



Histon and
Impington | Parish
Council

HISIMP NEWS

The Newsletter of Histon & Impington

Parish Council

Issue 27 - June 2019



Histon & Impington Feast

We've had a taste of summer warmth, evenings are getting longer and the exam season is in full swing. That means we're approaching the first week in July - also known as Feast Week!

Feast Week is sometimes hard to define - at the end of the day, we are raising funds for local organisations and charities, but we try to run events which bring people together. The headline act this year is undoubtedly the **Feast Festival on Sunday 30 June**. The High Street will be closed to traffic, filled with stalls and attractions, with the fair opening on the Green. The Festival runs from 12 midday to 4pm and entry is free to all.

We try to ensure that Feast Week includes as much as possible for everyone in our villages, so please consider buying a programme. These are now being sold door-to-door by volunteers - please buy one if you can. The programme is full of information about the Feast beneficiaries and the events occurring in Feast Week. It is a major fundraiser for The Feast, with many local businesses taking adverts to cover the costs of printing; so please consider buying one for just £2 to find out more about the following events:

- Quiz Night
- Histon Flower Festival
- Cream Teas at the Flower Festival
- Bird Breakfast
- Feast Week Pie Night
- Adult and Children's Rounders Tournaments
- Heritage Walk around Histon Churchyard
- Indie Killers Concert (by Friends of the Rec)
- Gin Festival (by the Rose and Crown)
- Music for a Summer's Evening
- Feast Songs of Praise

Finally, a few words of thanks. We have a new and engaged committee, spreading the workload of preparation for these events; it's great to have some fresh ideas and input. The Parish Council are generously paying for the road closure for the Feast Festival. This is the single largest cost of the event and provides the safe environment required for such a unique event. Open Gardens have also nominated the Feast as a beneficiary for their fundraising in 2019, which is a huge compliment and much appreciated.

So please enjoy Feast Week - we are hoping for good weather, good company and great memories.

Steve Cox



Histon Crossroads Works Update

Works began on site on 8 April as planned with our contractors working alongside UK Power Networks who had to divert one of their supply cables to enable us to construct the new kerb line.



Unfortunately this took UKPN much longer than anticipated due to the unexpected depth of the ducting and the depth of the carriageway construction layers making excavation more difficult.

The Cambridgeshire Highways gang also encountered some issues on the north side of the Impington Lane junction in that the culvert from The Green ended up clashing with our works. As a result works have progressed slower than hoped for, as extra hand-digging around the structure and the casting of a protection slab was required. This has also encompassed a protection slab for the gas service which runs through the culvert and diverting a Virgin Media cable that had insufficient cover as it was laid on top of the culvert.

The majority of civils work will be completed by 21 June with only the carriageway surfacing, anti-skid and road markings to be carried out in the week beginning 24 June. These will be carried out under the current provision of three-way temporary traffic lights and will not affect the fair set-up on The Green.

Despite these set-backs, the gang have worked extremely hard to make up the lost time and we are currently programmed to finish on Friday 28 June, which is day 58 of an estimated programme of 57 days.

I appreciate that these works have caused significant inconvenience to a lot of residents and thank you for your patience.

Chris Foyle, Project Manager
Cambridgeshire County Council

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Angela Young is retiring!

The end of the world is nigh

Well, not quite. For those who, quite understandably, think Angela is the Parish Council, no - she's been clerk for more than 25 years but there are others involved. And for Parish Councillors who have relied on Angela's advice, friendship, guidance - the world will continue. Chelsea is our new clerk and will do a great job; she's had an excellent role model and trainer.



That the Council operates as smoothly and effectively as it does (and it has an excellent reputation across District and County) is in large part through Angela's role. There are times, of course, when the usual swan analogy applies - it may look smooth and efficient, but there's a great deal happening in the background.

Angela's report in the last issue glosses over a few things:

- Keeping all the paperwork for both Councils in her home, and still being able to find things
- Allotment holders turning up at 7am to pay their fees
- Refereeing between Councils (as well as writing to herself), and Council Chairmen
- Trying to get Councillors to calm down!
- Knowing everything that is going on, and *almost* everyone in the village
- Coping with all the changes that make up the local government scene

And some of the wins - such as:

- Orchard Park, which would most likely have been a big out-of-town shopping centre without the work of the Councils
- being regulars at the Histon (now Histon & Impington) Feast market showcasing the work of the Council(s)

Thank you, Angela, for everything that you've done for community, Council, Councillors and colleagues. Have a great retirement!

Denis Payne



New Chair & Vice Chair

After two years, Andy Butcher has stood down as Chair of the Parish Council, and was thanked warmly for his strong independence and developed authority in the role. It was pleasing to all that Andy was continuing as a Councillor on the Parish Council.



Denis Payne was elected unopposed to the Chair. Denis was previously Chair of Impington Parish Council until 2012 but this is his first time as Chair to the grouped Council. Elaine Farrell was re-elected as Vice-Chair for the year. We wish them both well for the coming year.



All Systems go for The Hub

After nine months of planning and fundraising, proposals for a new online news and information service for Histon and Impington are finally able to move ahead.

Development work has now begun on the framework for a website linked with a weekly village e-newsletter service, available free of charge to everyone who signs up.

This progress is entirely due to the wonderful generosity of residents, local businesses and community groups who have contributed to a major crowdfunding campaign; supportive sponsors who have made a major commitment to the project; and the Parish Council and South Cambs District Council, who have invested their funds to develop this project.

A grant from the National Lottery Community Fund has also been successful. This will be used to build and train, to ensure that every single household and every trader and business with connections to the village is aware of The Hub and can take advantage of the benefits it will bring.

In addition, there will soon be an opportunity for local people to get involved in the news and information gathering at the heart of the new service. As well as community reporters, photographers and editors, the Hub will need close links with representatives from community groups, service providers and businesses so that everyone can be better connected to the vibrant range of activities available in the village.

To be kept informed of developments simply sign up on the form at hihub.info/#join-in.

Liz Hill

Chairman's Annual Report May 2019

This is my second report as the Parish Council Chairman and, as last year, I will look to discuss the previous year's activities and some of my thoughts for the future.

It's been a productive but challenging year for the Council with several long term projects/activities continuing on from last year (and before). The Community Park Project at Milton Road has seen a number of public consultations which proved very informative for the sub-committee, which has been working hard over the last year addressing the questions and concerns raised at these events to ensure the community needs and concerns are addressed. An outline planning application has recently been submitted by the housing association and landowners, and a decision is expected later in the year.

The A14 work and project continues at pace and the Council has recently appointed a Councillor to the A14 action group to ensure help, support and advice can be provided to residents where possible.

