

The Newsletter of Histon & Impington Parish Council

 Issue 24 - September 2018 

Neighbourhood Plan

Our Neighbourhood Plan will go out for consultation 1 October. This consultation is the last chance for residents and others to make an input: to challenge, to correct errors and to address omissions. At the end of this six week consultation, the Neighbourhood Plan team will consider all the responses it has received and make amendments to the plan as considered appropriate.

The plan which will be published for the consultation, version 2.0, is substantially the one which we published earlier this year but, building on an excellent critique from South Cambs and using expert support from Modicum Planning, we have tidied it up.

Some policies have been dropped, most notably those related to retail units, affordable housing and exception sites. These were just about identical to similar policies in South Cambs' Local Plan so are unnecessary.

We have expanded the policies relating to public open spaces and have added an additional policy relating to walking and cycle routes.

There will be lots of information forthcoming about the consultation and you will be able to respond online, by email or simply by writing in. Following this consultation, another new version (3.0) will be sent to South Cambs and then to 'the Inspector'. If all goes well, we should be able to bring the plan to the community for a final vote to approve it in the second quarter of 2019.

There's more information about the plan at www.hiplan.net.

David Jenkins



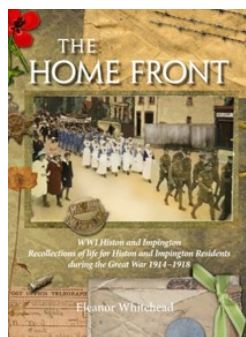
End of World War One Centennial Commemorations

On the 11 November 1918, the Armistice was signed with Germany, bringing to an end a conflict in which an estimated 8 million civilians and 25 million servicemen died.

During November 2018, a number of commemorative events will be taking place.

Look out for the **memorial banners** created by IVC students marking the roads where local veterans lived. Of the 392 who served, 39 did not return. If you would like to volunteer to help with erecting these, please contact Dan Mace danrmace@gmail.com

If you wish to sponsor one of the 392 poppies made by the Women's Institute, one for each veteran, to be displayed on Memorial Green, Station Rd. during November, you will be able to do so at Daisy Chain and the Histon Library during October 2018. Funds raised will be shared between the Royal Anglian Benevolent Fund and the Combat Stress charity.



As a tribute to our community who lived through the conflict, the Village Society will be publishing a book illustrating the life of residents during 1914-18. Priced at £9.99, copies of **WWI H&I Home Front** can be ordered in advance

from Joyce Horkley 01223 232744. Look out for order forms at the library.

In addition, on the evenings of 9 and 10 November, the Society will present **WWI Voices** - an illustrated account of the



Poppies made in memory of the local residents who served.

true-life experiences of local veterans compiled from period letters, newspaper articles, music and veteran recordings made in 1980. Venue: 7.30 pm St Andrew's Centre, School Hill. Ticket purchase: £4 from Joyce Horkley 01223 232744 and Church Office, School Hill.

Finally, on Sunday 11 November at 9.00am, an updated **Roll of Honour** will be dedicated during the morning service at St Andrew's Church, Histon. It will be followed by the traditional **Remembrance Service** on Memorial Green starting at 10.45am, led by the RBL Chaplain, The Reverend Canon James Blandford-Baker.

Eleanor Whitehead

Our Bus Service to Ely

It seems many residents are unaware of a bus service in our village that takes passengers to Ely.

On Thursdays and Saturdays, the 110 service starts from Highfield Road bus stop at 9.30am, to IVC at 9.35am and at School Hill by 9.41am. The bus returns from Ely at 1.15pm from the bus stop just along from the Hereward Pub in Market Street. This gives nearly three hours in Ely with its sights (Cathedral, river and more), walks, places to eat, many shops and an open market.



This is a County Council subsidised service: if we do not use it, we will lose it!

Brian Ing



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

Deputy Clerk: Chelsea O'Brien
deputy.clerk@hisimp.net

Telephone: 235906

Office Manager: Lynda Marsh
office@hisimp.net

Telephone: 232423

Groundsman: Steve Campin
groundsman@hisimp.net

Parish Councillors

Chairman

Andy Butcher - Nuns Orchard 513494
andy.butcher@hisimp.net

Vice Chairman

Elaine Farrell - New School Road 572002

Aga Cahn - Hereward Close 232186

Steve Carrington - Nuns Orchard 07802 443859

Marian Cleaver - High Street 232897

Neil Davies - Dwyer Joyce Close 232514

Walter Davey - Park Avenue 234210

David Jenkins - Pease Way 07739 758859

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Brian Ing - Woodcock Close 234291

