our villages, these stories affected us personally. With the reduction in statutory support and treatment for people of all ages with mental health conditions, as well as the stigma that is still associated with them, the H&I Mental Health Forum came together to see what could be done at a local level.

The champion has been recruited by HICOM, a village-based charity that operates the community minibus and supports older people through the Older Person's Co-ordinator.

Funding has been secured from a wide variety of sources. The Parish Council has led the funding and grants have been received from Comic Relief Communities programme, Cambridgeshire Community Foundation, and the Batterson-Chivers Foundation. Support has been received from South Cambs District Council towards initial training needs. St Andrew's Church, Histon will support the role for the next two years whilst Histon & Impington Feast, Friends of Recreation and Poor's Land Charity have each donated.

Neil Davies, who has driven the initiative over the last year, concludes "The positive response from the funders has been overwhelming, but fundraising to make the role sustainable in the longer term needs to continue".

For more information contact:

Chris Cox - Trustee of HICOM
07906 767391 chris.cox@hisimp.com

Chris Cox, Trustee HICOM

www.hisimp.net

Hope Alive Tour April 1st

When disasters happen, young people are often first to suffer. Take nine-year old Ruth* from Sierra Leone. In 2014, the Ebola virus swept through Ruth's village, killing 27 members of her family. Ruth didn't just lose her parents and siblings to the virus. She lost her home and security too. Alone and traumatised, she faced a future blighted by hunger and the potential threat of exploitation.

Operation Orphan was set up to provide help in situations just like this.

We want to help more children like Ruth. That's why we created **The Hope Alive Tour**. It's a charity challenge like no other. Treading in the footsteps of the great anti-slavery campaigner William Wilberforce, it pitches 12 runners on an incredible 650-mile adventure across four days and two continents.

The Tour begins in Wilberforce's birthplace, Hull. The last leg of the journey ends where it all begins: at Heaven Homes sanctuary near



Freetown. Here the team will meet the children we serve, and lend some practical help at the centre.

So after 12 months' of preparation, at precisely 10.30am on 1st April 2017, Professor John Oldfield, Director of WISE (Wilberforce Institution for the study of Slavery and Emancipation) will signal the start of The Hope Alive Tour. The Tour will arrive at the King Bill Histon at 8am on 2nd April, then proceed to Ridley Hall where we give a brief presentation on 'making a difference'.

Esther Morris from Histon will present the Sierra Leone High Commissioner, His Excellency Edward Turay with a gift made by the students of St Bede's. The Tour has received the unequivocal support of the corporate organisations, including Coulson Building Group locally, Tesco, Mercury Group plc, Acre Consultancy. We also have the support of the Lambeth Palace, Hull (UK City of Culture), St John's College, the BBC, UK MPs and the government of Sierra Leone and, in particular, their embassy staff in London.

It's not a race, it's more than a run, it's ultimately about bringing hope to others.

To support the Tour: uk.virginmoney.com/virgin/updatebrowser/

*name has been changed to protect Ruth's identity

Michael Scott

What’s happening at the Community Orchard this Spring?

Spring is well and truly on its way now, and there is a lot going on at the Community Orchard over the next few months.

Everyone has heard of apple varieties.... Cox, Granny Smith, Braeburn...but growing new trees of a specific variety isn’t as easy as you might think. If you plant a pip from, say, a Cox apple, then the tree that grows from the pip isn’t a Cox tree, but some completely new, and random, variety. It might be a new world-beating variety, or it might be something rather tasteless and uninspiring. To grow a new Cox tree, you need to take a different approach; you need to know about grafting.

To graft a Cox tree, you take a rootstock, which is basically a young tree about 20cm tall and then take a scion, a live twig, from the variety you want to propagate... in this case the Cox. You cut the stem of the rootstock and whittle it to make a knife-like point. You then make a matching slot in the base of your scion (the twig) and bind the two together. The twig will grow on, making a new Cox apple tree, bearing fruit that are of the required variety. The scion determines the variety, and the rootstock determines how big the tree will grow. The rootstocks have rather dull names. M26 gives a small tree (2.5-3m high), MM106 a medium tree (3-4m) and M25 (6m or higher). We have trees on all of these rootstocks at the Community Orchard. Check out the ‘planting map’ at www.hicop.info for more information.