The Neighbourhood Plan has passed a number of pre-submission tests and a number of well attended public consultations. It is hoped that a vote on the Plan will take place this year.

Looking forward, the threat of over-development will always exist in a community like ours; close links to Cambridge and London and amenities makes it a desirable place to live. With development comes several factors - including more people, more traffic and more strain on key services. Our ability to control this is limited and that is why it's important we as a Council and Community do what we can. Passing the Neighbourhood Plan when it's put to a community vote (referendum) will ensure developers must follow our agreed approach/ desires via the planning policies, safeguarding what we have identified as important. Without this, we have very little say in what's put forward. There are already several plans for development in existence including the School Hill site, land off Impington Lane and the Station Area. But are our facilities and services ready and able to cope? We cannot afford to react to demand, as that's too late. We must act now! The new primary school is a good example of this. Figures and data suggest another school is/ will be required and that's why it is being



built. It's not for today; it's for the future. But what about other services? Can and will our transport links cope? We need to start asking the question now not tomorrow.

Our long-serving Clerk Angela Young is retiring after 25 years in the role. From a personal point of view Angela will be greatly missed as her support and guidance to me as Chairman has been invaluable. I am sure you will enjoy your retirement; you have deserved it.

As one door closes and another door opens - Chelsea O'Brien has been Acting Clerk for a number of months and I'm pleased to say Chelsea has accepted the position of Clerk from July 2019. We all look forward to working with her in the future.

I would like to thank all of the Parish Council staff (Angela Young, Chelsea O'Brien, Lynda Marsh, Steve Campin, Trevor Smith and Alex Hale) for their hard work and dedication to their jobs. Their work often and regularly goes beyond what is expected and can be unnoticed by many. It's very much appreciated by myself, fellow Councillors and I'm sure the residents.

I would also like to thank all Councillors for their hard work and dedication to the role; you should all be proud of the impact you are having on our community; however, there is always more which can be done. So, keep up the good work.

Finally, this year also saw a long-standing Councillor, Josephine Teague, step down from the council. I personally will miss Josephine's words of wisdom and advice and I wish her all the best.

On an even sadder note, this year saw the passing of Alan Eade; a longstanding former Councillor, he will be sadly missed by friends, family and the community.

Andy Butcher

Parish Council Accounts 18-19

The precept this year for Histon and Impington is for £359,981 and has increased by 2.97%, an extra 6p per week on the Parish element of the Council Tax on a Band D property. Our revenue budget largely matches the amount requested for precept. The Council's plans for capital projects may need to be part-funded from general reserves. Of course, these may not all come to fruition.

Our main sources of income are from the Parish Precept (the parish part of the Council Tax bill provided by South Cambs District Council), facilities charges including those for the Recreation Ground, Burial Ground, allotment, grants and hire of open spaces. We are also keen to obtain grant funding where available, and are lucky to be recipients of donations from the Friends of The Rec, who run a variety of community events and fundraisers in the village, as well as an ever-growing choice of classes in our Community Room, such as the Stroke Recoverers Group and Chair Based Activity Class, and Table Tennis, Tai Chi classes, Memory & Co-Ordination Group and Dance & Fitness Class.

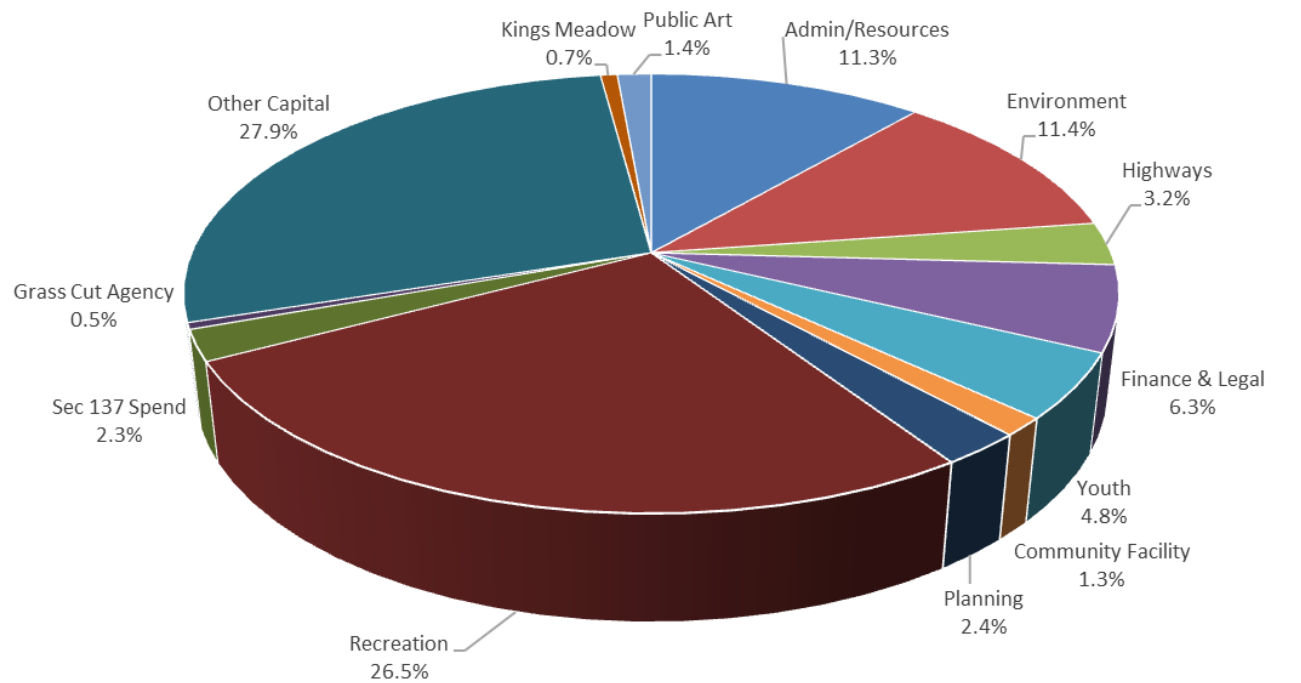
The Council itself financially supports a Diabetes Support Group and Youth services.

The Parish Council increasingly realises that services are going to be devolved down to the Parish Council from higher authorities who are being forced to cut their own budgets. The Council believes it is, and needs to be, in a healthy position to enable any such funding to be available for services which are seen to be imperative to our residents as a whole. We have earmarked a budget heading under "Community Services" for this purpose.

Any person interested has the right to inspect and make copies of the accounts to be audited.

Inspection period: 24 June - 2 August.

