



GIRTON

Parish News

August 2022

Ready, Get Set, Go!

Another Feast scorchers - see pages 16-17



Plus: Behind the scenes of the village Platinum Jubilee celebrations - see page 19

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Saturday: 12pm to late, Sunday: 12pm to 3pm

Annual Membership: Adults £10, Senior Citizens £3.50, Armed Forces £1

Publication Information

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Copy should be submitted to the Editor in electronic form, with any photos, graphics or logos submitted as separate attachments, not embedded in the file. Questions about submission should be addressed to the Editor.

The editorial team reserves the right to edit, accept or reject any material submitted for publication. The views expressed within the magazine are those of the contributors and do not necessarily reflect those of the editorial team.

A copy of the magazine is available on the Girton website at www.girton-cambs.org.uk, where you may also find expanded versions of selected items.

Advertisements

Prices for placing advertisements in the *Girton Parish News*, in black-and-white or colour, can be had on application to the Advertising Manager.

The advertising policy of the *Girton Parish News* aims to promote enterprises and activities from within Girton. The space available for advertisements is limited, and preference is given to businesses founded, situated, controlled and operated within Girton. The *Girton Parish News* reserves the right to decline to publish any advertisement which the Advertising Manager considers not to meet the objectives of this policy. Inclusion of an advertisement does not imply endorsement by the *Girton Parish News* of the product or service advertised.

The *Girton Parish News* is produced and distributed entirely by volunteers from the village, including the following:

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Puzzle Corner Sian Franklin

Webmaster Andrew Haylett

and many others. If you are interested in becoming involved in any capacity, please contact the Editor.

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Girton Poppy Appeal

All past and present volunteers are invited to a

Thank You and Social Event

(with light refreshments)

on Thursday 11 August from 7.30pm to 9.00pm in
The Cotton Hall, Girton.

Anyone interested in finding out more about the appeal or becoming a volunteer for the 2022 campaign in November, is also very welcome.

Poppy Appeal Organiser:

Wendy Ripley—Mobile 07885190597 or email girtonpa@yahoo.com

Thank you for your support.



Lest we Forget



Distribution of the GPN

I would like to thank all those who help to distribute the GPN – our regulars, and those who take on a round at short notice.

If you would like to be on the reserve list and join our distribution team, please contact:

Rosemary Jones (Distribution Manager)
rosemary.jones987@gmail.com

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Copy date for September issue: Wed. 17 Aug. Issue date: Sat. 3 Sept. Covers 3 Sept - 1 Oct.



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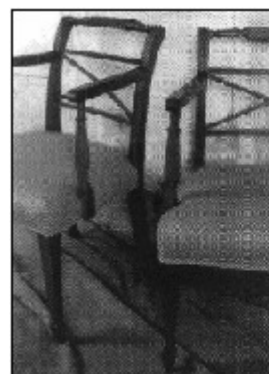
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Girton Parish Council

June/July Highlights

Greater Cambridgeshire Partnership

The Council approved the following: "Girton Parish Council request they be regarded as a primary consultee on all transport plans for Cambridge City, particularly including the current new road classification scheme". By submitting this request to the GCP 2022 consultation, it is hoped Girton PC will be included in all proposals, so Girton is not adversely impacted by any plans to control traffic along the A1307 into the City. Past proposals risk turning Girton into a de facto Park & Ride site for city commuters.

New Citi 5 Bus Stop

Thank you to Oakington and Westwick Parish Council who confirm Oakington Garden Centre is now served by the Citi 5 bus. For safety reasons, it was necessary to install the stop about 100 yards from the garden centre entrance in Dry Drayton Road (near the entrance to Fare Acres Farm).

Girton Recreation Ground - New Litter Bins

Thank you to Full Council, and to SCDC, for approving and fitting two new litter bins/dog poo bins at Girton recreation ground. One at the bottom of the multi-use games area, and one by the Cricket nets. Please make good use of these bins. They are already making this area a much more pleasant place to view people playing sport on the MUGA.

Girton Parish News

The Council was pleased to welcome Rob Neal, Editor of Girton Parish News, to our Full Council meeting to provide more details on the GPN request for funding. Rob is now compiling a business case for the September Full Council.

Finance

Girton Parish Council approved our Annual Governance and Accountability Return (AGAR) at an extraordinary council meeting on 29 June. The AGAR issued met the 1 July deadline, now posted on our Parish website. A finance workshop was held on 20 July to discuss priorities for the GPC 2022/2023 financial calendar.

Audio Recording

Cllr Muston brought a request to Full Council for them to consider audio recording. The council will consider this paper further.

Communication update

Girton Village Community Facebook Page

Girton Village Community page has grown in numbers by 88% in the last 10 months. This allows us to quickly reach more of you with information on what is happening in the village.

Groups and Businesses getting in touch.

Thank you to those groups and businesses who are getting in touch. This month including: Oakington and Westwick Parish Council, Mobile Post Office, and SCDC. See News on Girton Parish Website.

Girton Feast

Thank you to all of you who visited our Girton Feast market stall. Many councillors took part and were thrilled by the response. A total of 101 suggestions/comments were received from you on the day, and 42 suggestions via our on-line Feast survey. Comments are still coming in. We will aim to publish the information collected in the September edition of the GPN.



Summer Holiday Scheme Places for free

Would your child like to attend a fully funded holiday scheme this summer where fun experiences, a meal and snacks are all included?

Children in receipt of income-related free school meals are eligible to attend a participating holiday scheme for up to 64 hours.

All newly arrived refugee families welcome
Email HAF for further information

Further information:
www.cambridgeshire.gov.uk/haf
for scan the QR Code
Questions: HAF@cambridgeshire.gov.uk

Logos: Department for Education, CAMBRIDGESHIRE HOLIDAY ACTIVITIES & SPORT PROGRAMME, Cambridgeshire County Council

FROM OUR COUNCILLORS

District Councillors' Joint Report

This report will cover activities for young people, including funds and help for older residents. Wild Minds is still under-subscribed and, if you're interested, we would recommend that you get in touch.

Summer Holiday Activities and Food (HAF) Programme

Cambridgeshire County Council has asked us to help publicise their summer holiday activities and food (HAF) programme funded by the Department for Education. They have nearly 3,000 free holiday scheme places available. Families in receipt of income-related free school meals can access up to 64 hours per child, including a meal. Ukrainian and other refugee families are eligible.



Wild Minds

This is a free outdoor activity scheme offered by SCDC for young people aged 12 to 17 years old, with two programmes running in August at Milton Country Park and Wandlebury.

Wild Minds was set up in response to the picture of young people's mental health in the UK. Developed in 2019 by SCDC and Cambridge Sport Lakes Trust, it is supported by a Clinical Psychologist and uses the THRIVE model.

- Free outdoor activities in small groups in a park setting.
- To support young people's wellbeing.
- Milton Country Park sessions are for young people aged 15 to 17 years old.
- Wandlebury Country Park sessions are for young people aged 12 to 14 years old.
- A range of outdoor activities to make the most of the natural environment.
- Sessions are weekly, 90 minutes long, for eight weeks.
- The course is run by skilled instructors and youth workers.

Children's Summer Sports Holiday Camp

Still some activities available, and early notice of October half-term events.



Children and Young People Grant Fund

How much, when and who? Grants of £4-£8K, deadline 30 November. Charitable groups, Parish Councils eligible to apply.

Case studies: Mobile youth club and the food truck, sensory garden, restoration of village recreation ground wildlife area.



