

CAMPS REVIEW

**Brighter
days ahead**

May 2021 • FREE » Issue 198

Photo: Tommy Walker and Russell Woodley. 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 – 9.30-11.30 Weds (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 nd Tuesday of the month 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	www.castlecampsschool.co.uk
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 / castlecampspc@gmail.com
Parish Maintenance Volunteer Group	ccpc.mikepeirson@gmail.com
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	www.castlecamps.org.uk (VH = Village Hall)

Shudy Camps

Shudy Camps Parish Council – For information, see website www.shudycamps.org.uk
 Parish Clerk: Andrew Webb – clerk@shudycamps.org.uk – 07757 740090
 St Mary's Church, Shudy Camps – Churchwarden: Andrew Webb – 07757 740090

Cover photo: Tommy Walker and Russell Woodley. Tommy Walker Shield won by Russell, 19th September 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.

From the Team

Hello everyone.

It's the end of March when writing this intro and one of the main thoughts is, one whole year of pandemic! Little did we know this time last year that this would reach beyond the summer. However, there now really does feel some sense of optimism. The clocks have gone forward for lighter evenings, over half the adult population have received their first jab, and restrictions are soon being eased in notable ways. No wonder the 29th March has been called "Happy Monday" – the day we could see friends and family. Give yourself a pat on the back because we have got through a whole year and then some!

Spring bulbs are adding colour to our gardens. Hooray for summer being on the way! It's not recommended to wish time away, but wow, in 2021 it really means freedom. And when this is in print, Castle Camps High Street will have been resurfaced – breathe a sigh of relief.

If you've recently moved to our villages – welcome! And until the next summer edition, have fun and enjoy this read. If you have a few mins to provide some feedback on the format of the Camps Review (see p.11), it would be much appreciated. And I'll leave you on a light-hearted note with a few of my favourite New Yorker cartoons since the start of the year and Lockdown 3.

Article submission

Cindy Smith – cindycamps@yahoo.com

Sue Herbert – sueherbertccpc@gmail.com

Advertisements

Mel Laing – castlecampspc@gmail.com

Design, illustration and editorial

Ali Norden – info@alisonnorden.com



"I mean, he does have a point."

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The Rosewood Studio [Picture framing] 01799 584028 21

Building and maintenance

Alexander Talbot [Tree surgeon] 01440 842178 37

Ben Bidwell [Painter & decorator] 01440 785706 12

Clive Germany [Builder] 07932 624367 47

Neaves Electrical 01223 290956 22

Suffolk Oil Solutions 01440 820267 49

Walden Sweeps 01799 599981 39

Wall to Wall Decorators 07800 979718 25

Computing

Camputer Services [Technical support] 07919 444666 33

Food and drink

Roughacre Brewery 07801 930091 35

Funeral services

Peasgood & Skeates 01440 840140 22

Health and well-being

Caring Hands [At-home care] 07868 937733 19

Louise Bidwell [Mobile hairdresser] 07919 185306 11

Three Counties Mobility 01223 756440 09

[Mobility and healthcare]

Wild at Heart Yoga 07980 593427 22

Yoga Classes with Mindfulness 01799 584890 31

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Capri Blinds 01223 894020 13

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Quarter page portrait
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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:
1st July 2021.

Advert artwork specifications

- PDF or JPEG format
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- If you wish to place an advert in the next issue please contact Mel Laing (Parish Clerk) on 01799 584428 or castlecampspc@gmail.com for more details.

Advertise your business here





News from Castle Camps Parish Council



During roadworks, 6th April



Finished new road surface!

With the resurfacing of the High Street completed, I hope you will agree the disturbance and aggravation was worth it, and this part of the village looks very smart. The Parish Council will now lobby for the pathways that are dangerous to be made safe.

Thank you to everyone who helps keep the parish looking clean and cared for by picking up rubbish etc.

The village sign is now back in place and with the easing of Covid restrictions, more jobs around the village can be completed. The oak tree on the village green has been pruned and reshaped, and dangerous branches removed, and the Remembrance tree on Bartlow Road has been made safe.



It's back!

Wood chippings from the trees have been placed along the footpath alongside the allotments for the safety of all walkers (thanks Mike).

Electric supply to the telephone box has been disconnected, and we are now awaiting the straightening of the box, after which we can refurbish and paint it.