Simon Jocelyn - Villa Place 232241

David Legge - Villa Road 233565

Geoff Moore - Mill Lane 235758

Pene Nudds - Clay Close Lane 237155

Denis Payne - Impington Lane 233577

Marcus Romer - Station Road 07774 922118

Oliver Sellen - Hereward Close 07751 016437

Edd Stonham - Normanton Way 564534

Josephine Teague - Milton Road 235127

County Councillors:

David Jenkins - Pease Way 236232

District Councillors:

Pippa Heylings - Burrough Field 07837 228416

Martin Cahn - Hereward Close 07826 748407

Stephen Hunt - Park Lane 455180

Parish Councillor mail addresses are
name.surname@hisimp.net, or can be found at
www.hisimp.net

Council Surgery Dates

The Parish Council

remains keen to

engage with

residents wherever

possible, and has

started holding

regular surgeries

where you can meet

your Councillors and have an informal chat

about any issues of concern, or ideas you

have for improvements in the villages.

We held the first of these on 26 July in

conjunction with the Cambridgeshire



Constabulary who were on hand to highlight security improvements to help improve home security, and to

give a really interesting crime prevention talk. Attendees were also brought up-to-date with

common

scams and

fraud

attempts

and were

provided

with some

useful

items,

including contactless card protection wallets

and door stickers, and other items for sale at

cost price, including timer units.



The next Council surgery is due to be held

Thursday 22 November, and the Council will

again look to tie this in with another local

interest group. Look out for details on our

website and notice boards!

We would love to see you there next time.

"I would like to express my sincere thanks to you and your team for the fantastic work you do to produce the interesting and informative HisImp News. The newsletter is of great value to the community. It helps to ensure that we are aware of the great work that the Parish Council and community organisations do with and on behalf of our community and the wealth of opportunities that there are to get involved in community activities. I, and I'm sure many others, very much appreciate it."

A Resident



www.hisimp.net

THE EIGHTH BONFIRE BURN 10K

SUNDAY 4TH NOV 2018

START (10:30AM) & FINISH AT HISTON & IMPINGTON RECREATION GROUND CB24 9LU

MALE/FEMALE AGE 14 UPWARDS

£15 ENTRY FEE (U18 £6) REGISTER FROM JUNE 1ST AT WWW.BONFIREBURN10K.CO.UK

REFRESHMENTS, TOILETS, CAR PARKING, CHIP TIMING, MULTI-TERRAIN COURSE

AN EVENT ORGANISED BY - THE FRIENDS OF HISTON AND IMPINGTON RECREATION

Ofo Update

Since the last issue of HisImp News, Ofo have changed their hiring scheme. The yellow bikes can still only be hired in the defined zone (see map below) but now there is a £10 fine if the bike is off hired outside this zone.

This will hopefully reduce the number of bikes left in the villages BUT they will be reducing the frequency of collection.

If you have concerns over a bike not being collected,

badly

parked or

being

abused, you

can still

phone them

on 0808 101

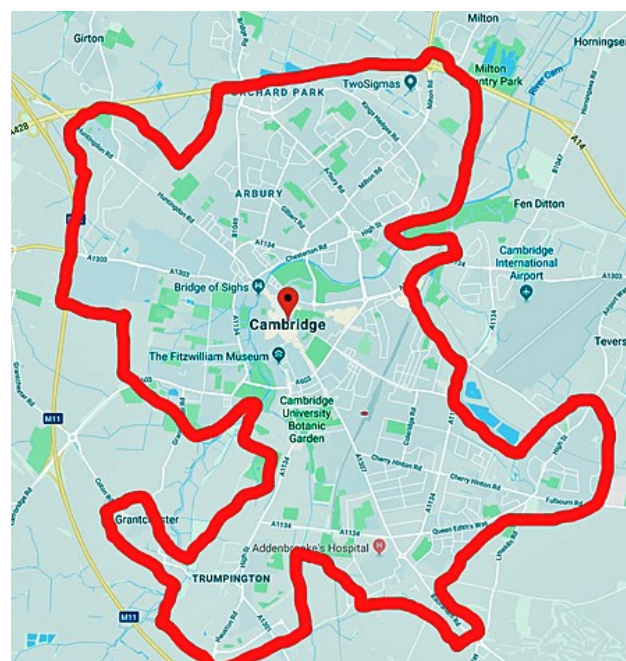
7141, email

on cs_uk@ofo.com, or by Twitter

at twitter.com/ofosupport



OFO users can also report via the OFO app.

