



The Abingtons and Hildersham News



www.theabingtons.org.uk

March 2018



Photo by Nicky Bailey

Messy Church – Sunday 4 February 2018
Children had fun making flower surrounds for snowmen

Letter from the Editor

Warmest congratulations to Harry Howe, who celebrated his 98th birthday when the Forget-Me-Not Club met on 6 February. An excellent cake, made by his family, was decorated with a model of the Fighter Plane Harry flew in World War II, and was enjoyed by all. (Photo by Helen Howe)



The Messy Church on 4 February was held in the Institute, and the 35 children thoroughly enjoyed activities based on the Candlemas theme 'Let your light shine'. This included making the snowman decorations illustrated on the front cover. Well done.

Page 5 includes a letter from our future vicar, Iain McColl, and a photograph of him with his wife and family. We look forward to welcoming them in April. Meanwhile, in the run up to Easter there will be a Deanery Fair and Lent Soup Lunch as well as Mothering Sunday (pages 4, 6).

Hildersham will host a Village Lunch, an Easter tea, a quiz and a thought-provoking lecture on Cuba (page 9).

Abington has a special Easter tea and the monthly lunch in the Institute; the Forget-Me-Not Club has a Fish 'n Chip lunch on offer (pages 12, 16, 17). The diary pages (10, 11) show activities for all the clubs and groups – Reading, Scrabble, French, FGMN, WI, Art, Walking and Gardening. Classes in Yoga, Pilates, Aerobics, Table Tennis and Dynamic Dancing are available for the energetic, and Film Nights for the less so.

The Neighbourhood Plan for the former Land Settlement Association Estate is the first to get to the stage of formal presentation described on pages 14-15. Congratulations to Bernie Talbot and the Working Group and to the SCDC planners who now take it forward. There are plans to improve the A1307 and there will be exhibitions of what is proposed and consultations as indicated on pages 14 and 15 – at Abington Institute on 13 March.

Little Abington Parish Council is organising the Abington villages' litter pick on 17 March. Everyone is welcome to go to the Institute and pick up equipment and be assigned areas to clear – and to enjoy some refreshments afterwards. Look out for posters with details.

Hard to believe, but British Summer Time begins on Sunday 25 March, when the clocks go **forward** one hour.

Valerie Silvey

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Articles for the April 2018 edition of *The Abingtons and Hildersham News* should be sent to the Editor by Thursday 15 March 2018 at news@theabingtons.org.uk. Photos welcome.

From the Seven Churches

Church Letter for the March magazines

In six weeks' time we shall have welcomed our new Priest in Charge, the Revd Iain McColl. The Bishop of Ely, the Rt. Revd Stephen Conway, will have licensed him at Holy Trinity, Balsham and he and his family will be living in Balsham Rectory. Later, Iain will be made our new Rector, as the impenetrable legal systems of the Church of England gradually grind their way through.

In April Iain will be on the inevitable 'learning curve' of getting to know us all. The McColls will be the first family with young children in Balsham Rectory for many years (see page 5).

Meanwhile, both here in our group of churches and in Iain's parish, St. Peter's in Bristol, we will all be travelling through Lent, looking forward to the solemnity of Holy Week and Good Friday and the celebration of Easter Day, known as the 'Queen of Feasts'.

The next big change in our Ministry Team will be the appointment of a priest who will be living in the Vicarage at Little Abington. When that happens we, the Ministry Team, will finally be back to full strength, serving all our seven churches and our village communities.

Keith Johnson

Granta Deanery
SPRING FAIR
Saturday 10 March 10.00–12.00
Great Shelford Memorial Hall

Cakes, Produce, Plants, White Elephant, Toys, Jigsaws, Raffle, China, Glass, Gifts,
Card & Craft, Books, Bottle Tombola, Refreshments

Lent Soup Lunch - Friday 16 March

You are warmly invited to lunch from 12 to 1.30pm in the Village Institute. Come and enjoy a bowl of homemade soup, bread & cheese + tea/coffee. Donations to Christian Aid's Count Your Blessings & Easter Appeal to help displaced people forced to flee from their homes in Africa.



Easter Lilies 2018

The tradition of placing lilies in remembrance of our loved ones in St. Mary's churches at Easter will continue this year. If you would like to have a lily dedicated to someone you loved but no longer see, please put a donation into an envelope with the name of the person written on it and give it to any churchwarden (see back page of magazine) or leave it at 34 West Field before 25 March. The lilies will be arranged in the churches for Easter Sunday and will remain there for at least a week. Our churches are always open during daylight hours.

Introductory letter from the Revd Iain McColl

Priest-in-Charge (Rector Designate) of the
Granta Vale Group of Churches

My family and I are looking forward with excitement to our move to the Granta Vale benefice and our involvement in both church and community life. We have enjoyed a wonderful time in Bristol being part of St Peter's in Henleaze and there is always poignancy about moving on, but we can now look ahead with great anticipation to life and ministry in Cambridgeshire.

