



Histon and
Impington | Parish
Council

HISIMP NEWS

The Newsletter of Histon & Impington
Parish Council

Issue 30 - March 2020



The Wait is Over!

Time to look forward to the start of work on the redevelopment of the former Bishops DIY premises.



The Bishops site has lain inactive for some years, but along with work now in progress on the former station building, the redevelopment of the property is about to commence.

As some may recall, over an eighteen-month period spanning 2015/2016, owners of the former Bishops site, Mitre Property Development, engaged with the Parish Council and the village and with owners of other properties within the former railway station area, to produce a strategy for the improvement of what is now the guided busway station area.



The objective was to create an attractive enhancement of the street scene and to provide a more pleasant experience for those using the guided busway and, importantly, to integrate effectively the presence and benefits of the guided busway within the village.

The collaboration proved hugely successful. From the rudimentary beginnings of a strategy plan, the three station area properties finally achieved unified approvals for the vision to be realised. Now, after much inevitable preliminary work, the final stage in the process, the construction phase, is underway.

For its part, Mitre plans to remove the building on the former Bishops site during April and to commence construction work in September. Construction works are expected to take up to eighteen months to complete.

Mitre's scheme is already attracting enquiries and for any who may be interested in knowing more about the 25 one-bedroomed and 10 two-bedroomed apartments which will comprise the development, you are advised to contact Savills New Homes team on **01223 347000**.

Jonathan Collins, Mitre Development Ltd

School Hill Histon Redevelopment

Simon Jones, a Director of Camel Projects Ltd, has said that the company has invested and will continue to invest significant time and resources into Histon High Street, and that it "will do everything that it can to make sure that School Hill remains a vibrant place where people want to live, meet, eat and shop."



Currently, the precinct comprises a single storey retail parade made up of one detached store occupied by a supermarket and a further terrace of five staggered retail units with extensive landscaping to the front and substantial car parking to the rear and side.

The much-loved Library and Indian Ocean are staying but the property will be changing after Easter when building work is scheduled to start on the extension to the existing retail parade. At that time, the shopfronts will be replaced; the rebuilding of the library will then be followed by the rebuilding and extension of the detached supermarket store with the creation of 9 residential flats above. The intention at this stage is that the flats will be built offsite by a volumetric modular company.

The redevelopment will see improvements to the disjointed car parking and environmental improvements to the front and rear landscape areas.

Camel Projects Ltd hope School Hill will be the heart of the Histon and Impington retail offering by 2021. If you have any questions please email andrew@camelprojects.co.uk.

Andrew Slaymaker, Camel Projects Ltd



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COVID-19/Coronavirus

Dr Poole, speaking to the Patient Participation Group, explained that the surgery was even more than usually busy because of issues and concerns about COVID-19.

He urged everyone to follow the clear advice from Public Health

England - "catch it, bin it, kill it" and to wash hands frequently.
(tinyurl.com/sgdy4lr)

Additionally, he asked people:

When speaking to the surgery, to speak to admin, secretarial or other appropriate staff if they might be able to help, and not always ask to speak to a GP in the first instance.

If you are unwell with any mild common ailments to self care and take advice from pharmacists. Finally, use NHS 111 online (111.nhs.uk/) or the NHS 111 telephone service.

If you are concerned you may have COVID-19, use the NHS 111 Service as recommended and take their advice.

He stressed the importance of using the GP service wisely, especially if there is an increase in cases of COVID-19 over the coming weeks and months, so that people who really need attention will be seen as soon as possible.

Update from Firs House:

The surgery remains open for business and patients can still get appointments.

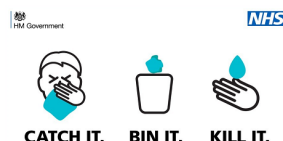
At this time, all appointments will be a telephone triage; if you need to be seen in person this will be arranged.

If you have already booked an appointment please attend unless you hear from us. We would ask that if you develop viral and respiratory symptoms before any appointment that you contact us by phone prior to your appointment.

