



The Abingtons and Hildersham News



www.theabingtons.org.uk

February 2019



Photo by Annette Shortell

**Abington Village Shop and Post Office
Top quality, thanks to Paul, Ravinder and Bob Sangha (left to right)**

Village information (continued inside back cover)

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Don't forget: Police Numbers 999 for emergencies; otherwise 101

The News is generously printed free for the community by TWI, Granta Park.

Letter from the Editor

The Advent Windows brightened up the dull days of December with a stunning array of different colourful displays and the designers are enthusiastic to repeat this venture in December 2019. Examples are on page 6 together with the web address where pictures of all 24 can be seen – in colour. Congratulations and thanks to all concerned.

In January we bade farewell to Bob and Ravinder Sangha and their sons Paul, Harry and Raj, who have, since 2006, developed the Abington Shop and Post Office into a community treasure (see cover and page 13).

The Shop and Post Office has now had a makeover to bring the Post Office and shop tills close together.

On 12 January many residents met the Parish Councillors for face-to-face conversations about the future of the villages. Future plans for a pump track vied with serious concerns about the continuing health and safety problems arising from large lorries parking at Fourwentways, the need to protect access to footpaths, and extension of the Parish Nurse project. A petition to improve Fourwentways and a volunteer to monitor footpaths are in hand. Major planning developments in our area are under scrutiny by the parish councils and deserve our attention and comment. There is still time to submit your ideas and concerns as indicated on page 9. Also see pages 8, 14.

Table Tennis is going from strength to strength and the Social Cycling group is continuing. There will soon be a chance to join the gym at Granta Park (pages 12, 14).

Gaynor Farrant has been asked to organise further training in the use of the defibrillator. If you are interested please see page 6. Granta Medical Practice is keen to make us aware of the benefits of the merging of several practices (page 18).

The Abington Social Club in Pampisford Road is organising regular sessions of Bingo and Crib. Details of times and dates are on page 6.

The days are lengthening and March will be here all too soon. It was good that the oil was delivered before the weather turned cold. Please note that the AALGA is holding a quiz on Friday 1 March – good luck with that (page 12).

Shortage of staff in the TWI Print Room because of sickness before Christmas put the timely printing of the January News in doubt and I am very grateful to TWI for making special efforts to get that issue out on schedule.

Valerie Silvey

Contents

From the Seven Churches, Helping Hands, URC News from the Pews	4 5	Social Cycling, Film Night, Table Tennis, Mobile Library, AALGA Quiz, Community Oil order	12
Advent Windows, Abington Social Club, Defibrillator course	6	Farewell to Bob, Ravinder & sons	13
Hildersham Focus, LVC Adult Ed	7	Little Abington Parish Council, Granta Park Gym	14
Great Abington Parish Council, Abingtons' future	8 9	Abington Lunch, WI, Scrabble, Reading Group, FGMN, Abington Gardening Club, Walking Group	15 16
Diary Dates, Café and Wheelie bins, Contacts for classes	10 11	Linton Village College, Sawston VC Adult Ed.	17
		Granta Medical Practices	18

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

N. B. Recent notice received of closure of Abington High Street from No 161 to Mortlock Gardens, probably from 11 February until at least 17 March to facilitate water main installation works. GAPC is following this up and trying to minimise the disruption.

From the Seven Churches

By now I feel I have Brexit indigestion. In the morning, I turn on the radio to hear it's a 'Brexit Breakfast'. There is even a 'Brexit Barometer' gauging fluctuations in public opinion. For the time being, however, we seem trapped in a peculiarly British Groundhog Day, with a succession of momentous events seemingly leaving us exactly where we were before. The one thing commentators do seem to agree on, however, is that it's a time of uncertainty and upheaval.

For most of us, however, uncertainty and upheaval are woven into the fabric of our lives. The Christian faith has often reflected on this. The Bible speaks frequently of the uncertainties and upheavals encountered by the people of Israel and the early Christians. It shows how this formed them into a pilgrim people, who in these crucible moments realised their reliance upon God's guidance, like a light shining in the darkness.

This powerful image is given special prominence in the Christian festival of Candlemas, celebrated in early February. It's one of the most ancient of Christian festivals, dating back at least to the 4th century. Its focus is the story of the presentation of Jesus in the temple as a six-week old baby and the prophetic words given by two people in that temple, Simeon and Anna. In this baby they see a 'light for revelation'. Candlemas also often uses candles as a symbol of Jesus as the 'light of the world'.

The light of Christ can show us things about ourselves: the good, the bad and everything in between. It's also a light which does not overwhelm us, but may guide us in our lives through all the uncertainties and upheavals we may face. This is summed up in the poetic and prophetic words from Luke's gospel, sometimes known as the *Benedictus*: 'in the tender compassion of our God, the dawn from on high shall break upon us, to shine on those who dwell in darkness and the shadow of death, and to guide our feet into the way of peace'.

