

The Newsletter of Histon & Impington Parish Council ✓Issue 25 - December 2018

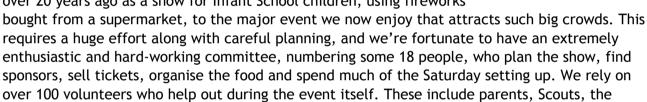
HISIMP NEWS.

Fireworks Extravaganza - We need your help!

A record-breaking 4500 people attended the Fireworks Extravaganza this year, which was kicked off by Jean Newman, our retiring Older People's Co-ordinator, who lit the beacon with great aplomb.

Although the main aim is to provide a spectacular display for the community to enjoy, the event also raises significant amounts of money for local schools and other organisations. We are delighted to be able to donate £1700 to each of the three school PTAs, as well as making smaller donations to Histon Scouts, Oakington Air Cadets, Choir 2000 and the Histon Royal British Legion Club.

The Extravaganza has changed a lot over the years, from lowly beginnings over 20 years ago as a show for Infant School children, using fireworks





Oakington Air Cadets and IVC Sixth Formers. These people man the ticket desks, sell novelties, serve teas, marshal the field, crowd and car-parking, and litter-pick afterwards. It's a phenomenal effort and the growth and success are due in no small part to the fact that our community works together to support it.

As part of our planning process, significant thought and preparation go into risk assessment and emergency procedures. The number of volunteers and marshals needs to increase in order to ensure the continued comfort and safety of everyone attending the show.

The committee is keen to put on a show again next year, but to do so we will need more help. In particular, we need a greater number of committed adult volunteer marshals who will be involved earlier in the process. We'll be having a stall at the Feast - come and talk to us to find out more about what we need and how to help. We'll make a final decision about the 2019 Extravaganza at our AGM, which takes place just after Feast Week. With your help, we hope to come back with an even better show next year!

Finally, a word about our sponsors and supporters. These are our lead sponsor Redmayne, Arnold and Harris and other sponsors Panther Taxi, Daisy Chain, Limetree Financial, Brookfield Groundcare, The Red Lion Histon, Cambridge Day Nursery, and Cambridge Stove Installations. We are also very grateful to Enterprise who provide two vans, Precedence Technologies who donate and host the HI Fireworks web domain, PrimeXeon who designed the website, the Longhorn Farm Shop who run the BBQ, Ely Tool Hire who supply lighting, Essex Pyrotechnics (Award Winning Fireworks), Histon Scouts, the Air Training Corps, 2524 (Oakington) Squadron, IVC, the shops who sell our tickets (Daisy Chain, Camtrust, Histon Chop Shop, The Geographer, Station Stores, D:Licious) and finally our wonderful volunteers.

Thank you to all of you, we couldn't do it without you!



Highways News

The new year will welcome the start of two major highways projects in the villages; one being further improvements to Station Road (outside the Baptist Church), the other carriageway widening and alterations to the light phasing on the B1049 (crossroads). Both projects have in mind pedestrian safety and improvements to traffic flow.

The Parish Council, working with the County Council, are undertaking further improvements outside the Baptist Church following another successful Local Highways Initiative application. This will include: realigning of kerbs, marked bus stop (Baptist Church side), refurbished shelter and double yellow lines. This project is phase 2 to complement the works undertaken last year to improve the safety of the junction.

B1049 Crossroads - County Council are leading this project, with a close watch from the Highways Committee. The proposal is to

widen the carriageway to increase traffic flow when the filter lanes are being



used to turn into Impington Lane or The Green. At the same time as the carriageway widening, the signalling team will be onsite altering the light priorities and increasing the delay time, making it safer for pedestrians to cross.

Discussions are still underway with regard to timings and designs; once the final plans are in place they will be posted to the website <u>www.hisimp.net</u> as well as regular updates.

As with any Highways project, there will be some disruption whilst the works are underway, but the overall objective is to improve safety for all.

