

# COMBERTON CONTACT MAY 2021



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Dispensary 8.00–12.30 & 2.00–6.30  
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Orders taken from housebound patients only. Dispensary is open Saturday 8.30–10.30 for collection of pre-ordered drugs only.

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Dispensary 8.30–1.00 & 1.30–6.00

**Surgery phones go to Night Service at 6.00 pm**

If you need to contact a Doctor in an emergency out of hours please ring 111

**NHS Child & family team:** Sackville House, Sackville Way, Cambourne, 01954 282830

<b>Age Concern</b> Cambridge Information & Advice Line	<b>01354 696677</b>
<b>Apple Tree Dentist</b> 1-3 West Street, Comberton	<b>262838</b>
<b>Ash Croft Veterinary Surgery</b> 169 St Neots Rd, Hardwick	<b>01954 210250</b>
<b>Baptist Church</b> Church Office	<b>264707</b>
<b>Benefits Agency</b> Chesterton Road, Cambridge	<b>545200</b>
<b>Comberton Catholics</b> (Fr John Minh)	<b>832397</b>
<b>Comberton Library</b>	<b>0345 045 5225</b>
<b>Comberton Playgroup</b>	<b>262373</b>
<b>Comberton Village College</b>	<b>262503</b>
Adult Education	<b>264721</b>
<b>Cambridge Water</b>	<b>706050</b>
Emergencies	<b>403000</b>
Sewerage Emergencies	<b>0845 7145145</b>
<b>Environmental Health Services (South Cambs)</b>	<b>03450 450500</b>
<b>Meridian Primary School</b>	<b>262423</b>
<b>Nursery Way Sheltered Housing</b>	<b>264434</b>
<b>Parkside Police Station</b>	<b>01480 456111</b>
<b>Samaritans</b>	<b>364455</b>
<b>Social Services</b>	<b>264466</b>
(emergency out-of-hours)	<b>01733 561370</b>
<b>St Mary's Church (Vicar David Newton)</b>	<b>665654</b>
<b>Street Light Failure reporting helpline</b>	<b>01954 233330</b>
<b>Village Help Scheme</b> (Chairman Barbara Mitton), See panel on page 5 for transport bookings	<b>262073</b>
<b>Wood Green Animal Shelter</b>	<b>01480 830014</b>
Stray dogs (South Cambs DC)	<b>443000</b>

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## Regular dates for your diary

**If you are restarting regular events please contact the editor with the information below.**

Day	Time	What	Where
Monday	Morning	Monday Studio	VH
Monday	9.45am - 11am	Comberton Walkers	REC
Wednesday	10am - 11:30am	Comberton Baby & Toddler Group	VH
Wednesday	6.45pm-7.45pm	U15 Football Club	CVC
Thursday	5.45pm-6.45pm	U8 Football Club	CVC

VH = Village Hall

CVC = Comberton Village College

BC = Baptist Church

MS = Meridian School

REC = Recreation Ground Car Park

### Comberton Contact Team

Editor and Designer

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38 Westlands

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Please supply copy via email in a plain text format and images in jpg, png or pdf with 300 dpi. Please send any submissions for the June 2021 magazine by 15th May 2021. Submissions will only be acknowledged if requested and this may take up to a week.

## Parish Council

For those of you who eagerly follow the Parish Council meetings, you will know we are currently meeting on the 3rd Wednesday of the Month by Zoom, to discuss topics that affect our village, the facilities and services that our village offers. You can attend as with previous meetings in the Village Hall. The agendas, minutes and meeting zoom details can be found on the village website at [comberton.org/parish-council/meetings/](http://comberton.org/parish-council/meetings/)

## Advertising rates for Comberton Contact

	Size (w x h)	Annual	Single Edition
<b>Whole page</b>	122mm x 183mm	£400	£44
<b>3/5 page</b>	122mm x 109mm	£240	£27
<b>2/5 page</b>	122mm x 72mm	£160	£18
<b>1/5 page</b>	122mm x 35mm	£80	£9
<b>1/5 page</b>	60mm x 72mm	£80	£9
<b>1/10 page</b>	60mm x 35mm	£50	£6

## Wheelie Bin Collection Dates

Thursday 6 <sup>th</sup> May	Blue & Green
Wednesday 12 <sup>th</sup> May	Black
Wednesday 19 <sup>th</sup> May	Blue & Green
Wednesday 26 <sup>th</sup> May	Black
Thursday 3 <sup>rd</sup> June	Blue & Green
Wednesday 9 <sup>th</sup> June	Black



## Village Help Scheme Volunteer Drivers Schedule

To book transport please see the dates below and call the appropriate number.

