



The Abingtons and Hildersham News



www.theabingtons.org.uk

May 2019



Photo by Barry Brooks

AALGA team busy reseeded the pathways mid April 2019

Letter from the Editor

Many thanks to everyone who turned out on a sunny morning and made the Abingtons litter pick on 30 March a great success. Special thanks are due to those who make a weekly clear up of litter around the villages (pages 7, 13).

Congratulations to Hildersham for the very special Lambing Sunday which found delighted youngsters bottle-feeding newborn lambs, while tea and cake was on offer to all. In May we can look forward to the Hildersham Village Lunch and another most interesting lecture. Note the children's collection of blue and green bottle tops (page 8).

Please note that the Abington Lunch, originally scheduled for 23 May has been moved to 30 May in anticipation of EU elections being held in the Institute on the earlier date (page 15).

The Abington Directory is currently being updated and we are all asked to let Gaynor Farrant or Richard Smith know what additions or changes need to be made to activities or to contact details in this very useful reference document (page 6).

The final Film Night for this season occurs in May. The new season of Abington Bowls starts in May and the programme of Gardening Club summer visits begins this month too (pages 14, 15). The Balsham Singers hold their popular summer concert on Saturday 18 May (page 6). Copies of the programme of cricket matches are available in the Village Shop and the cricket ground is looking wonderful despite the lack of rain.

The Granta Vale Community Hub next meets on 2 May at the Church Institute in Balsham (page 5). These monthly sessions provide valuable opportunities to meet friends, make new ones and, if necessary consult the Parish Nurse. Another date for the diary is the Carers Week in June with a special event at the Abington Institute on 13 June (pages 4, 17). Granta Medical has sent advice on the benefits of the online system for ordering repeat prescriptions and making appointments. We need to be aware of new arrangements for accessing mobility aids from the Red Cross (see page 17).

Allotment owners know very well the benefits to health that working on allotments brings. Thanks to a very fit AALGA working group the pathways around allotments have recently been reseeded (cover photo and page 14). The Orchards new housing development next to the allotment area has now reached the exciting stage of having a show house open (page 13).

The Easter holiday weekend brought record high temperatures, an enjoyable potential foretaste of summer.

Valerie Silvey

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

From the Seven Churches

What a joy to be going to evening meetings in the daylight now the clocks have come forward. Spring has never felt so good in the way of colour and blossoming trees. We are in the merry month of May with Maypole dancing and outdoor pursuits.

All this indicates change and in our parishes we are experiencing different ways of drawing closer together. One of them is the Granta Vale Community Hub at Balsham Institute that meets every month on the first Thursday at 1.30-3.30pm where people are invited to drop in for tea and cake. It is a good way to meet new people and to see the parish nurse if there are any health concerns. Come and meet us; everyone is welcome. We also now have more café church services throughout the seven churches as we try to reach out to families.

All this sounds very busy but it does not have to be that way. I had a conversation with a retired vicar the other day and somehow, we got onto the subject of the busy lives we live, like hamsters on a wheel that is ever turning. In an aeroplane we are advised to look after ourselves first with the oxygen and then look after others later. Love our neighbours as ourselves; both are equally important.

In our society so many people rely on carers to help keep people in their own homes. It is a dedicated job that is so valuable that it is easy for the carers to be worn out with the daily grind of just keeping on top of things. Carers week begins on Monday 10 June. To recognise this there will be an afternoon event on Thursday 13 June at the Institute in Abington for those who care and those who are being cared for. It is recognition of the work that goes on unseen to the wider world. There will be tea and cake and the afternoon will run from 2.00pm until 4.30pm. Come along if you can (see page 17).

How can we help ourselves to change the habits we pick up so easily? Rushing here and there is not good for our mental wellbeing so how about trying this. Sit still and just **be** for a few moments, it does not have to be a long time. Listen to the sounds around you. Sit with a cuppa and hear the birds or walk up the garden and allow yourself to look and listen to nature. Pacing the chores is better than burning out.

As the poet WH Davies tells us:

*What is this life if, full of care,
We have no time to stand and stare.
No time to stand beneath the boughs
And stare as long as sheep or cows.*

A reminder to catch those moments when we see life through different eyes.

