

hi Histonand Parish Council HISIVP

The Newsletter of Histon & Impington Parish Council

Number 12 - September 2015

NEWS

535 RIDE AWAY IN THE STRAWBERRY

On a glorious Sunday morning over 500 cyclists rode away in the first Strawberry 50 community cycling event from Histon & Impington Recreation Ground.

Cyclists were able to ride from a choice of routes;

- a 55 mile route around country in South West Cambridgeshire
- a 28 mile route for those who wanted a more leisurely ride
- a 14 mile family orientated ride along the Guided Busway

Nearly 350 took part in the longer routes and 185 participated in the family event including 100 children who each received a medal at the end of their ride.

Locally based Mrs Potts Vintage Teas provided cakes and teas at one of the route stops raising £300 for EACH.

Neil Davies one of the organisers enthuses 'the whole day exceeded our expectations and it was simply a great fun community sporting event'.

Chris Sidell of Histon and Impington Bicycle Club said: 'It was a brilliant event and well worth all the effort that went into it. I want to thank all the volunteers who gave their time so willingly to make it a success, and I



really hope it will inspire even more people from our community to get on their bikes.'

The event was organised by Friends of Histon & Impington Recreation and Histon & Impington Bicycle Club (HIBC), and was 12 months in the planning. An enthusiastic organising group worked together planning the many different aspects of the event.

Neil explains further 'it was a perfect match with members of HIBC bringing years of cycling and route experience, and the Friends providing large event organisation experience'.

The event very nearly did not happen with the pre arranged First Aid provider withdrawing less than two weeks before the event and Private Ambulance Service stepping in to provide cover.

It is hoped that a small profit will be made after accounting for the significant investment in route signage and event marketing.

The next major village community sporting event is the Bonfire Burn 10k on Sunday 1st November, entry information available www.bonfireburn10k.co.uk

FEAST WEEK 2015

Feast Week is about two things; raising money for the community and providing vil-



lage events. We delivered in Feast Week 2015 with some unforgettable events; the sun shone for a glorious evening of Big Band music on The Green, where young and old enjoyed good music, some refreshment and great weather.

We were lucky! Good weather held for the Cream Teas at the Flower Festival and the whole village seemed to converge on the High Street for the Feast Festival. Special mention to the Railway Vue who ran a week's worth of events in parallel to Feast events as well.

Local organisations and businesses delivered with their own fundraising; for their generosity we list them:

Sponsors of the Feast Festival

Tucker Gardner: The Boot

Sponsors of the Big Band

Thomson, Webb & Corfield

Generous Contributors

Mrs Potts (tea stall at the Festival); The Railway Vue (a week of fundraising!); The Red Lion (Beer Festival); Histon Village Fryer (contribution); Daisy Chain (10 year anniversary); Open Gardens (donation); April Bur-

gess Dance (dance show)

Other Contributors

You, if you bought a programme or attended any Feast Week events; programme sellers; anyone who took an advert in the programme; Cambridge Bee Keepers; All stall holders at the Feast Festival



Thanks to them all and to you.

Together we have raised over £7000

Feast Chair Steve Cox

September 2015

Parish Office Contacts

Open at the Recreation Ground Centre

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

Other times by appointment

Tuesday

2.00 p.m.- 4.00 p.m.

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ANNUAL RETURN

The Parish Council was a Quality Council, but that scheme has been replaced by the "Local Council Award Scheme" - an enlarged, and more demanding, scheme.

Under that scheme, we are required to publish our "annual return", otherwise known as the Annual Statement of Accounts. This statement of accounts is part of the pack of material submitted to the Council's Auditors.

The figures on the statement are very broad:

The total figure for staff costs covered 5 members of staff - 3 administration staff and 2 groundstaff (note we've had two members of staff join this year - see article on page 4). The 'End of Year Accounts' published at the APM (copies available from the Clerk on request) on 18 May showed staff costs allocated to the various Council committees.

The 'total borrowing' figure refers to Public Works Loan Board loans for purchase of the freehold of the recreation ground, pavilion

and parish office, hardcourt and MUGA and refurbishment of assets at 12 New Road.

The reduction in receipts for the year was largely down to the decrease of £119,108 in Section 106 funds, developer contributions to the community from new housing.

It looks like the Council has a lot of money, and yes, it has - but it's not quite that simple!

The general reserves total £245,870. Our auditors require us to keep at least 50% of our precept in reserves.

There's £295,754 that's come as \$106 there are strict constraints on what we can spend that on mainly capital items (new land, buildings etc.) - and if we don't spend it on that within 10 years, it has to be given back.

There are then a number of specified reserves - some spreading the load of replacements/major repairs over a number of years, some for specific projects (such as £10,000 towards the cost of the crossing at The Green).

The big one here is the Community Facilities fund of £155,501 - which has been built up over a number of years to help fund a development such as that at ByPass Farm.

With the Council looking at a range of significant projects, including:

- New cricket nets
- Further works at the Recreation Ground to improve facilities, meet Health and Safety requirements
- Additional public open space

the reserves are a strong starting point, but will be rapidly used up!

Lynda Marsh

Section 1 - Accounting statements 2014/15 for

Enter name of

reporting body here: HISTON & IMPINCTON PARISH COUNCIL

Council/Meeting

Readers should note that throughout this annual return references to a 'local council' or 'council' also