Histon & Impington Parish Council Expenditure 2018-19



Muddy Stiletto Local Awards

Our very own Daisy Chain Gift Shop and Gin House Flowers pop-up shop have been awarded the prizes for best gift shop and best florist in Cambridgeshire.

Daisy Chain on The Green has been open for 14 years selling everything from jewellery to bags to baby presents to homeware. The co-owner Lesley Nunn says, "I was delighted and overwhelmed, it's great for Histon to have two winning independent retailers."

Gin House Flowers owner Lucy Hill runs the pop-up shop on School Hill and stocks everything from "single stems to potted plants, to wedding flowers and everything in between."

We are sure the residents of Histon and Impington would like to congratulate both enterprises for this tremendous recognition!



Pictured: Lesley & Lucy
Photo Credit: Cambridge Independent

The HI Street Shop

The HI Street Shop team have secured the use of the premises 10 School Hill, until the end of the year, when the redevelopment is scheduled to commence. The planning application for the redevelopment of the row, and supermarket site, has now been submitted by the owners and is available to view on the SCDC planning portal.

Gin House Flowers is going from strength to strength, winning a 'Muddy Stiletto's' award and becoming a firm favourite on the high street, with Lucy's great window displays. They will be seeking a permanent retail unit on the high street.

The HI Street Shop will be participating in the Histon Feast this year, with an exhibition of vintage advertising materials, and archive film. In the shop will be our 'makers' market' with Little Beads, and new makers, Jan's Wood and Parlour Crafts. Also in the shop will be Full Circle (zero waste) as well as our resident Gin House Flowers.

So don't forget to pop into the pop-up to see what is going on.

Alison Turnbull

Trevor Silk

24/10/1932 - 14/04/2019

Trevor was on Impington Parish Council for 27 years and we were all sad to hear that he passed away in April. Members of the Parish Council attended a memorial service on 16 May at Histon Baptist Church where Trevor's daughter delivered a wonderful eulogy.

We learned Trevor grew up in Willingham, where his father ran the village grocery shop. Trevor helped out in the shop and learnt to drive the delivery van at age fourteen. At the age of eighteen, he was called up to do National Service and was stationed at Bletchley Park. Trevor met Hilary Whitehead, when they were both 16, at the dances at Impington Village College, where groups of teenagers from the local villages gathered to socialise.

After National Service, Trevor became a Cadbury's chocolate rep. His 'patch' was in the Luton area, and it was here that the newly-married Mr and Mrs Silk set up their first home in a flat near the Luton Football ground. A son and a daughter followed in the early 60's.

He had always wanted to run his own business, and realised this dream in 1965 when he opened 'Menswear' at 226 Mill Road, Cambridge.

Trevor's love of travel started when he went to Austria with his father before he got married. Trevor kept records of all his travels from 1992 to 2014. During this time, Trevor and Hilary visited most of the countries of Europe, Russia, New Zealand, South Africa, Canada, America and Australia.

Trevor loved gardening. Trevor and Hilary created all their gardens from scratch, laying out lawns, beds and vegetable plots with care and hours and hours of hard work. The flowers were Hilary's domain, and Trevor acted under her strict directions, but the lawns were his pride and joy.

Trevor was also a wonderful dancer. Trevor and Hilary graduated from the first old-time dancing sessions at Impington Village College when they were teenagers to a lifelong love of ballroom dancing. Trevor and Hilary continued to dance, and to have dancing lessons, until they were in their eighties, latterly enjoying the Sequence Dances at the Histon British Legion.

Trevor had a strong sense of duty and responsibility. He initiated the daffodil planting scheme for the village, and would supervise the groups of volunteers who planted the bulbs on cold October and November mornings. With his customary planning and care, he would photograph the flowers in Spring, so that he could plan for filling in the gaps in the following Autumn.

Trevor liked everything to be done properly, and often said, "If a job's worth doing, it's worth doing well." He lived a good life, true to his values. He gathered friends wherever he went, making friends locally, on his travels and in dancing classes, and he always kept in touch. He was a kind man, unfailingly courteous and never angry. When his daughter Alison drove him to hospital, he took pride in pointing out all the areas where the daffodils that he had planted were flowering. To her, they will always be symbols of his life - a job that was done so very well.

Next Spring, when you see them blooming in the sunshine, please remember him.



Histon & Impington Village Society asks - How well do you know your villages?

The Village Society celebrated its 40th Anniversary this year. Since its creation, in 1979, society members have been regularly asked to give their opinions on matters relating to Histon and Impington - in particular, planning.

This year's Feast publication is a copy of a document compiled at the request of Histon and Impington Parish Council in 2012. 'Suggested Village Properties and Features of Merit or Interest' is a simple list with brief notes on what members felt was of interest or merit in 2012. No such list is absolute and this one was advisory only. As a limited print run to be sold at cost (£2), we hope this booklet will stimulate residents' interest, especially in relation to the recent Neighbourhood Plan Consultation.

Available from the Village Society stall at the Feast Market on Sunday 30 June and afterwards from the Histon Library or from our Publications Officer Mrs Joyce Horkley 01223 232744.



Alan Eade 1929-2019

The Histon & Impington Great ‘Jelly-Off’

Part of the public art project, our special jelly moulds created by artist Charlotte Howarth are available from The HI Street Shop with a recipe card also designed by Charlotte. One per family, on a first-come, first-served basis. Whilst they are free, a donation to the project will be appreciated.

Like a traditional agricultural show, bring a home-made jelly to the Feast. We will be found outside the HI Street Shop at the School Hill end of the High Street. Jelly will be judged on flavour, set and wobble. The overall ‘best in show’ will win a cast of one of the maquettes made as part of the public art project.

Everyone is welcome to enter as individuals, families or groups. Extra marks are given for unusual, but also delicious flavour combinations and elaborate shapes.

The jelly can be in a container, or un-moulded, and using one of the HI Jelly moulds, or something of your own design.

For inspiration try looking at the website of Bompas and Parr - ‘jelly parlour of wonders’.

bompasandparr.com/projects/filter/category/food-drink

or our Facebook page ‘Theories of Home’ for tips on how to get a good set.

We look forward to seeing and tasting your masterpieces!

Histon and Impington Public Art Project

THEORIES OF HOME

The Great HI Jelly-Off

Histon & Impington Feast,
Sunday 30th June,
12 - 4pm

As part of the public art project, Theories of Home, we are inviting you to take part in a jelly making competition. Enter by bringing a homemade jelly to our jelly stand between 11.30am and 12 noon, judging to be at 12.30pm. Prizes for best flavour and overall beauty! Pick up free jellies moulds from the Pop-Up-Shop, High Street or the Library from June 15. contact charlotte@making-marks.com for any questions.