Appointments can still be booked on the Extended Access hub with the exception of people with respiratory symptoms. We are not redirecting patients to the hub, just letting you know that this service remains open at this time.

You can still get your prescriptions in the usual way. We are considering moving the prescriptions post box to a new location so fewer people need to come right into the surgery.

Please be assured that maintaining a GP service for our patients is central to all decisions about services.



Easter Church Services

The customary Ecumenical Service on Good Friday, 10 April, will bring all the local churches together at St Andrew's Histon, this is followed by the Walk of Witness by the large congregation from the church to the green outside the library. Everyone is then invited to the Methodist Church for coffee and hot cross buns.

Individual church services are as follows.

St Andrew's Church, Histon

Maundy Thursday 9 April

7pm Supper

8pm Holy Communion

Good Friday 10 April

10am Joint Churches Ecumenical service

Easter Day 12 April

9.15am Holy Communion

10.45am Holy Communion

3.30 - 5.30pm Easter Egg Hunt and Bouncy Castle

St Andrew's Church, Impington

Good Friday 10 April

2pm Final Hour Service

Easter Day 12 April

9.30am Holy Communion

Histon Methodist Church

Maundy Thursday 9 April

7pm Holy Communion

Good Friday 10 April

10am Joint service at St Andrew's Histon after which coffee and hot cross buns served in our Church Hall

Easter Sunday 12 April

10:30am Holy Communion

Histon Baptist Church

Maundy Thursday 9 April

6pm Passover Meal (Booking essential)

Good Friday 10 April

10am Joint service at St Andrew's Histon

Easter Day 12 April

10.30am Family Worship

Salvation Army

Good Friday 10 April

10am Joint service at St Andrew's Histon with our Band

Easter Sunday (Easter Praise) 12 April

Our service will be at the usual time of 10am
Everyone welcome

Bernard Stewart Deane

The Three Free Trees Project: HIYEC

In January 2020, South Cambridgeshire District Council launched an offer of “Three Free Trees” in order to encourage the planting of trees, offering every parish in the district a voucher for £60 to cover the cost of three small trees, in exchange for an undertaking to plant the trees on parish council land. This was done in order to support the District Council’s ambitions to move to zero carbon by 2050 and deliver a Zero Carbon action plan.

Histon and Impington Parish Council applied for, and received, a voucher for each parish, and it was decided by the Environment Committee that the voucher for Histon should be donated to Histon and Impington Youth Eco Council to support the group’s ambition to plant more trees. Below is their article on the tree planting.

We had our meeting on Thursday morning (20th February) and it was awesome. We met with a member of the Parish Council who is in the Environment Group. She was called Theresa and she kindly awarded us a voucher for 'three free trees' (a scheme that the District Council are doing) and a place to plant them. She brought lots of information on trees and as a group we decided that we would get birch trees or Himalayan birch trees.



Theresa gave us an option of three locations and we decided that they would be planted in the children’s play area on the Histon green. The playground will be perfect for the trees so that the public can enjoy them.

On Saturday 29th February, we planted the trees using soil, compost, wood chippings and chicken poo pellets. Then we put the trees



in and tied them to stakes to protect them from wind and animals. We named the three trees 'Woody McWoodface; Woody for short', 'Margaret-Jeff' and 'Nemaike'. We danced around them and it was very fun and the Himalayan Birches look beautiful. We couldn't have done this without Pene (our local tree warden) and she helped us a lot. (Eli)

After planting the trees, we built a bug hotel which was loads of fun. We made it using logs, branches, leaves and twigs. When we finished we noticed some woodlice, slugs and a caterpillar had already moved in and a robin was already lurking watching these tasty treats.(Amaiike)

June says "The playground looks lovely now".

HIYEC
Histon and Impington Youth Eco Council



WW1 Commemorative Tree Planting at The Copse

Last year, the Environment Committee of the Parish Council approved a project to plant oak trees at the Copse (near the Guided Busway), to act as a living memory to the men from the villages who had lost their lives in WW1.