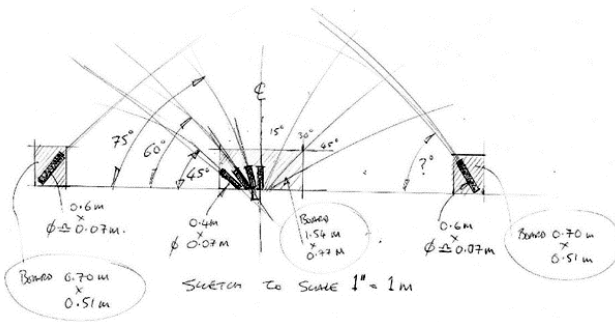


Histon & Impington Fireworks Extravaganza

Saturday 3 November, on the playing fields at IVC, gates open 6pm.

You may not know but the display is planned and hand fired by local volunteers. The layout and running order of the show is designed by the volunteer firers.

Over the years, we have created special items including the HisImp Arch and the big 'Button' which is pressed by a representative from each of the three schools to start the show .



Concept sketch for the HisImp Arch



The HisImp Arch in action (photo-Barry Starling)

If you want to be part of the team we're always happy to welcome new firers.

The event relies on a huge number of volunteers, first aiders, marshals, ticket sellers, food sellers, car parkers, novelty sellers, MCs, litter pickers and clearer-uppers. We're lucky in the village that so many people are willing to step up and do this. Please do volunteer if you can....you'll enjoy yourself.

We'd also like to thank our sponsors. At the time of writing, it is still early in the planning season, but we're delighted that Redmayne, Arnold & Harris are again lead sponsors, and that Panther Taxis, The Red Lion, Cambridge Day Nursery and Cambridge Stove Installations are also sponsoring the event.

Tickets will be available through the schools and local shops in October. All money raised from the event goes to local good causes. Most of the funds go to our village schools with smaller donations going to organisations that help such as the Scouts, ATC, Choir 2000 and the Royal British Legion. Thousands have been raised over the years.

Dan Mace

Histon and Impington Public Art Project

THEORIES OF HOME



Design a Jelly workshop

'Theories of Home; two parishes, one village, we are Histon and Impington'

Research is an important and fascinating part of a public art project. Looking through the archive materials held by Eleanor Whitehead, the number of recipes for jellies and jelly related memorabilia shows how important jelly was as part of the Chivers output. Having started talking about jellies, we've found many local residents who remember working on the jelly floor in the Chivers factory and there are tales of jellies being sold from the back door of local homes. Along with intriguing references to whipped and milk jelly and unusual flavour combinations, we found some beautiful shapes in the moulds.

Artist Charlotte Howarth ran a number of workshops during July and August, on the theme of jelly. As well as being a lot of fun, there were some great ideas for new jelly moulds and flavour combinations.

There was much sketching and modelling in clay, followed by tasting jellies. The favourites were rhubarb and ginger, and blackberry. The vegan jelly was less successful; they don't wobble in the same way! In addition, Jean Newman and Jane Ackroyd kindly brought in their collection of jelly moulds and Helena Perry brought in her original Chivers aluminium moulds.

What is your favourite flavour? We would like to collect recipes for jellies. Do you make a jelly using fruit juices? Do you have a good vegan recipe you could share with us? Did your family used to make rabbit-shaped jellies in the 1970's?

We also found references to sweets sold at the Histon Feast - "hot rocks" and "hanky panky's". Do you have a traditional family sweet recipe? We'd love to hear from you.

Charlotte will be running another series of 'design and make' workshops at the School Hill pop-up shop to create new jelly moulds. Would you like to take part?

Here is the programme: 4 workshops Wednesdays 7- 9pm; October 10, 17, 24, and 31. The workshops form a series; you would need to be able to attend all four.

Session 1 - design a jelly

Session 2 - make a full-size jelly model in clay for casting

Session 3 - make a full-size jelly model, perhaps carved in another material

Session 4 - jelly tasting

Thanks are due to Histon & Impington Parish Council to enable this project to take place.

You can get in touch via the Facebook page 'Theories of Home', or you can email alison@alisonturnbull.co.uk

Alternatively, if you have a recipe or story to share, you can pop into the florists near the library. Lucy will pass on your recipe, or if you have a story to tell us, you can tell her the best way for us to contact you.

Alison Turnbull

Histon & Impington Archaeology Group - Coin Find in Histon!

Below is a photo of a Roman coin which is a chance find at Beck Brook on the Gatehouse Allotments by HIAG member Ken Smith .



Adrian Popescu at the Fitzwilliam has kindly confirmed the ID.