Find us on

[Theories of home](#)

charlotte@making-marks.com
01760755045

Alison Turnbull

The Wellbeing Mile ..

I don't know about wellbeing; it nearly finished me off! Starting at a steady jog, we - Eliza, Buster and myself - were soon near the back; actually so close, we were the back, with only Milly and her mum for company. Now Milly, being three, was my real challenge and target; was I going to let myself be beaten by a three-year-old? No I was not. Anyway, in the distance in front are two boys, maybe thirteen. So we jog and walk, me keeping half an eye on Milly. As we come towards the finish line we're lapped by the frontrunners; what an indignity! Haring to the line, the unfortunate one hits the ropes and goes down, giving the victor a free run home.

As I cross the line for the first time, I'm thinking 'No'; but for some unknown reason I'm spurred on to get round again. It's like the lawman in 'Butch Cassidy and the Sundance Kid': ...who is that man in the white straw hat? And on we go, until I'm getting a tight feeling in my chest and thinking that I don't really want another heart attack. Up by the cricket pitch, here comes, and there goes, Milly and her mum; oh dear. As Eliza and Buster finish well up on me, looking back there's another slightly bigger 'Milly': I'm saved. Am I going to be last? No I'm not! Though this is where I end up, ensuring that the new 'Milly' doesn't get a wooden spoon.

So, would I do it again? Yes I probably would. It was good fun all round and we're happy to support wellbeing: right here, right now.

Well done to everyone who took part, and commiserations to the guy who hit the ropes.

Oliver Sellen, Grandad and Parish Councillor

New Councillor - Yvonne Murray

I have lived in Histon with my husband Robert for over 30 years. All our children attended village schools from playgroup through Impington Village College and onto successful careers. I am a local girl and also attended IVC as did my parents and my grandparents.

I love to meet new people and understand their passions, concerns and challenges. I hope my skills in business and team leadership will be valuable in enabling me to play an active hands-on role.

We are so lucky to live in such a well-served village with so many varied activities. We feel privileged to be part of a village, where the growth in size is exceeded by the growth in the strength and generosity of community spirit.

In my role as Parish Councillor, I look forward to getting to know as many of you as possible so I can understand and support your views. My main interest is to help facilitate village growth to continue to provide a varied, fun and challenging community in which people can live and work successfully in increasingly changing times.



GARDENER’S WORD

The Garden in Summer

Plants in pots are the saviour of many a dull or neglected garden. Ran out of time earlier in the year? Run out of space to insert a new star? Never mind, put it in a large container and treat it like a pampered pet. Don’t cut corners, this is all about pizzazz for one year only. Then your exhausted divas can retire to the compost heap or be planted out to grow larger.



Don’t use last year’s compost as it will be drained of nutrients, full of roots and too compacted. If you absolutely must - a large pot can use up a whole bag - then scrape out the top 6 inches and replace with fresh. But do it properly next year.

Top tip: move the pot into position before filling makes it heavy.



Starting with multi-use peat free compost, add some grit to keep it open and water-retaining granules such as swell gel. Add granular fertiliser with high potassium, such as a tomato one. As I said, don’t cut corners.

Choosing plants - well you can go to town as it’s all about show. I like to keep to a reduced colour theme - i.e. just blues and yellows, or a hot jazzy pink, but that’s me. You can even cram in things that aren’t going to fit into a pot by next year. I also like to make sure at least one has a delicious perfume by a sunny doorway because that’s where you’ll stop to sniff.

OK, you’ve mixed, you’ve planted, you’ve swept up the mess and now - water water water! Those pot-grown plants will quickly show stress if they’re neglected as they are more vulnerable to evaporation than being put in the ground. And a fortnightly water with seaweed solution will not go amiss.



Mix your pot or mix your pots - groups of singles give you even more of a chance to keep it fresh.

Alice Jackson Steggles

Police News

Poilce and Crime Commissioner (PCC), Jason Ablewhite is inviting people to have their say on his proposal to build a new station on the outskirts of Milton.

Over the past year, a team of experts has been working alongside the PCC to identify suitable sites to construct a new police station which will serve Cambridge City and the south of the county.

A number of other locations have been looked at, but the proposed site at Milton provides the Chief Constable with the best location to meet operational demand. This site has better road access and will enable officers to respond to calls for service more efficiently. It also provides increased custody provision to meet Home Office requirements for new builds.

Whilst the proposed new station will service the south of the county, a Police Information Point and community policing team will remain within Cambridge city, the precise location of which will be decided in due course.

Police and Crime Commissioner, Jason Ablewhite explains:

“With Cambridgeshire’s population set to grow by 20% by 2030, it’s vital that the Chief Constable has the resources he needs to meet growing demand.

Parkside Police Station has provided a good service since it was constructed in 1967. However the layout of the building does not meet modern policing requirements and the number of custody cells needs increasing. At present, when these are full, police officers have to transport the people they arrest to Peterborough. Clearly this takes them away from attending other calls for service in Cambridge and the surrounding area.”

Chief Constable, Nick Dean:

“The proposed site for a new police station for the south of the county in Milton is based around the operational need of the force to work more efficiently and effectively, as well as to improve our custody facilities.

The aim is for the new site to future-proof our ability to police Cambridgeshire, given the level of growth anticipated in the surrounding areas, and the changing nature of crime and demand on our services.”

Information about the proposal can be found on the Commissioner’s website:

www.cambridgeshire-pcc.gov.uk/get-involved/your-views/.

A link to the survey is available on the website.

The survey will close at 5pm on Friday 5 July.

Catherine Kimberley, Communications and Engagement Manager
Office of the Police and Crime Commissioner for Cambridgeshire and Peterborough



Histon & Impington Feast present:

Music for a Summer's Evening

Saturday 6th July
St Andrews Church,
Histon at 8pm

With the Moonlight Mandolin Orchestra
Playing music from round the world on mandolins, mandolas, guitars and double bass

Featuring guests - Harmonia Singers
A women's choir with two local branches, singing a wide range of styles including pop, classical, folk and jazz

Entry on the door from 7.30pm
(no advance tickets)
Adult £7, under18s £2
Price includes a free glass of wine or soft drink

Birds Ringed in Histon & Impington

Time has come around for me to provide an update on the birds ringed in Histon/ Impington during 2018. The total of 161 is lower than the 192 of 2017 but higher in terms of birds caught per ringing session. The number of species was also a little lower with only 17 contributing, with blue tits topping our charts as usual. Long tailed tit appeared to have had an excellent breeding season though with large family groups around.