My wife, Anna, grew up on a farm in Essex and I grew up in the countryside as well, so we will be looking forward to the change from living in the city. We have two children, Owen aged 7 and Bethan aged 6, who both like sports, cycling and playing outside, so we think they will enjoy it too!

Prior to ordination I was a solicitor for ten years in London and Bristol and my church ministry experience began as a leader of a 'fresh expression of church' in the centre of Bristol. I then trained for ministry at Westcott House in Cambridge, so as a family we do have some knowledge of Cambridgeshire already.

My licensing, which is my start date, will be on Thursday 12 April and I am really looking forward to getting to know people in the churches and communities. Please feel welcome to come along to the licensing and to get in touch after our move.

With prayers and best wishes
Iain McColl



Anna, Bethan, Owen and Iain McColl

News from the Pews

This year Easter Sunday falls on 1 April. Preparations for this day will take place in both churches on the previous day, Saturday 31 March, a time when we call on our dedicated flower arrangers to help make our churches joyful after the solemnity of Lent. If you are able to help, please contact Marilyn for Little and Anne for Great.

If you visit our churches after Maundy Thursday you will notice the altar is bare after the hangings are removed during the service on this day and replaced with white/gold on Easter Sunday as a symbol of rejoicing.

The Bell Tower in Great Abington has been cleared of debris caused by nesting birds. Wire has been placed over the belfry window to avoid any reoccurrence. Tony Collett and Graham Ross, our loyal Church Wardens have been extremely busy clearing twigs around the Churchyard, culminating in a massive bonfire. Our mole 'friend' who is making the churchyard very uneven has again visited us. Hopefully he will very shortly be moving on and we will be left with many heaps of topsoil.

The PCC wish to thank the hard working team (led by Rosemary Mead) and all who supported **Messy Church** (cover photo). This was held in the Village Institute on 4 February. Following a wonderfully creative afternoon a delicious cooked tea was served to 65 people in the foyer at the end of the service.

Space to Be is on Wednesday 7 March, 7.30pm at Rosemary's house, 55 Church Lane, a time for relaxation and quiet contemplative prayer accompanied by music.

The Deanery Spring Fair: Saturday 10 March 10-12noon in Shelford Memorial Hall. This annual event raises money to support all the village churches in the Granta Deanery and this year the proceeds will be used to help fund a Christian Youth Officer to work with children. The Abingtons and Hildersham will again be running the Produce Stall and will be grateful for donations of jam, marmalade, pickles and chutney as well as garden produce and plants. Donations for other stalls also accepted - please see posters around the village. Marilyn Broadhurst (Assistant Churchwarden) will accept donations.

Mothering Sunday is on 11 March – A service will be held in Little Abington Church at 10 45am. It is a break from the Lenten Fast when flowers will be brought into the church. The school choir will be singing under the direction of their music teacher, Glenis Todd. There will be activities for the younger children during the service, which will be followed by refreshments for all.

Easter Lilies – see page 4

Lent Soup Lunch – see page 4

PCC Meeting – Tuesday 20 March, 7pm at Graham's House.

Charity for the Month – Christian Aid Lent and Easter Appeal, the theme being 'Count Your Blessings'. At Easter, we celebrate a hope, which cannot be contained. During Lent we join with thousands of churches to share the hopes of displaced people around the world. Your gift means that the churches can continue to work alongside those people. We are all aware of the dreadful tragedies around the world. Charity boxes are in both churches.

See back page for details of all the Easter services and contact numbers.

Anne Hall

Little Abington United Reformed Church

We would welcome you any Sunday – our church is welcoming and warm.

Preachers for March

4 March 10.15am Mrs Wendy Roe
11 March 10.15am Mr Mark Hayes
18 March 2.30pm Revd Bruce Waldron (Holy Communion)
25 March 10.15am Mr George Tadrous

On Easter Day, Sunday 1 April, we will be welcoming the Revd Lyn Greenall who is coming from Australia to take our Easter service.

For more information please contact Lynne on 893 295.

Shoebox Appeal

Just to let those who took part in this appeal know that the shoeboxes from this area went to Central Asia. The names of these countries are not mentioned as there needs to be some sensitivity about it all but think about countries ending in 'stan' then you will understand. If you want to look it up on the web go to

<https://www.samaritans-purse.org.uk/central-asia-2017>

Thank you again very much for your generosity.

Jane Furlow

Make a will, help transform patient care

Making or updating your will can seem like a big challenge. However, it can be a lot more affordable and straightforward than you may think.

Addenbrooke's Charitable Trust's annual Make a Will Week takes place this year from 23 to 27 April. A group of local solicitors and will-writers have kindly agreed to waive their usual fees and write or update a simple will, in return for you making a donation to change patients' lives at Addenbrooke's and the Rosie hospitals. To find out more, simply call Alice on 01223 254 841, email hello@act4addenbrookes.org.uk or visit www.act4addenbrookes.org.uk/makeawill.