| | | Yeare | inding | Notes and guidance |
|---|---|-----------------------|-----------------------|---|
| | | 81 March 2014 7 | 31 March 2015 E | Please round a fixures to bearest £1, Do not leave any boxes blank and report £8 or NII belances. All figures must agree to underlying linearity records. |
| 1 | Balances brought forward | 539,289 | 742, 246 | Total balances and reserves at the beginning of the year as recorded in the financial records. Value must agree to Box 7 of previous year. |
| 2 | (+) Annual precept | 263,200 | 282,488 | Total amount of precept received or receivable in the year. Excludes any grants received. |
| 3 | (+) Total other receipts | 240,561 | 101 862 | Total income or receipts as recorded in the cashbook less the precept received (line 2). Include any grants received here. |
| 4 | (-) Staff costs | 116,310 | 119,633 | Total expenditure or payments made to and on behalf of all employees. Include salaries and wages, PAYE and NI (employees and employers), pension contributions and employment expenses |
| 5 | (-) Loan interest/capital repayments | 38,059 | 37,262 | Total expenditure or payments of capital and interest made during the year on the council's borrowings (if any). |
| 6 | (-) All other payments | 146,435 | 172,325 | Total expenditure or payments as recorded in the cashbook less staff costs (line 4) and loan interest/capital repayments (line 5). |
| 7 | (=) Balances carried forward | 742,246 | 805,376 | Total balances and reserves at the end of the year. Must equal (1+2+3) – (4+5+6) |
| 8 | Total cash and short term investments | 746, 758 | 875,218 | The sum of all current and deposit bank accounts, cash holdings and short term investments held as at 31 March - to agree with bank reconcillation. |
| 9 | Total fixed assets plus other long term investments and assets | 1,667,744 | 1639,856 | The original Asset and Investment Register value of all fixed assets, plus other long term assets owned by the council as at 3° March |
| 10 | Total borrowings | 360,911 | 339,327 | The outstanding capital balance as at 31 March of all loans from third parties (including PWLB). |
| 11 Disclosure note Trust funds (including charitable) | | | ye no | The council acts as sole trustee for and is responsible for managing trust funds or assets. N.B. The figures in the accounting statements above do not include any trust transactions. |

I certify that for the year ended 31 March 2015 the accounting statements in this annual return present fairly the financial position of the council and its income and expenditure, or properly present receipts and payments, as the case may

Signed by Responsible Financial Officer

UPBL

09/06/2015

I confirm that these accounting statements were approved by the council on this date:

15/06/2015

and recorded as minute reference:

037.4

ed by Chair of the meeting approving these accounting statements.

HISTON AND IMPINGTON FIRE-WORKS EXTRAVAGANZA -SATURDAY 7TH NOVEMBER



A date for your diaries - this year's Histon and Impington Fireworks Extravaganza will be on Saturday 7th November, on the playing fields of IVC. Gates open at 6pm with fireworks at 7pm.

Dan Mace



HISTON AND IMPINGTON VILLAGE SOCIETY AUTUMN PROGRAMME 2015

is as follows.

Tuesday September 29th - Richard Todd, Head Gardener Anglesey Abbey: Autumn Beauty, & Recycling Garden Waste

Tuesday October 20th - Donna Martin: Soham Rail Disaster of 1944

Tuesday November 24th - Terry Holloway: Group Historian at Marshalls Airport.

We meet at 7.30 p.m. in the Brackenbury Room at Impington Village College.

Membership is £10 per annum, and visitors are welcome at meetings, at £3 per person per meeting.

APPLE JUICING - SATURDAY 3RD OCTOBER - 10AM - 3PM.

Histon and Impington Community Orchard Project (HICOP) will be juicing apples at the Community Orchard on Saturday 3rd October.

Everyone and all age groups are welcome. You will have the opportunity to prepare apple juice by a traditional method - chopping and macerating



the apples and then using a traditional apple press to extract the juice. If you would like to take some juice home with you please bring some bottles; plastic milk bottles or screwtop wine bottles are ideal.

If you have a surplus of apples then you are welcome to bring these along to turn them into delicious juice. If you're planning to bring your own apples then these tips may help:

A supermarket bag of apples will produce a good quantity of juice and one of the old green recycling boxes full of apples will pro-

duce around 6-8 litre, depending on the juiciness of the apples!





tle/container that has been sterilized.

The juice will keep in the fridge for 3-4 days and if frozen will keep considerably longer.

We will be at the orchard from 10am-3pm, but do check the website in case times have changed due to poor weather. The event is free but we kindly ask for donations to help with the orchard running costs. Hope to see you there.

For more information about the Community Orchard please visit our website (www.hicop.info).

Dan Mace

AN UPDATE FROM HISTON LIBRARY

Histon Library closed in early September in order to install the new, mobile, freestanding shelving; an idea first brought forward by The Histon and Impington Library

Friends Group - or HILF - in February of this year. With the modern shelves in place, there is more accessible space to run events for the community. This is just one of many



improvements to the library that HILF have planned and it means that there is a range of interesting events on the calendar already!

Coming up, there is the Medal Ceremony for the Summer Reading Challenge on 17th September at 3:45pm, where the children who competed the "Record Breakers" Challenge sponsored by the Parish Council to encourage young readers - can collect their medals under the eyes of many a proud parent.



On October 14th at 2pm you can stop by to listen to 'Exploring Fenland and Cambridgeshire Folklore', with Maureen James, an illustrated talk which explores the folk beliefs of the people of the Fens, including Cambridgeshire and parts of Norfolk, Lincolnshire and Huntingdonshire.

Later in the year, on November 11th at 2pm, Alan Maskell will be giving a talk about the Blue Cross Rehoming Centre, dedicated to finding homes for unwanted cats, dogs, small pets and horses across the UK and their tailor -made service means they help each pet find the right person to care for them.

Not only is the Library filling up its calendar with more exciting talks and events like those above, but from 10th October, HILF will be running 'Booksale Saturdays' from 10am till 12pm in the library. An excellent opportunity for residents to stop by and possibly find a read they may not have found elsewhere, these sales should provide a healthy amount of income for future library improvements. If you have some old books that you may like to donate to the cause, do stop by the library the day before the sale to drop them off.

For further information about this, or any other regular activities such as Baby Rhymetime, Knitting or Computer Buddying, HILF welcomes your questions via hisimplibraryfriends@gmail.com

Melissa Ward

WHAT IS A PARISH COUNCIL? WHAT DOES IT DO?

Local Councils (of which Histon & Impington is one) are the third and lowest tier of local authority. However, many might say they are the first tier in that they are the closest to the community



Both are fully elected Councils, run with political allegiance and a cabinet from the largest party. County Councillors are elected every four years. District Council seats become vacant three out of four years.