Really positive observations are the recovery of greenfinches after the trichomonas parasite that reduced numbers significantly in recent years. Numbers have recovered, and you can all contribute with bird health by keeping your garden bird feeders as clean as possible.

In terms of breeding birds, it was good to have lapwing and grey partridge in the village, but we failed to detect any turtle doves. This species has declined in the UK by a staggering 97% in the last 50 years!

As for my garden observations, the highlights were firsts of grey wagtail and red-legged partridge. Other less regular species seen were brambling, siskin and stock dove.

The local group will be demonstrating what ringing involves and the data collected at the now annual Feast week Bird in Hand event at the Community Orchard Breakfast. This is on Sat 29 June from 9.30am-12pm and is your opportunity to see some of our local birds up close, so do come along and support this.

Nigel Butcher, RSPB



Local Policing

Your local PCSO Tony Martin will be at the Feast Festival on Sunday 30 June 12 noon - 4pm.

Come along to meet him and his local colleagues to get information and advice on crime prevention. Our local Speedwatch Group will also be on hand to talk to about their work.

Look out for the Parish Council tent on the High Street. There will be plenty of opportunity to meet Parish Councillors and air your views!



Rose & Crown Gin Festival

Saturday 6 July from 12 noon

Featuring 50 plus gins from East Anglia and the rest of the world!

Live music and food trucks



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!



Histon Youth Zone is now hosting over 30 young people each week. We have a great programme planned which includes a team sport each week. Other activities such as cooking, crafts and games are also available – alongside chatting with our friendly youth workers. Here I'd like to introduce you to 2 of them:

Rilla joined the team in March. Rilla is an experienced youth worker who has an impressive CV that includes being in the Top 10 Tennis Players in Hungary! Rilla works full-time for Histon Baptist Church as their youth worker and is a great member of our team.



Ciaran joined us in May. Ciaran has a passion to support young people. Working as a police officer and youth support worker means he brings a host of experience to share – you'll mainly find him on the MUGA hosting football tournaments.



The Generation Game

The January Generation Game was a huge success and our young people are helping older people in our community as a result.



Visiting Etheldred House in March, residents and young people enjoyed having tea together followed by an activities evening.

Tanya Watson (Dementia Unit Manager) said:

"It was lovely to see such a nice group of young enthusiastic students interacting with the residents. The way they approached and dealt with people living with dementia is commendable."

During the evening young people helped residents to decorate cakes; paint plant pots; and learn new games. In return, the residents taught young people how to play dominoes and engaged in an array of conversations about their lives. "Everyone thoroughly enjoyed the evening and it was a brilliant learning experience for everyone involved", Fearn Bradshaw (Receptionist).



The Generation Game is a 10-week course helping young people, aged 13 plus, gain the basic level of knowledge, understanding and learning to be a safe and caring visitor for older people.

If you are interested in finding out more, please visit our website or contact Andrea Cowley.

Visiting 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.

NEW Orchard Park Youth Zone on Thursdays at Orchard Park Community Centre. 5.30–7pm.

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



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 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 from 5.30pm to 6.30pm on Mondays at The Community Room, Histon & Impington Recreation Ground.

For further information or to book please contact: Pauline on 07985 947328 or Email: paulineyoga@gmail.com

The Babysitting Course

This is a 10-week programme training young people to become safe and confident babysitters. 17 young people will complete the course by 9 July – just in time for the summer holidays so hopefully all the community babysitting roles will be filled!

Our next course starts in September and we are already full! This course is extremely popular, so we will therefore run another course in January to keep up with demand.

For more information about this 10-week course, please visit our website or contact Andrea Cowley.

Wellbeing Week

The first wellbeing week was a success with over 30 different events throughout the villages, starting on 4 May attracting hundreds of attendees. The week was designed to help us all improve different aspects of our wellbeing. One very important way is through building up social contact by doing things together. The week had many ways of improving our social wellbeing through activities like singing, pub-games, the wellbeing doodle and the older people's tea party at IVC, as well as the chance to join in with a new activity from one of over 40 different community groups who exhibited at the activities fair.

There were also opportunities to improve our physical wellbeing through sport and exercise activities for all ages and levels of ability, including trying out new sports such as archery, cricket or table tennis, having a fitness MOT, taking part in the running festival or exploring our villages on the Green Spaces Trail.

The week also provided opportunities to explore new ways to improve our mental wellbeing such as understanding dementia, dealing with stress or finding out how what we eat can influence our mental state.

We hope that many will be able to continue taking advantage of ongoing activities, such as the Rec Sunshine Sports and Activity Club, community trishaw and the Worry Tree Café, or by taking part in the different sporting and fitness events that happen throughout the villages. We hope to continue to use the Hiwellbeing.org.uk website and Facebook page to let people know about other wellbeing activities that may also help in the future.

Finally, a huge thank you to everyone who helped run the wide range of events and to all those who took the time to come along.

Chris Cox, HICOM

Hope Again - A Local Bereavement Support Group

Helping at a difficult time

St Audreys Close Community Room, 2.30pm - 4.40pm

Thursday: 5 September, 12 September, 19 September, 26 September, 3 October, 10 October

For more information and a programme please telephone 07707263353 or email HABG1@icloud.com.

Potential merger of two village charities

The Trustees of Histon & Impington Community (aka HICOM) and Friends of Histon & Impington Recreation (aka Friends of the Rec) have been discussing the possibility of a merger to form a new charity.

The two charities are both well known in the village community;

Histon & Impington Community (HICOM), formed in 1998, operates the Community Minibus and the HICOM Wellbeing team which includes the Village Older People's, Dementia and Mental Wellbeing Workers. In addition, it runs the Histon Worry Tree Café and the Hope Again Bereavement Group.

Friends of the Rec, which started in 2003, organises sporting and exercise activities for people of all ages. For example, the Friends organise HI Community Athletics for young people, the HI Rec Monday Club providing social exercise classes and the Village Community trishaw.

The Friends also organise large community events such as the recent Impington Running Festival, Flaming June Half Marathon and Strawberry 50 cycling event. Funds raised help to fund improvements at the Recreation Ground, for example new picnic benches in the Rec Play area.

Working together. In recent years, both charities have gravitated towards providing more general wellbeing support and have worked closely together. For example, the Wellbeing Team promotes the activities that the Friends of the Rec organise, with HICOM providing community minibus transport.

More recently, both charities worked together on the Village Wellbeing Week and produced a combined newsletter delivered to all village homes.

A potential new charity would provide services for all generations and will be able to promote and organise activities and opportunities under one umbrella.

A public meeting was held on Thursday 13 June at St Andrew's Church Hall, Impington to hear about ideas and plans and to provide a forum for discussion.