I am involved in a retreat movement that encourages people to come away from their daily lives to spend time listening to talks and slowing down the pace of life to deepen their faith. Some are hungry spiritually and do not know where to receive feeding. This retreat is one way of discovering the beauty of a rule of life that keeps us connected to each other and to ourselves. Ring any bells?

Why not have a word with me and find out more.

May the month of May provide opportunities to experience God's good creation to share with others.

Very best wishes
Revd. Kathy Bishop

News from the Pews

The congregation swelled to well over eighty-five (Rosemary lost count) for the Mothering Sunday joint service with Hildersham when posies were given to mothers after the service. Rosemary took the service using her various props thereby holding the children's undivided attention. We thank Cathy Myer for organising a petal bookmark activity for the children to give to their mothers, a daunting task in the small Tower Room with so many children. Well done Cathy. Jeanine Kennedy, our new Pioneer Minister, gave a heart-warming address during this time. The school choir sang beautifully under the direction of Glenis Todd, to whom we owe our gratitude for her continued musical contribution to our churches.

Holme Court School once again held their end of term service in Little Abington Church, along with awards ceremonies too.

Easter Lilies: We hope that many of you were able to see the lilies in remembrance of our loved ones in St Mary's Churches at Easter. Thank you very much to everyone who contributed towards the beautiful pedestal displays arranged by our talented florists.

Prayers will be said in memory of Harold and Mary Ransley during the 10.45am communion service in Little Abington church on Sunday 19 May as the family join together to dedicate a new headstone in the churchyard. Their children, Bridgid, Phillip and Angela invite friends, neighbours and the church family to join them at the service and afterwards for a Parish Lunch at Abington Woods. If you would like to join them for lunch please contact Graham Ross on 891 564 for catering numbers. Both Harold and Mary left the Abingtons a memorable Christian legacy.

Please note this is our usual 10.45am Communion Service

Space to Be – Wednesday 1 May at 7.30pm 55 Church Lane, Little Abington
Contact Rosemary 891 718

Tapestry Singers Concert – Great Abington Church, 7pm on Saturday 27 April
Tickets at £10 available from Church Wardens and the Village Shop.

Charity for May – Christian Aid. The brief for 2019 is 'We Believe in Life after Birth', where the focus is on childbirth in Sierra Leone. The charity money will go to help mothers give birth safely. Christian Aid Week is 12th – 18th May, there will be door to door collections or you may leave your donation in the charity boxes in both of our churches. Thank you

Anne Hall

Granta Vale Community Hub

Come for tea, coffee, cake and chat.

The Parish Nurse will be there as well as a representative from REACH.

Thursday 2 May from 1.30 to 3.30pm at the Church Institute, Church Lane, Balsham CB21 4DS



Steve Jordan 0708 430 057

Susan Toates

The family of the late Sue Toates would like to thank all those friends who attended her cremation and thanksgiving service. It was heart-warming to see so many there. Thank you for your kind words and efforts to make the day so very special.

Evelyn Fryer (sister)

Brian Norman

Eileen, Mick and family would like to say a big thank you to all who sent such lovely cards and messages following the news that Brian had passed away so suddenly. We have all been in shock and thank you for the kind offers of help. I am quite overwhelmed to know that Brian was so well liked. I will miss him for all his caring ways and help now I am old and cannot do what I used to do. Brian and I have lived in Abington since my husband, Harry Readman, passed away 12 years ago. Brian loved it here and all of you with your friendship towards him.

Eileen Readman

Little Abington United Reformed Church

Joy in the little things.

Services in May 2019

5 May	10.15am	Mr Jacob Bali
12 May	10.15am	Mr Chris Salter
19 May	2.30pm	Revd Bruce Waldron (and Holy Communion)
26 May	10.15am	Mr Bryan Ellicott

For more information please contact Lynne on 893 295.

Abington Directory

Richard Smith and I are in the process of updating the Directory and have found quite a lot of changes since 2016. In order to ensure that we have as much correct information as possible please let us know of any additions to the Clubs, Services etc. and any changes that should be made in contact details. Many thanks.

Richard Smith 01223 892 759 or richardandgill.smith@live.co.uk

Gaynor Farrant 07817 5517 871 or gaynorfarrant198@btinternet.com

Balsham Singers Summer Concert

The programme for this year's concert is rich and varied, featuring Mozart, Finzi, Balfour Gardiner, Chilcott, a medley from Les Miserables and more. We try hard to sing music that will please everyone. Our concert will be at 7.30pm on Saturday 18 May in Balsham Holy Trinity Church. Tickets at £10 can be purchased from the Post Offices in Balsham and Abington.