03 May 2021	Gill Redman	01223 262246
10 May 2021	Barbara Mitton	01223 262073
17 May 2021	Barbara Mitton	01223 262073
24 May 2021	Angela Donnelly	01223 263283
31 May 2021	Angela Donnelly	01223 263283
07 June 2021	Joan Wells	01223 262746

## From the Editor

It's good to see life gradually returning to whatever the new normal will be, both in our village and the UK as a whole. Let us hope that this is permanent and we do not become impacted by a third wave.

Whatever you think about the East West Rail routing **now is the time** to have your say - the southern approach would pass very close to the south west of Comberton and will have a big impact on our village. Please see the article from the Parish Council on page 9 which provides more information as well as how to make your voice heard.

Please let me know about your regular activities and events so that everyone can be made aware of them; remember that the front and rear covers can be booked with the editor for village organisations so why not promote your event in glorious colour! I would also welcome articles from new contributors that might be of interest to residents.

James Gilbert      07768 421049      [editor@combertoncontact.org.uk](mailto:editor@combertoncontact.org.uk)

## Comberton Village Website

Regular updates are available at [www.comberton.org](http://www.comberton.org)

## Local Government Contacts

Parish Council Chair	Mr Hywel Griffiths      01223 263390 18 Barrons Way, CB23 7EQ
----------------------	--

Parish Council Clerk	Angela Bridges      07735 908030 <a href="mailto:parishclerk@comberton.org">parishclerk@comberton.org</a>
----------------------	--

District Councillors	Ian Sollom      07722 065475 <a href="mailto:Cllr.Sollom@scambs.gov.uk">Cllr.Sollom@scambs.gov.uk</a>
----------------------	--

	Tony Mason      07432 779551 <a href="mailto:Cllr.Mason@scambs.gov.uk">Cllr.Mason@scambs.gov.uk</a>
--	--

County Councillor	Lina Nieto      07402 351821 <a href="mailto:Lina.Nieto@cambridgeshire.gov.uk">Lina.Nieto@cambridgeshire.gov.uk</a>
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# **The Parish Church of St Mary, Comberton**

## **In the Lordsbridge Team Ministry**

[www.combertonchurch.co.uk](http://www.combertonchurch.co.uk)

Find us on Facebook: St Mary's Church, Comberton

Vicar: Revd David Newton, 92 Swaynes Lane, Comberton, CB23 7EF,  
01223 665654, 07736944396, [davidnewton@lordsbridge.org](mailto:davidnewton@lordsbridge.org)

### **Churchwardens**

Michael Edwards, 01223 262748, [michael@kentings.co.uk](mailto:michael@kentings.co.uk)  
Teresa Taylor, 07717 001429, [ptc.taylor@btinternet.com](mailto:ptc.taylor@btinternet.com)

Our church building is open daily for quiet prayer.

### **Special Services and Activities in May**

9<sup>th</sup> May at 3pm **Wild Church** (outside)

No service on Sunday 30<sup>th</sup> May - **Lordsbridge Team Joint Service**  
(details to be confirmed)

### **Regular Services in St Mary's Church Building**

2<sup>nd</sup> & 16<sup>th</sup> May at 9.30am – Morning Worship

9<sup>th</sup> & 23<sup>rd</sup> May at 9.30am – Holy Communion

### **Regular Service in St Andrew's Church, Toft**

2<sup>nd</sup>, 16<sup>th</sup> & 30<sup>th</sup> May at 8.30am – BCP Holy Communion

All face-to-face worship will follow government guidelines. If the situation changes, new information will be posted on our website or Facebook page.

### **On-line Services**

We hold our weekly on-line Zoom services at 11am each Sunday. These feature a time of prayer, scriptural reading and reflection and last 30-40 minutes. If you would like to be part of this new way of worshipping, please join us using one of the following ways:-

Use the link below. It will then direct you to open zoom and the

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service should then load automatically. You do not need to create an account.

<https://zoom.us/j/89870702475>

Alternatively you can go straight to the zoom website and simply put the meeting ID **898 7070 2475** in the 'join meeting' box.

### On-line Giving

We can now accept on-line donations; please see our website for more information.

Everyone is welcome, and if you have any comments, please contact Rev David Newton and he would be happy to discuss them with you.

## EWR Railway Consultation: Full and Fair?

For the last six months Cambridge Approaches, supported by your village working group, has been asking EWR for a full and fair consultation on the routes for their proposed passenger and freight rail line.