Chairmen: Edd Stonham, Friends of The Rec Don Kelly, HICOM




HISTON WORRY TREE CAFÉ

Bringing support, friendship & advice to those experiencing mental wellbeing challenges, loneliness, isolation and memory loss (carers & family members welcome)

5-7PM ON 2ND & 4TH WEDNESDAYS MONTHLY
SAINT ANDREW'S CENTRE CAFÉ, HIGH STREET, HISTON

REFRESHMENTS FREE
ALL ADULTS WELCOME, WHEREVER YOU LIVE



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

Activity organised by HICOM with support
from the CCC Cultivate & Innovate fund

Innovate & Cultivate Fund

Our Villages Crammed with Art

The annual Open Studios art event takes our villages by storm in July. Eleven local artists are throwing open their studios to show hundreds of paintings, ceramics, furniture, prints and fused glass - all of it for sale.

Although the event is spread over four weekends, from July 7 through to July 28, artists will be open on specific occasions as shown here. Opening hours are 11am till 6pm.

This is a great opportunity to enjoy the wide range of artistic talent in our two villages, and maybe buy a gift for someone or a piece of art to adorn your home.

For more information, pick up an Open Studios guide at various shops and cafes within the villages or go to the Cambridge Open Studios website www.camopenstudios.co.uk, click on July Open Studios and search by artists, area or specific weekend. You can find each artist's description from the catalogue numbers shown here.

From fused glass...to paintings.....and furniture...

ARTIST	MEDIA	CATALOGUE NUMBER	WEEKENDS OPEN
Clare Couchman 14 Shirley Road	Fine-art printmaking	102	1 & 2
Clive Dawson 7 Narrow Close	Painting, acrylics & other paints	107	1,2 & 3
Kay Dodsworth 1 Alice Way,	Oil, ink & watercolour paintings	106	1 & 2
Elizabeth Fraser 20 Brook Close	Letterpress, lino-cut, Printmaking	103	1,3 & 4
Andrew Goyder 10 The Green	Furniture and chairs in wood	104	1 & 2
Andrew Oliver 3 The Crescent	Painting, landscapes & still life	99	1 & 2
Sue Smith 1 Bell Hill	Painting, drawing & illustration	105	1, 2 & 3
Bernard Stewart-Deane & Stephen Tromans Histon Baptist Church	Paintings in acrylics, oils & pastels	100	2 & 3
Sarah Vigliotti 13 Shirley Road	Printmaker & photographer	101	1 & 2
Angie Wocha 66 Mill Lane	Fused glass	108	1 & 2



Bernard Stewart Deane

Josephine Teague

After six years on the Parish Council, Jo Teague has decided to stand down due to personal circumstances. This was Jo's second term as a Parish Councillor, having been Vice-Chair of Impington Parish Council for some years. Jo says, "I have very much enjoyed my time on Council, especially the opportunities for community engagement; for instance, visiting and involving local businesses in fund raising for additional Christmas lights on our Green."

Jo managed to continue her life-long thirst for education and academic achievement and we wish her all the best in her retirement and new experiences.

Elaine Farrell, Vice-Chair



Strawberry IVC

It was a glorious summer day at Strawberry Fair when five Impington Village College students took to the Cambridge 105 Radio stage to open the programme "Strummers and Dreamers", broadcast live at 12 noon. Cambridge 105 Radio is keen to give young people the chance to perform and this year invited Alfie, Bertie, Marie and Serendipity (aka Leah and Emily) from IVC to take to the stage. Alfie accompanied himself on guitar singing "Clouds" and "Cocoon" and was followed by Serendipity singing "Tourists: a love song from Paris" and "Tonight you belong to me" accompanied by Emily on ukulele. Bertie on keyboards accompanied Marie singing, "Don't you worry about a thing" and an original song they had written themselves, entitled "I don't remember you." The performances were well received by an enthusiastic audience of IVC students, families and the public. The students performed confidently, professionally and with maturity; a credit to IVC.

Barbara Parr

Around 150 residents may have Type 2 diabetes and don't know it!

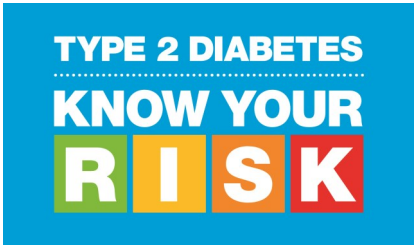
Statistics for the UK show that 5.7% of the population - around 1 in 18 of us - have been diagnosed with Type 2 diabetes. For Histon and Impington, that's around 600 people. Unfortunately, there are probably another 150 who have Type 2 diabetes but don't know it. Could one of them be you?

Type 2 diabetes is a serious condition where the insulin your pancreas makes can't work properly, or your pancreas can't make enough insulin. We all need insulin to live - it does an essential job. It allows the glucose in our blood to enter our cells and fuel our bodies. When you have Type 2 diabetes, your body still breaks down carbohydrate from your food and drink and turns it into glucose. The pancreas responds to this by releasing insulin. But because this insulin can't work properly, blood glucose (also called sugar) levels keep rising. So more insulin is released. For some people with Type 2 diabetes this can eventually tire the pancreas out, meaning their body makes less and less insulin. This causes even higher blood sugar levels.

So what does this mean? Well, as your body can't get enough glucose into your cells, a common symptom of Type 2 diabetes is feeling very tired. Other symptoms include needing to wee a lot, feeling extremely thirsty, cuts and grazes healing slowly, and getting infections like thrush. A lot of people don't get any symptoms or they don't notice them. Some people don't think the symptoms are important so don't ask for help. This means that some people live with Type 2 diabetes for up to 10 years before being diagnosed. Over a long period of time, high sugar levels in your blood can seriously damage your heart, your eyes, your feet and your kidneys.

If you think you may be at risk of diabetes then try a questionnaire recommended by the NHS: riskscore.diabetes.org.uk/start

The Histon & Impington Type 2 Diabetes Support Group shares views and



tips on our condition and ways to improve it. Several of us have even put Type 2 diabetes into remission! The group meets on the second Thursday of the month, 7pm - 8:30pm at the Community Room, Histon & Impington Recreation Ground. The next meetings are 11 July and 8 August. More info. from facilitator Mike Willis email mike@familywillis.co.uk, call 01223 232961 or just come along!

Mike Willis

Celebrating our Green Spaces
Histon & Impington Wellbeing
Trail

If you went down to the Woods on Saturday 11 May, or the Community Orchard, or Manor Park Field, or South Road Park, you’d have experienced a day of activities in our green spaces.