This one is interesting because when it was minted c268 AD in Rome, Britannia was part of the breakaway Gallic Roman Empire that functioned as a de facto separate state from 260 to 274. It continued under a number of emperors and usurpers and was only retaken by Aurelian, the successor of Claudius II, after the Battle of Châlons in 276.

How the coin ended up on Ken's allotment 1750 years after it was minted in Rome is interesting to speculate. However, there is strong evidence from the CAFG field walking on nearby Home Field in 1987-91 that there was a Roman settlement in the vicinity.

If you are interested in the work of HIAG visit hiarchaeology.wordpress.com/ to learn more.

Rob Noble

Village Adoption Scheme

The Village-wide Road Adoption Scheme is growing with some 98% of the village roads being adopted by residents and organisations who want to make a difference in our neighbourhood. The Brownies, Scouts, Histon Woodcraft, Pioneer Youth Group and Women’s Institute, together with our schools, all play a part in keeping the village tidy and report any concerns, such as potholes, poor path surfaces, blocked road gullies, condition of their road nameplates, fly posting, fly tipping and overhanging vegetation over paths.



Sadly, two commercial Companies on the Vision Park, namely The Royal Bank of Scotland and Paysafe have had to cease helping for different reasons, and we thank them for their involvement over recent years. The good news is that another Company on Vision Park, UL, have asked to join the scheme and will provide up to ten volunteers to litter pick the section of the Guided Bus Way Cycle path and verges that run through our villages.

UL helps its clients to navigate market risk and complexity. They aim to build trust in the safety, security and sustainability of products, organisations and supply chains - for smarter choices and better lives. UL is a premier global independent safety science company, helping more than 2,000 organisations to protect the well-being of workers, mitigate risk, improve productivity and compliance through its PURE™ software.

A company spokesman from their Histon office says : “We are delighted to be able to help put something back into the community where we are based, through the Village Adoption Scheme”.

If you would like to become involved with our 'Adoption Scheme' or the quarterly 'Big Tidy Up', please contact me at cedric.jl.foster1944@btinternet.com or by telephone on 01223 234156 or 07938 666200.

Cedric Foster

A14: The beat goes on

There doesn’t seem to have been any let-up since the Highways Agency’s chainsaws and bulldozers moved in early this year. Thankfully, they’ve stopped cutting down trees but there’s been continuing work on the A14 itself. Much of this has been at night and, as a result, many people have been losing sleep. There have also been the road closures with diverted trucks ignoring the official guidance and driving through our villages.

It doesn’t seem fair because the A14 Integrated Delivery Team (IDT) is supposed to operate in accordance with strict standards which are agreed with South Cambs and captured in a Section 61 agreement. The problem is, this agreement is not yet in place and although the IDT says it’s operating according to best practice standards, there’s much frustration locally.

Since the early days, there’s been an active A14 action group which meets regularly and embraces both Histon & Impington and Orchard Park. This has spawned a number of working teams to address air pollution, noise and reinstatement of vegetation, along with operational matters. There’s also an IDT liaison group which meets monthly (or so) and brings together our community, South Cambs and the IDT.

There seems to be a willingness to work together but you always sense that there’s an overwhelming agenda of ‘build the road on time and on budget’ and we are just fighting for fair treatment for our community.

The works will come to an end in 2020. At that time, we are confident that we will see new trees etc. in place. We are also fighting for better noise barriers, including some change to the reflective ones alongside Orchard Park, and a range of measures to mitigate air pollution.

We are well served by local people with relevant expertise to take on the IDT, but we can always benefit with the support of others. If you want to get involved please contact David Jenkins (ccc@davidjenkins.org.uk) or Pippa Heylings (cllr.heylings@scambs.gov.uk)

David Jenkins

IVC New Curriculum

Students at IVC are enjoying the launch of their new curriculum this September, which is unique and innovative, and designed to provide students with amazing experiences beyond their academic qualifications.



Impington is proud to be one of just 68 state schools in the UK with IB World School status, and the new curriculum utilises the very best elements of the IB programmes. Students enjoy lessons in new subjects such as Approaches to Learning and Individuals & Societies, designed to help students develop the skills they need both to be effective learners and to become caring, compassionate and responsible global citizens.

Students are most excited about iCAS, a new enrichment programme, timetabled on a Wednesday afternoon. Impington Creativity, Activity and Service gives students the chance to participate in over sixty activities from pottery to Portuguese, Aikido to Anglo Saxon and also to undertake a volunteering placement or support a local charity. For more details on the new curriculum, please contact Victoria Hearn, Vice Principal vhearn@ivc.tmet.org.uk

Victoria Hearn, Vice Principal

Feast Highlights 2018



Overgrown Vegetation

If your property is next to a public path, please look at it from that side to see if it needs attention. People on mobility scooters, children on scooters or in pushchairs and those with poor eyesight are vulnerable.