The latest consultation was published on 31st March and is **neither full nor fair**.



EWR have ignored requests for a northern approach to be considered in parity with their preferred "Option E" area. Instead, the consultation document focuses exclusively on routes within the narrow Option E area, and reveals that for a 16km stretch from Caldecote Highfields to Harston, the line will be a great wall of continuous embankment, reaching a height of over 10 meters in some places and a base width of 50 meters or more. To give you an idea of scale, **that would be higher and wider than the great wall of China**.

A northern approach, such as the one proposed by think-tank CBRR, deserves due consideration and analysis. It passes 2 villages rather than 10, causes less damage to the environment according to the Wildlife Trust, and provides invaluable transport links to the growing settlements of Cambourne and Northstowe. CBRR also proposes that their line runs in a great trench, much narrower and passing under the A14, thus further reducing the environmental and residential impact. This approach is common practice in other places.



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Andrina Baldock, Foot Health Practitioner, SAC Dip. FHPP FHPT  
Register for Foot Health Practitioners Member

our building is closed but  
the church is still active

check our website for full details of:

- online services,
- youth and children's resources,
- virtual coffee mornings and lots more

[www.c-b-c.org.uk](http://www.c-b-c.org.uk)



comberton baptist church

## What can you do to stop this?

Whether you are new to the campaign or all too familiar with it, please:

- **Inform yourself of the latest developments:** subscribe to Cambridge approaches for the latest updates. Watch our recorded webinars and read research at <https://cambridgeapproaches.org/our-objectives>.
- **Read the consultation document:** <https://cambridgeapproaches.org/news/> We would urge you not to reply to the EWR consultation document via the response form yet - Cambridge Approaches is analysing the document and will provide advice on key elements to raise.
- **Attend live meetings:** <https://cambridgeapproaches.org/news/>
- **Make your views heard at EWR live events:** <https://eastwestrail.co.uk/consultation>
- **Support us on social media:** [twitter.com/CambApproaches](https://twitter.com/CambApproaches) and [www.facebook.com/cambridgeapproaches/](https://www.facebook.com/cambridgeapproaches/)
- **Sign the petition:** if you have already signed, please circulate to friends and family. <https://cambridgeapproaches.org/support-us/> Each household member over the age of 16 can sign, including those who don't live in Cambridgeshire; remember all UK taxpayers are funding the EWR line.
- **Write to your representatives** - AGAIN if you have already done so! This is still the best way to exert political pressure. Their office WILL read your letter. An individual, well-informed letter can have a huge impact. There is a letter writing guide here: <https://cambridgeapproaches.org/support-us/>
- **Donate to fund the legal challenge** Cambridge Approaches has taken appropriate legal advice and instructed a legal team to potentially challenge EWR by way of Judicial Review. The volunteers driving this campaign are ordinary, local people. A legal challenge costs money, and we have already raised initial funds from parish councils and private donors. But we only have a small window in which to challenge and must be able to demonstrate to a judge that funds are in place to be able to proceed. We aim to raise £50k from parish councils and a further £30K from concerned residents and currently need substantial donations from residents to hit this target.



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<https://cambridgeapproaches.org/donate>

Contact Cambridge Approaches Ltd ([info@cambridgeapproaches.org](mailto:info@cambridgeapproaches.org)) if donating over £250.

Please write to:

Anthony Browne MP ([anthony.browne.mp@parliament.uk](mailto:anthony.browne.mp@parliament.uk))

County Councillor Lina Nieto ([Lina.Nieto@cambridgeshire.gov.uk](mailto:Lina.Nieto@cambridgeshire.gov.uk))

District Councillor Aiden Van de Weyer

([cllr.vandeweyer@scambs.gov.uk](mailto:cllr.vandeweyer@scambs.gov.uk))

District Councillor Ian Sollom ([cllr.sollom@scambs.gov.uk](mailto:cllr.sollom@scambs.gov.uk))

Mayor James Palmer ([james.palmer@cambridgeshirepeterborough-ca.gov.uk](mailto:james.palmer@cambridgeshirepeterborough-ca.gov.uk))

Grant Shapps, Secretary of State for Transport

([shappsg@parliament.uk](mailto:shappsg@parliament.uk))

Robert Jenrick, Secretary of State for Housing, Communities and Local Government ([robert.jenrick.mp@parliament.uk](mailto:robert.jenrick.mp@parliament.uk))

East West Rail ([contact@eastwestrail.co.uk](mailto:contact@eastwestrail.co.uk))

Please copy your e-mails to: Comberton Parish Council ([ewrwg-2020@comberton.org](mailto:ewrwg-2020@comberton.org)) and [clerk@combertonpc.onmicrosoft.com](mailto:clerk@combertonpc.onmicrosoft.com))





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## **Comberton Baby and Toddler Group**

Wednesday 10-11.30 am Comberton Village Hall

Comberton Baby and Toddler Group has restarted and pre-schoolers and their parents or carers are welcome to come along and join us.