In Histon Woods, people took part in a BioBlitz - spotting, identifying and recording wildlife. An amazing 131 species were identified including 66 flowering plants, 26 birds, various beetles and bugs and 4 types of ladybird. It goes to show how important woodlands are.



The Tracking Tunnel used at the Bio Blitz

Over at Homefield Park, there was Art in the Park offering an opportunity for all ages (from 4 - 90yrs on the day!) to observe and celebrate the beautiful trees of this old arboretum, and for those after a more physical interaction, Circus Skills.



On a slack wire at Homefield Park

Just nearby in the Copse, the Enviro Volunteers laid on a Tree ID trail, a chance to chat with a foraging expert and BYO barbecue.



BBQ at the Copse with the Enviro Volunteers

And over at the Community Orchard, people helped weed around the trees, took wildflower seed home to plant or just chilled in the relaxing space whilst their children explored.



Weeding around the trees at the Community Orchard

It was all part of Histon & Impington Wellbeing Week - a chance to connect the Green Spaces of our villages to our social, physical, mental and spiritual wellbeing. The aim of the day was to highlight the spaces that you might not have known about. Whilst everyone knows The Green, very few people who came and enjoyed live music and storytelling on Clay Close Lane Pocket Park realised that this space is for all to enjoy; some of the people running activities in the Histon Woods didn’t even know they were there, and many had never before visited Doctor’s Close Pocket Park. These spaces aren’t there for just one day, they are open 365 days a year. These green gems are on your doorstep and can be beautiful places for a picnic, to explore and get close to nature and can add tremendous value to your life.



Clay Close Lane Pocket Park

Many are looked after by local volunteers including the Enviro volunteers, Friends of the Rec, and HICOP (the Histon & Impington Community Orchard Project). Most are owned by the Parish Council who fund much of the work needed to look after them. So look out for nesting birds of prey on Clay Close Pocket Park, watch the woodpeckers on the old walnut tree in Homefield park, enjoy the buzz of the insects in the Orchard and find your nearest Green Space to explore!

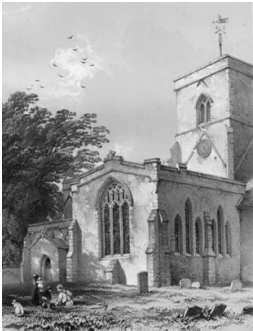
Histon and Impington Sustainability Group hope to produce a guide to our green spaces over the next few months, which will be available from the Library.

Dan Mace and Helena Perry

Feast Heritage Walk

Thursday 4 July, 7.00pm

The Feast Heritage Walk, in aid of Feast Charities led by Eleanor Whitehead of the Village Society, will take place around the churchyard at St. Andrew’s Church Histon. Sounds dry? Not at all—tales to make you smile are in plentiful supply as well as the usual sprinkling of local history.



Histon Churchyard c.1840

Orchard Road Community
Garden

I was pleased to have been involved with this Community Enterprise Project, to help Sean Firby and Vicky Brasnett obtain permission from South Cambridgeshire District Council and gain support from Histon & Impington Parish Council.

SCDC kindly gave permission for the adoption of the land by residents to create a Community Garden and they agreed to pay for two large wooden planters. The Parish Council agreed to provide funding for a Community Notice Board.

Vicky and Sean have been a great partnership in the project, Sean has made the planters, community notice board, bug hotel and seats and Vicky has designed and supervised the planting of bulbs, shrubs and trees. Special thanks go to Orchard Road resident Darrell Mancini for donating over 100 bedding plants, Paula from Strictly Daylilies who donated the Lilies, Martin Fussenger of Histon Plants for donating plants and discounting others, SP Landscapes and the Parish Council who helped with the costs of bulbs and other plants. Dan Mace of the Community Orchard will be supplying two ‘Chivers Delight’ Cordon apple trees. Martin Fussenger has kindly offered to help with the pruning. A big thank you to nearby neighbours who have given their support, with use of their electricity, water and green bins.

Vicky says “I wanted to do something at the top of the road that meets Glebe Way. Having seen many changes over time, when the old telephone box was removed by BT it was a good opportunity. Getting the children to help plant the crocus bulbs and to see them grow was lovely. The bug hotel will be fabulous for the children to see who has taken up residency. I think litter picking my area has given me the pride to do more to make Orchard Road Community Garden a place to be proud of and for visitors and passing traffic to admire. Having pride in where you live surely must have a positive effect on people and their wellbeing. Not everyone is lucky enough to have a garden, so having a community garden can only be good for all.”

Orchard Road Community Garden have a Facebook page that all are welcome to view.

Cedric Foster



Archaeology Group (HIAG)

HIAG has worked with IVC this academic year to support an extra-curricular archaeology course running over 13 weeks each term. We have provided resources and classroom support, demonstration of geophysics equipment and excavation experience, all of which are part of an ongoing project to uncover medieval Impington, some of which we believe lies under the College site.

IVC was built in the grounds of the former Impington Hall, an Elizabethan era manor house, constructed circa 1600 by the Pepys family who demolished an earlier medieval manor house. We believe that to make way for the gardens surrounding their grand new hall, they cleared part of medieval Impington and the people were moved out to "Little Impington" close to where the war memorial now stands. However, no maps earlier than the 19th Century exist to guide us.

Last term in March we dug four test pits in the IVC grounds near Burgoyne's Road. We discovered 13 Anglo-Saxon pottery sherds and 66 from the high medieval period. There was very little pottery from 1500 - 1900 which is consistent with the conversion of the site to parkland in the late 16th century.



In one of the pits, 80cm below the present-day surface, we found an infilled ditch containing Anglo-Saxon and medieval pottery, so very possibly a medieval boundary ditch for one of the properties that was cleared to create the parkland. One particularly interesting find was a rare fragment of medieval pottery water pipe. This indicates that a high-status medieval building stood near our excavation site and possibly it was from the medieval manor house demolished by the Pepys family. It was grand enough for Edward I to stay in 1298.

We plan to explore further medieval Impington in the week beginning 1 July. If you are interested in getting involved - no prior experience is necessary - please use the contact form at hiarchaeology.wordpress.com/contact or email hisimp.archaeology.group@gmail.com. All offers of volunteer support gratefully received!

Our next talk 'People and Places from the Past of Histon & Impington' will be by David Oates at 7.30pm on Friday 1 July at Histon Baptist Church. David will introduce us to individuals who have left their mark on the villages, including a discussion of whether archaeologists have unearthed enough evidence to see whether King Peada of Mercia lived in the village in 650 AD.

Arnold Fertig, HIAG Chair

Red Lion Beer Festival Award

Our village tidy schemes are gaining support with over 125 individuals, schools, organisations and two companies taking an active part.