Thirty-nine men lost their lives, living in thirty-five of the village’s streets, and an oak was purchased to represent each of the fallen men. We have selected Acacia Tree Surgery to help us clear the area, dig holes and plant the trees, and they have generously offered to pay for the stakes and ties we will need to support the trees, as their way of contributing to the project. The trees will form a spiral avenue and are due to be planted at the Copse on 26 and 27 March. Once the trees have been planted, the Committee will then look at ways to provide information for the public on the planting of the trees and the reasons behind it.

Theresa King

Homefield Park, Before and After



Homefield Park fencing as it was, a mixture of wood and chain link fencing, and quite a lot of ivy!

The project to replace the railings at Homefield Park has been ongoing for some time, but has at last come to fruition this month. The ground clearance work was undertaken by Brookfield Groundcare and the railings themselves installed by The Traditional Company. It has taken a lot of work to get all the relevant groups working together, and we have also had to consult with Cadent regarding their gas governor and pipework so that the project proceeded with as few issues as possible.



The new railings in place, awaiting painting.

The new railings are looking very smart; there are extra wires at the bottom of the fencing, known as lamb wires, which will hopefully stop dogs and other creatures running through the fencing onto the road. There will be some tidying up to do after the railings are all in, and we are planning to get some extra leaves welded onto the fence at the gates to continue the theme of the gates themselves.

Theresa King



A village website created to serve local residents and businesses is now live, sign up at www.hihub.info.

Opportunity Playgroup

We are very pleased to have been running our playgroup in the villages of Histon and Impington for almost 50 years. During this time, we have helped many families to adjust to their lives and all that is entailed in having a child with additional needs. It is not an easy path and I'm glad that we've been able to offer support to these families. Throughout all these years, we could not have run the playgroup without such an amazing group of volunteers giving up their time to play with the children and to help with fund raising, so that we can keep the playgroup running. Many of these helpers have lived in the village, so it always gives the playgroup that friendly feeling and sense of community, which I think the families appreciate.

The children love playing and we have lots of different activities they can all take part in. Once the children are settled and get to know us, the parents can go out and have a coffee and chat with each other. It gives them a break and this is where great friendships and support networks have been made over the years. Many parents' friendships have lasted well into their children's adult lives and beyond; it's great that they had that support through all the happy and difficult times too.

Every year we have a summer outing and of course, a Christmas party, thanks to all the village Santas over the years! We are very grateful to the Church who have made us very welcome in the new St Andrew's Centre, where you can find us every Monday afternoon having fun and playing with the children. Please pass the word and let your friends know about us, as any way that we can reach new families is appreciated; we want to support as many families as possible. You will also find us at the Histon Feast market, our stall always has fun games for children to play and in November we always have our Christmas Shopping Evening fundraiser with lots of lovely stalls, a very sociable occasion.

On Saturday 16 May we will be on The Green from 8.30am selling cakes and crafts!

Thanks to everyone for supporting our invaluable playgroup over the years.

Sally Abbott



New website benefits locals with Type 2 Diabetes

Around 500 villagers are diagnosed with Type 2 (T2) diabetes, a serious and debilitating condition that can lead to complications and an early death. For decades, the condition has been "managed" with various medications, dietary advice and exercise. More recently, ways of putting T2 diabetes into remission have been discovered.

The HI T2 Diabetes Support Group helps those with this condition learn about how to improve their health, and look after themselves. We've had talks from a wide variety of professionals over the 18 months the group has been running, covering dietary advice, exercise, footcare, eyesight, medication and lots more. The group has grown considerably over that period, with over 40 having attended and 20 or so at most meetings.

But that's less than 10% of those in the village with T2 diabetes. We understand many have problems getting to our meetings, whether it be poor mobility or family commitments. But now everyone can benefit from the accumulated knowledge of the group.



The new website - www.hidiabetes.co.uk - can help you *understand* more about type 2 diabetes, how to *manage* the condition, and how to potentially put type 2 diabetes into *remission*. Website pages include "where to start" and some useful links, "low-carb diets" showing how simple food substitutions can make a big impact, "resources" with links to local services, and most importantly of all, notes from the meetings we've held. There you can also find the stories of many of the group members who've got their T2 diabetes into remission, that is their blood glucose is now back to normal levels, significantly improving their health.