Due to covid restrictions, we are currently allowed a maximum of 15 adults and we are therefore using a booking system

<https://www.slottr.com/sheets/18256605/>

£2 a week per family

Bring your own refreshments

Please contact Alice (07969 443 146) if you need any more information.



## **Piano lessons on Zoom**

Contact Sarah Adams [sarahadams0208@gmail.com](mailto:sarahadams0208@gmail.com)

## **Comberton Celebrates Easter and Spring**

Thank you so much to all those who put some amazing items of art, crafts and photography on the Playgroup fence to celebrate Easter and Spring. It was a wonderful display, from all age groups, and I had lots of positive comments about it. Many thanks to the Playgroup trustees for allowing the fence to be used for the display. Maybe this is something we can do again as a village to celebrate other occasions during the year.

Sylvia Divall

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# April Challenge Solution and Winner

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ART THOU AWARE ?

H	Da Vinci	(W)	Umbrellas
E	Seurat	(H)	Bubbles
R	Gainsborough	(E)	The Rehearsal
S	Vermeer	(R)	Women in the garden
D	Turner	(E)	Bathers at Asnieres
E	Degas	(I)	The Scream
A	Fragonard	(S)	Girl with a pearl earring
P	Veronese	(T)	Birth of Venus
W	Renoir	(H)	The Last Supper
I	Munch	(E)	The Miracle of Bolsena
H	Millais	(P)	Marriage at Cana
E	Raphael	(R)	The Harvest Wagon
T	Botticelli	(A)	The Swing
R	Monet	(D)	The Fighting Temeraire
O	Manet	(O)	Dejeuner sur l'herbe

The Prado is of course in Madrid.

The winner is **Penny Coe** of **Westlands**.

# April Junior Challenge Solution and Winner

The following is my personal list due to print schedules. As you can see I failed to get a full set, I and X defeated me. I will report next month on just how many the winner found and whether anyone hit the jackpot.

ARAGOG (spider), BLACK (Sirius), CHANG (Cho), DUMBLEDORE (Aberforth), ERROL (Owl), FILCH (Argus), GRANGER (Hermione), HAGRID (Rubeus), I ???????, JORDAN (Lee), KRUM (Viktor), LOVEGOOD (Luna), MALFOY (Draco), NAGINI (Snake), OLLIVANDER (Garrick), POTTER (Harry), QUIRREL (Quirinus), RAVENCLAW (Helena), SNAPE (Severus), TONKS (Andromeda), UMBRIDGE (Dolores), VOLDEMORT (Lord), WEASLEY (Ron), X ???????, YAXLEY (Corban), ZABINI (Blaise)

The winner is **Isobel** of **Green End**.

# **Oakes and Watson Tree Surgery and Consultancy and Peter Oakes and Daughter Tree Surgery**



Due to my father semi retiring in October 2017 my husband and I have continued the business that he set up some 25 years ago by combining it with our own.

It is a pleasure and an honour to continue to offer top quality tree care in and around the area where my husband and I both grew up.

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# Meridian Primary School

*Learning for life – striving for excellence*

Greetings Neighbours,

It's so good to be back! The children have enjoyed playing happily together and the classrooms are full again. The children have settled extremely well and all in all, it has been a super first few weeks back together.

We were very pleased that our onsite music provision has restarted as well as clubs such as our football and netball clubs.

We have very talented children at Meridian and we enjoyed the annual and this year, online talent show for the children to showcase their many talents. This has always been an enjoyable and proud moment for our school community.

We celebrated Red Nose Day when the children were all back in school in March and we raised a total of £406.11 which was our highest ever total for Comic Relief.

This term we have much to look forward to. We will have a healthy living week in May and our Year 6 children will be working on a project with local companies. Our Year 5 children as well as our Year 6 children (who missed out last year) will be spending a week at Hilltop Outdoor Centre in North Norfolk in June. This is a great week of outdoor education and activities which has been always been a highlight for our children.