Lesley Crisp (891 141)

WI Plant and Cake Stall

Saturday 4 May 9.30 – 11.00am at Abington Village Institute

Abington & Hildersham Women's Institute is holding a stall outside the Great Abington Institute selling locally grown plants and homemade cakes and produce. Come and buy quality annuals, perennials, bedding and vegetable plants for your garden at bargain prices and treat yourself to a scrumptious cake and a pot of homemade marmalade, jam or chutney.

Around the village

Four Went Ways

A number of litter-pickers go out each week to tidy up the area around the petrol station and along the old A11, and we are very grateful to the children at Cambridge International School who collected 20 bags of rubbish from the area. Fly-posting is the latest issue (the blue Greggs signs round lampposts) and South Cambs. DC has promised to remove them.

Report from meeting on 25 March

Parish council vacancy: We have permission to co-opt and have talked to one candidate who plans to attend our April meeting with a view to joining us.

Granta Park noise: A number of residents met with TWI, which is proceeding with further measures to reduce noise from the workshop fan.

Road safety: We agreed to write to Granta Park and TWI asking them to remind staff about the 50mph speed limit on Newmarket Road and to request that they try not to block the roundabout at busy times.

A1307: Works are under way to improve the traffic flow with 'smarter' traffic lights at Linton Village College. There are some issues about enforcing a bus lane on the road near Dalehead Foods. There was some discussion about the location of a new Park and Ride site, but this is unlikely to be determined until next year.

Planning applications

S/0735/19/DC Burger King/Euro Garages Four Went Ways: Screening chiller and freezer unit. This application was of very limited scope. Objected to it and would like further measures taken.

S/1004/19/TC Tree works in conservation area at 47 High Street to remove horse chestnut. Supported the application as the tree was potentially dangerous and pleased that suitable replacements would be planted.

Planning meeting on Monday 8 April

S/0708/19/FL, 31A Cambridge Road, CB21 6BL: Construction of new front porch extension and loft conversion. Recommended refusal due to overlooking the property behind, Meadowside on Church Lane.

S/0871/19/FL, 38 Church Lane, CB21 6BQ: Amendment to add carport structure and PV solar panels to rear ground floor flat roof structure. Recommended approval.

Little Abington Parish Council Meetings

Abington Institute, High Street

Next Meeting: Monday 20 May 2019 Parish Council at 7.00pm

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

Next meetings at 7.15pm at Abington Institute

Monday 24 June

Monday 22 July

Hildersham Focus

Lambing Sunday

Lambing Sunday was a truly memorable occasion, thanks go to all those who visited us and of course to all those who helped on this special day. Huge thanks to Andrew Rouse and Nettie Long for masterminding the event.

To see so many happy faces, young and old, was uplifting, and a picture of how village life should be, and for Hildersham - is. £305 (before expenses) was raised for Church funds.

Photo by Amanda Palmer



Quiz Night

We'd like to thank everyone who supported the quiz on 29 March. It was a most enjoyable evening, raising just over £580 for the Village Hall – a great result!

Village lunch

The next village lunch will be on Thursday 16 May at 1pm. Doors open at 12.30pm and tickets cost £4. If you've never been to one before, why not give it a try? There is a two course lunch with wine or soft drinks, followed by tea or coffee and a raffle. To book your place, or for more information, please contact Jill on 893 596, or email edheale@btinternet.com

The next **Hildersham Lecture** will take place in the Church on **Friday 17 May at 7.30pm**. Tickets £5 at the door including refreshments.

We are very fortunate to have David Newble (former treasurer of the PCC) coming to speak to us on 'Drug Discovery and the Cambridge Engineers who make it possible'. Cambridge is the centre of all things bio medical, this lecture should be a fascinating insight into this fast-moving field.

The **Children's Church Council** in Hildersham is collecting the green and blue bottle tops from cartons of milk. These will be recycled and the money raised used to support the Arthur Rank Hospice. There is a jar at the Church for your tops and a collection bag is at the jam stall also.