Over the years, boundary hedges can spread outwards and, although trimmed and maintained, may still impede people using paths. Please cut back hedges to the original path line and ensure overhanging vegetation or trees from your property do not obscure lamp columns or street signs.

Between now and the end of February is a good time to carry out any maintenance work, before the nesting season starts.



Histon & Impington Village Society

Autumn Meeting Dates:

September 25 - Tony Kirby. Transport in Cambridge since 1900s

October 30 - Tamsin Wimshurst. Proctors, Bulldogs, Constables and Councillors

November 27 - Mike Hurst. Old Time Christmas: a history of Christmas traditions with particular reference to the 1940s, 1950s and 1960s

Visitors welcome £3 per person. Venue: Impington Village College, Brackenbury Room, 7.30pm

For more information please contact the secretary 01223 513016



A Communication ‘Hub’ for the Village

A group of residents has got together to take a fresh look at the way people in Histon and Impington find out what’s on, what’s happening, and what’s new in the villages.

The whole community can now make suggestions on how village communications could be improved via an online survey at www.surveymonkey.co.uk/r/Hlcomms.

The idea being explored is for a village website that will feed a weekly email round-up (and possibly an app) sharing news, information and opportunities of interest to local residents and businesses.

Importantly, this would be a complement to, and NOT a replacement of, any of the communications already serving the village, such as the Network Year Book, Facebook groups and HisImp News. It is envisaged that the online ‘hub’ could include:

- A village news service, including parish council announcements and consultations
- Features about village life and people
- ‘What’s On’ details with an events calendar
- Advertising of village-based jobs
- Advertising for volunteers and helpers
- Listings of community organisations, clubs, societies and facilities
- Listings and advertising for local traders

The questionnaire is online now at www.surveymonkey.co.uk/r/Hlcomms so do have your say!

Liz Hill

Rec News

New outdoor table tennis table for Recreation Ground coming soon!

The sight of outdoor table tennis tables is becoming increasingly common in recreational parks and we have for quite a long time wanted to provide a table on the village Recreation Ground.



The Friends of Histon & Impington Recreation have been successful in securing a grant award of £1,100 from the Mick George Sports Fund in partnership with Living Sport.

Over the next couple of months, the provision and installation of the outdoor table will progress.

The Friends of the Rec do organise a weekly activity called Histon & Impington Table Tennis, held on Sunday evenings 5 - 6.30pm. This starts on Sunday 7 October and players of all ages and abilities are welcome to attend. For more information call Neil Davies 01223 232514 or email neilsdavies12@gmail.com

Installation of water fountain

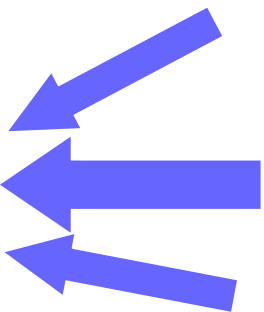
The Council has taken delivery of a dual purpose water and drinking fountain to site on the recreation ground. Visitors and users will be able to fill bottles hygienically and drink from the fountain. Just our bit to help save on plastic waste.



We hope to have it in place very soon!

A new pump information board was erected earlier in the Summer. The board was the inspiration of Alan Eade and local resident Ian Levitt, who produced the oak board.

Come and have a look!



www.hisimp.net

GARDENER’S WORD



The Garden in Autumn

Well, that summer was a challenge, wasn’t it?

I hope nobody bothered to water the grass during the heatwave, as it really would have been a marathon. As you will have discovered by now, a parched lawn can revive very quickly when the rains come.

Surveying the damage to the rest of the garden, I conclude that some plants inevitably suffered from lack of moisture (look, I can’t be everywhere all the time) but more interestingly, some looked as if they had actually been cooked in mid air. Brown shrivelled leaves on the rudbeckia for instance, but it had another go in late August and sent up new shoots. The question ‘Is this plant dead?’ is hard to answer conclusively until late Spring, but roughly speaking, if it is an herbaceous perennial, you will know by now. If it is a shrub, cut out the brown leaved branches, and wait. If it is a whole tree, then live in hope that it is having an early night and shedding its leaves as a survival technique. If it is a conifer gone brown, then I am afraid the answer is ‘yes’.