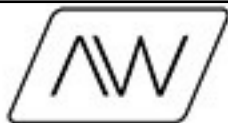
We are still assessing our children and monitoring their progress even though the national statutory tests are no longer going ahead this year and we will be meeting parents for parent consultations this term.

May I take this opportunity to thank again all the staff, children, families and governors for all their hard work.

As always, thank you for your support and keep well.

Kind regards,

Mrs C. Etchie  
Headteacher



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# May Challenge

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Entries please to Costcutter no later than 14<sup>th</sup> May. First out of the hat wins the prize of wine and chocolates generously donated by the store.

Please include your name and address with your entry.



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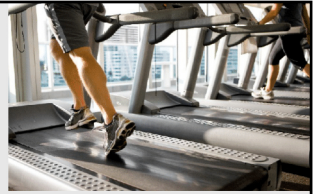
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## Monday Studio

is hosting Comberton Village

Art and Craft Exhibition in July.

**Get your diaries** ready, we really hope that this year we can open.



This is a reminder that on the **3<sup>rd</sup> and 4<sup>th</sup> July 2021** we will be hosting the Art and Crafts Exhibition in Comberton Village Hall. This is prior notice for artists and crafters that wish to exhibit. This is giving plenty of time for people to come up with exciting, imaginative and creative works of art/craft to exhibit and sell, and for local people to view and enjoy the local talent in the area.

Previously we have accommodated artists working in every medium; paintings in watercolour, oils and mixed media; wood turners; quilters; knitters; jewellery makers; card makers; candle makers; photographer; gift makers and much more .....

This is open to all artists and crafters that live in Comberton or belong to a Village College Art or craft group.

More details will be in COMBERTON CONTACT later in the spring.

Contact Angela Donnelly 07731875664 or email

donnella1505@gmail.com

(Government guidelines will apply)

**Saturday 3<sup>rd</sup> July 10-5 and Sunday 4<sup>th</sup> July 10-4 2021**

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# Comberton Library

Opening Hours: Monday 10 am–2 pm Wednesday 1 pm - 5 pm

[www.cambridgeshire.gov.uk/library](http://www.cambridgeshire.gov.uk/library)

Tel: 0345 045 5225

It has been lovely welcoming our customers back into Comberton Library to browse the shelves. Just to remind you that numbers are limited to ensure everyone's safety, and we are required to comply with the Government Track and Trace protocol. As you enter the library, we will ask you to scan the displayed QR code on the NHS Covid 19 app, if you have this on your phone, or, alternatively, we can take contact details, which we will keep for 21 days. You will be required to wear a face mask, unless you are exempt, to enter the building, and we ask that you use the provided hand sanitiser and follow the one-way system. Opening for managed browsing is the first welcome step to returning to our full library offer, so please do keep checking the website and the Libraries social media platforms for the latest news.

Some customers may still prefer to drop off and collect pre-ordered books, so we are continuing to offer our free 'Select and Collect' service, together with our usual reservation system, currently 50p per item for adult library users and free for children with their own library cards. Returned items must be left on the trolley in the entrance and library staff will place requested items on a table for you to collect. Again, the latest information and any changes to our offer will be published on our website and social media platforms.

We are also thrilled to announce that there is a new Spring Season of The Library Presents and it has been possible to re-schedule many of the performances and workshops, which had to be cancelled last year. Details of the full programme are available online, or please ask library staff for more information. Our nearest event will be in Cambourne, where there will be an outside event in mid-June; again do ask at the library for more details and ticket information.

Have you discovered the Library Live Book Club, Library.Live/book-club? In association with Bonnier Books UK, Cambridgeshire Libraries brings you four new books each month, together with a range of podcasts, author interviews and much more to explore! Do have a look online for the latest offering, and the opportunity to borrow the ebook or audiobook of the current month's choices.

We look forward to seeing our customers, old and new, at the library. Do come along, choose some books, and find out more about what is on offer, as we progress with introducing our full range of services.

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# Comberton Allotments & Gardens Association

We had hoped to have a full programme of events in 2021 but the continuing restrictions have obviously curtailed that so the details are still somewhat tentative.

**Best Kept Allotment:** On the positive side this competition will proceed; judged this year on the Long Road allotment plots only and we anticipate this will take place during July.

**Plant Sale:** Regretfully we have cancelled the event again this year; with the uncertainty of the restrictions that would prevail in May we did not feel able to justify the considerable effort to propagate plants if we were not able to sell them.

**BBQ:** We are planning for this event to proceed on the Long Road allotment site on Saturday 10th July.

**Autumn Show:** We hope to hold a Show in early September, but discussions are still underway as to the form and location, we will publish the details as soon as they are confirmed.