Dan Mace



Parish Office Contacts

Open at the Recreation Ground Centre

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Neighbourhood Plan Consultation

The Neighbourhood Plan took another significant step forward during October and November when it was subject to its 'regulation 14' consultation. This is an important step and it allows the plan to be tested and then modified, before it is submitted first to South Cambs District Council and then to the Inspector for their approval. It will then come back for a referendum to determine whether or not the community wishes to adopt it.

We've had a brilliant response. Over 280 people completed the online survey with a further 12 filling in the form offline. We've also received 11 'free format' responses. We ran a stall outside Tesco on several Saturday mornings where 105 completed an abbreviated survey form focusing on the community green space policies with a further 176 also indicating their support. We were pleased that about a hundred people attended our two presentation events and we saw lots of others at the library drop-in sessions.

At first glance, there seems to be good overall support for the Plan although there are a few contentious issues. We will do our best to resolve these by dialogue: clarifying intent and, where appropriate, reaching a compromise. We'll complete a full analysis and publish its results. Note also that we will publish every response which we've had and list everyone who has responded. We will do this in a way that ensures that every response remains anonymous.

In parallel with this work we have commissioned an independent third party to conduct a 'health check' of our plan. This work is continuing but we're pleased to report that our plan has been described as 'very well written'. But then maybe he says that to everybody.

With a fair wind, we'll be through the analysis and have a further version of our plan, version 3.0, by the end of January. But then of course we might have decided that some of the necessary changes are sufficiently substantive that we'll need to repeat the consultation. Fingers crossed that won't be the case.



David Jenkins

Church Services

Histon Baptist Church

Saturday 22 December - 10am - 6pm Nativity Fun Day

Sunday 23 December - 6.30pm Carols by Candlelight

Christmas Eve - 11.30pm Midnight Communion

Christmas Day - 10.30am Family Service

Salvation Army

Saturday 22 December - 10am Band outside Tesco

Sunday 23 December - 5pm Carols by Candlelight

Christmas Day - Shared service at Methodist Church

Histon Methodist Church

Sunday 23 December - 4:30pm Carols by Candlelight

Christmas Day - 10am Christmas Service

Sunday 13 January - 10:30am Annual Covenant Service

New Life Church

Sunday 23 December - 3pm Family Christmas service held at Histon Baptist Church

St Andrew's Histon

Sunday 23 December - 10.30am Holy Communion

Christmas Eve - 10.30am Holy Communion 5pm Christingle Service 11pm Candlelit Midnight Communion

Christmas Day - 10.45am Christmas Cracker! (All Age Service)

Sunday 30 December - 10.30am Holy Communion

St Andrew's Impington

Sunday 23 December - 9.30am Holy Communion

Christmas Eve - 3pm Crib and Christingle Service (2.30pm to make your own Christingle)

11pm Candlelit Midnight Communion

Christmas Day - 9.30am All Age Holy Communion

Sunday 30 December - 9.30am Holy Communion





WW1 Commemoration Projects

Three hundred and ninety two people from our villages served in World War One and Eleanor Whitehead of the Village Society has identified the 35 roads in Histon and Impington where these individuals lived.

The Art Department at Impington Village College designed and manufactured flags to be placed in each of those roads, led by Alison Elmslie, Lead Practitioner for Visual Arts and Emily Pierce, Art Technician at the College. During the design activity, the students and teachers thought about the 'Ode of Remembrance', an extract from Laurence Binyon's 1914 poem 'For the Fallen', written in response to the heavy losses of the British Expeditionary Forces at the Battle of Mons and the Battle of the Marne. The lines that relate to the setting sun - At the going down of the sun and in the morning, We will remember them - inspired Alison and her team. Alison said "This made me think of the poppy motif and from that point on the words and images came together - the flag essentially designed itself".

We Will Remember Them

This year, our gathering around the War Memorial on Remembrance Sunday seemed truly poignant. We came together to remember the dead of two World Wars and the wars since but with a special focus on the hundredth anniversary of the end of the First World War. It is always difficult to estimate numbers but realistic estimates point to at least 650 people attending with a desire that the terror and horror of war should not be forgotten.