Recreation ground
rubbish in ditches

Please be aware that all ditches around the village are there for a purpose and should not be filled in with rubbish, grass cuttings etc.

With the easing of restrictions let's keep the community spirit in the parish alive, and a great place to live.

Sue Herbert
Chairperson



News from Shudy Camps Parish Council

Volunteers recruited!

We reported in the last edition of the Camps Review that following the superb response we had had for voluntary litter pickers in Shudy Camps, we were looking for volunteers to fill a number of other roles.

Very encouragingly, a number of residents have come forward to help.

We now have a village website administrator, a movable vehicle activated sign co-ordinator, an Age Concern representative for the village and a number of volunteers to maintain green spaces. We are very grateful to everyone who has generously offered their time and expertise to support the community in these roles, together with those who are continuing to litter pick.

There is the opportunity to take on the role of Neighbourhood Watch Co-ordinator. If anyone is interested in taking an active role in promoting crime prevention in Shudy Camps, liaising with neighbouring villages, please contact Andrew Webb, Parish Clerk on clerk@shudycamps.org.uk

Neighbourhood Plan

We have had a very good response to the flyer circulated to every household in the parish and the note placed on the website and WhatsApp groups about the possibility of developing a Neighbourhood Plan for Shudy Camps. No fewer than 10 people have said they would like to be members of the "Qualifying Group" which would be

the driving force behind the Plan. An initial meeting of the Group is now being arranged to discuss the various issues which any community thinking about drawing up a Plan needs to consider.

Waste Bins

The four waste bins bought by the Parish Council have now been installed, two for dog waste only and two for dog waste and general litter. The bins will be emptied by South Cambs District Council fortnightly on Fridays. We would particularly ask all dog owners to bag up their pets' calling cards and put them in the bins.

Parish Council Meetings

Meetings of the Parish Council have been held remotely since last April under special temporary Coronavirus regulations. Despite occasional broadband wobbles, we have come to find virtual meetings have a number of advantages, not least in encouraging more members of the public to attend. This was particularly the case when the Parish Council considered its response to Greater Cambridge Shared Planning's consultation on the two sites in the parish submitted by landowners as sites for possible housing development when no fewer than ten residents took part in a lively discussion.

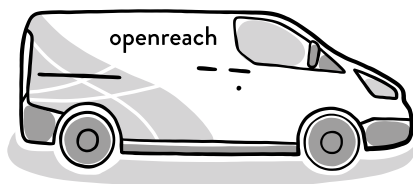
Regrettably, the regulations expire on 7th May and the Government has announced it will not be extending them. Meetings after that date will therefore take place in the Church again, but we hope members of the public will continue to attend.

Fibre Broadband in Shudy Camps

Despite virtual Parish Council meetings coming to an end, we are supporting an initiative to get superfast fibre broadband installed in the village through a subsidised scheme under which the Government pays a fixed sum to Openreach per property connected. Without such a scheme, small rural villages like Shudy will be well down the list for fibre installation. If enough people sign up to be connected, the subsidy may cover the whole cost of the roll out. There was a very encouraging response to a flyer distributed to all households inviting expressions of interest in the scheme which has been notified to Openreach the outcome of which is eagerly awaited.

Surface Drainage

There have been a number of complaints about the poor state of the surface drainage system in Main Street which regularly overflows during heavy rainfall. The Parish Council has notified the problem to Cambridgeshire Highways on their on-line reporting system. It has asked that the system is thoroughly cleaned out and would encourage individual residents to the same on Cambridge County Council – ReportIt (cambridgeshire.gov.uk).



In the dog house

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County & District Councillor's Report

A1307 Update – The process of upgrading the road continues, the next physical upgrade will be the installation of average speed cameras between the Suffolk border and Linton, this will take place this month in April.

Then will come the pedestrian crossing at the Hildersham junction, which will finally mean a safe crossing for those non-motorised users travelling between Abington – Linton and vice versa.

The local liaison forum meetings are still occurring, they are public so please do register to attend the forthcoming ones.

Election Period – As of March 29th the local councils are into the 'Election period' due to the 3 local elections being held in early May. This means that the local authorities in our area won't be able to make any significant decisions during this time. The day-to-day running of local councils will continue regardless.

5-year Land Supply – The District council has proudly announced that their land supply, which is a projection of the number of houses planned to be built out over the next 5 years, is now 6.1 years. This means that south Cambridgeshire doesn't currently have a housing deficit so doesn't have to accept large, unacceptable planning applications to make up this shortfall. This is very good news for our area.