After the drought - replacement planting

Choose plants with furry leaves, succulents like sedums or finely cut leaves. All resist losing water from their leaves. Here are some suggestions.



Shrubby salvias

Stachys lanata (lamb’s ears)

Perovskia (Russian sage)

Convolvulus cneorum

Artemisia (wormwood) ‘Powis Castle’ is a good one

Mediterranean herbs such as cotton lavender, marjoram, thyme Phlomis



I can almost hear the crickets.

Alice Jackson Steggles

HICOP Juicing

Apple Juicing at Histon and Impington Community Orchard

Saturday 29 September 10.30am to 1pm

This is an annual event at the Community Orchard where we turn apples into delicious juice. We will supply all the equipment but contributions of apples are always appreciated. Jobs on the day include cutting and crushing the apples and using the hand presses to extract the juice before it is bottled. If you wish to take juice home, then please bring some clean bottles. The event is free and everyone is welcome.



The orchard is located behind Somerset Road.
Simon Goddard

Mental Wellbeing Project

Earlier in the year a group of volunteers came forward expressing an interest in becoming involved in the work of the project. Over recent months, we have been working on how to advance the volunteer interest in a meaningful and supportive way, and we are now looking to launch a village ‘Befriender’ scheme early in 2019. The principle would be for the ‘Befrienders’ to work with our Mental Wellbeing worker Sefanit Inquai by

- Offering to befriend a local resident who may be going through a difficult time
- Supporting mental wellbeing coffee mornings or similar type events, recognising that not every volunteer will be comfortable in one-to-one situations or home visits
- Offering to befriend/support parents in groups or individually with a child or young person with wellbeing concerns

An open meeting for anyone interested in becoming involved is being held on **Tuesday 9 October at 8pm** in Histon & Impington Recreation Ground Community Room to talk about the ‘Befriender’ scheme and the training/support needed. The intention will then be to offer a training workshop with a mental wellbeing professional, probably on the afternoon of Saturday 24 November.

If you are interested, please do come on Tuesday 9 October and/or email Sefanit at sefanit.inquai@hicom.org.uk who will get back to you.

Neil Davies, (HICOM)

Histon & Impington Parish Council

Local lady stays stronger for longer with Strength and Balance class

After breaking a bone in her back two years ago, doing things that she loved like gardening were an uphill struggle for Margaret Smith, aged 74, who lives in Cambridgeshire.

But thanks to some simple strength and balance exercises, she is now able to do the things she enjoys again.

“When I first broke a bone in my back, a simple task like ironing was agony,” said Margaret. “I saw an advert in my Parish Magazine for strength and balance classes and thought I’d give them a go. As a result, I am now definitely stronger; even my husband has noticed how my confidence and mobility have much improved. I can do simple tasks again that I once took for granted and also do the things I enjoy like gardening. I would certainly encourage all older people to give the strength and balance exercises a go to make sure they are getting the most out of life and stay stronger for longer.”

Simple strength and balance exercises twice a week are proven to keep you stronger for longer so you can keep yourself independent and enjoying the great things in life, whether it’s playing with grandchildren, shopping, socialising with friends or gardening.

For success stories and more information on classes in the Histon and Impington area visit www.cambridgeshire.gov.uk/strongerforlonger

Matthew Hall

Village Scouts swim for Mental Wellbeing Project

Members of the Thursday 1st Histon Scout troop took part in various swimming sponsorship activities at the Jesus Green open air pool and raised over £450 for the Village Mental Wellbeing project. The Scouts presented Histon & Impington Community charity (HICOM) with a cheque for funds raised at their first meeting back after the Summer Holidays. The Mental Wellbeing project includes the work of the Village Mental Wellbeing worker Sefanit Inquai, who works in village schools two days a week helping children and young people who may be going through a difficult time.



www.hisimp.net

Histon Handmade

Contemporary design and craft fair

Saturday 24 November 2018 12-7pm, St Andrew’s Centre, Histon

Free Entry

Histon Handmade is holding its fourth event with an exceptional line-up of 23 leading local designers/makers.

Alongside jewellery from founder Claire Howieson (Oakington), the event will showcase prints and cards from Elizabeth Fraser (Histon), Sarah Vigliotti (Histon), David Mitchell, Katherine Farrell (AKA Mabel Fox Designs) and Alison Hullyer, ceramics by Daniela Stief (Impington), Sarah Went, Sarah Rooms Heaphy and Amanda MacPhail, baskets by Nadine Anderson, glass by Jutta Robinson and Sam Rogers, books from children’s illustrator Nicola Killen, textiles by Anna Osbourne, paintings and illustrations from Sue Smith (Histon) and Jo Clark, handmade hats by Sally Wilding (AKA Hedkase), metal clocks by Rebecca Stark, handmade books from Edel Hopkin, and jewellery by Abi Cochran and Alison Kramarchuk. There will also be some tasty treats on offer from Histon and Impington’s very own Geographer.