The latest company to join us is CMR Surgical who are based on the Evolution Business Park in Milton Road. They have some 22 volunteers who have been tackling Milton Road, Butt Lane and Mere Way (the Old Roman Road).

Providing equipment to members is expensive and we are fortunate to have the support of the Parish Council. With the growing demand for equipment and replenishment, however, we applied to The Red Lion Beer Festival Committee for a grant, and are pleased to report that they have awarded us £500 to enable us to continue and grow our groups.

The Beer Festival is receptive to groups/ individuals seeking funding by writing to the Committee c/o The Red Lion, High Street, Histon. This year's festival is to be held 2 to 6 September; once again 100% of proceeds will be donated to local worthwhile groups.

Every road, footpath and open space has now been adopted by our large band of volunteers. But we would still welcome new volunteers to enable some areas to be split so that individuals are not having to look after more than a couple of roads.

As some will know, we also have a 'Weed Whacking Group' that meets about once a month, normally on a Friday afternoon for no more than 90 minutes. We tackle hot spots where weeds are unsightly.

If you are interested in joining one of these groups, please contact me at cedric.jl.foster1944@btinternet.com or ring me on 01223 234156.

All equipment is provided and you will be covered by our Public Liability Insurance.

Cedric Foster

Supporting Local Litter Group

CMR Surgical were pleased to be associated with the Village Road Adoption Scheme, and our staff have been actively litter-picking Milton Road, Butt Lane and Mere Way.

Since we moved into the Evolution Business Park, we wanted to tidy up this road and we have over 20 staff who rotate going out during their lunch breaks. We were provided with litter equipment by the village organiser Cedric Foster.

CMR Surgical is a British Company founded in Cambridge that has developed the next generation of Surgical Robotic System, called Versius.

Sarah Ghabina

Communications Lead, CMR Surgical

The Impingtones

If you've ever thought you might like to sing in a choir and then made a list of reasons why you can't do it, you will be quite at home at The Impingtones community choir.

Did you say any of the following ...I don't think I can sing ...My teacher at school said I couldn't sing ...I can't read music ...I can only sing to the car radio or in the shower ...I'm too shy to audition.

Well, you can relax. These are all things some of the 40-plus members

of this choir had told themselves before they came along to find out more.

But the desire to sing is really all you need to get started and if you have this, then The Impingtones would love to give you the opportunity.

We don't put you through an audition and the songs we sing range from pop through folk to classics. Our recent repertoire includes songs from "The Lion King" musical, a Frank and Nancy Sinatra classic called "Somethin' Stupid" and three folksongs including "Dashing Away With the Smoothing Iron." Our choir leader Bridget Hardy is also introducing us to a little bit of Gilbert and Sullivan. She likes to provide us with a good mix of songs so that there is something for everybody.

We meet for an hour every Wednesday evening in term time in The Brackenbury Room at Impington Village College. We aim to arrive at 6.15pm so that we are ready to sing at 6.30pm. We start every session with fun exercises to warm up the vocal chords and shake off the day. This is often followed by singing a round, in which the choir divides into groups to sing the same short song but the groups start and finish one after the other.

Everyone gets a printed copy of all the music and lyrics in a folder. Some of us can read music but others can't and it really doesn't matter. In the members' area of our website you can hear the tunes we are learning so you can practise at home if you wish.

So come and see what we do one Wednesday evening. There is no charge for your first session and you can join in with the singing when you feel comfortable. If you decide to join, future sessions cost £5 in a pay-as-you-go arrangement.

See our website impingtones.wordpress.com Or email us: impingtones@gmail.com

We're also on Facebook:

www.facebook.com/impingtones

Gill Saxon

Out of the Top Drawer - A Rose Grower's Tale

In an earlier edition, the Village Society has asked for information about the local rose breeder George Northfield.

Research continues. Below is an extract from an article he wrote for the 'Rose Bulletin' in 1971, which we thought would make you smile.

"I sow my seeds in wooden boxes..... Every year I destroyed the boxes..... and got new boxes



George Northfield c.1970.

for the new season....., last December a calamity occurred. The merchant, from whom I had obtained the wooden boxes for years, told me that his suppliers..... now packed their merchandise in cardboard. I managed to scrounge a few wooden boxes of suitable size, but not enough of them and was at my wit's end wondering where to get more..... I discussed the problem with my brother Arthur. He casually mentioned that he was going to chop into kindling wood an old bureau that he possessed. He said that it had four drawers..... which I was welcome to, if they were suitable..... To my delight they might have been fashioned for the express purpose of housing my seedling roses."

"The seedlings were growing sweetly in April when my brother came to see me urgently.... had I still got those drawers? If so could he have them back? A friend of his in the furniture business..... had seen the old bureau..... and asked where the drawers were..... On being told that they were being used as seed boxes he almost had to be helped away.....An expert duly arrived.....It was indeed an antique, probably made in the reign of George IV and although in a rough condition was worth a considerable amount of money - *with all the drawers!*

Alas, at the time of writing.... my hopes of a Gold Medal winner amongst my seedlings has diminished and my seed boxes appear to be of considerable more value than their contents."

Eleanor Whitehead, Village Society



Histon & Impington Open Gardens - Did you go?



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: 9 September 2019 contact above with any ideas!

Dates for the Diary:

Whyatts Fair - Friday 28 June - Tuesday 2 July on The Green

Feast Festival - Sunday 30 June

Choir 2000 - Rossini's 'Petite Messe Solonelle' conducted by Peter Britton, two performances:

Saturday 29 June, 7.30pm, Histon Baptist Church

Sunday 30 June, 7.30pm, West Road Concert Hall, Cambridge

Info and tickets www.choir2000.org/tickets/

HIAG Talk - People & Places from the Past - Monday 1 July, Histon Baptist Church, 7.30pm

Impington Music Society - Daniela Rossi, Classical guitar concert, Friday 12 July, 7.30pm, Brackenbury Room, IVC. For tickets see www.cambridgelive.org.uk

Big Deal Comedy Night - Saturday 13 July, St Andrew's Centre, 7.30pm. £7 per person, book in advance www.bigdealcomedy.co.uk



Council & Committee Meetings

See website for details: www.hisimp.net

Full Council - Recreation Centre 7.30pm - Monday 15 July, 16 September

Planning - Parish Office 7.30pm - Tuesday 2 July, 23 July, 13 August, 3 September, 24 September

Highways - Parish Office 7.30pm - Tuesday 30 July

Finance, Legal & Administration - Parish Office 7.30pm - Monday 8 July

Environment - Parish Office 7.30pm - Tuesday 27 August

Recreation - Recreation Centre, 7.30pm - Monday 5 August, 23 September

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