There's a lot of information about T2 diabetes online. But this site is local - local advice, local resources, and most importantly, local stories from those who are in remission. If you can't make it to our meetings, do check out www.hidiabetes.co.uk!

Mike Willis
HI T2 Diabetes Support Group Facilitator
mike@hidiabetes.co.uk

www.hisimp.net

GARDENER'S WORD

The Garden in Spring

Cowering inside for most of February makes stepping outside, if only to discover a fallen fence or branch, a revelatory experience. I also discovered some exotic plant pots and plastic bags that I certainly didn't install myself.



More happily, new daffodils I planted in the autumn in pots have come up and I will plant them out soon into their permanent places. I was unsure back in October where any of the existing ones were so this is a sure-fire method of avoiding planting more on top.



I didn't get the chance to do any autumn sowing on the allotment so now is the time to have a second go at garlic and broad beans (in the ground, but under netting) and sweet peas in the greenhouse. In warmer places such as a sunny windowsill or warm greenhouse, it is a good idea to get chillis started as they need a long growing season.

It'll be all systems go in another month or two so take the time to clear up any weed seedlings or they'll be tapping on your shoulder before you know it. Get the good compost out from the bottom of the heap (assuming you haven't been virtuously turning it every week) and spread it on top of the cleared ground.

Top Tip:

Check the lawnmower works NOW, not when you desperately need to get cracking.

Alice Jackson Steggles

Histon and Impington Garden Club

The April and May meetings will be held at the Methodist Church Hall at 7.30pm and visitors are always welcome to come along.

14 April Margaret Waddy will give a talk entitled the History of Garden Roses

12 May Adam Pasco will talk to us about gardening the 'Natural Way'

On Saturday **16 May** we will hold our annual plant sale in The Boot car park from 9am until midday. Come along to buy a variety of plants and contributions are most welcome.

For details or any queries please contact Richard Ackroyd tel: 236315



Police News

Hi everyone, I am one of the neighbourhood officers that covers Histon and Impington.

During the last 15 years I have had numerous enquiries regarding home alarm security systems and CCTV; therefore, I have put some information together for you.



Creating a safer
Cambridgeshire

Alarm systems Security and intruder alarms can be excellent deterrents against burglary. Burglars don't want to be seen or heard - time and noise are their enemies. Always set your alarm when leaving your home and if you don't have an alarm, you may wish to consider having one installed.

Choosing an alarm There are two main types of alarm systems to consider for your home:

Audible only - which activates an internal or external siren to call attention to the property.

Remotely monitored system - which sends a signal to a central monitoring station who will call the key holder, neighbour or even the police.

Visit the Secured by Design website for more advice on which alarm system is right for you www.securedbydesign.com.

Selecting an alarm installer There are many different alarm installers and so we advise you gain at least two quotations from reputable installers. If you require a monitored alarm system, ensure the installer is a current member of a recognised trade association, such as SSAIB (www.ssaib.org) or NSI (NACOSS) (www.nsi.org.uk).

Visit the Secured by Design website for more information on how to install your alarm system safely.

CCTV While CCTV is a crime and anti-social behaviour deterrent, it should not be relied upon as the only layer of security.

Getting a copy of CCTV footage or footage of a crime

If officers have, or are given, CCTV footage that relates to a crime, we will tell you if you can see it. Find out how to request CCTV footage of yourself by visiting www.gov.uk.

CCTV legal requirements When using CCTV you will need to ensure that recorded material complies with the Data Protection Act and Human Rights Act. - www.legislation.gov.uk.

Advice on CCTV selection There are many types of CCTV options to buy and while we don't recommend any specific brand or style, you may find the advice below useful if you are considering installing CCTV at work or home.

- Research the types of CCTV available and

decide which type you feel is best for your home or business.

- Decide whether you need your CCTV to be static or mobile and what type of recording method suits your needs.
- Regularly maintain your CCTV device and ensure it is correctly placed for optimal recording.
- Some CCTV devices may need good lighting for clear and quality recording; others may come with night-vision style recording.
- Decide whether you would like a colour or black and white recording CCTV device.
- You may need to place a CCTV notification sign.

