

# CAMPS REVIEW



Photo: Micheal Wilde on Felix at the Vintage Tractor Working Day. Taken by Ali.

# Castle Camps Clubs & Amenities

## Children's Activities

|                     |                                                       |
|---------------------|-------------------------------------------------------|
| Brownies Horseheath | 01223 891086                                          |
| CATS (Village Hall) | 01440 762290 – Trevor Bishop                          |
| Toddler Group (VH)  | 01799 584785 – 9.15-11.15 Wednesdays (term time only) |
| Youth Club (VH)     | 01799 584379 – Fridays 7-9pm (term time only)         |

## Recreational Clubs

|                    |                                                            |
|--------------------|------------------------------------------------------------|
| Bowls Club Apr-Nov | 01799584523 / 07444 232911 – Peter Cottage                 |
| Carpet Bowls (VH)  | 01799 584694 – Wednesdays 7.30pm                           |
| Gun Club           | 01799 584217                                               |
| Yoga (VH)          | 01799 584890 – Caroline Daunt                              |
| Art Club (VH)      | 01440 730035 – Sue Moss (alternate Thursdays 10.30-1.00pm) |
| Good Companions    | (VH,50+) 01799 584016 – Maureen McKenna                    |

## Village Amenities

|                             |                                                                                          |
|-----------------------------|------------------------------------------------------------------------------------------|
| The Oak                     | 01799 584207                                                                             |
| Mobile Library              | 2 <sup>nd</sup> Tuesday of the month<br>11.25-11.40 Camps End, 12.15-12.50 Claydon Close |
| Mobile Post Office          | Thursdays 11.00-12.00 Outside the Village Hall                                           |
| Hanchett Toys               | 01799 584979                                                                             |
| Saddlery, Horse & Pet Feeds | 01799 584802                                                                             |
| Castle Camps School         | <a href="http://www.castlecampsschool.co.uk">www.castlecampsschool.co.uk</a>             |
| Three Counties Mobility     | 01223 756440                                                                             |

## Useful Contacts

|                                    |                                                                                        |
|------------------------------------|----------------------------------------------------------------------------------------|
| Oil Syndicate                      | 01799 584527                                                                           |
| Parish Council (VH)                | 01799 584428 – 8pm 2nd Thursday (every other month)                                    |
| Mel Laing, Parish Clerk            | 01799 584428 / <a href="mailto:castlecampspc@gmail.com">castlecampspc@gmail.com</a>    |
| Parish Maintenance Volunteer Group | <a href="mailto:jjcdbiggs@aol.com">jjcdbiggs@aol.com</a> – John Biggs                  |
| Linton Health Clinic               | 01223 892555                                                                           |
| Non Emergency                      | 101                                                                                    |
| Village Hall enquiries             | 01799 584596                                                                           |
| C of E (Churchwarden)              | 01799 584012                                                                           |
| URC (Secretary)                    | 01223 892214                                                                           |
| Castle Camps Website               | <a href="http://www.castlecamps.org.uk">www.castlecamps.org.uk</a> (VH = Village Hall) |

## Shudy Camps

Shudy Camps Parish Council – For information, see website [www.shudycamps.org.uk](http://www.shudycamps.org.uk)  
 Parish Clerk: Jackie Dockerill – [clerk@shudycamps.org.uk](mailto:clerk@shudycamps.org.uk) – 07769 558334  
 St Mary's Church, Shudy Camps – Churchwarden: James Manning – 07717 525472

**Cover photo:** Micheal Wilde on Felix at the Vintage Tractor Working Day, 7<sup>th</sup> November 2021. If you would like to feature on a future cover, or would like to nominate someone, please get in touch. You don't need to have done anything, just simply be a member of our community. Any community is about the people in it.

# Dear Readers

Happy New Year! It's odd to be ploughing on into 2022 when in some ways time paused on the doorstep of 2020. However, you can't beat the start of a fresh year even with frosty mornings. It's a beautiful time with spring bulbs shooting through, that strange urge to clean and do DIY, and the days are getting a little lighter.

We hope you all had a wonderful Christmas. Yes, there was that unexpected curve ball just before called Omicron. Didn't see that one coming when life was almost some kind of normal in November. But thankfully it seems to be milder and in general we're being encouraged to live with such times. Don't worry though, if you still need a hand and any more waves roll in, our local Covid teams are still at the end of the phone.

Anyway, it was great to see so many lights and displays up in the villages. You stepped up again which is bound to have brought joy to the little ones especially. Carols on the Green could also be heard across the fields, so good effort!

So it's time to embrace 2022 and all fingers and paws are crossed that it's even better than the last year. Perhaps it's time to join a dance class, get on a dating app, or even dare to book a holiday. In our villages there'll also be hog roasts, a fete and jubilee celebrations to look forward to. Wishing you good health and happiness.

## Article submission

Cindy Smith – [cindycamps@yahoo.com](mailto:cindycamps@yahoo.com)

Sue Herbert – [sueherbertccpc@gmail.com](mailto:sueherbertccpc@gmail.com)

## Advertisements

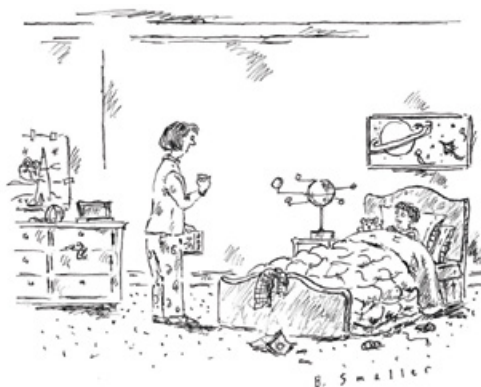
Mel Laing – [castlecampspc@gmail.com](mailto:castlecampspc@gmail.com)

## Design, illustration and editorial

Ali Norden – [info@alisonnorden.com](mailto:info@alisonnorden.com)



*"At least we don't have to buy new bats."*



*"I used to want to be an astronaut, but now I think I'd rather be a billionaire space tourist."*



*"How else would I keep my solar panels in the sun all day?"*

# Advertising

## Art and design

|                                       |              |    |
|---------------------------------------|--------------|----|
| Copy Cats [Design and print]          | 01799 522145 | 52 |
| The Rosewood Studio [Picture framing] | 01799 584028 | 31 |

## Building and maintenance

|                                   |               |    |
|-----------------------------------|---------------|----|
| Alexander Talbot [Tree surgeon]   | 01440 842178  | 23 |
| ATandC Exterior Cleaning          | 0800 193 1282 | 37 |
| Ben Bidwell [Painter & decorator] | 01440 785706  | 19 |
| Clive Germany [Builder]           | 07932 624367  | 45 |
| Laing Building Services           | 01799 584428  | 07 |
| R.J.G Tree Services               | 07845 606485  | 07 |
| Suffolk Oil Solutions             | 01440 820267  | 43 |
| Walden Sweeps                     | 01799 599981  | 35 |

## Computing

|                                       |              |    |
|---------------------------------------|--------------|----|
| Camputer Services [Technical support] | 07919 444666 | 21 |
|---------------------------------------|--------------|----|

## Health and well-being

|                                     |              |    |
|-------------------------------------|--------------|----|
| Caring Hands [At-home care]         | 07868 937733 | 15 |
| Louise Bidwell [Mobile hairdresser] | 07919 185306 | 11 |
| Side by Side [At-home care]         | 07519 846316 | 17 |
| Wild at Heart Yoga                  | 07980 593427 | 11 |
| Yoga Classes with Mindfulness       | 01799 584890 | 13 |

## Home improvements

|                                      |              |    |
|--------------------------------------|--------------|----|
| Alun Design Consultancy [Architects] | 01799 540600 | 39 |
| Capri Blinds                         | 01223 894020 | 11 |

## Advert sizes and prices

**Quarter page landscape**  
(128 x 45mm) £30

**Quarter page portrait**  
(62 x 93mm) £30

**Half page landscape**  
(128 x 93mm) £48

**Full page**  
(128 x 190mm) £84

All adverts will be printed black and white.

Prices shown are for a full year of 4 issues including payment terms etc.

**Deadline for articles and copy for next issue:**  
1<sup>st</sup> April 2022.

## Advert artwork specifications

- PDF or JPEG format
- Please try and include good quality images and supply the ad at the correct size.
- If you wish to place an advert in the next issue please contact Mel Laing (Parish Clerk) on 01799 584428 or [castlecampspc@gmail.com](mailto:castlecampspc@gmail.com) for more details.

**Advertise  
your  
business  
here**





## News from Castle Camps Parish Council



Christmas at Goodwoods Farm, Nosterfield End

Thanks to everyone who raised the spirit of Christmas in the community by lighting and decorating their properties. The tree on the village green looked fantastic and was sponsored by Acorn Garage and Jaggard & Son.

Carols on the green was well attended and the rain held off for Santa to make a visit. Thank you to everyone who helped on the night.

The ditch on the recreation ground has been cleared with the help of a hired digger and a volunteer from the Tidy Group. The Group also spent a morning clearing up leaves around the village green area. Bark chippings have been put down by Mr. B. Cutter on some of the footpaths. Thanks to those who help out. Anything you can do to keep the village looking good is very welcome.

The Parish Council are in discussion with the Governors of the school on the problems of parking around the school at drop-off and pick-up times. If you live in the village, please try to walk.

We are also in discussion with South Cambridgeshire County Council concerning the safety of the footpath to the church and the noise of the pump at the lake.



