



GIRTON

Parish News



March 2021



What does the future hold for the Felix?

Plans for 80 bed care home - page 11

Campaign launched to prevent demolition - page 6

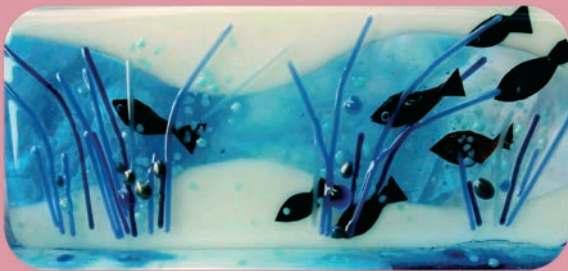
Also inside - have your say on pavilion redesign - page 5

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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

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

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The Village Diary

Due to the Covid-19 pandemic, diary activities for March have been cancelled.

Girton Parish News may be downloaded from
www.girton-cambs.org.uk/girton-parish-news.

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Contents

Pages	5-8	Parish Council and Councillors' Reports
Page	11	A New Care Home in Girton
Page	13	Cottontails / Girton Glebe Primary School
Page	14	Goose Railing Poetry
Page	15	Listening Lantern
Pages	16-17	Girton Scoreboard
Page	19	Coop
Page	21	Girton Green Fingers
Page	23	Girton Community Choir / Club 55
Pages	24-25	Girton Town Charity
Page	26	News for Older Residents
Page	27	Puzzle Corner
Pages	28-29	Our Churches
Page	30	Rubbish Collection / Contacts

Copy date for April issue: Wed 17 March. Issue date: Sat 3 April (covers 3 April - 1 May)



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Girton Parish Council

At February's Parish Council meeting, matters for decision included award of grass cutting contracts and discussions on renewing efforts to realise the provision of a pedestrian/cycle route between Wellbrook Way and Thornton Road. Thanks were given to a resident who had voluntarily cleaned the Weavers Field Play Area which had become sadly neglected. The Council also discussed a response to the survey of suggested housing sites for consideration in the Cambridge Local Plan. Concerns have been raised by residents regarding several possible sites in the village, and a task and finish group has been formed to look at this, and report to SCDC by the end of the month.

The Council also received a presentation from developers about their intended planning application for a new Care Home on the site of the former Felix Hotel. This would be an 80-bed home, 40 of which would be for dementia patients, and the Council expressed concern about the pressure on local medical services. It was also questioned whether it might be more appropriately positioned in Eddington. The Council is also consulting with the national Victorian Society regarding the developers' intentions to demolish the existing building, which dates back to the 1850s.

We are pleased to report that the work to install the 20mph zone is soon to begin as is the widening of the cycle/footway between Girton and Oakington. We have also been informed that our application to the A14 Legacy fund to extend our street lighting to the village limit, has, after extensive appeals, at last been approved and the groundworks for this will be completed as part of the same program.

County Councillor Lynda Harford has also been active on our behalf in pressing for work to be done on the drains and footways in the village and these are promised to be attended to in the upcoming financial year.

The programme for remodelling and extending the Pavilion is progressing, and we are keen to hear from the village generally any ideas for possible inclusion in the final design. Please see details opposite, with the plans available on the village website. Please let us have your views!

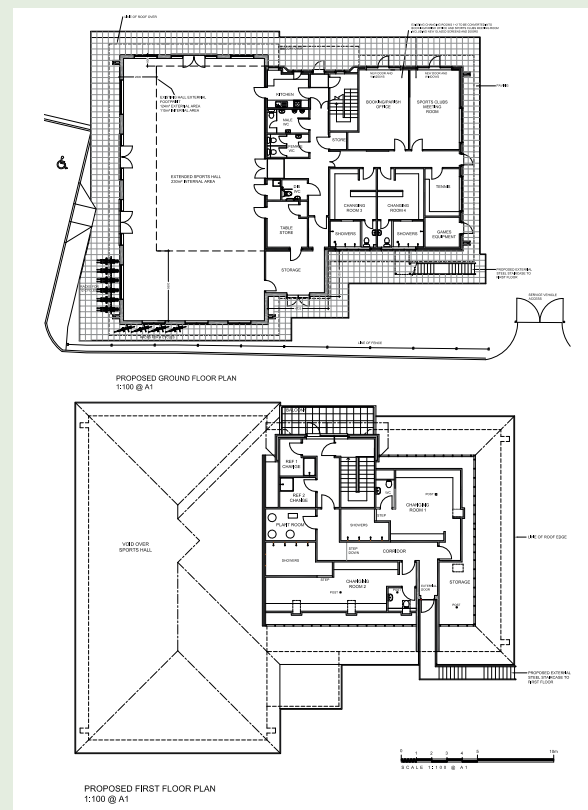
Next meetings

Girton Parish Council meetings are currently being held via video-conference until further notice. Residents are encouraged to contact Parish Councillors directly if there are concerns they wish to raise (please see the listing of Parish Councillors elsewhere in this edition). Any member of the public who wishes to attend any meeting may do so by prior arrangement with the Clerk. The next meetings will be on Tuesday 16th March and Tuesday 20th April.

Girton Parish Clerk
01223 526013
clerk@girton-cambs.org.uk

Pavilion redesign and extension

Readers should be aware that the Parish Council has developed plans for a reorganisation of facilities in the Pavilion, and an extended Hall. This was driven by the need to provide a legally compliant accessible Parish Office and the long-held ambition to provide a more versatile Sports Hall which would allow wider use as a Community centre. A substantial County Council grant and Planning permission have been obtained. As we move towards completing the fine detail of the design, we are keen to ensure that, in the absence of a Public Meeting, the village is fully informed on what is planned. While current users have been consulted on their priorities for improvements, we would welcome comments and suggestions from the wider village community for possible inclusion in the final construction brief.



Space does not allow us to produce the plans in detail here, so readers are urged to view them, along with the Draft Construction Brief, on the village website, and send any comments to the usual Parish Office contact addresses.

girton-cambs.org.uk/girton-parish-council-2/

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From Our Councillors

County Councillor Lynda Harford

Budget News

The County Council held its annual budget meeting on the 9th of February. I am very pleased that the allocations which I had worked to promote were included within the approved budget. Of all the services that the county council is responsible for, there is one that touches absolutely every resident, whether they walk, cycle, drive, are conveyed through the good offices of someone else or receive delivery of goods and services. That service is Highways. There may be other services that, of necessity, command bigger budgets, but every pound of the Highways budget is spent on delivering a service that is used in some way by all Cambridgeshire's residents. I am pleased to confirm that to augment the current footpath budget of £1.3m, an additional £20m has been allocated for footpath maintenance over the next five years. 50% of this will be spent on surface treatments with the other 50% being allocated for more radical work like resurfacing and reconstruction. £2.73m additional funding has been approved for additional measures to prevent flooding and improve local biodiversity. This will include rapid gully clearing at all known risk sites and better verge maintenance on rural roads, some advance information about which I have previously reported in the hope that these proposals would be funded.

These investments and closure of a predicted budget gap of £9.6m in the 2021/22 budget are facilitated through releasing an immediate £4.115m in revenue by pausing further top-up allocations to the council's Transformation Fund from its Minimum Revenue Provision. Redeployment of £3.67m already allocated to the Transformation Fund closes the remaining gap and supports the council's objective of keeping any council tax rise as low as possible. Council tax for the next year has been set at 1.99% plus a 1% Adult Social Care precept. This 2.99% in total equates to an additional £40.59pa on a Band D council tax bill [78p per week].