Local Authority Covid Support –

The government is beginning to ease Covid restrictions and will continue to do this over the coming months as more and more people receive their vaccinations.

Caution should still be applied to everyday life however and support, financial as well as physical, is still available from the local authorities in our area.

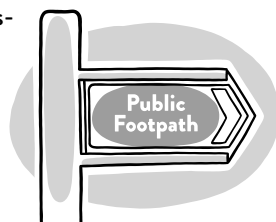
Available from SCDC – a 'Covid Co-Ordinator' who can assist with most things Covid related, including advice and directing to various grants. Her name is Vicky Hoover – Vicky.hoover@scambs.gov.uk

Available from the County Council – a Covid 'Hub' which can be contacted through their website – <https://www.cambridgeshire.gov.uk/residents/coronavirus/covid-19-coordination-hub-your-community-needs-you>

Highways Officers – Our area finally has a replacement Local Highways Officer to fill the gap made by Nicola Burdon's departure of the role. His name is Maciej Adamczyk and his details should have been sent to all local parish clerks.

Bus Changes – Due to the Park & Ride service at the Babraham Road site restarting, the 13 will no longer stop at that P&R site. The bus frequencies will remain as they were.

Right of Way Map – The County Council have launched a new interactive map, in conjunction with Google, that shows all of Cambridgeshire's public rights of way. Enjoy! <https://www.cambridgeshire.gov.uk/residents/libraries-leisure-culture/arts-green-spaces-activities/rights-of-way>



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Camps Village Hall

No real change from the report in the last Review. We are still closed and will not be opening until the Government's 21st June timing, always assuming that there will be no revised date.

We will be briefly open however for voting in the May elections, with all the usual hygiene and social distancing restrictions.

We recently had some vandalism, with the sight gauge on the oil tank being forcibly dislodged, but Dicky and Susie were able to refit the plastic tube.

Disappointingly, we had no one come forward following the request for new committee members.

We're all getting older (including myself) so we are keen to have fresh faces once we restart.

So if you are newly or early retired or have time on your hands and wish to help our community, please contact me on the email below or Dicky Moore, our chairman on: richard.ccvh@outlook.com if you would like to discuss the above. 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



Village Hall hiring rates

Full day hire for the full hall:

Castle Campers: £100

Shudy Campers: £120

Non-Camps hirers: £160

Hourly rates:

Main hall rates for these above three categories are: £10, £12, and £16 respectively

Small meeting room rates are: £8, £10 and £12 respectively

Please ring Susie on 01799 584596 to book or view, or email terence.chapman44@gmail.com

Details can also be viewed online at www.hallsforhire.org.uk and www.venues4hire.org





Camps Review format

What do you think?

We're after a spot of feedback from you. At the point of this issue, we're at the end of the annual billing for advertising. This means it's a good time to think about the format of the next issue as your responses have the potential to affect the design layout and advert sizes.

- Are you happy with the current magazine size (A5 booklet)?
- Would you prefer an A4 magazine? So the page size is like standard letter dimensions (double the current size).



- If you/someone who receives it are visually impaired, would you like an audio version accessible online? With this, it would need a reasonable response to be worth the time taken to read, record and host online.



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Email cardaunt@aol.com

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





Neighbourhood Watch

All Dog Owners – We're urging pet owners to be vigilant and review their security after reports of a rise in dog thefts in other counties.

The demand for dogs has soared across the country due to more people working from home and having extra time on their hands.

DCI Chris O'Brien said: "Dogs are often part of the family and having them stolen can be absolutely devastating.

"Whilst we are not currently seeing an increase in dog thefts in Cambridgeshire, we'd urge pet owners to consider taking extra precautions to help deter thieves and protect your pets. You can never be too careful."

Covid – Criminals are using the COVID-19 vaccine as a way to target the public by tricking them to hand over cash or financial details. They are sending convincing-looking text messages letting people know they are eligible for the vaccine or phoning people directly pretending to be from the NHS, or local pharmacy, then asking for payment.

The NHS will: never ask for payment – the vaccine is free, they will never ask

for your bank details, will never arrive unannounced at your home to administer the vaccine and never ask you to prove your identity by sending copies of personal documents such as your passport.