Inspired by the meticulous and moving work of the Village Society in bringing to life the voices and stories of those who went off to war from Histon and Impington, we thought about how war is about ordinary people 'like us', people who lived on our street. This was brought home through the words of Laurence Binyon's poem *For the Fallen* and the verse that follows the one we know so well ('They shall grow not old...'). He wrote this:

'They mingle not with their laughing comrades again; they sit no more at familiar tables of home; they have no lot in our labour of the day-time; they sleep beyond England's foam.'

Rev James Blandford-Baker



WW1 Roll of Honour dedicated by Geoffrey Smallwood and Jane Gilmour

Infant School Commemorates Armistice Day

In November, the younger children had a commemoration assembly where they spent time remembering those who served in World War One and imagining what life was like for them. They learned about the significance of the poppy, remembering with a minute's

silence. They tried on a World War One soldier's helmet and pack and agreed it was very heavy! The children learned about the role of carrier pigeons during the war and wrote a note to be carried by a real pigeon, courtesy of John Watson. The



note was attached to a pigeon's leg and John released it from a basket in the playground. A group of children waited at John's house where they saw the pigeons fly home. The message was retrieved and brought back to school where it was shared with all the classes. It was a morning with history being brought to life!

In Year Two, children had a fascinating talk from Blue Cross who told stories about the importance of animals during the war, including cats, dogs and horses.

Other activities included making 100 poppies for a 'waterfall' display at school.

Acknowledgements to John and Rosemary Watson for giving up their time, to the Blue Cross Charity and to the Salmon family for the loan of resources.

Lucy Huntington



Special Thanks to those who contributed to the End of WW1 Remembrance Activities

Memorial Road Flags. Dan Mace and Cedric Foster were power houses behind the manufacture and installation of flags, which were erected in every road where veterans had lived. Alison Elmslie of IVC Visual Arts Department co-ordinated the design and printing of the 35 flags by 6th form students.

Poppy Display Project Thanks are extended to residents and Milton Recycling Centre who saved plastic bottles, the Women's Institute workshop which met every two weeks for a year to make the 392 poppies and finally, Daisy Chain, Lighthouse Toys and Histon Library for their support during the sponsorship period. Approaching £900 has been raised for Royal Anglian Regiment Benevolent fund and the Combat Stress veteran charity from sponsorship of individual poppies, plant sales and donations.

The Village Society must be credited for their multiple projects which have been several years in the preparation. They include 'WW1 Histon and Impington Roll of Honour' booklet (sold out), 'WW1 H&I Home Front' publication (still available from Histon Library), 'H&I Veteran Voices of WW1' presentation (full houses both nights) and the updated 'Roll of Honour' which is now hanging in the south transept of St Andrew's Church, Histon.

The Histon & Impington British Legion
Branch of the Royal British Legion proudly led
the parade, which was attended by about 500
people, and co-ordinated local poppy sales
raising £17,500 to date. The Legion thank all
who helped and contributed.

All of our schools took their part in the very fitting commemoration in Histon and Impington.

Thanks to them all!



Eleanor Whitehead

Histon & Impington Parish Council

www.hisimp.net

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New Outdoor Table Tennis

Those who regularly visit 'the Rec' may have seen a couple of new features there in recent weeks.

A new outdoor table tennis table has been installed close to the outdoor gym, by the multi-use games area. This is available for use all the time but please



bring bats and a ping pong ball. The table tennis table and its base has been financed by a grant from 'The Mick George Sports Fund' applied for by Friends of the Rec who met the remainder of the project cost.

Table tennis players of all ages are also welcome to attend HITT (Histon & Impington Table Tennis) which is an informal fun opportunity to play table tennis in the Rec community room between 5 and 6.30pm every Sunday. Turn up and play- no need to register.

The Friends of the Rec have also purchased two new oak trees in 2018 for the Recreation Ground with the latest being planted last month along the boundary between the Rec and Fieldstead Road.