Safe and Well Visits - Helping you to stay independent in your own home

Cambridgeshire Fire and Rescue Service is committed to supporting the safety and wellbeing of residents in all of the communities that we serve. The Safe and Well visit will provide us with sufficient information to support you and, with your permission, refer you to selected partner agencies, who will be able to support you further. We will not share your data with marketing companies or for other purposes. You are under no obligation to answer any questions that you do not want to. Our visit will last no longer than 60 minutes and is completely **FREE** of charge. Our visit will assess six key elements:

Fire safety in the home - including cooking, general safety and escape plans.

Falls prevention - including simple remedial action such as replacing lightbulbs or taping down loose carpet.

Alcohol use - Alcohol related hospital admissions are steadily increasing. We can provide you with helpful information.

Stay well and warm - Can you afford to heat your home? Do you have access to a hot meal? Do you access all the services available to you?

Crime reduction - We can provide advice on making your home more secure in addition to advice to make you less vulnerable to scams or fraud

Smoking – need a helping hand to quit? Our partners can offer you the help and advice you need to stop smoking.

To find out if you are eligible for a visit, call us on 01480 444 500 or email us at firefire@cambsfire.gov.uk.

Linton Village College - Marsh Mail

Widespread coverage of institutionalised sexism continues in the media spotlight. Amongst the stories of sexual abuse and harassment, the coverage has also highlighted inequalities in the treatment of women and gender stereotypes that persist, despite significant societal progress to tackle them.

Everyday sexism in schools has been the focus of recent research by the government, revealing some shocking findings. A report, published last year by Parliament's Women and Equalities Select Committee, outlined evidence that nearly 60 per cent of girls and young women aged 13 to 21 said that they had faced some form of sexual harassment at school or college within the previous year. It is disturbing that there were so many victims of unpleasant and unwanted language and behaviour, and that this kind of conduct continues in the 21st century.

At LVC we continue to address these issues through our Personal, Social and Health Education curriculum and seek to tackle and address casual sexism that can be perceived by students as 'a joke'. We also continue to work on perceptions of careers aspirations through our information, advice and guidance and opportunities. Our March science week programme at LVC features talks from female STEM (science, technology, engineering and maths) leaders, amongst other engaging events to showcase the subject.

Delivering a curriculum that reflects women's achievements starts in our partner primary schools with the study of influential figures, such as Mary Seacole, and exploring parents' careers in non-gender-stereotyped professions, such as female surgeons.

It has been great to see children of both sexes flourishing in our inaugural dance production, 'Ignite', last month, and smashing gender stereotypes. Solo performances by males and females and an all boy dance troupe were fabulous. Meanwhile, our Under 16 girls' basketball team celebrated winning the title of district champions.

The introduction of an LGBT+ group at LVC for students to openly discuss issues relating to gender is an example of the safe and accepting environment that we seek to foster and support.

It is essential that all children, regardless of sex and gender, are able to thrive, flourish and achieve their potential at school and in life, without fear of harassment or limitation.

Helena Marsh

Mobile Library

The next date will be Tuesday 27 March 2018, times as follows:

Little Abington	West Field	10.00–10.30am
Great Abington	North Road	10.40–11.10am
	Magna Close	11.20am–12.10pm
	The Shop	12.15–12.35pm
Hildersham	End of Beech Lane near phone box	12.45–1.00pm

British Summer Time begins on Sunday 25 March. Clocks will go forward one hour.

Hildersham Focus

Village Lunch Thursday 8 March

The next **village lunch** will be on Thursday 8 March at 1pm. Doors open at 12.30pm and tickets cost £4. To book your place, contact Jill on 893 596 or online at edheale@btinternet.com.

Quiz Night 16 March

Hildersham Village Hall Trust is hosting a **quiz night** on Friday 16 March. Doors open at 7pm for a prompt 7.30pm start. Everyone is welcome – bring your team of up to 8 people or come along and join with others. Tickets cost £8, which includes a hot supper, and there will also be a raffle with the usual array of wonderful prizes. Please bring your own drinks and we'll provide glasses. To book, or for further information, contact Jill on 893 596, or at edheale@btinternet.com

Easter Tea Time Wednesday 22 March

Do join village friends for our **Easter tea time** 3 to 4.30pm in Hildersham Village Hall. Your wander through the village should hopefully be enhanced by the glorious daffodils that bring sunshine and spring promise to the footpaths.

Deanery Fair Friday 10 March

The Abingtons and Hildersham run the produce and plant stall at the **Deanery Fair**, this time raising funds for the Deanery Youth Inc. Project. If you have a jar of homemade jam or one too many cuttings please take them to Amanda Palmer, 14 Beech Row, Hildersham or to Hildersham church.

Hildersham Lecture, Thursday 23 March

CUBA 17 will be the topic for our next **Hildersham Lecture**. Patrick Humphreys will give us a short political history of the island leading up to the Castro era. His lively descriptions, entertaining experiences and varied pictures taken during his extensive tour of the island in 2017 will focus on the modern context.

Have you heard of a **Scotathlon**?

Hildersham Children's Church Council will reveal more in next month's *News*.

Hildersham Parish Council A Quality Parish Council



The next meeting of **Hildersham Parish Council** will be on **Tuesday 13 March 2018** from 7.30pm at **Hildersham Village Hall, High Street, Hildersham**
Everyone welcome.