Want to find out more? We are having a grafting session at 2pm on Sunday 9th April, where you can learn the skill, have a go, and take home your very own grafted tree. Don’t worry, we’re using M26 rootstock so it will fit in most gardens. The cost is £10. Please contact Dan Mace at dan.r.mace@gmail.com or 07966 166784 for further details. Grafting involves quite a bit of patience, and very sharp knives so this event is not suitable for children.



Cox apple, then the tree that grows from the pip isn’t a Cox tree, but some completely new, and random, variety. It might be a



So what else is going on? Briefly:

Sunday 2nd April - maintenance at the orchard

2pm Sunday 9th April - grafting session

Sunday 28th May - maintenance at the orchard

Sunday 11th June - tea and cakes at the orchard, as part of Histon and Impington Open Gardens

Sunday 25th June - maintenance at the orchard

Feast Week - either Saturday 8th July or Saturday 1st July, date to be confirmed - Bird-in-the-hand Breakfast. Come along to the orchard and see the RSPB ringing and weighing birds, talk to other wildlife experts, and enjoy a fantastic cooked breakfast too.

With the exception of grafting, all events are suitable for all ages, including children. We’ll put out further details on our website nearer the time. We hope to see you there.

Dan Mace, HICOP

Don’t swallow up your NHS

Health Chiefs in Cambridgeshire are urging local residents to buy basic medications from pharmacies instead of getting them on prescription.

Last year your local NHS spent over £4 million on prescribing medicines that can be bought easily from local pharmacies or supermarkets. This includes £1.5 million on prescribing pain relief (paracetamol), £1.2 million to treat upset stomachs, £550,000 on antihistamines and £320,000 to treat heartburn and indigestion.

All of these medicines can be bought at local pharmacies or supermarkets for less than it costs the NHS to prescribe.

Sati Ubhi, Chief Pharmacist, said: “We want the public to really think before they visit the GP, is this something that I can treat myself? Is there a medication I can buy for this over the counter? A packet of paracetamol can cost as little as 25p for 16 tablets at a pharmacy. But if you go to your GP with your ache or pain and get a prescription, the total cost to your NHS is approximately £45. We all have a responsibility to look after our own health and look after our NHS.”

Do you want to have a say in improving services from Health or Social Care?

Cambridgeshire Alliance for Independent Living is a local independent charity that works to improve services by raising the voice of people living with all disabilities.

One of the ways we do this is by bringing people with all disabilities and carers (called Independent Members), Health and Social Care teams, and voluntary sector organisations (such as Age UK, Voice Ability, Cam Sight and the Carer’s Trust) together at ‘Partnership Board’ meetings.

The Boards are opportunities to have your say about what is good about Health and Social Care services, such as home care and day centres, and what you would like to improve or where you would like to see changes. Recent activities by the Partnership Boards include raising concerns about Home Care, which are now being examined closely by the County Council, involvement in helping to develop a new Carers Strategy and involvement in the process for choosing organisations to run Carers Services.

Interested in getting involved? We are looking for new Independent Members to join our boards. We offer full training and support, out-of-pocket expenses and reimbursement of travel. If you think this could be you, please contact Leisha O’Brien, Development Officer at Cambridgeshire Alliance for Independent Living by phoning 0300 111 2301 or mail leisha@cambridgeshirealliance.org.uk

To find out more, take a look at Partnership Board pages on our website: www.cambridgeshirealliance.org.uk



DON’T SWALLOW UP YOUR NHS

Last year your local NHS spent over £4 million on prescribing medicines that you can buy easily from local pharmacies, shops or supermarkets. This included:

Pain relief (paracetamol)	Upset stomach treatment	Antihistamines (hayfever)	Heartburn & indigestion treatment	Travel sickness treatment
Cost to your local NHS: £1.5 million	Cost to your local NHS: £1.2 million	Cost to your local NHS: £550,000	Cost to your local NHS: £320,000	Cost to your local NHS: £93,000
Cost for you to buy £0.25 (16 tablets)	Cost for you to buy £1.00 (6 capsules)	Cost for you to buy £2.75 (30 tablets)	Cost for you to buy £2.00 (200ml)	Cost for you to buy £2.30 (10 tablets)



*All prices are based on an online search for the cheapest available product in your local pharmacy or supermarket.