South Cambridgeshire District Council

Run with no political party involvement. Council has 19 councillors. Elections are held every four years. If insufficient candidates present themselves, vacancies are filled by co-option



Knowing which authority does what can be confusing, so Parish Council office staff are always willing to point residents to the right Council for issues that concern them.

Cambridgeshire County Council has responsibility for (amongst other things):

- Highways
- Social Services
- Refuse Disposal
- Education

The current County Councillors for this are David Jenkins (Liberal Democrat) and Mike Mason (Independent)

South Cambridgeshire District Council responsibilities include

- Planning
- **Environmental Health**
- **Refuse Collection**
- Housing allocation
- Collection of Council Tax and National Non -Domestic Rates.

The current District Councillors are Neil Davies and Edd Stonham (both Independent) and Christopher Cross (Conservative).

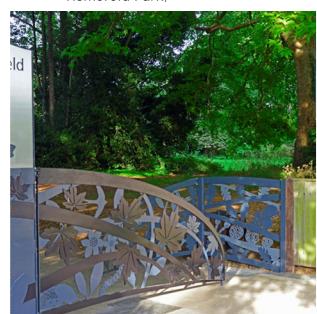
All of these County and District Councillors regularly attend Parish Council meetings too.

Parish Council work is strictly controlled and includes:

- Provide allotments
- Provide and maintain bus shelters
- Provide public clocks
- Acquire land
- Provide and manage open space facilities and recreation grounds
- Provide litter bins on own land
- Represent the community at Public Inquir-
- Promote entertainment and the arts
- Attract tourists and visitors

The Parish Council also represents the residents by:

- deciding against inappropriate develop-
- providing areas such as recreation facilities and open space
- has responsibility for the cost of energy to a small number of streetlights in the Par-
- maintaining the war memorial
- maintaining property which the Parish Council owns or maintains including:
 - the well-used Recreation Ground, where there is a Community Room and the Parish Office;
 - the car park in the High Street,
 - the Burial Ground;
 - Homefeld Park;



- 2 allotment sites;
- the Village Green
- and various other areas of woodland and open space.

More and more issues are arising where the higher tier authorities are cutting services and the Parish Council has to decide whether to take the responsibility (and cost) on or see the service to residents and the community disappear.

Authority within the Parish Council

The Chairman of the Council has no power over and above any other Councillor, except when sitting as Chairman of a meeting. It is important that any action taken as a Councillor must be with the approval of the Council. No Councillor may act independently.

There are currently 19 seats on Histon & Impington Parish Council . The period of office of a Councillor is normally 4 years, but if co-opted or elected at a bye-election, a person will serve until the next normal election time which at the moment is May 2016. Councillors may then seek re-election or relinquish their seat.

Finances

Funding comes to Councils from Council Tax paid by each household. The Parish Council seeks funding from the District Council (the "precept") for the money needed to run the Council and this is included in the Council Tax levy imposed by the District Council each year, as are the needs of the County Council, the District Council themselves and the Police and Fire Authorities. We receive no money from business rates, this goes straight to Government. We decide upon the amount of our precept at our budget meeting each year in January.

Our precept for 2015/2016 is £296,635.

Our other income comes primarily from

- recreation ground fees
- burial ground fees
- allotment rents
- hire of open spaces.

Sometimes we obtain grants from other authorities or grant funders such as the National Lottery. We have also had funding from Section 106 payments relating to new housing development. Section 106 payments are "ring -fenced" and have to be spent on specific items (open space, community facilities) and within 10 years of receipt, so money received cannot be allocated to help areas that might otherwise be under-funded (eg roads, social services etc)

Twice a year the Council looks at small grant applications from local groups, and has recently agreed funding for 1st Histon Scouts for roofing repairs, and the popular Histon Library Reading Scheme.



The Council also funded the outdoor gym as part of the Recreation Ground facilities.



Who is employed by the Parish Council?

The Council has seven employees.

The Parish Clerk - Angela Young - who is responsible for administration and for advising the Council.

Recreation Manager/Responsible Financial Officer - Lynda Marsh

Committee Clerk - Chelsea Presland

All these people (see photo below) are based at the Parish Office on the Recreation Ground.



Left to right: Lynda Marsh, Chelsea Presland, Angela Young

Council also employs:

A Youth Worker has recently transferred from the County Council and is now funded by the Parish Council

The Groundsman, who works full time and lives on site at the Recreation Ground.

Our other part time workers are our Litter Picker/Assistant Groundsman and currently we also employ an Apprentice.

How is the Council run on a day-to-day basis?

The full Parish Council meets monthly (except in August). Committees may meet more frequently or as a need arises. Agendas and Minutes for the full council and for committee meetings are available on the parish website www.hisimp.net along with further information as relevant. Agendas are published three days ahead of meetings.

The Parish Council also supports the work of various committees and working parties, including planning, finance and the environment. Working parties cannot make decisions only make recommendations to the relevant committee or the whole council.

Planning applications are referred to the Parish Council by the District Council and the Parish Council responds to all applications. The Parish Council only have 21 days in which to respond and therefore usually holds Planning Committee meetings fortnightly. Planning applications may also be viewed on the District Council website.

The Parish Council also respond to many consultations on wider-spread matters affecting the community eg new developments such as Orchard Park and Northstowe, transport and highways consultations (A14 development) and so on.

We also provide representatives to attend meetings and comment on our behalf in areas such as the Police Panel; Village Warden; Poorsland Charity.

Volunteers

The Parish Council is grateful to all the volunteers who assist the Council's work in any way. Some of the work they do includes:

- helping carry out litter picks
- tidying our open space and green areas
- providing articles for our newsletter
- assisting at the Recreation Ground
- giving *ad hoc* or *ultra vires* advice on legal or financial matters

Each year the Parish Council aims to be at the Feast Market and to speak at the Village Society AGM. Councillors would welcome the chance to attend any other local group meetings.

Want to know more?

At the start of each Parish Council meeting there is a period for public participation where 15 minutes is set aside for the public to comment on any item on the Agenda.

We are currently the holders of the Foundation Award in the Local Council Award Scheme, with an aim to communicate effectively and remain as transparent as possible with our electorate.