Popularity for this event continually grows and the last event attracted 1100 visitors. We have revised the layout for our next event to ease the flow of visitors around the exhibitors. It is also recommended to visit in the second half if you would prefer to avoid the crowds!

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

Contact: Claire Howieson

Tel: 07870 276088

Email: histonhandmade@hotmail.com

Claire Howieson

Use of Footpaths

Not all footpaths are for dual use; please be considerate to all users of our village footpath network, and help keep everyone safe!



Youth Zone

When: Mondays 3.45 – 5.15pm

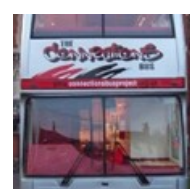
Where: The Community Room

Histon & Impington Recreation Ground.

Who: Young people in year groups 7-9

What: A safe environment alongside Youth Workers. Offering 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!



Connections Youth Bus

Visting Oakington every Monday 7-9pm on Queens Way Recreation Ground, including summer

holidays. Milton Youth Zone runs on a Tuesday night in The Youth Building situated behind Tesco from 6.30- 8pm. The bus visits Cottenham every Thursday from 7-9pm on Cottenham Recreation Ground.

The Babysitting Course

This is a 10-week programme training young people to become safe and confident babysitters.

Over 650 young people in Histon and Impington have completed this course over the past 10 years and we are keen to keep this number growing.



Our next course is scheduled to start on Tuesday 2nd October from 6 – 7.30 pm at IVC but is already full.

To register your interest for the next course,



Pictured above are the babysitters who graduated in June 2018. Our First Aid course is such fun and very 'hands-on' as you can see!

Yoga & Mindfulness for teens and pre-teens - £5 per term



Yoga and mindfulness can help you relax, focus, keep calm and have fun. They are great for helping you feel energised, improving health and balance, increasing strength and stamina. The classes include yoga postures, mindfulness and breathing exercises and relaxation. Learning techniques to use at home and/or in the classroom to help you focus, stay calm and most importantly relax.



Sessions are held from 5.30pm to 6.30pm on Mondays at The Community Room, Histon & Impington Recreation Ground. Why not come along to a class and find out for yourself?

For further information or to book please contact:

Pauline on 07985 947328 or

Email paulineyoga@gmail.com

HICOM 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

New Histon & Impington Village Older Peoples Services Coordinator

The present role holder Jean Newman is retiring in late Autumn and has been in this part-time post for seven years serving the our community wonderfully well.

Since the start of the initiative seven years ago there has been

- An increasing prevalence of those living with dementia
- A reduction in local government funding
- An increasing awareness of social isolation and mental health issues
- An increasing change in the take-up of technology within the older generation.

HICOM has reviewed the current co-ordinator role in the light of changing circumstances and the need for additional support so the concept of a HICOM Older Peoples Team has been established. This will consist of:

- Village Older Peoples Services Coordinator
- Transport Co-ordinator
- Village Mental Wellbeing worker (a HICOM role covering all ages)

- Village Dementia Support worker (a new HICOM role)

The Co-ordinator will work closely with existing service providers in the community to

- Support older people and carers with advice and information
- Reduce loneliness and isolation
- Improve take up of existing activities
- Support existing and encourage new initiatives
- Help older people to live as long as possible in their own home
- Increase volunteer base within community

Full information about the role is available at www.hicom.org.uk.

The Histon and Impington Community (HICOM) would like to thank 91-year-old Betty Searle who has been sewing cloth shopping bags and aprons for us to sell and help raise money for our minibus.

A big thank you to her!



Do you need help with your laptop, Ipad or phone?

HICOM working in partnership with IVC, drop in sessions for IT support.

Learn how to text, skype, shop online, order your repeat prescriptions and more

Where:

St Audrey's Close Community Room; St Andrews Café or Impington Village College, Carnegie Room where students will also be serving cakes, tea and coffee



When:

Every Wednesday afternoon: 2.30pm - 3.30pm

Starts: 12 September (not 24 October)

Bring your own devices, work with the same student each week until you gain confidence.



Histon & Impington Community
Supporting mobility, older people and mental wellbeing in our community



Have you got round to making or updating your Will?

Now's the time!