Revd Iain McColl

Helping Hands

I would like to thank Helen Pimblett and the Helping Hands Team for the beautiful flowers delivered to my door by Freda, just before Christmas. They were a lovely surprise. I have finally given up co-ordinating and driving for Helping Hands after many years of enjoyment in the job. My thanks especially to Helen who has taken over the co-ordinating. Long may this much appreciated service continue.

Maureen Harper

Little Abington United Reformed Church

We would welcome anyone who would like to visit our warm and friendly church. The preachers in February are as follows.

Services in February 2019

3 February	10.15am	Mr Bob Parkin
10 February	10.15am	Mr Jacob Bali
17 February	2.30pm	Revd Bruce Waldron (and Holy Communion)
24 February	10.15am	Mr Peter Sammons

For more information please contact Lynne on 893 295.

News from the Pews

**When Candlemas Day is bright with sun – then the Winters but half begun
But when Candlemas Day is dark with rain – then Winter's power is on the wane.**

Candlemas, on 2 February, falls midway between the winter solstice and the spring equinox, a time when we can welcome the lengthening days once again. For some it means a time for 'waking up' the home with some spring cleaning, others may hang sprigs of rowan on the front door. As Christians we celebrate this time as the Presentation of Christ in the Temple, our churches will be filled with lit candles. Heart-warming thoughts for us all however we choose to celebrate Candlemas.

A Special Notice of thanks from the Churchwardens and members of the PCC

As we begin a New Year we are reminded of events throughout the previous year. This prompts us to think of all the help we receive from 'friends of the church'. This includes those who might regularly attend church and those who do not but wholly appreciate the work of the church. There are numerous people who help in so many different ways, without you we couldn't fully operate – so thank you all so very much.

If you would like to help and be a 'friend of the church', please contact a churchwarden; we will surely find something to suit you.

Reminder for March – Deanery Spring Fair – Saturday 16 March 10am – 12noon. Donations of Jam, Preserves, Groceries, Plants and Raffle Prizes would be very much appreciated. Please contact Marilyn for further details – 893 214

Charity for February – Arthur Rank Hospice – The hospice supports people in Cambridgeshire with a life-limiting illness and those who need end-of-life care. Their services are provided free of charge to patients and their families, aiming to provide the highest quality care, helping to make every moment count. We should support this amazing place however small our gift. There are charity boxes in both churches.

Funerals:

Dorothy Hall of Great Abington was cremated at Cam Valley on Wednesday 16 January. Dorothy moved to her home in the High Street, Great Abington with her husband Norman in the late 1950s. They are survived by their sons Roger, Brian, Richard and their families.

Richard Merry is to be cremated at Cam Valley on Friday 1 February. Richard was visiting his sister Sarah, her husband Simon and their family at Abington Park Farm over the festive period where sadly he died on Christmas Day.

Judy Jowett sadly passed away on Sunday 6 January. Judy was formerly from the Abingtons, having lived for 35 years in both Great and Little, before moving in 2016 to be near her daughter Sally in Stamford. She was an active member of the community and made many friends. A Committal will take place at Cam Valley on Friday 8 February at 11am followed by a service of Thanksgiving at St Mary's Church, Little Abington at 12 noon.

Pamela French of Little Abington died at home on Saturday 5 January. Pam was known as a 'great reader' and an excellent artist too. She will be sadly missed by all who knew her, especially her close Abington friends. Her funeral and interment took place on Friday 25 January at 12 noon at St Mary's Church, Little Abington. (The editor mourns the loss of a rigorous proof-reader.)

We offer our sincere condolences and prayers to all the families concerned.

Anne Hall

Abington Advent Windows

With thanks to our amazing 'Window Dressers' the Abington Advent Window event was hugely successful culminating in a definite request for a repeat performance in 2019. Every window massively exceeded our expectations in every aspect. We were aware that the event was a huge ask especially as it was not a familiar project to any one of our participants. We are sure everyone joins us in congratulating and thanking everyone who took part for making the countdown to Christmas such an enjoyable event.



Following 2019, the Advent Windows will take place biennially as we have yet another exciting project in store for 2020 and thereafter biennially. Watch this space! The added bonus of £201 was raised from the sale of programmes. We have already had many requests to take part in this year's Advent Window event – it's not too early to contact us!

With sincere thanks from Anne, Mary,
Tasha, and Charlotte

Peter Brunning photographed all the advent windows; two examples are shown above. The full set can be seen in colour on <https://www.flickr.com/gp/peterjeb/23N429>.