Hopefully we are achieving this aim but would be pleased to hear from you if you feel we could do better.

Histon & Impington Parish Council has its offices at the Recreation Ground. The office is open during the working week from 9:30 a.m. - 12:30 p.m. Monday - Thursday; and 2:00 p.m. - 4:00 p.m. Tuesday.

You can reach the office as follows:

Email - <u>clerk@hisimp.net</u>

Phone - 01223 235906

Postal address - The Parish Office, Histon & Impington Recreation Ground, New Road, Impington Cambridge CB24 9LU

Angela Young

PARADISES IN THE VILLAGES - OPEN GARDENS SUNDAY JUNE 14^{TH}



Every two years, we are reminded what a special place we live in and what special people live here. The special people are not just the 18 garden owners (at least 7 new ones this year) who open their gardens every other year, but the hundreds who spend a whole Sunday seeing as many of the gardens as possible. Some of the gardens were not apparent from the road, so there were many surprises. If you had not bought a copy of the informative programme, you would have picked the location of the gardens from the collections of bicycles outside. Many garden ideas were noted, special plants admired and the gardens just simply enjoyed. A neat idea in one garden was growing herbs between the paving stones of a patio.

Some gardens had other attractions:music, teas and activities for the children. Two gardens had pigs. HQ for the day was a gazebo on The Green where many excellent garden centre quality plants could be acquired at less than garden centre prices.

The owners were not denied seeing the other gardens by being "at home" on the day. Later evening visits were arranged so they too were able to gain like the rest of us (see photograph).



Stella Barrett chaired a large group of owners and supporting volunteers to make the event such a success. The planning takes two years. The owners also prepare over many months and on one day it all comes together: even the indifferent weather cleared for the afternoon, even though some flowers still had watery jewels on the leaves. Their reward included raising £5,400 for charity which they have decided to split equally to Diabetes UK, Histon & Impington Feast, Home-Start Cambridgeshire and WaterAid.

A great day for the Villages.

LUCY FRAZER MP

Over the summer it has been great to meet with a large number of residents through

open meetings arranged by the parish council. It was a pleasure to meet residents and parish councillors in Impington in August. It was lovely to receive such a

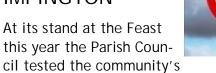


warm welcome and to talk to people about a number of issues that concerned them.

It is important to me that I continue to speak to as many people as possible and that I am aware of the issues affecting people across the constituency. I am grateful to the parish council for giving me the opportunity to do so for Histon and Impington residents. I will be in touch with those of you who raised specific concerns with me. As ever, I am happy for you to get in touch (see below) at any time on any issue and I hope I get to speak with many of you again soon.

Email: <u>lucy.frazer.mp@parliament.uk</u>
Website: <u>www.lucyfrazer.org.uk</u> or
Facebook: <u>www.facebook.com/FrazerLucy</u> or
Post: House of Commons, London SW1A 0AA

20MPH'S ENOUGH FOR HISTON & IMPINGTON



appetite for a blanket community wide 20mph speed limit (excluding the B1049). The response was 6 to 1 in favour. Many of those against were not so in principle but were concerned about enforcement and the proliferation of road signs.

The Parish Council will now take this further and develop plans on which it will consult more formally. It will look at two variations. One is the whole community and the other is limited to the High Street/Station Road area.

If you have opinions about this idea, for or against, please email 20mph@hisimp.net.

David Jenkins

HELP TO STAY INDEPENDENT, SAFE AND WELL

Many of us don't think about care and support until we or someone we know need it, then find we are unsure where to find information and how to access the support

we need. A new online resource is providing people in Cambridgeshire with information about care and support and wellbeing.



Care and support is the help some adults need to live their life as well as possible with any illness or disability they may have. It could include things like washing, dressing, eating, getting out and about, and keeping in touch with friends and family. People may need help because of their age, a physical disability, sensory impairment, a learning disability or a mental health issue.

If you are planning ahead for the future – whether for yourself, your family or someone you care for, need information to continue to live independently and safely at home, make life easier, get support after a stay in hospital, or find out about care home and housing options and paying for care and support, you can use the online resource to find the information you need.

You can find out more by visiting www.cambridgeshire.gov.uk/careandsupport

If you do not have access to the Internet, haven't found what you need online, or want more information, you can phone 0345 045 5202 or visit any Cambridgeshire Library.

The new information and advice resource is part of changes in response to the Care Act and to Transforming Lives, Cambridgeshire's new approach to providing support to individuals, carers, families and communities. For more information see

www.cambridgeshire.gov.uk/careact

LÜBECK CHAMBER CHOIR UK TOUR

Cambridge performance at St. Andrew's Church, Histon - Monday 19 October 2015, 7.45 pm.

Programme includes John Sheppard's Libera nos, salva nos; Scarlatti's Stabat Mater and Eric Whitacre's Lux Aurumque.

Entry free, donations to benefit the community through the Saint Andrew's Centre.

A SAFER ROUTE TO SCHOOL

It was good to see the new zebra crossing completed at the Green ready for the new

school year. The
Parish Council has
had an ambition to
get such a crossing
at that end of the
High Street and
it's good now to
see it in place.

The position of the crossing is a compromise. The 'best' place might appear to be just outside the Co-Op but sight lines for motorists would



not then be great so that site failed the safety audit. The position finally chosen is a few metres off the desired line but otherwise ideal and, with the recently improved footpath in front of the Co-Op, good for children heading off towards the Junior School in the morning.

The crossing is needed and so far seems to have been used by most children. Its distance from the traffic lights and the timing of these means that it does not affect traffic flows significantly and motorist response has been good. The only people who perhaps need a little more encouragement are adults, sometimes returning from taking their children to school, who don't use it.

David Jenkins

ROCKING ALL OVER THE WORLD!

Our competition in the last edition was won by Sonia Francis of Impington who together with her husband Jonathan had a wonderful time at Newmarket Nights.

Sonia says: "the weather was lovely, we picked the right horses and Status Quo were brilliant". Sonia is pictured here with jockey Ted Durcan.