Neil Davies

Jean Newman Retirement

As many in the community know, Jean retired at the end of November as the Village

Older People's Co-ordinator after seven years in the role.

HICOM and Friends of the Rec jointly organised a 'Thank You' evening for over forty people with whom Jean had worked directly in her role.



The Rev James Blandford-Baker made a short but eloquent speech commending Jean for her partnership-working and team-player ethos, her full-on, can-do attitude in making things happen and her great heart for people.

Don Kelly the Chairman of HICOM presented Jean with a decanter to mark her retirement.

Paul Seekings has replaced Jean as the Village Older People's Worker and can be contacted on 07772 437789 or pauls@hicom.org.uk

Paul will be working closely with a new HICOM position - Village Dementia Support worker Margaret Reed Roberts whose mobile number is 07895 499682 or margaretrr@hicom.org.uk

Neil Davies HICOM Trustee

Five Years? Surely Not? A Profile of The Geographer

Sometimes businesses take years to get

established; others feel like they have always been there and it is difficult to imagine a time when they weren't. Although it has only been in the village



for five years, The Geographer certainly falls into the latter category.

There are several strands to the ethos of The Geographer's offering. Firstly, to sell unique products rather than compete with what's available in local supermarkets. Wherever possible, ingredients are sourced locally, such as bread from Cobs Bakery, wine from Cambridge Wine Merchants, cereals from Mill Road's Arjuna, juice from Cambridge Juice Company, as well as local honey and eggs. The same is true of gifts, local makers such as Stabo, Cambridge Candle Company, Frankie and the Sewing Machine and Naomi Davies all represented.

Another important principle is that you can buy the ingredients of anything that is served in the shop; whether it's the pesto in your sandwich or the beans in your coffee.

The owners, Caroline and David Child, previously ran a deli on Norfolk Street, but moved to Histon where their children go to the local schools. The difference they notice here is that they have more regular customers and have the chance to get to know them as people, including their preferences. The regular clientele are a diverse mix of local families and business people, from across a wide age spectrum.

Over the five years, David and Caroline have observed several changes in their customers' behaviour. The most notable is that customers have become increasingly sophisticated in their dietary preferences. For example, The Geographer now serves three alternatives to dairy milk, and have adapted their menu to the needs of those on dairy or gluten-free diets.

Looking to the future, they are planning to offer more recycling options, such as refills of environmentally friendly cleaning products from Ecoleaf, soap and shampoo from Suma and BioD and "unwraps" (alternatives to plastics wrappers). The shop already offers free water bottle refills (nb the phone app "Refill" lists all premises offering free refills).

A friendly, environmentally aware cafe that provides local produce, to an increasingly sophisticated local clientele is a worthy successor to the travel agent and hairdresser that previously occupied the premises.

Tim Ewbank

Bonfire Burn

On a very pleasant first Sunday in November, 941 runners took part in the annual Friends of Rec Bonfire Burn 10k. Starting from outside the Baptist Church, they set off in four waves (for safety reasons) towards the guided busway.

The course took them to Milton Road and back through The Science Park; then around the back of CRC and up the Mereway to Milton Road cycle track. A quick dash past

the dog training field and through the Chivers Farms' Fields brought them into the back gate to the Recreation Ground.

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This year, the route under the A14 was

constricted due to works. Praise must be given to the travellers for their co-operation with the runners.

Comments and improvements are always sought from the runners (and the small army of volunteers who make the event possible). Notable this year was a commonly expressed view that "this was a real community event".

The money raised supports the Friends' activities such as the various Monday Club support activities, assists the development of wellbeing activities in the villages and provides extra recreation facilities.

Planning has already started for next year's event on Sunday 3 November.

Brian Ing

Histon Library Family Christmas Book Trail

Following on from the success of the Easter Book Trail, Histon and Impington Library Friends (HILF) will be organising a lovely

family adventure starting at Histon Library to find favourite Christmas titles displayed in the village shop windows.