Abington Social Club (Pampisford Road)

Open Fridays 8pm to 11pm

£2 to join and then £1 yearly renewal.

Email: abingtonsocialclub@outlook.com

Our sponsored charity is the Arthur Rank Hospice

EVENTS

BINGO – FIRST SATURDAY OF EVERY MONTH AT 6PM:

2 February/ 2 March/ 6 April/ 4 May/ 1 June/ 6 July

CRIB NIGHTS

THESE WILL BE HELD ON THE LAST FRIDAY OF EACH MONTH at 6.30PM.

Suitable for both beginners and experts. There will be a training table if you want to learn this great game.

29 March/ 26 April/ 31 May/ 28 June

Defibrillator

I have been asked to provide some refresher courses, so please could you let me know your preferences. My colleague at Red Cross will run the courses for free and can do weekends or evenings. She will include any specific requests too.

Gaynor Farrant 07817 517 871

Hildersham Focus

Hildersham Jam Stall

In December, we sent £281 to EACH, making a grand total of £501 donated in 2018. This is slightly up on the 2017 sum – perhaps our unusual limited edition products helped to boost sales! Thank you to everyone for your continuing support. We also much appreciate all the donations of preserves, produce, jars and lid covers.

“All you need is Love” for our next Café Church

Sunday 17 February at the regular time of 4 o'clock.

Hildersham Lecture – A year in the life of a shepherd

Andrew Rouse and his sheep in the church at 7.30pm on Friday 1 March.

Remember to pencil in 14 April for Lamb Sunday at 1.30-3.00pm

Andrew and Amy Rouse the shepherds will be bringing their lambs. Further details in the March magazine.

Quiz Night – a date for your diary

Hildersham Village Hall Trust will host a quiz night on Friday 29 March. Full details will be given next month but if you would like to book your place or get further information now, please contact Jill on 893596, edheale@btinternet.com

Hildersham Parish Council

A Quality Parish Council



The next meeting of Hildersham Parish Council will be on Tuesday 29 January 2019 at Hildersham Village Hall from 7.30pm and everyone is welcome to attend.

Saturday Inspiration & Family Fun at Linton Village College

Our Spring term Saturday Workshops offer a range of opportunities for families and adults. **Family Art Workshops – Saturday 9 February:** fun for all the family and cost just £5 per adult and £3 per child (to cover cost of materials):

9.30am – 12.30pm - Pattern: How to Become a Designer. A chance to explore pattern making and design with lots of printing and making ceramic tiles. Please bring an apron.

1pm – 4pm – Teeth & Tusks: Depicting Danger! This workshop will take you on an exploration of dangerous creatures in drawing, printing and clay. Please bring an apron.

Adult Workshops – Saturday 9 March, 10am – 4pm (£40 per day):

Wedding Flowers, Upholstery, Learn to Play Blues Harmonica, Felt Pictures, Artist's Sketchbook – Spring Growth.

To book a place, please call Adult Learning at LVC on 01223 891 233 ext. 303/317.

CambridgePPF February

Join us this February and enjoy some fresh air and exercise in the beautiful countryside.

February Half Term Holiday Bushcraft (5-12 years) - Mon 18, Tues 19 Feb: 8.30am to 4pm Holiday Bushcraft at Wandlebury is designed for children aged 5-12 and is run by experienced, qualified teachers from the outdoor learning experience group, Wild Thyme & Embers. All basic bushcraft techniques suitable for this age range will be taught. Booking essential. Further information visit wildthymeandembers.co.uk. Wandlebury Country Park, CB22 3AE. For more information go to www.cambridgeppf.org

Abington Future Consultation Event

This event was very well supported and very successful. It also presented an excellent opportunity for the whole community to say thank you to Rav, Bob and the boys for their years of excellent service in the village shop (see page 13). There is still time to complete the consultation questionnaire. A copy of this can be picked up from the Village Institute or downloaded from the website. Please complete one of these and have your say about what you feel should be done in the Abingtons over the next few years to make it an even better place to live. All ideas gratefully received. See page 9.

Footpaths

There are many of us who like to take walks around the village and the surrounding area. We are really fortunate to have a parishioner who has volunteered to be a 'Footpaths Champion' for the village. Monica Krylander is willing to take on the role but will need to have support with this, so if you would like to get involved then please contact Monica on monica@krylander.com. We will organise a few meetings to develop a footpath strategy for the next few years, be proactive in asking for footpath provision in any new developments and other areas. You could also volunteer to be part of a working group clearing and maintaining existing footpaths.

Dog Owners

Can all dog owners please be responsible and pick up after their dogs. There are an increasing number of instances where dog mess has been left on paths, verges and on the recreation ground. This is unacceptable, disgusting, antisocial behaviour and is a **prosecutable offence**. There are a number of bins provided for depositing dog waste so there is no excuse.