CCTV advice for personal use Consent is not required for private property within the terms of the Data Protection Act unless it captures footage of individuals outside of your property or land. The Information Commissioners Office recommends CCTV is always used responsibly to protect the privacy of others.

Before setting up CCTV on your private property, we advise you to first check it is necessary. For example, ask yourself:

- Do you need a camera to address your security concerns or would improvements to locks or security lighting be more effective and less expensive?
- Can you avoid intruding into your neighbour's property?

I hope this article answers some of your questions, and that the information will be of help if you are considering installing a security device.

Next Police events in Histon and Impington

Coffee with a Cop will be held on Thursday 26 March between 11-12pm at the Meadows Community Centre, 1 St Catharine's Road. Come along and have a chat about any concerns or issues that you have in the village.

Police Home Security event will be held on Thursday 23 April. This will be held at Histon & Impington Recreation Centre, between 6 - 7.30pm. If you are interested in your area and how to protect your home and security and reduce opportunist crime then please come along. At this event there will be items that you can purchase such as shed, window and door alarms and you can pick up some free information leaflets on various topics. Local officers will be available to talk to you about your safety concerns and advise you on ways to make your home more secure.

Everyone is welcome!

PCSO Tony Martin

Charity Cycle Ride

Bike Events are once again organising the Cambridge 100/60/35 mile charity cycle rides. The rides will take place on **Sunday 3 May 2020**, starting and finishing at Impington Village College.



The rides will start between 7am and 9.30am, with riders leaving in small groups between these times and returning throughout the afternoon. The event itself will close at 6pm.

The rides are held on the open road with permission from the local Highways Authority and notification of the local police and statutory bodies. The route will be fully signed and marshalled with support services provided by professional first aiders and cycle mechanics.

You may recall that for the last few years we have directed all participants arriving by car to the Milton Park and Ride, with ride stewards ensuring adjoining streets are not used for participant parking on the day. As a result we feel, and I hope you agree, that the event has gone smoothly for all concerned. We plan on using the same strategy this year. Further details of the event can be found on our website www.bike-events.co.uk

Details:

Date: Sunday 3 May 2020.

Start/Finish Venue: Impington Village College, New Road, Cambridge, CB24 9LX.

Start time: Between 7 - 8am for 100m route/ 8 - 9am for 60m route and 9 - 9.30am for 35m route.

Distance: 100 mile, 60 mile or 35 mile route.

Entry fee: Entry Pack 100 (£23.00) Entry pack 60 miles (£22.00) Entry pack 35 miles (£21.00).

Official Charity: Raise money for the charity of your choice (this is not compulsory).

Enjoy the spring sunshine with this fantastic bike ride! Starting and finishing on the outskirts of Cambridge, the ride takes you east through Cambridgeshire and into Norfolk with a choice of 100, 60 and 35 mile routes. There will be plenty of refreshment stops along the way.

Online booking: www.bike-events.co.uk.

Contact: Bike Events c/o John Lister - 0117 9897080, john@bike-events.co.uk.

John Lister, Bike Events

Histon & Impington Archaeology Group

Field walking is a great but perhaps surprising way to archaeologically survey an open area of ploughed land at scale. A sampling exercise involves groups of 6-12 people walking at 10m intervals across the fields looking for artefacts - such as dateable pottery sherds - bagging them and recording the position using GPS. The finds are processed at club nights (good learning opportunities!) and sent for specialist analysis - the pattern of finds can indicate where an Iron Age, Roman or Medieval settlement might have been - which contributes to our understanding of how the landscape was previously used.