Help for older residents who are struggling with bills

In March, the Government announced that councils would be provided with funding to continue the Household Support Fund. Cambridgeshire has been allocated £3.58million, of which £1.2m will be used to support households that include a person who has reached state pension age (66) by 30 September 2022. Funding will also be used to continue providing food vouchers for eligible families with children, and the Cambridgeshire Local Assistance Scheme.

Under the Household Support Fund, there is funding available via the Council and Age UK to provide financial support, and help people find longer-term support if needed. This financial assistance is available to people born before 30 September 1956.

Residents who wish to apply should call Age UK on 01223 221929

In March, the Government announced the extension of the scheme, awarding Cambridgeshire an additional £3.58m to support children, families, and pensioners. The County Council will be offering the following schemes:

- £1.96m for provision of food vouchers with a value of £15 per child per week, for the 2022 May half term and summer holidays. Schools and childcare settings, including childminders, will be contacted directly and eligible parents will be notified.
- £1.2m to support households with a person who has reached state pension age by 30 September 2022 and in financial hardship.
- A boost for other services supporting those in need



Care Network Well-being Service

We are delighted to share information with you about Care Network's Wellbeing Service for individuals, and the Recovery and Resilience Grants available for community groups.

If you have any queries, please do contact Kate Blackwell or Adam Fraser from Care Network's Wellbeing Team on 03300 945 750.



Donating Laptops

SCDC is working with Cambridge Refugee Resettlement Campaign (CRRC), to supply laptops to Ukrainian guests in the area, as part of the Homes for Ukraine programme. We are asking businesses to support this scheme by donating laptops for re-use by those in need. Any devices are acceptable for donation.

If you would like to help by donating



Pharmaceutical Needs Assessment survey

The Cambridgeshire and Peterborough Health and Wellbeing Board (HWB) want to know your thoughts about pharmaceutical services, and if the Pharmaceutical Needs Assessment (PNA) covers what is important to you. They want to know how easy is it to access the services you need or want from pharmacies. Please spare ten minutes to give your views.



Library@home award

Cambridgeshire's Library@home volunteers are one of three voluntary groups in the county to be given the Queen's Award for Voluntary Service. The Library@home service provides books and audiobooks to residents. Volunteers visit once a month to bring and return library books and to have a chat.



If you have any questions, please do approach us directly.

Cllr. Corinne Garvie: mobile 07780 932267, email cllr.garvie@scambs.gov.uk

Cllr. Richard Stobart: mobile 07950 934793, email cllr.stobart@scambs.gov.uk

Never used a QR Code?

The QR code is a machine-readable code consisting of an array of black and white squares, typically used for storing URL's (*internet addresses*) or other information for reading by the camera on a smart phone or other device. If your camera is unable to read the codes you may need to download and install a QR Code Reader app. You may also be able to read bar codes in shops or other places if you choose an app that will do both.

Once you have downloaded the app hover it over the code you wish to read to find the results. A simple click on any URL (*internet address*) displayed will take you to the address shown.

For example <http://www.google.co.uk> could be shown as:



If you have installed the QR reader app use it to read the code above then click on the URL (*internet address*) this should take you to www.google.co.uk without having to type that lengthy address

Need help?

See the Club 55 article in this edition.

An Electric Refuse Collection Fleet for South Cambridgeshire and the City

The end of June marked the arrival of the second fully electric refuse collection vehicle for Greater Cambridge (GC) Shared Waste. This vehicle, an Electra-Rotopress, joins the eCollect, the first electric vehicle to be drafted into the GC fleet in November 2020. The acquisition of electric vehicles fits squarely with the progress of South Cambridgeshire towards a net-zero carbon emissions goal.



The Electra-Rotopress uses a novel rotating screw design to gradually compact the load. The degree of compaction is controlled by the screw. The design is kept simple with the screw being the main moving part, and it is well suited to organic material that is kept aerated and mixed. This compaction method is also more efficient than the system of hydraulic rams normally deployed to compress the load. The Electra-Rotopress is manufactured by Faun-Zoeller (UK) a company in the German-based Kirchoff Group.

The vehicle's battery will be recharged between shifts at the Greater Cambridge's Waterbeach depot where a solar PV farm and bank of batteries will provide the electrical power. Daily rounds of refuse collection with a guaranteed return to the depot for charging puts paid to the "range anxiety" that is a regular feature of discussions about electric vehicles.

We hope that as South Cambs residents you'll begin to benefit from the clean and efficient operation that characterises this fleet.

Sunrise & Sunset times August

Monday 1st	05:20 – 20:50
Monday 8th	05:31 – 20:37
Monday 15th	05:42 – 20:24
Monday 22nd	05:54 – 20:09



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Wild Girton – Progress with Local Nature Recovery Plan

Building on the public meeting on biodiversity in May, Girton Parish Council set up a joint stall at the Girton Feast with Wildlife Trust BCN (Bedfordshire, Cambridgeshire, and Northamptonshire), to engage further with the community on the development of the Local Nature Recovery Plan. We also led a small, but well-attended nature walk around the Girton Wood, aka the Millennium Wood. It was created by the Woodland Trust to commemorate the Millennium. It's a 2.42-hectare broadleaf wood, with mature hedges and some exciting features; but could do with some conservation interventions to enhance its resilience, and biodiversity. Indeed, at the LNRP public meeting in May, it was suggested that it would be great if it had bluebells, though these would need human intervention to flourish there because it isn't an ancient woodland.

One exciting development is the collation of a historical species list for our ward, provided by the Cambridgeshire and Peterborough Environmental Records Centre (CPERC) to the GPC to support work on the Local Nature Recovery Plan. Among several different groups such as:- flowering plants, conifers, insects, birds and 1,884 species have been recorded since 1963 (a full list will be available soon on the GPC website). Whilst impressive, there will probably be more species to record, some species locally extinct due to habitat loss, and others may have moved elsewhere due to climate change.

Using this information and following the initial consultation phase (although we still welcome ideas from you on how to increase and maintain our biodiversity!), we will produce an initial plan for further consultation. This should happen in September, or sooner, and the plan will broadly follow these steps.

1. Make a simple map of wildlife habitats.
2. Decide the objectives for your nature recovery plan.
3. Develop a nature recovery map that illustrates where we want new, or enhanced habitats.
4. Develop a timeline.
5. Develop a plan for maintaining and monitoring these habitats and the wildlife

Watch this space!

But don't sit and wait! There is plenty that you can do to help mitigate the biodiversity emergency. Check out these ideas: <https://www.wildlifebcn.org/take-action/wildlife-gardening>; <https://www.woodlandtrust.org.uk/protecting-trees-and-woods/campaign-with-us/campaign-in-your-community/>. <https://www.rspb.org.uk/fun-and-learning/for-families/family-wild-challenge/activities/>

Contact marcelo.de-lima@girton-pc.gov.uk and follow @WildGirton and @GirtonPCouncil for more news

Dr Marcelo Lima

GPC councillor

Wildlife Trust BCN

Alzheimer's disease

It's a family and friends affair

If only there was a cure, then the future may seem much brighter. The reality is that as yet there is no cure so the challenge is, therefore, how to live with the disease in the most positive way possible.

There are many articles and help sheets one can read to help explain the various ways Alzheimer's may affect the everyday life of the diagnosed. There is also information about how much the carer needs support but accessing practical day to day support is not easy, and a list of dos and don'ts are not necessarily of immediate help.

One thing for sure is that it is not just the person with Alzheimer's that goes through the various stages but the whole family. It may start with the partner but slowly it impacts on various members of the family and friends.

Friends and family can provide an enormous therapeutic role for the carer. They can provide an opportunity for the carer to be part of normal conversations and to attend social gatherings. A non-judgmental friend can provide the atmosphere where detrimental changes in the diagnosed person's ability to maintain social etiquette is accepted and thus enabling the carer to relax in the knowledge they won't need to step in and provide excuses or apologies.