Village News on the website To see the *News* before the printed copy reaches you, and to see the pictures in colour, go to www.theabingtons.org.uk/news and follow the link to the pdf file for the month you want.

Dates for your Diary

Date		Venue Abington Institute unless stated	Time	Page
Thu	1	Abington Walking Group	10.00am	16
Fri	2	Baby & Toddler Group – Pre-school building	9.30am	11
		Low Impact Aerobics	9.30am	12
		Pilates	10.45am	12
Sat	3	Scrapbooking Group	10.00am	11
Mon	5	French Conversation	1.00pm	
		Abington Gardening Club	7.30pm	17
Tue	6	Art Group	9.30am	
		FGMN Club	2.00pm	17
		Table Tennis	8.00pm	11
Wed	7	Yoga – course and drop in	9.30am	11
		Dynamic Dance Class	3.15pm	11
		Yoga – course and drop in	7.00pm	11
Thu	8	Hildersham Village Lunch – Village Hall	1.00pm	9
Fri	9	Baby & Toddler Group – Pre-school building	9.30am	11
		Low Impact Aerobics	9.30am	11
		Pilates	10.45am	11
		Film Night – doors open	6.45pm	12
Mon	12	French Conversation	1.00pm	
		Abingtons & Hildersham WI	7.30pm	17
Tue	13	Art Group	9.30am	
		Consultations on A1307 improvement	4.00pm	15
		Hildersham Parish Council – Village Hall	7.30pm	9
		Reading Group - 23 Cambridge Road, Little Abington	8.00pm	16
		Table Tennis	8.00pm	11
Wed	14	Yoga – course and drop in	9.30am	11
		FGMN visit to Morrison's supermarket	am	17
		Dynamic Dance Class	3.15pm	11
		Yoga – course and drop in	7.00pm	
Fri	16	Baby & Toddler Group – Pre-school building	9.30am	11
		Low Impact Aerobics	9.30am	12
		Pilates	10.45am	12
		Lent Soup Lunch	12 noon	4
		Hildersham Quiz – Village Hall, doors open	7.00pm	9
		AALGA Quiz – doors open	7.00pm	12
Sat	17	Abingtons Litter pick (see posters for details)	10.00am	13
		Family/baby Yoga	11.00am	11
Mon	19	French Conversation	1.00pm	
Tue	20	Art Group	9.30am	
		FGMN Club - Fish 'n Chip lunch	12.45pm	17
		Table Tennis	8.00pm	11
Wed	21	Yoga – course and drop in	9.30am	11
		Dynamic Dance Class	3.15pm	11
		Yoga – course and drop in	7.00pm	11
Thu	22	Abington Lunch	12.45pm	16
		Easter Tea Time – Hildersham Village Hall	3.00pm	9
Fri	23	Baby & Toddler Group – Pre-school building	9.30am	11

		Low Impact Aerobics	9.30am	12
		Pilates	10.45am	12
		Family Film Night – doors open	6.15pm	12
		Hildersham lecture – Hildersham church	7.30pm	9
Sat	24	Abington Walking Group	10.00am	16
Sun	25	British Summer Time – clocks go forward 1 hour		
Mon	26	River litter pick-up – meet at road bridge/ford	9.30am	
		Little Abington Parish Council	7.15pm	13
		Great Abington Parish Council	7.15pm	15
		Abington Gardening Club	7.30pm	17
Tue	27	Art Group	9.30am	
		Mobile Library	a.m.	8
		Easter Special Tea – Jeremiah’s Café	2.30pm	12
		Scrabble Club	7.00pm	16
		Table Tennis	8.00pm	11
Wed	28	Yoga – course and drop in	9.30am	11
		Dynamic Dance Class	3.15pm	11
		Yoga – course and drop in	7.00pm	11
Thu	29	Flower Workshop	10.00am	12

For details of contacts please see inside back cover or articles where indicated.

Institute bookings: phone 01223 790 711 or email: institute@theabingtons.org.uk

Jeremiah’s Café in Abington Village Institute	
Opening times in March 2018	
Thursday lunchtimes	11.30am – 1.30pm (1, 8 and 15) Lunch 22 nd
Friday mornings	8.45am – 11.00am (closed 30 March)
Saturday mornings	10.00am – 12 noon

Please note that the café will be closed on Good Friday, 30 March.

Special Teas are back! See page 12.

Contacts for Café – Gaynor Farrant 07817 517 871 or gaynorfarrant198@btinternet.com
and Gill Smith 892 759 or richardandgill.smith@live.co.uk

Wheelie bin dates for March 2018 (Abingtons and Hildersham)

Mon 5	Mon 12	Mon 19	Mon 26
Black	Green/Blue	Black	Green/Blue

Scrapbooking Group – We meet one Saturday of every month and welcome you to take a look any time and ask questions.

Yoga – Wednesdays 9.30am and 7pm at Abington Institute

Contact Joan 890 629 or email joangraham72@gmail.com

Dynamic Dance Theatre School – Wednesdays from 3.15pm

Ballet and modern dance lessons for children from 4 years old at Abington Institute.