HIAG began its first field walking campaign in the winter of 2018/2019 on Mill Lane Farm. The presence of Roman and Iron Age activity was confirmed. This winter we have turned to Manor Farm, Impington where aerial surveys have suggested activity in the Iron Age and medieval period. Our finds have included localised deposits of pottery sherds on the surface from these periods. On the ground, one can see

very low parallel ridges extending across the field at furlong intervals - the remains of 'headlands' produced by medieval plough teams turning at the end of one furlong strips of land, spilling earth

and creating a rise that is then consolidated over hundreds of years by use as footpaths into the outer fields. Modern ploughing has removed the ridge and furrows at right angles to the 'headlands' but not quite the 'headlands' themselves. If anybody is interested in trying out field walking, contact us on hiarchaeology.wordpress.com/contact/.

Talks continue on 23 March with Craig Cessford of Oxford Archaeology speaking on the Black Death in Cambridgeshire - the impact of which significantly upended societal norms for the survivors. On 27 April, Chris Evans, co-founder of the University Cambridge Archaeology Unit, will speak about some dramatic finds recently including a Roman Villa on the Eddington site. Chris's talk is entitled 'Colonising Inland: prehistoric and Roman North West Cambridge'. On 8 June Andy Burnham, founder of the [megalithic portal](http://megalithicportal.com), will give a talk on 'Old Stones' - and help us to understand some of the origins of these prehistoric and impressive edifices.

Arnold Fertig, HIAG



The base of a Roman Greyware drinking vessel, 1st - 2nd century AD, Manor Farm, Impington, found through field walking, December 2019

Music Diary

Choir 2000

There is a Choral Day studying Benjamin Britten's St Nicolas, a story of miracles involving amongst other things 'pickled boys' and a children's chorus. Cantata will be performed on 30 May, conducted by Janet MacLeod.

The summer concert features Mendelssohn's Elijah, 27 June at the Histon Baptist Church, 28 June at West Road Concert Hall in Cambridge. Visit www.choir2000.org/ for more information and to book tickets.

Impington Music Society

27 March 7.30pm: Music for the Spring season - Phillippa Jones (cello), Maurice Hodges (piano) and Jane Bevan (flute).

24 April 7.30pm: To Buenos Aires and Back: Flute and Guitar music from around the world performed by Sally Landymore (flute) and Rosie Mowatt (guitar).

15 May 7.30pm: Singing for Fun! The Cottenham Community Choir.

sites.google.com/site/impingtonmusicsociety/ for more information or turn up at a concert in the Brackenbury Room, Impington Village College, where non-members are welcome: the normal entrance to a concert is £7 (£2 for under-18s).

Phil Whitehead



Charity Bingo Night

On Saturday 10 October I will be travelling to China for six days, for five of those days I will be taking part in a Great Wall of China trek. The trek will start in Huangyuan onto Gubeiko, Jinshaling Mutianya, Juyongguan, Badaling and end in Beijing. The challenge will take us over watchtowers, mountains and through historic battlement stations. One of the highlights of the trek is to conquer the 1000 steps up to the wall at Mutianyu and the ascent of the heavenly ladder. We will have the opportunity to 'lend a hand' repairing a section of the wall that is currently being reconstructed, by placing a brick in the newly restored section.

It is somewhere I've always wanted to visit, and as I have celebrated a milestone birthday year I wanted to do something a little unusual, challenge myself, make a memory, and raise money for a local charity that benefits the whole community. I am thrilled to be undertaking the walk for East Anglian Air Ambulance, as it has always surprised me that even though many would consider them our fourth emergency service they receive no government funding and rely purely on charitable donations.

www.hisimp.net

Fund raising started in January, and I have already raised £550 towards my goal of £4000, thanks to the generosity of friends and family.



On Friday 7 April there will be a bingo night with a raffle at the Histon British Legion, 7.30pm, eyes down at 8pm. All proceeds will be for East Anglia Air Ambulance.

There are other events planned throughout the year and if anyone would like to donate prizes for a raffle or bottle tombola I am planning I would be grateful for donations. My just giving page is www.justgiving.com/fundraising/carolyn-wright4.

Carolyn Wright

Community activities and events now listed in online calendar

A village website created to serve local residents and businesses is now live at

www.hihub.info.



Everyone can sign up free of charge to receive a weekly e-newsletter covering news and features relevant to local people.