Full colour trail

maps and entry forms will be available for £1 from Histon Library and selected traders. The trail runs from early December to 6 January. All are welcome to take part, though children need to be accompanied. Why not combine the trail with a Christmas shopping trip or a post-Christmas dinner walk? Return your entry by 8 January for a reward and the chance to win a prize, kindly donated by village traders. You can also borrow the featured titles from the library.

Cath Pennington

Glue for the Community

Need to find a driving instructor? Someone to groom the dog, install an audio-visual system, or do the ironing? Well, these are just some

of the village businesses that are advertising in the Histon and Impington *Network* Year Book for the first time.

The Year Book was introduced by Dennis Sadler in about 1982, when the monthly *Network* parish magazine, published by St Andrew's Histon, was cluttered by commercial advertisements and rotas.



At that time, Dennis lectured in Printing and Graphic Art at Dunstable College, so his expertise was applied to creating and developing this annual publication. Advertisers welcomed it since residents would probably keep it all year for ready reference.

Now the Year Book has grown to forty pages with over 200 professional and trade entries, some 150 village organisations and amenities, plus a map; it is distributed to more than 3,800 homes and businesses on behalf of both parish churches.

The 2019 edition of the Year Book is now published and being delivered, with best wishes for Christmas, by a team of some sixty volunteers.

The Network Year Book has in the past been described as providing 'glue' for our community. I have been encouraged by many appreciative remarks over the years to continue what has become Dennis's legacy to the village after he died in March. Although I have typeset the Year Book for several years and provided much of the admin, this was the first time I had taken overall editorial responsibility. I am most grateful for help from many quarters in bringing this year's edition to press.

Elizabeth Sadler



Histon & Impington Day Centre is looking for two volunteers to share cooking duties one Tuesday a month.

Easy meals such as sausages and cottage pie. If you are interested and can offer a Tuesday morning once a month please contact Chris Swallow for details. Telephone 07484 134923.

Development Proposal on Milton Road

Carter Jonas, acting on behalf of Flagship Housing group (a major regional supplier and operator of affordable and social housing) have undertaken a consultation exercise starting in November and closing in December. Public consultation events were held at The Methodist Church and the Community Room on the Recreation Ground. A separate stakeholder meeting was held for those groups in the villages who have expressed a desire for facilities to be provided within the Community Park.

The proposal is for a housing development of approximately fifty homes to fund the included twenty or so affordable homes and infrastructure works to support the Parish Council to have a community park on two thirds of the site.

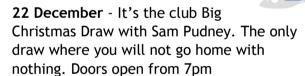
Over 200 people have attended the events and at the time of writing, comments are still being received. Suffice to note there was considerable, but of course not universal, support for the proposal, and the raising of significant issues to be resolved for a successful project. A fuller report will be in the next HisImp News.

The proposers will consider the responses in preparing a submission for outline planning permission to SCDC in the first quarter of the New Year.

Brian Ing

What's on at The British Legion - everyone welcome!

21 December - It's Panto Time with Cinderella, 4pm - £9.00 per guest or a family of 4 for £32.50



24 December - He's Back Johnee Dee with Pete Webb and a tribute To Elvis - Members £2.50, Guests £5.00

25 December - Club open 12 noon till 2pm

27 December - Community Bingo 7pm

28 December - Crib Drive (Doubles) 7.30pm

29 December - Poker Night, Who Dares Wins, 7.30pm

30 December - Phat Drive 12

noon onwards

31 December - Lets Party With Waz & Shave, Doors open from 7pm, £7.50 Members, £10.00

Guests

3 January - Community Bingo, 7pm.

Burdett House Hosts Local History Talk

Fed up with the everyday chores and financial management inherent in living alone, widower Don Grimwood made the decision to move to Burdett House on Station Road. Here an active nonagenarian, like himself, could enjoy the facilities of hotel-like care, allowing him to enjoy life free of hassle.