Local solicitors and Will writers are kindly donating their time to write or update a standard Will in return for a donation to Arthur Rank Hospice.

Make a Will to make sure those you care about most are provided for - it's easier than you think.

For more details, visit <http://www.arhc.org.uk/Makeawill.asp> or call 01223 675881 email lucy.day@arhc.org.uk

Registered Charity No. 1133354

Music Diary

For those interested in performing, **Choir 2000** is our very own community choir, open to all and without the need for audition. There are regular concerts and additional events such as the choral day and workshop, singing in care homes and carol singing.

The next concert is on 7 and 8 December at the Baptist Church, Histon and will include excerpts from Bach's Christmas Oratorio, Motets by Stanford and carols for all.

The choir will be joined by Ten Sing (7 December) and Chesterton Singers (8 December) and accompanied by the Choir 2000 Chamber Orchestra. A piece from choir member John Dawson's setting of Hiawatha will also be performed. For more details of this see www.choir2000.org.

Impington Music Society

The Society arranges concerts and recitals open to members (£20 per year) and non-members (£5 per concert, reduced to £1 for under 18s), covering a variety of instruments, voices and musical styles, performed by young musicians and established professionals. Concerts usually take place on Friday evenings in the Brackenbury Room, Impington Village College. Events this term:

October 12 7.30pm Hayley and Gordon Ogilvie (Piano duet)

November 3 7.30pm Mark Dennett and Bridget Griffin (Flamenco guitar and dance). For more details, email impingtonmusicsoc@gmail.com

Phil Whitehead

Diabetes Support Group

Histon & Impington Diabetes Support Group: A new peer-to-peer support group for pre- and type 2 diabetics and carers is starting up in the village. The next meeting will be held at 7pm Thursday 11 October at the Recreation Ground Community Room, Impington. Supported by Diabetes UK, we share our experiences with others in a relaxed and confidential atmosphere.

Around 5.6% of the population of the UK have been diagnosed with diabetes, of which 90% will have type 2. For the villages that would suggest around 570 (5.1%) have been diagnosed with T2, and a further 150 (1.4%) probably have T2 but haven't been diagnosed.

Diabetes UK Volunteer Coordinator for the Eastern Region David Robinson gave a talk at our first meeting in September on how peer-to-peer support groups work. Diabetes UK will also provide ongoing support to the group.

Meetings are on the second Thursday of the month with invited speakers. They are free to attend, thanks to the Parish Council generously funding the meeting space. You can also join the closed Facebook group HI Diabetes support group for links, discussion and more! More information from facilitator Mike Willis mike@familywillis.co.uk or 01223 232961 or just come along!

Mike Willis

Highways News

Highways Committee have had a couple of busy months completing projects which have been in the planning for sometime; resurfacing village footpaths; installation of cycle stands outside the Post Office and Co-Op and supporting the Village Speedwatch team by purchasing new equipment. This is part of a wider scheme to improve the footpath network, making it easier and safer to walk and cycle to village amenities.

Under the Local Highways Initiative Scheme, the Parish Council has applied for further footpaths to be allocated for improvements. The Committee will not learn if the application for funding is successful until early 2019.

We have an active Speedwatch Co-Ordinator who can regularly be seen out in the villages with a team of volunteers capturing data. The data will then be assessed by the Highways Committee to pick up any trends and areas of speeding.

If you would like to know more about Community Speedwatch email: deputy.clerk@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

Next newsletter deadline: 3 December, contact above with any ideas!

Dates for the Diary:

Stand up Comedy Night

6 October, 7.30pm

St Andrews Centre, Histon

Bringing you the best new and experienced comics on the comedy circuit right now!

£7 per person, advanced ticket purchase advised.

www.bigdealcomedy.co.uk



Fireworks at IVC

3 November, 6pm

Bonfire Burn

4 November, 10.30am

Histon & Impington Recreation Ground

Remembrance Sunday Service

11 November, 10.45am

War Memorial, Histon



Council & Committee Meetings

See website for details: www.hisimp.net

Full Council - Recreation Centre 7.30pm - Monday 15 October, 19 November

Planning - Parish Office 7.30pm - Tuesday 16 October, 6 November, 27 November, 18 December

Highways - Parish Office 7.30pm - Tuesday 13 November

Finance, Legal & Administration - Parish Office 7.30pm - Monday 22 October, 3 December

Environment - Parish Office 7.30pm - Tuesday 9 October, 4 December

Recreation - Recreation Centre, 7.30pm - Monday 26 November

Residents are welcome to attend all Council meetings

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

Meeting dates may be subject to change; please check our website calendar for any updates