Local Matters

Concern has been expressed to me by residents across Bar Hill division about the lack of trees to mitigate road noise following completion of the A14C2H project. The Development Consent Order includes a commitment by Highways England to maintain all vegetation that was planted in connection with the scheme for a period of 5 years after construction to allow it to fully mature. Any tree that doesn't survive will be replanted. At the end of November, 2020 HE confirmed that a recent inspection

had identified all areas where this had happened and said it would plant replacements. On the 21st of January, a Girton resident emailed to say she was 'overjoyed to see many hundreds if not thousands of trees' had been planted the previous day.

Obviously, these little plants will take many years to mature and provide the screening that so many residents want. I believe that all the villages in Bar Hill division might agree to get together and supplement what has been planted with some more mature specimens. I have been reliably informed that a previous approach to HE about the possibility of local intervention was met with a negative response on the grounds of health and safety. That doesn't mean that I am not willing to make a new approach to HE. Girton Parish Councillors and some residents have already expressed a wish to progress this and I will follow up with the division's other parish councils.

Thank you to everyone who has been in touch recently. Take care. Stay safe.

Lynda

lyndaharford@icloud.com

01954 251775/07889 131022

Follow me on Twitter: @2whit2whoo

or Facebook: www.facebook.com/lynda.harford

District Councillor Tom Bygott

Demolition of the Hotel Felix on Huntingdon Road

In the 1960s, when St Pancras Station was threatened with demolition, Victorian architecture was seen as unfashionable — too ornate, too grand, not practical enough and something that could never be adapted for modern needs. Sir John Betjeman and the Victorian Society mounted a campaign, supported by people from all walks of life, to save it. Today it is seen as the best building of its type in the world.

The Hotel Felix (www.hotelfelix.co.uk) was built in 1852 as a private residence called at various times Howe House, Howes and The Close. Although not as ornate or famous as St Pancras, it is a building of stately grandeur. It encapsulates the exuberance, optimism and faith in the future that characterised the Victorian age; qualities sadly lacking in our own time. It has an interesting design, with the unusual combination of a Dutch gable and circular bow windows. It can still be seen by walking along Whitehouse Lane — dignified yet forlorn, like J.M.W. Turner's masterpiece, The Fighting Temeraire.

The hotel was sold in 2018, closed last year and the new owners intend to demolish it and build an 80-bed nursing home. It would join Gretton Court, Arlington

Manor, Abbeyfield, Midfield Lodge, Churchfield Court, Orchard Close and St Vincent's Close as the eighth location in or next to the village for retirement living of various kinds, and would be the ninth if a new care home in Eddington is built.

The main reason given for wanting to demolish the building is to avoid changes of level within the facility. This basically comes down to the fact that the ground floor is raised above ground level and that the ceilings are higher than those found in modern buildings. High ceilings are one of the main reasons why Victorian buildings are demolished. Developers often want to cram as many floors as possible of lucrative, paying uses into the available volume, and see no use for anything beyond basic necessity.

Unlike St Pancras, which needed major and expensive restoration work, the Hotel Felix is in excellent condition, having been fully renovated to a very high standard in 2002. Options for saving the building, such as using the historic core as offices, staff or visitor accommodation adjacent to the main facility have not been properly considered. A planning application is likely to be submitted in early March.

The Victorian Society, www.victoriansociety.org.uk, has given its support and a campaign group is being formed now. If you would like to get involved to save an important part of the village's history, please let me know.

Retirement of Councillor de Lacey

My colleague Douglas has announced his upcoming retirement in this month's issue. We have been District Councillors together since 2008 when the late Councillor Eustace Bullman retired.

I would like to wish him a very happy retirement and thank him for all the hard work and dedication he has put into serving the village on the District Council over many years, and for his continuing work on the Parish Council.

Changes to Luton Airport flight paths

London Luton Airport currently shares arrival routes and holding stacks with Stansted Airport. National Air Traffic Services (NATS) and Luton Airport have recently held a joint consultation to flightpaths, with the aim of separating Luton and Stansted's routes further out and higher up to reduce delays, noise and pollution, and to ensure safety.

The current holding stacks for both airports are above Sudbury in Suffolk and Royston. These are proposed to remain for Stansted Airport, with a new holding stack for Luton Airport north of St Neots and west of Huntingdon. Aircraft on the new approach route to this stack will fly over Bury St Edmunds, Newmarket, Girton village, Cambourne and St Neots. They will fly over the village at an altitude of between 8,000 and 11,000 feet, and while not as loud as on the new

approach to Luton Airport over the Bassingbourn area, the difference in noise levels will be noticeable.

More information can be found on the NATS website at: www.nats.aero/news/arrival-routes-into-london-luton-airport-set-to-change/

Cllr Tom Bygott

cllr@bygott.net

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A View From the District

Cabinet meetings have looked at the annual Monitoring Report for Greater Cambridge (Cambridge and South Cambs) and finance. The Local Plan is on course and our construction of new homes matches expectations. However the report is for the year April 2019 to March 2020; the effect Covid-19 may have had is therefore not visible.

Financial issues were to inform the setting of the 2021–22 budget (at about £10m). Covid-19 has greatly affected our spending in 2020 and will continue to do so in 2021, but officers believe the budget proposals are robust and the risks clearly understood. One aim is to support residents and businesses through the pandemic despite financial pressures. These proposals had also been considered by the Scrutiny Committee.

The four Group Leaders met on 19 January; a major item here was the status of the forthcoming elections for County Members, the Mayor and the PCC. Unless the elections are postponed, I intend to resign in March to enable my seat to be contested at the same time. Would you be interested in exploring the possibility of standing? Do let me know! It would be for 1 year in the first instance as the whole Council will be up for election in 2022. I shall be very happy to discuss what it entails. There are many key issues to be decided in the next year.

On 27 January I attended the (online) Excellence Awards ceremony for South Cambs, and presented the trophy for the best team. I was delighted that the whole Council had been nominated for this, and the judges gave this nomination the 'Highly Commended' award. This provided me with an opportunity again to congratulate officers on all they are doing for us. Our CEO noted that she often has to ring round at 8am asking for a handful of volunteers for various tasks, and the Officers always rise to the challenge. The award itself went to the Business Support and Development Team; a team only set up in June but which has done enormous work in helping our businesses access all the help we can possibly give them to survive the crisis of Covid-19.

Continued on page 9

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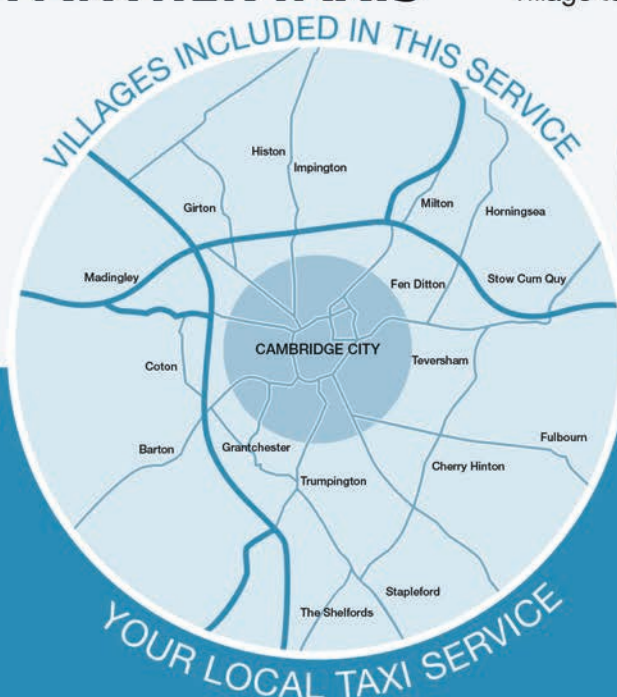
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As Cambourne grows so does the controversy over the Cambourne-to-Cambridge travel link, which has left the Combined Authority (the mayor) and the Greater Cambridge Partnership (the councils, more or less) at loggerheads and stalemate. Now the latter has commissioned an independent audit of the project. The first task will be to prepare a statement of the key constraints and assumptions which underpin the selection of the preferred route. Local representative groups can then submit their representations on the constraints and assumptions. I shall keep you posted.