Contact Esme on 07719 816 548 or esmewatts@hotmail.com

Table Tennis – Tuesdays 8pm at Abington Institute

Contact Raj Sangha on 07803 786 905.

Family/baby yoga at the Institute – 11am on Saturday 17 March

Please contact Jeffi for more information on 07931 790 591

Abington Pre-school Baby and Toddler Group This group runs during term time from the Annexe building at the bottom of the school playground; **open on Fridays from 9.30am to 11.30am**, for all children aged 0–3 years old. Refreshments provided for children and adults. Contact Abington Pre-school on 01223 894 246

Low Impact Aerobics – Fridays 9.30–10.30am at Abington Institute

Suitable for 50+ or those returning to exercise. Aerobics, toning and stretching. Exercises to raise your heart rate and tone your body; fun and friendly.

Pilates – Fridays 10.45–11.45am at Abington Institute

Pilates exercises will help to alleviate back pain, increase core strength, improve posture and flexibility. Please book for five weeks for Low Impact Aerobics and Pilates. Contact Disa Bennett on 07798 754 029 or www.zumbaandpilatescambridge.co.uk

Film Nights at Abington Institute

Two films this month: **Film Night on Friday 9 March**. Doors open 6.45pm, film starts at 7.00pm. Then **Family Film Night** is on **Friday 23 March**. Doors open 6.15pm, film starts at 6.30pm. Everyone welcome. Usual raffle and refreshments. Look out for the poster in the Institute for full details.

If you would like to receive details of the film by email approx. two weeks before a screening then subscribe for free to our mailing list using the link at

<http://www.theabingtons.org.uk> or email films@theabingtons.org.uk

Dianne Dawson (893 101)

Flower workshop for Easter 2018 - on the Terrace, Abington Institute

'An Easter workshop' - Thursday 29 March 2018, 10am to 12.30pm

A workshop using seasonal flowers for your Easter table.

To register your interest or to find out more please get in touch, tel. 891 464 or

fredasflowers@hotmail.co.uk

There will be more workshops later in the year.

Freda Orgee

AALGA Quiz Night – Friday 16 March

The Abington Allotment and Leisure Gardeners' Association's (AALGA) annual Quiz Night will take place in the Abington Institute on Friday 16 March 2018. Doors open at 7pm for a prompt start at 7.15pm. A fish or sausage or veggieburger and chips supper will be served during the quiz, and there will also be a raffle on the night. You are invited to bring your own drinks.

The quiz is for teams/tables of eight people. Tickets, priced at £7.50 inclusive of supper, must be bought in advance and can be obtained at the village shop from the middle of February (our thanks to Ravinder).

We look forward to seeing you on the night.

David Milns, Chair, AALGA

IT'S BACK
Easter Special Tea
Jeremiah's Café
Tuesday 27 March 2018
2.30pm to 4.30pm

Do come and join us for our special Easter Tea with a selection of sandwiches, savouries and a range of delicious cakes with tea, coffee or squash.

Everybody is welcome, no need to book.

An inclusive price of £4.00, junior school children £2.50. Please pay at the door.

Parish Council meeting held 22 January 2018

Public participation: parking at Fourwentways

Residents attended the meeting to raise health and safety issues associated with the parking of HGVs and other vehicles at the roundabout by the garage and Little Chef. The Parish Clerk noted that this matter and others (e.g. the damaged drain cover in Bourne Bridge Road) have been raised several times with the highways department at the County Council; CC Henry Batchelor will pursue this with the highways department.

Parish Council elections

Notice is given that elections to the Parish Council will be held on 3 May 2018.

Planning

S/4099/17/OL AgriTech park proposal at Hinxton: LAPC has responded to the outline planning application and raised concerns about traffic, position and infrastructure implications, with recommendation that the proposal is included in the next iteration of the Local Plan.

S/0086/18/LD 35 Church Lane, Little Abington: repair to boundary walls. Approved.

S/3868/17/FL Extension to Steinmetz Building, Granta Park. Approved.

S/2395/16/FL Retrospective planning permission, 33 Church Lane. Approved.

Local Development Plan: Protected Village Amenity Areas

Two modifications have been made to the designation of local green spaces. The Bowling Green and the Scout Meadow (Abington Woods) have been confirmed as Local Green Spaces; the meadow at Bancroft Farm remains a PVAA, as in previous plans.

Closure of Granta Park to residents: meetings

Meetings between representatives of LAPC and GAPC and TWI/BioMed continue. Please refer to the reports on the village website for updates.

Noise from Granta Park

Residents in the West Field/Bourne Bridge Road area continue to report intrusive noise from TWI, especially at night. Please keep a log of all disturbances and report to the Clerk or any member of the Parish Council and directly to Catherine Condie at TWI: catherine.condie@twi.co.uk

Litter pick

Little Abington is arranging this year's litter pick on Saturday 17 March.

Recreation Ground

The diseased tree that was felled following the tree survey will be replaced.