Strange car activity in Castle Camps – Some strange car activity with individuals sitting low down in the car wearing hats pulled well down has been observed. Nothing has come to light but please be aware.

Scam warning: Fake DPD emails and texts

– Action Fraud has seen a surge in reports relating to fake emails and texts purporting to be from DPD. The messages claim that DPD was "unable to deliver your parcel today" and provide instructions on how the recipient can arrange another delivery. The links in the emails and texts lead to fake websites that are designed to steal money, as well as personal and financial information.

Keep vigilant
and keep safe.

Lindi Kent



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A LITTLE RESPECT

Climbing roofs, trespassing and obstructing traffic

Whether climbing on roofs, entering private property and exploring a farmyard, kicking horse water buckets over and taking head collars or cycling dangerously, none of these activities are respectful or safe. Not only could damage be caused to property, but there's risk to the individuals, whether falling, playing among machinery and livestock or being hit by vehicles.



Fly-tipping

It is illegal to dump waste or rubbish in a public place (or private) and it has to be removed by volunteers on the Parish Council. There is no excuse for spoiling our villages and countryside.

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Bag that poo –
any rubbish bin will do





Coronavirus

From South Cambridgeshire District Council

As the Government's cautious road-map out of lockdown continues, people's health, safety and wellbeing remain of paramount importance. While infection and death rates are decreasing, transmission of Coronavirus is still an extremely serious threat and we all have a role to play in doing our utmost to stop its spread.

This can best be done by continuing to take precautions against catching or transmitting the virus and closely following the Government's rules for each step of its COVID-19 Response Spring 2021 roadmap out of the current lockdown for England.

This means continuing to abide by the guidelines for social distancing by:

- ➔ Washing your hands regularly and for at least 20 seconds;
- ➔ Covering your face in enclosed spaces (especially where social distancing may be difficult and where you come into contact with people you do not normally meet);
- ➔ Staying two metres apart where possible, or one metre with extra precautions in place.
- ➔ It is also essential to stick to the rules around travel and holidaying.



Our Council team continues to provide essential services and support to the residents most in need in our district. They are working in conjunction with many dedicated volunteers who have played a crucial role in helping this work and we are immensely grateful to them.

Residents who need to carry on self-isolating during this time can rest assured that all the support previously available will continue, including financial help.

Our Reopening the High Street team is supporting local small to medium businesses as they reopen and work towards recovery. This includes helping them to carry out comprehensive COVID-19 risk assessments to keep customers and their workers safe; providing signage and aiding the implementation of the two-metre rule in the workplace; and advising on cleaning, handwashing and hygiene procedures in line with current guidance.

As more Government financial packages are announced for the business sector, our Business Support Team is also there to support the recovery and help struggling firms to access much-needed Government grants to address some of the financial impact of the lockdown and to fund recovery activities. We are also offering support and grant aid to local communities to get voluntary projects and services back on track after months of lockdown.

Everyone across the district is working extremely hard to put plans into place for when affected services are able to gradually and safely welcome everyone back.

*Information as provided by South Cambridgeshire District Council to our parish councils on 30th March 2021.

Until then, please continue follow the guidelines to help protect the NHS and our families, friends and colleagues. By keeping infection rates low, we will all be able to get back to doing the things we love sooner.

To access advice and support, visit
<https://www.scamb.gov.uk/coronavirus/>

For more information on the Government guidelines in the COVID-19 Response Spring 2021 roadmap, visit
<https://www.gov.uk/coronavirus>



Useful links:

Government Coronavirus restrictions:
www.gov.uk/coronavirus

South Cambridgeshire District Council
 Coronavirus information:
www.scamb.gov.uk/coronavirus

Information on financial support to
 self-isolate: www.scamb.gov.uk/isolation

South Cambridgeshire District Council's
 Reopening High Streets Safely Team:
www.scamb.gov.uk/business/coronavirus-information-for-businesses/reopening-the-high-street

Support for local businesses: www.scamb.gov.uk/business/coronavirus-information-for-businesses

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Bendysh Wood

Protecting our great outdoors



Litter at Bendysh Wood



Laughing gas canisters

Great Bendysh Wood (in Olmstead Green if you haven't already visited) is ancient deciduous woodland with wide rides, and often you will see deer and muntjac. Unsurprisingly when outdoor exercise has been one of the only things we could enjoy in the last year, it has become a popular place to exercise, especially at weekends. It is a wild, beautiful little gem in our countryside, abounding with animals as well as rare flora. You can find flowers like oxlips, wood anemones and orchids.

