



The Abingtons and Hildersham News



www.theabingtons.org.uk

January 2019



Photo by Emma Jones

**Busy, busy, lots of sales at the
Abington Churches' Christmas Fayre
Saturday 24 November 2018**

Letter from the Editor

Goodbye 2018 and welcome 2019 which, we must hope, will soon bring a resolution of the Brexit saga.

In December we were sad to see Bob and Ravinder and their three sons hand over the Village Stores and Post Office that their hard work has built up into a first-class facility for our villages. We offer them our wholehearted thanks for their friendship and support and wish them well in their new life.

Welcome to Mak and Bhadrika who have just embarked on their task of managing the Stores and Post Office and have a hard act to follow.

Welcome too to the new residents of Moorefield to whom this village News is now delivered. We hope they will find plenty to interest and involve them in the wide-ranging community activities in the Abingtons and Hildersham.

The churches ended the year with cheerful carol services, colourful advent windows around the villages, and there were Christmas parties and special breakfasts. Fundraising has been good and the poppy appeal in particular has achieved a record level of donations in this centenary year after the end of the First World War (pages 4, 5, 14, 15).

The diary for January shows a resumption of the educational, social and sports activities (pages 10-12, 14-15). Please note that the Abington events are open to Hildersham residents too.

The referendum on the Neighbourhood Plan for the former LSA led to the Plan being approved, to the great credit of all involved in preparing it (page 7). The Abington Parish Councils are keen to meet residents to discuss future plans for the villages and there is an opportunity to do so on 12 January (page 13).

Page 6 reports a further, welcome development of the Parish Nurse services. At a time when we might be making New Year resolutions it is appropriate that several pages in this issue point out the advantages of, and opportunities for, adopting a healthy life style (pages 16-18). Granta Medical Practice has spelt out the reasons for combination of practices in several villages. It is to be hoped that this lives up to expectations.

Please remember that the Foodbanks still need donations of food. As the weather gets colder and the move to Universal Credit creates hardship for some the demands on Foodbanks will increase. Details of the next oil order are on page 12.

Valerie Silvey

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Articles for the February 2019 edition of *The Abingtons and Hildersham News* should be sent to the Editor by Tuesday 15 January 2019 at news@theabingtons.org.uk. Photos welcome.

Stop Press The Abington Village Stores is now under new management. Mak and Bhadrika look forward to welcoming their customers and offer best wishes to everyone for 2019.

From the Seven Churches

My wife said to me, 'You're right – you can't say Happy New Year' but you can say 'Blessed New Year.' It is the early part of December, and we are in the car, and I am asking 'What can I say in the January *Letter from the churches* when everything now is in such a muddle, nationally and internationally, with long angry debates in Parliament and scary headlines in all the papers?'

The reason I am writing this so early is because all our deadlines for the January issues are early because of Christmas pressures on the magazine teams. So much can have happened, for better or for worse by the time you read this.

To remind you of the Christmas story. Things were not any better in Jesus' day! Joseph and Mary are now safely in Egypt, beginning to settle down, probably in Alexandria with its large Jewish expatriate community. Augustus has been Emperor in Rome for twenty-three years and King Herod the Great has been ruling Judea for seventeen years. Herod is paranoid and obsessive. He is building great palaces and fortresses from end to end of Judea. Any threat to his position sends him into a murderous rage. He has his wife Mariamne condemned to death for plotting against him, and then later he has their two sons strangled. When the Magi come to Jerusalem, their message of a baby king causes Herod to send his soldiers to Bethlehem and kill all the new-born boys. There is no Happy New Year for the Holy Family! Herod is to be on the throne for another two years, so they have to stay in Egypt until after his death and it is safe to go home to Nazareth.

There is good news today from our seven churches for this New Year. We have officially become the Granta Vale Group of Churches, and Iain McColl has been officially named by Ely Diocese as our Rector. We are continuing to serve the six villages of our group, with its seven beautiful churches. We have three priests, four lay ministers, a parish nurse and an administrator on our Ministry Team, with two part-time assistant priests who are ready to help us. We are expecting a new member of our team to be appointed during 2019.

But for now, as promised, on behalf of all the team I wish you all a very Blessed New Year.

Keith Johnson



Santa at the Christmas Fayre and Gt. Abington church filled for the carol service on 16 December Photos by Tony Collett

Poppy Appeal 2018

The final total for the appeal came to £3,236.45, a record and a magnificent effort. My thanks to all who contributed in any way.

