



Histon and
Impington | Parish
Council

HISIMP NEWS

The Newsletter of Histon & Impington
Parish Council



Issue 26 - March 2019



B1049/The Green Junction - Change Coming

In 2015 Cambridgeshire County Council were engaged to investigate the feasibility of widening the north and southbound lanes at the traffic lights to improve traffic flow when vehicles are waiting to turn right. **This was found to be possible and the fully designed scheme is now planned for construction starting 8 April 2019 for 8 weeks.**

The plan is to widen the carriageway on the east side (pub side) north and south of Impington Lane. A required utility diversion and traffic signal upgrade will also be carried out as part of these works.

To facilitate the works in a safe and efficient manner, a 24/7 closure of Impington Lane will be required. Access to businesses and properties will be maintained via New Road and as no properties are within the working area access will not be restricted. A diversion route will be signed clearly

throughout the works. Access arrangements for pedestrians and cyclists will be detailed on the Parish Council's website in due course.

The bus service will not be able to run through Impington Lane and two temporary bus stops will be in place on each side of the B1049 (Water Lane) for the duration of the closure. Stops on Impington Lane/New Road will not be in use, but School buses will have free access to the College via New Road.

Because of the complex nature and traffic volume of the works location, a full road closure will cause less disruption to the travelling public as the temporary traffic lights will now only need to be 3 way (B1049 both directions and The Green). This also enables the contractor to maximise efficiency by having unrestricted access to the working area, to have a safe place to store materials and to work 7am -7pm Monday to Friday. As the working time has been lengthened, productivity will be maximised meaning the construction time will be reduced, as will costs.

Without the road closure, working days would be restricted to 9.30am - 3.30pm Monday to Friday with a large proportion of this time devoted to setting up and taking down the traffic management every day. It has been estimated that this would increase the duration and costs by 50%.

For any queries on this project please contact Chris Foyle on 01353 650581 or email local.projects@cambridgeshire.gov.uk.

Chris Foyle, Project Manager, Cambridgeshire County Council



'The Hub' takes shape, but needs support

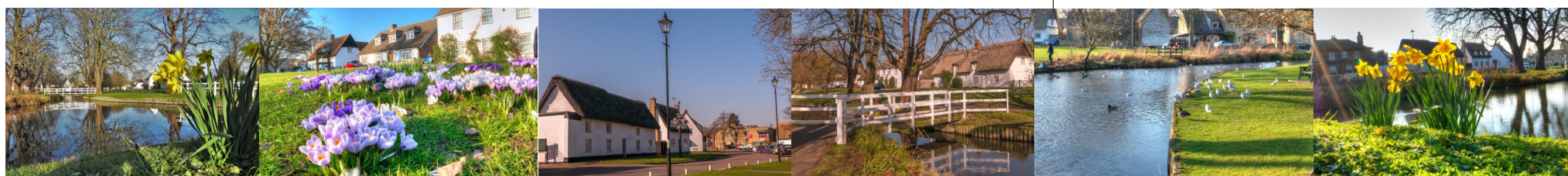
Plans for a new online communications hub are starting to take shape. Following overwhelmingly positive feedback from the community, a group of residents with publishing and communications experience is pushing ahead with a news and information service for the village that will link and extend existing provision. A non-profit Community Interest Company has been set up to develop a new website, to be known as The Hub, which will be linked with a weekly village e-newsletter service available free of charge to everyone who signs up.

A holding page at Hlhub.info gives more details of the plans. These include in-depth news coverage of issues affecting anyone involved in village life; a central place for announcing events; local jobs and volunteering opportunities; and details of local suppliers of goods and services who make our village a more vibrant place to live.

Recognising the value of this to everyone, the Parish Council has committed £500 to support this important step-change in village-wide communications. But more is needed to cover the costs of developing a high-quality resource that everyone will want to use and contribute to. This is why the team of volunteers behind The Hub is now fundraising to make it happen.

Local businesses can contact the team through the Hlhub.info website to show their support with sponsorship. Residents can give through the Kickstarter website, hosting the crowdfunding from the end of March. A donation of anything you can afford will take this project closer to delivery. Go to Hlhub.info for a link to The Hub crowdfunding page, and please give something to help make this project happen.

Liz Hill



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Published by

Histon & Impington Parish Council

The Parish Office,

New Road, Impington, Cambridge CB24 9LU

Edited by:

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Photo credits include:

Barry Starling, Geoff Grayton & Steve Campin

Alan John Eade

5 January 1929 - 10 January 2019

A former long-term Parish Councillor and stalwart of the Village Society, Alan Eade has died at the age of 90. Alan was a hugely talented man, known for his boundless energy and formidable intelligence. He, his wife and two tiny children moved to School Hill in 1961, when he took up a post as an agricultural scientist at NIAB, specialising in cereal crops. It was just in time to experience the worst winter since 1947. When mains water froze, the family relied on a lift pump in the garden of the derelict house next door.

Alan soon established a reputation as a local artist of some repute, as well as pursuing his passion for yachting

(how he loved his Norfolk wherries and tall ships) for the rest of his life. On retirement, he devoted much time to the study of vernacular architecture and was in country-wide demand as a speaker on the Mary Rose and the Spanish Armada. Most are aware of his passionate



Alan Eade left with friends replacing footpath signage.1992



Alan Eade ARP re-enactment 2017

and interest in village planning and the preservation of the best of our surrounding environment. As a founding member of the Village Society in 1979 and long-term chairman, he was involved in a multitude of renovation projects, including the School Hill Jubilee seat (twice), the village pump, the footpath

and bridle path signage, the crossing keeper's hut, the Histon Giant's grave and, most recently, the agricultural pump at the Rec. Alan lived life as fully as possible. Five days before his unexpected death he had enjoyed being treated to a 90th birthday lunch with his wife Inger and friends at the Red Lion. Alan, you will be greatly missed.



Alan with his Mother at Reading University

Eleanor Whitehead

www.hisimp.net

Another Successful Bid for the Highways Committee!

Although we await official confirmation, we have been advised our application for improvements to village footpaths has been successful under the Local Highways Initiative Scheme.

The scheme, lead by Cambridgeshire County Council, encourages Parish Councils and community groups to submit applications for highways improvements which are then scored by a panel and, if successful, up to £10,000 of funding is made available.



This year's application continues on from the successful work last year which resulted in resurfacing of Pages Close, Kingsway, New School Road and partial resurfacing elsewhere.

The footpaths allocated for this year include:

- Completion of Normanton Way to Clay Street
- Rear of Somerset Road/Manor Park
- Macfarlane Close to School Lane
- Remainder of Kingsway

The Parish Council has committed £20,000, with County Council contributing £10,000 to this scheme.

The Highways Committee continues to review key village footpaths, as part of the work enabling easier and safer movement around the villages.