Cambridgeshire and Peterborough Clinical Commissioning Group

Local shops, use them or lose them!

As part of our ongoing series on local businesses, we are taking a look at Well pharmacy in this issue. Historically, there have been two pharmacies in our villages for many years - appropriately, one in each village both of which are kept extremely busy by our ever growing need for medications and health related advice.

What services do pharmacies provide to the community?



While we are all aware of their over-the-counter service and fulfilling of prescriptions, we may be less aware of other services that pharmacies provide to the community. Through having close contacts with the local medical practices, they are aware of individual patients' medication histories. Patients can obtain free advice about minor ailments which the pharmacist is able to act on, in the event of anything serious being identified. So they act as a useful referral conduit to other services of which the patient may not be aware. In addition, advice is also available on emergency contraception and giving up smoking. Vulnerable patients can have their medications delivered to their homes.

Local versus internet pharmacies

Many households in the village have recently received a mailing from a company offering to deliver medications to their homes. The names of local surgeries are listed, together with the NHS logo. While patients plainly have a choice of where their prescriptions are fulfilled, there are some differences in the level of service offered by a local versus an internet-based pharmacy. As the firm is based in Leeds, their staff can only offer local residents phone support. In the event of any misunderstanding, patients will be unable to seek advice from the local pharmacist as they will have no knowledge of their prescription. Using an internet pharmacist erodes the personal link between the patient, the pharmacist and the GP, all of whom know each other as village residents.

The bottom line

The imminent closure of Les Ward has led to much verbal hand-wringing on social media about the loss of a popular local shop. The commercial reality, however is that if residents do not support local facilities regularly and in sufficient numbers they cannot continue to operate. Exactly the same principle applies to both local pharmacies. Ultimately the choice is ours!

Tim Ewbank

Local Highways Initiative

The County Council is keen to help deliver local improvements. Local Highways Initiative (LHI) invites local groups to submit a proposal for funding from the LHI fund.

The Parish Council has recently been informed of another successful submission for improvements to key village footpaths. It is anticipated this work will be undertaken throughout 2018 once the project has been finalised.

Two other successful applications are:

2015 -16 Improvements to the High Street, including:

- ◆ Kerbing and tightening of splay at The Green
- ◆ Building out of kerb at Home Close
- ◆ Marking of Bus Stop at Winders Lane

and 2016 -17 Baptist Church Junction Improvements. Plans for this project are yet to be finalised; we are hopeful work should start Autumn 2017. Aspirations for this scheme include:

- ◆ Reduction in junction splay to force traffic to slow
- ◆ Improvement to crossing provision
- ◆ Marked bus-stop and defined parking 'areas' outside Baptist Church similar to the StAC project
- ◆ Building out of kerbs to reduce crossing widths
- ◆ Replacement of concrete pillars with more sympathetic alternatives
- ◆ Tidying of pavement and parking to improve area.

Chelsea O'Brien

Overhanging Vegetation

When attending to your garden, please take a moment to consider the



outside of your property boundary as well. People often forget that, in the eyes of the law, footpaths are minor highways. So it's worth remembering that any unruly growth from your front garden needs to be managed on the highway side too.

People on mobility scooters, kiddies on scooters/in push chairs or those with poor eyesight are all vulnerable. Is it easy, or even possible, for an adult with a toddler or a carer with a patient to walk past your property side by side?

Please play your part in making our village safe for all!

Vegetation or site clearance should be done outside of the nesting season (1st March - 31st July inclusive)

Police News

Parking is a constant concern in many villages but the Police can't prioritise parking patrols over investigating crime, preventing crime and responding to calls for service. Some considerable thought has been given on how expectations on parking enforcement can be met and it has been decided to try something new: an online web-page where you can report concerns about parking. The information you give will help to build up a picture of the exact hot-spots for parking issues. The Police will then use this information on targeted 'crackdown' days. There is some good evidence that crackdown days work in other areas of policing. The web page is live right now and you can find it here: <http://tinyurl.com/SouthCambs-Parking>.

Chief Inspector James Sutherland

We recently said a fond goodbye to Tony Martin, our longstanding PCSO. Our new contacts are: PCSO Bujar Mani for Histon and PCSO James Fuller for Impington



Parish Puzzle

Congratulations to Alison Fisher, winner of the Christmas Chop Shop voucher!