Kay Harman, Poppy Appeal Organiser, Babraham, Abingtons & Hildersham

News from the Pews

December is for sure one of the church's busiest months. This year has been no exception following a successful Christmas Fayre, Christingle, our traditional Carol Service along with Carol Services for Abington Primary School and Holme Court School. This year there has been the added attraction of Advent Windows. This has been hugely successful involving 24 very talented people who have appropriately dressed their windows for the event. Although this hasn't necessarily been a huge fund-raising project it has involved members of the community of all ages encouraging them to walk around the village and for some, into estates they have never visited before (especially, we hear 'evening dog walkers' who have enjoyed a walk of purpose). A great festive event. The PCC wish to express enormous thanks to all the amazing 'window dressers'.

After the Morning Service on 9 December a Dedication of the Prayer Corner was held in Little Abington Church. This is in memory of David French. David was a dedicated church member for many years and is fondly remembered in the Abingtons. David's wife, Pam and members of his family were present at the dedication. Do visit the prayer corner for private prayer or quiet contemplation.

Charity for January – Winter Comfort – This charity has been operational in Cambridge city for some 28 years. Throughout the last year they helped 742 individuals, welcoming an average of 53 people each day and supporting 52 back into employment, making lasting, positive changes to their lives. Please spare some thought to those living on our city's streets, especially throughout the winter months. There are charity boxes in both churches where you can leave a donation.

Thank You

Interment of Ashes in the Garden of Remembrance – John Perry

The interment of ashes was held for John Perry. Long term Abington residents will remember John's wife, Alma Thomson, one of the twins who initially lived at 10 Chalky Road. Alma is buried in the churchyard too. Our condolences to their families.

Anne Hall

Little Abington United Reformed Church

Everyone is welcome at our services (unless we get frozen out). The preachers in January are as follows.

Services in January 2019

6 January 10.15am Mr John Luke
13 January 10.15am Revd Elizabeth Caswell
20 January 2.30pm Revd Bruce Waldron (and Holy Communion)
27 January 10.15am Mr George Tadrous

For more information please contact Lynne on 893 295.

The Partridge Group

Arrangements are well under way to compile various speakers, subjects and dates during January and February 2019, when meetings are planned to take place on Wednesday evenings at the usual times and venues. The first meeting is on Wednesday 9 January. Further details on the website (www.theabingtons.org.uk)

A Partridge (01223 894 640)

New Community Worker – Parish Nurse Plus



Hello Everyone. My name is Steve Jordan and I am one of two new Community Workers linked to the Parish Nurse Plus scheme. I shall be working in Great Abington, Little Abington, Hildersham and Balsham, and my counterpart Jacqueline Douglas will be working in West Wrating, West Wickham and Weston Colville.

The Parish Nurse Project has been going for three years now and has been very successful, making a difference to more than 120 individuals in our local villages. The Parish Nurse Management Group saw the need to develop a community element to the work, to build on and incorporate the considerable knowledge, skills and resources in our villages. Involving people, encouraging volunteers and supporting community carers is a crucial part of the plan.

A lot of our local activities are already advertised in village magazines and newsletters, but I know that there is much support available that is not advertised, and I would like you to let me know about this, so that we can share information across villages to offer wider opportunities to people. If you know of or are involved in an activity or local support service, such as walking or cycling groups, mums and toddlers groups, people who are able to offer transport to those who need it, or anything else, please do get in touch.

The Government has recently launched a strategy for tackling loneliness called 'A Connected Society' and the community development work links well with this initiative. We hope to reach more people in need, to hear what you think is needed and to work with you to find local solutions, improving things for all of us. We want to

Create Compassionate Connected Communities

Please do get in touch with me with information, thoughts or any ideas about this at: 7churches.community@gmail.com or by phone or text at 07508 430057

New Year, New Challenges, New You - Adult Learning at Linton Village College

Start 2019 in a fresh and positive way by learning a new skill or building on one you may already have. Linton Village College is offering a great range of adult courses (daytime and evening) covering subjects as diverse as Italian and Tai Chi, Creative Writing and Pottery, Flower Arranging and Indian Cookery and Spanish and Silver Jewellery making. We have a variety of art-based classes covering Watercolours. Pen & Ink Drawing and Art & Drawing (all mediums) at different times of the day.