Summer Afternoon Violin Recital

Paul Seddon, a Hildersham resident, will be playing in the Church on **Saturday June 1st at 3pm** followed by refreshments at 4pm. Tickets £5, children are free. Tickets at the door or bookable in advance (paul@paulseddon.com) or from Cathy Myer.

Is this in your calendar yet?

Hildersham Country Fair, Sunday 23 June. Updates available on Facebook (Search Hildersham Country Fayre).

Church Service Changes

The following changes have been made to the Church services:

1st Sunday- United service at Balsham at 10.30am

2nd Sunday- Communion at 9.15am

3rd Sunday- Café Church at 4.00pm

4th Sunday- Evensong at 6.00pm

These changes will enable Iain to take a regular communion service at Hildersham.

Hildersham Parish Council

A Quality Parish Council

The next meeting of Hildersham Parish Council will be on Tuesday 14 May 2019 at Hildersham Village Hall from 7.30pm and everyone is welcome to attend.



Marvellous May with Cambridge Past, Present and Future (CambridgePPF)

May is a marvellous month: spring finally looks as if it's here to stay, things are warming up outdoors and nature is transforming the countryside with beautiful seasonal colour. Seize the moment with CambridgePPF on a full programme of outdoor events and activities for all ages.

Coton Countryside Walk Great St Mary's–The Backs–West Fields–Coton Reserve – Saturday 4 May 10am to 3pm

Sociable and flat walk from Great St Mary's Church in Cambridge city centre via The Backs, the West Fields, the University's West Cambridge site, into Coton Countryside Reserve, returning via the University's Sidgwick site in Newnham to the city centre, includes visit to Coton Produce Sale in Coton Village Hall and an opportunity to divert to The Plough pub in Coton for lunch – or bring a packed lunch and drinks. Free, 6.5 miles long, and could take up to 5 hours including breaks. Dress for the weather and wear suitable walking shoes. Meet in front of Great St Mary's Church, CB2 3PQ.

Go Bats at Wandlebury – Friday 10 May 8.30pm to 10pm

Sharpen all your senses on the hunt for bats – Wandlebury is home to several, including Brown Long-Eared and Barbastelle. Cambridgeshire Bat Group will be leading this guided walk at dusk. Free, suitable for ages 9+. Bring a torch and remember it gets cooler after dark. Meet at the noticeboard in the car park, CB22 3AE.

Saturday Bushcraft for Families - Saturday 18 May 9am to 11.30am

In addition to the always-popular holiday bushcraft club for children, on the third Saturday of each month, the outdoor learning experience group, Wild Thyme & Embers, is now offering the chance to explore the natural world through the skills of bushcraft together as a family. Construct shelters, cook on an open fire, whittle feather sticks and butter knives, and practice primitive fire-building techniques in these immensely satisfying and rewarding sessions. A great opportunity for quality family time while learning some essential traditional outdoor skills – perfect for both the budding and mature outdoors person alike.

NB: £18 per family (£12 for single adult and child). Includes all specialist equipment and a drink and snack. Dress according to the weather on the day.

Booking: essential. Please visit www.wildthymeandembers.co.uk

Directions: Wandlebury Country Park is on the A1307, 2.5km south of the Addenbrooke's roundabout. CB22 3AE. Parking is available on site and costs £3 per vehicle, members free.

For more information: email bookings@cambridgeppf.org, call 01223 243830 extension 207 or visit www.cambridgeppf.org/whats-on

