



Histon and
Impington | Parish
Council

HISIMP NEWS

The Newsletter of Histon & Impington
Parish Council

Issue 28 - September 2019

HM The Queen attends NIAB Centenary Celebrations

NIAB welcomed Her Majesty The Queen to Histon & Impington on Tuesday 9 July with a celebration of 100 years of crop science.

CEO and Director, Dr Tina Barsby, accompanied The Queen as she met staff in the Sophi Taylor Building Conference Centre and glasshouses at NIAB's Park Farm field station on the outskirts of Histon and Impington.

The Queen viewed exhibits of variety evaluation in ornamentals and cereals, a showcase of 'superwheat' plants in the glasshouse, and a colourful display of NIAB's history. She also spoke with some of NIAB's longest serving members of staff, each with between 40 and 50 years' service.

Dr Tina Barsby said, "This is the third time The Queen has visited NIAB as the organisation's Patron, with two previous visits to our headquarters on Huntingdon Road in Cambridge on the occasion of NIAB's 50th anniversary in 1969 and 75th in 1994. Both NIAB's Cambridge sites are undergoing a period of redevelopment with a new headquarters building at Huntingdon Road opening in 2020. But we were delighted to host The Queen at Park Farm, featuring our two, recently opened, buildings with new analytical and research laboratories, growth rooms and offices."

In the glasshouse plant breeder Dr Phil Howell showed NIAB's award-winning resynthesised wheat research to The Queen. The programme recreates the original chance hybridisation from 10,000 years ago that led to the development of modern wheat, by crossing durum wheat (*Triticum durum*) with wild goatgrass (*Aegilops tauschii*). Dr Howell said, "The Queen showed great interest

in the plants through each step of the process, including the resulting 'superwheat' delivering new high yielding, resilient genetic material used by researchers and commercial wheat-breeding programmes across the world. She was very lovely to talk to and laughed at my comment that we were only showing her the best wheat plants from our research after ignoring the poorer ones."

NIAB archivist Tricia Cullimore welcomed The Queen with a display of images from her previous visits and from when King George V and Queen Mary opened NIAB's original building in 1921. The Queen signed the visitor book, which she had



Photo Credit: Keith Heppell, Cambridge Independent

signed in 1969 and 1994 as had her grandson, the Duke of Cambridge, when he visited in 2014. She was then presented with a wooden bowl, made from one of the original mulberry trees planted by her grandparents at Huntingdon Road in 1921. The bowl had been hand-carved by Kathleen Abbot, grand-daughter of NIAB's founder Sir Lawrence Weaver.

The visit finished with The Queen enthusiastically planting a hornbeam tree outside the Sophi Taylor Building, accompanied by Sir Lawrence Weaver's grandchildren Professor Lawrence Weaver and Mrs Abbott, NIAB Chairman Jim Godfrey and Dr Barsby, and cheered on by over 100 NIAB staff.

Ros Lloyd, Head of Communications, NIAB



Residents waiting on Primrose Lane



Pre-launch meeting to unveil plans for the Hub - Get involved!

Development work on HI HUB, the name for the village website being created to serve local residents and businesses, is now progressing. Anyone interested in what's going on, or potentially getting more involved, can find out more at a public



meeting on Thursday 26 September, 7.30pm at Histon and Impington Recreation Ground Community Room.

HI HUB will soon provide a community website and weekly e-newsletter service covering issues that matter to local people. This will be available free of charge to everyone who signs up. At the meeting, the team developing it will be able to answer questions and give the community a preview of the website under development. Feedback will be used to refine and develop the plans.

The second part of the meeting will be aimed at anyone potentially interested in being involved. This will include plans for building and training a team of community journalists who might like to contribute to the news and information gathering that will be at the heart of the new service.

Representatives from community groups, service providers and businesses are being particularly encouraged to come along, as one of the purposes of the Hub is to share their news and information more widely around the village.

As well as looking for reporters, photographers and editors, HI HUB will be aiming to forge close links with representatives from these groups.

Sign up using the form at hihub.info/#join-in to be kept informed of developments and so that the team can get in touch.

Liz Hill

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Open at the Recreation Ground Centre

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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:

Ray Parr, Chris Sidell, Brian Ing, Amelia Luck, Theresa King

Councillor & Staff News

Elaine Farrell - many of you will know Elaine, or will have seen her active in the community, whether on Council, or more general activities.

Sadly for us, but good news for her, she's decided to spend more time at her house in

France. As a

result, she's

resigned from the Council since she won't be able to fulfil her duties from that far away!

She was a valued Vice-Chairman, chair of our Employment Committee, and active on a number of other committees.

A fellow Councillor said, "Yes, she will be much missed as she has been such an active and involved councillor."

Marcus Romer - We also lost last year's Environment Chair Marcus as a Councillor this Summer. We wish him well with his work commitments which led to this decision.

Alex Hale - Not so many of you will know Alex - he's been part of the team that maintains the Recreation Ground and other open spaces in the community. He's moving on after three years with us.

Amelia Luck - joined the Office team in July, as Apprentice Business Administrator. Amelia works 30 hours a week and is often the first person to greet you in the Parish Office.

Theresa King - joined the Office team in August as Committee Clerk/ Information Officer. Theresa works twenty hours a week and is Clerk to the Environment Committee, looking after those all-important issues such as open spaces, trees, litter and dog bins, street furniture and so forth.

Denis Payne, Chairman

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Highways News

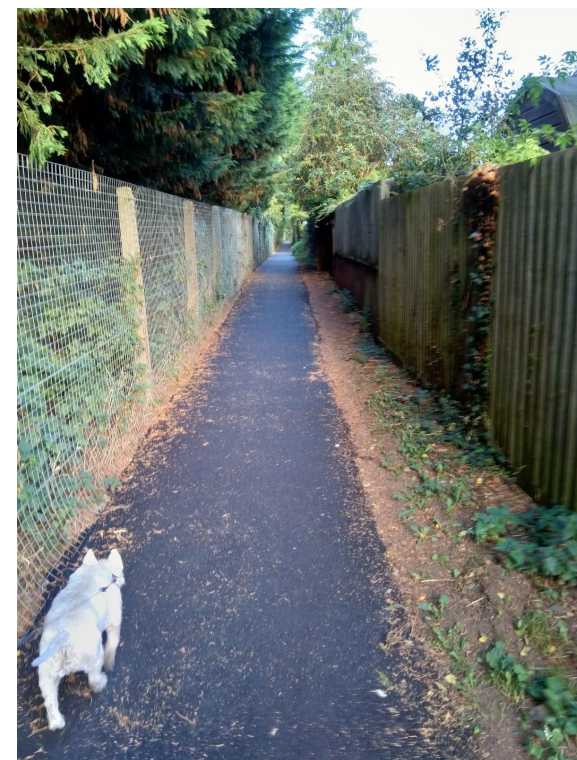
Works are now complete for this year's Local Highways

Initiative project which led to the resurfacing of four key footpaths in the village.