From left to right Cherida George, Ann Whitmore, Donald Grimwood and Phyllis Buxton

With more time for leisure, Don organised Ann Whitmore, founding member of the Village Society, to talk to his fellow residents and their guests about the history of the area. After morning coffee was served, Ann used her personal archive of memorabilia to take her larger than expected audience on a virtual heritage walk about Station Road. Fascinated, there followed nearly an hour of questions from residents before lunch was served.

Burdett House are keen to make such events a regular occurrence. In November a showing of the "H&I Voices of WW1" DVD was organised and at Don's instigation there will be a showing of the 1950s Chivers' film "From Orchard to Home" in the New Year.

Eleanor Whitehead



Firs House Extended Access

Following the extended access service being rolled out county wide in September this year, Firs House Surgery is now able to offer routine appointments for patients at local hubs at weekends and weekday evenings. The hubs are based at Nuffield Road Medical Centre, Comberton Surgery and St Mary's, Elv. Following extensive training of reception staff at Firs House Surgery and the Cottenham Branch, patients will be offered these appointments if there are no routine appointments available at the surgery. When making the appointment, by phone or in person, patients will be asked to confirm that they are happy for their medical record to be shared with practitioners working at the hub. It is extremely important that patients are happy for their record to be shared to ensure patient and clinician safety. Hub appointments will not be offered if this is refused. The appointments are for nonurgent, routine appointments only and you will be offered a choice of location. These appointments do not replace urgent on-theday appointments.

For further information speak to a member of staff at Firs House (telephone 01223 234286) or visit the Practice website at firshouse.com/ or cgpn.co.uk/openlater/

Sandra Pearse, Practice Manager



Christmas Tree Chipping

Brookfield Groundcare are kindly offering free Christmas Tree chipping in the villages on Saturday 12 and Sunday 13 January. Details will be posted on our website and via HI People Facebook Group.

This has been organised in conjunction with the enviro.volunteers.

StandUP: Who we are and what we do

StandUP took part in the quarterly litter pick in our wooded areas this year, organized by Cedric Foster. They have told us a little bit about what they do:

StandUP is a Cambridge-based youth movement trying to actively improve our community and to inspire communities around the UK and the world to do the same. We want to help build a kinder and stronger global community and as teenagers, the best way for us to do that is by grassroots activism: getting our hands dirty and getting active within our community, to solve some of the problems within it. Grassroots activism is something that we highly value at StandUP; this is because it not only gives us something to do, but it is a direct way of helping people, animals and our environment around us. So who are we and what do we actually do? StandUP was set up by Joseph Knight in 2015 and is now run by me, Ariana Kluyver Rodriguez. At the moment, I'm part of the Impington Sixth Form, so naturally spend a lot of time here in Histon and Impington; we also have a StandUP group at Parkside College. There are many ways of improving our community through grassroots. In the past, we've organised litter picks, collected donations for homeless people, and we've run a stall at the Strawberry Fair, talking to people about the importance of improving animal welfare in British factory farms. Hopefully there'll be many more events like these in the coming year.

We believe that by helping our own community, we can cultivate kindness and compassion, and can encourage others around the world to do so too. At the moment, we're scouting for volunteers to be part of our main organising group, so if you are or know anyone (13-18 years old) who would be interested in joining our team of volunteers, or if you have any queries please contact: arianakluyverrodriguez@gmail.com or see our Facebook/Instagram page: @StandUPmvmt

Ariana Kluyver Rodriguez, Director of StandUP

96% say YES!

In a recent survey on how to improve communications in the village, an overwhelming 96% supported the idea of a

new online news and information 'hub' for Histon and Impington, linking and extending existing sources of news and information. Yes

So it's 'all systems go' for a small team of local residents, including a couple of Parish Councillors, who are preparing to get this off the ground. The team is now setting up a notfor-profit company that will, over the coming months, be drawing up a full specification for the hub, and raising the money needed to get it going.