Date		Venue Abington Institute unless stated	Time	Page
Wed	1	Yoga – course and drop in Dynamic Dance Class	9.30am	11
			3.15pm	11
Thu	2	Abington Walking Group Granta Vale Community Hub – Church Institute, Balsham	10.00am	16
			1.30pm	5
Fri	3	Low Impact Aerobics Pilates Abington Bowls Club	9.30am	12
			10.45am	12
			2.00pm	14
Sat	4	WI Plant and Cake Stall Bingo – Abington Social Club	9.30am	6
			6.00pm	12
Mon	6	Early Bank Holiday		
Tue	7	Art Group Table Tennis	10.00am	
			7.30pm	12
Wed	8	Yoga – course and drop in Dynamic Dance Class	9.30am	11
			3.15pm	11
Thu	9	Social Cycling	9.30am	12
Fri	10	Low Impact Aerobics Pilates Abington Bowls Club Film Night – doors open	9.30am	12
			10.45am	12
			2.00pm	14
			6.45pm	12
Sat	11	Scrapbooking Group	10.00am	11
Mon	13	Baby & Toddler Group – Pre-school building Physio Pilates – four classes, first starts at French Conversation Abington & Hildersham WI	9.30am	12
			10.30am	11
			1.00pm	
			7.30pm	15
Tue	14	Art Group Forget-Me-Not Club Table Tennis Hildersham Parish Council – Village Hall Reading group – 74 High St. Great Abington	10.00am	
			2.00pm	16
			7.30pm	12
			7.30pm	9
			8.00pm	16
Wed	15	Yoga – course and drop in Abington Gardening Club visit – leave Institute Dynamic Dance Class	9.30am	11
			1.30pm	15
			3.15pm	11
Thu	16	Hildersham Village Lunch – Village Hall doors open	12.30pm	8
Fri	17	Low Impact Aerobics Pilates Abington Bowls Club Hildersham Lecture – Holy Trinity church	9.30am	12
			10.45am	12
			2.00pm	14
			7.30pm	8
Sat	18	Abington Walking Group	10.00am	16
Mon	20	Baby & Toddler Group – Pre-school building French conversation Great Abington Parish Council Little Abington Parish Council	9.30am	12
			1.00pm	
			7.15pm	13
			7.15pm	7
Tue	21	Art Group Table Tennis	10.00am	
			7.30pm	12
Wed	22	Yoga – course and drop in Dynamic Dance Class	9.30am	11
			3.15pm	11

Fri	24	Low Impact Aerobics Pilates Abington Bowls Club Cribbage – Abington Social Club	9.30am 10.45am 2.00pm 6.30pm	12 12 14 12
Mon	27	Spring Bank Holiday		
Tue	28	Rivercare & litter pick-up – meet at bridge/ford Art Group Mobile Library Forget-Me-Not Club – Scrabble Club Table Tennis	9.30am 10.00am a.m. 2.00pm 7.30pm 7.30pm	 12 16 16 12
Wed	29	Yoga – course and drop in	9.30am	11
Thu	30	Abington Lunch	12.45pm	15

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 May 2019

Thursday lunchtimes	11.30am – 1.30pm (2, 9, 16, 23) Lunch 30 th
Friday mornings	8.45am – 11.00am
Saturday mornings	10.00am – 12 noon

NEW TO THE MENU ARE HOMEMADE SAUSAGE ROLLS – VERY YUMMY!

Wheelie bin dates for May 2019 (Abingtons and Hildersham)

Tue 7 Green/Blue	Mon 13 Black	Mon 20 Green/Blue	Tue 28 Black
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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 if you would like to drop in and try a class.

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.

Physio Pilates – Mondays, Abington Institute

Intermediate 10.30 – 11.30am	Advanced 11.45 – 12.45
Beginners 1.00 – 2.00pm	Advanced 2.15 – 3.15pm

Contact Christina Heinz cambridgepilates@outlook.com

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

Film Nights at Abington Institute

The final **Film Night** for this season is on **Friday 10 May**. Doors open **6.45pm** for **7pm** film.

Everyone welcome. Raffle and refreshments. See the poster in the Institute for full details. <http://www.theabingtons.org.uk> or email an enquiry to films@theabingtons.org.uk

Dianne Dawson (893 101)

Abington Social Cycling

Three of us pedalled off against a very cold easterly wind, but had the bonus of an excellent stop at Copley Hill Café to fortify ourselves with hot drinks and cheese scones! The next date for your diary is Thursday 9 May starting from the Institute at 9.30am.

Gaynor Farrant 07817 517 871

Table Tennis in May

Dates	Schedule
Tue 7 May	Practice 7.30-9.30pm
Tue 14 May	Practice 7.30-9.30pm
Tue 21 May	Practice 7.30-9.30pm
Tue 28 May	Practice 7.30-9.30pm

Mobile Library

The next date will be Tuesday 28 May 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)

Abington Social Club (Pampisford Road)

Open Fridays 8pm to 11pm £2 to join and then £1 yearly renewal.

Email: abingtonsocialclub@outlook.com

BINGO – First Saturday of every month at 6pm:

CRIB NIGHTS – These will be held on the last Friday of each month at 6.30pm.

Suitable for both beginners and experts.