On the 3 of February, I asked that our flag be flown at half-mast in memory of Captain Sir Tom Moore, who achieved so much in encouraging the nation to stick together in lockdown.

All over-70s and the extremely vulnerable should now have been offered a covid vaccination. If you are still waiting, you should contact your GP, but don't forget the surgery is operating under a great deal of pressure.

Although it seems to have rained non-stop forever, the Cam and its sources are still at risk. I have asked that when the replacement for the Milton water treatment plant is built consideration should be given to producing potable water, as happens elsewhere in the world. And together with the City we have produced a draft Chalk Streams report which I would encourage you to read and comment on; www.cambridge.gov.uk/chalk-streams provides all the details.

And talking of water, I have of course been watching the automatic river level gauge at Fairway with some concern over past weeks. May I remind all residents who border any waterway or ditch of your riparian responsibilities — that is, that you are responsible for ensuring that the waterway is clear for the full extent of your property and that your bank is well maintained. Thank you.

If you would like a fuller monthly report emailed to you, please contact me at scdc@de-lacey.org and I shall add you to the list of recipients. If you have any District Council issues you would like to discuss, please don't hesitate to ask me.

Douglas de Lacey

Ray and Diane Gordon

Villagers will be interested to learn that Ray and Diane Gordon have recently left Girton to move to the West Midlands in order to be near their daughter. The whole village will want to wish them well, and to thank them for the great impact they have had on Girton's life over many years. We expect to say more about this in next month's edition.

Notice regarding potholes

Even though the roads have been used less in recent months, potholes have continued to appear across the village, not at all helped by the rather dramatic changes in weather we've been experiencing. Do be careful where you step if you're out for a walk, and even more so if you go for a drive.

If you find potholes that you feel need urgent attention, you can contact the South Cambridgeshire District council either by visiting the South Cambridgeshire website at www.southcambridgeshire.gov.uk or telephone 0345 0455212.



Local hairdressers to retire after combined 45 years of scissoring

After a very testing year, that has been hard for everybody, Renate Flowers and Sarah Cawdery, working out of Plum Tree Hair and Beauty in Girton, have decided it's been one lockdown too many to come back from, so it is with a heavy heart they have both decided to hang up their combs and scissors and retire.

Both hairdressers have been working at the salon for a long time, from when it was John Cornel, then Purity Hair and Beauty and lately Plum Tree. Sarah has been there 17 years and Renate an incredible 28 years.

Both would like to thank all of their lovely customers for their continued support and loyalty over many years. They are sorry they can't contact everybody personally but the pandemic has sadly prevented this.

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- Jill - Histon



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Microsoft



A New Care Home in Girton

A new care home is planned on the site of the former Felix Hotel in Whitehouse Lane, which was forced to close in March 2020. The company running the care home, KYN Cambridge, have ambitious plans to establish 'the best care home in the country'. At present it is still going through the planning process, but it is hoped to be up and running in Spring 2023.



Set in three acres of landscaped grounds, the home will accommodate 80 residents, comprising approximately 40 dementia patients and 40 others requiring various degrees of personal support. The building is to be in a restrained classical style, unsurprising since the architect, Ben Pentreath, has worked on Prince Charles's village of Poundbury and also designed the Kensington Palace apartment of the Duke and Duchess of Cambridge. There will be a central open courtyard, where the statue of Alcibiades' Dog from the Felix Hotel will occupy pride of place, and all of the rooms will have windows providing views of gardens or greenery, so important for mental well-being. Downstairs there will be a 'Great Room' with a bar, where residents and their families can gather and relax informally, and upstairs will be a Spa offering hairdressing, chiropody, aromatherapy and other personal services.

Many different types of activity will be offered each day, the whole range from Bingo to live streaming from West End theatres, trips to museums and discussions of current affairs. A library will be stocked with a changing selection of books chosen after discussion with the residents to reflect their interests. The policy is to create a stimulating as well as a caring environment.



In 2014, KYN CEO Adrian Pancott won the Caring Times 16th National Care Award as 'Care Leader of the Year'. He has run over 400 care homes and explained to me that the new facility aims to provide 'amazing care in a beautiful environment'. The initials KYN aren't an acronym but are supposed to evoke friendship and family, as in 'kinship', and this will be the fifth KYN care home in the country, the others being in Kensington, Fulham, Thame and Bickley.

Angela Blackburn

Obituary: Joan Mary Austin Bland.

BEM. 1922-2021

Joan, who was born in London in 1922, trained as a shorthand typist bookkeeper but when World War Two started was evacuated to Newquay in Cornwall.



Later during the war she joined the Auxiliary Territorial Army Service and was involved in issuing military vehicles and equipment, particularly for the Normandy invasion. She was awarded the BEM after the war.

Also during the war, Joan met her husband Arthur and they were married in November 1946.

In March 1952 they moved to Grange Farm, Girton with twin boys, Donald and Tony. Eighteen months later she had her daughter Patricia. The family moved to Cambridge Road, Girton in 1977.

As the family grew up Joan went back to work, first at the Cambridge Instrument Company then Avery Scales and finished at NIAB from where she retired in 1982.

After Arthur died in 2003 Joan could regularly be found walking her dogs around Girton Recreation Ground. She had been a member of the Girton WI for very many years, active with keep fit groups, line dancing and the Girton 55 Computer Club.

Joan was always interested in music and singing and joined the Girton Baptist Church Singers. She regularly attended the Sunday service at the Baptist Church.

In 2019 Joan moved into the Bramley Court Care Home in Histon. Sadly her family and friends had very limited opportunity to visit due to the Covid situation and were unable to take her out much.

She will be greatly missed by all her family, friends and particularly her grandchildren, Amy, James, Kate, Samuel, Leticia and Luke also her great grandchildren Ada, Esme, Florence, George, Eloise, Abraham, Saul, Archie and Polly.

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Girton Cottontails Preschool

We have been busy with lots of wonderful activities this term,

including making creations from junk, modelling and painting daffodil pictures. We celebrated Shrove Tuesday with the children helping to make pancakes: measuring out and mixing the ingredients and then flipping the pancakes, which was lots of fun!

Our rising fives have been learning about being healthy. We have looked at how much sugar different food items contain, and talked about healthier options and what that means for our bodies. We also found out about why exercise and moving our bodies is good for us. We had races on the playing field and observed how this changed our heart rates and our breathing. The staff definitely struggled to keep up with some of the children!



At Forest School, we joined in with the RSPB birdwatch and the children spotted a variety of different birds around the woodland. We were also very lucky to have a great snow day for Forest School. This was a brilliant day; we made snowmen, had snowball fights, made different tracks in the snow and snow angels too, and we had some very energetic sledge races.

During the recent cold weather, we have been using the parachute to make a dome tent to keep warm for lunchtime and story time at Forest School. As you can imagine this is lots of fun getting the children to throw the parachute over their heads, pull it down behind themselves, then sit on the edge of the parachute to form the dome. We might have had to have several tries! Once under the parachute, we are really cosy and warm, so it is well worth the effort.

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:

www.gofundme.com/f/emma-amp-laura-are-reopening-cottontails-preschool

www.amazon.co.uk/hz/wishlist/ls/JJP8OJALIV2I

For further information about the preschool, please visit our website or get in touch using the contact details below.

Laura Norman and Emma Pell

Girton Cottontails Preschool Managing Directors

Email: girtoncottontailspreschool@gmail.com

Phone: 07368 180771

Web: www.girtoncottontailspreschool.com

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News from Girton Glebe Primary School

The bulk of the Spring Term has seen Girton Glebe operating in response to the national lockdown and offering education on two fronts: remote learning for the majority of our pupils and key worker provision for a number of our families. The hard work and dedication of our school staff has been incredible and the support of our pupils and parents has continued to inspire the work that we do in school. A huge thank you to all for your continued support!