**AGM:** Surely by November life will be back to near normal and we can proceed with our AGM late in the month, date will depend on availability of the Village Hall.

Keep the enthusiasm for horticulture and handicrafts, kindled last year, alive for 2021!

Robin Worship (CA&GA secretary)  
[robin.worship7@gmail.com](mailto:robin.worship7@gmail.com)



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## **Help Needed Comberton Music Group 'Mini Music'**

Mini music began in about 2004 in the old village hall. It was started by a mum as a community group because at that time there was very little happening in Comberton for pre-school children.

It is a relaxed singing group which parents/carers attend with the children. We sing traditional songs and nursery rhymes with accompanying instruments and other props and some movement. We then have time for a drink and snack and chance for the parents to chat towards the end.

We charge a nominal amount per family to attend, with the intention only of covering the hall fees, refreshments and any equipment needed. Attendance varies from week to week and during different parts of the year, but has so far mostly exceeded the number of families needed to cover hall costs.

The group moved into the 'new' hall as soon as it was opened and I took over and have been running the group for over 13 years. It has been a lovely way to keep in touch with the younger children of the village now that my children are older. Certainly in the time we've been singing, I've met lots and lots of young children and I hope their families have enjoyed the time to meet up too.

Music group ended abruptly like everything else in March 2020 and has not yet restarted. I have decided that this is the right time for me to stop running the group but would really love for it to keep going in some form. It used to run from 10am on Friday mornings, with about 40 minutes of singing followed by refreshments.

If anyone or even better a small group of people feel able to take it on or are interested to find out more, please get in touch. I would be happy to help get it started again.

Jayne Hartwright

[j.hartwright93@gmail.com](mailto:j.hartwright93@gmail.com)

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Kay Barrett has been leading the group for local community music charity Talking in Tune since May 2016. She says:

*You don't need any singing experience to take part. It's all about what it feels like, not what it sounds like. The camaraderie of the group, the guided relaxation, the breathing exercises and the singing are so much appreciated by everyone, and the health benefits transfer over into daily life.*

*The move to meeting online has worked really well for us. Singers can join from the comfort of their own home, even when they are feeling unwell.*

*You need to turn off your microphone when we sing together, but that can be very liberating! You simply copy what you hear the leader singing, call and response style. We also make use of multi-track recordings, so we can continue to enjoy rounds and harmonies.*

## **Do I have to pay?**

Those who can afford it are invited to give a £3.50 donation each week, but this is not essential – we want everyone to be able to come.

## **Do I have to come every week?**

We know that appointments, sickness, family commitments and such can get in the way! Just come when you can.

## **I have Long Covid, can I join?**

The gentle pace and the breathing exercises and relaxation can be very beneficial, but do check with your doctor or respiratory physio, especially if your symptoms are severe. Do call Kay if you are unsure.

## **How do I join?**

Simply contact Kay at [singingforbreathingcambridge@gmail.com](mailto:singingforbreathingcambridge@gmail.com) or call 07845 726975 for further information and to receive the Zoom link each week.

You can find out more at [www.singingforbreathing.wordpress.com](http://www.singingforbreathing.wordpress.com) or <https://www.facebook.com/singingforlunghealthcambridge/>

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## Arthur Rank Hospice Charity's Bistro Recipe

During the pandemic, many of Arthur Rank Hospice Charity's public facing services had to be closed, including its Bistro – which joyously opened again to the public on the 12 April (with outdoor seating only).

Over lock-down the team were still busy providing fresh and daily food for our patients and for their visitors, as well as colleagues still working at the Hospice, providing essential care and services. However, Tsvety who manages our front of house, kindly took some time share some of our famous mouth-watering cake recipes... so we thought you might like to try them (although you may wish to visit the Bistro and sample them for first hand instead!)

### Fruits of the Forest Brownie

#### Ingredients

135g frozen mixed berries  
200g of quality milk chocolate  
170g of salted butter  
270g of soft dark brown sugar  
4 medium size eggs  
60g plain flour  
35g cocoa powder

#### Method

1. Heat the oven to 160 degrees C
2. Grease and line the tray with baking parchment
3. Gently melt the chocolate, butter and dark brown sugar in a saucepan
4. Stir every now and then and when it's all melted leave to cool
5. Once the mixture is cool, add one egg at a time and stir in
6. Once all the eggs are added, stir in the flour and cocoa powder
7. Pour the mixture into the baking tray and spread around
8. Sprinkle the frozen mixed berries evenly
9. Cook for 30 min or until a crust is formed

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## Coronavirus update:

April 2021: CHH Hearing Aid Maintenance (HAM) Centres open for appointments.