Can you find the missing word, it's sometimes found in the garden at Easter

Email your answer to clerk@hisimp.net by Wednesday 12th April for a chance to win a scrumptious Easter Egg donated by the Co Op, Histon



The winner will be announced in the next edition

D	C	K	S	N	Q	H	T	D	E	C	O	C	U
U	S	K	A	A	U	T	S	P	R	I	N	G	K
C	G	E	I	E	A	I	E	Q	E	D	A	C	B
K	G	G	C	T	C	B	U	N	N	Y	H	U	N
L	E	U	E	I	K	E	P	L	P	O	I	S	A
I	F	S	T	R	E	N	I	T	C	L	T	Y	I
N	S	N	L	Q	E	D	P	O	R	C	A	G	I
G	U	Q	T	O	O	T	L	S	K	C	I	H	C
L	H	S	U	F	O	A	S	B	A	S	K	E	T
U	I	F	F	A	T	U	G	A	L	U	R	D	A
E	N	A	R	E	C	G	Y	D	E	I	E	E	A
F	D	C	K	K	I	D	D	P	I	L	U	T	A
H	N	C	I	N	C	S	U	N	D	A	Y	Y	F
C	U	H	N	N	S	N	G	O	Q	L	D	T	S

Find: Easter Egg Chocolate Quack Basket Bunny Sunday Daffodil Chicks Spring Duckling

Senior Newsroom

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

AbilityNet

Want to shop online or chat with family living away?

AbilityNet provide free computer support to older people.

This is a charity that provides free help with computers, tablets and smartphones to older people.

The charity have already visited several older people in Histon and Impington and have been able to help them with the IT support they need – one person is now happily using an iPad for the first time.

Arrange a home visit

- Using the Home Visit Request Form below on the website <https://is.gd/JXpmyY>
- Calling our Freephone Helpline on 0800 269 545 (Freephone and Minicom).
- Sending an email to enquiries@abilitynet.org.uk

Book a session with a local volunteer to help you get the most out of your technology. All volunteers are carefully selected and vetted.

Compare Energy Deals

If you don't have internet access, how you can find the cheapest energy deals?

Some price comparison websites also have helplines. An adviser will take your details and get quotations on the cheapest tariffs for you.

Energyhelpline: 0800 074 0745.

Compare The Market: 0800 093 6831.

Why not try ...

Stroke Survivors Club Monday 11:30–13:30

Monday Club (gentle exercises) 10:00–11:00

Singing Group 2nd & 4th Thursday 14:30–16:00


Tai Chi Tuesday from 10:45; Thursday 11:30–13:30

All at Histon & Impington Recreation Ground Centre


Computer Buddying at Histon Library
Thursday 17:00–18:00 (booking required)
Tel: 0345 045 5225

Village Shopping Service - door-to-door minibus service to both local shops and supermarkets. Contact Paul or Jean for details



**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 or on 07738 366387 for more information.

Another way to stay active and healthy

We all want to stay active and healthy as we get older, and we know from our annual survey that you think this is a top priority for village life.

Parish Councillors are working to find innovative ways to support this priority.

We have recently been looking at the technology and equipment that can help to ensure that people are able to remain independent and active in the community for as long as possible.



There is a lot out there - from walking sticks to wearable technology - and things for all ages too. For example, people of all generations have already taken to wearing smart wristbands as a reminder of how active or inactive we are being every day.

We are beginning to understand how this can help with realising our vision for our village life, and we expect to be able to say more about this in the next newsletter as well as have a stall at the Feast Market.



If you are interested in talking about this in the meantime though, get in touch!

The Generation Game

On the evening of February 6th, fourteen young people, their friends and family met to celebrate the end of a ten-week course entitled The Generation Game. This course was designed and run by Andrea Cowley, our youth worker, to encourage and develop greater interaction between young people and older members of our community.

Andrea had accessed a grant from Cambridgeshire

County Council to run this course as the Council is very keen to encourage local support for such initiatives.

All fourteen had completed the course which covered topics such as ways of communicating well with different age groups, how to behave when visiting, safeguarding and being a Dementia Friend.

Each member of the group had completed a folder with a section on each topic. We all had a chance to look at these folders to see what each person had achieved. They were all justly proud of their work, and we were able to see that, despite the differences in age and ability, they had been really involved with all the topics. Each member was given a certificate to prove they had completed the course and submitted their folders. Andrea explained that this was just the start of the project and that she hoped, with support, they would be able to continue with visiting older, lonely members of the community. The evening finished with tea, coffee and cake.