Thanks are due to Heart Radio for kindly donating the fantastic prize





Angela Young

Histon & Impington Parish Council

www.hisimp.net

September 2015

PATIENT PARTICIPATION AT THE FEAST

The Firs House Surgery's Patient Participation Group ran a stall at the Feast for the first time this year. Here they update us about the questionnaires completed, and the community's understanding of health issues:

The Firs House Surgery's Patient Participation Group ran a stall at the villages' annual festival and generated a huge amount of interest. PPG members were on hand to discuss any issues visitors to the stall might have, and promoted a healthy living theme with information and prize quizzes for adults and children. Dr Simon Poole was also on hand to measure blood pressure and BMI (Body Mass Index). Nearly a hundred adults and 23 children put their knowledge to the test with questions on diet, exercise and healthy living in general - at times the stall felt mobbed.



Jo Cox, winner of healthy food hamper, donated by Tesco Express, and Charles, winner of the junior quiz prize. The stall achieves considerable interest.

An analysis of the 98 adults' responses revealed a very high level of understanding that we get most of our vitamin D from sunlight. Two-thirds knew that cheddar cheese was rich in calcium and that potatoes don't count towards the recommended 5-a-day fruit and vegetables. A majority (61%) correctly said that we should eat two portions of fish a week, but when asked which type of food someone starting an exercise programme would be most likely to need to increase, slightly more answered proteins or protein shakes rather than the correct answer of starchy carbohydrates. About half rightly stated that we need to drink 1.6 to 2 litres of water a day.

Questions about exercise proved tougher, with slightly less than half of adults knowing that the recommended level of moderate physical activity is 30 minutes a day for five days a week, and that this reduces the risk of heart disease, stroke and type 2 diabetes by 50%. A similar proportion of adults recognised

that aerobics, resistance exercise and weight - bearing exercise all helped maintain strong bones. However, nearly two -thirds were aware that it is quite hard to lose weight through exercise alone.

Twelve out of 23 children answered all six questions correctly, showing an excellent understanding of 5-a-day fruit and vegetables, the place of fish in their diet, why they should use sunscreen, and what foods can be safely eaten raw. Parents will be interested to know that correct answers on recommended amounts of sleep and exercise eluded eleven of the junior participants.

PLAY AREAS - NO PLACE FOR DOG MESS

The Recreation Committee looks after all 3 of the Council's equipped play areas in Histon



and Impington - at the Recreation Ground itself as well as The Green and the one at South Road.

Dogs are not permitted at the Recreation Ground or The Green play areas, but dog owners are currently welcomed at South Road so long as owners are responsible and clear up after their pets; the Council would be grateful if dog owners be mindful of this request.

If owners cannot take their bags home, it is acceptable to dispose of properly bagged mess in the bin provided near to the gate.

Let's keep the South Road play area clean for our children to play, but available for the whole family to enjoy - including those with dogs.



Lynda Marsh

STREET LIGHT CHANGES FROM 1ST APRIL 2016



Cambridgeshire County Council is planning to change the operational times for street lighting owned by the County Council from 1st April 2016.

This will mean that many street lights on residential roads will be switched off between the hours of midnight and 6.00 am. All street lights on main traffic routes will be dimmed only.

The County Council are proposing these changes to be made in the need to make further financial savings to the annual street lighting energy costs which are required due to funding reduction from

central government.

The Parish Council have been provided with a full list of roads in Histon with the County Council's proposal for each individual light column. This document shows roads that are proposed to be dimmed only (is.gd/LCOUUf) and those that will have part night lighting, being switched off at midnight (is.gd/MI5cc7). Most of Impington north of the A14 will stay on as apparently those light columns do not yet have the capability to receive instructions remotely to dim/turn off.

Some lights that the Parish Council already fund will stay on irrespective of what happens elsewhere (e.g. those in our village car park off the High Street).

During the next few weeks Parish Councillors will be reviewing the County's proposals and will make their own counter proposals, where it is considered too dangerous to switch off



(e.g. cut through footpaths). During this period the Parish Council would welcome comments from residents by email to admin@hisimp.net or by letter to the Parish Council Office, New Road, Impington, CB24 9LU

Cedric Foster

HISTON CRICKET CLUB WRAP UP A SUPERB 2015 SEASON

Histon CC is on the up - in every sense. At the time of writing we are concluding our 2015 season and are proud to report that so far this year:

- Our second team has won promotion.
- Our third team has also secured promotion.
- Our midweek team has won both the league and cup.
- Our under 13 team has won the league.
- Our under 11 team had an amazing run of eight successive wins.

And it could finish even better. Our everadvancing first team is - right now - within a shout of promotion too, at the end of only the second year of being back in the Tucker League. It is currently lying in third place with two more matches to play, so watch this space! A remarkable achievement in the top league in the County and having only amateur players with at least nine of the other teams in the league having paid professionals: some teams with several.



Fetch! Tom Cosford reaches 50 on his way to 82 in an exciting two wicket victory over Wisbech on September $5^{\rm th}$

And, the second team are playing a title decider against their rivals to finish the season

How has all this been achieved? Well, to some extent, success breeds success: following on from the last few years of achievement, we are attracting more and more players – even from as far away as Australia! – and this has strengthened all of our squads considerably. This has been matched by increasing support from our wonderful sponsors, who are justly proud to be associated with our club.

We also strongly value our supporters and Vice Presidents, and this year have made a point of including them in our matchday teas (deliciously provided by our friends at The Boot), as well as having a special "strawberries and prosecco" match in their honour earlier in the season.

At colts level we continue to attract youngsters from the village and beyond, and are looking to field strong squads at every level within a couple of years.

And - last but not least - we are advancing on our plans for new training facilities in 2016, hopefully in partnership with our friends at the Parish Council.

The 2015 season has already built a real buzz around the club and 2016 will be even better!

If you would like to know more about Histon CC - or want to join us for 2016 - please email histoncc.play-cricket.com or go to our web site:

Martin Wilde Club Chairman

SAVE MONEY THIS AUTUMN WITH THE CAMBRIDGESHIRE ENERGY SWITCH



The Cambridgeshire Energy Switch launches for the fifth time this autumn, giving you the chance to save money on your energy bills.