Remote Learning Provision

The majority of our pupils have continued to engage in remote learning and school staff have provided a wealth of instruction and resourcing to ensure that children are still able to access the curriculum whilst off site.

Alongside the weekly provision menus, class teachers continue to produce daily videos for pupils, explaining the content of the work, all of which is shared on an online platform where staff are able to provide feedback to our children. Teachers have also hosted weekly live story sessions via Zoom and held virtual picnics where children were able to share their work and their thoughts with their classmates.

Many thanks to all school staff for the amazing job they continue to do under such exceptional circumstances. Huge thanks to all of our parents and carers for their continued support of the school and well done to all of our pupils for their amazing efforts responding to the remote learning provision!

School Reopening Update

We are pleased that we will be able to return to some form of normality when schools reopen on March 8 and are excited to welcome back our pupils and families to Girton Glebe once again. Pupils have already been completing work based on our Spring Term plan whilst engaged in remote learning and a return to school will allow us to continue this provision face-to-face. This curriculum work will also be augmented with work to support wellbeing and mental health as the children return from lockdown. We will also be hosting a special Kindness Week on March 15 to support this work.

*Mr Andrew Spencer
Headteacher
@GirtonGlebePS*



Goose Railing Poetry from Girton Glebe

During lockdown, children at Girton Glebe have been supported by the school and their home educators to continue the curriculum as best they can under varied circumstances. Every week, new work is given out, and before half term in Year 3 (seven and eight years old) the focus in English was listening to and writing poetry. We listened to work from Benjamin Zephaniah, Pam Ayres, Michael Rosen and others, including a poet called Joseph Coelho. His words and ideas about a statue on the quayside of Bristol docks were the stimuli for writing poems about a piece of sculpture. Joseph talked about how to paint a picture with words and the language choices we can make to do that best. His statue longed to be left alone somewhere warm and dry, not battered by the elements or climbed on by children.

What better example to write about did we have than the wonderful goose railings just down the road? The poems that the children wrote from this idea were beautiful. Mostly short but filled with poignant phrases and longings for other things... a bit like how we all feel at the moment. These are some examples of the work they sent in from home. They should be very proud of themselves.

Duck Poem by Francesco Wickham

I'm the daddy duck, made of old rusty metal,
I feel cold, I feel weak, I feel like I can't stand,
I hear children playing at the park,
Having fun next to me.
I feel sad because I can't play,
I'm an old piece of rust,
I don't like the children's loud shouting, it scares me.
I want to be in a nice warm lake,
I want to swim with my babies, so they can learn how to swim.

Goose poem by Marcell Danner

I'm a goose sitting on these metal railings,
I'm sad I can't fly and get off these railings.
Some people will stop and look, stroke my head
And others will take a selfie.
It's a shame I can't smile or pose.
I want to be with those geese
that I can see far, far away.

Goose railings poem by Alicia Travieso

I am as grey and dull as a raging storm,
Lonely and stuck,
I should be treated better,
I used to be watched or pronounced as radiant but now
people overlook me,
I would love to be restored as something precious in a
cosy and warm cottage,
I would be treated as a kind child.

The Goose Railings by Anna Zalcman

I am made of shiny metal
I am kind of happy
And every day I think my goslings
Are having fun and it is great.
But the only thing I don't like
Is that there is no water here,
I always wanted to be in a nice cool pool.

Goose Poem by Flo Read

I am made of metal that is as cold as ice,
I gaze at the sky and watch as geese fly by
And wish I could too.
I feel tethered to sadness just like I am stuck to this
dreaded fence.
I wish I were a real goose made by mother nature and
not man made.
I sit at the back of the line with mother in front,
I want to be free like a real goose.



Listening Lantern

Welcome to what I hope to be a regular article in the GPN to raise awareness about Mental Health and Well-being. Each month I hope to focus in on support and signposting which may be of use or interest to you directly or to people you know — family, friends, colleagues and neighbours.

Mental health is part of everyone's overall health. All of us can experience 'ups and downs' in life, times of

stress and negative experiences; sometimes, signs and symptoms become more severe, long-lasting and impactful on an individual's life.

Signposting

If you feel in need of support, a visit to the GP can be so helpful, as the GP can look at and discuss both your physical and mental health. Whether in crisis or in need of a non-judgemental listening ear, Samaritans are available 24/7 on 116123.

Mindful march

www.actionforhappiness.org produces wonderful calendars full of small and manageable activities and ideas based on a theme. It doesn't matter if you miss one out or swap them around! The 2nd of March provides an idea which you can do from your window or on your daily exercise outdoors; I enjoy noticing the bulbs peeping up from the earth during Spring.

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

Contact her via:

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

ACTION CALENDAR: MINDFUL MARCH 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Set an intention to live with awareness and kindness	2 Notice five things that are beautiful in the world outside	3 Start today by appreciating your body and that you're alive	4 Notice how you speak to yourself. Try to use kind words	5 Take three calm breaths at regular intervals during your day	6 Bring to mind people you care about and send love to them	7 Have a 'no plans' day and notice how that feels
8 Eat mindfully. Appreciate the taste, texture & smell of your food	9 Take a full breath in and out before you reply to others	10 Get outside and notice how the weather feels on your face	11 Stay fully present while drinking your cup of tea or coffee	12 Listen deeply to someone and really hear what they are saying	13 Pause to just watch the sky or clouds for a few minutes today	14 Find ways to enjoy any chores or tasks that need doing
15 Stop, breathe and just notice. Repeat regularly during the day	16 Get really absorbed with an interesting or creative activity	17 Look around and spot 3 things you find unusual or pleasant	18 If you find yourself rushing, make an effort to slow down	19 Cultivate a feeling of loving-kindness towards others today	20 Celebrate the International Day of Happiness dayofhappiness.net	21 Listen to a piece of music without doing anything else
22 Walk a different route today and see what you notice	23 Tune in to your feelings, without judging or trying to change	24 Appreciate your hands and all the things they enable you to do	25 Focus your attention on the good things you take for granted	26 Notice when you're tired and take a break as soon as possible	27 Have a device-free day and enjoy the space it offers	28 Appreciate nature around you, wherever you are
29 Notice what is working today and be thankful that this is so	30 Mentally scan down your body and notice what it is feeling	31 Notice the joy to be found in the simple things of life	<p>"Mindfulness means that we commit fully in each moment to be present" - Jon Kabat-Zinn</p>			

www.actionforhappiness.org
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Learn more about this month's theme at www.actionforhappiness.org/mindful-march

GIRTON scoreboard



Girton Bowls Club

Having reported last month on the effect the complete lockdown has had on the players, it actually only presents half of the story. The financial impact this is having on the indoor bowls venues is

enormous. In fact, Chesterton Bowls Club were reporting an expected loss of £75,000 on this indoor season alone. However, the saying 'every cloud has a silver lining' could not be more pertinent on this occasion, as they have secured a contract with the NHS to become a Covid vaccination centre, commencing Monday 4th February and running until 31st August 2021. It is hoped that this will go some way to making up their financial shortfall. There are expected to be at least 90,000 visitors during this time. Well done to all the members of Chesterton who have worked so hard to make this possible.

At long last it looks like we are nearing the end of the bad weather and that work can soon start on preparing the bowls green for, let's hope, the start of the new season. Although we didn't have any competitive league bowls last year, we managed a good deal of in-house friendly bowls and indeed we extended our usual playing season to the end of September. We then started our extensive autumn and winter maintenance programme. In October we scarified, aerated, cut and fertilised the green. Then throughout the winter

months, when the weather permitted, we continued with a good deal of aeration and periodic treatment for moss.