Chelsea O'Brien

Just a note to say ..

Many thanks to you and your staff at the Parish Council for kindly displaying the book cover in the noticeboard by the memorial. The book, The Best Christmas Present Ever, is related to both dementia and the Christmas Truce in World War 1! It's a children's book by Michael Morpurgo, author of War Horse, but a great short read for adults.

Though numbers fell short of those doing our Easter Trail, it was enjoyed by many and much appreciated by the Traders who were generous in providing prizes.

Many thanks!

Histon & Impington Library Friends

Certificate of Achievement



Histon Library Christmas Family Book Trail

Well done, team!

HI People

Those of you on Facebook and members of the HIPeople Facebook page, administered primarily by resident Amanda Borrill, will have seen the wonderful array of photos of our villages posted by Barry Starling and Geoff Grayton.

See below just a sample of the most recent ones.

At the time of publication, the HIPeople page has just hit 4,000 members! By now that milestone has probably been passed. It is a great way to keep up with hot topics and local advice.



Histon & Impington Parish Council

Who'd have imagined?

In thinking about centres at the sharp end of the fight against a global crime pandemic, Histon does not automatically spring to mind. But in one of the modern steel and glass buildings on Vision Park, there is a charity that is doing just that on our collective behalf - the Internet Watch Foundation (IWF).



Its role is to identify and take down images of child sexual abuse on the internet. Although only a modest-sized organisation relative to the scale of the task, IWF performs a crucial role in an international network of similar organisations in 48 countries, in collaboration with law enforcement agencies and the technology companies whose equipment hosts the material.

While the sheer volume of these vile images may seem overwhelming, experience of their analysts and technical innovation greatly assists. Images can be uniquely tagged and their replication prevented. Websites hosting criminal material are regularly updated and distributed to internet service providers.

In this ongoing battle, there are some individual successes, such as when a child who was being coerced into online streaming was identified and "rescued" using the logo on her school sweatshirt.

The reason the IWF is based locally is historic. It was founded in 1996 by a local tech entrepreneur, Peter Dawe in Oakington. Since then it has expanded considerably as more technology companies funded its activities and has moved twice, to Waterbeach and five years ago to Vision Park. The present location has proved popular with staff, who need to take regular breaks from their harrowing work. The calm setting around the lake (currently drained while the liner is replaced, also displacing all the local ducks) and easy access to D:licious and The Geographer also help.

One of the endlessly interesting aspects of life in our villages is the range of people and organisations that are based here. In the case of IWF, we can all be grateful the work is being done professionally, but invisibly, on our behalf.

Tim Ewbank



Susie Hargreaves, CEO Internet Watch Foundation and Impington resident

www.hisimp.net

Village Greenery

Histon & Impington's popular Open Gardens event is back this June and it's bigger and better than ever before.

Ever wondered what goes on behind the façade of the houses of Histon & Impington? Well, now you can find out, botanically speaking, that is. Histon & Impington Open Gardens is back this summer on Sunday 9 June.

Out of a total of 18 gardens opening - our biggest number



to date - 11 are new additions, opening to the public for the very first time. So whether you're a veteran of Open Gardens or you're new to the idea of visiting our villages' beautiful private spaces, you're all in for a treat!

The spaces on offer will tempt gardens lovers of every type. There are small, secluded oases where water bubbles and chickens, cats and even pigs roam free, or grand landscapes with moats, islands and mysterious woods. Feast your eyes on the pretty planting of herbaceous borders and flower-covered archways or more formal shrubbery. There are Japanese-themed spaces as well as collections of Mediterranean drought-tolerant plants. Not forgetting the need to feed body and soul, some of the gardens on show will be bursting with mature fruit trees and well-stocked veg patches, while others display sculpture made by the owners' own hands. Whatever your gardening persuasion, you can't fail to be impressed and inspired.

And if that isn't enough, you can enjoy a drink and a bite to eat as well. There will be tea, coffee and cake on offer in a number of the gardens. In other gardens, you can wander among the planting to the sounds of live music by some of our local groups and musicians. There's even a book reading, for nature and literature lovers.

Histon & Impington Open Gardens, Sunday 9 June 2019, 12 noon - 6pm. Entry by programme only. Programmes will be on sale from mid-May at the following locations: Station Stores, The Geographer, Histon Post Office, Lighthouse Toys, St Andrew's Centre Café. £5 in advance, £6 on the day.

For more information visit: www.opengardens.org or for news and updates follow us at: www.facebook.com/HistonAndImpingtonOpenGardens/

Bridget Davidson

Archaeology Group (HIAG)

Histon and Impington Archaeology Group held a one-day exhibition on Saturday 2 March at Histon Baptist Church which attracted well over a hundred visitors. As well as results from our own fieldwork since 2016, we featured items obtained from past surveys and professional excavations on local sites.

Of note were the finds from the archaeological evaluation prior to construction of the Guided Busway in Impington. Here, Cambridge Archaeological Unit discovered large amounts of Roman pottery and tile from a suspected villa site which must have once stood in the vicinity.



The Nene-Valley colour coated funnel beaker with swirl decoration shown here was one of the exhibits which illustrated that this must once have been a high-status site in the late Roman period 3rd – 4th Century AD. There were also samples of finds from the extensive excavations at Northstowe on display.

On Monday 11 March we had an excellent talk from Carenza Lewis, Professor of Public Understanding of Research at the University of Lincoln, who in a previous post at the University of Cambridge set up Access Cambridge Archaeology, which did so much to foster the vibrant community archaeology in East Anglia of which our group is a part. She presented the findings from the test pits in Histon and Impington and it was fascinating to see how these fitted in with the wider results from similar fieldwork across East Anglia.

Our next talk is at 7.30pm on 29 April at Histon Baptist Church when Mark Knight from Cambridge Archaeological Unit will give a talk on “The Must Farm Pile-Dwelling Settlement - Britain’s Pompeii !”. This site near Peterborough is now recognised as one of the most important Bronze Age archaeological sites in Europe. It was abandoned suddenly following a catastrophic fire, and the remains were buried intact in river sediments - hence the analogy with the remains at Pompeii which were buried intact in volcanic ash. One of the finds at Must Farm was a bowl that still contained the remains of a meal, complete with the spoon that was being used to eat it, which was most likely abandoned as the fire broke out circa 3000 years ago.