Tree warden

There is a vacancy for a tree warden. Any individual or group interested in this should contact the Clerk. Training will be provided.

Little Abington Parish Council Meetings

Abington Institute, High Street

Next meeting: **Monday 26 March 2018 at 7.15pm**

Public participation: Come and have your say – 15 minutes, early in meeting

Peter Brunning (Chairman) tel: 891960

Email: pc@brunning.org.uk

Genevieve Dalton (Clerk) tel: 893 332

Email: clerk@littleabington.clara.co.uk

www.theabingtons.org.uk/parish-councils/little-abington-parish-council/

Have Your Say on the Great Abington Former LSA Estate Neighbourhood Plan

Great Abington PC submitted its Neighbourhood Plan for the former LSA estate to SCDC in February 2018. SCDC has confirmed that the Neighbourhood Plan complies with all the relevant statutory requirements.

SCDC is seeking your views on the Neighbourhood Plan before it is considered by an independent examiner, and can proceed towards a referendum. Comments can be submitted to SCDC between 9am on Monday 5 March and 5pm on Monday 16 April 2018, by email, post or the online consultation system.



Photo. L to R: Rachel Hogger Cambs. ACRE, Bernie Talbot Chairman GAPC, Cllr Robert Turner Planning Portfolio Holder, Cllr Tony Orgee, Caroline Hunt*, Jenny Nuttycombe* (* SCDC Planning officials)

To view the Neighbourhood Plan and its supporting documents, and to find detailed information on how to make comments, visit:

www.scams.gov.uk/GreatAbingtonFormerLSAEstateNP.

A1307 improvements

As part of plans to improve journey times and congestion along the A1307 and A1301, the Greater Cambridge Partnership is looking to hear the views of residents in Abington and Hildersham as part of the Cambridge South East Transport Study (formerly A1307, Three Campuses to Cambridge) consultation.

In order to support the continued economic growth of Cambridge and South Cambridgeshire, the Greater Cambridge Partnership is proposing three long-term strategies which would help deliver faster, more reliable and sustainable public transport options for journeys between Cambridge and the area to the south east.

With the consultation period open until Tuesday 3 April, the Greater Cambridge Partnership is looking for feedback on the three strategies for the A1307, one of which consists of a new segregated Mass Rapid Transit Route from the A11 via Sawston, Stapleford and Great Shelford to the Cambridge Biomedical Campus. The two other strategies include measures to speed up bus journeys with inbound bus lanes and a possible bus-only road.

The consultation, which runs for seven weeks, will also ask for feedback on a range of shorter-term proposals that include bus priority and road safety measures as well as junction improvements along the A1307. It is envisaged that these works would be progressed as quickly as possible following the consultation period. To have your say on the plans and for further information visit the Greater Cambridge Partnership at www.greatercambridge.org.uk/CambridgeSouthEast . (see page 15)

Andrew Walker, Communications and Engagement Officer, Cambridgeshire County Council, tel. 01223 706806, www.cambridgeshire.gov.uk

Great Abington Parish Council Neighbourhood Plan

An Active Council

Previous issues of the Parish magazine have updated residents on the progress of the Neighbourhood Plan based on the former Land Settlement Association Estate. By the time you read this the Parish Council and the working group will have formally submitted the plan to South Cambs. District Council.

The next steps of the process are with SCDC who will have a six-week consultation with local residents and businesses. During this period SCDC will appoint an independent examiner who will receive the feedback from the consultation and pass it back to the working group with his/her own comments so that final amendments can be made to the plan. A referendum will then be held which will decide if the plan will be formally 'made' and become the planning policy for the designated area.

Affordable houses at Moorefield (See also page 14 of February News)

Those registered with the council should look out for adverts because the first phase of the affordable rented properties will soon be advertised on the council's Home Link site <http://www.home-link.org.uk/>.

Hedges

There is still just time for all residents to trim their hedges before the bird nesting season starts. Please be considerate and avoid obstructing the footway or road.

A1307 improvements

Detailed proposals for the section between Haverhill and Addenbrooke's can be seen on the website: www.greatercambridge.org.uk look for 'Cambridge South East Transport Study'. A range of local exhibitions are planned where members of the public will be able to discuss the options with technical officers (more details on the events are on the website www.greatercambridge.org.uk):

Stapleford Pavilion	Wednesday, 7 March	16.00 - 19.00
Haverhill Tesco	Saturday, 10 March	09.30 - 12.00
The Abington Institute	Tuesday, 13 March	16.00 - 19.00
Sawston Village College	Wednesday, 14 March	16.00 - 19.00
St John's Church, Hills Rd,	Thursday, 15 March	16.00 - 19.00

Planning

Parish Council Recommendations

S/0214/18/FL – Medimmune, Granta Park. Temporary Marquee.

Parish Council supported.

S/0187/18/VC – 22 South Road. Vary condition on removal of temporary dwelling.

Parish Council supported.