A1307

Work has started on road safety improvements, the first job being the dual carriageway passing Dalehead going towards Linton. The inside lane is being hatched off, making it a single lane, up to the entry to Dalehead Foods. This work is designed to improve safety when vehicles are entering and leaving the plant. The next step will be to make the inside lane, from Dalehead to the Village College, a bus lane. Other improvements to the road are scheduled over the next two years.

South Cambs. planning meeting on 17 January

Councillors attended a meeting with SCDC planners to be briefed on the various big projects in this area and the need for a collective view to be taken in relation to the infrastructure. The projects include the Hinxton Agritech proposal, North Uttlesford Garden Community near Great Chesterford and a major expansion of the Wellcome Genome site. These are all big projects that may, subject to planning, be happening in this area over the next few years and would have significant impact on the Abingtons and particularly the local road network.

Village clean-up day

The annual litter pick event will take place on Saturday morning 30 March. Please put it in your diary and come to help on the day.

Planning

For more information on the planning applications below you can see all the available material at the SCDC planning portal. Use the reference given below at:-

<https://www.scams.gov.uk/planning/view-or-comment-on-a-planning-application/>

Planning – Parish Council Recommendations

S/4329/18/OL – Wellcome Trust – outline permission for 150,000m² of employment space and 1500 dwellings. Parish Council recommended refusal especially on the grounds of traffic.

S/2254/18/FL – Site 6, Granta Park – variation of condition 2 (approved plans) for planning permission S/4725/18/VC. Parish Council recommended approval.

S/4678/18/FL – Land at 46 North Road – new dwelling. Parish Council recommended approval.

S/4713/18/FL – Land at 16 Chalky Road – new dwelling. Parish Council recommended approval.

S/4623/18/FL – 8 Chalky Road - new dwelling. Parish Council recommended approval.

S/4599/18/PA – 44A North Road - prior approval change of use of agricultural building to a dwelling. Parish Council recommended refusal.

S/4577/18/FL – 42 North Road – wildlife pond in field. Parish Council recommended approval.

S/4264/18/FL – 32A South Road – Ground-mounted solar panels. Parish Council recommended approval.

Planning – Outcomes

S/3272/18/FL – Granta Park, Suite 7 McClintock Building – change of use from Café to B1(office) accommodation. Parish Council recommended approval and District Council approved.

S/3906/18/AD – The Watson Building, Granta Park – non-illuminated sign. Parish Council recommended approval and District Council approved.

S/4090/18/FL – 21 South Road – use of barn & land to provide dog day care facility. Parish Council recommended refusal. Application withdrawn.

S/3762/18 – 50 Mortlock Gardens- replace single storey with new, two storey side/rear extension. Parish Council recommended approval and District Council approved.

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 25 March 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)

Great and Little Abington Future

Abington Future – continuing opportunity for residents to have their say

At the parish drop-in consultation on 12 January well over a hundred residents of Great and Little Abington were able 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.

For residents not able to attend, the opportunity to contribute to the consultation is still open. Feedback forms are available from the Institute or [online](#) from the village website or Facebook page. Completed forms should be returned to the Institute or to Tony Orgee at 8 Bourn Bridge Road by 9 February.

Date		Venue Abington Institute unless stated	Time	Page
Fri	1	Low Impact Aerobics	9.30am	11
		Pilates	10.45am	11
		Table Tennis	7.30pm	12
Sat	2	Abington Social Club Bingo	6.00pm	6
Mon	4	Baby & Toddler Group – Pre-school building	9.30am	11
		French Conversation	1.00pm	
		Abington Gardening Club	7.30pm	16
Tue	5	Art Group	10.00am	
		Forget-Me-Not Club	12.45pm	16
		Table Tennis Match	7.30pm	12
Wed	6	Yoga – course and drop in	9.30am	11
		Dynamic Dance Class	3.15pm	11
		Partridge Group	8.00pm	11
Thu	7	Abington Walking Group	10.00am	16
Fri	8	Low Impact Aerobics	9.30am	11
		Pilates	10.45am	11
Sat	9	Scrapbooking Group	10.00am	11
Mon	11	Baby & Toddler Group – Pre-school building	9.30am	11
		French Conversation	1.00pm	
		Abingtons & Hildersham WI	7.30pm	15
Tue	12	Art Group	10.00am	
		Reading group – 51 Church Lane, LA	8.00pm	16
		Table Tennis	7.30pm	12
Wed	13	Yoga – course and drop in	9.30am	11
		Dynamic Dance Class	3.15pm	11
		Partridge Group	8.00pm	11
Thu	14	Social cycling	9.30am	12
Fri	15	Low Impact Aerobics	9.30am	11
		Pilates	10.45am	11
Sat	16	Abington Walking Group	10.00am	15
Mon	18	French Conversation	1.00pm	
Tue	19	Art Group	10.00am	
		Forget-Me-Not Club	2.00pm	16
		Table Tennis	7.30pm	12
Wed	20	Partridge Group	8.00pm	11
Fri	22	Film Night – doors open	6.45pm	12
Mon	25	Rivercare & litter pick-up – meet at bridge/ford	9.30am	
		Baby & Toddler Group – Pre-school building	9.30am	11
		French Conversation	1.00pm	
		Little Abington Parish Council	7.15pm	14
Tue	26	Art Group	10.00am	
		Mobile Library	a.m.	12
		Scrabble Club	7.00pm	15
		Table Tennis Match	7.30pm	12
Wed	27	Yoga – course and drop in	9.30am	11