If you are an **NHS** hearing aid user, or relative, friend or carer of an NHS hearing aid user, Cambridgeshire Hearing Help is pleased to announce the limited re-opening of its hearing aid re-tubing service. If your **HEARING AID NEEDS CLEANING AND MAINTENANCE**, we have launched a 'drop-off and pick-up 10 minutes later' service at nine HAM Centres located in Soham, Ely, Cambourne, Girton, St Ives, Chatteris, Fulbourn and Great Shelford.

To comply with the social distancing regulations and Covid-19 risk assessments our re-tubing process will take longer and therefore our sessions will be **by appointment only**. Because of these precautions we are only able to offer a 'drop-off and pick-up 10 minutes later' service at present. We ask that your hearing aids are handed to us in a sealed envelope labelled with your Name, Date of Birth, Postcode and contact phone number.

To book an appointment, tel. 01223 416141, email [enquiries@cambridgeshirehearinghelp.org.uk](mailto:enquiries@cambridgeshirehearinghelp.org.uk), or go to our website <https://www.cambridgeshirehearinghelp.org.uk/> and book online

Our HAM Centres operate between 10:30am and 3:30pm as follows:

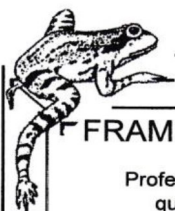
- **Soham: 1st Monday** of the month at Soham Library, 5/7 Clay Street, Soham CB7 5HJ.
- **Ely Library: 2nd and 4th Monday** of the month at Ely Library, 6 The Cloisters, Ely CB7 4ZH.
- **Ely Methodist Church: 4th Tuesday** of the month at Methodist Church Hall, Chapel Street, Ely CB6 1AD.
- **Cambourne: 1st and 3rd Tuesday** of the month at Lower Cambourne Cricket Pavilion, Woodfield Lane, Lower Cambourne, Cambridge CB23 6FB. (Please note this change of address)
- **St Ives: 2nd and 4th Wednesday** of the month at St Ives Library, 4 Library Row, Station Road, St Ives PE27 5BW.
- **Girton: 3rd Wednesday** of the month at the Baptist Church, 103 High Street, Girton, Cambridge CB3 0QQ.
- **Fulbourn: 1st and 3rd Thursday** of the month at The Swifts Meeting Room and Library, Haggis Gap, Fulbourn, Cambridge, CB21 5HD.
- **Great Shelford: 1st Thursday** of the month at Great Shelford Free Church, Ashen Green, Great Shelford, CB22 5EY.
- **Chatteris: 2nd Friday** of the month at Chatteris Library, 2 Furrowfields Road, Chatteris, PE16 6PT.

If you are unable to get to any of our Hearing Aid Maintenance Centres please contact your original provider: your hospital audiology department or Specsavers.

WE CONTINUE TO PROVIDE BATTERIES BY POST. Please telephone us on 01223 416141 or email [enquiries@cambridgeshirehearinghelp.org.uk](mailto:enquiries@cambridgeshirehearinghelp.org.uk). We will need to know what SIZE batteries you require. This will be either size 13 Orange, size 312 Brown or size 675 Blue.

You can also pick-up batteries from the **Cambridgeshire Mobile Library**, which visits 85 villages and communities throughout the county: [www.mobilelibraries@cambridgeshire.gov.uk](mailto:www.mobilelibraries@cambridgeshire.gov.uk)

Further locations for Hearing Aid Maintenance Centres will be posted as they become available.



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## East Anglia's Children's Hospices Fundraising

We're raising £3000 to fund printing costs for a book of short stories, games and puzzles to raise much needed funds for East Anglia's Children's Hospices.

Please donate to my JustGiving Crowdfunding Page and help make it happen:

[https://www.justgiving.com/crowdfunding/jill-adderley?utm\\_id=1&utm\\_term=nm2NdNWER](https://www.justgiving.com/crowdfunding/jill-adderley?utm_id=1&utm_term=nm2NdNWER)

Thanks for your support

## Be part of a weekend to remember with Star Shine Walk!

Arthur Rank Hospice Charity is inviting you to walk in memory of someone special on the weekend of 22 and 23 May. The thirteenth annual Star Shine Walk, sponsored by The Cambridgeshire Care Home, will raise much needed funds for hospice care across Cambridgeshire.