Parking

With the lighter evenings and warmer weather there will be more people using the pavements by the side of the roads. Please make sure that you do not obstruct pavements when parking. There are some repeat instances of this happening, particularly in the High Street, and the next step for the Parish Council would be to ask the Police to take enforcement action against offenders.

Village clean-up day

Thanks to everyone who turned up on March 30th for the annual village clean. As usual it was a magnificent effort.

Dog Poo

The Parish council has provided several dog poo bins throughout the village. Please use these and do not leave full poo bags or uncollected poo for others to find.

Councillor vacancy

The Council plans to make a co-option at the next meeting to fill the Casual Vacancy. Anyone interested in joining the Parish Council should contact the Clerk.

Shire Hall

As a cost-cutting measure the County Council is relocating its headquarters to Alconbury from the expensive Shire Hall location.

Show House

Hill Residential has now opened the show house at their development on Linton Road. Although this has been called The Orchards during the building phase the name chosen by the Parish Council is Larkfield to avoid confusion with another property in Linton Road which is also called The Orchard.

Planning

For more information on the applications below use the reference given below at :- <https://www.scams.gov.uk/planning/view-or-comment-on-a-planning-application/>

Parish Council recommendations:

S/0948/19/FL – 35 South Road – new dwelling.

Parish Council recommended approval.

District Council outcomes:

S/0423/19/FL – 23 South Road – new dwelling

Parish Council recommended refusal 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 when applications are received. See notice board for dates or contact the parish clerk.

Next Parish Council meeting: Monday 20 May 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)

ABINGTON BOWLS CLUB

Do you want to have a go at lawn bowls? Of course you do – and there are two opportunities for you to do so :

OPEN DAYS Saturday 27 & Sunday 28 April Midday – 5 pm

All are welcome to try their hand at bowls. Come along and have a go. Small bowls* for small hands are available so bring the kiddies too. (*About the size of a tangerine)

Every FRIDAY afternoon 2pm – 5pm

Throughout the season there will be **free** bowling for anyone interested. Just turn up. We provide the equipment. Flat soles only, please – no heels or stilettos.

Where Are We?

A bit tucked away, it's true, behind a wall topped with a laurel hedge, but easy to find, nonetheless.

Opposite the Bus Stop on the High Street in Little Abington.



Graham Ross

PTFA

Thank you to all who attended and supported our wonderful Easter Egg Hunt on Saturday 30 March. Many children (and adults) had loads of fun searching for clues and following the trail outside the school. We made £375, which will help us reach our fundraising targets for this year!



Our Great Abington Summer Fair will be held on 14 June from 4-6pm. The theme for this year will be a Mexican fiesta. Get ready for amazing games and crafts, a sombrero competition, pinatas and various interesting stalls. Come out and support your community school!

Upcoming PTFA Events:

Thursday 9 May – Class 2 Cake Sale Friday 17 May – Inflatables Event

Friday 14 June – Great Abington School Summer Fair

Great Abington PTFA – Charity number 1136090

Abington Jeremiah's

We are looking forward to starting back at Abington Woods from Monday 29 April. Scouts on Mondays 7.45 to 9pm; Cubs on Tuesdays 6.15 to 7.45pm; Beavers on Wednesdays 5.30 to 6.30pm. Contact Ruth on 894 461 or email scouts@abingtonjeremiahs.org.uk



AALGA

Following the sewer works by Hills and the pipe laid across the allotments, the AALGA seeding team or work party reseeded the pathways (see the front cover). Here they are enjoying a well-deserved tea break.

Many thanks to Jenny Milns for the tea and for this photograph.

Barry Brooks



Abington Lunch

Thursday 30 May 2019

(Please note change of date)

Fruit Juice



Sausage and Mash with Onion Gravy
Spring Cabbage and Carrots

Sticky Toffee Pudding with
Toffee Sauce and Ice Cream

Tea or Coffee

Please book your meal on 07789 585 399. Leave your name and telephone number with your message before noon on Tuesday 28 May. 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 27 June 2019

Abington & Hildersham Women's Institute

The April meeting was the first of our new programme celebrating 100 years of the WI in Abington. Jacqui Calvin and Victoria Lees-Wood explained to us how aromatherapy uses essential oils to promote physical and psychological well-being. The oils are made by cold-pressing or steam distillation of plant material. It takes 5000kilos of rose petals to produce 1 kilo of rose essential oil - this explains the high price! Essential oils are often too strong to use in aromatherapy massage, so are diluted in a carrier oil, such as almond. They can also be used in diffusers, lotions and creams, perfumes and bath preparations. The oils can be blended for individual requirements, e.g. tea tree oil is antibacterial, ginger is warming, lavender is analgesic and rose is uplifting and good for delicate mature skin. Our olfactory nerves were tested with several samples of oils which we attempted to describe and identify - with little success in some cases! Our session concluded with listening to a story while using finger and hand movements to massage our partners' backs - a relaxing way to end an interesting and interactive evening.