The new term starts week commencing 14 January 2019 and courses last 10 weeks. **All course details can be found on our new website at www.lintonvillagecollegeadultlearning.co.uk.** For more information about any of our courses or to book a place **email adult.education@lvc.org or telephone 01223 891 223 Ext 303 / 317.**

Neighbourhood Plan for the former Land Settlement Association

The extremely lengthy Neighbourhood Plan process finally culminated in the referendum held on 13 December. The vote was counted at the Institute, on the night as soon as the poll closed, and the result was announced. Those eligible to vote totalled 173 and there was a 60.7% turn out. The outcome was 83 votes in favour and 22 votes against. The Neighbourhood Plan was supported and is therefore effectively 'made' and will be ratified by SCDC at the next full meeting in February. The NP now forms a key part of the planning policy for the designated area and will be used in determining planning applications with immediate effect.

Planning – Parish Council Recommendations

S/4449/18/VC – 33 Magna Close. Variation to condition 11, roof lights to open towards the South West. Parish Council recommended refusal.

S/4050/18/FL – 22 South Road. Retention of temporary dwelling. Parish Council recommended refusal.

S/2381/18/FL – 45 North Road. Appeal to turn dwelling into a garage. Parish Council recommended refusal.

APP/W0530/W/18/3210008 – Agritech, Land east of the A1301, south of the A505 near Hinxton – Original application S/4099/17/OL, outline permission for 112,000 sqm of employment floorspace. Parish Council recommended the appeal be refused.

Parking

Please can all residents park considerately. Remember that the bus route MUST have clear access and all footpaths MUST be passable to wheelchair users, mobility scooters and prams/pushchairs. Repeat offenders will be written to and asked to park elsewhere. Where this has no effect then the Police will be informed and asked to take action against offenders.

Winter Health

On these cold winter days please give a thought to anyone in the community who might be struggling for food, warmth or company. Various sources of support may be available, but a caring neighbour can often be the key to initially identifying someone who is in need and giving them support.

Great Abington Parish Council Meetings

Held in Abington Village Institute

Bernie Talbot (Chairman) tel: 892 647

Planning Committees: Arranged as required (usually Mondays at 6.30pm). See notice board for dates or contact the parish clerk.

Next Parish Council meeting: Monday 21 January at 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)

Around the village

Garden waste: Please put your garden waste in your green bin and not over the fence on to a footpath, a verge or neighbouring garden (apparently, it's happening!). You can order an extra green bin but there will be an annual charge of £35 from April (call 03450 450063 or email refuse@scams.gov.uk).

Managing trees: The National Tree Safety Group has produced guidance designed to help householders. It's called 'Managing trees for safety', is available online, at ([https://www.forestry.gov.uk/PDF/FCMS026.pdf/\\$FILE/FCMS026.pdf](https://www.forestry.gov.uk/PDF/FCMS026.pdf/$FILE/FCMS026.pdf)) outlines a simple tree management plan for non-experts and indicates where it is advisable to seek expert advice.

Fourwentways: We are continuing to put pressure on the county and district council over the state of this area – litter, hygiene issues, dangerous parking of lorries, damaged verges, signposting, etc.

Village maintenance: We have a new contractor for the public areas of the parish, and you may have noticed they have been busy cutting back the grass covering footways and pavements.

Street lights: Please make sure your trees and shrubs do not obstruct the pavement or street lights.

Notes from meeting on 26 November

Vacancy: We still have a vacancy for a parish councillor. Please contact the clerk if you'd like to find out more about how you can influence local affairs.

Universal Credit: Given its difficult introduction, if any residents feel they are not coping, particularly council housing tenants worried about getting into rent arrears, they should contact SCDC at the earliest opportunity rather than letting problems build up.

Planning

S/3816/18/FL. Retrospective planning for erection of fence, shed and hen coop at 50 High Street. The parish council recommended refusal but since approved by SCDC.

S/3886/18/FL. Single Storey side extension at 1 West Field. Recommended approval and also approved by SCDC.

Little Abington Parish Council Meetings

Abington Institute, High Street

Next Meeting: Monday 28 January 2019 at 7.15pm

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

Peter Brunning (Chairman)

tel: 891 960

Email: pc@brunning.org.uk

Genevieve Dalton (Clerk)

tel: 893 332

Email: clerk@littleabington.clara.co.uk

The meeting agendas and papers are published on the Abingtons website: www.theabingtons.org.uk

Hildersham Focus

Our Creative Church Day on 18 November was a warm and friendly afternoon bursting with artistic spirit. Everyone created the most delightful Christmas cards which rapidly sold out at recent Church Services and the proceeds were given to the Children's Society.

Big Breakfast is back!

Hildersham Village Hall Trust is hosting a Big Breakfast on Sunday 27 January from 8.30am to 11.30am. Last orders are at 11am and tickets cost £5 for adults and £2.50 for under 12s. This fun and tasty village event is always popular so, to avoid disappointment, make sure you book early.