It was great to see how much they had got from the course and how well Andrea had captured their interest. If this interest can be harnessed to help the community, the Council's grant will have been well spent.

Marian Cleaver



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



Like us on
Facebook

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!

Junior Youth Workers

13 awesome young people qualified as Junior Youth Workers in January 2017.



Young people attended a 30 hour Introduction to Youth Work Level One course; submitted a portfolio of their work; and many have already started volunteering at local projects.

Liz Morris, County Performance and Development Manager Youth Support Service from Cambridgeshire County Council attended to talk with young people and present them with their certificates.

Each young person also received a Junior Youth Worker hoodie to wear whilst they are volunteering in this role.

Thanks to the Youth Social Action Fund (Cambridgeshire Community Foundation) the Junior Youth Workers will also benefit from attending a Basic First Aid and Basic Food Hygiene course in the next month.

Yoga & Mindfulness for young people



"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."

Classes run each Monday from 5.30pm to 6.30pm 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@googlemail.com

The Generation Game

14 young people completed the 10-week Generation Game project which started in November.



During the course, participants completed their Dementia Friends training; first aid and food hygiene certificates; and produced a portfolio of their work to enable them to become a Generation Friend.



We are now embarking on the second stage of the project where young people will be:

- Visiting local care homes to run activities and social events.
- Completing a 'This is me' journal for older people on a one-to-one basis. This journal will include family trees; information about the older person's life, family, photographs, pictures, likes and dislikes.
- These 'journals' will aid an elderly person if they fall ill and have to go into hospital; if they suffer a stroke; have difficulty communicating or if they suffer from dementia later in life.
- Hosting a series of 'Mad Hatters tea parties' for older people to attend.

If you are interested in becoming a Dementia Friend and complete the 10-week course; please get in touch with Andrea Cowley.

High Sheriff Awards Ceremony

Two of our Junior Youth Workers, Sophie and Jude, accompanied Andrea Cowley and Sarah Cloughly to the High Sheriff Awards Ceremony in Huntingdon.



They received an amount of money to help fund the Level One Youth Work course they had attended.

Sophie and Jude were given the opportunity to share how the course had

helped them and what their future plans were.

The whole evening was a celebration of young people and it was fantastic to be a part of it.



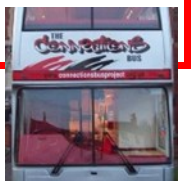
*** News ***

As of 1st April 2017 Andrea Cowley will be employed by **The Connections Bus Project**. This means that alongside all the current projects that are run for Histon & Impington, Andrea will be able to branch out and offer other Parish Councils and organisations the same service.

Youth work in Histon & Impington will continue to be funded by Histon & Impington Parish Council and by grant funding which will be accessed when required.

Andrea will work alongside Alan Webb at **The Connections Bus Project** and benefit from working within another 'youth' related charity.

The Connections Bus Project office is based at Histon Baptist Church and runs a youth club in a double decker bus. The bus visits different villages each night – mainly in villages that do not have facilities for a building-based youth club. For more information visit: www.connectionsbusproject.org.uk



Get Involved

Contact Andrea for further information to register on any of these new opportunities:

- Babysitting Course
- The Generation Game project
- First Aid or Food Hygiene Course
- to offer ideas for projects and activities that you would like to see in Histon & Impington
- To volunteer on one of our projects

Who are Friends of The Rec?

Friends of Histon & Impington Recreation is a Registered Charity formed in 2003 principally to help community fundraising with the Recreation Ground redevelopment and has slowly developed to include:

“Supporting sport, wellbeing and recreation in our community”.

Sport - the promotion and development of new sporting and exercise activities for residents of all ages primarily on Histon & Impington Recreation Ground. The Friends currently organise over 15 weekly activities on the Rec.

Wellbeing- close working relationships with the Village Older Person's Co-ordinator team which includes a number of dedicated activities to support older people including a stroke survivors' club. With the start of the Village Mental Wellbeing Champion project the Friends hope to be involved in new, associated activities.