Next meeting: Monday 13 May: Beware Sharks! Protecting family wealth by Keyth Rooney

Marilyn Broadhurst (893 214)

Abington Gardening Club

On Wednesday 15 May there is a garden visit to The Old Rectory, Church Lane, Wrestlingworth, Sandy, SG19 2EU. We will be leaving the Institute by 1.30pm.

Programme of summer garden visits now available, please contact me for further information or if you need a lift.

All welcome

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

Abington Walking Group

The April walks started with the stroll around Granchester followed by a pub lunch enjoyed by everyone.

The Saturday walk was intended to be to Radwinter but, due to very few attending, this was postponed to be the May Thursday walk. Instead we took a short walk along the old railway line and down to Hildersham. It was one of those delightful warm, sunny Easter days.



The May walks start on Thursday 2nd. The Saturday walk is on 18th. A note for everyone's diary – the annual midsummer walk and picnic is on Saturday 22nd June.

For further information, please contact:

Robin Harman on 891 730 robandkayharman@gmail.com

George Woodley on 891 169 georgewoodley@talktalk.net

Reading Group

14 May	<i>Excellent Women</i> Barbara Pym	Rachel Haining
11 June	<i>The Other Side of Como</i> Mara G. Fox	Valerie Hefford
9 July	<i>The Choice</i> Edith Eger	Liz Obstfeld

Please confirm your attendance in May to Rachel.

Lisa Pechey

Forget-Me-Not Club

The AGM has not yet taken place at the time of writing this report and the new Chair is not yet appointed, so I have been asked to write the report for May.

We have two interesting speakers in May, the first being Terry Holloway who will tell us about the 'History of the Marshall Family', that is of course the Marshall family renowned for Marshalls Aerospace and Airport in Cambridge. The second talk will be given by Madeleiner Reiss of Headway.

Dates for May 2019

Tuesday 14 May – 2pm – Speaker Terry Holloway 'The History of Marshalls'

Tuesday 28 May – 2pm – **Madeleiner Reiss** 'Improving Life after Brain Injury'

Members and non-members are always welcome at the Forget-Me-Not Club.

Anne Hall (tel. 892 275)

Scrabble Club

The next meeting of the Scrabble Club is on Tuesday 28 May at 7pm in the Institute. New members very welcome.

Sheena Fraser

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.

The benefits of online access

Would you like to manage your GP appointments and prescriptions from home, and have access to your test results?

You can do all of this and more by registering for SystemOnline, the patient online service available via our website. Once registered you can book, change and cancel your appointments, view your test results and have access to your coded medical records, as well as ordering your repeat medication and viewing your personal registered information.

Application forms are available on our website, in our new patient pack, or you can pick one up from any Granta reception. All you need to do is bring the completed form back, along with some photo ID. All applications will be processed within 48 working hours and confirmation of activation will be emailed / texted to you unless otherwise requested.

If you would like further information please don't hesitate to contact us.

Sandra East, Granta Communications.

sandra.east@nhs.net

T. 0300 234 5555

Parish Nurse Project – Carers Week

On 13 June, as part of the Parish Nurse Plus project, we'll be holding an event to mark Carers Week for people from across our seven villages. The event will be in the afternoon and will be held in the Institute in Great Abington with refreshments, including cakes, provided.

This will be an informal event - an opportunity for carers (and, if wished, the people they help) to share their experiences and any issues that we might be able to help resolve.

There will be more information in the next issue of your local magazine. In the meantime, please put the date in your diary and if you have any thoughts on what the event might include please feel free to email me.