To reserve your table, please contact Jenny Logan 891 897, Helen Humphrys 891 309, or Jill Heale 893 596 or email edheale@btinternet.com

Hildersham Lecture – A River-Keepers Year

On Friday 25 January at 7.30pm in Hildersham church.

Mark Huntsman will be guiding us through the life on the river Granta throughout the year. Mark has worked for many years promoting the health of the river in Hildersham, by creating and developing habitats both within the river and along its margins. Mark is a keen fly fisherman and as a qualified instructor, passes on his craft and experience to others. The village is one of exceptional beauty and Mark's role in this cannot be understated.

Future dates for the diary.

Friday 1 March – A year in the life of a shepherd, Andrew Rouse with his livestock in the church!

Sunday 14 April, 11am to 3pm. – Lamb Sunday. Visit the lambs and help with lambing and feeding. Tea and cake followed by a special evensong at 6pm.

(Photo of lambs in 2017 by Brian Moore)



Hildersham Parish Council

A Quality Parish Council

The next meeting of Hildersham Parish Council will be on Tuesday 8 January 2019 at Hildersham Village Hall from 7.30pm and everyone is welcome to attend.



| Date | | Venue Abington Institute unless stated | Time | Page |
|-------------|----|---------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------|----------------------|
| Thu | 3 | Abington Walking Group | 10.00am | 15 |
| Sat | 5 | Scrapbooking Group | 10.00am | 11 |
| Mon | 7 | Baby & Toddler Group – Pre-school building French Conversation | 9.30am 1.00pm | 11 |
| Tue | 8 | Art Group Forget-Me-Not Club Hildersham Parish Council – Village Hall Reading group – 6, Church Lane, Linton | 10 00am 2.00pm 7.30pm 8.00pm | 15 9 15 |
| Wed | 9 | Yoga – course and drop in Dynamic Dance Class Partridge Group | 9.30am 3.15pm 8.00pm | 11 11 5 |
| Thu | 10 | Social cycling | 9.30am | 12 |
| Fri | 11 | Low Impact Aerobics Pilates Family Film Night – doors open | 9.30am 10.45am 6.15pm | 11 11 12 |
| Sat | 12 | Abington Future – drop in to meet councillors | 12.30pm | 13 |
| Mon | 14 | Baby & Toddler Group – Pre-school building French Conversation Abingtons & Hildersham WI | 9.30am 1.00pm 7.30pm | 11 14 |
| Tue | 15 | Art Group Table Tennis | 10.00am 7.30pm | 12 |
| Wed | 16 | Yoga – course and drop in Dynamic Dance Class Partridge Group | 9.30am 3.15pm 8.00pm | 11 11 5 |
| Fri | 18 | Low Impact Aerobics Pilates | 9.30am 10.45am | 11 11 |
| Sat | 19 | Abington Walking Group Party at the Abington Social Club | 10.00am 8.00pm | 15 12 |
| Mon | 21 | Baby & Toddler Group – Pre-school building French Conversation Great Abington Parish Council | 9.30am 1.00pm 7.15pm | 11 7 |
| Tue | 22 | Art Group Mobile Library Forget-Me-Not Club Scrabble Club Table Tennis Match | 10.00am a.m. 2.00pm 7.00pm 7.30pm | 12 15 14 12 |
| Wed | 23 | Yoga – course and drop in Dynamic Dance Class Partridge Group | 9.30am 3.15pm 8.00pm | 11 11 5 |
| Thu | 24 | Abington Lunch | 12.45pm | 14 |
| Fri | 25 | Low Impact Aerobics Pilates Film Night – doors open Hildersham lecture – Hildersham Church | 9.30am 10.45am 6.45pm 7.30pm | 11 11 12 9 |

| | | | | |
|-----|----|-------------------------------------------------------------|---------|----|
| Sun | 27 | Hildersham Big Breakfast – Village Hall | 8.30am | 9 |
| Mon | 28 | Rivercare & litter pick-up – meet at bridge/ford | 9.30am | 11 |
| | | Baby & Toddler Group – Pre-school building | 9.30am | |
| | | French Conversation | 1.00pm | |
| | | Little Abington Parish Council | 7.15pm | |
| Tue | 29 | Art Group | 10.00am | 12 |
| | | Table Tennis | 7.30pm | |
| Wed | 30 | Yoga – course and drop in | 9.30am | 11 |
| | | Dynamic Dance Class | 3.15pm | 11 |
| | | Partridge Group | 8.00pm | 5 |

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

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

Contacts for Café

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

Jeremiah's Café in Abington Village Institute

Opening times in January 2019

Thursday lunchtimes 11.30am – 1.30pm (10, 17, 31) Lunch 24th
Friday mornings 8.45am – 11.00am
Saturday mornings 10.00am – 12 noon

The Café reopens on Thursday 10 January 2019.