It uses the collective bargaining power of residents to bid for better gas and electricity prices. Unlike 'comparison websites', it is totally independent with no vested interests. It is open to all Cambridgeshire residents, including those on either credit or prepayment meters.

Registration will be open from Tuesday 1 September until midnight on Monday 12 October. Registration is free and without obligation. Following registration, energy suppliers will be given the opportunity to compete for business and provide their best tariffs for electricity and/or gas, for the collective group of residents registered with the scheme.

To register, residents will need to know their current energy supplier, their current tariff found on their bill and their household's annual gas and/or electricity usage.

Registering does not commit households to switching supplier; residents can choose not to switch once they have received their offer. Residents who have previously registered, can renew their registration and participate if their contract is now complete.

Visit www.cambridgeshire.gov.uk/switch for more or contact 01223 703874, energy.switch@cambridgeshire.gov.uk

THE HOME FRONT: CAMBRIDGESHIRE COMMEMORATES



Cambridgeshire has been commemorating the 70th anniversary of the end of World War II this summer with events and activities taking place across the county giving residents an opportunity to learn and reminisce about war time Britain. The Home Front: Cambridgeshire Commemorates the End of World War II, is being coordinated by Cambridgeshire County Council alongside Cambridge City Council, East Cambridgeshire, Fenland, Huntingdonshire and South Cambridgeshire District Council's. Find out more at

www.cambridgeshire.gov.uk/ww2

There will be an exhibition touring the county, displaying memories and images collected through projects run by the County Council, the Museum of Cambridge and Age UK Cambridgeshire. The exhibition will be displayed in museums and libraries across Cambridgeshire from September 2015 to February 2016.

VJ DAY

The British Legion members commemorated the 70th anniversary of VJ Day by placing special poppy wreaths on the War Memorial



Angela Young

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





HI Youth Noticeboard

All news, activities and events will be posted here.

Be first to find out about:

- The Youth Lounge opening for those aged 15
 19
- Basic First Aid Course
- · Basic Food Hygiene Course
- Teenage Self Defence Bootcamp

And a host of other projects and courses we are planning to offer during 2015/2016!

Like us to get the information you need



Youth Club

Twilight Youth Club will be from 4.00pm-5.15pm at The Community Room on The Recreation Ground.

This term time only club will have its first session on Monday 14th September.

Twilight Youth Club is open to all young people in years 7, 8 and 9.

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

For further information please contact: Andrea Cowley



Babysitting Course

Once again, we are offering young people aged 14 and over the oppor-

tunity to attend 'The Babysitting Course'.

This course is based on the "Looking After Other People's Children" course which has been run in the past but has now recently been decommissioned by The British Red Cross.

The Babysitting Course will run with the same format and have the same content and at the end of the course participants will receive a Certificate of Attendance and their Basic First Aid Certificate.

.....continued in column 3



Mrs Cowley

As you may have heard our Youth Worker Andrea got married on 11th July. Her new name is Andrea Cowley and she will be using this from now on!



Contact details remain unchanged and are: youth.worker@hisimp.net or



(mob): 0789 990 4959.

Crafternoon

Thank you to everyone who visited our Crafternoon stall at The Feast in July. We raised £280 for EACH and couldn't have done it without your support. The young people worked very hard to produce the crafts and enjoyed serving everyone at our stall.



Crafternoon will recommence in September with our first meeting on Wednesday 16th September from 3.45 in The Ideal Base at IVC. If you'd like further information please contact Andrea Cowley – details above.

Put your Mind at Rest

FREE - 6 week Yoga and Mindfulness course for teens and pre-teens

Anyone can do yoga, you don't have to be flexible, you don't have to be strong, you don't have to be sporty (but if you are it will help increase flexibility and reduce the risk of injury) – come along to a class and find out for yourself

It's not just for girls! There are now many males in the public eye who do yoga – e.g. Ryan Giggs, Andy Murray and the England Rugby team.

The 6 week course will cover basic postures for strength and flexibility, relaxation and mindfulness practices for concentration and de-stressing. All delivered in a fun, safe and welcoming environment!

Benefits of yoga and mindfulness include:

- · Reducing tension, stress and anxiety
- Improving motivation
- · Raising self-esteem
- Developing focus, clarity and concentration
- · Developing strength, flexibility and stamina
- Promotes social, mental and emotional health

Come and take some time to just

RELAX & BE YOURSELF

Without any pressure.....

Starting in September 5.30pm to 6.30pm Mondays at The Community Room, Histon & Impington Recreation Ground.

For further information or to book please contact: Pauline on 07985 947328 or email <u>paulineyoga@googlemail.com</u>

To find out more about Teen Yoga visit: www.teenyogafoundation.com

.....Babysitting course continued.

September 2015

The course will hugely benefit young people who desire to be a safe and prepared babysitter.

For all details about this course and access to the booking form please visit: http://www.hisimp.net/wp/wp-content/

http://www.hisimp.net/wp/wp-content/ uploads/2013/10/Advert-babysitting-Sept-2015.pdf

If you require further information, please contact Andrea Cowley on 0789 990 4959.



Mamma Mia!

On the 4th September, the Friends of the Rec put together a charming open-air cinema screening of the much-loved Abba musical Mamma Mia! And, despite grey clouds looming and the initial threats of a power-outage, the evening was an admirable success.

On a dry but unseasonably cool evening,140 enjoyed the large screen showing of the familiar favourite with some joining the songs.

All proceeds were in aid of the Friends of the Rec's goal to assist and improve sports, leisure and community facilities on Histon and Impington Recreation Ground and with tickets costing no more than £5 per head, the Recreation Ground Film Night was certainly a cheap and very cheerful way to kick off the weekend

The Friends of the Rec organise several fund-raising events throughout the year and have done so since the charity was first founded in 2003 with continuous success. In fact, in the charity's first half-decade saw them raising over £50,000 and opening the new Recreation Ground Centre and sports courts in 2006, which have since been well loved and well used by our local community.