Diana Edwards Dedwards594@btinternet.com

British Red Cross

Mobility Aids has had a change of policy since May of last year. Previously equipment was loaned out on a donation basis however the donations did not cover costs and many pieces of equipment were never returned. Obviously this is not viable so management decided to introduce a hire charge. This would not only ensure costs were covered, equipment would be returned but also by 2020 Mobility Aids will be self-funding. Cambridge was one of the pilot centres and it has proved to be so successful that it is being rolled out nationwide. We hire wheelchairs at £15/week and toileting equipment at £5/week. Other aids are available for a donation. There is also an assistance programme..

British Red Cross Mobility Aids is at 511 Coldhams Lane, Cambridge CB1 3JS Tel. No: 01223 868696. Opening hours are Tuesday, Wednesday and Friday 10.00 am to 2.00 pm.

New volunteers are always wanted and if we have more people to help run the service we can extend our opening hours.

If you would like to know more, contact either David Farrant on 01223 898271 or Gaynor Farrant on 07817517871

Strength and balance MOTs can keep you doing the things you enjoy

A local woman has put a spring in her step after joining strength and balance classes that are keeping her doing the things she enjoys. Rita, aged 77 from Ely joined the fun and sociable class at the local library class having heard about it from a friend after a recent fall. The class featured as part of the successful Stronger for Longer campaign.

The campaign is now encouraging local older people to have a Stronger for Longer MOT to help keep them fit, active and independent. With the help of a qualified instructor, a person will learn about their level of fitness to do everyday activities and find out what simple strength and balance exercises they could do at home or at recommended classes in the community. The MOTs will be running throughout May across the county. In South Cambridgeshire the MOTs taking place are:

- Thursday 9 May 10am-12noon Kay Hitch Way Communal Room, Histon
- Wednesday 15 May 2pm-4pm Orchard Close Communal Room, Girton
- Thursday 16 May 10am-12noon Blythe Way Communal Room, Gamlingay

For more information on the MOTs go to

www.cambridgeshire.gov.uk/strongerforlonger.

Rita said: "The class has helped me with my walking, strength, balance, and posture, along with confidence outside of the class. I can see the difference in myself, I do a lot of walking and since going to classes I am now able to walk that bit longer without any problems – which means I can go out more and enjoy with my friends. Coming to the class will improve your well-being and help you to keep active. You will meet new people and it can be fun."

Since the launch of the Stronger for Longer campaign back in October, over 100 new people have joined strength and balance classes around the county and are now stronger and steadier. Over 2,300 people have also downloaded our Supersix leaflet, which is helping people to do strength and balance exercises at home at least twice a week.

The nearest strength and balance classes in the district are run by Forever Active. For more information go to <http://www.forever-active.org.uk/>.

The Stronger for Longer campaign involves a range of partners, including Cambridgeshire County Council, Let's Get Moving Cambridgeshire funded by Cambridgeshire County Council Health Committee, District Councils, local NHS, Living Sport and Forever Active.

The Wandlebury Wander

Wonder who are the best female and male golfers in Abington and Hildersham this year? Come and join the 2019 Abington Golf Competition and find out.

First tee 1pm on Friday 12 July at the Gog Magog golf club.

Prize giving and evening meal will be held at the Three Tuns from 7.30pm onwards. The entry fee is £35. All proceeds are in aid of Great Abington School PTFA. Numbers are limited so secure your place by paying a £10 non-refundable deposit. Please contact me for an entry form or pick one up from The Three Tuns.

Alan Cooke email; alancooke_uk@yahoo.co.uk

Church Services for May 2019

DATE	Gt. Abington 	Lt. Abington 	Hildersham 	Readings
2 May	10.00am Midweek Communion			
5 May	10.30am	United Eucharist 6.00pm Evensong	At Balsham	Acts 9.1-6 John 21.1-19
12 May	10.45am Communion		9.15am Communion – Prayer Book	Acts 9.36-end John 10.22-30
19 May		10.45am Communion	4.00pm Café Church	Acts 11.1-18 John 13.31-35
26 May	10.45am Morning Worship		6.00pm Evensong	Acts 16.9-15 John 14.23-29

Church Flower Rota

	Great Abington	Little Abington	Hildersham
5 May	Gilly Maynard	Carola Wolverston	Rosalinde Gray
12 May	Gilly Maynard	Carola Wolverston	Rosalinde Gray
19 May	Helen Pimblett	Lesley Crisp and	Elaine Moore
26 May	Helen Pimblett	Rosemary Mead	Kate Huntsman

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