Wheelie bin dates for January 2019 (Abingtons and Hildersham)

| | | | |
|--------------|-------------------|---------------|---------------|
| Mon 7 | Mon 14 | Mon 21 | Mon 28 |
| Black | Green/Blue | Black | 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 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 7.30pm at Abington Institute (see page 12)

Contact Raj Sangha on 07803 786 905.

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 Mondays 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. You can contact Disa Bennett on 07798 754 029 or www.zumbaandpilatescambridge.co.uk

Abington Social Cycling

The next ride will leave the Institute at 9.30am on Thursday 10 January. If the weather is a bit iffy phone and check 07817 517 871. Exercise is brilliant therapy. Do join us (also see page 16).

Gaynor Farrant 07817 517 871

Film Nights at Abington Institute

We start 2019 with 2 films; on **Friday 11 January** we have **Family Film Night**. Doors open **6.15pm**, for 6.30pm. Then we have regular **Film Night** on **Friday 25 January** at 7.00pm, doors open **6.45pm**.

Everyone welcome. Raffle and refreshments. See the poster in the Institute for full details. Subscribe at

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

Dianne Dawson (893 101)

Table Tennis in January

| Dates | Schedule |
|--------|-----------------------------|
| 15 Jan | Practice 7.30-9.30pm |
| 22 Jan | No practice |
| | Match Night |
| 29 Jan | Practice 7.30-9.30pm |

On match nights people are welcome to come and watch from 7.30pm.

Abington Social Club

The Abington Social Club is holding a late Christmas/New Year Party with live entertainment from the All Star Tribute Act SAMMY.K.

The date is Saturday 19 January 2019, starting at 8pm. The Bar will be open from 8pm to midnight.

Non-members are invited with a guest entry fee of £2.

Mobile Library

The next date will be Tuesday 22 January 2019, 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 | 12.45–1.00pm (near phone box) |

Community Oil Order

Rod Willcox will be taking orders for oil between Friday 28 December and 4 January, and will expect deliveries to start the following week. Please let Rod know the quantity of oil you want, and supply your name, address, post code and phone number by 4 January. Contact rodwillcox@hotmail.co.uk or phone 07767 686 351.

Dr Tim Grout wishes to thank the kind people of Abington and Hildersham who sponsored him for the Cambridge Science Park Santa Run on Wednesday 12 December. He completed the run which was in aid of the East Anglian Children's Hospice and the BBC Children in Need charities.

Great and Little Abington Future –

have *YOUR* say on the future of our village at a drop-in public consultation

In January residents of Great and Little Abington have an opportunity to meet their Parish Councillors informally, to give their views on current Parish Council activities and initiatives and to indicate their own concerns and priorities for the future.

A public consultation, ***Abington Future***, will be held on **Saturday 12 January 2019, 12.30-2.00pm at the Village Institute.**

This is a “drop-in” event with no formal presentations, but with opportunities for one-on-one discussions with Councillors. There will also be feedback forms available (returnable on the day or later) to record your views on topics such as:

- Housing and Planning
- The Recreation Ground
- Paths and Rights of Way
- Roads, Traffic and Parking
- Trees and the Environment
- The Parish Nurse Project
- New Initiatives
- Gaps in Provision

Light Refreshments will be served.

Members of Great and Little Abington Parish Councils look forward to meeting you on 12 January.

Linton Village College

December was a great month for seeing members of the College community come together. Over 120 local residents joined us for our annual ‘Coffee and Carols’ event. Our visitors were served by Year 9 students and treated to singing and musical performances from the orchestra and choir as a preview to our Carol Concert in Balsham. It is always brilliant to see how many students we manage to squeeze into the church to take part in the concert. The diverse range of music and readings is a really festive treat.

LVC students also had the joy of visiting King’s College for their schools’ Carol Service at the end of term. Those that attended were struck by the beauty of the music as well as the College’s architecture and setting.

These events are a celebration of the season and an opportunity to reflect on the meaning of Christmas. They also enable us to build community and cross-generational relationships and come together to appreciate the important, bonding quality of the arts.

Another triumph was our Evolve dance production. This year it ran over two nights enabling even more audience members to enjoy a showcase of wonderful creative talent at LVC. The shows included choreography and performances from all ages of students, from Year 7 penguins and Minions to a mixed hip hop group, an all-boys troupe and a number of accomplished GCSE pieces.