The Parish Council wish to receive your ideas for commemorating the Queen's Platinum Jubilee. Please email [sueherbertccpc@gmail.com](mailto:sueherbertccpc@gmail.com)



# News from Shudy Camps Parish Council

Winter is well and truly upon us and we are enjoying our first Christmas in Camps. There are some fabulous festive lights and trees in both Shudy Camps, Castle Camps and not forgetting Camps End, great to see when out in the villages but on a personal note we must try harder in 2022.

The annual Christmas concert was held at St Mary's Church in December and it was reported to be a wonderful evening with great music and readings accompanied by mulled wine, mince pies and savouries, putting people in the Christmas spirit.

Updates from my previous report; the BT fibre project was unsuccessful despite the hard work of the parish councillors, a sufficient number of signatures was not met.

We are waiting to see what future offers will come forward. Gigabit is the project which is rumoured to follow on but more definite details are yet to be published.

The trees which were received in 2020 were relocated after an appeal to local residents. The two trees which were relocated were the Copper Beeches. They are next to the property Park Lodge, New Road and adjacent to the public footpath, so everyone can still enjoy them and watch them grow.

We are still working on the speed camera replacement. The parish council have applied for a LHI grant (local highway improvement) and we are just confirming the finer details with the council. Then we will have to wait to see if we are successful, which will be around mid 2022.

In the meantime, the parish council have also been researching the cameras which

are on the market to see which one fits our requirements best, also looking at examples of the cameras in action at Balsham and Horseheath.

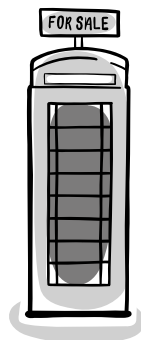
We are also still planning the sale of the Nosterfield End telephone box to help finance the purchase of the speed camera, as even if we are successful with the LHI grant, the parish council will also have to contribute to the purchase.

The combined parish meetings have now resumed, the first meeting being held in Balsham on 30<sup>th</sup> November – our chair Anita Kiddy attended. The planning officer from the Council was present and local planning issues were discussed. The date of the next one is to be confirmed and this will be attended by a representative from Highways.

Following the decision by SCDC on the Greater Cambridgeshire Planning, the public consultation opened in November 21 and the parish council submitted their support on the decision for no developments in the local area.

On a more negative note, future meetings may be disrupted by the Covid restrictions and the spread of the Omicron variant. We may need to revert back to Zoom meetings, although the big push for boosters should hopefully stop any increase in restrictions. In light of the ramp-up of the booster programme, the local council have appealed for volunteers if they have time to spare.

**Jackie Dockerill**  
*Shudy Camps Parish Clerk*





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# SCHOOL KEEP CLEAR

**No waiting.  
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No excuse.**

Don't put our children's lives at risk! Yellow lines are there for a reason! Please park in a safe and legal manner.

.....

The Parish Council and the School Governors are worried about the safety of children as they are dropped off at the school. Whilst there is parking on Bartlow Road and Park Lane plus a facility to park at the Village Hall car park, parents and carers continue to park illegally on the double yellow and zigzag lines outside of the school. This of course is illegal and liable to prosecution. It is known that some culprits are from outside of the village but we in the parish must do our best to influence others and set an example. We ask any parents from within the village to use the correct and appropriate parking facilities or ideally walk their children to school. Unless we see an improvement in the situation we must take further action before there is an accident.



**Castle Camps  
Parish Council**



# ***SUPERFAST FIBRE OPTIC BROADBAND***

If you haven't  
already registered your  
interest in having the Superfast  
broadband, please do so **NOW!**

We are expecting to make an application for  
this service to be introduced to the community  
in April, but we do need a minimum number  
of people to show an interest.

All we need is for you to register  
interest (there's no cost) with  
the Parish Clerk at  
[castlecampspc@gmail.com](mailto:castlecampspc@gmail.com)



**Castle Camps  
Parish Council**



# County & District Councillor's Report

## Covid Booster vaccinations

There are several walk-in clinics around the county where booster jabs can be had, on the day. Warning though, queues have been notoriously long so far, so expect a wait. Details here – <https://www.thevaccinators.co.uk/>

## Innovate & Cultivate Fund

The Innovate & Cultivate Fund, offered by the County Council, is open for another round of funding. Full criteria and applications can be found here – <https://www.cambridgeshire.gov.uk/council/communities-localism/innovate-and-cultivate-fund> – but the essence of the fund is to fund schemes that take the pressure off the County Council by funding services that they have a responsibility to provide. This current round of bidding closes on 1<sup>st</sup> February.

## Community Chest Fund

Another existing fund that is opening a new round of bidding, with some good news, the amount groups are able to bid for has doubled from £1,000 to £2,000 per group. Full criteria and applications can be found at <https://www.scams.gov.uk/community-safety-and-health/grants/community-chest-grants/>

## Household Support Fund

There is a support fund available from the County Council that is aimed at supporting families with a below average income, through the more difficult winter months. There is a fair amount of money in the pot at the moment and the fund will remain open until March 2022. Eligibility criteria

and application form can be found here – <https://www.cambridgeshire.gov.uk/residents/coronavirus/household-support-fund>

## Flood Risk Management Strategy

The County Council, who in most cases have responsibility for the management of flooding, have published an updated version of their risk management strategy. This can be commented upon until January 23<sup>rd</sup> – <https://consultcambs.uk/engagementhq.com/cambridgeshire-flood-risk-management-strategy> – quite prevalent at the moment, given the amount of heavy rainfall we have had over the last year.



## Sad News

We were extremely saddened to hear the news that Enid Bald, of Linton Parish Council, passed away over the holiday period. She was an excellent, dedicated councillor and a real asset to the village. She leaves a large hole to be filled in the community and our thoughts are with her husband John and their family.

## Contact information

### District Council

**John Batchelor**

[johndbatchelor23@gmail.com](mailto:johndbatchelor23@gmail.com)

### County & District Council

**Henry Batchelor**

[henrybatchelor89@gmail.com](mailto:henrybatchelor89@gmail.com)



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07980 593 427 [hello@wildatheart yoga.co.uk](mailto:hello@wildatheart yoga.co.uk)  
[www.wildatheart yoga.co.uk](http://www.wildatheart yoga.co.uk)



# Camps Village Hall

Nearly two years into the pandemic and now with no obvious end in sight.

Your Hall has survived this far with help from the Government's grant scheme and last year, with no knowledge of the impending Omicron version, we decided to use our enforced closure to rectify and modernise our poor lighting with LED lamps, thankfully funded from a bequest from the estate of the late Mr and Mrs A Chapman. We also had the shabby exterior redecorated, all as reported in the last Review.

With the Hall now looking good and brightly lit we gradually re-opened in September, optimistically looking forward to being, once again, the social centre of our parish. Although some regular activities have returned, with the usual Covid precautions, people are now being cautious due to the Omicron variant, so our current income plus our savings are not going to keep us going for more than a few months or so. Expenses, although reduced, are still draining our cash flow.

***By the time you read this Review, we would have had a committee meeting to discuss our financial situation and work out a way forward.***

We will also be planning our AGM, having cancelled the one for last year. We have vacancies on our committee, so please let me know if you are over 18 and interested in helping your community this way.

For more information about us, just enter our Charity registration number 300375 into the Charity Commission website and review all the available data.

**Terry Chapman**  
***Secretary to the Management***  
***Committee of Trustees***



Camps Bowls Club Dinner Dance, November 2021

## Village Hall hiring rates

**Full day hire for the full hall:**

Castle Campers: £105

Shudy Campers: £126

Non-Camps hirers: £170

**Hourly rates:**

Main hall rates for these above three categories are: £11, £13, and £18 respectively

Small meeting room rates are:  
 £9, £11 and £13 respectively

Please ring Susie on 01799 584596 to book or view, or email [terry.chapmanccpc@gmail.com](mailto:terry.chapmanccpc@gmail.com)

Details can also be viewed online at [www.hallsforhire.org.uk](http://www.hallsforhire.org.uk) and [www.venues4hire.org](http://www.venues4hire.org)



## Castle Camps Tidy Group Volunteers

***I'd like to thank all those that participated in the village tidy up in the last quarter of the year.***

Our tidy group volunteers are a small but enthusiastic group whose interest is in keeping our village a nice place to be.

We cleared the stiles and gates to the footpaths to enhance the enjoyment of those who use them, thus making clearer and easier pathways. We cleaned up the bus shelter roof following the autumn leaf fall and critically cleared the ditches at the recreation ground.

The ditches were full of debris dumped by inconsiderate and uncaring others.

An example of the debris can be seen in the photograph which included garden toys, garden waste, broken building materials including a wheelbarrow and broken garden tools. It wasn't easy to clear and did require the hire of a digger as some material was heavy.

A big thank you again to those who know who they are for their help. We are grateful.

**John Biggs – Parish Council**



## Post Office

The mobile Post Office attends the Village Hall car park every Thursday. It is there between 11.00am and 12 noon. Please support this with your custom.



## Mobile library

A little reminder that the mobile library still comes around our villages on the second Tuesday of every month. For locations and times, see page 50.