Supported by donations from local residents and grants from funders including the Parish Council, HI HUB emails will be filling the gaps between the quarterly publication of HisImp News. The website will be continually updated with details of traders and businesses, properties for sale and to let, local jobs, and 'What's On' in the villages.

A comprehensive calendar showing community activities taking place in the village every day of the week is an integral part of the site. It needs input from those running clubs, groups and events so that it can be kept up to date. The HI HUB team is asking everyone who organises or belongs to a community group or service to check their group's listing. They can email admin@hihub.info to add a new listing, or update what's there at the moment. The HI HUB team hopes that everyone will add as much information as possible to each entry, and give as many details as possible of the activities on offer.

The calendar also highlights one-off events, in the hope that diary clashes - where two or more groups plan big events at the same time - can be avoided. All events taking place in the village can be uploaded completely free of charge.

For more details, or to upload an event, email admin@hihub.info

Liz Hill

The Babysitting Course

We are forever oversubscribed for this 10-week programme training young people to become safe and confident babysitters. I'm pleased to say our course after Easter is full and a waiting list for our September start is building. Register your interest now by emailing andrea@connectionsbusproject.org.uk.



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.

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.



The Generation Game

Another successful Generation Game Project has been completed. 12 young people are now able to volunteer confidently with older people in our community.

Having completed our 10-week course young people are now Dementia Friends; First Aid trained and have also learnt how to successfully work alongside older generations. They enjoyed a visit to Etheldred House as part of the course and joined residents for tea. They then ran games and activities for residents and put their new skills to the test.



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

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!



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

Yoga and mindfulness can help you relax, focus, keep calm and have fun. 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

Ever thought about playing Bowls?

Well here's the perfect opportunity!

If you have not played the game before, why not try this very pleasant outdoor activity? If you have, you will know what a great game it is, so come on down and join us here at our friendly Histon Recreation Ground club.

Histon Bowls Club are welcoming new members ... all ages and all levels from beginner to the more experienced.

We compete in four evening leagues, one afternoon league and various cup competitions against clubs from around the County, as well as running our own internal friendly games. And of course, you can just turn up for a roll up. There's something here for everyone!

Interested? Please contact our Secretary, Malcolm Green, for more information Tel: 01223 232956 or email:

malcolmgreen1@hotmail.co.uk

or visit our website at

www.cambowls.co.uk/histon.



Histon and Impington Women's Institute (WI)

Meetings are held at the Methodist Church on the third Thursday of the month at 7.30pm.

16 April Angela Collins will entertain us with life story tales through a range of puppets.

21 May will be a social meeting with time to discuss the current Resolutions that the WI is voting on for their next national campaign.

18 June local author Ruth Moulder will talk about her book 'These Wonderful Lives' which is about inspirational women.

There is time at the end of the meetings for a chance to chat over refreshments and visitors are always most welcome.

We also run other groups for members including a Book Group, Craft Group, Lunch Club and Socials at local venues.

For details please contact Denise Brading tel: 232442.



FriendsHICommunity www.hifriends.org.uk/ info@hifriends.org.uk

COMMUNITY TABLE TENNIS

Every Sunday / 5.00-6.30 PM
(Until Sunday 10th May)

Histon & Impington Recreation Centre



PLEASE NOTE - Minimum age is 10 yrs | Under 14 yrs MUST be accompanied by an adult

FOR MORE INFORMATION

Call Neil 01223 232514 or email neil@hifriends.org.uk

Activity organised by HI Friends



Friends of Histon & Impington Community, or HI Friends as it is known, is a proactive village based charity which supports physical and mental wellbeing, mobility and recreation for all ages. The charity runs an extensive range of fund raising and community activities which are supported by enthusiastic volunteers. Our approach is always to be outward looking, responding to the needs of our community with new activity ideas. The aim is always to work for the benefit of local residents.

Find out more about HI Friends at the Open Morning at St Andrews Centre 10am to 12.30pm on Saturday 2 May.

All charity info available
www.hifriends.org.uk.