We strongly encourage local community involvement in our fieldwork. No prior experience is necessary as on-site training will be given. If you are interested in this, or finding out more about our talks and other activities, then please do either use the contact form on our website at hiarchaeology.wordpress.com/contact to enrol on our circulation lists or email us at hisimp.archaeology.group@gmail.com

Rob Noble, HIAG Chair

Easter Services/Events

New Life Church

21 April: 3pm Easter Sunday: Family Easter service at Histon Baptist Church

Histon Methodist Church

18 April: 8pm Maundy Thursday service

21 April: 10.30am Easter Sunday service

St Andrew’s Histon

18 April: 7pm Maundy Thursday soup supper in the Stable Room

8pm Holy Communion Service

19 April: 10am Good Friday Council of Churches service, activities for children at the St Andrew’s Centre

11am Walk of Witness to the Library green

21 April: 9.15am Easter Sunday Holy Communion

10.45am Holy Communion with Baptisms

3pm Bouncy Castle and Easter Egg Hunt in the Stable Room and Garden

St Andrew’s Impington

19 April: 2pm Good Friday Final Hour service

21 April: 9.30am Easter Sunday All Age Service

Salvation Army

21 April: 10am Easter Sunday Celebration Service

Baptist Church

18 April: 7.30pm Maundy Thursday

21 April: 10.30am Easter Sunday Family Celebration Service

Bernard Stewart-Deane

The ‘Histon’ Bier

A nearby Council has contacted us to let us know they seem to be in possession of the “Histon Bier”. They don’t know how long it’s been there but are finding it strange that they have it stored there. The official description is “a movable frame on which a coffin or a corpse is placed before burial or cremation or on which they are carried to the grave.”



We have indicated an interest in having it back with us, at the least for historic reasons, and will be negotiating with them regarding transport, and then looking for a suitable place to keep or display it!

Angela Young

GARDENER’S WORD

The Garden in Spring

Time for action - every job you do now will be worth it and save time later.



Clean out the greenhouse now, give the grass a first cut and organise the vegetable seed packets. Any sneaky snails need to be evicted and as for aphids... well I do have an explanation for my green fingers!

Birds are nesting now so please leave evergreen trees and shrubs alone.

Aside from spring thoughts, I have been preoccupied recently with the challenges of gardening into later life; not just in looking



after my own back, but increasingly frail older people who wish to carry on enjoying their gardens.

It is possible with an initial outlay on materials and labour to design out several problems. The number one labour saver is to use a chipped bark mulch which prevents annual weeds from taking root. Other ideas depending on budget include:

- Raised beds to hip level also good for wheelchair access.
- Hard landscaping instead of uneven steps or soft ground.
- A mulching mower (no grass box to empty) or even a ride-on mower! May I even (shh) suggest a fake lawn?
- Retreating to the patio, have a few pots and bird feeders seen from the house.
- Planting bulbs for colour most of the growing season. Start with snowdrops, move on to spring flowers, then alstromeria and finally nerines in the late summer. In the right location, these should continue to perform every year.
- Perennials that only need one cut-back a year (day lilies, sedums, hardy geraniums). Do I suggest these every time? I believe I do.



Alice Jackson Steggles

Police News

Hi everyone, I am one of the neighbourhood officers who cover Histon and Impington. I have been asked to put an article in this month's edition of the "HISIMP News" paper. Over the last six months, we have had an increase in cycle thefts; therefore, I have decided to put together some crime prevention tips on how to keep your bike safe and unattractive to bike thieves. By taking some simple preventative measures, you can reduce the risk of your bike being stolen and improve your chances of recovering it if it is.

Record the details of your bike, make, model, colour, type of bike e.g. unisex, BMX, mountain or racer, and the frame number. Take a photo of your bike - this will help prove that it is yours and help with insurance purposes.

Register your bike for free on the www.immobilise.com database. This helps police reunite stolen bikes with their owners and assist with prosecutions. This simplifies insurance claims and police reports with certificates of ownership. There are also great member offers.

If your bike is stolen **report it immediately** to the Police with the above-mentioned information. When reporting your bike, the details will be put on the stolen property register and anyone found with it can be arrested. If your bike is not reported stolen, there is a possibility that a suspect could be released with your bike. Do you want this to happen?

Don't leave Your Bike unlocked. Do not leave your bike in isolated places. Use bike racks which are located in a visible and well-lit area. Lock up your bike at all times using a good quality D-lock, even if you're quickly going into a shop or visiting a friend's house. Wherever possible, try to find a place to secure the frame and at least one wheel to an immovable object.

Which lock should I buy? This is not an easy question for the Police to answer as we cannot recommend individual products. As a general rule of thumb, the more you spend on a lock the more security it will offer. Many of the locks that look good in the shop offer no deterrent to thieves. Some D or U locks may look strong but the security they offer varies widely. Thin cable locks can easily be cut, but the better ones are thicker and have interwoven threads that force the attacker to spend longer "chewing" through them. The website www.soldsecure.com lists cycle locks that survive attack-testing.

Bike Parts and Accessories. If a thief can't steal your bike, they may take a piece of it. Wheels and seats held by "quick release" fittings are vulnerable. Local bike shops have a solution to this, in which the lever is replaced by a security bolt. Bicycle lights are made to be detached and so remove them, before the thief does.

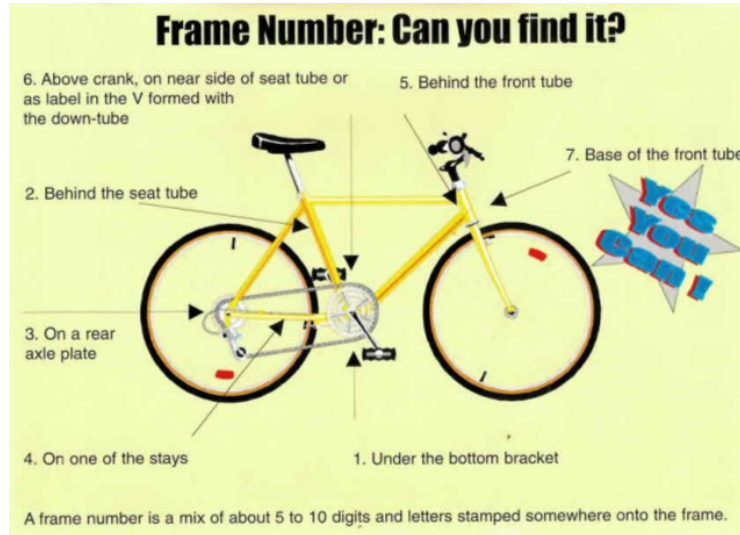
Second Hand

Ask the seller if they can account for the history. Ask to see the frame number - if there has been interference with it decline the purchase. If stickers or decals have been removed, ask why. This could be to disguise the bike's identity. If in doubt, do not buy.

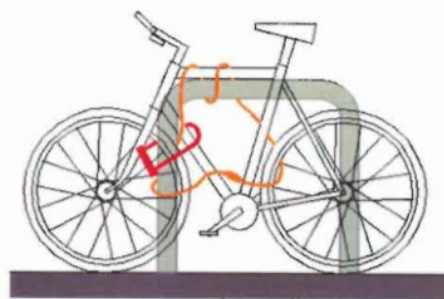
Police Events in Histon & Impington

I will be running a **Crime Prevention Event** at the Recreation Centre on Thursday 4 April between 6pm - 8pm. If you want to know more about keeping your belongings safe then please come along. You will also be able to meet your neighbourhood team and see security product demonstrations. All residents of Histon and Impington are welcome.