## Yoga Classes

with Mindfulness

### ALL WELCOME:

**Students are encouraged to work to their own pace and ability**

### CASTLE CAMPS VILLAGE HALL

TUESDAY: 10-11.30am  
& 7-8.30pm

THURSDAY: 5.45-7.15pm

\*1:1 sessions by private arrangement\*

**Contact Caroline Daunt on  
01799 584890 or 07794882471.  
Email [cardaunt@aol.com](mailto:cardaunt@aol.com)**

British Wheel of Yoga Dip. 2007 & Teaching Mindfulness (CPCAB) 2016





# Neighbourhood Watch

Hello Everyone,

We have faced many difficulties during the year [2021] but never has the value of being part of a community been more clearly shown. At a time when we are keeping apart, social distancing has been bringing communities together in so many ways. In neighbourhoods everywhere, people are supporting vulnerable neighbours and keeping in touch with those in self-isolation. Many have discovered that this has been an opportunity to say hello, talk to our neighbours beyond just those living next door and offer a helping hand. Despite everything, many communities have become more neighbourly, safer and happier as a result.

Members of Neighbourhood Watch now have a mission to protect this spirit of neighbourliness and make it central to the future development of our communities. Next year [2022] is a special year for Neighbourhood Watch as we are celebrating our 40<sup>th</sup> Anniversary. Helping people to work together to create happier, more resilient and safer communities has always been at the heart of what we do. We have faced many obstacles in our work, but with your help and devotion we have continued to transform Neighbourhood Watch and make it relevant for the next forty years

and beyond. There has never been a moment when this has been so important. Now we need to grow to allow more communities and their residents to enjoy the benefits of being part of active and successful Neighbourhood Watch schemes. There is information available from the [Ourwatch.org.uk](https://www.ourwatch.org.uk) website to help you to join in with the celebrations and most importantly a range of resources to support you in forming new schemes and recruiting members. There will be more to come during the year.

Above all, Neighbourhood Watch is about hope, the hope that we can build a better future for all of us by taking small steps together.

Kind Regards,

**Robin**

Message sent by: Robin Sutton  
(NHNW, Chairman Cambridgeshire  
Neighbourhood Watch, Cambridgeshire)



## Easter Hamper Help

We are raising money for the playground. If you are able to support us by donating to our Easter hampers, we would be eggstremely grateful.

Please donate items to Susan Cutter by the beginning of March.

Thank you.

**Castle Camps  
Playground  
Group**



## Notice board

### Castle Camps Baby & Toddler Group

– We need to raise money for much needed repairs to our shed which has been vandalised over the years. As such, we've set up a JustGiving page where people can donate money towards the cost of these repairs. To find out more, you can call me on 07947508052. Thank you.  
Susan Cutter.

### Castle Camps Playground Group

– Last year, Christmas hampers and a raffle **raised £442!** Thank you to everyone who helped with these hampers. The Playground Group.

.....



## Caring Hands

Building Confidence • Promoting Independence

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@ caringhandsbysue@gmail.com

 Cambridge, Suffolk & Essex

 Find Caring Hands on Facebook

## At-home Service Sue Irvine



Companionship/Respite  
service for children & adults



Light meal preparation  
and household chores



Support with contacting/  
visiting professionals



Accompanied outings/  
shopping/appointments/  
activities/day trips



## Anne Robson Trust

Introducing the Anne Robson Helpline

***If you or someone close to you is dying, you can talk to us.***

At the Anne Robson Trust, we aim to be there to listen to anyone who is struggling with the imminent death of someone they care about. We know that facing the end of life can leave you isolated and alone.

**Calls are free and confidential.**

**Call us on 0808 801 0688.**

Being able to access support whilst a loved one is dying is really important for a number of reasons. Gaining knowledge of what may happen towards the end and having a sense of 'preparedness' helps both the person dying and their family gain as much control as possible.



Please visit [www.annerobsontrust.org.uk/helpline-service](http://www.annerobsontrust.org.uk/helpline-service) to find out more.



# 2021 POPPY APPEAL

**Thank you to everyone in the village for supporting this year's poppy appeal. We raised:**

## £1,357.73

Special thanks to: Susan Cutter, Michael Prentice, The Oak, Castle Camps Saddlery, Castle Camps School, Susie Culpin, Patricia Haylock and Lorraine who helped collect contributions.



# Operation Christmas Child

## Shoe Box Appeal

First of all, thank you to all of those who supported OCC in 2021. The outcome was tremendous and it means that so many children will receive a shoebox filled with lovely gifts, showing love to them. Possibly the only present they will receive with some items treasured for years.

Tucker Gardner in Shelford received 99 boxes, the Free church in Shelford 219 and the Abington area 194 which made a huge total of 514 (these came from individuals, churches or groups). We also received £545 via donations. This money was used to buy items or to cover the costs of transport and training and for The Greatest gift course the

children are invited to take part in. There is much to be thankful for, and to Praise God.



This year, boxes from the East of England processing centre at St Neots went to Liberia (24,000), Albania and Central Asia (about the same number for each but not confirmed yet).

Thank you again for your generosity and care. You are appreciated so much.

**Jane Furlow**

(Year-round Connect volunteer)



## Side by Side

sidebyside478@gmail.com

### Support at home with kindness, compassion & care

Support at home including companionship, social outings,  
meal & drink prep, light household chores, shopping escorted  
or unescorted, taking to/from appointments, senior sitting,  
animal care, just out of hospital support and more.  
Tailored to each client's needs. Long on short term available.  
DBS checked, fully insured, references on request.

**Call Mel (Castle Camps) on 07519 846316**



# Granta Medical Practices

## Covid Vaccine Update

On 13<sup>th</sup> December 2021, the government announced that the deadline for every adult to have been offered a covid booster was being brought forward from 31<sup>st</sup> January 2022 to 31<sup>st</sup> December 2021.

Granta staff stepped forward to support the “Omicron Emergency Booster National Mission” to encourage everyone who is eligible to “get boosted now”.

Between 15<sup>th</sup> December and 3<sup>rd</sup> January an extra 7,000 Granta patients were vaccinated. Staff worked the 3 bank holidays, in addition to squeezing extra vaccine clinics into their normal working days, to ensure that as many patients as possible were vaccinated before the new deadline passed.

## New Hospital Helpline for Patients

The Covid-19 pandemic has added to the strain on all NHS services. As a result of this, waiting list times for outpatient and specialist appointments and procedures have increased for everybody.

This can cause worry and uncertainty about when you will eventually receive an appointment, and unfortunately Granta has no direct access to the hospital appointment lists.

If you have been referred by your GP / are waiting for:

- An outpatient appointment
- An appointment for hospital tests (e.g. scans)

- A date for an operation or other treatment
- A follow-up from your hospital team and you have a query about what is happening, there is now a new dedicated **Freephone Patient Help Line – 0800 048 5800.**

May we respectfully ask that you only call Granta if your condition has genuinely deteriorated, when you will be reviewed by one of the clinical team and appropriate action can be taken in regard to your hospital care.

Thank you for your continued understanding, patience and support.

**Sandra East**

**Head of Patient Services**

Email: [sandra.east@nhs.net](mailto:sandra.east@nhs.net)



**GRANTA** Medical Practices





**Maggie's**  
Cambridge



**MAGGIE'S**

***Do you need a  
support with your  
or your family's  
cancer diagnosis?***

At Maggie's we can help. We provide free practical, emotional and social support to people with cancer, their family and friends, from diagnosis throughout living with the affects after cancer.

Maggie's has been providing high quality, evidence-based support since 2013 in the local area. We help over 8,000 people a year to achieve the best possible state of psychological and physical health during diagnosis, treatment and throughout their cancer journey. People across Cambridgeshire and beyond can come to Maggie's at any stage, for as long or as little as they like. We believe that the built and natural environments in which people are cared for have a direct impact on wellbeing and how a person responds to the challenge of cancer.

Our Centre is staffed by Cancer Support Specialists, Benefits Advisor, Nutritionist, Counsellors, and Psychologists who can support people in whichever way is best suited to their needs.

Maggie's is a place to find practical advice about benefits and eating well; a place where qualified experts provide emotional support; a place to meet other people or simply to sit quietly with a cup of tea.

You don't need an appointment – just come in for a chat to find out more about the support offered to them. Our centre is open Monday to Friday 9am to 5pm.

**Find us at:**

21 Milton House, Puddicombe Way,  
Addenbrooke's, Cambridge CB2 0AD

T: 01223 249220

E: [cambridge@maggies.org](mailto:cambridge@maggies.org)

Facebook: [@maggiescentrecambs](https://www.facebook.com/maggiescentrecambs)

Instagram: [@maggiescambridge](https://www.instagram.com/maggiescambridge)

Twitter: [@maggiescambs](https://twitter.com/maggiescambs)

Website: [www.maggies.org](http://www.maggies.org)



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## Making a difference

As you know, Michael Prentice did his wing walk on 7<sup>th</sup> September 2021 and raised a spectacular £3,823 for Hinchingsbrooke Hospital maternity unit where his granddaughter, Harriet, works.

He received this card from some of the midwives. One note captures the difference the money has made:

**"Your donation has really improved our lives at work."**

Michael wished to share this thanks with you.



## Cambridgeshire Local Assistance Scheme (CLAS)

### Support in a crisis or times of hardship

Sometimes families and individuals need help and advice about making their money go further or help to move on from a difficult situation. We recognise the value of a local assistance scheme in helping families cope with money and debts to become financially resilient.

### Unexpected financial difficulties

Cambridgeshire's Local Assistance Scheme (CLAS) provides a front line safety net to those individuals and families facing unexpected financial difficulties and

hardship. The scheme provides information, advice and discretionary assistance that enables eligible families and individuals to improve their immediate financial position; cope and better support themselves, and use relevant resources to succeed in the long term. This could include access to low cost re-used and refurbished household items, clothing and food vouchers.