Working closely with Cambridgeshire County Council, works started at Manor Park, and the full

length of the footpath has been resurfaced, linking up with last year's resurfacing at New School Road leading to Saffron Road.

Other footpaths resurfaced as part of this scheme include New Road to School Lane and the completion of Greenleas and Kingsway (following on from last year's scheme).



The Highways Committee has yet again submitted an LHI Application to continue making Histon & Impington a safer place to get around. We will find out at the beginning of 2020 if the application has been successful!



Feast Highlights 2019



Fireworks Extravaganza—
Saturday 2 November

This year’s Fireworks Extravaganza will take place on Saturday 2 November on the playing fields at IVC. The organising committee is starting work and by the time you read this, we’ll be starting our detailed planning.

The Extravaganza has changed a lot over the years, from lowly beginnings over 20 years ago as a show for Infant School children using fireworks bought from a supermarket to the major event which over the last few years has attracted crowds of 4000 people and has raised thousands of pounds for our village schools.

Putting on an event of this size requires a huge effort along with careful planning, and we’re fortunate to have an extremely enthusiastic and hard-working committee (numbering some 18 people) who plan the show, find sponsors, sell tickets, organize the food and spend much of the Saturday setting up. We also rely on over 100 volunteers who help out during the event itself. These include parents, Scouts, the Oakington Air Cadets and IVC Sixth Formers. These people run the ticket desks, sell novelties, serve teas, marshal, manage the car-parking, and litter pick afterwards. It’s a phenomenal effort and the success of the Extravaganza is due, in no small part, to the fact that our community works together to support it.

As part of our planning process, significant thought and preparation go into risk assessment and emergency procedures. Over the last few years the event has grown significantly and as a result the number of volunteers and marshals needs to increase in order to ensure the continued comfort and safety of everyone attending the show.

We’ve been recruiting over the last six months and have some new faces who’ll help out this year. But we’re always on the look-out for more. If you can help marshal or want to be involved in firing the fireworks, or can help in any other way, then please contact Dan Mace at dan.r.mace@gmail.com.

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



Photo Credit: Tomasz Pietrzak

Dan Mace

Arts Events this Autumn at
Histon Library

‘The Library Presents’ is back for a brilliant new season of high quality and affordable arts events in Cambridgeshire Libraries.

Thank you to all who voted in the summer for events and workshops you’d like to see at your local



library. Four very varied offerings funded by Arts Council England have been selected for Histon Library this Autumn.

The season begins on Wednesday 30 October with ‘Dark Matters’, an evening of storytelling and music with Jonathan Lambert, based around six stories featuring the Devil as a trickster. Licensed bar. Basic ticket price is £7 with concessions available. Suitable for ages 12 and over.

On Saturday afternoon 2 November, there’s a ‘Creative Virtual Reality Workshop’, a great opportunity for young people of 8 and over. Wearing VR headsets, work with artist Lee Mason to learn how to digitally sculpt and paint in 3D. Have fun as you dive deep into oceans or up into space on a virtual reality adventure. £5 standard, £2.50 concessions.

There’s comedy for families with children 6 and over on Saturday afternoon 30 November with James Campbell’s hilarious stand-up show, ‘The Funny Thing’. Basic price £4 each, family saver £14.

On Wednesday afternoon 11 December, there is a ‘Printmaking Workshop’ for adults. Work with professional tutors from Curwen Print Study Centre to learn monoprinting techniques and create your own piece of art. All materials supplied. £5 standard, £2.50 concessions.

For further details, pick up a brochure in libraries or follow the link on www.cambridgeshire.gov.uk/arts. Booking is open now with tickets available from libraries and Cambridge Live on 01223 357851. Don’t delay as these events sell out quickly!

Volunteering Opportunity

‘The Library Presents’ is looking for volunteers to support with stewarding, box office, refreshments, marketing, event management, photography and some technical support roles. TheLibrarypresents@cambridgeshire.gov.uk would love to hear from you.

Cath Pennington, HILF

Apple Juicing at the Community Orchard

Saturday 5 October 9am to midday

This is a good opportunity for anyone with a surplus of apples or pears to turn them into juice. This year we'd be very grateful for donations of fruit as the trees in the orchard are still very young and so have not started producing much fruit yet. Histon and Impington Community Orchard Project (HICOP) will provide the relevant juice making equipment including two traditional apple presses. Everyone is invited to help with chopping and macerating the apples and operating the presses. It is a great family event and children are particularly welcome. If you would like to take some juice home with you then please bring some containers; plastic milk bottles or screw-top wine bottles are ideal. The juice will keep in the fridge for 3-4 days and if frozen will keep considerably longer.

Simon Goddard, HICOP



My Guide Volunteers Needed

Volunteer to become a My Guide Volunteer in the Cambridge and surrounding area for Guide Dogs for the Blind Association.

As a My Guide Volunteer, you will be matched with a blind or partially sighted person living in your local area. You will support them to get out and about for a few hours each week/fortnight to do the things that they want to do, which could range from walking into town, using public transport or support with free running their guide dog. You could make a real difference to someone today.



No previous experience is required and nationally recognised sight-guided training will be provided, along with safeguarding. You will also be supported with a dedicated role manager and be part of a wider team.

To find out more, please call 0345 143 0233 or email guidedogs@peterborough.org.uk.

Hear Ye. Hear Ye. What's New?

What a Summer! It's been a scorcher. We did not need the local press to tell us this but they have kept us up to date with a surprising number of articles relevant to Histon and Impington. Here are a few.



Daily changes to the A14 continue to catch us unaware. Repairs and improvements to our roads and footpaths have become the norm. Histon Cricket Club has done well and the Histon Stutes gained promotion (hooray!). Her Majesty the Queen visited NIAB at Park Farm as part of their centenary celebrations. (Did you know she also attended their 50th and 75th?). We have had notice of the proposed redevelopment of the School Hill retail site. A new primary school has planning permission at Buxhall Farm. Our junior school children have participated in multiple sports events. We have been forewarned that the public funding of our nursery school may be in doubt.

All such Cambridge newspaper articles have been kept by the Village Society since 1979. Just occasionally we are mentioned in the national press. If you spot such an article please save it for the archive and email us at village.society@hotmail.co.uk.