Nights like Friday's screening of Mamma Mia! help to keep our Rec Centre and grounds running smoothly and efficiently for everyone, and when there's a bar, an ice cream stand and burgers & chips available, as well as ample seating for all, whether or not to come along and support the cause was really not a difficult decision!

To keep abreast of more fun events, activities and achievements from the Friends of the Rec charity check out their website www.hisimpfotr.co.uk.

The picture shows some of the audience. Nominations for next year's film can be sent to Neil Davies.

Melissa Ward

COME AND PLAY!

The Hard Court at the Recreation Ground has recently been refurbished ready for the winter season for tennis and netball and is looking good.



Repairs to the Multi Use Games Area, used for 5-a-side football, tennis and hockey, are to follow.

To book either court ring 01223 232423 or mail rec.clerk@hisimp.net

An availability calendars are at:
www.hisimprec.co.uk/hard-court/ and
www.hisimprec.co.uk/multi-use-games-area/

Lynda Marsh

WOULD YOU LIKE TO USE THIS SPACE?

If you've got something to share that you think the Histon & Impington community would be interested in, please contact the editor hi-news.editor@hisimp.net

The next issue will be due out in December, so anything for consideration should be with the editor by the end of November.

HISTON OBSTACLE COURSE

Are you the cause of it?

Electric mobility scooters are a boon to the elderly in particular. That's if they can overcome the Histon obstacle course. Bikes chained to lamp posts, cars and delivery lorries half parked on the pavement, and monster push chairs located outside shops, all create difficulties for mobility scooter users.

One of our readers who suffers from Parkinson's disease has highlighted the problem recently. He writes: "I cannot go into Histon to shop or for other purposes without using my mobility scooter. I have problems with cycles left on the footpath at the junction of Kingsway and Narrow Lane, outside the Chop Shop, and I cannot get through. The manager at the butchers is aware and is very cooperative. However, customers do not like to be called out of the shop to move their bicycles.

"Similarly, bicycles are sometimes parked against the wall opposite the pelican crossing near where the Nat West Bank used to be. As a result I cannot get to the crossing when I am coming from the direction of the Boot public house. Often, I have to get off my scooter to go into the shops to find the owner of the bicycle."

Cars parked across the footpaths and not leaving enough room to get past are a common problem, as are lorries or trucks making deliveries to the shops and pubs.

It all needs a bit of forethought and consideration. I've even noticed cars parked on the pavement near Windmill Grange, meaning that pedestrians have to go out into the road to get past.

Could everyone, including shopkeepers, pub owners, bike owners, you and me, make sure that the pavements are kept clear, not just for mobility scooter owners but also mums with push chairs and even other pedestrians. Many thanks.

Bernard Stewart-Deane



HIDDEN GEMS

It's common knowledge that if you live in Histon & Impington, you need not go far if you need anything. As many proud community members have commented - there's very little real reason to venture outside of the area as Histon & Impington is so well serviced with local pubs, food outlets and businesses. But we're willing to bet that you may have missed a few things that are readily available to those who scratch under the surface...

Did you know that Les Wards, the village greengrocers, offer customisable baskets of fruit, or vegetables, or even both, delivered straight to your front door? The ever-friendly

staff at Les Wards are happy to oblige individual customers' needs, all you need to do is let them know



what you would like and when.

Did you also know that along with your Sunday roasting joint, you can pick up freshly



cooked sausage rolls from the butchers? The Chop Shop, everyone's favourite Histon butchers, also offers branded tote bags, mugs and pint glasses

to its customers (see our article on the Chop Shop and Mark Andrews on page 12).

Many people don't realise that a Post Office isn't just for handling your mail. At the High



Street Post Office you can service your current account with select banks, purchase National Express rail tickets and have high quality photographs printed - the perfect place to have your passport photo printed, before getting it checked and sent off for

you. Also, perhaps surprisingly, the Post Office contains a haberdashery.

Pop in to Daisy Chain if you're needing something with an individual touch: many gifts and goodies can



be personalised for you, making for perfect pressies and caring cards. There's even a small range of Histon & Impington themed products available from time to time - take a look at Daisy Chain's Facebook page and you'll see something special coming up this

Feeling foodie? You can feel free to spice up your evening's menu with some bits

Christmas!



and bobs from The Geographer, where you can pick up ingredients herbs and spices inspired by recipes and traditions from all over the world, sourced locally where

possible.

You could find what you're craving at Barkers Bakery, which offers an incredibly wide range of baked goods, as well as speciality cakes



for weddings or parties, expertly crafted by their experienced team.

Want something a bit more out of the routine? Every third Saturday in the month, the Farmers' Fayre sets up shop at Impington Village College. Here you will find the very freshest local produce and tips on where to keep getting the very best, locally sourced ingredients for your cooking. The Histon Country Market is held every Friday morning at Histon Methodist Church Hall where you'll be able to find more local produce, along with home baking, thoughtful crafts and plants produced for sale by local people.

There are simply too many fantastic services and produce available to us to list down in one article: Histon & Impington is packed with secrets and ideas from independent businesses that make residents' lives simpler and, in some cases, a lot more fun! You can find information on many Histon & Impington shops, cafes and businesses by searching for them on Facebook. The Chop Shop, Daisy Chain and Les Wards all keep their followers up to date with discounts and deals - and some mood-lifting jokes - via their Facebook pages, where all are welcome to join the conversation and comment.

Melissa Ward

Is your business a hidden gem that the community ought to know about? Mail the editor hi-news.editor@hisimp.net by the end of November for the next issue

INTERVIEW WITH SOPHIE FLETCHER



Sophie, we hear you have been nominated in the local Cambridge awards?

I am a singer-songwriter and poet from Cambridge. Some of my poetry has been published both online and in print by various poetry magazines.

Last month I was nominated for Best Solo Female Artist for the Cambridge New Music Generator (NMG) Awards. There will be an audience vote as well as a panel of judges made up of broadcasters, promoters and figures who all support live music from local artists around East Anglia. Public voting will open on 3rd of October. The awards ceremony will take place on 16th of October.

Did you attend school locally?

I live in Impington and I went to IVC for both secondary school and sixth-form. I'm 23 years old.

What are your musical influences?