For more information and to apply, or to apply on someone's behalf (referrals), please contact your nearest Citizen Advice Bureau. Cambridge & District: 0808 278 7808 [www.cambridgecab.org.uk](http://www.cambridgecab.org.uk)



## Computer Services

Computer Services provides affordable drop off and on-site technical support for individuals and small businesses in and around Castle Camps and surrounding Towns and Villages.

### IT SUPPORT



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*Virus removal and system repair*



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*Antivirus Management*



*Security Management*



*Cloud Service Management*



*Printer and file sharing*

### IT Support



## Computer Services

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**07919 444 666**

**[www.Computer.co.uk](http://www.Computer.co.uk)**

**[email: support@computer.co.uk](mailto:support@computer.co.uk)**



# West Wickham and District Gardening Club

West Wickham and District Gardening Club have had scheduled talks from September but have had to change from meeting in person as they have done in October and November back to Zoom presentations. The November speaker was Jim Paine from Walnut Tree Nursery, Attleborough. His talk on Unusual Trees was enthusiastically received and noted as one of the most interesting we have had. Because of the Omicron variant which prevented our Christmas speaker from coming Clive and Sue Boase gave us a most interesting talk on Zoom to fill the gap. Luckily our speaker on 17<sup>th</sup> January, George Lockwood, was able to talk on Ferns and Their Companions on our Zoom link-up which has proved invaluable in keeping our Club going through the endemic. Clive and Sue will once more step in to chair a discussion on climate change and how it affects gardeners for our February talk, followed by Nigel Start in March who will give advice on "Showing". Our Show Secretary, Sue Thurston, has scheduled the Annual Show for 13<sup>th</sup> August when, fingers crossed, we will be meeting

again in the Hall at West Wickham. If there are any photographers out there who would like to enter our competition, go to our website for information on the subjects chosen for this year's Show. Look forward now to a mild February and Spring won't be far behind.

All the best,  
**Rosemary**



We are hoping to resume with meetings in West Wickham Village Hall in February, with a talk and discussion entitled Climate change in our gardens, effects and affects. In March, the talk is on the topic Growing for Showing from show judge, Nigel Start. Hedgehog Plants are visiting in April, to give a talk on shade loving plants.

**Meetings are held  
on the third Monday  
of every month  
and start at 7.30pm.**

Visitors are most welcome.

## February

### Garden wildlife jobs

- ☐ Leave food for hedgehogs
- ☐ Clean out nest boxes
- ☐ Plant a wildlife hedge
- ☐ Buy crocuses and primroses
- ☐ Avoid turning the compost heap

Full article: <https://www.gardenersworld.com/plants/garden-wildlife-jobs-for-february/>

Full monthly gardening checklists: <https://www.gardenersworld.com/what-to-do-now-february/>

### A few garden flower jobs

- ☐ Cut down deciduous ornamental grasses
- ☐ Divide/replant clumps of snowdrops and winter aconites after flowering
- ☐ Move deciduous shrubs growing in the wrong place, while dormant
- ☐ Prune buddleja and elder to the base
- ☐ Trim back ivy and other creepers
- ☐ Sprinkle slow-release fertiliser around the base of roses and other flowering shrubs



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# Vintage Tractor Working Day

The past in the present

***Last October/November saw the annual Castle Camps Vintage Tractor Working Day take place.***

The vintage ploughing day started in the 1990's and has been held near the radio mast on Olmstead Green Road for the last few years.

Organised by the Haylock family at Coopers Farm, people gather on 'Top Field' to see vintage machinery in use, turning over the land. It is all in aid of charity and each year a different organisation is chosen to raise money for. The fundraising comes from the ploughmen's entrance fees, a raffle and donations.



Last year's event was to be held on Sunday 31<sup>st</sup> October 2021, however, with such torrential rainfall, everyone simply got together in the yard to enjoy food from the burger van and catch up. Undeterred and keen for the ploughing to take place, most met again the following weekend on Sunday 7<sup>th</sup> November and we were blessed with sunshine and dry weather. Ploughmen came from Chelmsford, Sudbury and the local area, and money continued to be raised.

Arthur Rank Hospice (Charity Reg. 1133354) was the chosen charity for 2021. The first weekend saw £500 raised from the raffle and donations, and the second weekend saw a further £250 from donations, making a grand total of £750. The organisers would like to thank everyone who contributed to raise this amount for charity.

Thank you also to the Haylock family for keeping this event going year-on-year. It is wonderful to see old tractors in use, something from the past working in the present. The sounds, the smells, the simplicity (at least compared with the huge machines used in farming today), are a joy.





# The Connection

News from our Anglican churches



Dear Friends,

As I write this, just before Christmas we are on tenterhooks wondering if the progress of the omicron variant will lead to a curtailment of our Christmas and New Year

celebrations. By the time you read this in February it will not be speculation. But one phrase I keep hearing is, "It's like Groundhog Day." Groundhog Day is of course a reference to the 1993 in which Bill Murray plays a cynical television weatherman covering the annual Groundhog Day event in Punxsutawney, Pennsylvania, who becomes trapped in a time loop forcing him to relive the day repeatedly. The film is responsible for giving the English Language the term Groundhog Day, meaning a monotonous, unpleasant and repetitive situation. Significantly for this letter, Groundhog Day is the 2<sup>nd</sup> February.

In the church, February 2<sup>nd</sup> is the feast of the Presentation of Christ in the Temple, also known as Candlemas. The presentation celebrates the day 40 days after Christmas when Mary and Joseph, in fulfilment of the Jewish law, to present Jesus to the Lord and offer the sacrifice of a pair of turtle doves or two young pigeons (Luke 2:22ff). There they met the ancient Simeon who declare Jesus as 'a light to lighten the gentile' and the 'glory of God's people Israel'. Simeon's prophetic words don't stop there as he tells Mary, 'This Child is set for the fall

and rising of many in Israel, and for a sign to be spoken against – and a sword will pierce your own soul'. As he holds the 40 day-old child, the words of Simeon turn our focus from Jesus' birth towards the suffering of the crucifixion, the sword that will pierce Mary's soul. It is, though, through the suffering of the Crucifixion that we reach the joy of the resurrection and for us the promise of eternal life. This is the story we retell each year. And have done for nearly 2,000 years.

In the film, Groundhog Day, Bill Murray's character eventually chooses to use the reiterations of 2<sup>nd</sup> February to change himself and others and eventually breaks the loop when acknowledges his love for the Andie MacDowell character. For us, each year following the path through Lent to Holy Week and Easter, we can use the reiteration to improve ourselves, deepen our faith and look to how we can move our world more towards the Kingdom of God.

How we will be celebrating Lent, Holy Week and Easter this year, I'm not sure at this time. You'll find the list of expected services elsewhere, but I suspect I can hear God laughing.

**However we worship,  
let it not be monotonous,  
unpleasant and repetitive,  
but, a source of growth  
and development.**

Love and prayers,

**Ian Fisher (Team Vicar)**

**ian.fisher@btclick.com**

**SUNDAY 6TH FEBRUARY – FOURTH SUNDAY BEFORE LENT**

|            |       |                              |                                 |
|------------|-------|------------------------------|---------------------------------|
| Linton     | 10.00 | Eucharist                    | Rev. Michael Wilcockson         |
| Bartlow    | 10.00 | Morning Prayer               | Congregation Led                |
| Horseheath | 10.00 | Sunday Club                  | Rev. Ian Fisher                 |
| Horseheath | 16.00 | Evening Service with healing | Rev. Ian Fisher/ Lindi Kent LLM |

**SUNDAY 13TH FEBRUARY – THIRD SUNDAY BEFORE LENT**

|              |       |                                      |                  |
|--------------|-------|--------------------------------------|------------------|
| Castle Camps | 10.00 | Holy Eucharist                       | Rev. Ian Fisher  |
| Bartlow      | 10.00 | Family Service Valentine Celebration | Rev. Lesley Gore |

**SUNDAY 20TH FEBRUARY – SECOND SUNDAY BEFORE LENT**

|            |       |                |                 |
|------------|-------|----------------|-----------------|
| Horseheath | 10.00 | Holy Eucharist | Rev. Ian Fisher |
| Bartlow    | 18.00 | Evensong       | Rev. Ian Fisher |

**SUNDAY 27TH FEBRUARY SUNDAY – NEXT BEFORE LENT**

|             |       |           |                         |
|-------------|-------|-----------|-------------------------|
| Shudy Camps | 10.00 | Eucharist | Rev. Ian Fisher         |
| Bartlow     | 10.00 | Eucharist | Rev. Michael Wilcockson |

**WEDNESDAY 2ND MARCH – ASH WEDNESDAY**

|              |       |                    |                 |
|--------------|-------|--------------------|-----------------|
| Castle Camps | 10.00 | Vicarage Eucharist | Rev. Ian Fisher |
|--------------|-------|--------------------|-----------------|

**SUNDAY 6TH MARCH – THE FIRST SUNDAY OF LENT**

|            |       |                              |                                  |
|------------|-------|------------------------------|----------------------------------|
| Linton     | 10.00 | Eucharist                    | Rev. Michael Wilcockson          |
| Horseheath | 10.00 | Sunday Club                  | Margaret and Pat Rev. Ian Fisher |
| Horseheath | 16.00 | Evening Service with healing | Rev. Ian Fisher/ Lindi Kent LLM  |
| Bartlow    | 10.00 | Morning Prayer               | Congregation Led                 |