Eleanor Whitehead, Village Society

Village Society Autumn Programme 2019

24 September - Becky Proctor. From Workhouse to Playhouse: a history of Mill Road, Cambridge.

29 October - Dr Anthony Cooper. The impact of WW2 on South Cambridgeshire.

26 November - Maureen James. Christmas customs in Cambridgeshire and Huntingdonshire.

Meetings take place in term time at 7.30pm, usually on the last Tuesday of the month at Impington Village College in the Brackenbury Room.

Membership is £12 per annum, visitors are welcome at £3 per person per meeting.

For more information please contact our secretary on 01223 513016 or wendy@differentlight.org.



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Cambridge Ten Sing is an informal performing arts project, run for young people, by young people. We have a Young People's Committee who organise the programmes for the year, with adult presence, and it offers the opportunity to become involved in a variety of creative and performing arts activities from singing and music, to dance and drama.

Our year is always full of performances and activities; currently we are booked to sing at the Choir 2000 Advent concert, sing Christmas songs to commuters at Cambridge North Station and we are planning an exciting team building weekend in November.

Then we have a fundraising dinner planned for February, our annual showcase concert in March, and we have been attending the London Marathon in April for over 10 years as part of the official entertainment!

Participation is more important than ability - there is no audition. If you are aged 11-18 and can get to our rehearsals on a regular basis, come and join us! It doesn't matter where you live. We meet every Thursday during term time between 7pm and 9pm at Histon Baptist Church.

Have a look at our Facebook page to see some of the things we get up to.

Theresa King

Histon & Impington Gardening Club

All meetings are held on the second Tuesday of the month at the Methodist Church, starting at 7.30pm.

8 October - Geoff Hodge will help us beat the winter blues by advising us on how to get 'Winter Colour in the Garden'.

12 November - natural history photographer Roger Hance will tell us about 'Attracting Wildlife into our Gardens'.

10 December - is our Christmas party with a talk by Geoff Hales on 'Gardeners Joy'.

Everyone is welcome and if you are interested get details from Richard Ackroyd tel: 236315.



Feast Week 2019

Feast Week raised nearly £6,000 for local charities, many thanks to everyone who contributed by organising or attending an event, buying a Feast Programme, taking an advert and supporting the



activities. There were two very special donations which helped enormously this year - the Parish Council paid for the road closure and Open Gardens contributed £2,500 to the Feast for distribution. Both of these ensured that the Feast could provide the funding requested of it and that high cost events like the Feast Festival could be held with no cost to attendees.



Also I'd like to thank the Feast Committee members for their hard work this year; we have a number of new people involved, with many of them taking on established events and roles, and absolutely owning them! New committee members are always welcome; next year we are looking for

- A new treasurer
- Someone who can co-ordinate programme distribution
- People with publishing skills to have a go at compiling the Feast Programme.

The Feast has a number of things to mull over for next year, including

- What should the mix of Feast Week be?
- Should the Feast Festival run in the same two-year cycle, always falling in the same summer as Open Gardens and Fen Edge Festival?
- How can the road closure be funded in future years?
- How much should Feast Festival stalls be?

Keep an eye out for the AGM in January when things will get rolling for the Feast in 2020. If you're interested or have any comments please get in touch -

stevecox.histon@gmail.com.

For the record, funds were distributed between the following organisations:

- Histon Scouts - Data projector - for use by all Scouting and Guide groups

- Histon Baptist Church - defibrillator
- Ladybirds Playgroup - shed for storage during building work at the Salvation Army hall
- HICOM - support for Mental Wellbeing Week
- Firs House Surgery Patient Participation Group - staging events and advertising
- HICOP - natural log seating
- CogWheel Trust - sessions for low income patients
- New Life Church - orphanage trip to South Africa
- Blue Smile - counselling service at HIJS.

Steve Cox

Lily's hair cut raised £700 for local trees

Lily, 12, was devastated to see the trees cut down in Histon and Impington by Highways England during the ongoing A14 expansion. Lily decided to cut her thigh-length hair and, by doing so, raise money for Histon and Impington Trees Action Group (HITAG). The group was set up by local residents to restore our Green Gateway by replacing the trees which were cut down due to the expansion of the A14. HITAG are planning to replace about 1,000 trees on land close to junction 32 of the A14 and is fundraising and applying for grants.

When the trees were felled, Lily was very concerned about the loss of habitat for wildlife - "There were loads of birds when they chopped the trees down and I was really sad. I was upset about how bad it was for all the wildlife - rabbits, birds and insects."

Lily donated her one metre long ponytail to the Little Princess Trust, a charity that makes wigs for children undergoing treatment for cancer who have lost their hair.

Lily set up a Just Giving fundraising page (justgiving.com/crowdfunding/lilytrees) and so far, she has raised £771 - enough for 211 young trees!

Amanda Layzell

www.hisimp.net

HI Trees Action Group

The Action Group was formed in response to the felling of the trees next to the A14 at the entrance to the village. We want to restore this:



back to this:



We're building on the excellent work of the village A14 Group who'd started conversations with local landowners and were all delighted when the Chivers family agreed to allow planting of over 1,000 trees on land between the B1049 and the Holiday Inn - currently the construction site. This is in addition to the planting Highways England will carry out immediately next to the A14. Caroline and Ben Chivers are 110% behind the project - we really appreciate their support. This means we'll be able to convert the barren construction site pictured above into a wildlife haven with a thick band of trees to help screen the villages from the A14.

We're right in the middle of planning and much is still uncertain, including exactly when Highways England will vacate the land. Trees need to be planted in the Winter months, so at this stage it looks most likely we'll be planting in late 2020 or early 2021.

Our plans include trees, hedging and wildflowers. We've won support from the Woodland Trust which means they'll pay 70% of the cost of trees and guards; they've also appointed an advisor who'll help us see the plan through.

Even at this early stage, our local community have been very generous with over £5,000 raised from the Parish Council, Red Lion, Oven Gleamers, personal donations and of course Lily who did such fantastic fundraising. Many thanks to you all! We're applying for other grants and will carry out further community fund-raising as required.

We will definitely hold a community event where everyone is invited to come along and plant trees. We should have over 1,000 to plant so we'll need plenty of help. Watch out for further announcements so we can all do our bit to recreate the Green Gateway to our villages.

Dan Mace

Music Dates

Impington Music Society

This is a key year for the Impington Music Society as it celebrates its 80th year - a great achievement. Concerts usually take place on Friday evenings in the Brackenbury Room, Impington Village College. Membership for the year 2019-20 is £30 a year (subject to confirmation at the AGM in September). Non-members are welcome at concerts, in most cases for £7 per concert (£2 for under-18s).

Upcoming concerts in the autumn of 2019:

11 October, 7.30pm: Enchanting English songs by Parry, Finzi, Howells, Britten and Jonathan Dove, performed by Bridget Hardy (mezzo-soprano) and Ralph Woodward (piano).