		Dynamic Dance Class	3.15pm	11
Thu	28	Abington Lunch	12.45pm	15

Advance notice: On Friday 1 March there will be the AALGA Quiz, doors open at 7pm (see page 12) and the Hildersham lecture in Hildersham Church starting at 7.30pm (see page 7).

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 February 2019	
Thursday lunchtimes	11.30am – 1.30pm (7, 14, 21) Lunch 28 th
Friday mornings	8.45am – 11.00am
Saturday mornings	10.00am – 12 noon

Wheelie bin dates for February 2019 (Abingtons and Hildersham)

Mon 4	Mon 11	Mon 18	Mon 25
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

The Partridge Group

Wednesday evenings at the usual times and venues. The next meeting is on Wednesday 6 February. Further details on the website (www.theabingtons.org.uk)

A Partridge (01223 894 640)

Abington Social Cycling

Six of us braved the cold weather and peddled across to Sawston with our inevitable café stop and then back via the cycle path from Pampisford to the Granta Park roundabout. It certainly blows the cobwebs away!

We will meet at the Institute at 9.30am on Thursday 14 February, so come and give it a go as we cycle at a pace to suit everyone, and it is very therapeutic.

Gaynor Farrant 07817 517 871

Film Nights at Abington Institute

This month **Film Night is on Friday 22 February**. Doors open **6.45pm** for **7pm** film.

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 February

Dates	Schedule
1 Feb	Practice 7.30-9.30pm
5 Feb	Match night
12 Feb	Practice 7.30-9.30pm
19 Feb	Practice 7.30-9.30pm
26 Feb	Match Night

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

Mobile Library

The next date will be Tuesday 26 February 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)

AALGA QUIZ NIGHT – Friday 1st March

The Abington Allotment and Leisure Gardeners' Association's (AALGA) annual Quiz Night will take place in the Abington Institute on Friday 1st March 2019. Doors open at 7pm for a start at 7.15 prompt. A fish or sausage or veggie-burger 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 £8 inclusive of supper, must be bought in advance and can be obtained at the village shop from the beginning of February (our thanks to Mak and Bhadrrika).

Please form your teams with a team leader. The team leader should then:

1. Ensure that each member of your team of eight has purchased a ticket
2. Find out the supper choices for your team
3. Contact Lindsey Rushmore by email on garden@lindseyrushmore.co.uk by 22 February at the latest to place your team's supper order – the default is fish and chips.

We look forward to seeing you on the night.

Brian Hayden-Smith, Chair, AALGA

Community Oil Order

Rod Willcox placed orders for 46,000 litres of oil with Goff at 44.50ppl plus VAT, making a total price of 46.725ppl. Thank you, Rod.

The next orders will be placed in time for delivery in May and October.

A big *Thank You* to Bob and Ravinder

Abington and Hildersham residents gathered in force at the Village Institute on 12 January to wish Bob and Ravinder and their family well, and to thank them for their exceptional contribution to the village community during their time at the Shop and Post Office.



Photo by James Lawrence

On behalf of the villages, Marion Rusted expressed gratitude for all that they had done, and went on to present gifts funded by donations from their many customers and friends. These included a plaque made at the pottery by David Lane, a painting of an Abington view by village artist Susan Mackenzie (Hodges) and a set of six framed lithographs showing Abington scenes, prepared by children attending the village school. Headmaster Guy Underwood was on hand to explain how these had been produced.

Bob and Rav were also given a giant card containing many, many heartfelt messages of thanks and appreciation, plus a cheque for £250, and two cakes, commissioned from Bronwen Percival and decorated to mark the whole family's contribution. (All present were soon able to confirm that the cakes were delicious!)

A big thank you and all good wishes for the future go to Bob, Ravinder and their boys.