Sadly, a different kind of activity comes to life on Friday and Saturday evenings when young people park their cars at the entrance and use illegal substances, inhale nitrous oxide and drink, leaving behind the gas canisters, beer cans and bottles.

The amount of litter is increasing, leaving people in the community to litter pick. On one occasion recently, over two hundred pieces of rubbish were collected! Needless to say, this is appalling and understandably leads to much frustration for those cleaning up behind.

Whilst this situation will be monitored, if you're ever on a walk there, have some

gloves in your pockets and would gladly remove some litter, this would be much appreciated by the few individuals who are relentlessly tidying up. This Forestry Commission wood is there for everyone to enjoy now and in the future.

Love the countryside – wherever you are in our beautiful countryside, please respect and protect it when you are enjoying it.

As the days grow lighter and warmer and we begin to socialise as restrictions ease, we're bound to be seeking delight in the outdoors even more. Please take litter home, bin those dog poo bags and keep to designated footpaths, bridleways and byways. This last year, farmers across the UK have not only seen footpaths significantly widened in the wet weather, but have also been reporting an increase in dog attacks on livestock. The Guardian reported that in December, suspected "sheep worrying" by dogs led to the death of 44 sheep in Suffolk. NFU Mutual reported in February that the estimated cost of dog attacks on farm animals across the East of England exceeded £130,000 in 2020. Please keep dogs under effective control.



The Countryside Code

Respect other people

- Consider the local community and other people enjoying the outdoors
- Park carefully so access to gateways and driveways is clear
- Leave gates and property as you find them
- Follow paths but give way to others where it's narrow

Protect the natural environment

- Leave no trace of your visit, take all your litter home
- Don't have BBQs or fires
- Keep dogs under effective control
- Dog poo - bag it and bin it

Enjoy the outdoors

- Plan ahead, check what facilities are open, be prepared
- Follow advice and local signs and obey social distancing measures



New Countryside Code – launched 1st April. Some wording differs to the above. Notable variations: follow local signs and keep to marked paths unless wider access is available; always keep dogs under control and in sight; dog poo – bag it and bin it – any public waste bin will do.



Keeper of the clock

A change of hands

Jim appears across the road on this blue-sky morning, looks up to the clock of the URC and checks his watch. "Two minutes slow."

Climbing the stairs to the clock tower, we go through a door into what feels like the insides of the Chapel. Except it's not grim. I wonder if Brenda cleans up here? And there it sits. An old mechanism commissioned in the 1800's by the Parish Council that keeps the clock ticking and bell chiming. A deep, grounding tick can be heard and a pendulum as long as my arm slowly swings underneath. I bet you didn't know the clock gets wound up weekly! That's right, it's not automatic.

"This is my weekly workout," Jim jokes.

First he winds the coil for the bell. 12 turns.

And then the coil for the clock. 12 turns.

Next to a couple of tins of oil, he takes some sort of key off a hook and winds a little hand anticlockwise. "That should do it." So to go forward in time, you have to go backwards...

Standing in the warm light of the window, there was much to admire as this clock, installed the year after the Chapel was built in 1856, has been wound by hand for you and me. When we wake up in the night and hear the bell on the hour, we know the time. When we're working up a sweat in the garden, digging the soil, we know the hour.

Jim tells me that Alan Hardy took some school children up here. When explaining to them that the clock was put in so that local farmhands would know the time when out in the fields, a child asked, "But didn't they have a mobile phone?" I don't mean to embarrass anyone by including that here, but you have to laugh. Phones as we know them have been around less than half my life.



On an already beautiful spring day, this brightened my morning even more. Another curiosity in the Camps for us all to be grateful for. And we also owe our gratitude to one of our residents. This man has been climbing the stairs to wind up the clock and bell every week for over 30 years.

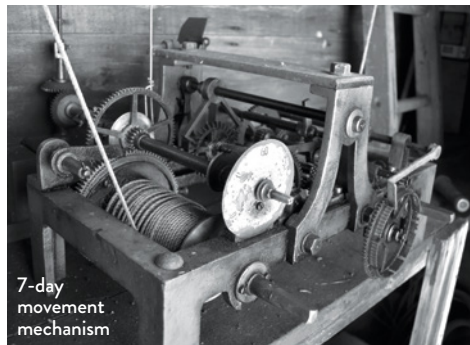
**Thank you Eric Lee
for keeping us on time
for three decades!**

As the stairs became a bit much for Eric, he has now passed on his winding duty to Jim.