1 November, 7.30pm: Enjoy an evening of strings and song with Ensemble du Jardin and Jan Moore.

Further information can be found at: sites.google.com/site/impingtonmusicsociety

Choir 2000 Choral Day 5 October 2019

This is a full day event starting at 9.30am and ending at 5.15pm providing an opportunity to work through some of the choruses and hear solos from Elgar’s magnificent oratorio for chorus, soloists and orchestra, the Dream of Gerontius. There will be piano accompaniment in the morning and full orchestra and soloists in the afternoon. Vocal scores are available in case you do not have your own.

For full details and to enrol (cost £20) see the Choir 2000 website at www.choir2000.org.

Grayston Burgess Memorial Concert; 19 October at 5pm, St Andrew’s Church, Histon

Present and former members of Choir 2000 will perform a concert in memory of the late Grayston Burgess, its first musical director.



Grayston Burgess
Photo Credit: Anne Dover

Grayston lived in retirement in Histon after an international singing career. In the year 2000 he initially took on the challenge of performing a concert to celebrate the Millennium with a group of people, many of whom had very little or no experience in singing classical music. Very soon the group decided to continue after the ‘Concert for the Millennium’ and established itself as Choir 2000. During his seven years as Musical Director Grayston was instrumental in laying the foundations for its continued success and we wish to honour his memory with a selection of music we performed under his baton.

Grayston Burgess was also choirmaster for St

Andrew’s Church Choir. With this in mind, our concert will take place at St Andrew’s Church in Histon between 5.00pm and 6.00pm on Saturday 19 October. Admission is free. We hope you will be able to attend this celebration of an inspiring life.

Choir 2000 Concerts

The next concerts will be at Histon Baptist Church at 7.30pm on 6 and 7 December 2019 with performances of John Rutter’s ‘Gloria’ and ‘Hodie Christus natus est’ by Sweelinck, conducted by Peter Britton and including contributions from “Ten Sing” and the Chesterton Singers. More details and ticket information are on the Choir 2000 website.

Phil Whitehead

Choral Evensong at St. Andrew’s, Histon

On 6 October 2019 at 6pm, Choral Evensong will resume at St Andrew’s Church, located on Church Street in Histon. A thrice-yearly event, which started in the autumn of 2017, St. Andrew’s Evensong series is both a response to the growing popularity of the service in the UK, and also an outreach offering to our villages. If you haven’t yet experienced Evensong at Histon, consider taking an hour to retreat from the hustle and bustle of life, and round out your weekend with this beautiful and meditative service.



The Choral Evensong service at St. Andrew’s includes all the usual ingredients one would find at a service at King’s College or Westminster Abbey.

Congregants can participate in the service to the extent that they wish, and are able, while the service sheet indicates that the congregation is invited to stand frequently, congregants may remain sitting if they choose.

The important thing is to take an hour out of your busy week to allow the music to wash over you and feed your spirit!

Dates for the 2019–2020 season of Choral Evensong at St. Andrew’s, Histon are: 6 October, 9 February and 21 June, all at 6pm.

In addition, if you are a keen, experienced singer who reads music well, please inquire about joining us!

Ann Lillya

Histon Handmade

Contemporary Design and Craft Fair
Saturday 30 November, Midday -7pm, St Andrew’s Centre, Histon

Free Entry!

Histon Handmade is holding its fifth event on Saturday 30 November with an exceptional line up of 23 leading local designers/ makers.



Alongside jewellery from founder Claire Howieson (Oakington), the event will showcase **prints and cards** from Elizabeth Fraser (Histon), Sarah Vigliotti (Histon), David Mitchell, and Alison Hullyer, **ceramics** by Daniela Stief (Impington), Sarah Went, and Amanda MacPhail, **baskets** by Nadine Anderson, **glass** by Jutta Robinson and Katie Lynn (AKA Molten Wonky), **collage** from Emma Bennett, **books** from children’s illustrator Nicola Killen, **hand woven scarves and shawls** by Nikki Grant, **paintings and illustrations** from Roxana de Rond, **handmade hats** by Sally Wilding (AKA Hedkase), **decorative woodwork** from Jeremy Nicholls, **metal clocks** by Rebecca Stark, **fibre art** from Zenia (The Lady Moth), **handmade books** from Sue Day and Helen Perry, **mosaics** from Terry Chance, and **jewellery** by Abi Cochran and Becky Convey. There will also be some tasty treats on offer from Bitesize Bakehouse.

Popularity for this event continually grows and the last event attracted 1,200 visitors. It is recommended to visit in the second half if you would prefer to avoid the crowds!

For more information please visit our website at www.histonhandmade.com or contact Claire Howieson, Tel: 07870 276088, Email: histonhandmade@hotmail.com.

Claire Howieson

Histon & Impington WI

Meetings are held at the Methodist Church on the third Thursday (most months) at 7.30pm.

17 October - a Craft evening led by Jane Morris

21 November - Birthday Party for members

19 December - Christmas celebration with Bring and Share supper

Tea, coffee and biscuits are provided when there is a chance to chat to other members.

Details can be obtained from Denise Brading tel: 232442 or Sophie Howson on 817659 or 07740 422500.

Marilyn Harvey

Living with Type 2 Diabetes

There’s much you can do to help yourself stay healthy if, like me, you have been diagnosed with Type 2 diabetes. There’s also a lot of support and help you can get too. A key role of the Histon & Impington Diabetes Support Group is to help you understand what you can do to reduce or even reverse this debilitating condition, and which local services can help you.

The HI Diabetes Support Group has now been running for a year. At our monthly meetings we invite speakers along to help us understand the condition, inform us about what we can do and where to seek help, and to answer our questions. We also help each other by sharing tips, experiences and encouragement.

Since last September, we’ve learnt the best kind of foods to eat, and the ones to avoid. We’ve learnt about the importance of exercise to our health, the simple things we can do, like walking, and the local schemes, such as Active & Healthy for Life, that can be beneficial. We’ve learned about how to look after our feet and what warning signs to look for if problems arise. We’ve also heard about the importance of going for diabetic retinopathy eye screening, and how they differ from eye tests at the optometrists. We’ve learnt that we are all individuals who react differently to being diagnosed with diabetes and how to cope with living with this condition and ensure our wellbeing.

Thanks to the support from Histon & Impington Parish Council, Diabetes UK, Firs House Surgery and all of the professionals who have given their time to come and talk with us; all very much appreciated!