Dear friends,

After 13 years of living here, 13 years of fun, 13 years of friendships in such a supportive community, regrettably our journey has come to an end. Many of our friendomers have commented on how the shop has become the hub of this community. We can only reciprocate the feelings of goodwill and gratitude that you have all shared with us. We only became the hub of the local community because of the support of loyal friendomers – who valued service with a smile more than 'every little helps'.

It has been with great difficulty that we closed this chapter of our journey. The Californian sunshine beckons, but know that you will all have a place in our hearts. We envisage coming back from time to time and will endeavour to see you all again.

With much love and best wishes,
Bob, Ravinder, Raj, Paul and Harry

Around the village

Pavements: Please make sure you trim any hedges or shrubs that overhang the pavements before birds start nesting. Also parking on pavements is making it difficult for wheelchair users or those with pushchairs.

Fourwentways: See the piece on the Abington Future event on page 9.

No meeting in December

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.

Planning

S/0407/18/VC. Retrospective application for the felling of four trees near Illumina development on Granta Park. Site visit removed concerns.

S/4644/18/FL. Retrospective application for works linked to new food outlets at Fourwentways. Demanded better care of site through petition.

S/4329/18/OL. Expansion of Wellcome Genome campus near Hinxton for associated companies and houses. Meeting with other parish councils on 17 January to prepare a joint response.

Little Abington Parish Council Meetings

Abington Institute, High Street

Next Meeting: Monday 25 February 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.

Granta Park Gym (The Apiary)

Tony Orgee and Peter Brunning, representing the two Abington Parish Councils, met Douglass Cuff of BioMedRealty (the owners) for an update on villagers' access to the new gym at Granta Park.

BioMedRealty is endeavouring to put in place an agreement that would allow villagers to use The Apiary gym and hope that this accommodation will materialise in the near future. This would allow a number of villagers to obtain gym membership for £70 per month. BioMedRealty will provide further information as it becomes available.

If you would like to be on the waiting list for gym membership, please email grantapark@nuffieldhealth.com.



Abington Lunch

Thursday 28 February 2019



Fruit Juice

**Gammon Steak Braised with a Lightly Spiced Orange Sauce
Parsley Mash and Seasonal Vegetables**

Cheesecake with Fruit Coulis

Tea or Coffee

Please book your meal on 07789 585 399. Leave your name and telephone number with your message before noon on Tuesday 26 February. 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 28 March 2019

Abington & Hildersham Women's Institute

We had a good turnout at our January meeting for a most interesting talk by Catherine Armstrong, who with her mother, Margaret Reardon, and her daughter produced a book *An Unexpected Journey : A Woman's Role*, based on her mother's diaries and memoirs of life in the Colonies at the end of the British Empire.

Catherine's father was Patrick Reardon, OBE. Wives and children were not normally expected to accompany their husbands on postings with H.M. Overseas Civil Service, but Margaret saw it as a chance to experience a completely different way of life in Eritrea, Tanganyika and Bechuanaland. It was certainly a challenge: from running clinics for African women to managing VIP guest visits and tours whilst defending her children from marauding lions, scorpions and Shifta bandits. Later postings to the Gilbert & Ellice and Turks & Caicos Islands were less dangerous, but Margaret continued with her detailed observations about daily life, local people and matters of colonial governance. Old photographs and snippets from the book helped us share the family's experiences.

Voting for one of the six proposed WI resolutions took place - please use the form in your WI Life magazine if you were not able to be present at the meeting.

Next meeting: Monday 11 February - Life as a Royal Protection Officer by Robert Burrige. New members and visitors always welcome.

Marilyn Broadhurst (893 214)

Scrabble Club

The next meeting of the Scrabble Club is on Tuesday 26 February at 7pm in the Institute. New members very welcome.

Sheena Fraser

Reading Group

12 February	<i>This is Going to Hurt</i> Adam Kay	Dinah Brooks
12 March	<i>The Essex Serpent</i> Sarah Perry	Jennifer Hirsh
9 April	<i>The Alice Network</i> Kate Quinn	Diana Wingfield

Please confirm your attendance in February to Dinah.

Lisa Pechey

Forget-Me-Not Club

Our first meeting in 2019 began with a toast to the New Year along with a rousing rendition of 'Auld Lang Syne'. This was followed by an interesting talk on Hobson's Conduit given by our local Cambridge City Historian\Tourist Guide, Gordon Hannah. Now we all know where the saying 'Hobson's Choice' is derived from.

In February we will once again enjoy our annual delicious Thai lunch prepared and delivered by The Three Tuns courtesy of Chris and Karen who thankfully give us a huge reduction. Where possible we would prefer you to book for this event. At the second meeting in February our speaker will be Chris Truran, a retired Police Crime Scene Investigator.