I will also be running a **Neighbourhood Watch Workshop** on Thursday 23 May between 6.30pm - 8pm. If you are interested in the area where you live, reducing opportunist crime and want to know more about Neighbourhood Watch, becoming a member or co-ordinator, then please come along. All residents of Histon and Impington are welcome. This event is also for current NHW members.



Cambs police recommend you lock your bike up like this:



Council Surgery

The Parish Council is holding a Surgery for residents, to run in conjunction with the Police Crime Prevention session in the Community room at the recreation ground on Thursday 4 April 6pm - 8pm. Do come along and meet your local Councillors and to discuss anything local you need answers on! If we cannot answer your queries there and then, we will get back to you.

You might even wish simply to give your opinion on issues affecting you or others in our villages. We are here to listen.



Public Art News

The Public Art working party has been busy meeting up with the people behind the "Theories from Home" project. The team are progressing grant applications to secure the rest of the funding required. On 23 March, an Exhibition opens at the HI Street Shop (see below) of



the sketches and models made during the various workshops held over the summer, along with the designs, by the artist Charlotte Howarth, for the permanent artworks. The exhibition will include an opportunity for the community to vote on their preferred designs and locations for small public artworks featuring Jelly. The idea is based on the cultural and historical connections with Chivers in Histon & Impington.



Fruit from orchards, gardens and hedgerows can be used to make delicious jelly, a tradition as relevant today as ever it was. There will be information about a competition to be held as part of this year's Feast. Find out more from The HI Street Shop, on School Hill (aka The Gin House Flower shop). The exhibition is open from 23 March.

60 seconds with...

Sefanit Inquai

HICOM Wellbeing Worker

I am a Counsellor/Psychotherapist by profession with experience of working therapeutically with both adults and children.

My focus for HICOM is working with students at both IVC and Histon Junior School helping young people build resilience and confidence along with various well-being issues.

Alongside this, in the community, HICOM are forming a group of people interested in mental well-being with the aim of running events and workshops offering advice and education for anyone wishing to be involved in community well-being.

Look out for monthly drop-in sessions, our Befriending Scheme and Wellbeing Week activities (4 to 12 May).

Get in touch:

sefanit.inquai@hicom.org.uk

www.hicom.org.uk

Become a brilliant babysitter

We also run a 10-week Babysitting Course - to give you the confidence, skills and knowledge to be a safe and caring babysitter.

Through practical activities, discussion and games you'll come away informed and ready to take on this important role!

Book your place with Andrea - call 07899 904 959.

Talkin' 'bout my generation

One of the courses that The Connections Bus Project runs is called The Generation Game. It gives young people a basic level of knowledge, understanding and learning to be a safe and caring visitor for older people.

Throughout the 10-week course we offer practical and hands-on advice and experience, and once completed you'll have an impressive portfolio of your work along with a recognised First Aid certificate.

Spaces are limited and get booked up quickly. Speak with Andrea to reserve yours now.



Yoga & mindfulness

Stay focussed, relaxed and calm - and have great fun too. Yoga and mindfulness can help you feel energised, improve your health and balance and increase strength and stamina. The classes we run include yoga postures, mindfulness & breathing exercises and relaxation. Plus, we'll teach you techniques to take away with you so you can continue almost anywhere.

5.30 - 6.30pm, every Monday at The Community Room, Histon & Impington Recreation Ground.

For more information and to book a place, contact Pauline - 07985 947 328 or paulineyoga@gmail.com. It costs just £5 per term.

Regular sessions with ...

HISTON YOUTH ZONE Mondays, 3.45-5.15pm (The Community Room, Rec. Ground)

OAKINGTON YOUTH BUS Mondays, 7-9pm

MILTON YOUTH ZONE Tuesdays, 6.30-8pm (The Youth Building, The Sycamores)

COTTENHAM YOUTH BUS Thursdays, 7-9pm

Did you know...

The Connections Bus Project also runs two tailor-made courses for young people, giving them a whole range of practical skills and qualifications. Ask Andrea for details about the Babysitting Course and Generation Game.

07899 904 959 | andrea@connectionsbusproject.org.uk | www.connectionsbusproject.org.uk



Histon Youth Zone

For young people in years 7, 8 & 9. Games, food, drink, craft, football, table tennis and above all a safe place to meet with friends.

FREE ENTRY!

Mondays, 3.45 - 5.15pm at Community Room, Rec Ground

Introducing...

Liz Currie

Chaplain Impington Village College

In her role as chaplain at IVC, Liz offers all students support when things are getting a little bit tough. She can meet with you once a week or once a term - or somewhere in the middle. And if you feel happier meeting in a small group, that can be arranged too.

Look out for her in assemblies and for the weekly Big Questions lunch-time group - a great opportunity for those of any faith, or none, to ask difficult questions.

Liz also runs iCAS/Churches Together in Histon, supporting students from IVC to serve the community - every Wednesday afternoon.

Contact ecurrie@ivc.tmet.org.uk or speak with any member of staff.

Histon & Impington Wellbeing Week

4 - 13 May 2019

The Village Wellbeing Week is a new idea and seeks to bring village residents of all ages together, with a number of different events to help find new ways to improve their wellbeing. Aspects of wellbeing to be covered throughout the week include physical, mental, social and spiritual.

Histon & Impington Community (HICOM) has previously organised two village mental wellbeing weeks.

With continuing wellbeing issues detailed above and general feedback, HICOM decided on

Histon & Impington Wellbeing Week

Working *together* to create an exciting week of different events

a more general village wellbeing week in 2019. A steering group was formed in late autumn with representatives from across the community.

HICOM and Friends of the Rec are working to produce a bespoke programme to be delivered to all village homes in April with information about the Week itself and Rec events, sports clubs and activities this spring and summer.

The opening weekend starts with the first ever **Histon & Impington Activity Fayre** on Saturday 4 May at the St Andrew's Centre which will provide a showcase for many village groups to inform residents about their activities and encourage involvement.

The **Impington Running Festival** will be held on May Day Bank Holiday 6 May, including a 200m toddle through to 1k, 2k and 5k runs plus the Super Sensory 1k. In addition, Fortitude Fitness will provide a special family bootcamp obstacle course.

Village pubs are joining together on Tuesday 7 May for a '**Pub Games**' evening and Impington Sports Centre are providing a variety of free opportunities from 3.30pm on Saturday 11 May.

On the second Saturday 11 May, a **Local Green Spaces trail** is being organised to encourage awareness and use of village green spaces and footpaths, and a permanent guide is being produced as a legacy for the future.