In the coming months our meetings are:

Thursday 10 October

NUTRITION - HOW TO STAY HEALTHY AND MAKE SMOOTHIES (PRACTICAL!) Vandana Manocha, Nutritionist

Thursday 14 November

SELF-HELP: TIPS AND STORIES BY GROUP MEMBERS An ideal opportunity for new members to find out what’s possible with a little motivation

Thursday 12 December

HOW TO IMPROVE YOUR HEALTH THROUGH EXERCISE Susan Mayes, Community Engagement Network Lead, Everyone Health

The Histon & Impington Type 2 Diabetes Support Group meets on the second Thursday of the month, 7 - 8:30pm at the Community Room, Impington Recreation Ground. More information from facilitator Mike Willis email mike@familywillis.co.uk or just come along!

Mike Willis

HI Street Shop, School Hill

Full Circle Shop

Open 9am - 5pm each Saturday. In addition to the food we have a wide range of other eco-products which can be found on our website www.fullcircleshop.co.uk and the following cleaning product refills:

- * Hand soap
- * Washing up liquid
- * Laundry liquid
- * Fabric conditioner
- * All-purpose surface cleaner

We are also a TerraCycle collection point for crisp packets, biscuit wrappers and dental hygiene products - everyone is encouraged to

read the page on our website that gives details as to precisely what we can take, as sorting out incorrect items is very onerous - see www.fullcircleshop.co.uk/pages/recycle.

Come and try ... fibre crafts

Saturday 26 October, 10am - 1pm
The HI Street Shop, 10 School Hill, Histon (with Gin House Flowers)
More info on www.janesox.co.uk

Ever wanted to try a new fibre craft or learn a new skill? Come along to our Histon and Impington community 'Come and Try' event on Saturday 26 October, where you'll find spinning, weaving and knitting demonstrations and activities. This event is FREE and open to all ages, genders and skill levels ... beginners to expert! Come and try!

Swishing is coming to Histon!

Everyone is invited to Histon’s first Swish (clothes swapping party) being organised by the Histon and Impington Sustainability Group for Saturday 5 October, 11am - 1.15pm at the St Andrew's Centre. 30% of our clothes are never worn so why not swap them for something new to you? The clothing industry accounts for around 10% of global greenhouse emissions and is the world's second biggest industrial polluter, so swapping is a brilliant way to help cut your footprint.

Women's, men's and children's clothes and accessories must be in good, clean condition. You can bring and take as much as you like, entry is free but donations to Histon and Impington Sustainability Group will be welcomed. There will be homemade cake, teas etc to enjoy whilst your clothes are being sorted between 11am-11.45am.

The Cambridge Community Wardrobe Swish Kit will be launched at the event, thanks to generous funding from South Cambridge District Council's Community Chest Grant. The Swish Kit can be borrowed by local groups interested in hosting their own clothes-swapping parties - come and talk to us if you are curious. Any queries about Histon's first Swish, please email nicole@cambridgecarbonfootprint.org

Nicole Barton

CEREALS Cornflakes (O, Ve)..... £1.06 / 100g Porridge Oats (Ve, UK)..... £0.15 / 100g Jumbo Oats (Ve, UK)..... £0.16 / 100g Granola (O, Ve)..... £0.89 / 100g Delux Muesli (O, Ve)..... £0.52 / 100g	NUTS, SEEDS AND DRIED FRUIT Almonds (O, VE)..... £2.01 / 100g Hazelnuts (O, Ve)..... £1.47 / 100g Peanuts (O, Ve)..... £0.71 / 100g Walnuts (O, Ve)..... £2.22 / 100g Pumpkin Seeds (Ve)..... £0.77 / 100g Sunflower Seeds (Ve)..... £0.25 / 100g Apricots (O, Ve)..... £0.88 / 100g Raisins (O, Ve)..... £0.64 / 100g
RICE, PASTA AND GRAINS Arborio Rice (Ve)..... £0.36 / 100g Basmati Rice (Ve)..... £0.40 / 100g Long Grain Brown Rice (Ve)... £0.23 / 100g Lasagne Sheets (O, Ve)..... £0.56 / 100g Wholewheat Penne (O, Ve)..... £0.39 / 100g White Penne (O, Ve)..... £0.39 / 100g White Spaghetti (O, Ve)..... £0.39 / 100g Cous Cous (O, Ve)..... £0.29 / 100g White Quinoa (O, Ve, UK)..... £0.64 / 100g	BAKING Baking Powder (Ve)..... £0.66 / 100g Golden Caster Sugar (O, Ve)..... £0.48 / 100g Plain Wheat Free Four Blend (Ve)..... £0.24 / 100g Self-Raising Flour (O, Ve)..... £0.16 / 100g Wholemeal Flour, Strong (O, Ve)..... £0.14 / 100g
BEANS, PULSES AND LEGUMES Black Turtle Beans (O, Ve)..... £0.28 / 100g Butter Beans (O, Ve)..... £0.48 / 100g Cannellini Beans (O, Ve)..... £0.35 / 100g Carlin Peas (O, Ve, UK)..... £0.33 / 100g Chickpeas (O, Ve)..... £0.41 / 100g Fava Beans, Roasted & Salted (Ve, UK)..... £0.63 / 100g Kidney Beans (O, Ve)..... £0.40 / 100g Olive Green Lentils (Ve, UK)..... £0.63 / 100g	LIQUIDS Sunflower Oil (Ve)..... £0.34 / 100g Cyder Vinegar (O, Ve, UK)..... £0.34 / 100g Balsamic Vinegar (Ve)..... £0.51 / 100g O = Organic, Ve = Vegan, UK = Grown in the United Kingdom All products are stored and handled in an environment containing nuts, peanuts, gluten, soya and sulphites.



HISTON'S FIRST

SWISH

(CLOTHES SWAPPING PARTY)

Feel you have nothing to wear, despite a wardrobe stuffed with clothes? Want to exchange your clothes that don't fit for ones that do? Keen not to add to the fast fashion problem and your global footprint? Then Histon's first SWISH is for you.

Sat 5th Oct 2019, 11am – 1.15pm

St Andrew's Centre, School Hill, Histon, Cambridge CB24 9JE

11am Drop-off clothes for sorting

11.45am Swish starts

1.15pm Swish ends

We are taking women's, men's and children's clothes, shoes and accessories. Bring and take as many as you like! Items must be clean and in good condition. Whilst sorting you can enjoy some homemade cakes, meet your neighbours and catch-up on local environmental activities.

FREE ENTRY!

DONATIONS WELCOME

High Street Changes

Lighthouse Toys

Many will be sad to know that Lighthouse Toys closed on the High Street (but is still open online) on 7 September.

The owners had posted on the village Facebook site: “Lighthouse Toys would like to thank our customers for 15 great years. We are closing our shop in September but will continue to supply great products via our websites lighthouse toys.co.uk and stem education toys.co.uk”.