Great Abington Parish Council Meetings

Held in Abington Village Institute

Bernie Talbot (Chairman) tel: 892 647

Planning Committees: Usually Mondays, as required, 6.30pm. See notice board for dates or contact the parish clerk.

Next Parish Council meeting Monday 26 March 2018, 7.15pm.

There will be an opportunity early in the meeting for members of the public to speak to the council about matters of concern. Agendas and minutes are posted on the Parish Council notice board located at the entrance to Magna Close or available from the parish clerk.

Paula Harper (Clerk): harper802@btinternet.com (892 000)



Abington Lunch Thursday 22 March 2018



Fruit Juice

**Fish Pie with Creamy Lemon Sauce
Mashed Potatoes and Seasonal Vegetables**

**Sticky Gingerbread Puddings
With Ginger Wine Sauce and Custard**

Tea or Coffee

Please book your meal on 07789 585 399. Leave your name and telephone number with your message before noon on Tuesday 20 March. Don't forget to tell us if you need a special diet. Doors open at **12.45pm**. Note that the lunch is open to **ALL** Abington and Hildersham residents. **Only £5.**

Next lunch Thursday 26 April 2018

Reading Group

13 March	<i>The Pearl that Broke its Shell</i> Nadia Hashimi	Sally Turnidge
10 April	<i>Three Things about Elsie</i> Joanna Cannon	Diana Wingfield
8 May	<i>Seeds of Greatness</i> Jon Canter	Dinah Brooks

Please confirm your attendance in March to Sally.

Lisa Pechey

Abington Walking Group

Our February Thursday walk was around Hempstead in good weather, taking us through open fields and wooded areas. The Saturday walk, on a glorious sunny day, started in Bartlow and through Bowers End where we saw two vintage cars, then into an enclosure usually full of chickens but this time with a very large cart horse and four inquisitive llamas. Then back to Bartlow via Hadstock.



The next walks are on Thursday 1 and Saturday 24 March.

For further information, please contact:

Robin Harman on 891 730 robandkayharman@gmail.com or

George Woodley on 891 169 georgewoodley@talktalk.net

Scrabble Club

The next meeting of the Scrabble Club is on Tuesday 27 March at 7pm in the Institute. New members very welcome.

Sheena Fraser

Abington Gardening Club

On Monday 5 March in the Institute at 7.30pm Hilary Thomas will give a talk entitled 'A Garden for all Seasons'. On Monday 26 March Paula Dyason will give a talk on Daylillies at 7.30pm in the Institute.

All welcome, visitors £3

Kay Harman, Secretary tel: 891 730 email: robandkayharman@gmail.com

Forget-Me-Not Club

After an enjoyable Thai lunch from the Three Tuns (sincere thanks to Chris and Karen and their lovely cooks) during February, we follow this with a traditional English Lunch of Fish 'n Chips this month. As always we will begin our meal at 1pm and therefore ask members to be seated by 12.45pm on this day. Admission on this day will be £5, that is £2 club fees and £3 for the two-course meal. You will need to book at the next meeting or you may book by phoning Anne.

This month we are delighted to invite a local speaker – Sally Simmons who is co-author of the book '111 Places in Cambridge That You Shouldn't Miss'. Sally serves on Little Abington Parish Council amongst her many other achievements; she also enjoys the challenge of re-homing small elderly dogs.

The Parish Nurse will also be holding consultations in the Meeting Room. This opportunity is open to all members of the community. No appointment needed.

Please Note: Viki will be collecting the yearly subs this month (still £5)

Dates for March

Tuesday 6 March 2pm – 4pm – The Parish Nurse will be available to discuss any health or social concerns you may have. Open to all Abington residents.

Tuesday 6 March 2pm - Talk by Sally Simmons '111 Places in Cambridge that you shouldn't miss'

Tuesday 13 March 2pm– Committee meeting at Anne's house

Wednesday 14 March – Trip to Morrison's.

Tuesday 20 March 12.45 for 1pm – Fish 'n Chip Lunch (£5)

Anne Hall (892 275) or anneandglynhall@gmail.com

Abington & Hildersham Women's Institute

Oxford academic, Margaret Blanchard, brought photographs and film clips to illustrate her "extra" life, which began when she unwittingly cycled through a film set one morning on the way to College, causing a "cut" to an episode of Inspector Morse. An "extra" life involves much standing still and waiting around for hours on end, often in uncomfortable period clothing, having been subjected to the make-up artists to make one beautiful - or otherwise! Margaret had roles in films such as Calendar Girls, Black Beauty and Dad's Army as well as the Morse series and has met stars such as Sir John Gielgud, Julie Walters, Bill Nighy, Maggie Smith and Sean Connery. She now has a real-life role as custodian of the Giant Leatherback Turtles on the island of Tobago and has written a book about these wonderful creatures.

Our WI members recently voted for Mental Health Matters to become this year's Resolution at the National WI AGM in June.

Monday 12 March 7.30pm: Annual General Meeting with a wedding theme - including special refreshments! New members and visitors always welcome.