There will be some more to this story. I have yet to find out further information about the clock. There may have been a committee to raise money for it, or an event, old photos, the possibility of details in the old Parish hand-scripted payment books... So keep an eye out for a second part in the August issue. Thanks again, Eric.

Ali



A good cause

Chatting to Michael Prentice recently, I learned that this August, he is set to do a wing walk for charity! Yup, taking a walk along the wings of a plane in flight! Hats off to him.

He will be raising money for Hinchbrook Hospital Maternity where his granddaughter, Harriet, works. It's been a challenging time during this pandemic and as Michael said, babies don't wait for coronavirus to pass.

When you're at Michael's mobile shop this summer, you'll be able to find out more and support this good cause.



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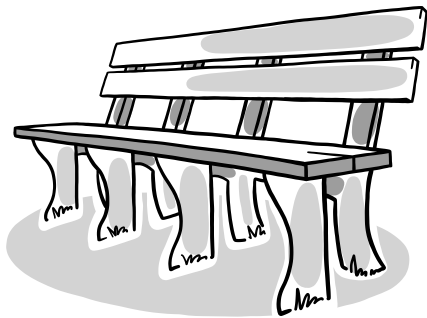
Bench to benches

There'll be more than one...

Thanks to your donations for Together in Castle Camps pin badges and face masks, we have an eco bench waiting to be fixed outside. Following on from this, Castle Camps Parish Council are pleased to say that they will also purchase more of these benches! It had been a thought in the pipeline and now it will be happening which is lovely. The one which came about last year, neatly engraved as a reminder of togetherness and the year that was 2020, is planned for enjoyment near the pond

.....

on Bartlow Road. Another four will be placed in locations around Castle Camps and Camps End. Stay tuned.



The Duke
of Edinburgh
1921-2021



Photo credit: Allan Warren, 1992, Wikimedia Commons; Edited

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From lockdown to relaxation of covid rules: tips on looking after your mental health

Extract from the Mental Health Foundation

For many of us, the gradual easing of lockdown brings longed-for opportunities (even if at a social distance) – to see friends, play sports, resume contact with family in ‘real space’ or get back to work that we value.

But for many of us, even the happy, much anticipated changes and re-adjustment can be difficult for our mental health.

And for many others the prospect of coming out of lockdown when debate is still live about the science supporting it can be a real worry. This may especially apply to those more vulnerable to the virus and those of us with mental health concerns.

What are the mental health challenges, and what can we do?

We should be prepared for the fact that the end of lockdown might be as hard for us as the start was.

Just as it took us time to find ways of coping during lockdown, we should also expect that it will take time to find our way back, and to reconnect with life. Things may not be the same as they were before.

Our mental health tips: about finding routines, staying connected, eating well, and taking exercise apply just as much now as they did at the start of lockdown – arguably even more so as we remain in a period of high stress but with more demands on us.

Because our situations are unique to us, it is really important to try not to judge ourselves harshly based on what other people are

doing. Everybody is facing uncertainty and challenge – and we have no choice but to move through it as best we can with our own coping mechanisms. [...]

Tips on coping with fear and anxiety

Control what can be controlled – there are a lot of things you can’t control that cause you fear and anxiety – but there are some things you can manage or plan for. Having an action plan for managing things you might find difficult can help.

Pace yourself – recognising that you need to go at the right pace for you is important. Don’t let others bully or pressure you into doing things you don’t want to – but try not to let that be an excuse not to push yourself, especially when it comes to reconnecting with friends safely, outside your home, when rules allow and the time is also right for you. It can be hard to let others move forward without you – maybe your child wants to see friends or needs to return to work, but you can’t. It’s important to discuss concerns with those close to you, but also to allow other people space to move at their own pace.

Build up tolerance – try doing something that challenges you every day, or every few days. Don’t beat yourself up if it doesn’t go well but keep at it. Keep a note of things you’ve achieved, enjoyed or surprised yourself doing.

I ENJOYED...



Vary your routines – try and vary your routines so that you see different people and encounter different situations. If one supermarket makes you nervous, try another. If a walk at one time of the day is very busy, try mixing walks at busy times with walks at quieter times.