A snowy bowls green

The green has responded well and now, under the supervision of our green specialist Steve, we will soon begin our spring programme. We are very fortunate to have a team of keen volunteer members who pride themselves in producing a very good bowling surface which is the envy of many bowls clubs. In addition, we have also managed to keep the surrounding areas of the green looking good and over the 'closed season' we have repaired and painted all the wooden fencing and increased the security of our equipment container.

We will actively be pursuing our hope of building our own club house and will be looking into the possibility

of creating a jointly used facility with the (also much needed) 'men's shed' project, that has recently been shelved by the Parish Council. We have recently sent a letter to the Parish Council outlining our ideas and seeking their views, and hopefully their encouragement, to continue with our feasibility study.

If you are interested in finding out more about joining Girton Bowls Club, we are always pleased to welcome new members. Please contact our Secretary Lynne McGill at lynnemcgill63@hotmail.com. You can visit our website at girtonbowlsclub.weebly.com.

Keep safe.

Lynne McGill



Girton Golf Club

Writing this in mid-February I am assuming that when the magazine is distributed we will still be unable to play golf until government guidelines change. Roll on that event! The only very slight saving grace has been the

weather which would probably have kept us off the course for much of the time in the last month, with snow and rain being the order of the day, so the course will have been pretty wet and boggy for much of the time. Having said that, it is currently predominantly dry but absolutely freezing.

Good news is that our new Professional Sam Beckett has started, along with his Shop Manager Fin Swan, and the refitted Pro Shop is looking good and full of interesting stock. We just need to get some members and visitors around now to create the right atmosphere. Sam joins us with a wonderful reputation for coaching at all levels and developing junior talent, so look out for details of the new Academies at Girton Golf Club for experienced players, and beginners, of all ages.

Despite furloughing all our clubhouse staff and half of the greens staff, the clubhouse and course are both in great condition and as and when we are allowed to open again for members, we will be ready to roll again. Our committees have been working hard in the background ensuring that what we have works, and that we can make best use of all the facilities in which we have already invested. Thanks to our committee chairs Barbara Lamen (members liaison), Alan Benton (greens) and Mark Lawton (house) for all their hard work, and of course, to our Club Secretary Jo McEvoy and Club Administrator Nicola Harding for keeping

going right through the pandemic, working from home when impractical to be at the clubhouse but still keeping us on even keel and signing new members despite being closed. Contact the office on info@girtongolf.co.uk or office@girtongolf.co.uk if you are interested in joining our friendly members-owned club (junior or student membership is a great birthday present)

Word has it that possibly, and no more than that, possibly golf and tennis could open up again before the end of March. Well that is something to wish for and maybe next month I will have a more positive report to write.

Alan Henderson-Smith

Tel: 01223 276169 www.girtongolf.co.uk



Girton Netball Club

A quiet month for the netball team, with no resumption of play. We spent some time reflecting on our trip to The Copperbox in London last January to see England play in the Netball World Cup. England went out to Jamaica on that day,

but we saw some great netball and celebrated afterwards with a Mexican meal at Wahaca. A lot has changed since then, but some great memories to share and I hope we'll be back living the netball dream before too long.



*Members of
Girton Netball
Team at The
Copperbox,
London (Jan 2020)*

For more on Girton netball, email girton.village.netball@gmail.com or find us on Facebook: Girton Netball Club.

Emma-Louise Longden



Girton Tennis Club

Due to ongoing Covid restrictions our tennis club AGM will be held on Wednesday 10th March from 7.00pm using Zoom online. If you read this before

then and want to raise any issues – or maybe join our committee – please email the club (see email address at the end) or contact me (a42franklin@gmail.com). The minutes from last year are on our website and the new ones will be published there during March.

We are looking forward to being able to play tennis again and early indications are that we may be able to re-open the Girton courts again sometime in March.

If you are a current member, please check our website for details of when bookings are available again. Our membership year starts at the beginning of April so we are hoping that court access will be available again well before we start taking membership applications.

Looking ahead to the summer, we have decided to enter two teams for the local LTA competition - one mixed team and one 'men only' team. If you are planning to join our club and enjoy playing friendly matches, please indicate this on your membership application form.

In more normal times our tennis club has use of the recreation ground courts and members who purchase a key 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.

On Christmas day I walked to Girton recreation ground with my grandson and he was fascinated by the sight of some of our keener members still playing tennis. He was very keen to get onto the courts and pick up a ball – a feeling that many of us now share! I include a picture opposite and wish you all lots of pleasant outdoor exercise in our warmer spring weather.



Details about our activities can be found on our website www.girtontennisclub.uk or by contacting our Membership Secretary Kevin Keeves on 276660 by email info@girtontennisclub.uk.

Alan Franklin



Girton Colts Football Club

Well done to all our players who are keeping fit and practising their technique. I know it's difficult, but all this work will pay off once we are allowed to play again.

In April we shall be looking forward to continuing to grow our Under 6 and Under 5 teams as well as scouting out anyone who would like to referee matches on Saturday mornings. If you are interested, please contact info@girtoncolts.co.uk

Keep safe everyone and we'll be back to football soon.

Andrew Hawkes, Chairman
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News from Girton Co-op

Hi all, this is Sadaf Safian, Girton Co-op Member Pioneer. My role is to work for our community.

With the COVID-19 vaccinations being rolled out, there seems to be some light at the end of this very long tunnel!

During the Christmas period, we did a little Act of Kindness by donating mince pies and chocolates to more than 40 individuals/groups who have gone above and beyond to help others, keeping the community connected and those who have been struggling on their own. We hope we added a little spark to your Christmas.

On the 5th of February we had an online event called Time to Talk. It's an event by MIND charity that occurs every year where we ask members of the community to come forward and talk about mental health. There are many out there suffering from mental health problems and are afraid to talk about simply due to the stigmas attached to it. Sometimes they may be afraid of being judged or misunderstood. The stigmas are there simply because of lack of awareness and education. Through this online chat, the members of the community discussed stigmas around it and why it is important to talk. A small conversation about mental health has the power to make a big difference. Lockdown has affected everyone, and it's become ever more important to talk and share. Through this chat we want to let people know that they are not alone. This event will happen next year around same time (February). I will be organising one (in the community hall or virtually) and will share details of the event nearer the time. If you wish to find out more about this please visit www.time-to-change.org.uk. I would like say a big "Thank you," to Girton Parish, Arlington Manor, AgeUkCAP and all others who joined. This wouldn't be possible without your support. A very special thanks for Juliet Adloun, an Adult Mental Health First Aid instructor who joined the talk and gave valuable insight. She also has a Facebook page at [ListeningLantern.julietadloun](https://www.facebook.com/ListeningLantern.julietadloun) (Listening Lantern Mental Health Training).

We at the Coop are celebrating Fairtrade fortnight from the 22nd of February till the 7th of March at the store, schools and nurseries in Girton. This year the topic is Climate Change and our Food Supply. If you wish to read further, please visit www.fairtrade.org.uk.

The upcoming events are:

• **Good Egg award.** Do you know someone who has been a particularly good egg during this difficult time ? If so please nominate them for a chance to win a little surprise this Easter. The nominees must be a Girton resident. three nominees will win a Co-op Fairtrade Easter egg. Please send in your nominations by 5th April 2021. My details are given opposite.

• **Drawing Competition.** Calling all little artists! Draw, paint or knit anything that describes Spring for you. The top three winners will win a Coop goody hamper. Please email me your child's entry by the 11th of April 2021.

Thank you to all the Co-op members who have been supporting local causes (FOGG, Girton Colts FC and BEFA) through their membership card. If you wish to become a Co-op member please visit and register at www.coop.co.uk/membership. The Coop app has made it very easy to choose your local cause, see how much you have earned and take advantage of two weekly offers. Download the Coop app today.