Recreation - with a number of popular fundraising events the Friends help with donations to help develop facilities on the Recreation Ground; this includes the Rec Play area and in 2016 a contribution towards the new cricket nets. At present, funds are being raised to provide a new quiet area on the Rec to include restoration of an old Agricultural Pump.

The Friends issue their Annual newsletter at the start of April which provides information on events such as the Flaming June Half & Quarter Marathons on Sunday 4th June. Over recent months, the Friends have worked with Sally Gibson, a Sports development professional, on new activities and these include:

Summer Sports August activity Week plus June taster day on Friday 2nd June

the exciting 'Let's Go Girls' sports tasters for women & girls programme

Cardio tennis

Family Tag Rugby

Full information at www.hisimpfotr.co.uk

The Friends are in need of some fresh and younger faces to continue the progress and momentum; if interested please contact Jane Rush 01223 232959 or at j.rush345@icloud.com.

All are welcome to attend the **Friends AGM on Thursday 4th May at 8pm** in the Recreation Ground Centre.

Neil Davies, Friends of The Rec



News from King's Meadow

As you may know, King's Meadow estate south of the A14 is in the parish of Impington and the Council is keen to keep in touch with the residents there. A Working Party, which includes interested residents, meets quarterly at The Meadows Centre. New members would be very welcome. Recently the Working Party has organised improvements to the open spaces, including planting new trees and shrubs, installing Welcome Signs at the entrances, and painting the benches.

One of the residents, Peter Snow, has been working with the authorities to help give the estate a real sense of identity, and to make it a place to be proud of. He has championed much of the work of the Working Party and regularly organises litter picks using equipment provided by the Council. Any other resident interested in helping Peter with this work can contact South Cambs District Council on duty.communities@scambs.gov or on 01954 713070 for further information.



There is currently a consultation underway regarding a draft Community Centres Strategy, which runs until 5 May 2017. The consultation is looking at provision to make sure that they are located in the right areas and are sustainable, providing accessible, joined-up services to the residents who most need them. One proposal in the vision could involve building a new Hub on the site of the existing Meadows Community Centre, whilst exploring the development of the Buchan Street Neighbourhood Centre for additional housing. Residents are encouraged to respond to the consultation at

<https://is.gd/z5xsaA> or by contacting community.review@cambridge.gov.uk or 01223 457862 for a survey.

Paysafe join the Big Tidy Up

Locally based payments company Paysafe, located on the



Vision Park, are proud to announce the adoption of Station Road in Histon as part of the **Big Tidy Up** campaign. Many of our staff took part in a small way throughout 2016 but we wanted to make more of an effort this year. Our staff will be tasked each month to get out and tidy up Station Road where it is needed. Look out for us! This works well with our Corporate and Social Responsibility activity which is key to Paysafe's values.

www.hisimp.net

If you have any events you need to promote in our quarterly newsletter let the editors know full details at:

hi-news.editor@hisimp.net

New dates starting Spring:

Friends of The Rec

Monday 1st May - Impington 5k Running Festival

Sunday 4th June - Flaming June Half & Quarter Marathon plus Blue Smile mile

Histon & Impington Feast

Saturday 1st July to Sunday 9th July

Others

NEW! Monthly Artisan Market on The Green starting 1st April

Histon Handmade Fair Saturday 15th April 12-7pm, St Andrew's Centre

Saturday 20th May Impington Opportunity Playgroup stall on The Green

Sunday 11th June Open Gardens

Look out for exciting news on the **Silver Jubilee** celebrations for the Post Office during June.



Council & Committee Meetings

See website for details: www.hisimp.net

Full Council - may not meet in April. Next meeting Monday 19th June 2017

Annual General Meeting/Annual Parish Meeting - Recreation Centre from 7 p.m. - Monday 15th May 2017

Planning - Parish Office 7.30 p.m. - Tuesday 4th April, 25th April, 16th May, 6th June 2017

Highways - Parish Office 7.30pm—Thursday 20th April 2017

Finance, Legal & Administration - Parish Office 7.30 p.m. - Monday 10th April, 10th July 2017

Environment - Parish Office 7.30 p.m. - Tuesday 30th May 2017

Recreation - Recreation Centre, 7.30 p.m. - Monday 22nd May 2017

Office Closed—Friday 27th April and over Bank Holidays

Residents are welcome to attend all Council meetings

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

Groups are in place which report to Committees or Full Council