The end of term was also filled with lots of charitable events. Students donned gaudy Christmas jumpers in aid of REACH, a local Haverhill-based organisation that helps families in financial hardship. They also raised funds for a number of charities through an array of different stalls and activities at our charities fayre on the last day of term. Lots of ingenious money-making ideas showed off students’ entrepreneurial skills as well as their care and commitment to those less fortunate than themselves.

When the tinsel and glitter are cleared away it is important that all of us remember that an appreciation of the arts and acts of charity and kindness are for life, not just for Christmas.

Helena Marsh



Abington Lunch

Thursday 24 January 2019



Fruit Juice

**Roast Beef with Yorkshire Pudding and Gravy
Roast Potatoes and Winter Vegetables**

**Sherry Trifle
Tea or Coffee**

Please book your meal on 07789 585 399. Leave your name and telephone number with your message before noon on Tuesday 22 January. 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 £5.00**

Next lunch Thursday 28 February 2019

Abington & Hildersham Women's Institute



Our Christmas Party at the Gog Magog Golf Club was a very successful event, with excellent food and service in a private room decorated beautifully for us (see photo above, taken by Annette Shortell). Our thanks to Ann Cousins for organising this. The Committee thanks the members for their support during 2018 and wishes everyone a very Happy Christmas and all the best for 2019. Don't forget, WI subscriptions for 2019 are due in January, please: £42 payable in cash or by cheque to Abington Women's Institute.

**Next meeting: 14 January - An unexpected journey by Catherine Armstrong.
New members and visitors always welcome.**

Marilyn Broadhurst (893 214)

Scrabble Club

The next meeting of the Scrabble Club is on Tuesday 22 January at 7pm in the Institute. New members very welcome.

Sheena Fraser

Reading Group

| | | |
|-------------|------------------------------------------|----------------|
| 8 January | <i>Sugar Money</i> Jane Harris | Lisa Pechey |
| 12 February | <i>This is Going to Hurt</i> Adam Kay | Dinah Brooks |
| 12 March | <i>The Essex Serpent</i> Sarah Perry | Jennifer Hirsh |

Please confirm your attendance in January to Lisa.

Lisa Pechey

Forget-Me-Not Club

The Club closed for 2018 with a very musical Christmas Party. We send huge thanks to the Abington Primary School Choir who entertained us with Christmas songs, they were amazing. Following a delicious tea, the school choir-mistress, Glenis Todd led Christmas singing for us all, along with a hilarious action-packed version of The Twelve Days of Christmas. Thank you Glenis.

The programme for 2019 is well under way with confirmation from The Three Tuns for another Thai lunch, interesting speakers and fun quizzes. All 'over 50s' are welcome to join us.

Dates for January 2019

Tuesday 8 January – 2pm – We welcome back Gordon Hannah with a talk on Hobsons Conduit + A drink to welcome the New Year.

Tuesday 22 January – 2pm – Bob Jones will speak on 'Funny Incidents during his work as a Paramedic'.

Anne Hall (Tel.892 275)

Abington Gardening Club

Happy New Year to everyone, and a reminder that there is no meeting in January. On Monday 4 February at 7.30pm in the Institute, Zsuzsanna Serer will give a talk on 'Exotic Plants'.

All welcome, annual membership £8, visitors £3

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

Abington Walking Group

If you are reading the *News* before Christmas we do wish you the compliments of the season.

If not, we wish you all the best in health and happiness for the new year.

Weather permitting we continue to walk all year with our first one of 2019 being Thursday 3 January, which is around Gazeley.

The Saturday walk is on 19 January.

Details of all the 2019 walk dates are now available.

For further information, please contact:

Robin Harman on 891 730 robandkayharman@gmail.com

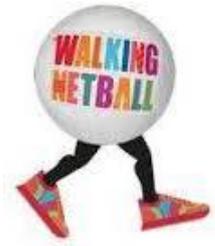
George Woodley on 891 169 georgewoodley@talktalk.net



‘What is Walking Netball?’

Walking Netball is a slower version of the game; it is netball, but at a walking pace. The game has been designed so that anyone can play it regardless of age or fitness level.

From those who have dropped out of the sport they love due to an injury, to those who believed they had hung up their netball trainers many years ago, or those who just want to give it a go, it really is for everyone. It can still be just as competitive as standard netball.



The game follows almost the same rules as regular netball, with no running or jumping permitted, an extra step between moves and four seconds between passes allowed (as opposed to three in the regular format).