#CommunityMatters Community is at the heart of what we do. Please let me know what is happening in the local area and how can I support you. Till then, take good care of yourself.

Thank you.

Sadaf Safian
sadaf.safian@coop.co.uk 07816 098778
Twitter @Sadafsafian

Love is in the Care

Care workers at Arlington Manor Care Home in Girton, Cambridge, shared the love this Valentine's Day by giving out personalised gifts to residents to show how much they care.

Team members at the home gifted residents a beautiful, personalised bag with a balloon attached, which included sweets, body spray, and a glass coaster featuring a picture that their loved ones had chosen and a message they had written.



Lifestyles Co-ordinator at Arlington Manor Care Home, Emily, with gifts for the residents

The gift bags were distributed by the care team to residents at the award-winning residential and dementia home as an acknowledgement of how much they mean to them this Valentine's Day and a celebration of how much they care.

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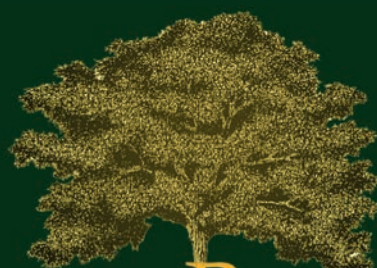
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I wrote for the January GPN how difficult it was, in the bleak, wet and stormy days of early winter, to recapture and believe in the baking dry days of last summer. Now, writing on 14th February, it seems implausible that by the time you read this, we shall be close to getting underway with a new season's horticultural operations. The site is only just beginning to recover from the rains of late January/early February. Treading on the main track, water oozed up over one's shoes; vehicles had to be kept off the track and channels dug across it to take water from plots. The picture below shows a flooded plot. I imagine that plot-holder became tired of being asked whether he planned to grow basmati or Arborio rice. The same member's soil became so liquefied that he sank in to the top of his welly. And this last week has been bitterly cold with patches of unmelted snow, and ice sheets on lying water. A very few tough members appear, doing the few tasks that are possible. But the site has been largely unpopulated. I have been on Lake District Fells in blizzards and white-outs, but I chose to engage with the allotment through my windows.



The paddy field

However hard to feel it at present, the weather cycle will turn, and the land will repair itself. We'll be out there again, ploughing the fields and scattering (well, on smaller scale) for our kitchens and for the benefit of the environment.

One task that has been done is coppicing of the hazel 'forest'. Because of distancing, there weren't the usual teams, but individuals or pairs. Coppicing is the cutting down of recent years' tree growth to almost ground level. This encourages vigorous new growth and the cut branches provide supports such as bean poles.

Coppicing in progress



A little vegetable story: Jerusalem artichokes are easily grown. They are a tuberous root vegetable; the tuber can be roasted, made into excellent soup, or eaten raw in salads. It is a member of the sunflower family and can produce small sunflower-like heads on top of tall stems. It was one of the first crops I ever planted. However, I soon desisted! (Not easy to get rid of them ... just leave a tuber or two in the ground and ...) Their trouble (to use a Google phrase) is that they have gaseous properties. Placing the 6th letter of the alphabet at the front of their name will explain what I mean. Therefore, I was amused to see a basketful of the tubers placed at one of the gates, with the implied invitation 'help yourself'. So far, no takers! I guess their reputation goes ahead of them. Scientists, can you do some genetic modification?

In late January, as I crossed the site, I heard a commotion up above and was thrilled to see a red kite. It was being mobbed by a gang of crows. In my early days of living near the allotment, I used to see, every winter, small flocks of fieldfares and the occasional redwing. The former is a very handsome large thrush-like bird; the latter a blackbird-size bird with a red flash under its wing and a cream eyestripe. They travel south from Scandinavia to milder climes. I would be interested to hear if anyone has spotted these birds on the allotment recently. I haven't and I miss them.

A note for those who knew Tanya Murrell through allotment connections. Tanya died suddenly in January. Her husband Philip took a plot 20 years ago. We all admired his precision, success and his dedication, most nights working well into dusk. Philip died some years ago, but Tanya, loyal to Philip's love of his allotment, kept on the tenancy and tried to cultivate it, including flowers for cutting and sale in aid of charities. Throughout the season Tanya was there, on hands and knees, working away. It became too much and she gave up the struggle after two or three years. But she maintained her interest in the allotment, chatting about it on the No.6 bus. She often complimented me for my GPN article ... encouraging, if undeserved. This article doesn't do obituaries, but I thought a mention of Tanya exemplifies the communal bonding which the allotments bring about.

Graham Jones, Girton Allotment Society



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Singing Together

For those of us of a certain vintage, the subject title of this piece may bring back memories of school days in the 1950s listening to the radio (known as the wireless back then) on a Monday morning and hearing the voice of William Appleby greeting us briskly with 'Hello, Schools! Page 3!' and we had half an hour of singing traditional songs from the British Isles, plus one or two from foreign climes. I really enjoyed those sessions, which have stood me in good stead for a long time.



Not all of the people in this screen shot would remember William Appleby, but we all share a love of singing. Some of Community Choir have been keeping in touch during this period of Lockdown. Not only do we like the musical sound we make, but we also enjoy one another's company. We tried singing in the Autumn, maintaining Social Distance and wearing masks, which was successful up to a point, but not entirely satisfying — especially as the weather got colder and, in some cases, wetter! As Lockdown has continued, we have had a couple of Zoom sessions, just to keep in touch with one another. As far as I can remember, no-one has had any startling news to report. We intend to keep in touch with one another, via Zoom until such a time as we can get together in person, and blend our voices in a more natural way.

I have reiterated the benefits of singing in past issues — the release of endorphins which aid the feeling of wellbeing is just one, but perhaps the best is the feeling of friendship and support we all get from being part of a group such as this. Come and join us in the summer?

Jane Williams

Chris Wilson's Lawn Tips

As I write this, the ground outside is frozen solid and temperatures are not conducive to outdoor work. However, by the time you read this, it will be better — we hope! So, when did you last mow your lawn?

Hopefully the answer is not October or November. People, however proud of their lawns, frequently overlook winter care. If you have neglected your sward, do not delay, a cut is needed pronto. But in what state is your mower?

If your machine is not working, get it sorted, as time is of the essence. You are probably not the only one! A working machine will still need a service, especially the blades. On a rotary machine, remove and sharpen the blade. For a cylinder mower, ensure the bottom blade

CLUB 55 Thank you

Thank you to those of you who have submitted your stories for inclusion in our project to relieve some of the loneliness and boredom during the Coronavirus lockdowns. We have received quite a few entries already but as I write this article there are another two weeks to go before the closing date for submissions to the project is reached.

We have a lot of work to do to prepare the stories for publication. They will be edited before we publish them and hopefully by the time your next Girton Parish News (the April edition) is delivered we shall have some definite news about how and when the stories will appear.

Although we have been busy with our project we have little else to report. Our weekly Zoom meetings continue to take place every Monday morning at 10 o'clock and you are welcome to drop in and chat with us if you wish. Use the link below to join us on Zoom for our 40 minute chat. <https://us04web.zoom.us/j/2189337550?pwd=bXNYK0k0cDFzOEExmcXNkNCswKzFhZz09> or use the i/d number 2189337550 with case sensitive password 0HmM3E .

Sam Clift

Tel: 07850740721 or email samclift@ntlworld.com

Announcement from Girton Garden Society

We are sorry to announce that Girton Garden Society won't be meeting until the Autumn, starting again Wednesday the 13th of October. Sadly, it won't be safe to run the May Plant Sale in person this year, but look forward to a bumper event next year. Unfortunately, our garden outings by coach aren't going to be possible this summer either.

The Girton Garden Society Committee

and cylinder are close enough for clean cutting. If unsure, get help from a friend, neighbour or professional.