They also said: “Time for a new direction in our life. We are sad but feel at peace about it.”



The Phoenix

The Phoenix has re-opened to considerable acclaim as The Urban Shed & The Phoenix. Opening in late July, it offers everything from breakfast, through lunch to evening meals and guest food trucks as well as a bar.

The School Hill site (Tesco’s, Library, Indian Ocean, Gin House Flowers)

There’s a planning application in for the redevelopment of this site - retaining the basic layout but with some changes to the range of smaller shops and rebuilding the supermarket with a number of one bedroom flats above it. Details are at: <http://tiny.cc/se8fcz>.

The Library will be included in the redevelopment, and steps are being taken to make some provision of alternative library services whilst the building works are being done.



Detailed planning will only be possible once planning permission is granted, but the current hope is that the work will start around Easter 2020, with the supermarket taking around a year to complete. The rest of the site should take less time, and will be reopened as soon as possible.

The Parish Council are working with the developers to ensure that an appropriate memorial to Pat Fleet remains after the redevelopment.

Denis Payne

Thank You for Recycling Right

Most of us ‘recycle right’ but there are still some items that cause issues when taken to a Materials Recycling Facility to be separated for further recycling.

It costs Greater Cambridge Shared Waste Service £10,000 every month to remove and dispose of incorrect items from recycling collected from blue bins.

When the wrong items are put in the recycling, this reduces its quality and, if there are a lot of incorrect items, can cause large quantities of materials to be rejected and not recycled. This means your Council Tax money is wasted, instead of being spent on improving local services.

These items do not belong in your blue recycling bin:

- nappies, wet wipes, sanitary towels - place in black bin;
- tissues and kitchen roll - can be put in green bin for composting;
- black bags - place in black bin;
- clothes, textiles, shoes - donate, swap, place in a textile / shoe bank, Household Recycling Centre;
- food and liquid remains - remove any food and rinse containers, and empty all liquids from bottles. Squash and replace caps before recycling.

More information on what can and can’t be recycled can be found in the South Cambs magazine or on the website at: www.scambs.gov.uk/bins.



GARDENER’S WORD

End of Summer? No, it’s New Year!

This time of year is actually new year in gardening terms - clear away the mistakes, make resolutions and change things while a pleasant working temperature holds.



I have recently had the misfortune to experience an attack of box tree caterpillar at a garden in Surrey. I would supply a picture but I don’t want to upset anyone! It’s an invasive non-native green moth caterpillar that has been munching its way through the home counties since 2011 and is expected in Cambridgeshire very soon. I first noticed signs on a hedge in May and by the next week it was totally defoliated. The only green bits left were the droppings underneath! Options for control are:

- a) bug killer-not actually that effective as you have to spray the underneath of every leaf;
 - b) a specific bacillus but you need to be a certified operator to spray;
 - c) put rubber gloves on and pick pick pick;
 - d) remove the box and plant something else.
- Suggestions: Ilex crenata (yes it’s a holly but not prickly), Teucrium, Yew or Pittosporum.

On a happier note, here is a dahlia from Anglesey Abbey. Mine aren’t looking so good so my resolution for next year is to enrich the soil, step up slug vigilance in spring, stake before wind damage and order in some new ones instead of making do with the garden survivors.



Alice Jackson Steggles

Thank you for KEEPING THESE OUT of your RECYCLING BINS:



Clothes and shoes



Black bags of waste or recycling



Wet wipes, nappies, sanitary towels and kitchen roll



Food and liquid remains

- X Scrap metals e.g. frying pans
- X Wood or garden waste
- X Pillows and duvets
- X Soft toys and hard plastic toys
- X Electrical items
- X Pyrex, flat glass, mirrors, ceramics
- X Motor oil, pesticide or paint containers
- X Polystyrene packaging and take-away containers
- X Hard plastics e.g. Tupperware, washing-up bowls
- X Carpet

Beat Car Thieves and Crooks

Hi everyone, I am one of your neighbourhood officers covering Histon and Impington. Over the last nine months we have had an unusual increase in vehicle crime. I have put together some crime prevention tips on how to keep your vehicle and belongings safe.



Cars and Vans are sometimes stolen because the thief can see items, tools and equipment inside the vehicle. A professional car thief will target newer cars and often go for high powered cars such as BMW, Jaguar, Mercedes and Range Rover. High-powered cars are often used for getting away from burglaries and ram raiders want vehicles with tow bars or oversized bumpers. White vans are used for multiple purposes such as bogus utility worker, home maintenance or courier fraud and for moving stolen goods around as they appear anonymous.

Security measures. It's always a good thing to have some kind of security measure because the thief doesn't want to spend time trying to remove them. Criminals will avoid vehicles that have visible devices and deterrents such as steering locks, gearstick & handbrake locks, and internal front and rear dash-cam with sensors. These are all relatively cheap to buy - but in general the more you pay, the better the security. Although not impenetrable to a seasoned car thief, the real value is as a visual deterrent.

Hide any valuables. It's not just car thieves you have to worry about; there are plenty of crooks out there who are simply after your valuables. The most common mistakes car owners make are leaving things on show such as phone leads, rucksacks, jackets, handbags, laptop cases, sat nav holders and paperwork. This means there might be something of value left in the car. Never leave expensive goodies out on display.

Untidy vehicles attract car thieves.

Remember portable sat navs leave a circular mark on the screen and if you don't wipe the screen it's obvious that you could have one in the car.

Lock your car. This may seem like a no-brainer but double check you have locked your car. Modern cars are harder to steal but the problem is we forget to lock them or leave a sunroof or window open because we are in a rush. Even if you are only leaving your car for a short while your vehicle or any valuables left on a seat are at risk of theft.

Keep your keys secure. Remember to take the keys out of your car and don't leave them inside the car. I also need to mention here, keyless cars and the "relay attack". This means two criminals use an electronic signal

relay device to intercept a key fob signal from within the victim's home. The relay device then sends the signal to the car which unlocks the vehicle and the car can be entered and driven away. There are simple steps you can take to avoid the signal being hacked, by simply putting your keys into a metal container such as a biscuit tin or microwave; there are also metalised signal blocking pouches available.



Left unattended with the engine running.

Worse than leaving a car unlocked is leaving a car unlocked with the keys still in the ignition and the engine running; that's just making a car thief's job too easy. Remember if you do this and your vehicle is taken you are not insured, so you will lose your vehicle and be out of pocket.

Parking your car. How and where you park your car can deter thieves. If you have a garage or driveway, **use it!** Always drive in rather than reverse in as the thief has to come closer to you to take the car and they don't like to do that. Cars parked off street are far less likely to be stolen than those parked on the road. When away from home, try to leave your car in a secure car park - one with a ticket barrier or attendant, or one that has been approved by the police. If you have to park on the street, do so in a busy, well-lit area, and if possible beneath the gaze of a CCTV camera.