**SUNDAY 13TH MARCH – THE SECOND SUNDAY OF LENT**

|              |       |                |                  |
|--------------|-------|----------------|------------------|
| Castle Camps | 10.00 | Holy Eucharist | Rev. Ian Fisher  |
| Bartlow      | 10.00 | Family Service | Rev. Lesley Gore |

**SUNDAY 20TH MARCH – THE THIRD SUNDAY OF LENT**

|            |       |                |                 |
|------------|-------|----------------|-----------------|
| Horseheath | 10.00 | Holy Eucharist | Rev. Ian Fisher |
| Bartlow    | 18.00 | Evensong       | Rev. Ian Fisher |

**SUNDAY 27TH MARCH – THE FOURTH SUNDAY OF LENT MOTHERING SUNDAY**

|             |       |           |                         |
|-------------|-------|-----------|-------------------------|
| Shudy Camps | 10.00 | Eucharist | Rev. Ian Fisher         |
| Bartlow     | 10.00 | Eucharist | Rev. Michael Wilcockson |

**SUNDAY 3RD APRIL – THE FIFTH SUNDAY OF LENT PASSIONTIDE**

|            |       |                              |                                  |
|------------|-------|------------------------------|----------------------------------|
| Linton     | 10.00 | Eucharist                    | Rev. Michael Wilcockson          |
| Horseheath | 10.00 | Sunday Club                  | Margaret and Pat Rev. Ian Fisher |
| Bartlow    | 10.00 | Passion Play                 | Cathy Watts                      |
| Horseheath | 16.00 | Evening Service with healing | Rev. Ian Fisher/ Lindi Kent LLM  |

**SUNDAY 10TH APRIL – PALM SUNDAY**

|            |       |                   |                 |
|------------|-------|-------------------|-----------------|
| Horseheath | 10.00 | Eucharist Harvest | Rev. Ian Fisher |
| Bartlow    | 10.00 | Family Service    | Cathy Watts LLM |

**THURSDAY 14TH APRIL – MAUNDY THURSDAY**

|             |       |            |                 |
|-------------|-------|------------|-----------------|
| Shudy Camps | 19.00 | Agape Meal | Rev. Ian Fisher |
|-------------|-------|------------|-----------------|

**FRIDAY 15TH APRIL – GOOD FRIDAY**

|            |       |                     |                 |
|------------|-------|---------------------|-----------------|
| Horseheath | 12.00 | Good Friday Liturgy | Rev. Ian Fisher |
|------------|-------|---------------------|-----------------|

**SUNDAY 17TH APRIL – EASTER DAY**

|              |       |           |                 |
|--------------|-------|-----------|-----------------|
| Castle Camps | 08.00 | New Fire  | Rev. Ian Fisher |
| Castle Camps | 10.00 | Eucharist | Rev. Ian Fisher |

**SUNDAY 24TH APRIL – THE SECOND SUNDAY OF EASTER**

|             |       |                |                         |
|-------------|-------|----------------|-------------------------|
| Shudy Camps | 10.00 | Eucharist      | Rev. Michael Wilcockson |
| Bartlow     | 10.00 | Morning Prayer | Congregation Led        |

## All Saints Castle Camps Events

### Breakfast in All Saints' Church with speaker

A complimentary breakfast is arranged on Saturday May the 21<sup>st</sup> 2022 at 9.00am in All Saints Church with Russell Kent as guest speaker. Russell will be speaking about his forthcoming book JFK Medical Betrayal.

Breakfast will be bacon and sausage rolls with tea and coffees.

If you are planning to join us, please could you advise Lindi Kent on 01799 584012 / 07801 790213 or via email [lindi.allen.kent@gmail.com](mailto:lindi.allen.kent@gmail.com) so that we can judge catering numbers. This is an event we held previously and was always a good, relaxed affair. All most welcome.

### Queen's Jubilee All Saints' Celebration – Friday 3<sup>rd</sup> to Sunday 5<sup>th</sup> June 2022

#### Flower Festival • Hog Roast • Mini Fete

Following the success of the Thanksgiving Service hog roast and mini fete last year, we are arranging another event encompassing our popular Flower Festival. This will run from Friday 3<sup>rd</sup> June to Sunday 5<sup>th</sup> June.

On the Friday and Saturday, we will have the flower festival and refreshments of teas and delicious home-made cakes.

The celebration will conclude on Sunday 5<sup>th</sup> June with a Church service at 11.00

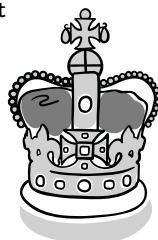
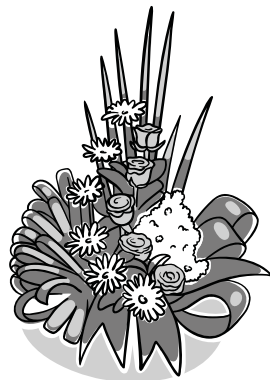
amidst the beautiful flower arrangements, followed by a mini fete to include a delicious hog roast supplied by Michael Prentice at 12.00. Beer supplied by Roughacre Brewery, refreshments, stalls, organ recital and musical and choral entertainment.

#### Cost for the Hog Roast:

**Adults £7.00 • Children under 12 £3.00**

We have always had very good support in the past from flower arrangers, tea makers and cake bakers and would like to invite the regulars and any newcomers to make a note in your diary.

If you run a business, you might consider supporting us with a donation, and if you would like to help in any capacity, please contact Lindi Kent on 01799 584012 / 07801 790213 or [lindi.allen.kent@gmail.com](mailto:lindi.allen.kent@gmail.com)



Frohe Ostern

Happy  
Easter

This Easter postcard was discovered tucked away in the Chapel last year.

You may have a connection to the sender and recipient... It looks like stamps cost 9p in the 70's.



FORCES AIR MAIL

We are now in our new house which is lovely. Richard came out last week - we haven't seen him since Christmas & so are enjoying his company very much. We are going to the Moselle for 2 nights over Easter - lovely spring weather now. Hope you are both well.  
love J. xx



Mr Mrs A E Pauldel  
22 Claydon Close  
Castle Camps  
Cambridge  
England.



# Castle Camps C of E (V.C.) Primary School

Learning together with faith, hope and love

***A very happy New Year to you all. I hope you all had a very pleasant and restful Christmas break and managed to spend some time with friends and family.***

The children have settled in well after their holiday and have made a very positive start to 2022. Despite the challenges of COVID-19, this term promises to be an exciting one, with lots of events and activities planned. Please find below a brief update of some the events that took place last term, together with a selection of our current news.

## **Phonics Workshops for Parents –**

Mrs Sterecki (Hedgehog Class Teacher) delivered an excellent phonics workshop to Early Years Foundation Stage parents on Tuesday, 9<sup>th</sup> November. During the workshop, she shared strategies and ideas to help children develop their early reading skills. A second phonics workshop – delivered by Mrs MacBean (Squirrel Class Teacher) – took place in December. Mrs MacBean explained how children progress with reading and phonics as they move up from Early Years to Key Stage 1.

**Parent Governor Appointment** – I am delighted to announce that, following our recent election, David Swan has been appointed as our new Parent Governor.

David will bring a wealth of skills to the Governing body and we look forward to welcoming him to the team.

## **New Appointment: KS1 Teaching Assistant**

– Following a successful interview, I am very pleased to inform you that Mrs Eleanor Tolchard, has been appointed as an additional Teaching Assistant in Squirrel Class. We have dedicated and highly skilled staff at the school and Mrs Tolchard feels very much part of the team already.

**Christmas Fair in a Bag & Raffle** – Although we could not hold our usual Christmas Fair in December, Mrs Clay (Office Manager) and Mrs Wright (Badger Class Teacher) did a fantastic job of organising ‘Fair in a Bag’ and a Christmas Hamper Raffle. We managed to raise £820.40 from these two events alone. We are also extremely grateful to the Friends of Castle Camps School, who continue to work tirelessly to raise funds for the school.

## **Christmas Productions (Filming) –**

On Wednesday, 8<sup>th</sup> December, we were delighted to welcome Stephen Berry to film our Christmas productions. The children performed beautifully and we hope that our families enjoyed watching the performances over the Christmas break. Please be aware that the videos are only accessible via a closed link for parents and are not available to the general public.

**Christmas Lunch** – Despite the challenges of COVID-19, we were determined that it would not spoil our Christmas events.

On Friday, 10<sup>th</sup> December, all the staff and children wore their special Christmas jumpers to school. Everyone looked fabulous and at lunchtime, we all tucked into a delicious Christmas dinner. Thank you to Mrs Cross (School Cook) and Mrs Hoddinott (Catering Assistant) for all their hard work preparing the meals, and to Mrs Clay for the festive table decorations. After school, 75 children stayed behind to enjoy a Christmas Film.

**Road Safety** – Concerns have recently been expressed to the Governors and I about the health and safety of children arising from vehicle movements around the school, especially at the start and finish of the school day. The School is working with Castle Camps Parish Council to explore measures to improve the current situation. In the meantime, we ask all our families and members of the local community to act in the interests of the safety and well-being of the children. Thank you for your support.

**World Book Day 2022** – We shall be celebrating Castle Camps Book Day on Friday, 4<sup>th</sup> March. This year,

all the staff and children will be dressing up in their favourite character from fiction books. During the day, there will be opportunities for cross-phase reading, as well as art activities linked to the work of famous illustrators.

### Science Week 2022

– We have a number of exciting activities planned for this year's Science Week and I look forward to sharing this information in our next article.