A lawn left unattended all winter will need multiple cuts to catch up. Choose dry windy days if possible and do not go too low too soon — the mower will not cope. Two or three cuts and things will look better.

I am often asked about height of cut. So here is a quick guide. The slower the grass grows, the higher the cut. Out of winter into spring bring the height down gradually to your preferred length for summer. So in autumn reverse the process to a winter height but keep cutting if it keeps growing.

Happy lawn keeping!

Chris Wilson

Community Warden Scheme – More important than ever

Girton's Community Warden Scheme is highly valued by the older residents in our Village and never more so than during the recent lockdowns when families have been unable to visit their elderly relatives. Sarah Thomson, Service Manager at Age UK which operates the Scheme on behalf of Girton Town Charity, tells of one such example.

Family referral

Sarah says: "We received a referral from a worried son, who lives in Canada, asking if we could support his parents. Both are in their mid-80's, one with significant cognitive issues presenting as a form of dementia and the other with deteriorating health needs.

"With no family members in the UK and following a serious fall which resulted in a hospital stay, the son contacted Age UK and after discussion, his parents were able to join the Scheme and receive the support they needed with daily contact, shopping and well-being checks.

"The son is extremely grateful to receive regular updates provided by the Community Warden and can see a positive change in his parents who are much more relaxed. He sent a thank you card as a mark of his appreciation."

Supporting residents

Lockdowns over the last year have meant our Community Warden, Fiona, has adapted the way she looks after residents, with no indoor home visits unless essential and support provided via doorstep deliveries. Not surprisingly the lockdowns have seen many users of the Scheme feel extremely isolated and anxious, especially second and third time around.

Sarah continues: "Some were just beginning to regain confidence in accessing the community and now have to remain at home again – and of course the time of year results in very long days for everyone.

"Fiona remains a consistent contact, ensuring everyone knows they aren't alone, offering reassurance and sharing ways to keep entertained. At present we are supporting 15 service users in Girton, a significant number of whom have a diagnosis of dementia and are finding everyday a struggle.



*Girton
Community
Warden Fiona
delivers gifts
to residents,
Margaret Flatt,
Betty Davison
and Colin Kolbert.*



Seasonal cheer

"At Christmas we decided to bring some cheer to those on the Scheme and so used so our legacy fund to buy them a gift.

"Everyone was given the opportunity to ask for something they would like. It was a pleasure to see the joy on their faces when these were delivered...some even just asked for a surprise. Also in the Christmas week, in partnership with South Cambridgeshire District Council, the Warden and Older Residents' Coordinator helped to deliver a free Christmas meal to all our older people."

To contact Fiona telephone 07967 827843 or call the GTC office on 01223 276008.

New Ideas Help older residents in lockdown

Lockdowns over the last year have been challenging for all members of our community, particularly the older residents in our Village – but Girton’s Older Residents’ Coordinator Patricia has been finding new ways to help them get through these difficult days.

Help available

Patricia says: “In October, I met with Michael Bigg, our Rector, to talk about local resources and needs and also went to see some of the newer residents in Abbeyfield to tell them about help available.



“I also attended several webinars over the Autumn including a month-long series held by Oxford Brookes University on the theme of Healthy Ageing which emphasized the vital importance of exercise for all older people, irrespective of their physical condition. Other courses, held over a number of weeks, included Covid-19 Psychological First Aid and one on Understanding Anxiety, Depression and CBT.

New projects

In December Patricia was involved with organizing and delivering Christmas meals, part of the programme run by South Cambridgeshire District Council and cooked by C3 Church in Cambridge.

On 23rd December Susie Cumming and Patricia delivered the meals in heavy rain and when Patricia returned home, she had messages saying that the heating instructions were missing! But Patricia saved the day and by lunchtime on Christmas Eve, had delivered hard copies to those without computers.

Patricia concludes: “I continue to attend the fortnightly Girton Covid Response Team meetings and also liaise with Fiona, the Girton Community Warden, on a regular basis. I’d like to thank everyone for their support over the last few months including the GTC Administrators Gilly and Rachel.”

To contact Patricia telephone 07469 660866

Educational Grants 2021

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.

Next payment date for grant applications received will be July 2021.

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 and addressed to any of the Trustees below:

Ann Bonnett (Chair)	t: 276354
Marc Bermann	t: 277319
Dan Buck	t: 07775 839703
Colin Carr	t: 276312
Dr Robin Hiley	t: 277296
Patsy Smith	t: 07503 282199

GTC office:

22 High Street, Girton, Cambridge CB3 0PU.
Open 10.00am–2.00pm Monday–Friday.

01223 276008

email: gtc@girtontowncharity.org.uk

www.girtontowncharity.org.uk

Girton Town Charity Registered Charity No: 1130272

News for older residents

Tai Chi

George Thorpe's Tai Chi classes are continuing on Zoom each Thursday morning from 11 to 12. You can choose whether to have your video camera on or off for these sessions, so shyness is not a valid excuse! For log in details contact George by emailing geoviv.2@ntlworld.com.

Census Day 2021

This is on Sunday 21st March for those in England and Wales and is a digital-first census, which means people are being encouraged to respond online. Let me know if you need any help with completing the questionnaire, either online or on paper. The website is www.census.gov.uk and the information derived will serve to shape our community for the years to come.

Walking Together

I welcome suggestions and ideas, and have recently been given one which has possibly been prompted by so many of us out walking for these days. Would you like to have another walking companion as the days lengthen, the weather improves and (all being well) our restrictions lessen? This could be a good way of getting to know more people, a wider selection of people and hopefully a wider age group of people. There are lots of possibilities, alongside the benefits of fresh air, exercise and stimulating conversations.

If this appeals to you, please get in touch and I will do what I can to facilitate more walking with different people.

And

I have annual leave to take this month, and have decided to reduce my weekly hours rather than taking a period of time off. However, I will continue to check my emails and phone regularly, but you may have to wait a little longer for my response.

Having just checked my diary, I discover that Easter is in early April this year. So, Happy Easter everyone!

Patricia Johnston, Older Residents' Coordinator
Tel: 07469 660 866
Email: patricia.johnston@ageukcap.org.uk

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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 on page 30 in this magazine.



1	1	2	3	2				4	5	6	7	8
9		1		10	4	9	11	5		12		1
13	9	7	1	5		14		15	5	4	13	5
5		16		4	7	14	1	5		9		11
4	5	5	17	18		2		19	9	4	20	5
	21		9		10	1	18		22		5	
8	12	23	23	1	5		5	15	22	9	17	5
	7		5		24	2	24		12		8	
20	10	7	15	5		15		8	4	5	5	24
25		15		4	5	8	2	1		26		25
4	2	17	2	4		1		9	13	2	4	18
12		5		9	10	5	4	2		1		3
11	9	26	5	4				24	7	24	1	5

CLUES

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

WORDSEARCH – Comic Operas!

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

B	O	X	E	R	O	F	A	N	I	P	O	G
E	M	E	R	A	L	D	E	K	U	E	O	R
A	C	R	T	V	I	C	A	R	N	N	Z	A
U	P	E	E	R	K	T	C	G	D	Z	I	N
T	A	R	N	L	I	R	L	O	J	A	R	D
Y	T	E	A	E	S	A	L	B	X	N	E	D
D	I	C	J	S	N	I	L	M	W	C	P	U
E	E	R	K	D	E	O	D	Y	O	E	A	K
T	N	O	Z	R	A	T	T	D	R	J	I	E
I	C	S	S	O	N	U	A	S	U	R	P	Y
M	E	N	A	S	N	K	I	R	Y	E	O	A
I	O	D	X	E	I	A	Y	P	I	A	T	R
L	I	R	E	M	E	R	R	I	E	P	U	B

ANNIE	JURY	ROSE
BEAUTY	LIMITED	SORCERER
BOX	MEN	STONE
BRAY	MERRIE	TRIAL
COX	MIKADO	UTOPIA
DUKE	NECKLACE	VICAR
EMERALD	PATIENCE	YEO
ENGLAND	PEER	ZOO
GONDOLIERS	PENZANCE	
GRAND	PERI	
IDA	PERSIA	
ISLE	PINAFORE	
JANE	PIRATES	



The Awakened Heart

Already, the snowdrops have pushed through the cold soil, crisp and white with little nodding heads, beckoning to the crocus and daffodil bulbs to follow suit. The small wild visitors to our gardens are busy speculating over territory and marking safe places to nurture their young ones. Working with the instincts of procreation, they proceed as if all is well with the world, and thus convey a sense of renewed hope and motivation after the trials of darker times. Better days lie ahead.