Remember the Forget-Me-Not Club is for the over 50's; judging by our current age range you could be a member for nigh on 50 years - a warm welcome awaits you!

Dates for February 2019

Tuesday 5 February – PLEASE NOTE 12.45 FOR 1PM START – Annual Thai Meal followed by a brief talk by Steve Jordan our new Community Worker linked to the Parish Nurse and the project to **Create Compassionate Connected Communities. £5 admission fee (£2 Club Fee / £3 Meal)**

Tuesday 19 February – 2pm –Chris Truran 'Police Crime Scene Investigator'.

Anne Hall (tel. 892 275)

Abington Gardening Club

On Monday 4 February at 7.30pm in the Institute Zsuzsanna Serer will give a talk on 'Exotic Plants'. On 4 March Peter Walker will give a talk entitled 'My Search for Orchids'.

All welcome, annual membership £8, visitors £3

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

Abington Walking Group

The new year has started well with very good number of walkers to our January walks to Gazeley and Bottisham.

The February walks are on Thursday 7th and Saturday 16th.



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

Linton Village College

The start of the New Year has provided us with the opportunity to refresh behaviour expectations and set ambitious educational goals with our students. As part of this we have re-emphasised the importance of being responsible members of the College community.

We know that the teenage years are important ones for young adults to develop their own sense of personal identity and independence. As with other key childhood-developmental stages, adolescence is characterised by testing boundaries, experimenting with risk-taking and forging connections with others.

Significant advances in technology have dramatically changed our students' means of being able to communicate and have transformed the experience of being a teenager. While this has created many benefits that were not afforded to previous generations, it has also made the teenage years more challenging. The fear of missing out is more acute when you can view others' social lives in real time. The pressure to be connected and seek others' approval is much enhanced. As is the opportunity to behave in a way that causes others upset or harm.

Internet Safety Day, which is recognised on 5 February, has the theme 'Together for a better internet'. The day seeks to raise awareness of online safeguarding issues but also more widely to spark a national conversation about using technology responsibly, respectfully, critically and creatively. Our student Digital Leaders play a key role in this.

One of our key expectations at LVC is to behave in a caring way to contribute to a safe community. This includes students and staff taking responsibility for their own safety as well as noticing and reporting changes or concerns in others, including bullying behaviour.

This duty of care extends beyond the College. The dedicated safeguarding email account (thinkpink@lvc.org) provides an opportunity for community members to contact the College with concerns about children's welfare and to share safeguarding information that poses a risk to children.

We are also working in partnership with the local police to safeguard the College community. Their involvement in drugs education for our January PSHE day is one example of this.

Helena Marsh (Principal)

Sawston Adult Education

Are you free on a Saturday and looking to chill, relax and unwind? Why not try our popular Saturday workshops; these are planned for 16 March and 22 June. We have many topics to tease you out of your homes. How about Flamenco or Bollywood Dancing? Both courses have been very popular and the feedback from our learners has been excellent. We also have some amazing craft workshops, for example, Fused Glass Jewellery, Head Pieces for Occasions, Willow Weaving and Sugar Flowers. Alternatively, are you feeling musical? Drums for Beginners was very popular in January, surprisingly there are still places available on both workshop dates, so book early to avoid disappointment. Finally, our wonderful Indian Cooking Tutor, Rama Ram, is back on 16 March for Indian Fast Food, an absolute must if you enjoy Indian Cuisine.

All courses can be viewed and booked on our newly designed website: www.sawstonadulted.org If you have any enquiries, please feel free to pop in to the Adult Education reception, Monday to Friday, 9.00 am to 1.00 pm, during term time. Alternatively telephone us on 01223 712424 or email community@sawstonvc.org.

Warm wishes from, The Adult Education Department, Sawston Village College

Granta Medical

The Benefits of Merging GP practices

You may not have seen any benefits yet, in fact you may have only seen difficulties – particularly in obtaining routine appointments, which is perceived as being secondary to the merges. In fact, appointment waiting times is a national problem. Two surgeries in Cambridgeshire have stopped offering routine appointments to their patients altogether as their waiting times are longer than six weeks. We know there is a problem, and we are continually looking for solutions. In the meantime, some of the benefits we can already offer Granta practice members include:-