For more information on events and activities taking place at school, please see our school Facebook page and website. On behalf of all the staff and pupils, please accept my very best wishes for the months ahead.

**Miss Alexandra  
O'Connor  
Headteacher**



## Youth Club Volunteers

As many of you will be aware, also mentioned in the August issue last year, it would be great to find some volunteers to help run Camps Youth Club.

Malcolm and Sue Coxall and Sue Herbert have run this for children in our villages for over 40 years! A selfless and wonderful action which has benefited so many.

They deserve the "retirement" from this though and a huge thank you from us.

It would however be sad to see the "doors closed" on youth club forever. If you're wondering about getting involved, please do express your interest. You can get in touch with the two Sue's or Malcolm to find out more. It is rewarding and fun!

Sue Coxall – 07496 693913  
Malcolm Coxall – 07710 171409  
Sue Herbert – 01799 584844





## Marsh Mail

### Linton Village College

***LVC students have been enjoying enriching learning opportunities in recent weeks.***

Years 7 and 8 have benefited from the new carousel structure in Technology lessons this academic year which has reduced class sizes and enabled students to engage with term-long projects in food and nutrition and design technology.

After last year's limited access to practical lessons, Key Stage Three students have been producing some amazing culinary creations including ratatouille, scones and quesadillas.

With a focus on food culture, Year 8 will be producing spanakopita (feta and spinach pie), Caribbean curry and stir fry this term.

Year 9 students have focused on food science, developing their knowledge of key processes such as aeration, emulsification



Photos contributed by Rachel Drennan

and coagulation. They have applied their learning to their own practical skills including making honeycomb, pastries and gateaux.

GCSE classes have been mastering advanced core skills and food presentation, achieving some delicious and highly ornate dishes such as mille-feuille and salmon en crouste.

Offering an enriching learning experience is a key priority at Linton Village College. As a community-focused school, we are really keen to develop further connections with local independent catering and hospitality providers. Please get in touch with Ali Harris, Head of Food and Nutrition, if you would like to establish work-related learning links with the College: [ali.harris@lvc.org](mailto:ali.harris@lvc.org)

**Helena Marsh**  
*Headteacher*



**LINTON**  
VILLAGE COLLEGE

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Cambridge CB21 4TA



# Scars, Healing, and Health

Warm wishes for 2022

***I hope it will bring  
laughter love and  
peace to you.***

Despite all of the different experiences we have been through in the last year some things remain constant. The need to take care of ourselves is one. The value of diet, exercise, learning and friendships are well known, less so is the value of therapeutic touch. I would like to talk about the benefits of ScarWork and Biodynamic Massage for your scars, healing and health.

These approaches use intentional, gentle touch to work with the impact of physical and psychological trauma and life events. Trauma, be it emotional or physical, is an inevitable part of life and often prompts growth and learning as we heal. However sometimes it is hard to heal and we find ourselves stuck with aches and pains, unhelpful patterns, anxiety, limited movement and so on.

## Sharon Wheeler's ScarWork

Sharon Wheeler's ScarWork supports physical healing and reduces the negative impact that some scars have. Adhesions, fibrosis, pain, numbness and restricted movement can cause disruption to our lives, self image and health. The impact of an adhered scar may be felt in areas of the body that at first glance do not appear related. For example: lower back ache can be linked to scarring from C-section / spinal block and epidural injection sites or adhesions from gall bladder removal affected breathing and prevented the client from lying on her back.

ScarWork uses light touch techniques to relieve these issues, prompting the tissues in the scar and surrounding areas to soften and change at a cellular level, and supporting our body's 3D matrix of fascia and connective tissue.

It is effective with scars of any age and type, both internal and external. Change is often seen in a single session however several sessions may be required depending on the scar. A useful website is [ScarWork.uk](http://ScarWork.uk)

*'The mind and body are not separate.  
What affects one affects the other.'*



## Biodynamic Massage

This approach works with the psychological effects of trauma through the bodymind connection. Based on the premise that the tissues in our bodies hold our life story (Van der Kolk), including trauma / struggles we may have experienced. If these experiences remain un-integrated they can be experienced as aches, chronic pain, digestive, neurological issues alongside emotions such as anxiety, rage and fear.

Biodynamic massage helps shift patterns of tension in our muscles and connective tissue. This allows new ones to develop, helping the body to connect with its own healing abilities. Feeling comfortable during sessions is key and as we don't use oil we can work through clothes if you prefer.

During sessions there is the opportunity for conversation about the connection between your body and mind.

To gain the most from this approach a series of 6 sessions is recommended to allow shifts to occur and integrate. Benefits include reduction in symptoms, deeper mind body connection, increase wellbeing and energy

A useful website for more information is [ABMT.org.uk](http://ABMT.org.uk)

**Laura Hawksley**  
**Biodynamic Massage Therapist**  
**and ScarWorker**

07594 754332

[laura@bodydynamicmassage.co.uk](mailto:laura@bodydynamicmassage.co.uk)

.....



*Paddy McKeown*




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# The Hundred Parishes Society

[www.hundredparishes.org.uk](http://www.hundredparishes.org.uk)

Recently, climate change has brought examples of extreme weather all over the world. Part of the solution to global warming is to use natural energy. Our ancestors harnessed the power of water by means of water mills, thought to have been invented by the Greeks. The Domesday Book of 1086 AD recorded no less than 5,624 watermills in England alone. Most were used to grind wheat. They continued as a prime source of energy until the Industrial Revolution.



The Hundred Parishes has a wealth of these mills, many retained through their conversion into private homes. Several may be seen on Hundred Parishes walks whose descriptions can be freely downloaded from [www.hundredparishes.org](http://www.hundredparishes.org)



Photos contributed by Ken McDonald

On the River Cam, Hinxtion once had three water mills. One remains, a 17<sup>th</sup>-century mill built on the site of an older one mentioned in Domesday as worth 8 shillings. It ceased to operate commercially in 1955 but now works again on days when it is open to the public – the final opening in 2021 was on October 3<sup>rd</sup> from 2.30pm to 5pm. It can be seen at any time from the outside – and is on our walk number 14.



Linton's watermill on the River Granta dates from the early 18<sup>th</sup> century and there has been a mill on the site since the 13<sup>th</sup> century. It stopped working in 1972 and has now been converted into apartments. Walk 109 passes it.

Weatherboarded 18<sup>th</sup>-century Kings Mill in Littlebury was originally powered by the River Cam and then steam until it stopped working in 1924. Walk number 165, only 1.4 miles, passes Kings Mill during a short exploration of historic Littlebury.

What remains of Great Bardfield watermill can be seen on walks 103 and 104, while the remains of Tilty watermill are on walk 120.

**Ken McDonald**  
**Secretary**



Tilty watermill

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# The Hundred Parishes Society

[www.hundredparishes.org.uk](http://www.hundredparishes.org.uk)

Under the Wildlife and Countryside Act 1981, Natural England can designate any area of land considered to be of special interest by virtue of its fauna, flora or geological features as a “Site of Special Scientific Interest” or SSSI. This designation ensures that the area is appropriately managed and protected. The Hundred Parishes has more than twenty SSSIs. I will mention a few that can be visited.



Patmore Heath

Photos contributed by Ken McDonald

A stump of a tree has been carved to depict the knight, still watching over his wood.

Patmore Heath in Albury parish is an 8-hectare grass heathland, now a scarce habitat in South East England. It is managed by Herts & Middlesex Wildlife Trust.

A variety of native grasses grow here and the heath's ponds are home to all three native English newt species: great-crested, smooth and palmate.



Garnett's Wood knight

In the parish of High Easter, Garnett's Wood comprises 25 hectares (62 acres) of ancient coppiced woodland (meaning the trees have been regularly cut down to ground level). Mentioned in the Domesday Book, this wood, in which the lime is the dominant tree, was given in the 12<sup>th</sup> century by Henry II to a knight called Geoffrey Garnett.



Coppicing

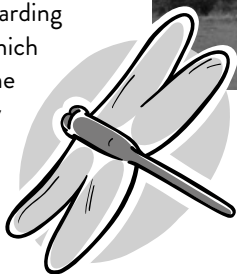


Amwell Quarry

Amwell Quarry, formerly an area of gravel pits, has been transformed into a 37-hectare wetland environment, important in particular for wintering wildfowl and regarded as England's premier site for dragonflies.

Best-known and by far the largest of our SSSIs is Hatfield Forest which covers more than 400 hectares, around 1.5 square miles. It was a royal hunting forest from around 1100 AD until the 15<sup>th</sup> century. It has never been ploughed and has been managed for centuries by coppicing and by pollarding (cutting trees to a height above which livestock and deer cannot reach the new shoots). It has been owned by The National Trust since 1924.