Marilyn Broadhurst (893 214)

Granta Medical Practices How to cope with a viral illness

Colds, sore throats and flu can cause a great deal of worry and frustration. Young children have between 3-8 colds a year and adults 2-4. The onset is 2-3 days and symptoms can last up to 3 weeks. In children, symptoms last 10-14 days.




Here are some tips and good advice that may reassure and speed things up.

- Keep warm – extra blanket at night perhaps and have plenty of warm drinks such as hot lemon or blackcurrant and hot chicken soup which may help raise your natural defences as can pro-biotic drinks recent studies suggest.
- Honey can really help with coughing. Children must be over one year old though! Try in warm water and with lemon juice.
- Avoid milky drinks if you find they make you more congested.
- Blocked nose, sinus discomfort? Saline sniffs can help. Take a cup of warm water with a large pinch of salt. Every 2 – 4 hour, make a puddle in your hand with about a tablespoon of water, lean over a sink, block up one nostril and sniff up each nostril twice. Inhale steam! (Place bowl in a sink for safety). Boiling water with a little tea tree oil or eucalyptus, and inhale every 3 – 4 hours. This reduces the viral count in the back of the nose and loosens up secretions.
- Take a daily multivitamin and mineral supplement. Eat vitamin rich, light meals if hungry. Drink plenty of clear fluids.
- Paracetamol and Ibuprofen will make you FEEL better but won't make you better as they lower your core temperature. Your immune system is trying to 'heat treat' the virus so if you take these, your illness may take longer to resolve. Take sparingly when appropriate. If your throat is sore, use a menthol sweet or spray to ease the pain.
- Vapour rubs, gargling with salt water and the use of saline or boiled, cooled water nasal drops have also been found to be helpful and can be bought from chemists and some supermarkets. Cough mixtures are generally ineffective and are a waste of money. Increasing bedroom humidity works better, as do steam inhalations and honey.
- Antibiotics have no effect on viral illnesses. They can cause rashes, increase resistant strains of bacteria, diarrhoea, sickness, and changes in your natural defences. They also waste time and money. **Please don't expect them!**
- Don't smoke, and avoid smoky atmospheres.
- Have a flu and pneumonia vaccine if appropriate.
- Use tissues only once and bin them. Wash your hands with soap and hot water frequently to reduce the spread to family members, friends and colleagues.

Children with a history of febrile convulsions should always be kept cool (do not use tepid sponging) and given Paracetamol as directed. Burning skin, but cold hands, rashes which don't fade when pressed with a glass are worrying signs and such patients should be examined as soon as possible. Drooling or the inability to swallow are signs of upper airway distress – please seek advice. Rapid and/or laboured breathing and/or low urine output and/or persistent vomiting are also worrying signs which need prompt attention. Severe headaches and symptoms that are deteriorating after 3-5 days need urgent review with a clinician.

Anyone who becomes breathless, wheezy or coughs up dark or blood stained sputum MUST be seen. People who suffer with chronic lung or heart disease are prone to bronchitis and MUST be seen if they become breathless or unwell. Diabetics who vomit and are unable to eat or keep down fluids must follow their sick day rules and seek advice. (For more information contact Jane Bertram on j.bertram@nhs.net)

Church Services for March 2018

DATE	Gt. Abington 	Lt. Abington 	Hildersham 	Readings
4 March	10.45am Communion		6.00pm Evensong	1 Corinthians 1. 18-25 John 2.13-22
11 March Mothering Sunday		10.45am All Age Praise	9.15am Communion	2 Corinthians 1.3- 7 Luke 2.33-35
18 March		9.15am Communion	4.00pm Café Church	Hebrews 5.5-10 John 12.20-33
25 March Palm Sunday		10.45am Communion	9.15am Communion – Prayer Book	To be advised
29 March Maundy Thurs.	7.30pm Communion			Exodus 12.1-14 John 13.1-17,31- 35
30 March Good Friday		2.00pm Last Hour	9.30am Devotional Service	To be advised

Church Flower Rota

	Great Abington	Little Abington	Hildersham
4 March	Lent	Gill Smith (Clean)	Lent
11 March	Lent	Gill Smith (Clean)	Lent
18 March	Lent	Marilyn Broadhurst (Clean)	Lent
25 March	Lent	Marilyn Broadhurst (Clean)	Lent

Churchwardens

<i>Hildersham</i>	Cathy Myer	'Woodside', Hildersham	892848
	Andrew Westwood-Bate	5 Sleaford Close, Balsham	892430
<i>Great Abington</i>	Tony Collett	23 Meadow Walk, Great Abington	893447
<i>Little Abington</i>	Graham Ross	41 Church Lane, Little Abington	891564

Assistant Churchwardens

<i>Great Abington</i>	Anne Hall	12 Magna Close, Great Abington	892275
	Patsy Randall	77 High Street, Great Abington	07765 345 714
<i>Little Abington</i>	Mary Miles	36 Church Lane, Little Abington	891083
	Marilyn Broadhurst	34 West Field, Little Abington	893214

Parish Nurse

Claire Gillett	<u>Not 24 hrs</u> , please leave a message if no reply - Claire will respond when next on duty.	07498 994205
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