*Say not the struggle naught availeth,
The labour and the wounds are vain,
The enemy faints not nor faileth
And as things have been, they remain.*

*For while the tired waves, vainly breaking
Seem here no painful inch to gain.
Far back, through creeks and inlets making
Comes silent, flooding in, the main.*

— A. Clough

As in the time of conflict and despair, the poem is a rallying cry to the downcast to look beyond the ruin and loss, to the in-flooding tide of renewed energy and resolve. Look and see, the land is bright. We are coming through.

There is a lovely phrase in ch.5 of the Song of Songs, uttered by the Shulamite maiden. “I sleep but my heart is awake.” She is apart from her Beloved, the one to whom her heart belongs. In weariness she has settled into the repose of night-time and failed to respond to his returning call. Then, desperately longing for his presence and full of remorse at her dilatory response, she goes out seeking him in the darkened streets and will not be satisfied until they are reunited. Even in bodily rest, her heart has been alert, her emotions tuned, her love constant and true.

During the seemingly endless months of lockdown our churches across the land have resorted to many commendable methods of communication and outreach. Yet it is inevitable that the lulling comfort of remote and journeyless worship can send us into a state of lethargy and erode our commitment to assembly. Do we still hear the reassuring beat of the heart that loves, and are the feet and hands still ready to participate in fresh opportunities in the work of the Kingdom of God?

We may consider another application of “I sleep but my heart is awake, (or awakens)”. Many families across our nation are mourning the loss of loved ones whose untimely departure has left aching voids in daily life. For those of faith who believe that their loved one has “fallen asleep in Jesus”, there comes a deeply comforting message in Scripture, that their future reunion will be joyful beyond description. The body may have settled into its final repose, but the heart awakens to life more abundant, free from the encroaching fears and struggles of the earth-bound existence and in a place of no more tears.

*There is a land where shadows never deepen
And sunset glories fade not into night-time
Where weary hearts shall win the boon of
endless blessing
And faith is lost in sight.*

*A land where sad farewells are never spoken
Where every loss of life is richest gain
Where stumbling feet at last shall find a haven
And hearts have no more pain.*

*A land where those who sigh for long-lost
faces
The loved of life whose going brought us pain
Shall find them in the brightness of the
Father's glory
Where we shall meet again.*

Iris Niven

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

Our services are currently being streamed online. You may tune in at bit.ly/GirtonParishLive.

The situation of being able to hold services live is constantly under review by the PCC, under the guidance of the Diocese. Please check the church noticeboard and website for up-to-date information about the services and any Internet links.
(www.girton.church)

The church is now open daily for private prayer and meditation. Please observe all sensible hygiene precautions of social distancing. There is also hand sanitiser available. Also, please mark where you have been sitting using the signs available, to assist those keeping the church clean.

The Taizé service is being held remotely using Zoom, usually on the first Sunday of each month. Anyone is welcome. Please email Kay Barrett at singing.kay@gmail.com and she will send the link for you to join in. If there are any problems, please do contact us via the website.

A Prayer for Scientists

O Holy Wisdom of our God, enlighten all men of science who search out the secrets of your creation, that their humility before nature may be matched by reverence towards you. Save us from misusing their labours, that the forces they set free may enrich the life of humanity, and that your name may be hallowed both in the search for truth and in the use of power; through Jesus Christ our Lord. Amen

— From BBC's New Every Morning
Dugald Wilson



Minister: Revd Nick Lowe
Tel: 279289

Secretary: Mrs Virginia Rootham-Smith
Tel: 520442

Website: www.girtonbaptistchurch.org.uk

Sunday Morning Worship Services, 10.30am

All services will be on Zoom for the time being. All are welcome. For the link for Zoom please ring 07751 748757 or email pastor@girtonbaptistchurch.org.uk

A Bible verse to encourage us to trust in God

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

(Philippians 4:6-7)

Some words from a hymn:

*All your anxiety, all your care,
Bring to the mercy seat, leave it there,
Never a burden He cannot bear,
Never a friend like Jesus!*

*No other friend so swift to help you,
No other friend so quick to hear,
No other place to leave your burden,
No other one to hear your prayer.*

A prayer for those suffering anxiety:

Dear God, I come before You to lay my panic and anxiety at Your feet. When I'm crushed by my fears and worries, remind me of Your power and Your grace. Fill me with Your peace as I trust in You and You alone. I know I can't beat this on my own, but I also know that I have You, Lord, and You have already paid the ultimate price to carry my burdens. For this I thank you, Amen.

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

Chairman

Haydn Williams, 40 Church Lane, Tel: 474667
chairman@girton-cambs.org.uk

Vice-Chairman

Gill Cockley, 73 Cambridge Road, Tel: 276703

Councillors

Jane Buckler, 28 Girton Road, Tel: 277636
Julie Dashwood, 36 High Street, Tel: 276590
Douglas de Lacey, 9 Woodlands Park, Tel: 565219
Val Godby, 38 Woodlands Park, Tel: 276372
Andy Griffin, 1 Churchfield Court, Tel: 07956 447674
Roger Hickford, Manor Farm, Manor Farm Road,
Tel: 07985 770082
Anne Kettle, 11 Redgate Road, Tel: 277505
Shahila Mitchell, 18 Northfield, Tel: 07519 265755
John Thorrold, 53 Cambridge Road, Tel: 276760
Mary Rodger, 11 Fairway, Tel: 277316

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

District Councillors

Tom Bygott, Tel: 232966
cllr@bygott.net
Douglas de Lacey, Tel: 565219
scdc@de-lacey.org

County Councillor

Lynda Harford, Tel: 01954 251775/07889 131022
lyndaharford@icloud.com

Parish Clerk and Acting Finance Officer

Susie Cumming, Tel: 472181
clerk@girton-cambs.org.uk

Assistant to the Parish Clerk

Laura Lawrence, Tel: 472182
admin@girton-cambs.org.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

Rubbish Collection

People in Cambridge and South Cambridgeshire are being asked to make sure disposable face coverings and masks are put in their black wheelie bins at home, to help control the spread of Coronavirus.

The Greater Cambridge Shared Waste Service has already seen disposable PPE such as face coverings, masks and gloves in the blue recycling bins, despite none of these items being recyclable. With a rise in use expected over the coming weeks, waste bosses are urging people to keep caring by disposing of the items correctly, which will help ensure recycling is not contaminated, and control the spread of the virus.

Bin collections March

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

MOBILE LIBRARY

Thursday 25 March 2021

Thornton Court	09.40 – 10.00
Abbeyfield	10.05 – 10.50
St Vincent's Close	10.55 – 11.30
Orchard Close	11.35 – 12.00
Gretton Court	12.05 – 12.40
Churchfield Court	12.45 – 13.30

Contact numbers for bookings

Cotton Hall	07759 983420
Orchard Close	01223 277164
Pavilion	01223 472182
St Vincent's Close	01223 276447
William Collyn Centre	01353 865029



Answers to this month's
CODEWORDS puzzle (p.27).

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

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