The 'hub' will be a central website capable of sending regular update emails to those who sign up. The survey showed huge demand for it to include:

- News of 'What's On' and a calendar of local events, activities and opportunities
- News articles about developments taking place in the village
- Contact details of community, social and sports groups
- Listings of local businesses and traders
- Features about local people, organisations, projects and initiatives
- Advertising of local jobs and calls for volunteers

This will not be a replacement for any of the current forms of communication in the village - like HisImp News, the Network Year Book, and the Facebook communities - but aims to ensure that everyone in the village can be better connected to the wealth of opportunities available.

Liz Hill

IT Local

Seeing Double?

Following the success of the little green vehicle used by our Groundstaff to get around the villages and attend to the various areas of open space, the Council has purchased a second vehicle so that more tasks can be undertaken in helping to keep our community clean and tidy.

Next time you see Trevor and Alex out and about, be sure to give them a friendly wave!





Young People's Noticeboard

Contact Andrea Cowley for further details on all youth projects detailed below

P.O. Box 344, Histon, Cambridge CB24 9WZ

Tel: 07899904959

Email: andrea@connectionsbusproject.org.uk



Sign up now for the next Generation Game Project!

Starting Tuesday 15th January 2019

Open to all young people living in Histon & Impington aged 13 and over.

This is a 10-week course helping you gain the basic level of knowledge, understanding and learning to be a safe and caring visitor for older people.

The programme includes:

- Communication skills including how to shake hands!
- Discovering your strengths and interests
- Investigating different activities that both you and the older person could enjoy (this includes reminiscing; games; cooking; crafts; teaching technology use and sharing experiences).
- Basic First Aid and Dementia Friends training
- Setting up a visit/activity ensuring everyone's safety and boundaries are cared for
- Visit to a local care home to run an activities session and meet the residents
- Start volunteering in Histon & Impington putting your new skills to the test!

Completion of this course can be used for:

- Duke of Edinburgh Bronze Skills and Volunteering Sections.
- College Applications and employment opportunities – demonstrating the investment of your time on a positive and community spirited project.



Here's some feedback from students:

"It's definitely improved my social skills and my confidence".

"I am now a Dementia Friend and have a greater understanding of older people".

"I can now help others in the community".

Parents:

"The portfolio was great and subjects covered were varied and thorough. e.g. first aid and even confident hand shake. All vital skills they can use in the future!!"

"My daughter feels more confident to talk to elderly people now that she has increased awareness of some of their issues regarding loneliness, sociability, health and welfare. I am extremely pleased that she now possesses these skills, as they will greatly improve her interactions with the elderly people in our own circle of family, friends and neighbours".

Wise Words passed on by the older generation:

"Love the people around you".

"Enjoy life; it's short!"

"Never leave something until tomorrow, do it today and if you like it, you can do it again tomorrow".

The next course in Histon & Impington starts on Tuesday 15th January 2019 at The Ideal Base, Impington Village College from 6 – 7.30pm.

Download an application pack from our website and enrol now. Only 15 places available on a first come first served basis.

www.connectionsbusproject.org.uk



Yoga & Mindfulness for teens

and pre-teens - £5

per term

Yoga and mindfulness can help you relax, focus, keep calm and have fun. It's great for helping you feel energised, improving health and balance, increasing strength and stamina. The classes include yoga postures, mindfulness and

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

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!

The Babysitting Course



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

Our next course will run after Easter 2019. To register your interest, send an email to: andrea@connectionsbusproject.org.uk

Staff vacancies:

Youth Workers Course Leaders Volunteer Drivers Trustees

Visit our website for further details.

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.

All year 7 upwards welcome to join us for football; games consoles; quizzes; crafts; internet access; and much more.





Music Diary

In the run-up to Christmas, festive music abounds in Histon and Impington. Several groups are performing both publicly and in local care homes. Here are the ones I have found.

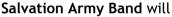
Choir 2000. A group of Choir 2000 singers will sing carols on Saturday 15 December at Windmill Grange at 5pm, Bramley Court at 6.30pm and Burdett House (Abbeyfields) on Sunday 16 December at 6.30pm.