Strength can be gained from family and friends

A Carer

Want to know more about Alzheimer's dementia – use the QR code below:



GIRTON scoreboard



Girton Bowls Club

We have had a great start in the external competitions this season with Girton bowlers reaching 11 quarter finals and Janet Graaff and Carey Horton already through to the semi-finals in the C&D Ladies pairs.

Sadly our team of Dave Fryer, Paul Tippet and Geoff McCall were knocked out of the Lord Eltisley 2 wood triples after a very close game against a team from Abbey. A similar story to many of our matches which have all been very closely contested, one having to go to an extra end and several decided on the last end by one point. In the Lacon cup our team of Dave Fryer, Paul Foster and Alan Benton had a comfortable win against Abbey and now play Milton at home.



Our new club shirts

We were beaten by Bottisham in the E&D Knock Out cup in a very close match.

In the annual Rosebowl event held at the Cambs and County Green we were more successful. Our team of Debbie and Paul Foster, Geoff McCall and Dave Fryer

won 3 of their 4 games to win the Tournament.

Two teams of three from Girton entered an Open Triples competition held at Comberton recently. Unfortunately, they were drawn against each other but the winning three went all the way to the finals where they were runners up to a team from Newnham.

We were delighted to be part of the Girton Feast again this year where we had two stalls, together with our ever-popular target bowls. It was a beautiful day and our stalls proved very popular, especially our Tombola stall stocked with over 40 various bottles of alcohol, all donated by our generous members.

The green and the surrounding flower tubs and borders are looking splendid again this year and our thanks go to our hard-working maintenance team and our generous donor for all the plants and compost.

We look forward to welcoming approximately 20 teams from in and around Cambridge to our annual Open Triples Day event in August. This event is proving very popular and even a team from Northampton has entered.

If you are interested in finding out about joining Girton Bowls Club, please see our website www.girtonbowlsclub.weebly.com or contact our Secretary Carey Horton, at carey@horton.uk.net. We are always pleased to welcome new members.

Lynne McGill



Girton Colts Football Club

We say goodbye to several people at the club: Martin and Rob from the Under 12 squad, our Club Secretary Victoria, Membership Secretary Sam and of course

Wendy our Treasurer for 18 years! Thank you to you all! We are welcoming Jim and David to the committee, but we do need more people to step forward and help this great club of ours. Please contact chair@girtoncolts.co.uk if you would like more information.

Big congrats to Matt and the feast team who ran a brilliant stall 'Chip Splash'. Great idea and much loved at the feast. Good job.

And now for the long summer! Relax and enjoy the break everyone. When you get a spare moment do remember to practice in the garden, down the Rec, against a wall or with family and friends.

We look forward to welcoming everyone in September.

Andrew Hawkes, Chairman



Girton Golf Club

Busy days at the Golf Club at this time of the year with lots of competitions and matches taking place, even in the scorchingly hot weather that we have been getting (this article is written in mid-July; apologies if this is not the case when you read it).

School holidays are starting soon and Sam Beckett, our Head Professional at Girton, is running a series of Junior Golf Camps at the club grounds for young people from 8 to 15 years old with all equipment provided. Sessions are running on every Monday morning in August from 9.30 to 12.30, and on every Wednesday, all day from 9.30 to 3.30. Mondays are £20 per session and Wednesdays £40. Great value and a real life skill to be learnt, plus, of course, great fun!

For more information call Sam Beckett at the club on 01223 276169 and select option 2, or email at info@sambeckettgolf.com. All ages and abilities catered for and welcome. It's got to be worth a try if you haven't played before, and if you have, hone your skills with experts.

The Ladies Club Championship took place over the weekend of 16th and 17th July in extremely hot conditions. The winner and Ladies Club Champion for 2022 was Lindsey Green with a total score over the two rounds of 171 (92 and 79).

On Saturday 30th July the club will host its first mixed invitation day. Members invite guests/friends from other clubs to play at Girton. Seventy-two people have signed

GIRTON scoreboard

up and will enjoy playing our lovely course, followed by a meal and presentation of prizes.

We have our Charity Day in aid of Dial-a-Ride coming up on the 3rd September. There will be a bottle tombola and cake sale. Come and enjoy a good cup of coffee and some cake while watching the teams of golfers play in their fancy dress, this year's theme is 'Epic films'. Worth a wander down to the club, if last year is anything to go by; there will be some really amusing outfits on display.

The Seniors Section is playing an amazing number of matches currently against many of the other clubs within Cambridgeshire and beyond, as well as lots of internal competitions. We have recently played Newmarket, Cambridge Country Club, Brampton, March, Burleigh Park, Haverhill, Old Nene, The Ladies (an annual blood bath), St Ives and held away days. A busy calendar and great fun to be part of for anyone over 55.

On these warm summer days, a wander down to the golf club for lunch, or a coffee or drink is a wonderful way to spend an hour or more watching the members play the first hole and the wildlife on the course. Hope to see you soon.

Alan Henderson-Smith

Tel: 01223 276169

www.girtongolf.co.uk



Girton Netball Club

This month we celebrated the 10 year anniversary of our club with a picnic party at the Rec. The club was actually founded as a legacy of the 2012 Olympics and was supported by a nationwide 'Back to Netball' campaign which aimed to encourage older players who had enjoyed netball at school to pick up their bibs and get back on the courts.



Ten year party

We are grateful for those initiatives, and for the energy and drive of founder member, Pippa, for establishing a club that has enabled us to keep fit, forge new friendships and generally have a lot of fun. The 10 year party also served as a timely leaving do for Captain Mel with gifts

and speeches and cake as a thank you for her efforts leading the club.



New team socks

Looking ahead to the new season, we are proud to launch our new team socks! With their horizontal rainbow stripes and bright blue background, we can't wait to show them off on court.

Training is paused for the summer, resuming Monday 5th September.

New players are always welcome. Email girton.village.netball@gmail.com or facebook: *Girton Netball Club*.

Emma-Louise Longden



Girton Tennis Club

The excitement of watching tennis at Wimbledon has now passed for another year but we have been enjoying lots of competitive tennis in Girton. The

Committee decided to run a friendly competition this year in memory of Kevin Keeves and winners will be awarded the Rocket trophy (Rocket was Kevin's tennis club nickname). Over 40 singles matches will be played by 22 members and trophies awarded to Junior and Adult winners. Committee member Victor points out that we attracted the same number of entries as the first Wimbledon Championship! Thanks to all those that have helped to organise and play in this new local competition.

We opened the courts for all to enjoy on Saturday 9th July in support of the Girton Feast. It was really nice to see so many people enjoying the fine weather and taking the opportunity to try out some tennis. One lucky family also won a 1 year family membership to the tennis club. If you enjoyed this open session, and would like to play some more tennis, do get in touch with our Membership Secretary (details below).

The tennis club has use of the recreation ground courts and members who purchase a key and have a confirmed booking have court access during most daylight hours. Club members meet and play from around 7.30pm to 9pm on Friday evenings. Potential new members are very welcome to come along to our Friday club nights for one or two free sessions to check it all out.

Details about our activities can be found on our website www.girtontennisclub.uk or by contacting our Membership Secretary by email at info@girtontennisclub.uk.

Alan Franklin



Girton Cottontails Preschool

We hope you are all having a wonderful summer so far. The children moving up to primary school are all getting ready to leave and have been for visits to their new schools.