Women across the country have begun playing the game of Walking Netball for the fun, laughter and camaraderie the social session brings, as much as the health benefits it provides. It can give those who feel isolated an outlet, provide an activity for those who don't deem themselves fit enough and offer a stepping stone for those looking for a pathway back into netball.

Sometimes the hardest part of walking netball, or any sport, is walking through the door. It's the going out your door and through this one. Because you don't know the people, you're thinking, 'am I wearing the right thing?' and 'what will they think of me?' But once you've made that brave decision to walk through that door, your life will change and you will be greeted with smiles and an instant group of friends.

The walking sessions are run in the same format as the original version of the sport - a warm-up, fun mini-games and drills followed by a full-court game.

Tactics, teamwork and fast thinking make a successful netball player. These skills are taught in a gentle but engaging manner with the emphasis undoubtedly on having fun. Despite the slower pace of the game, the physical and mental benefits of walking netball are evident. People may say, 'well it's only walking', but the challenge is in the pace of the walking.

Local sessions run Wednesday 6-7pm indoors at Linton Sports Centre. £3.50 per session with your first session free.

Why not come along to see for yourself how much fun you can have walking!

For more information please contact Angela Bridgeman on angelakbridgeman@gmail.com

MORE WOMEN CYCLING MORE OFTEN: GREAT NEWS FOR SOUTH CAMBS & NORTH ESSEX

Cycling is a really sociable & fun way to exercise - come along & give it a go

Breeze is all about remembering how good it is to ride a bike with friends. Organised by British Cycling trained Breeze Champions, these free rides explore local, accessible routes in small friendly groups. Rides take place all year round and are ideal for women who are looking to get back on a bike and are a great way to make new friends - we always finish with coffee, sometimes cake, and a chat at the end of the ride



Several ladies who have been riding with Breeze locally over the past year have now completed their Breeze Champion training and we can now, as a group, offer a greater variety of rides from starting points in Duxford, Fowlmere, Great Chishill, Linton, Barton, Dry Drayton and, occasionally, Saffron Walden. Have we got you interested? For more information and to register your free place on a Breeze bike ride, visit www.letsride.co.uk/breeze. Our local rides are called Sassy Lassies Cycling!

We look forward to meeting you and cycling with you soon.

Jenny Parker

Why are GP Practices merging?

In April 2016 NHS England published the General Practice Forward View. In the introduction Simon Stevens, Chief Executive of NHS England states:

“There is arguably no more important job in modern Britain than that of the family doctor. GPs are by far the largest branch of British medicine. A growing and ageing population, with complex multiple health conditions, means that personal and population-orientated primary care is central to any country’s health system. As a recent British Medical Journal headline put it – “if general practice fails, the whole NHS fails”.”

Unfortunately the NHS and in particular General Practice is under increasing pressure. There is currently a divergence in that there is an ageing/elderly population with increasingly complex health needs requiring more time and continuity in a system with decreasing resources, social care and community support. General Practice is being asked to provide better access with improved opening times whilst having a recruitment and retention crisis.

Surgeries are collapsing and the unthinkable is happening, surgeries are closing as they are no longer sustainable.

There are therefore 2 options:

- 1) Continue the status quo. Comfort is taken from a system that is understood. However, in doing this we must acknowledge that there is a significant risk that Primary Care will not continue in its current guise.
- 2) Innovate and look at system-wide change. This is difficult but provides a service that looks after the patient as a whole and is not fragmented and disjointed by the need to use different providers in the community.

With the mergers of Sawston, Linton, Barley and Shelford, Granta Medical Practices are addressing this struggle with a view to becoming a Primary Care Home. This provides stability as a practice, increased internal skills, and an increased ability to adapt to change. This then becomes more attractive to the multi-disciplinary teams as a place to work, removing the recruitment crisis. It will bring together a range of health and social care professionals to work together to provide enhanced personalised and preventative care for their local community. Focusing on local population needs, the aim is to provide care closer to patient’s homes, before hospital admission may become necessary.

With an increased size and thus sustainability come different working patterns. This provides increased access but then impacts on perceived continuity. You cannot have one with the other. However, behind the scenes increasing systems are put in place whereby GPs are constantly communicating with each other about patient concerns, progress, improvement or deterioration, and patient care plans and notes are routinely reviewed. There is still a single named GP for every patient who has overarching knowledge and understanding of that patient but they may lead a team that provides ongoing care, rather than run the team.

It is a fine line between offering unlimited on the day access and regular routine appointments and we must acknowledge that at times the balance can go either way, but it is with an understanding and open mind that we move things forward, learning from what we have achieved in the past to improve and redesign for the better in the future. We are in a time of significant change and all of the staff at Granta are looking to provide outstanding care for their patients. However, we can only do this with the support of our patients. We must adapt to patient’s needs, always be open to suggestions, but maintain our desire to move the practice forward to what we believe it can become.