This will be the second outing for Star Shine Walk as a 'virtual' event! Participants get to choose the time, location and method to suit them. They are challenged with completing a 5, 10 or 20 mile distance over the event weekend, and can choose to walk, skip, wheel, trundle, scoot, walk the dog or even dance their way around: whatever suits them most!



The walk raises funds for the Hospice's essential frontline care, whilst providing the perfect motivation to get active. Incredibly in 2020 the memory walk raised more than £40,000 – the equivalent of 67 visits by the Charity's Hospice at Home team.

Register (£17 for over 16s and £15 for children) at [arhc.org.uk/starshinewalk](http://arhc.org.uk/starshinewalk) by 16 May to receive a Walk Pack, including a special edition event t-shirt and other goodies.

# Comberton Village Hall Lettings Charges

Session	Residents		Groups*	
	Comberton Residents	Non-Residents	Affiliated	Non-Affiliated
	Main Hall		Main Hall	
Daytime	£15	£25	£12.50	£22.50
Weekday eve.	£30	£40	£12.50	£22.50
Weekend eve.	£60	£70	£12.50	£22.50
	Meeting Room/ Community Room		Meeting Room/ Community Room	
All sessions	£10	£15	£10	£15

Unless otherwise stated, charges are per session. Sessions are 9am to 1pm, 2pm to 5.30pm, and 6pm to 10.30pm (midnight on Fri/Sat/Sun).

A refundable deposit of £50 is required at the time of booking.

Prices for commercial lettings & weddings are available on request.

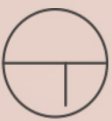
\*Additional information for Groups:

- Group social or fundraising events are charged at Comberton Residents (Affiliated) and Non-Residents (Non-Affiliated) rates.
- Groups working with children and/or vulnerable adults will need to have child protection and vulnerable adult policies & procedures in place.
- Annual affiliation fee of £10 is due on 1<sup>st</sup> January.

More information, including hall availability, can be found at  
[www.combertonvillagehall.org](http://www.combertonvillagehall.org)

To make a booking contact the Lettings Secretary, Esther Chambers, at  
[combertonvillagehall@gmail.com](mailto:combertonvillagehall@gmail.com) or on 07879 818080.

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## Open for Osteopathy during lockdown Pilates / Yoga one to one's / two's re-opening in April

Struggling with pain? Don't want to burden your Doctor in these difficult times? Osteopaths are Allied Health professionals with 4-5 years of training enabling them to accurately assess and diagnose the causes of pain in the body.

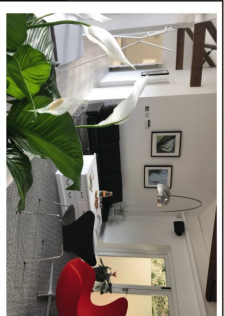
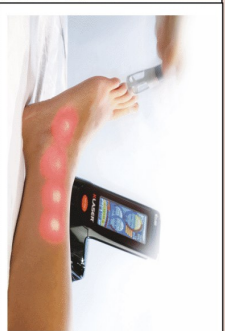
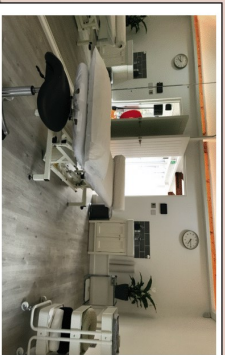
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- ❖ Fibromyalgia
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HM Government

NHS  
Test and Trace

**From 9 April, everyone in England, including those without symptoms, will be able to take a free, rapid COVID-19 test twice a week.**

FREE, RAPID  
COVID-19 TESTS

GOV.UK  
/CORONAVIRUS

### **No symptoms? Get yourself tested twice a week**

All adults across Cambridgeshire and Peterborough can now get free, regular, rapid coronavirus (COVID-19) tests/kits for home testing. One in three people with Covid don't have symptoms. So adults are being encouraged to take lateral flow tests twice a week - to stop outbreaks and keep the virus in check.

### **Oxford/Astra Zeneca vaccine safety review**

After concerns about very rare blood clotting problems, the Medicines and Healthcare Products Regulatory Agency has carried out a review of the vaccine. It says the benefits continue to far outweigh the risks for people aged 30+ and those who have underlying health conditions. But healthy people aged 18-29 will now be offered alternatives for their first doses.

### **Two named visitors allowed for care home residents**

Care home residents can now welcome two regular visitors. Friends and family must be tested before seeing loved ones. Visitors have to wear personal protective equipment and are asked to keep physical contact to a minimum.