My main inspirations are Jeff Buckley, PJ Harvey, Tori Amos, Patti Smith, and Kate Bush, although it would be wrong to write off most other musical talents I have previously loved or disliked. My appreciation for these musicians inspired me to first pick up an instrument and I'm now self-taught on both piano and guitar.

What does the future hold for you?

Currently I am working on two concept albums, one of which is strongly influenced by my childhood visits to Poland to see the Polish half of my family. My first album will feature my songs Dzieciństwo (Childhood) and The Flowers, which you can listen to on my Soundcloud account:

soundcloud.com/sophie-c-fletcher

Angela Young

HISTON CHOPSHOP BUTCHER WITH (RIGHT) ATTITUDE

For about 100 years there has been a butcher's shop at the top of Windmill Lane on the junction with Narrow Lane. Surely, though, none of the previous butchers could possibly match up to the engaging personality of the present operator Mark Andrews.

Histon born and bred, Mark has been working at 1 Narrow Lane for 15 years.

He started part-time at age 14, doing what he describes as "butcher boy duties cleaning, delivering and general dogsbody." When he left IVC he was taken on fulltime by the then owner, David Robinson.

Over time Mark learnt his trade and acquired an armful of certificates and qualifications in butchery. In November 2012 he took over the business and launched the revamped Histon Chop Shop. His associate Matt Ware is the sausage specialist, and Dan West has now started fulltime.

To get a flavour of what's on offer, sign up to the shop's Facebook page (www.facebook.com/HistonChopShop). The site has some 760 followers! Which is testimony to the ethos of the business. There's a lot of tongue-in-the-cheek humour mingled among the treats on offer. And Mark even offers a Chop Shop T-shirt with the following online message: "Need to freshen up your wardrobe? Lacking street cred? Still boycotting Dolce & Gabbana? The Histon Chop Shop T-shirt will give you that extra confidence whether walking the beaches of Rio de Janeiro, gracing the red carpet at Cannes film festival or picking up your dog poo (this will keep the HI People members happy) on the mean streets of Histon."

And what is on offer meat-wise? Mark sources all his products within the region. Riverside Beef who specialise in producing the finest quality British beef in harmony with nature. Their beef cattle spend their summers grazing the riverside pastures and water meadows of Cambridgeshire, Norfolk and Suffolk.

Rollins Farm, a family run business located on the outskirts of Somersham, nurturing one of the few remaining pig herds in the area.

Poultry comes from Woodbridge-based Diaper Poultry which produces the "Sutton Hoo" free range chicken and more recently, the "Sutton Hoo" organic free range chicken. And there are many more.

Other produce includes South African styled

Biltong produced in Royston; juice pressed from Chivers apples; chutneys; curry sauces; b-b-q packs; and exotic meats - including bison, buffalo, camel, crocodile...and many others.

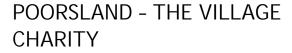
But what must not be left off the list is Mark's amazing range of sausages. There are wild boar and apple; lamb, garlic and rosemary; honey and ginger flavoured; caramelised onion; and pork, apple and sage. For those with a more bizarre palate, however, there is the widely popular Marmite flavoured version.

What does Mark think makes Histon Chop Shop so popular?

The quality of products - locally sourced meat of the highest quality; friendly and personal service; the widely varied opening hours; knowing the customers; and responding to what they want; and, clearly, a sense of humour. You won't get these at Waitrose or any of the other supermarkets.

So, chop, chop, and get up to Histon Chop Shop!

Bernard Stewart-Deane



The Poorsland Charity was set up originally to assist 'the settled resident poor in the parish of Histon, with a preference to widows and those having the largest families' but has since then been expanded to helping those in need in both Histon and Impington. The original bequest was the land of the allotments on Cottenham Road. Another significant bequest, from Mrs Esme Bumstead's estate, enables assistance to be provided from both the allotment rents and the returns on an investment fund.

The Charity is managed by six trustees: three from the church and three nominated by the Parish Council. The Chair is Rev James Blandford-Baker and the hon secretary is Mrs Julie Jocelyn, who can be contacted by letter at 'Timbers', 16 Villa Place, Impington, Cambridgeshire CB24 9PR or tel 01223 232241, or email marcamb@live.co.uk.

Support is given to nominated elderly each February, individuals in crisis and also to groups providing services to the needy. The process for applying is "form free" and all information provided (and the provision of support to individuals) is strictly confidential.

GREEN BIN COLLECTION CHANGES THIS WINTER



South
Cambridgeshire

Don't forget, green bin collections change to monthly during winter when far less garden waste is put out for collection.

Monthly collections will start at the end of November and will return to fortnightly in March for the rest of the year.

Collection dates can be found on page 24 of the autumn South Cambs Magazine or online at www.scambs.gov.uk/bins-by-parish

For more information visit is.gd/d2UcmP

GAS SAFETY WEEK -OCTOBER



The 14-20 October is <u>Gas Safety</u> <u>Week</u>. The aim is to raise awareness of gas safety in the home.

It's important that you have your gas appliances safety checked every year and serviced regularly. Unsafe gas appliances put you at risk of carbon monoxide poisoning, gas leaks, fires and explosions.

Always use a Gas Safe registered engineer - ask for their ID card and check it. Find out if they are registered at

www.gassaferegister.co.uk

Council & Committee Meetings

See website for details: www.hisimp.net

Full Council - Recreation Centre from 7 p.m. Monday 21st September, 19th October, 16th November 2015

Planning - Parish Office 7.30 p.m. - Tuesday 22nd September, 13th October, 27th October, 10th November, 24th November, 15th December 2015

Highways - Parish Office 7.30 p.m. -Thursday 8th October, 26th November 2015

Finance, Legal & Administration - Parish Office 7.30 p.m. - Monday 12th October, 14th December 2015

Environment - Parish Office 7.30 p.m. - Tuesday 6th October, 8th December 2015

Recreation - Recreation Centre, 7.30 p.m. - Monday 23rd November 2015

Youth - Parish Office 7.30 p.m. -Monday 28th September 2015

Residents are welcome to attend all Council meetings.

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