Provide forum for residents to drop in and find out about all aspects of HI Friends

HI Friends Open Morning

Saturday 2nd May - 10.00am to 12.30pm

Where: Hall 2 at Saint Andrew's Centre, School Hill, Histon, CAMBRIDGE CB24 9JE

Coffee, tea & cakes

Activity stations + info on how to become involved

- Learn about to HI Friends -what we do & how we do it
- Wellbeing team
- Wellbeing support
- Activities & clubs (from pre-school age to adults)
- Events
- Mobility (activities, community trishaw, minibus)
- Funding the charity
- Volunteering for HI Friends (volunteers will share their own experiences)

HI Sporting Memories

HI Friends is planning to start a new group in the Spring called HI Sporting Memories where all ages will be able to share sporting memories both past and more recent.



A new group for all ages to share sporting memories both past & more recent

SPORTING MEMORIES

ENJOY WATCHING SPORTING TOGETHER

Similar groups have been established all over the country and have been successful in reducing isolation and helping those with memory loss.

We hope that HI Sporting Memories will become an intergenerational group with all ages being able to talk about sport and perhaps watch some major sports events together.

The Group will be supported by a charity called Sporting Memories Network which will provide a weekly sporting newspaper from yesteryear and other materials. At present the timing, frequency and venue of group meetings is being discussed.

Neil Davies



THE SEVENTH FLAMING JUNE

HALF MARATHON PLUS NEW 10K RUN

SUNDAY JUNE 7TH

Unique rural multi terrain course around Histon, Cambridge

INFO / REGISTER AT www.flamingjunehalf.co.uk

Come and join one of the friendliest runs in Cambridgeshire



HISTON & IMPINGTON COMMUNITY TRISHAW

The trishaw offers less able or isolated folk, with a companion, the opportunity to go for gentle rides!

Do you know someone who would benefit from a trip in our trishaw?

Are you interested in volunteering to pedal the battery-assisted trishaw or act as a passenger companion?

PLEASE EMAIL info@hifriends.org.uk

FULL INFORMATION AVAILABLE www.hifriends.org.uk/hitrishaw

H&I Trishaw is supported by camelpromotions.co.uk

FriendsHICommunity www.hifriends.org.uk

Supporting wellbeing and recreation for all



EVERY 2ND & 4TH WEDNESDAY OF THE MONTH

HISTON WORRY TREE CAFÉ

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

Wednesday 8 & 22 JANUARY
Wednesday 12 & 26 FEBRUARY
Wednesday 11 & 25 MARCH
Wednesday 8 & 22 APRIL

5-7 PM at
SAINT ANDREW'S CENTRE CAFÉ,
SCHOOL HILL, HISTON CB24 9JE

FREE Adults only Informal setting

Coffee/tea & nibbles

Welcoming atmosphere

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: 8th June 2020
contact above with any ideas!

COVID-19/Coronavirus

The situation is constantly changing, so to keep up with the latest news and guidance surrounding the Coronavirus, the following sources will be useful:



Latest information and guidance from the Government - www.gov.uk/guidance/coronavirus-covid-19-information-for-the-public

NHS guidance and FAQs - www.nhs.uk/conditions/coronavirus-covid-19/

Firs House surgery - www.firhouse.com/

For information on travel insurance etc, at the time of writing (4 March) this is useful and up to date:

www.moneysavingexpert.com/news/2020/02/coronavirus-travel-help-and-your-rights/

And locally, HIHub - www.hihub.info/, Parish Council - www.hisimp.net/ and HI People on Facebook [tinyurl.com/tbwlvaio](https://www.facebook.com/tbwlvaio).



Council & Committee Meetings

See website for details: www.hisimp.net

Full Council - Recreation Centre 7.30pm - Monday 18 May (Annual General Meeting), 15 June

Planning - Parish Office 7.30pm - Tuesday 28 April, 19 May, 16 June

Highways - Parish Office 7.30pm - Tuesday 9 June

Finance & Assets - Parish Office 7.30pm - Monday 1 June

Environment - Parish Office 7.30pm - Tuesday 5 May, 26 May

Recreation - Recreation Centre, 7.30pm - Monday 1 June

Residents are welcome to attend all Council meetings

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

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