The next concert will be on 22 and 23 March, with a performance of the Mass in G by Schubert and part 3 of Handel's Messiah. The chamber orchestra will also perform excerpts from Handel's Water Music.

Carols on the Green. This combined churches event will take place on 19 December and will include all the local churches, the Salvation Army Band and local school choir. There will be craft stalls, a cake stall, refreshments and seasonal drinks. Stalls open at 6pm. The combined churches carols event will begin at 6.30pm.

Histon Christmas brass and carols. You are invited to come and sing (or just listen to) a few verses of your favourite Christmas carols with the Histon Brass Quartet on the morning

of Friday 21 December from 10-11 (weather permitting). As last year, the event will take place outside Vine Cottage (opposite Tucker Gardner). Carol sheets are provided, so there is no need to remember the words!



be playing at the Carols on the Green event on 19 December (see above) and outside Tesco, Histon at 10am on Saturday 22 December.

Phil Whitehead

Histon and Impington Women's Institute (WI)

We have a varied, stimulating and lively programme to take us into 2019. We meet at The Methodist Church Hall on Histon High Street on the third Thursday of each month and our meetings begin at 7.30pm

17 January - Talk on Israel by Colin Kirtland

21 February - 4 Fit Ladies Barber shop Quartet

21 March - Annual Meeting

18 April - Making a Stand for Chelsea (flower show) Tim Wreghitt

Visitors are always most welcome; please do contact me for further information.

Denise Brading (President) 01223 232442

Village Society

January 29 - AGM with Parish Councillors

February 26 - Richard Fletcher. Newmarket Horseracing Museum

March 26 - Roger Crabtree. History of Pye

Meetings are held in the Brackenbury Room at Impington Village College, 7.30pm. All welcome. Visitors £3 per meeting. The AGM is free.

For more information please email the Secretary village.society@hotmail.co.uk



Christmas Recycling

What goes in my blue bin?

Yes:

Paper, magazines and envelopes, cardboard, cartons (e.g.tetrapack), plastic bags, film wrapping, food and drinks cans, empty aerosols, greetings cards, wrapping paper (no metallic plastic), plastic bottles, pots, tubs and trays, tinfoil and foil trays, glass jars and bottles.

Batteries including AA and AAA cells, button batteries, size C and D and any laptop or mobile battery - Put in a clear plastic bag and tie it to your blue bin lid.

No:

Food, liquids, nappies, clothes, textiles or shoes (take to charity shops or clothing), expanded polystyrene or styrofoam, foam/sponge, non-packaging plastic e.g. toys, bowls, flat glass or mirrors, pyrex, textiles, kitchen paper and tissues (put in green bin), dirty packaging, paint tins, shredded paper (put in green bin).

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: 11 March 2019 contact above with any ideas!

Carols at The Red Lion

Sunday 23 December, 7pm

Carols at The King Bill

Sunday 23 December, 8.30pm

Winter Wassail

There will be a Wassail at the Community Orchard at 4.30pm on Saturday 26 January. Help us toast the trees and wake them from their Winter slumber. Free to all with refreshments on sale

Impington Music Society

Meetings take place at 7.30pm on Fridays in the Brackenbury Room at Impington Village College.

Events next term:

March 1 - Students of Stephen Perse Foundation

March 15 - Matthew McCombie (piano)

hi Histonand Parish Council

Council & Committee Meetings

See website for details: www.hisimp.net

Full Council - Recreation Centre 7.30pm-Monday 21 January, 18 February, 18 March

Planning - Parish Office 7.30pm - Tuesday 8 January, 29 January, 19 February, 12 March

Highways - Parish Office 7.30pm - Tuesday 15 January, 5 March

Finance, Legal & Administration - Parish Office 7.30pm - Monday 14 January

Environment - Parish Office 7.30pm - Tuesday 5 February, 26 March

Recreation - Recreation Centre, 7.30pm - 11 February, 25 March

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