We've been having lots of fun at preschool, we've played with playdough, making playdough insects, some really funny looking ones with lots of eyes! We also worked hard building an amazing building with lots of different construction blocks. The children really worked well as a team to put it all together, it required planning, and balancing skills, to get the last blocks in place. Our children are really enjoying the new role play area; it has become quite the place for them to sit together and chat, which is really lovely to see.



Unfortunately we missed our last Forest School session due to the extreme heat, we opted for a slightly cooler session inside the preschool room for the day. On another Forest School session we celebrated International Mud day. We had a great

day with mud splatter painting. We made mud monsters and bugs on the trees, adding forest flora as features.

We are a community interest company, so non-profit making and we greatly appreciate any support you can give. Please take a look at our gofundme page and our Amazon wish list:
<http://www.gofundme.com/f/emma-amp-laura-are-reopening-cottontails-preschool>
https://www.amazon.co.uk/hz/wishlist/ls/JJP80JALIV2I?ref_=wl_share

We welcome children from the age of two years and upwards. Please contact us if you would like to apply for a place.

For further information about the preschool, and what we have to offer, you can visit our website, follow us on social media, or get in touch using the contact details below:

Laura Norman and Emma Pell

Girton Cottontails Preschool Managing Directors

Email: info@girtoncottontailspreschool.com

Phone: 07368 180771

Web:

<https://www.girtoncottontailspreschool.com>

Find us on Facebook, Instagram, and Twitter

Eddington update

At Eddington, our latest ecologist's blog is focussed on water voles which have made a return to the area thanks to the wetland habitats created at Brook Leys. Read about that, and other bird species in the news section of our website.

A range of community events are on offer, particularly in Turing Locke, the hotel complex at Eddington. Cambridge's loved outdoor cinema experience, Enchanted Cinema, makes a welcome return to Eddington from the 5 - 7 August, with screenings of Bridesmaids, No Time To Die, and Jurassic Park. Turing Locke also hosts a book club, a writing workshop, yoga, and Mezcal tasting. Around Eddington, we continue to host community favourites, including a range of changing street food vendors at foodPark on Wednesday evenings and Saturday lunchtimes, in addition to the hugely popular Parkrun on Saturday mornings. We hope you have a great summer!



The Listening Lantern Food Hut

Listening Lantern opened a food hut at the end of July 2022. The cost-of-living crisis is impacting many

people, this is my way of supporting others. Anyone and everyone are welcome to come and take, FOR FREE, the canned goods on offer – no vouchers needed, no explanation required. Feeding oneself and one's family is a struggle for many. The map in the image



indicates where the hut is located, allowing for discrete collection.

Since sharing this idea on social media, I have been heartened by the response and the contributions. This is so kind and is welcomed with the

following parameters: only canned goods at this point, goods cannot be stored beyond the hut so please only replenish if there's room.

Signposting

www.trusselltrust.org/get-help/find-a-foodbank/ is a tool which can help find a food bank near you.

Local authorities in England are required to coordinate free holiday provision, including healthy food and enriching activities for children who receive income-related free school meals. Find out more at *Cambridgeshire Holiday Activities and Food (HAF) Programme 2022 - Learn Together* (cambslearntogether.co.uk)

Mental Health First Aid and Suicide First Aid

From September onwards, I will be offering enhanced packages of both MHFA and SFA training, to fully equip people to support others. This runs alongside ongoing free network and support sessions for trainees, so that they themselves are supported.

Juliet Adlouné, a longstanding Girton resident, is a fully qualified and accredited Adult Mental Health First Aid Instructor and Suicide First Aid Associate Tutor experienced in delivering the full suite of MHFA and SFA courses and committed to supporting mental health within her local community.

Contact her via:

www.facebook.com/listeninglantern.julietadlouné
or mhfa.julietadlouné@gmail.com



Earlybirds WI

Meetings held at the CFWI office in Girton on the second Friday morning of every month.

On 8 July Mary Watson and her husband Philip shared with us their passion for archery. Philip gave us a potted history of the sport that is several thousand years old. And who knew that Henry VIII banned football because it interfered with archery practice, or, that Butts Lane is a regular name for the space once used for archery practice?

For those who take up the sport, there are all kinds of essential accessories, quivers, hand, arm and chest guards, whistles, and mops to wipe the arrows clean. Mary and Philip are both professional archery coaches; Mary is a current longbow champion. They encourage others to have a go at archery whenever possible. It is a sport open to all!

So, what could we do but 'have a go' at indoor archery using suction arrows? It was not as easy as it first looked. Arrows flew around and over the target, and many fell short. Then, after a few shots, (you 'shoot' arrows, not 'fire' them) some of the ladies began to get a little more competent, hitting the target became easier, and there were even a few bullseyes scored! It was great fun, an activity to recommend!

Earlybirds have no formal meeting in August, however we will be meeting for a coffee and a chat on Girton Rec on Friday 12 August from 10.30am – do join us and bring a chair! Then, on 9 September at the CFWI office, we will hear from Brenda Horton on 'Operation Christmas Child'. For more information email our secretary k.m.richardson.1157@gmail.com

Trish Peroni

Girton WI Girton WI's members were entertained in July by textile artist and tutor Melanie Missin Keating. Melanie took us on a mesmerising journey through the skills she had learnt and how her unique artistic style had developed. From sampler quilts to delicate fabric bowls, she showed us the results of a range of different techniques and described the way she dyes and embroiders her fabric. A fascinating and inspiring talk.

We look forward to our summer party in August, and a variety of talks in the autumn, with topics ranging from local history to gemstones, and of course our November craft evening.

We meet on the first Wednesday of the month at the William Collyn Community Centre at 7.30pm. Attendance, for up to three WI meetings, as a visitor, is free and there is no obligation to join.

For more information about Girton WI, the daytime Knit and Natter and Jigsaw clubs, or the WI Nationally, please contact girtonwi@gmail.com or girtonwisecretary@gmail.com.

Whether you are a member, a past member, or someone who has never tried the WI before, I look forward to seeing you and giving you a warm welcome.

Hannah Wyborn Girton WI President

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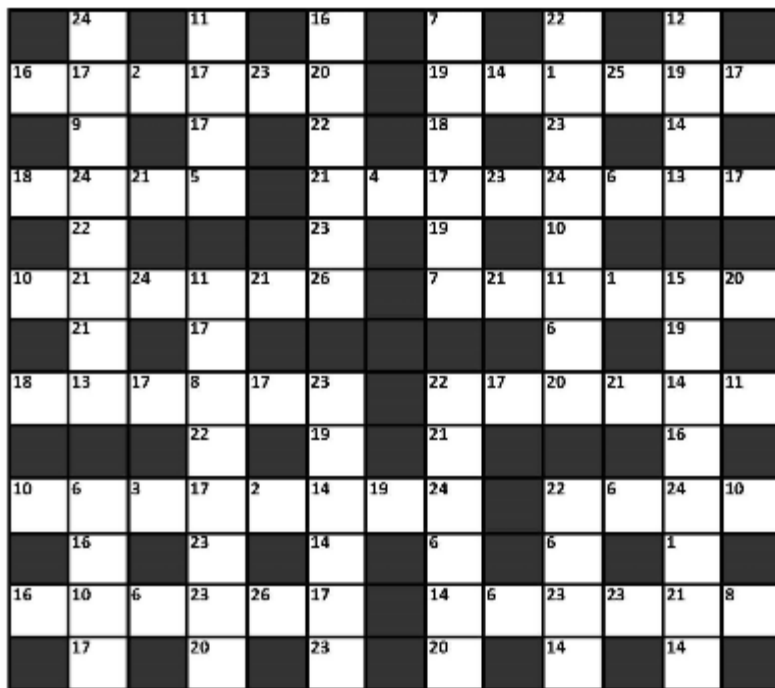
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which is very helpful as
being a silver surfer it can
be confusing. I have no
hesitation in
recommending him to
all."*

- Jill - Histon



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CODEWORDS

Each number 1-26 represents a different letter of the alphabet.