During the week, workshops will be held covering Nutrition 'Gut Instinct - the link to mental health', Stress Management,

Histon & Impington Parish Council

Mindfulness, and Communicating with older people living with dementia.

The Wellbeing Week will also see the launch of three new initiatives;

- The **Village Trishaw** offering less able or isolated folk the opportunity to go for gentle rides.
- The **Worry Tree Café** bringing support, friendship and advice to those experiencing loneliness, isolation and challenges to their wellbeing and their carers.
- The **Rec Sunshine Sports & Activity Club** provides unique opportunities for those living with memory loss and their carers not normally able to join a sports club. This starts Thursday 2 May. For more information see below.

All event information available at www.hiwellbeing.org.uk/ and a grant from the National Lottery Awards for All has helped finance the week.

Neil Davies

H & I Rec Sunshine Sports & Activity Club

A unique fully accessible and inclusive sports and activities club for adults, including provision for those living with memory loss and their carers, not normally able to join a sports club.



Enjoyment & friendship for all.

Starts Thursday 2 May 2pm - 4pm and continues 1st & 3rd Thursday monthly at Histon & Impington Recreation Ground.

Sports and activities will include: tennis, croquet, bowls, table tennis, putting, outdoor games, trishaw rides, walking and personal training tailored to individual needs.

First week free, then £4 per week including refreshments.

Full information: www.hirecfriends.org.uk/recsunshine/ or contact Neil Davies, 232514 or email neilsdavies12@gmail.com

A Friends of Histon & Impington Recreation project with support from Histon & Impington Feast

www.hisimp.net

Histon Worry Tree Café

The concept of the Worry Tree Café is to create a special and safe environment where those struggling with wellbeing issues feel at ease and are comfortable talking about their experiences and unburdening themselves.

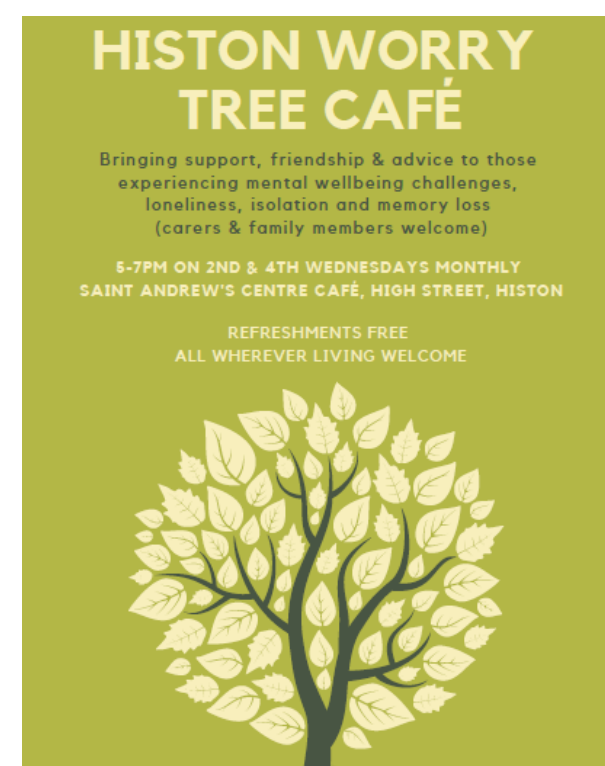
The idea for the 'Worry Tree Café' originated in Framlingham in Suffolk when a local resident Millie, who had her own mental health challenges, developed the idea of the Café and there are now five 'Worry Tree Cafes' in east Suffolk bringing support and friendship to those experiencing mental health challenges. An average of over 20 regularly attend the weekly café in Framlingham which is supported by local resident Ed Sheeran.

We have worked with Millie on creating a 'Worry Tree Café' for Histon which will support those with a wellbeing concern or those who just want an opportunity to talk with like-minded people. Members of the HICOM wellbeing team will attend with local volunteer befrienders.

There is no ambiguity in the title - there will be a tree placed outside the Café where people attending are encouraged to write down anonymously their worries/concerns on a branch before entering the Café itself. This also provides an opportunity to articulate their worries on paper rather than verbally which can be a barrier.

The Café will open between 5pm - 7pm; hopefully, a convenient time both for those working and not working.

The County Council are really enthused by the idea and have awarded a grant to the project organised by Histon & Impington Community.



Histon & Impington Village Society Celebrate 40th Anniversary

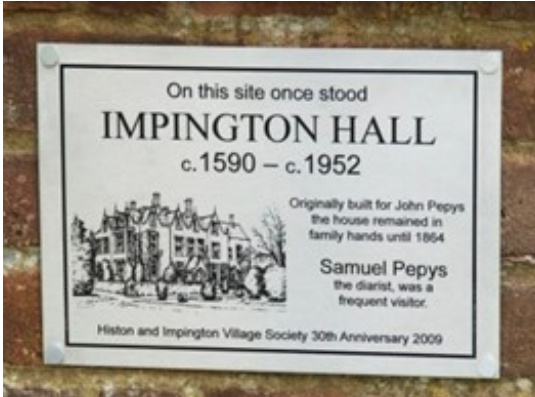


1985 Paul Damary. Renovating the pump on Histon Green



1990 Moses Carter talk at Infant School

2002 Blacksmith forge opened for Jubilee heritage trek



2009 Installation of Impington Hall plaque at Percheron Close.



2017 The WW1 Red Cross Hospital Roll of Honour presentation.

The first meeting of the Histon and Impington Village Society took place in a classroom at Impington Village College in January 1979. Their aim:

“To stimulate public interest in the history, care and preservation of Histon and Impington.”

What has the Village Society achieved over the last forty years? Most well-known is their lecture programme based on topics of local interest. Open to the general public as well as members, its popularity soon necessitated a move to the much larger Brackenbury lecture room. However, two subgroups emerged during those early years. Their contribution is often unknown to the general public. Much is owed to the leadership of the Environmental and History Groups. The History Group are responsible for over forty publications and give regular talks. The Environmental Group, together with an ad-hoc project group, leave a fine legacy ranging from multiple restoration projects; DVD presentations; Jubilee treks; as well as information boards and plaques.

We are lucky that our Society has attracted so many who value community spirit. Without such residents, very little of the above could have been accomplished. In addition, many of the Society’s activities would not have been possible without non-member involvement and support. Thanks are extended to you all.

Eleanor Whitehead



2018 WW1 H&I Voices presentation



Village Society Programme

March 26: Roger Crabtree: History of Pye*

*Note: to be held in IVC Pavilion

May 21: David Palmer: Gossip from the Gavel

June 25: Terry Ward: In common: the importance, variety and community aspects of the ‘Common’.

Normally held in the Brackenbury Room at Impington Village College, 7.30pm. All welcome. Visitors £3 per meeting

For more information please contact the Secretary.