1. Unlimited on-the-day access for all members. It may not be at your preferred site but if you need to be seen we will see you. Granta currently deals with approximately 19,000 practice members per month, compared to Addenbrooke's Accident & Emergency department, which deals with roughly 12,000 per month.
2. Improved opening hours and access to appointments. Various Granta sites offer appointments from 8am to 8pm Monday to Thursday, 6.30am to 7pm Fridays and every Saturday morning.
3. Access to your medical records at any one of 5 sites, by any clinician you are booked in to see.
4. Access to a physiotherapy service that is offered on the day and on site for new problems. We are one of only 40 surgeries in the country offering this service.
5. The use of Emergency Care Practitioners (very advanced paramedics) for visits. This allows practice members to be seen quickly and if required, admission arranged, increasing chances of discharge on the same day, rather than waiting for the historical GP visit at lunch time, which almost guaranteed admission. The ECP's have unlimited access to the duty medical team if required for advice and due to availability actually can give increased continuity.
6. Diagnostic imaging - ultrasound scans are done on site at Granta Sawston.
7. Ear micro suction clinics are run on site at Granta Sawston.
8. Increased internal specialist input. By increasing our size we have increased our internal expertise. It is now possible to refer patients internally to another clinical member of staff who specialises in that area. They in turn may be able to see you in a much more timely manner, with your complete medical notes, and may reduce the possibility of having to attend a hospital appointment.
9. Access to a Social Navigator. This is a member of the Granta team who specifically looks at support from the community and ways of managing isolation and engaging patients from a holistic point of view.
- 10 Involvement in group consultations - a national initiative, which looks at providing information in groups to increase access and exposure and help people take ownership of their illness.
- 11 Fewer recruitment problems. We are in a relatively unique position of not having a recruitment crisis. In fact we have a number of clinicians approaching us asking if they can work for us because of what we are doing and ideas for the future.
- 12 An active Patient Participation Group (PPG). We are starting to really develop this and work together for the best of the practice.

We of course acknowledge there is a long way to go but, with the merges, we have given ourselves every possible opportunity to succeed, and be able to provide continuing outstanding care to our practice members long into the future.

Sandra East
Communications Manager, Granta Medical Practices
Tel: 0300 234 5555, email: sandra.east@nhs.net




Village organisations

Name	Contact	Phone Number
Abington Institute – Chairman	Bernie Talbot	892 647
Abington Institute – Bookings	Dianne Dawson	790 711
Abington and Hildersham WI	Marianne Perry	893 956
Abington Allotment Assoc. (AALGA)	Brian Hayden-Smith	894 046
Abington Gardening Club	Kay Harman	891 730
Abington History Group	Jennifer Hirsh	893 352
The Abington Group (Ladies)	Freda Orgee	891 464
Forget-Me-Not Club	Anne Hall	892 275
Helping Hands	Helen Pimblett	891 746
Art Group	Lois Bull	893 491
French Conversation	Rachel Haining/ Judy Davies	892 004 890 286
Italian	Rachel Haining	892 004
Naturewatch	David Farrant	892 871
Reading Group	Lisa Pechey	894 993
Scrabble Club	Sheena Fraser	893 336
Abington Walking Group	Robin Harman, George Woodley	891 730 891 169
Baby and Family Yoga	Jeffi Humphris	07931 790 591
Yoga	Joan Graham	890 629
Sport and Youth Activities		
Abington Cricket Club	Seniors – David Pimblett Juniors – Kate Franklin	891 746 891 344
Abington United Football Club	Denis Tiplady	290 646
Abington Aztecs (Football)	Malcolm Peters	07860 863 723
Abington Bowls Club	Graham Ross	891 564
Abington Social Club	Christine Hammond Rick Stock	891 777 07768 707 567
Keep Fit	Gill Dowden	893 533
Abington Out-of-School (GAPS)	Georgi Blyth	07851 933 451
Abington School PTFA (Chair)	Iain Sainsbury	891 741
Abington Pre-school (all day)	Angela Lindsay	07974 051 871
Abington Pre-school		894 246
Abington Scouts, Cubs and Beavers	Ruth Beach	894 461
Linton Netball Club	Bridget Savill Angela Bridgeman	07972 598 668 07729 879 300

Village News on the website

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

Church Services for February 2019

DATE	Gt. Abington 	Lt. Abington 	Hildersham 	Readings
3 February Candlemas	10.45am UNITED COMMUNION IN BALSHAM			1Corinthians 13 Luke 2.22-40
6 February (Wednesday)	10.00am Communion			
10 February	10.45am Communion		6.00pm Evensong	Isaiah 6.1-8 Luke 5.1-11
17 February		4.00pm Evensong (said)	4.00pm Café Church	Jeremiah 17.5-10 Luke 6.17-26
24 February	10.45am Communion		9.15am Communion – Prayer Book	Genesis 2.4b-9, 15-end Luke 8.22-25

Church Flower Rota

	Great Abington	Little Abington	Hildersham
3 February	Anne Hall and Patsy Randall	Charlotte Adams and Fiona Snell	Kirsten Newble
10 February			Helen Humphrys
17 February	Anne Hall and Patsy Randall	Helen Rogers and Sally Turnidge	Helen Humphrys
24 February			Kirsten Newble

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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