Can you work out which is which?

Use your word skills and the clues included.

Note that Codewords can include names or well-known phrases. Answers are elsewhere in this magazine.

WORDSEARCH – BARBEQUE TIME 2022!

Can you find all these words in the grid? They can read left to right, right to left, Up or Down or Diagonally. Tick them off as you go.

F	C	L	E	M	O	N	A	D	E	E	L	A
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R	A	E	P	R	L	P	A	Q	X	T	A	U
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H	O	T	D	O	G	U	J	E	D	U	T	O
C	N	D	A	E	R	B	R	E	W	E	K	S

ALE	GREEN	PIMMS
BAP	HAM	PUNCH
BARBEQUE	HOTDOG	RUM
BEER	ICE	SALAD
BREAD	JUG	SALT
BUN	KEG	SAUSAGE
CHOCOLATE	LEMONADE	SKEWER
CIDER	MARINADE	SOURDOUGH
COS	MINT	SPOON
CUCUMBER	MUSHROOM	STEAK
DIP	NUT	STRAWBERRIES
FISH	OLIVE	TOMATO
FORK	ONION	WINE



Wow – and Girton Feast week

Thank you to all the local clubs making the Village Fete such a success. It was as popular as ever and the weather hit the spot!

There were lots of stalls selling produce with extra spacing between them all, making it easy to move around. We would like to thank the following for donations: Girton Town Charity, FOGG and Girton Bowls Club.

We are looking forward to planning next year's event and would be happy to enjoy the event and would be happy to see you next summer, please let us know your time next summer, please let us know. If you have any ideas as to how we can improve the event, please let us know.

If you are on one of the photos please let us know as above. See you next year!

Girton Feast Committee



The Mini Show

After a three year gap everyone wanted to see a decent display but what an extraordinary growth we have had so far. Many gardeners have been disappointed about the lack of rain and for some entries didn't show. No-one had beans of any size, but the ones that were smaller than usual and roses have been struggling with the heat. Despite this, vegetable growers and flower gardeners managed to put on a decent display.

a decent display.

Malcolm Frew arrived to judge the entries at 11.45 and awarded the rosettes. The vegetable monsters created by Lois Mathie and Lucas Zakrzewski and Wendy Booth were all truly creative.

Best in Show was awarded to John Gibson for his entry of different vegetables, which included an aubergine, a large kohlrabi. Entries for the plate of fruit were the most abundant with raspberries, redcurrants, gooseberries, blackberries and John Gibson's remarkable home grown peach on show.

The bunches of garden flowers reflected the need to grow drought tolerant species but all had been carefully constructed and were a joy to behold as were the roses and single stems of one variety. A full list of the winners is available on the GGS website.

It is testament to the enthusiasm for gardening in Girton, which was definitely enhanced during lockdown, that we were able to put on such a good show this year despite the weather.

Many thanks to all those who helped on the day, both on setting up and selling produce on our combined GGS and GAS stall and with setting up and organising the show. Their willingness to volunteer made it all possible. Thanks also to all the enthusiastic growers of vegetables, fruit and flowers.

Kay Green, Corinna Tabor GGS and Patsy Smith, Ann Jeram GAS



Other success!

and with glorious weather

and societies for taking part and successful day. The local real ales real cider from Oakington definitely

a wide variety of goods and with the there was plenty of room for moving our sponsors who gave generous and Panther Taxis. The Co-op, also gave lots of support.

ning it all again for next year. If you willing to give us an hour of two of contact: rowena@girtonfeast.org.uk we could improve, please contact us.

and would like a copy, please contact

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Platinum Jubilee Celebrations in Girton

Preparations for the Jubilee began a week in advance, with a group of volunteers hanging bunting around the centre of the village – thanks to Alan, and Alan of the Tennis Club, along with the parish council volunteers, for their help with this. Thanks also to Rowena Barnes and the feast committee, who not only provided the bunting, but produced beautiful posters for us to put up around the village, advertising Jubilee events.

The Jubilee celebrations kicked off on Thursday, with an afternoon tea party held in the north room of the church. The sun shone, and we took tables and chairs outside, where our guests were able to sit and talk to each other, reminiscing over old times, renewing old acquaintances, and making new ones.

A team of volunteers made sumptuous cakes, which were enjoyed by everyone. Graham and Judy Clare were our guests of honour, as people who had been living in Girton at the time of the Accession in 1952. In fact, during the afternoon, we discovered many more people who were around at that time. It was fascinating, listening to them talk about their experiences, and how the village has changed.

Saturday was the long-awaited Platinum Pudding Day! Eighteen gorgeous puddings arrived in the morning and were judged by county councillor Edna Murphy, Hannah Wyborn (president of Girton WI), and Lexi, of Lexi's Pop-Up Café. A chocolate mousse cake from Anna Santarsieri came out top, with Helen McLachan's lemon posset in second place, and Ruby Kendrew's union jack pavlova a close third. Congratulations to these three winners, and of course to all the entrants. In the



afternoon, villagers were invited to come along and taste the puddings, which they did with great gusto!

Alongside the puddings, the children of Girton Glebe Primary School each produced a piece of artwork, or written work, to celebrate the Jubilee. They were an absolute delight for everyone to enjoy. Councillor Ann Muston had the almost impossible task of judging them, but first, second, and third places were eventually chosen, with nine more highly commended. These 12 children were presented with medals at their school assembly, and all the children of Girton Glebe Primary School will be given a commemorative mug, courtesy of the parish council.

A raffle was also arranged by the parish clerk, Yvonne Murray. Grateful thanks to The Co-op, Tesco, and Hains Celestial, for providing the hampers as prizes. Councillor Douglas de Lacey managed the draw, which took place on our platinum pudding day.

Both the tea party, and the platinum pudding day, raised money by donations from visitors, raising over £200. A fantastic effort!

Sunday dawned wet and cold, but Michael Bigg, the Rector, kindly opened the Cotton Hall for our use. So, the big village picnic was able to go under cover. A long table, old friends chatting, new friends getting to know each other, and squeals of delight from children in the adjoining room just having fun. A lovely event, which could have been a disaster. Thank you Michael!

The Jubilee celebrations came to an end in St Andrew's Church, with a service of celebration and gratitude to the Queen. A book of good wishes from the village will be sent to the Queen in due course.

I should mention how beautiful the flowering tubs around the village have been looking, decked out in their red, white, and blue, and the floral phone box in purple and silver. Very many thanks to Carol Noble and all concerned.

Grateful thanks to Julie and Alan Dashwood, Brian and Gill Cockley, Anne Kettle, Karen Richardson, Margaret Wheatley, Carol Noble, Douglas de Lacey, Patricia Johnston, Ann Muston, Yvonne Murray, Rowena Barnes, and all who so willingly helped out with these events.

Thanks also to The Co-op for providing tea and coffee, to St Andrew's Church for the use of the north room and Cotton Hall, and Girton Glebe Primary School for the use of their hall. We would also like to thank Girton College and Girton Parish Council for their generous cash donations which helped us to get the celebrations up and running.

Our community website has proved a great way to advertise all these events and will continue to do so in the future. Check it out on www.girton-cambs.org.uk.

Girton has done Her Majesty proud. We thank her for seventy years of outstanding service to us all and send her our warmest good wishes.