**Ken McDonald**  
**Secretary**



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## Book Reviews

**TITLE:** Total Competition

**AUTHOR:** Ross Braun and Adam Parr

**PUBLISHER:** Simon & Schuster

**REVIEWER:** John Biggs



If you follow Formula One or if you have any interest in strategy then this is a good book to read. It is written in an unusual style following the friendly interrogation of the joint author in a question and answer interview style. Ross

Braun's career and his ultimate success as an F1 team owner, Constructor and Driver World Championship winner is covered in this interview with corresponding anecdotes from Adam Parr also an F1 team veteran. It is so interesting with its open and individual views of what goes on in F1 behind the scenes and how Ross influenced results from his starting as a mechanic for the Williams F1 team, through his successes at Ferrari with Michael Schumacher and Jean Todt and the fraught times as owner of his own team. The book covers his style, how it evolved, what and how he was influenced and even the business books he read. The most surprising book of influence was the ancient classic *The Art of War* by Sun Tzu written in the 6<sup>th</sup> century! This is a book of strategy, read and deferred to reportedly by great Generals and leaders like Norman Schwarzkopf, Douglas McArthur and Napoleon. Having already read it, I shall review *The Art of War* another time,

but to relate to this book as part of the review of *Total Competition* is necessary to understand the latter. It is about going to war with a battle as a last resort, without confrontation, to seek advantage and success by stealth and strategy. To be clever and well prepared is the theme and to pursue success through effective planning and recruitment. To read how Ross applied himself in a collaborative and consultative way to build relationships and befriend all to enable his influence to gain advantage and then the ultimate success. This worked for him throughout his career until perhaps when he sold out his successful team to Mercedes Group and where corporate politics worked against him, or as he will admit, he was tired of the politics and decided to give in to them. He is now of course not in a team anymore, but is now the Chief Executive of the organising body of F1, so you could say he is now in a position of having the most influence in the sport of his choosing.

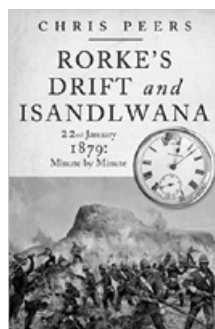
A very interesting read that you can put down and pick up at any time because of the style of how it has been written.

**TITLE:** Rorke's Drift and Isandlwana

**AUTHOR:** Chris Peers

**PUBLISHER:** Greenhill

**REVIEWER:** John Biggs



Another book that from start to finish I failed to put down. It gripped me with its unique minute-by-minute detail of these historic events and how the one affected the other.

Who was to blame for this disaster and perceived success. The book takes you through the events as they occurred using the diaries, notes and words of those involved, with their contradictions and author Peers' considered views with him bearing in mind the status and previous reputation of those involved. An incredible study with maps and diagrams of the events as they unfolded including the evidence presented by those who survived about those who died. Just one day, where so much happened, where the highest ever number of awards of the Victoria Cross were made for individual bravery and yet it was, in military terms a failure. I had read

the story and seen the film starring Michael Caine and been gripped by the action and success of our armies. However this book uniquely clarifies and confirms the strategic capabilities of the Zulu army chiefs and its warriors. A truly flattering book of the Zulu nation who out flanked the celebrated British Army who whilst outnumbered at 30 to 1 had artillery, rockets and multi action rifles to the spears and single shot muskets of the Zulu. Read the book yourself and form your own opinion. This version of the actions of that fateful day 22<sup>nd</sup> January 1879 gave me a much greater insight into the structure of that African nation, why it was feared throughout Africa then and probably to some degree to today.



## 1st Horseheath Brownies

After the Christmas break we have all come back invigorated and full of ideas for the new term.

We have been joined by Emelia from Castle Camps who has moved up from Brownies. She is quiet at the moment but I think, give her a couple of weeks and she'll be mixing in and getting up to mischief.

The plans for our holiday to the Jarman Centre in Newmarket are taking shape and we hope to be able to go this time, unlike in 2020 when everything was cancelled two weeks before the event. Our theme will be space, using all the craft and outdoor adventures planned for last time.

Our numbers are slowly growing. We have another new starter in February when they will be seven and another potential who will

be joining us soon in a taster session to see if she would like to join us.

This term we will learning all about tools and DIY. I just hope no one goes mad with a hammer!

If you would like to know more about Brownies or the Bronze, Silver and Gold Awards, please check out the Girlguiding website ([www.girlguiding.org.uk](http://www.girlguiding.org.uk)) or drop us a message on [horseheathbrownies@gmail.com](mailto:horseheathbrownies@gmail.com). Brownies is where the girls have fun learning new skills and enjoy just being themselves.

**Pauline, Katie and Laurené**

[horseheathbrownies@gmail.com](mailto:horseheathbrownies@gmail.com)  
[www.girlguiding.org.uk/information-for-parents/register-your-daughter/](http://www.girlguiding.org.uk/information-for-parents/register-your-daughter/)



# Linton Library

Latest news and information



Cambridgeshire Libraries continue to follow the latest government COVID-safety guidelines. We are beginning to reintroduce in-person library events. Next time you visit, please pick up a copy of our What's On brochure to find out what's happening at Linton Library and other libraries around the county in the weeks and months ahead.

7<sup>th</sup>-13<sup>th</sup> February is Children's Mental Health Week. We have lots of supportive books in our Reading Well for Children collection to help younger readers understand their feelings – we'll be glad to help you find the right one for your child.

February is LGBTQ+ History Month – celebrate the rainbow with us by choosing from our books by LGBTQ+ authors.

We are holding a mega booksale during half-term, with all items 10p each for one week only.

There's a half-term craft activity on Tuesday 15<sup>th</sup> February, which you can drop in and collect and take away.

We are planning to restart our Engage events in March, with a Library quiz on March 14<sup>th</sup> at 2pm. Please check at the library nearer the time for more details.

Would you have a collection of items for display for around a month in our small glass topped locked cabinet? Please ask at the library for more information.

**Lindsay Healy and Ann King**  
**Community Library Assistants, Linton Library**

Linton Library opening hours: Tuesday 10am-5pm; Wednesday 4pm-7pm; Thursday 2-5pm; Friday 10am-5pm; Saturday 10am-1pm

Customer Services (regular office hours):  
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Bus Pass application and  
renewal: 0345 045 1367

Blue Badge application and  
renewal: 0345 045 5204

[www.cambridgeshire.gov.uk/library](http://www.cambridgeshire.gov.uk/library)

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[www.library.live/the-library-presents](http://www.library.live/the-library-presents)



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## Creative Corner

Spring is in the air

### Easter Simnel Cake – a Mary Berry recipe

#### Ingredients

100g red or natural glacé cherries  
225g softened butter  
225g light muscovado sugar  
4 large eggs  
225g self-raising flour  
225g sultanas  
100g currants  
50g chopped candied peel  
Grated rind of 2 lemons  
2 level tsp ground mixed spice

#### For the filling and topping:

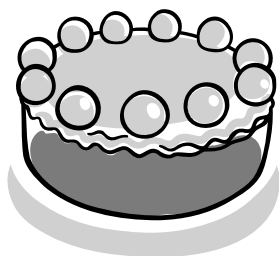
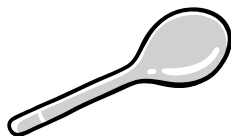
450g almond paste or marzipan  
2 tbsp apricot jam  
1 large egg, beaten, to glaze

You will need a 20cm round cake tin.

Simnel cake has been eaten since medieval times. It is a type of fruit cake (lighter than the boozy Christmas kind) that contains plenty of marzipan (typically one in the middle and one on top, although Mary's recipe is simply topped) and is eaten at Easter. It used to be specifically associated with Mothering Sunday, the fourth Sunday in Lent. The cake is topped with eleven marzipan balls which symbolise the eleven apostles of Christ, minus Judas.

#### Method

- 1) Pre-heat the oven to 150°C/Fan 130°C/Gas 2.  
Grease a 20 cm (8 in) deep round cake tin then line the base and sides with baking parchment.
- 2) Cut the cherries into quarters, put in a sieve and rinse under running water. Drain well then dry thoroughly on kitchen paper. Measure all the cake ingredients into a large mixing bowl and beat well until thoroughly blended. Place half the mixture into the prepared tin and level the surface.
- 3) Take one-third of the almond paste and roll it out to a circle the size of the tin and then place on top of the cake mixture. Spoon the remaining cake mixture on top and level the surface.
- 4) Bake in the pre-heated oven for about 2½ hours until well risen, evenly brown and firm to the touch. Cover with foil after 1 hour if the top is browning too quickly. Leave to cool in the tin for 10 minutes then turn out, peel off the parchment and finish cooling on a wire rack.
- 5) When the cake is cool, brush the top with a little warmed apricot jam and roll out half the remaining almond paste to fit the top. Press firmly on the top and crimp the edges to decorate. Mark a criss-cross pattern on the almond paste with a sharp knife. Form the remaining almond paste into 11 balls.
- 6) Brush the almond paste with beaten egg and arrange the almond paste balls around the edge of the cake. Brush the tops of the balls with beaten egg, too, and then place the cake under a hot grill to turn the almond paste golden.







## Sport

### Castle Camps Bowls Club

***The 2021 season concluded with a presentation Dinner Dance at the village hall in November where a good time was had by all.***

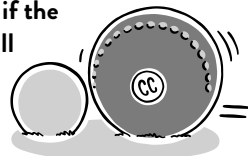
Despite the winter months work continues on the Green, Ron Goodwin taking every break in the wet and cold weather to cut and groom the surface. These days organic methods and materials are utilised avoiding harm to the worm population below the surface. The worms benefit the soil in many ways, most notably for us they are mixing and enriching the many tons of sand that have been applied over the years with the soil below the surface. Hopefully over time this will eliminate the dead spots that appear in the grass in the warmest weeks of summer.

Recent research shows that in rich fertile soil there can be over 400 worms per metre square. Combined with the fact the worms are hermaphrodites (carry both male and

female sex organs) we now have a very healthy population. This helps to explain why the green is frequently covered in worm casts which have to be removed to avoid chocking the soil when the roller passes over. Also the rooks have discovered this dinner plate and have started making a mess of things. Who would be a greenkeeper!