Email: village.society@hotmail.co.uk

It’s hard work this ‘consultation’ business!

Following the formal ‘regulation 14’ consultation, which ran into the 4th quarter of last year, the Neighbourhood Plan team had run a number of workshops and participated in several meetings to address issues which were raised during the consultation.

Most policies received substantial majority support from the Community but those related to the Windmill, Interesting Buildings and Local Green Spaces needed some clarification and were the subject of individual workshops. The Windmill policy attracted particular challenge. As a result, the policies have been reworded to make their intent clear and to ensure that they will have a positive impact on development in the Community.

About 80% of the people who responded to the survey indicated that they would support the Plan when it goes to referendum.

In parallel with the consultation, we commissioned an independent examination of the Plan, which was very positive. The examiner said that the Plan ‘... has been positively prepared; it is justified; it is effective; and it is internally coherent and consistent. The purpose and structure of the report is therefore supportable.’

Our next step after taking on board the input from the consultation is to send the Plan (version 3.0) to South Cambs for its final OK before it is submitted to the Independent Examiner. We then have a final chance to amend it, based on the examiner’s comment, before taking the final version to the referendum.

David Jenkins

WW1 Veteran Poppy Sponsorship Update

Many thanks are extended to those who sponsored the poppies representing the 392 residents who served during World War One. Together with



donations from plant sales and generous individual donations, Histon and Impington have raised £1,017.46 to be shared between “Combat Stress” and our local “Royal Anglian Regiment Benevolent Fund”. Interim cheques were sent earlier this month but donations are still trickling in. The account closed at the end of February and its remaining contents were distributed to the above charities.

Eleanor Whitehead

30 minutes with The Clerk .. Angela Young

What has changed for you in 25 years in post?

I started out working for Histon Parish Council in February 1994, from home and averaging 10 -15 hours per week. I was fortunate to be chosen as the replacement clerk for Impington Parish Council four years later on a contract for eleven hours per week. The Council finally got themselves an office (a portakabin in the Recreation Ground car park) a few years later, followed in time with the existing offices in the new development there in 2006. The work now involved for clerks and councils cannot be compared to the early days and it has been wonderful to grow and learn with the support of so many committed and supportive Councillors from our community.

What is your favourite memory in the job?

I have many. Some may be best left unsaid though! A few include:

- A close working relationship and then firm friendship with the late Steve Wilkinson, Chair of Histon PC for so many years
- The excitement of participating in the national pilot, and passing, the CiLCA Certificate in Local Council Administration in 2004
- The amazing support and camaraderie from Lynda and Chelsea in the office - "the dream team"!



- Meeting Pat Jennings, Spurs goalie legend, when he opened the facilities at the recreation ground, and indeed the whole launch day which was a fantastic event organised by Neil Davies and the Friends of the Rec, and
- the TV appearances last year on Channel 4's "Village of the Year", ending up as semi finalists!

What is the best part of being Clerk to a Parish Council?

So many parts. It is an extremely rewarding job and no two days are the same. It also leads to meeting so many interesting and committed people, and learning about an untold number of topics and areas of interest.

And it's nice being amongst the first to know about something which is going on locally!

And the worst?

Trying to be all things to all people. There is sometimes no room for your own opinion.

What do you see as your main achievement at the Council?

The work leading to grouping of the two parishes in 2012 was challenging but had a successful outcome. Since that time, the profile and work ethics have improved immeasurably and some really great projects and community improvements have come forward. We have also built a strong staff team and now have three office staff and three groundstaff all working hard for the Council body and the residents of the two villages.

Any regrets?

None - apart from it all has to come to an end! I am due to retire this summer and take up some hobbies and adventures put on hold until now.

Advice for those coming next?

Keep calm and carry on! Enjoy the opportunity to help people and help to shape our community, maybe even over the next quarter of a Century.

To leave you with a thought:

A Parish Councillor (from out of this area) told me recently of a meeting he attended where a discussion took place for over 20 minutes on how they would arrange to change the light bulbs in the village hall. He excused himself from the meeting, came back 20 minutes later, and announced "I've done them!"



In preparation for Angela's intended retirement this summer, the Council is looking at how to restructure the administration, and part of that is seeking an Apprentice Office Administrator to start as soon as possible after the May application deadline.

This is an ideal opportunity to get qualifications and experience in office administration, and to earn while you learn!

Anyone interested should contact Camilla on 01223 226322 at Cambridge Regional College to learn more. Applications deadline is 10 May.

For applications page, please go to:

www.findapprenticeship.service.gov.uk/apprenticeship/-379757



www.hisimp.net



HI SUSTAINABILITY

Celebrating Our Green Spaces, Saturday 11 May, 11am - 3pm

The HI Sustainability Group are organising a fun and free trail around some of our lovely green spaces for Wellbeing Week. Fresh air and exercise and tuning into nature can really help, whether we are recovering from illness or to keep us feeling well. The trail will take you to some of the lesser known places like South Road playground and Doctor's Close Pocket Park as well as the ever popular Community Orchard, Histon Woods and Homefield Park. There will be activities at each station along the trail including a jelly picnic, a trail in the woods, a tree ID walk and a BYO barbecue.

A trail leaflet will be out soon and will be available from the library and other local outlets.

Trip to Amey Recycling Centre, Wednesday 10 April, 10am - 12 noon

Join members of HI Sustainability on a midweek visit to Amey Recycling Centre, where Education Officer Jon Crisp will explain what happens to the contents of our blue and green bins and take us on a tour of the site. Places limited to 16. Please book your place here:

<https://goo.gl/forms/ZQCGSvcGZ7JWNgyC2>.

We're hoping to go in as few cars as possible so please use the form to say if you would be happy to lift share. If you've any queries, email Siobhan on Siobhan.mellon@gmail.com or visit www.Hisustainability.uk for the latest information.

Siobhan Mellon



**Apprenticeship Opportunity at
Histon & Impington Parish Council**

The Parish Council is advertising for an Apprentice Office Administrator via Cambridge Regional College – **contact Camilla on 01223 226322** at the College to learn more. For applications, please go to:

www.findapprenticeship.service.gov.uk/apprenticeship/-379757

The intermediate level apprenticeship post is for a 30 hour week, with **applications closing on 10 May**. Apprenticeships are a great way to train and learn whilst earning and the post has an expected duration of 12 – 18 months. Further opportunities within the Council may follow

Introducing 8 newly recruited Young Dementia Friends

As part of The Generation Game Project, we complete the information session run by The Alzheimer's Society.

Young people are taught the FIVE key messages that Dementia Friends need to remember:

- 1. Dementia is not a natural part of ageing.
- 2. Dementia is caused by diseases of the brain.
- 3. Dementia is not just about losing your memory - it can affect thinking, communicating and doing everyday tasks.
- 4. It's possible to live well with dementia.
- 5. There's more to the person than dementia.