Mary Rodger



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Continued page 21



Memories

The recent news about the passing of two well known members of our group has sent a flush of memories racing through my mind. In the early days of our computer group John Bellm was a regular visitor sometimes playing the

piano when quiet was needed and at other times using the computer situated in St Vincent's Close Community Centre to play solitaire. John, an Alzheimer's sufferer, would join us when we went out to lunch, his antics causing us much amusement and I admit, sometimes, a few headaches. John was a regular member of the Memory Cafe run by Richard de Horsey and his Rotary Club friends here in Girton. He played the piano there for eleven years. What a great guy he was. The latter part of his life was spent in Etheldred Care Home at Histon.

Mavis Diss was a lovely, lively member of our group and I have a lasting memory of her rolling around on the floor at Abbeyfield dressed as a black and white cat and wrestling with King Rat. She was taking part in a ridiculous film we were making of the pantomime Dick Whittington. Mavis also helped with the local car scheme taking people back and forth to hospital and I am sure she was involved with many other clubs and activities within the village. She will be remembered by many. They were two great people.

Our next lunch is at the Old Crown Public House, Girton on the 31 August arriving 12 noon for 12.30 lunch. A two course meal will cost £15.50 and a three course meal £20.50. Why that extra 50p I hear you cry – well there's quite a bit of admin to do when organising these lunches printing menus, table places and more. Printing-ink and paper is quite expensive so I am pretending to be the Government and have passed the cost onto you. Unfortunately the menu was not available before going to print but will be available from me later.

Our computer group is still running every Monday morning (*except bank holidays*) from 10 am to 12 noon in the restaurant at Abbeyfield so if you need a little help with your emails, on-line shopping, QR codes or any other Internet type problems just drop in – it's free and we will try to help you. You may also drop in on the second and fourth Monday of each month for a coffee morning and chat.

For more details you may contact us using the details below.

Sam Clift

Tel: 07850740721 or email samclift@ntlworld.com

News for Older Residents

Exercise classes in Oakington

Pavilion every Friday from 10 – 11am. There are graduated exercises for important muscle groups some cardio work but no mat work. Attendees are mostly in their 70s and 80s paying £4 per session. Just turn up or contact Katie on 07541 221059 for further information. Fit as a Fiddle will recommence at The Cotton Hall on 8th September.

Hope Again. The next bereavement support programme starts on Thursday 15th September from 2 - 4 pm in the Methodist Church Hall, High Street, Histon for 6 weeks. Registration forms can be downloaded from the Wellbeing section of www.hifriends.org.uk or for more information, phone 07707 263353 or email HABG1@icloud.com.

Patricia Johnston

Older Residents' Coordinator

Email: patricia.johnston@ageukcap.org.uk

Please note Patricia is on Annual Leave until 23rd August



Free Falls Prevention Service in Girton

The Healthy You Falls Prevention Service is a free service funded by Public Health at Cambridgeshire County Council. Our aim is to help prevent falls and fall related injuries.

We offer fall assessments which help identify fall risks before they become a problem. If fall risks are identified, a fall action plan will be created and onward referrals to other fall prevention services can be completed if required.

We are also offering a **FREE** weekly strength and balance exercise class in Girton. FAME is the exercise programme which has been proven to improve strength, stability, and confidence in balance. It is a national programme, delivered by specialist, qualified instructors, who understand the age-related changes that occur in the body and the medical concerns you may have. The exercises are specifically developed to help keep you strong, steady, and doing the things you enjoy for longer. The classes are a great way to meet other people, receive support and build motivation.

Before accessing the class, you will be required to have a one-to-one appointment with the instructor to find out about your health and medications. You will also be asked to complete some simple functional tests to identify your starting point for exercise.

One-to-one appointments will take place every Friday afternoon at William Collyn Community Centre, Wellbrook Way, Girton, from 13:30 to 17:00 beginning Friday 29 July 2022.

If you have fallen, or have felt unsteady during the last year, please contact us on 0333 005 0093 to book your appointment. You can also contact us via email healthyyou@everyonehealth.co.uk

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August Wine Selections

Whatever August has in store for us, here are three recommendations to tempt your palate this month.

Villa Maria EarthGarden Sauvignon Blanc 2020 (Marlborough)



Founded in 1962, Villa Maria is now New Zealand's most-awarded winery. The EarthGarden range is Villa Maria's first range of wines that are 100% organically grown, and this Sauvignon Blanc from the winery's Marlborough vineyards is deliciously fresh. Full of life, with aromas of apple, lime and pear, and flavours of lemon, peach, and passionfruit, this is a well-balanced wine with refreshing acidity and a lengthy finish. Perfect by itself on a warm summer's day, this will also pair very well with seafood, chicken, or plant-based dishes, and is a wine that offers very good value for money.

Available from **Tesco's** (£10.50)

Finca Constancia Entre Lunas Organic Tempranillo 2019 (Castilla-la-Mancha)



Located near Toledo in Castilla-la-Mancha, the winery at Finca Constancia is a pioneer in biodynamic winemaking practices, and this very appealing red wine is 100% organic. It is made from indigenous Tempranillo grapes, which flourish in the long hot summers and the cooler winters of this region. This is a full-bodied wine, smooth, silky, and well-balanced, with medium tannins and a lengthy finish. It has been aged in oak for eight months, giving it a hint of smokiness in the background. Aromas of vanilla, blackcurrant, raspberry and plum on the nose

lead to raspberry, cherry, and damson, with hints of cloves and chocolate on the palate. This is a bold, expressive wine, which will go very well with a traditional roast lunch or a summer barbecue.

Available from **Sainsbury's** (£8.50)

Freedom of the Press Bacchus 2021 (Oxfordshire)



This excellent Bacchus wine from Freedom of the Press winery, an urban winery located in the Cotswolds, is a recent discovery for me. With aromas of apple, pear, peach and blossom on the nose, and lemon, apple, pineapple, and grapefruit on the palate. Produced from grapes grown in Essex, principally the Crouch Valley, it is a well-balanced wine, with lively acidity and a smooth, lengthy finish. Enjoy by itself, with seafood, or with either sheep or goat cheese. It will also pair well with spicy Asian dishes.

Available from **Grape Britannia** (£15.49)

Martin Nuttall

www.itmustbewineoclock.com

Girton Walking Group

On 2 July the group enjoyed a fine walk taking in Rampton and Cottenham. We stopped to admire the spectacular church in Cottenham, and some of the group visited the Black Horse pub in Rampton.

Saturday 6th August: Fenstanton to Fen Drayton Lakes RSPB Nature Reserve

This five-mile route is easy walking of great variety along the riverside, across fields, around lakes and through a nature reserve. There is plenty of wildlife and wildflowers to see.

The walk begins at 10am from the small car park in Fenstanton, 160 metres up Chequer Street on the left (PE28 9JQ for satnav).

The walk will be led by Kay Green, email: kaygreen1@gmail.com

Saturday 3rd September: Cambourne – Caxton – Bourn circular

This is a varied six mile walk through part of the extensive nature reserves of Cambourne, and across farmland to the south, touching the fringes of Caxton and Bourn. We'll plan a rest stop, so bring refreshments.

We meet at the car park for Cambourne Nature Reserve (aka Oaks Wood Car Park). After turning off the A428 to Cambourne, take the second exit at the roundabout (NOT to the Morrison's car park), then turn right at the T-junction. The road wiggles past the primary school, and the car park is on the right just before the sign for Lower Cambourne. When we were last there, the 'P' car park sign had been knocked over but there was a temporary sign on the verge to 'Cambourne Nature Reserve'. For satnav, the postcode is CB23 5AB.