Work continues around the green also thanks to a very supportive team of volunteers. A new storage shed has been installed and access from the high street improved and smartened up. A replacement Bowls Club sign will be hung shortly beside the village notice board to complete that project.

**The 2022 season is fast approaching and as always we are keen to see new members from the local community. If you are interested in a "taster session" when the season starts to see if the game appeals, please call Peter Cottage on 07444 232911.**





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# COVID community update

South Cambs District Council (As on 20<sup>th</sup> Jan)

**A return to 'Plan A'** – Despite the reported drop in infections, Cambridgeshire still has a high case rate, of 943/100,000 population, with South Cambridgeshire also high, at 892/100,000 population. Case rates in schools are currently the highest they've ever been, particularly among the 2-4 (early years) and 5-10 (primary age) cohorts. And it is anticipated that the full effect of Omicron hasn't yet reached secondary schools.

As we transition to 'Plan A', please remember that the risk of COVID-19 (to you, your loved ones, and to the wider community) hasn't gone away, and many key workers are still under incredible pressure with staff shortages.

**Vaccination update** – People are still coming along for first, second and booster doses. Find out the latest information on where to access a vaccination at [www.thevaccinators.co.uk](http://www.thevaccinators.co.uk)

If you are not able to travel to a vaccination appointment, please contact Cambridgeshire County Council's 'Vaxi Taxi' scheme, where the County Council will cover the cost of the taxi journey. Visit [www.cambridgeshire.gov.uk/covid](http://www.cambridgeshire.gov.uk/covid)

**Urgent call for qualified teachers** – Due to the continuing impact of the Omicron variant on teaching numbers in schools, there is an urgent call for qualified teachers in Cambridgeshire. We have heard from the County Council that schools are reporting staff absence rates of around 10% and as a result supply teachers are already fully employed to cover the absentees. Some education staff are being lent out to

help keep classes and schools open. So, as highlighted in the news recently, the Government is inviting qualified ex-teachers from primary, secondary and further education to step in and help teach children and young people in school and college on a temporary basis. They may be retired, taking time off to care for children or others, or currently working in a different area, but it is hoped that some of them will be able to spare some time to help. Anyone who may be able to help locally is asked to register with a supply teaching agency now.

**Self-isolation guidance change (updated to five days)** – From last Monday (17 January), people have been able to end their self-isolation after five full days, as long as they test negative on both day five and day six and do not have a temperature.

It is crucial that people who are isolating wait until they have received two negative lateral flow tests on two consecutive days to reduce the chance that they are still infectious. The first test must be taken no earlier than day five of the self-isolation period, and the second must be taken the following day. If an individual is positive on day five, then a negative test is required on day six and day seven to release from isolation.

Those who leave self-isolation on or after day six are strongly advised to wear face coverings and limit close contact with other people in crowded or poorly ventilated spaces, to work from home if they can, and minimise contact with anyone who might be at a higher risk of severe illness if infected with COVID-19. There is further information on the Government website.



# Road Safety in Bartlow

From Bartlow Parish Council

Traffic coming from the A1307 via Deane Road heading for Ashdon crosses Camps Road. Because the crossroads are offset, drivers coming out of Deane Road cannot see vehicles coming down Camps Road until they are at least halfway across and consequently often cross in the path of Camps Road vehicles. Because some Camps Road drivers are going too fast to stop (the limit is 30 mph) there have been numerous collisions at the crossroads in recent years often leading to injury and vehicles being written off. Serious damage to walls and outbuildings has also frequently occurred. The most recent crash took place a couple of weeks ago. Although serious injury and death have so far been avoided we fear



that this could happen. We are particularly worried about school children at the nearby bus stop and other pedestrians.

Some of the accidents involved drivers who live in the vicinity of The Camps. In order to reduce accidents we need all drivers using Camps Road to be aware of the danger at the crossroads and reduce speed accordingly.



## Age UK

An update

Just to advise you that we have a new Community Warden in place for the Small Villages scheme. Her name is Lucy Cameron and she has been with us for nearly two months now and has been busy settling in her role and meeting those on the scheme.

If you have anyone you know that would benefit from being on the scheme, please contact Lucy by calling 07436102865 or emailing [lucy.cameron@ageukcap.org.uk](mailto:lucy.cameron@ageukcap.org.uk)



**Sarah Thomson**

**Age UK, Service Manager**





# Mobile library

## Timetable

\*Balsham Bandstand: Twice monthly, 2<sup>nd</sup> & 4<sup>th</sup> Tuesday

| ROUTE C9 – 2ND TUESDAY OF EVERY MONTH |              |                |       |       |
|---------------------------------------|--------------|----------------|-------|-------|
| 1                                     | Linton       | Flaxfields     | 10:00 | 11:00 |
| 2                                     | Camps End    | Sangers Farm   | 11:25 | 11:40 |
| 3                                     | Shudy Camps  | Main Street    | 11:50 | 12:05 |
| 4                                     | Castle Camps | Claydon Close  | 12:15 | 12:50 |
| 5                                     | Horseheath   | Old Nurseries  | 14:00 | 14:40 |
| 6                                     | West Wickham | Streetley End  | 14:50 | 15:05 |
| 7                                     | West Wickham | Council Houses | 15:15 | 15:30 |
| 8                                     | Balsham      | Bandstand      | 15:40 | 16:45 |



# Local public transport

## Bus timetables: 59 and 19

DO CHECK  
where you can  
for the latest  
schedules

| 59 – TO SAFFRON WALDEN / AUDLEY END | MONDAY TO FRIDAY |       |       |       | SATURDAY |       |
|-------------------------------------|------------------|-------|-------|-------|----------|-------|
| High Street, Castle Camps           | 08:19            | 10:46 | 12:46 | 14:46 | 08:23    | 12:16 |
| Carter's Farm, Shudy Camps          | 08:23            | 10:50 | 12:50 | 14:50 | 08:27    | 12:20 |

| 59 – TO HAVERHILL          | MONDAY TO FRIDAY |       |       |             | SATURDAY |       |
|----------------------------|------------------|-------|-------|-------------|----------|-------|
| Carter's Farm, Shudy Camps | 07:30            | 08:57 | 10:55 | 12:55 14:55 | 11:20    | 15:50 |
| High Street, Castle Camps  | 07:34            | 09:01 | 10:59 | 12:59 14:59 | 11:24    | 15:54 |

Visit <http://stephensonsofsex.com/service-timetables/> for the latest schedules, other locations and times.

| 19 – TO HAVERHILL           | MONDAY TO FRIDAY |       |       |       | SATURDAY |   |
|-----------------------------|------------------|-------|-------|-------|----------|---|
| Carter's Farm, Shudy Camps  | 09:31            | 12:01 | 14:01 | 17:36 | -        | - |
| opp The Manse, Castle Camps | 09:36            | 12:06 | 14:06 | 17:41 | -        | - |

| 19 – TO BURROUGH GREEN VIA LINTON | MONDAY TO FRIDAY |       |       |              | SATURDAY |   |
|-----------------------------------|------------------|-------|-------|--------------|----------|---|
| Castle Camps, High Street         | 10:33            | 12:33 | 15:03 | 18:08 18:35s | -        | - |
| Castle Camps, opp The Manse       | -                | -     | -     | 18:36s       | -        | - |
| Carter's Farm, Shudy Camps        | 10:38            | 12:38 | 15:08 | 18:13 18:30s | -        | - |
| St Mary's Church, Shudy Camps     | -                | -     | -     | 18:31s       | -        | - |

Times marked s – “sets down only” – the bus will only stop to drop passengers off. Visit [bustimes.org/services/19-haverhill-linton-burrough-green](http://bustimes.org/services/19-haverhill-linton-burrough-green) for the latest schedules, other locations and times.

**Cats Presents**

# **WIZARD OF ALMOST... OZ**

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**Saturday 19<sup>th</sup> March 2022 – 6.30pm**

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**Next issue of the Camps Review out  
in May. Deadline for content: 1st April**

# Bin Collection Schedule



| DATE                                  | BLACK | BLUE | GREEN |
|---------------------------------------|-------|------|-------|
| Monday 7 <sup>th</sup> February 2022  |       | ✓    | ✓     |
| Monday 14 <sup>th</sup> February 2022 | ✓     |      |       |
| Monday 21 <sup>st</sup> February 2022 |       | ✓    | ✓     |
| Monday 28 <sup>th</sup> February 2022 | ✓     |      |       |
| Monday 7 <sup>th</sup> March 2022     |       | ✓    | ✓     |
| Monday 14 <sup>th</sup> March 2022    | ✓     |      |       |
| Monday 21 <sup>st</sup> March 2022    |       | ✓    | ✓     |
| Monday 28 <sup>th</sup> March 2022    | ✓     |      |       |
| Monday 4 <sup>th</sup> April 2022     |       | ✓    | ✓     |
| Monday 11 <sup>th</sup> April 2022    | ✓     |      |       |
| Tuesday 19 <sup>th</sup> April 2022   |       | ✓    | ✓     |
| Monday 25 <sup>th</sup> April 2022    | ✓     |      |       |
| Tuesday 4 <sup>th</sup> May 2022      |       | ✓    | ✓     |

Please check nearer the time. Dates weren't published at time of producing this.

It is possible that later dates may change. For up-to-date schedules, please visit [www.scambs.gov.uk/bins/find-your-household-bin-collection-day](http://www.scambs.gov.uk/bins/find-your-household-bin-collection-day) and enter your postcode.

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