Number Plate Theft. This has been on the increase by crooks who want to use your number plates to put on a vehicle with the same identity, make, model and colour for use in criminal activity such as fuel theft from garage, burglaries and ram raids. Secure theft-resistant number plates will make your plates less attractive to thieves. You can also get anti-theft number plate bolts.

Documents. Never leave anything with your name and address in the car. If you do, you put yourself at risk of burglary as the thief knows you are not at home, especially if the car is taken from the town centre or supermarket car park, and it could leave you open to other types of fraud.

It's also important to remain vigilant and to look out for anyone acting strangely on your street as they could be looking for an opportunity to steal a vehicle or contents.

If you witness a crime or even if you just see something suspicious - let us know! Call 101, report it online at www.cambs.police.uk or contact Crime Stoppers. The information that you provide is invaluable to us and we greatly appreciate your time and effort.

PCSO Tony Martin

Archaeology Group (HIAG)

This autumn will be a busy time. We plan up to four Test Pits on the grounds of Histon Manor over the first two full weekends of September, and extending Test Pits on the IVC site Saturday 5 to Thursday 10 October. For those new to Test Pitting, it is a form of excavation designed to investigate centres of settlement that have been largely built over. This sampling methodology has been very effective locally in mapping the Saxon and early medieval settlement of the villages by dating sherds of pottery. The 1m square pits (so far around 80!) and associated soil sieving takes a team of 5 people around 2 days to dig. If you are interested - no prior experience is necessary, and on-site training is provided - please email hisimp.archaeology.group@gmail.com.

HIAG talks are Mondays, 7.30pm, Histon Baptist Church. On 9 September we started with 'Iron Age Coins and what they can tell us about the Celtic people'. Then continuing the theme on 14 October we will hear about excavations at Wimpole - an extraordinary Iron Age site giving us tantalising glimpses of these Celtic people, who seemingly and mysteriously became the Romano-British after AD 43. You may have heard of Bog Bodies. Well Dr Jody Joy, Senior Curator in Archaeology, Cambridge, will take us into their world on 18 November, and share with us the 2000 year old mystery of Lindow Man. Good dates for your diaries?!!

The dig in July at IVC, with the students, continued to be rewarding. The dig extended our knowledge of the previously discovered possibly Saxon boundary ditch, revealed the base of a Roman drinking vessel and uncovered what may be a medieval hearth.

Many will know of the earthworks on Abbey Farm outlining the demolished walls of the medieval church (St Etheldreda). We have been investigating the site with geophysics and aerial photography, and archive research. At the Museum of Archaeology and Anthropology is a fascinating piece of wooden sculpture, which the museum kindly brought out of deep store for us. It is a canopy head from a Rood Screen - most likely from the original St Etheldreda Church, whose chancel was still partly standing in 1728, but gone 30 years later. Some of the church was earlier recycled to Madingley Hall, and some can be found in the older houses of the village!



Photo Credit : Rob Noble
Remnant of 15th C. Rood
Screen, Cambridge Museum of
Archaeology & Anthropology

Arnold Fertig, HIAG Chair

Two Become One! - Merger of HICOM and Friends of The Rec

HICOM and Friends of the Rec are two well established village charities. Initially set up with specific aims to benefit the local community in quite different ways, they have, in recent years, each become more involved in providing activities and services to improve the general wellbeing of people in our villages. Today the charities share common aims and work closely together in several areas. Recognising this overlap, the Trustees of both charities came together early this year to consider whether there was a case for bringing the two organisations together formally to create a single, new charity.

HICOM was established in 1998 with the primary purpose of running the community minibus service, providing transport for groups and individuals to clubs, the doctors' surgery, shops and much else besides. Today the blue HICOM minibus is a familiar sight around the village.



Friends of the Rec was formed in 2003, principally to raise funds for the redevelopment of the facilities at the Recreation Ground, and has helped in bringing into reality the new pavilion and other amenities that we enjoy today.

Whilst continuing to fulfil their principal aims, both charities have now evolved beyond their initial remits. Friends of the Rec continues to organise sports and community fundraising events, including the popular Bonfire Burn 10k, the Strawberry 50 cycling event and the Flaming June half-marathon. But beyond its fundraising activities, it has also set up sports clubs for young and old and initiated and supported other recreational activities that help to improve the wellbeing of different groups of people within our community. Recent initiatives include the introduction of inclusive specialist exercise classes, the purchase of a community trishaw, and a new sports club for those living with memory loss and other conditions.

Similarly, HICOM has moved beyond the provision of a community transport service, and has gradually become more involved in providing other practical support, initially for older people, then general mental wellbeing support and more recently bereavement and dementia support. The charity now has a wellbeing team comprising three part-time members of staff: an older peoples' worker, a dementia worker and a mental wellbeing

worker. It runs a bereavement support course, provides dementia awareness training and support for individuals and local organisations, and recently established the Worry Tree Cafe to provide a friendly, supportive and safe environment for those experiencing mental health challenges, loneliness, isolation or loss.

Over time, then, and from quite different starting positions, both charities have gravitated towards a shared aim of providing more general wellbeing support to the people of our community. This has culminated in the two charities working closely together on various initiatives. For example the Monday Club, which takes place at the Recreation Ground, makes use of the HICOM minibus and involves staff and volunteers from both Friends of the Rec and the HICOM Wellbeing team, and the recent village Wellbeing Week, which took place in May, was a joint enterprise organised by the two charities.

The Trustees commissioned a working group to examine the possibility of merging the two organisations into a new charity. The working group reported in June with the recommendation that the charities should merge and a public meeting was held on 13 June. Several members of the public attended and all were supportive of the proposed merger. As a result a new charity is being registered with the Charity Commission called Friends of Histon and Impington Community with the hope of starting on 1 January 2020.

The bringing together of these two village charities to focus on supporting the physical, mental and emotional wellbeing of the people in our community marks a significant development at a time when such a focus is required more than ever. Of course, the new charity will include in its objectives the continued provision of a community transport service and the ongoing development of recreational facilities, carried over from the original charity objectives. The new charity will also aim to serve the community in new ways, developing further the work already taking place to enhance and promote the wellbeing of the people of our Community.