The walk will be led by Angela and Simon Blackburn, email: angela.blackburn@cantab.net, phone 07482 222536.



puzzle
corner

The Solution

1	2	3	4	5	6	7	8	9	10	11	12	13
I	L	Z	V	P	A	M	W	X	H	D	J	K
14	15	16	17	18	19	20	21	22	23	24	25	26
N	F	C	E	S	U	Y	O	B	R	T	Q	G

Community Warden provides valuable help for older residents

With the challenges of Covid and recent soaring temperatures, our AgeUK Community Warden Fiona has had a busy time ensuring all Village residents registered on the Scheme are being supported. Here she shares what she finds rewarding about her role.

Fiona says: "A typical day always starts with phone calls to all my service users so I can establish how they've been over the previous day and night and whether they need any shopping or other practical help. Following these calls, I can then plan my visits.

Checking in

"There are some people who like me to pop in every day whilst others prefer a longer visit once or twice a week whether they need anything or not.

"Even a phone call can make an enormous difference and when I visit, I often see the relief on their face when I say 'don't worry I can take care of this for you'. I like chatting to our users as they have had such interesting lives, as well as liaising with family if they don't live locally.

"We've all been through such difficult times with the Covid lockdown. Masks had to be worn and social distancing caused a problem with those hard of hearing. In the end I decided to wear a face shield which helped a lot. We weren't allowed to go into a house unless the person was very vulnerable and this was hard too. Everyone was very isolated.

Challenges

"Some of the challenges of my job are adapting to different personalities and getting to know what their needs are as it's often not apparent on early visits. Cognitive issues can also be an issue, particularly when I need to get in other agencies and neighbours to help.

"Having been in my role for five years now, I continue to enjoy the relationships I have built with our users. They know I'm there, trust me to do things for them and to



Fiona - Girton's Age UK Community Warden.

liaise to with their families if needed. It creates a sense of well-being for all concerned and helps them to live without additional stress and worry."

Valued

Ann Bonnett, GTC Chair said: "As Trustees, we really value Fiona's work as our Community Warden and the skills she brings from AgeUK to the Scheme. We are delighted to fund this role as an important contribution to our community.

"We know from feedback that our residents really appreciate having her support and feel secure that someone will be in regular contact to check how they are doing and assist with any practical problems too."

Anyone wishing to register on the Scheme – or to register a parent or other family member (over 65 years) – should contact Fiona on 07979 333963. Registration is £9 per week for a single person and £11 for a couple.



Hot tips to stay safe

'Beat The Heat' guidelines have been produced by the UK Health Security Agency, including keeping in touch with family, neighbours and friends. Planning ahead to avoid the heat, drinking plenty of fluids, dressing appropriately and slowing down when it is hot. There's also an emphasis on keeping your home cool and looking out for any signs of heat-related illness.

For more information go to www.nhs.uk/heatwave or ageuk.org.uk for heatwave health advice

Educational Grants 2022/23

Applications for an Educational Grant are invited from young people over 18 leaving secondary education and moving on to higher education and some training schemes or NVQ qualifications Level 4 and above.

The Grant covers books, equipment, tools or other direct costs relevant to the course and is a maximum of £300* per year for up to four years.

The next payment date for grant applications received will be December 2022.

Applicants must have lived in Girton for a minimum of two years immediately before leaving secondary education.

Contact the GTC office for an application form.

* Terms and conditions apply

Girton Town Charity exists for purposes which include the relief of need in Girton, either individually or collectively, or the support of any charitable purpose for the benefit of the inhabitants of Girton.

Enquiries on behalf of individuals or village organisations may be made in confidence:

GTC postal address remains:

22 High Street, Girton, Cambridge CB3 0PU.

There is a GTC letter box next to the Royal Mail post box on the High Street for hand delivered mail

For all enquiries telephone: 01223 276008

email: gtc@girtontowncharity.org.uk

www.girtontowncharity.org.uk

Girton Town Charity Registered Charity No: 1130272

Trustees:

Ann Bonnett (Chair)

Marc Bermann, Dan Buck, Colin Carr

Robin Hiley, Andrew Muston, Patsy Smith

Please see website for up to date details of Clubs and Classes www.williamcollyn.co.uk

Information correct at time of going to press.

* Clubs and classes booking for September.

Monday

9.30 - 1.00pm Tumble Tots *
2.00 - 3.00pm Kurling for over 55's
6.30 - 7.30pm Clubbercise
8.00 - 9.30pm Whole Notes Gospel Choir *

Tuesday

8.30 - 9.30am Yoga with Julia Dale
10.00 - 11.00am Yoga with Julia Dale
6.00 - 7.00pm Bounce
7.30 - 10.30pm Easton Swing

Wednesday

9.30am - 12.00pm Tiny Toes Ballet *
6.00 - 6.45pm Bounce *
7.00 - 10.00pm The W.I. (monthly - first Weds)
7.00 - 10.00pm Girton Garden Society *
(monthly - second Weds)

Thursday

9.30 - 11.30am Pilates
5.45 - 6.45pm Pilates
7.15pm & 8.15pm Ballroom Dance Classes *

Friday

9.30am - 12.30pm Little City Toddler Play
(monthly - second Friday)
7.30 - 8.30pm Easton Swing
(monthly - third Friday)

Saturday

9.00 - 10.00am Bounce
1.00 - 3.00pm Cambridge Jazz Co-op *
(monthly)

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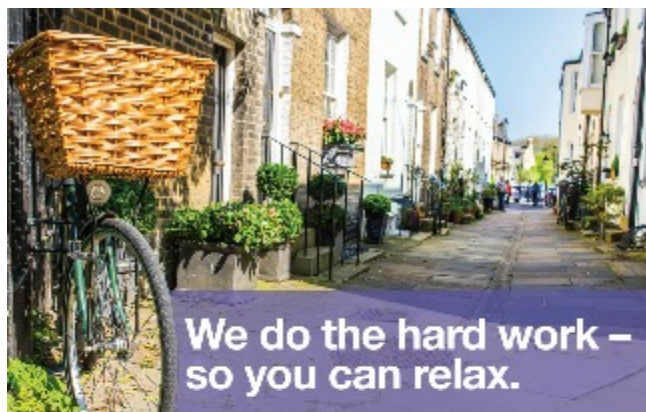
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Updates from St Andrew's Church

This is a bit of a piecemeal update from St Andrew's. It's been a delight to get back to celebrating weddings and baptisms. Earlier in July we enjoyed Iggy's full immersion baptism in a paddling pool behind the church.



As I write we are expecting extremely hot weather and the church building is open to everyone. Right now, it's a cool 23° in the church while outside it's 28° and rising!

Bobtails

Since January, we've loved running the Bobtails Parent and Toddler group in the Cotton Hall on Tuesday mornings (10-11:30am) during school term. There's a lovely community developing. Tea, coffee, and snacks are all available, along with a range of activities. People come and go throughout the 90 minute session, so please just turn up whenever you can!

Activities over the summer

Over the summer we're inviting you to come along to the Cotton Hall from 10am to 12pm on Tuesday 16 or 23 August. Friends young and old are welcome – it's just a space to come and play a game or do some craft activities. Refreshments available!