Young people made a pledge to Dementia Friends:

To wear their Dementia Friends badge with pride and explain to their friends and families what it stands for.

To be more patient and understanding with people who may have dementia.

We plan to visit Etheldred House in a few weeks time and this information will really help the group to be understanding and patient with residents they meet.

For more information about this project, please visit our website: www.connectionsbusproject.org.uk.



Histon & Impington Diabetes Support Group

“So, what exactly do you do?” is the most asked question about our friendly group set up last September. Well, we have all been diagnosed with type 2 diabetes or are pre-diabetic - some just diagnosed while others were over a decade ago. Diabetes comes on slowly and sufferers may not even notice it at first, but it leads to potentially long-term and life-threatening conditions. It is often thought of as only affecting those who are obese and take little exercise, but unfortunately that's not true; you can be any shape or size. It's caused by either reduced insulin production by the pancreas or reduced response by cells to insulin, and is monitored by the amount of glucose in the blood.

It is, however, becoming increasingly clear that you can reverse the effects of diabetes! That doesn't mean you can tuck into biscuits and cakes like never before, though. Many of us in the group have changed our lifestyles to incorporate low-carb food into our diets and to take some gentle exercise. This appears to stop diabetes getting any worse, so with some small changes to your life you can stay healthy. This view is promoted by Firs House Surgery, who have been very supportive of the group, and increasingly by the NHS too.

So, what do we do? We meet on the second Thursday of each month at the Recreation Centre, Histon & Impington Recreation Ground from 7pm - 8.30pm, and listen to an invited speaker; normally a healthcare professional. We've covered topics such as diet, monitoring our condition, feet issues, stress and wellbeing so far, with much more to come. We exchange our ideas and views with the aim to improve all of our lives.

The meetings are free to attend due to the ongoing support from Histon and Impington Parish Council, and we are affiliated to Diabetes UK. If you suffer from diabetes, or care for someone else who does, you will be made very welcome.

Mike Willis, Facilitator
01223 232961

H&I leads the first village pilot to improve recycling rates

Although we are better than some areas at our recycling, evidence now shows that only 22% of our overall household waste is being put in the blue bin. We thought we were better than this, but realised that we were including green bin waste in our overall recycling figures which meant we were masking the real situation. On average, our black bin waste is about 450kg per household (2017/18) and our blue bin only 195kg per household. We'd like to change that and use data to track our progress for the first time. SCDC Waste Service has agreed, therefore, to pilot a recycling campaign in Histon, Impington and Cottenham by providing data, technical advice, planning support and communication materials to the local sustainability groups: HI Sustainability and Sustainable Cottenham.



These groups have been meeting once a month since November to plan the campaign, together with Pippa Heylings, Neil Gough (Cabinet Lead Member for Environmental Services) and Vicky Lacey (Waterbeach Depot Communications Officer). Great fun has been had designing and videoing the online campaign which launched this month on the HI People Facebook page, fronted by the puppet, Janet Street-Sorter (made completely from recycled materials by a very



creative member of HI Sustainability). Check out Janet Street-Sorter, who has her own page on Facebook. One of the main bug-bears of many residents is the confusion about what goes in the blue or black bin. Janet Street-Sorter will be providing weekly video spots with advice on those tricky products whilst answering all your direct queries on Facebook. Our main aim is to reduce our total amount of waste and make sure that what we do buy can be recycled in the blue bin. We will be posting a 'Histon and Impington Do Recycle' leaflet through your doors with blue/black bin guidance too, and we thank HISIMP Parish Council for their support in promoting this campaign.

District Councillor Pippa Heylings



Histon Bowls Club are looking for New Members

(ALL LEVELS FROM BEGINNERS TO MORE EXPERIENCED)

If you have not played the game before, why not try this very pleasant outdoor activity?

4 evening leagues (mixed) 1 afternoon league (mixed), cup competitions and internal games.

We have some sets of bowls which you can use to start with.

PLEASE CONTACT THE SECRETARY MALCOLM GREEN

Tel: 01223 232956

or email – malcolmgreen1@hotmail.co.uk

A14 Update

The A14 Cambridge to Huntingdon Scheme continues apace and is due to be completed by the end of 2020. This is a huge and complex undertaking and brings much anticipated improvements to this major highway. However, there has been considerable disruption for some H&I residents from works at J32 due to removal of our ‘green gateway’ of trees, diversions, nightworks, noise, vibration and concerns about air pollution. Noisy nightworks during exam time last summer was particularly distressing for families. South Cambs District Council has set up the Steering Group for J32 Engagement to improve communication, best practice and accountability. Members include: Highways England, SCDC, your County, District and Parish Councillors, as well as representatives of the resident-run H&I A14 Core Working Group.

We requested advance information about works so that residents could prepare themselves: we now have an indication of works needing to be undertaken at J32 for the next 7-8 months. We requested the avoidance of nightworks at peak exam period; we have been told some nightworks is unavoidable and this is very disappointing. However, we continue to explore potential options for daytime closures with County and Highways England. We requested the application of Best Practicable Means to reduce noise as much as possible; Highways England have now offered glazing of windows to some residents; the criteria for eligibility and the timescale for securing this glazing protection seems unclear so we are pushing for clarity, fairness and speed.

SCDC has also now contracted expertise in noise and vibration in order to assess whether Highways England is following planning conditions and Best Practicable Means. Please do join the H&I A14 Facebook page and follow complaints procedure if you are suffering. We requested more long-term noise barrier protection but have been unsuccessful so far. The breach in planning conditions regarding the monitoring of air quality before, during and after construction, continues to be of grave concern. The air quality monitors are finally now in place and functioning - after escalated complaints by residents and Councillors - but SCDC needs to ensure that quality data is being generated, shared and that it is the basis for any decisions necessary. We have a Working Group on Landscaping to restore the green gateway at the entrance to the village as much as possible for visual, noise and air quality reasons; this is where there is a real opportunity and we have the technical support of the landscapers from SCDC and Highways England; the space for planting is obviously now quite narrow between the road and the noise barriers and considering

underground amenities/cables; however, it will need a lot of time from residents in designing and negotiating, so we thank everyone for their support. For further information, contact Pippa Heylings (Cllr.Heylings@scambs.gov.uk), David Jenkins (david.jenkins@hisimp.net) or Simon Jocelyn (simon.jocelyn@hisimp.net)

District Councillor Pippa Heylings

QUILT AND FLOWER FESTIVAL

At Histon Methodist Church
High Street, Histon
CB24 9JD

3RD & 4TH MAY 10AM - 4PM

5TH MAY 2PM - 5PM

6TH MAY 10AM - 4PM

All donations for Histon Methodist and Macmillan Cancer Support

WE ARE MACMILLAN. CANCER SUPPORT

Quilts for Sale
Refreshments available

George Northfield 1922-1983

When George Northfield moved into his bungalow in the newly developed Manor Park of the 1950s and 60s, his reputation as a local rose grower and breeder was already well established. Sadly, none of his roses remain on commercial lists. Do you have a George Northfield rose surviving in your garden? Stephen Harper-Scott of the H&IVS History Group is trying to trace examples of these roses. If you can help please contact Stephen on Stephen.j@harper-scott.co.uk or 0790 446 2016. George Northfield’s roses include deep orange Joyce Northfield, pale gold Brandy Butter, deep violet pink Violet Queen and cream Generosity - all hybrid teas. His floribundas include yellow Fragrant Star, copper orange Orange Bouquet and red Red Opal.