If you'd like to know more about any of the activities or services mentioned above, please visit the charity websites: www.hicom.org.uk; www.hirecfriends.org.uk

Neil Davies



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

www.hisimp.net

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 WEDNESDAY 11 & 25 SEPTEMBER
WEDNESDAY 9 & 23 OCTOBER
SAINT ANDREW'S CENTRE CAFÉ, SCHOOL HILL, HISTON

REFRESHMENTS FREE
ALL ADULTS WELCOME, WHEREVER YOU LIVE

THE NINTH BONFIRE BURN 10K
SUNDAY 3rd NOV 2019

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

MALE/FEMALE
AGE 13 UPWARDS

£16 ENTRY FEE (U18 £6)
REGISTER FROM JUNE 1ST
AT WWW.BONFIREBURN10K.CO.UK

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

impington sports centre
The Indian Ocean
Pegasus Group
Advance Performance
TuckerGardner
histon chop shop
M&M Heating & Plumbing Services

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

Friends of Histon & Impington Recreation Presents :

QUIZ NIGHT

FRIDAY 11TH OCTOBER 7.45 At The Recreation Ground Centre.

£8 per ticket. Teams of (up to) 6 welcome.

Price includes: - Jacket Potato + Filling Bring Your Own Drink

PLEASE CONTACT JANE (or NEIL)
Jane - 232959 Neil - 232514

Emergency First Aid Course

Saturday 16 November 9.30 – 4.30pm

This one day course will cover:

- Incident Control
- First Aid Kits and Accident Books
- Calling for Assistance
- Basic Life Support Skills Including The Recovery Position and CPR
- Bandaging Techniques
- Dealing with Bone Injuries



The successful candidates will receive a nationally recognised First Aid Qualification valid for 3 years.

Open to all young people aged 14 and over – particularly those who wish to enter employment (full-time or part-time).

Saturday 16 November 9.30 – 4.30pm
Venue to be confirmed

£35 per person. 12 spaces available.
Complete booking form on our website.

Connections Youth Bus

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 and Mindfulness for teens and pre-teens - £5 per half term



Yoga and mindfulness can help you relax, focus, keep calm and have fun. It's great for helping you feel energised, improving balance, breathing exercises. There is also an emphasis on learning techniques to use at home and/or in the classroom to help focus, stay calm and most importantly, relax. All delivered in a fun, safe and welcoming environment!

This is what some of the current students have to say about the sessions:

"I like yoga because it helps me relax and be more calm."

"I'm doing yoga because I find it relaxing and thoroughly enjoyable. It also helps with my strength and flexibility."

"I wanted to continue doing yoga because I believe that it makes me better physically but also mentally."

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

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 – with something for everyone.

No need to register in advance, just pop along straight after school on a Monday and sign in with us there. We ask for address and emergency contact

The Generation Game



The next Generation Game is planned for January 2020. Register now on our website.

The Generation Game is a 10-week course helping young people 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.

The Babysitting Course



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

I really hope that the local community is benefiting from hiring the young people who have completed the course and would appreciate any feedback from you with regards to any good news stories to tell us about. Please email andrea@connectionsbusproject.org.uk.

We have 16 young people completing our course this term.

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

Our Defibrillators

The eagle-eyed amongst you will have noticed two defibrillators on publicly accessible walls in the village.

One is on the western wall of the Community Building on the Rec, and the other on the front wall of the St Andrew’s Centre.

Just how valuable these can be was recently illustrated when Histon Cricket Club were playing at Wimblington this July. Histon player Phil Vasey suddenly collapsed at the non strikers end. Teammate Oz Christie immediately recognised the need, realised they had a defibrillator at their cricket pavilion, used it, and Wimblington team members gave CPR until the ambulance arrived to take Phil to The Royal Papworth Hospital.

Only one week later Phil was at our Rec watching the game. He and the cricket club have both appropriately thanked the Wimblington Club.

Out of this incident several pointers arose for all of us.

The defibrillator includes a self-diagnosis capability that ensures that only appropriate action is taken by the equipment. The user follows the instructions and the machine does the rest. No medical training is necessary, but familiarisation sessions are available.

To access the defibrillator requires phoning 999 and if you are within 800 metres of a publicly available defibrillator you will be directed to it by the call handler.

The emergency services will give you the access code to open the wall mounting. This means that you must use a mobile phone to call in the first place, so you can stay on the line and take the phone to the wall mounting.

They are really life-saving machines BUT need to be supported by CPR to be fully effective. The more people that are trained in this the better. Are you?

Phil is with us today because of the facilities being available and the community being prepared. We have them, in both cases through community groups being proactive, and we all need to be aware of them.



Brian Ing



Strawberry 50 Highlights



All Stars

The English Cricket Board have a scheme for introducing young people (5 to 8 years old) to the skills of cricket in a really fun way.



Histon Cricket Club were proud to be associated with the All Stars on the Rec - the largest such group in Cambridgeshire. 118 young people wearing their provided t-shirts and caps, have the time of their life.

Over a ten-week period, Chris Draper, assisted by Chris Lock and Celia Enderle and several parents, took them through an almost non-stop series of games, activities and drills. At no time were the children aware they were being taught anything; the fun was so intense they did not have time to notice.

The last session finished with a BBQ and watching the World Cup Final being won by England. If that did not inspire them, nothing would.

Indeed, it went so well that they are getting together on Sundays for the first half of term.

The photograph shows the tunnel made by parents, banging together the plastic cricket bats overhead, and the delighted children running through. It was the last activity of the session and many children would have kept going through until they dropped!



Just another example of the quality of the village we live in!

Brian Ing

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: 2nd December contact above with any ideas!



HI HUB Meeting - Thursday 26 September 7.30pm, Community Room, Histon & Impington Recreation Ground

HICOP Apple Juicing - Saturday 5 October, 9am - Midday, Community Orchard, Manor Park

Friends of The Rec Quiz Night - Friday 11 October, 7.45pm, Community Room, Histon & Impington Recreation Ground

Fireworks Extravaganza - Saturday 2 November, IVC Playing Field, gates open 6pm fireworks start at 7pm

Bonfire Burn 10k - Sunday 3 November, 10.30am, start and finish at Histon & Impington Recreation Ground

Remembrance Sunday Service - Sunday 10 November, 9.30am at the War Memorial

Histon British Legion Christmas Craft Fair - Sunday 1st December, 11am - 3pm, Histon British Legion



Council & Committee Meetings

See website for details: www.hisimp.net

Full Council - Recreation Centre 7.30pm - Monday 21 October, 18 November,

Planning - Parish Office 7.30pm - Tuesday 15 October, 12 November, 3 December, 17 December

Highways - Parish Office 7.30pm - Tuesday 8 October, 10 December

Finance, Legal & Administration - Parish Office 7.30pm - Monday 28 October, 9 December

Environment - Parish Office 7.30pm - Tuesday 26 November,

Recreation - Recreation Centre, 7.30pm - Monday 25 November

Residents are welcome to attend all Council meetings

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

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