Choir Church

Our Choir Church for children has been running for almost a year now. The children have been brilliant and have led a range of services. We regroup on Tuesday afternoons in September (3:30pm for biscuits, then 3:45-4:30pm for rehearsal). The children come from a range of local primary schools, and everyone from Year 3 upwards is very welcome! Harvest and Christmas are already being planned. For more information, please contact Eona cfm@girton.church 07305 201 419

Sexton

A few times a year we are asked to bury ashes in the churchyard and the family would like us to prepare a hole for the casket. We're looking for one, or two people, who might be able to help us with this role. You'll need to be handy with a spade and capable of digging a neat hole as directed, then filling it in afterwards. You'll also need to be reasonably flexible in terms of your availability. There's a small fee payable per hole (in the region of £30). If you are interested, please contact Michael on: rector@girton.church 01223 202145

Christmas Choir

It's only August, but we are looking to put together a Christmas Choir for our Carols by Candlelight service this Christmas (18th Dec). If you are interested, then please look out for

more information in September!

As always, you are very welcome to join us on Sunday mornings as we gather to celebrate all that God has done for us. People often assume that churches are empty, but here in Girton there are usually 70 people every Sunday (including lots of children). Why not come and see for yourself?

Friends of St. Andrew's Church, Girton



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St Andrew's Church

Rector: Revd Michael Bigg

Tel: 01223 202145

Email: rector@girton.church

Website: www.girton.church

Associate Priest: The Revd Christine Barrow

Tel: 575089 **Email:** mcbarrow@me.com

Licensed Lay Ministers:

Mr Dugald Wilson **Tel:** 276940

Mrs Christina Deacon **Tel:** 525337

Churchwardens:

Mr Bruce & Mrs Wendy Hunter **Tel:** 503958

Sunday Services:

August

7th **10:00am** - Holy Communion
7:45pm - Taize Service (Online)

14th **10:00am** - All-age Communion
6:00pm - Evening Prayer (BCP)

21st **10:00am** - Holy Communion
6:00pm - Evening Prayer (BCP)

28th **10:00am** - Morning Prayer

September

4th **10:00am** - Holy Communion
7:45pm - Taize Service (Online)

Weekday Services:

August

Tues **9am** Morning Prayer (said)
Weds **9am** Morning Prayer (said) (Online)
Thurs **9am** Morning Prayer (said) (Online)
9pm Compline (said) (Online)

Other Services:

10th **2:00pm** - Abbeyfield Holy Communion
16th **2:15pm** - Arlington Manor Holy Communion
25th **11:00am** - Grettton Court Holy Communion (BCP)

You are welcome to join us for worship in person or remotely at <http://bit.ly/GirtonParishLive>. Please check the church website for up-to-date information.
(www.girton.church)

Please email Kay Barrett at singing.kay@gmail.com for details of further services or keep up to date on the church website.

Thank you, Father, for the rhythm of rest and Sabbath at the heart of creation. Bless those who are on holiday now; may they be refreshed and re-created, and come home with new vision, energy, and contentment.
(Angela Ashwin)

Girton Baptist Church



Minister: Revd Nick Lowe

Tel: 01223 279289

Secretary: Mrs Virginia Rootham-Smith

Tel: 01223 520442

Website: www.girtonbaptistchurch.org.uk

Sunday Services

(all at Girton Baptist Church and on Jitsi)

7th	10.30am	Morning Worship, led by Nick Lowe
14th	10.30am	Morning Worship, led by Nick Lowe
21st	10.30am	Morning Worship, with communion, led by Nick Lowe
28th	10.30am	Morning Worship, led by Rev Philip and Laura Staves

All are welcome.

Messy Church is taking a break during August and starting again at the beginning of the school year on Thursday 8 September from 3.30pm. Messy Church is for parents and their children, with craft activities based on a Biblical theme, a story, and a meal together.

Tuesday Afternoon Friendship Group is also taking a break over the summer.

For further details about any of the above, including the online link for the service, please ring 07483 334860 or email pastor@girtonbaptistchurch.org.uk.

August is the month many of us go on a summer holiday to wind down and relax. And whether we have the opportunity to go away or not, summer is a time when we can enjoy the beauty of God's creation. This is expressed well in the hymn, "All creatures of our God and King":

All creatures of our God and King
Lift up your voice and with us sing
Oh, praise Him!

Alleluia!
Thou burning sun with golden beam
Thou silver moon with softer gleam
Oh, praise Him! Oh, praise Him!
Alleluia! Alleluia! Alleluia!

Psalm 104 contains verses about God as the One who is the Creator and Sustainer of creation:

He makes springs pour water into the ravines;
it flows between the mountains.

He waters the mountains from his upper chambers;
the earth is satisfied by the fruit of his work.

How many are your works, O Lord!

In wisdom you made them all.

Rest is built into Creation: on the seventh day God rested from all his work (Genesis 2:2). This shows that for our good health we need rest as well:

If you would like to discuss any Parish Council issues, please contact the following:

Chairman

Douglas de Lacey, Tel: 565219
douglas.de-lacey@girton-pc.gov.uk

Vice-Chairman

Daniel Carney, daniel.carney@girton-pc.gov.uk

Councillors

Gary Betts, gary.betts@girton-pc.org.uk
Angela Blackburn, angela.blackburn@girton-pc.gov.uk
Michael Blom, michael.blom@girton-pc.gov.uk
Andrew Clare, andrew.clare@girton-pc.gov.uk
Gill Cockley, gill.cockley@girton-pc.gov.uk
Marcelo de Lima, marcelo.de-lima@girton-pc.gov.uk
Alison Giles, alison.giles@girton-pc.gov.uk
Andy Griffin, andy.griffin@girton-pc.gov.uk
Nas Hayat, nas.hayat@girton-pc.gov.uk
Stuart Marshall, stuart.marshall@girton-pc.gov.uk
Ann Muston, ann.muston@girton-pc.gov.uk
Haydn Williams, haydn.williams@girton-pc.gov.uk
Carolyn Wright, carolyn.wright@girton-pc.gov.uk

Formal correspondence to the Council should be addressed to the Parish Clerk.

District Councillors

Richard Stobart, Tel: 07950 934793
cllr.stobart@scambs.gov.uk
Corinne Garvie, Tel: 01223 276184
cllr.garvie@scambs.gov.uk

County Councillor

Edna Murphy, Tel: 01223 577005
edna.murphy@cambridgeshire.gov.uk

Parish Clerk

Yvonne Murray Tel: 01223 237173
clerk@girton-pc.gov.uk

Assistant Parish Clerk

Angie Vidler, Tel: 01223 618619
admin@girton-pc.gov.uk

Website: www.girton-cambs.org.uk/council.html

Postal address:

Girton Parish Council
The Pavilion,
Girton Recreation Ground
Cambridge Road, Girton
Cambridge, CB3 0FH

You may also use the QR codes below to contact us:



Girton Parish Council
Website



Girton Village
Community FB



Girton PC Twitter
@GirtonPCouncil

Bin collections August

Thursday 4 August	Black bin
Thursday 11 August	Blue and Green bins
Thursday 18 August	Black bins
Thursday 25 August	Blue and Green bins

Mobile Library

Thursday 25 August 2022

Thornton Court	9.40 -10.00
Abbeyfield	10.05 -10.50
Cotton Hall/Church	11.00 -11.30
Orchard Close	11.35 -12.00
St Vincents Close	12.05 -12.30
Gretton Court	12.35 -13.00
Churchfield Court	13.05 -13.30

Contact numbers for bookings

Cotton Hall	07759 983420
Orchard Close	277164
Pavilion	618619
St Vincent's Close	276447
William Collyn Community Centre	279587



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Orchard Close	4.15 – 4.30
Wellbrook Way	4.30 – 4.45
St. Vincents Close	4.45 – 5.30
Church Lane	5.30 – 5.45
Hicks Lane	5.45 – 6.00
Duck End	6.00 – 6.30
Gretton Court	6.30 – 6.45
Woodlands Park	6.45 – 7.00
Dodford Lane	7.00 – 7.15

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