**On Behalf of Granta Medical Practices
Dr Tim Wright, Chief Operations Officer**

Churchwardens – what do they do?

On the back page of the Abingtons and Hildersham News each month there is a list of names: Churchwardens. But what do they actually do?

Some centuries ago they certainly had crowd control over the unruly and reluctant churchgoers and even had wands of office to aid them! Those wands are still in the churches but for ceremonial occasions alone. No-one has been prodded recently.

Today Church Wardens have two roles, first to be at the right hand of the priest – our Rector Revd. Iain McColl, – to have his back, as the current parlance has it. Churchwardens ensure the church is open, warm and ready for each service on Sundays and weekdays along with the ‘staff’ to support them. Now we are officially recognised as the Granta Vale Group of six parishes, Great and Little Abington, Balsham, Hildersham, West Wratting, Weston Colville and West Wickham, churchwardens from all the churches regularly meet and work together with the Rector to plan and support current work in the churches and to discuss new ideas.

Secondly Churchwardens are responsible for the upkeep, maintenance and development of the church building and surrounding churchyard. Over the past 10 years all three churches in the Abingtons and Hildersham have had major improvements. Our churches are no longer ‘Sunday Museums’ but offer additional community spaces for village events; celebration teas, concerts, lectures, Arts Festivals, outdoor theatre, even ballroom dance demonstrations. No churchwarden has yet been called upon to use a wand for crowd control.

But on a more mundane note there are gutters and downpipes to clear, electrical and fire appliances to check, roof alarms to maintain and insurance to pay. The usual concerns of any household, these happen to be Grade 1 and 2 listed buildings and the churchwardens and PCCs are their custodians.

So who would want such a job? Is it just perfect for retired gentle folk? Not so much.

Over the years there have been farmers, a surgeon, a businessman working from Japan, CEO of ACT, (Addenbrooke’s Charitable Trust), a renowned Cambridge Mediaeval Historian, a hospital administrator, a local historian, all with full diaries. But this special rôle has a charm of its own. It is a privilege and one I would recommend to anyone who loves their church. Don’t be shy if the chance comes your way – you will never be bored.

Cathy Myer

Strength and balance classes help local lady stay stronger for longer

A major new strength and balance campaign is launching to help people in Cambridgeshire stay stronger for longer.

Jill Smith, who lives in Cambridge, started going to strength and balance classes about two years ago as part of her rehabilitation after a heart transplant. The 66-year-old is now reaping the rewards of regular exercise and can do the things she enjoys again.

Simple strength and balance exercises twice a week are proven to keep you stronger for longer so you can keep independent and enjoying the great things in life, whether it’s playing with grandchildren, shopping, socialising with friends or gardening.

For success stories and more information on classes and activities in your area visit:

www.cambridgeshire.gov.uk/strongerforlonger



The Stronger for longer campaign has been developed by Cambridgeshire County Council working with local NHS health partners.

Church Services for January 2019

| DATE | Gt. Abington  | Lt. Abington  | Hildersham  | Readings |
|---------------------|---------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------|-----------------------------------------|
| Wednesday 2 January | 10.00am mid-week Communion | | | |
| 6 January Epiphany | 10.45am United | Eucharist 4.00pm Evensong | at Balsham | Isaiah 60.1-6 Matthew 2.1-12 |
| 13 January | 10.45am Communion | | 6.00pm Evensong | Isaiah 43.1-7 Luke 3.15-17,21-22 |
| 20 January | | 8.00am Communion | 4.00pm Café Church | Isaiah 62.1-5 John 2.1-11 |
| 27 January | 10.45am Communion | | 9.15am Communion – Prayer Book | Nehemiah 8.1-3,5-6,8-10 Luke 4.14-21 |

Church Flower Rota

| | Great Abington | Little Abington | Hildersham |
|------------|----------------|-----------------|----------------|
| 6 January | Anne Hall and | Mary Miles and | Kirsten Newble |
| 13 January | Patsy Randall | Sylvia Gilmour | Kirsten Newble |
| 20 January | Anne Hall and | Gill Smith | Lizzie Griggs |
| 27 January | Patsy Randall | Gill Smith | Lizzie Griggs |

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 Church Wardens

| | | | |
|------------------------|--------------------|---------------------------------|------------------|
| <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 |
|----------------|-------------------------------------------------------------------------------------------------|-----------------|