Eleanor Whitehead

www.hisimp.net

View down your High Street

The High Street & Beyond Working Party, meet periodically to discuss a range of topics including facilitating meetings with local shops and businesses to see how they can work together for the long term benefit of their businesses, residents and visitors. The working party comprises 2 Parish councillors and 6 residents who share their experiences. It is hoped the scope of the working party will look at improving the appearance of Station Road, School Hill and Windmill Lane.



Examples of the Working Party work can be seen around The High Street, with the installation of wooden planters, lovingly maintained by WI ladies on The Pat Fleet Memorial Garden and the remainder by Erika Hunt, our local Landscape Designer/ Gardener.



It is also pleasing to see many other shops, pubs and restaurants participating with hanging baskets, troughs and tubs to make our High Street a pleasure to visit and shop.



Separate to the above is a Weed Whacking Group that meets from time to time, usually on a Friday afternoon for an hour or so, to tidy up The High Street and other problematic areas. Another group helps keep the High Street free of litter. If you would



like to know more about these small groups, please contact Cedric Foster on 01223 234156 or

07938 666200 or email: cedric.jl.foster1944@btinternet.com. Finally, it is lovely to see the completion of The Methodist Church extension and improvements, which are very pleasing to the eye and a focal point at the centre of our High Street.

Cedric Foster

Music Dates

Choir 2000

The next concert will be on 22 and 23 March, 7.30pm 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.

Tickets are £10 (£5 for students; under 16s admitted free if accompanied by an adult) on sale via the website

www.ticketsource.co.uk/choir-2000, from Histon Library, from members of the Choir or on the door on the night.

Impington Music Society

There are 3 meetings in the near future:

29 March at 7.30pm: Students of Impington Village College (solos and ensemble)

26 April at 7.30pm: Accorde (A capella choir)

18 May at 7.30pm: Café Mondiale (Hugh Boyde, mandolin, and Bert Santilly, accordion)

Non-members are welcome at concerts, which take place in The Brackenbury Room at Impington Village College; the entrance to a concert for non-members is £5 (£1 for under-18s).

Open Gardens Music (9 June)

As well as fine gardens to view, there will be musical entertainment at some locations.

Silver Swan singing group will be singing on the afternoon of 9 June at 1 School Hill. There will be two performances each lasting around 30 minutes.

Histon Brass Ensemble will be also be performing on 9 June at 1 School Hill. There will also be two performances of this ensemble, at different times from Silver Swan.

Other performances will be Peter Fisher plus members of a wind octet and Rowena Whitehead with 4Tunes Friends. (exact locations and timing not finalised at the time of writing).

Medlock Ensemble (12 May)

The Medlock Ensemble will be returning to All Saints' Church, Cottenham for their Spring fund-raising Concert. The professional musicians will perform a selection of music in aid of Camtrust (local charity based in Impington) and The Friends of All Saints, including works by Handel, Dvorak, Tchaikovsky, Walton and Bach, and will be joined by the oboist Janet Wrench to perform the stunning oboe concerto by Cimarosa. The concert starts at 4pm with doors opening at 3.40pm, tickets £12/£6 (under 16s) from Camtrust, Histon Library, Les Ward



Cottenham, Cottenham Community Centre. Also available from www.ticketsource.co.uk/medlockensemble.

If you would like to offer a donation or sponsorship for this fund-raising event, please contact Helen at Camtrust.

Phil Whitehead

Camtrust

Camtrust is an Impington Charity specialising in life skills for adults with physical disabilities and learning difficulties.

We offer a wide range of programmes and activities teaching skills for independent living, helping our clients feel confident in their abilities and reach their potential.



Registered charity number 1017004

We offer:

CORE SKILLS: IT, literacy, maths

INDEPENDENT LIVING SKILLS: Cooking and baking, internet safety

SOCIAL SKILLS: Group activities, lunch club, trips

WORKPLACE SKILLS: Community work experience, bike maintenance, coffee mornings

Specialist equipment is available; the premises are fully accessible and wheelchair friendly. The caring, encouraging and inclusive atmosphere allows clients to feel secure and build strong relationships. As well as relieving school isolation, lasting friendships are made, and mental wellbeing enhanced.

The small team of staff and volunteers support clients in their work and join the group for coffee and lunch breaks. Along with regular weekly programmes, Camtrust welcomes visitors throughout the year and clients take part in outings, workshops and community activities.

Camtrust relies on fundraising events and its print and design social enterprise and bike refurbishment project for additional funds.

The Trustees are looking to recruit a new Treasurer and the charity is also in need of a book keeper and a bike mechanic, for more information:

Tel: 01223 236786

Email: info@camtrust.co.uk



www.hisimp.net

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

hi-news.editor@hisimp.net

Next newsletter deadline: 10 June 2019 contact above with any ideas!



Histon and Impington Garden Club

Saturday 18 May - Annual plant sale

The stall will be set up in the Boot car park 9am - 12 noon

Saturday 8 June is our summer outing to Hyde Hall for their Rose Festival

If you are interested you can get details from Richard Ackroyd tel: 236315

Histon & Impington Royal British Legion Beer Festival

Thursday 20 June - 7pm - 11pm

Friday 21 June - 7pm - 11pm

Saturday 22 June - 12 noon - 11pm

Sunday 23 June - 12 noon - 6pm

Annual Parish Meeting

A14

Monday 13 May - 7pm at Histon & Impington Recreation Centre - all residents welcome! Come and hear from the A14 Project Director David Bray about upcoming works!



Council & Committee Meetings

See website for details: www.hisimp.net

Full Council - Recreation Centre 7.30pm - Monday 20 May (Annual General Meeting), 17 June

Planning - Parish Office 7.30pm - Tuesday 9 April, 30 April, 21 May, 11 June

Highways - Parish Office 7.30pm - Tuesday 23 April, 4 June

Finance, Legal & Administration - Parish Office 7.30pm - Monday 29 April

Environment - Parish Office 7.30pm - Tuesday 7 May

Recreation - Recreation Centre, 7.30pm - Monday 3 June

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