Talk to work – Many workplaces are allowing more flexible working even if people need to return. If you are finding it hard to get to work, or do particular shifts or activities because of anxiety or fear, speak to your manager or a colleague you trust if that feels right. If you have or have had longer term mental health problems, you may be entitled to reasonable adjustments as a disabled person under the Equality Act. Even if you haven't disclosed before, if it feels safe to do so now you might be able to benefit from doing so.

Coping with uncertainty

Focus on the present – you can only do your best with what you have today. With regulations changing frequently, and lots of conflicting media discussions, try and keep a focus on the moment. Mindfulness meditation is one way of bringing your mind back to the present moment.

Bring things that are certain back into focus – whilst a lot of things are uncertain at the moment, there are also things to be hopeful about. Try to record and appreciate good things as they happen. Try and take opportunities to reset and relax.

Talk to people you trust – it's important to talk about how you feel. Don't dismiss your concerns or judge yourself too harshly. You may also be able to find your tribe online, but try and get outside perspectives too.

Picking up social lives

As we move out of lockdown it's going to be possible to start picking up our social lives again – albeit with changes for the foreseeable future. Some of us are desperate to do so – but others will be nervous about doing so and going back into pubs and restaurants – or unable to do so because of their situations.

If you are part of a social group doing an activity together, try and plan ways for people who aren't ready for face-to-face meetings to still take part.

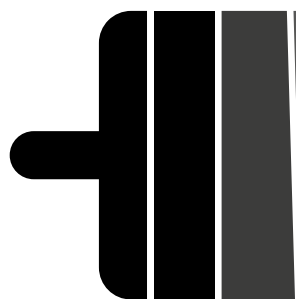
[...] If we are shielding or in a vulnerable group, it's likely that as others around us start to emerge from lockdown and start to do things that we miss, we may feel more isolated and less able to resist pressure to reduce lockdown measures. There's a real risk that employers, schools businesses and friends and family will be less able to relate and support as the lockdown releases for others. [...]

Grief

Grief is something many of us will have experienced during the lockdown. Many people will have faced the loss of someone close during these past months, and with attendance at funerals restricted, and non-socially distanced company only very recently available to very specific groups, this has been doubly hard.

As we start to move out of lockdown it will be possible to see people again, and to provide support to those close to us who have been bereaved, although at the moment this must be socially distanced. [...]





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The Connection

News from our Anglican churches

Dear Friends,

In my lectionary which tells me which bible readings to use on which days, I noted that on Monday 24th May, the day after Pentecost (Whit Sunday), it casually remarks that 'Ordinary Time resumes'. Those of you who have kept note of the dates from the roadmap out of lockdown, will know this is earlier than the 21st June which is the earliest date given by the government for the end of all limits to social contact. If the roadmap goes to time, then by the 24th, pubs will have reopened indoors, as will indoor and outdoor venues, but with limits on attendance.

Of course the 'Ordinary time' to which my lectionary refers are those parts of the year which are not part of one or other of the liturgical seasons, Advent, Christmas, Epiphany, Lent or Easter. Ordinary time for the Church constitutes about half of the calendar year. How ordinary our worship will be by the 24th is questionable. We will still be wearing face masks in church and I doubt that there will be communal singing of hymns, nor the use of the chalice. Those will return, though whether on the 21st June or later in the year I don't know. It has struck me how many people have said how they miss hymn singing, even some who I wouldn't have put down as hymn singers. Perhaps moaning semi tunelessly to a well-known hymn is something you only really appreciate when you can't do it.

Hymn singing is certainly not the most significant thing that we've had to give up during lockdown; not being able to see family or friends, not being able to go on holiday,

being limited in when and why we can leave the house would certainly rank higher on the list.

As we move out of lockdown and life becomes more ordinary, perhaps we can take with us some of the changes of values that lockdown has given us.

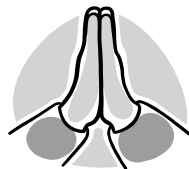
These may not just be a new appreciation of things we have missed but of things we have discovered during lockdown, like exercise in the great outdoors or watching the birds in the garden.

In Lady Windemere's Fan, Oscar Wilde had Lord Darlington quip that a cynic was 'a man who knows the price of everything and the value of nothing'. My hope is that one thing that Covid will do for us, is to make us in Wilde's terms, less cynical, that we appreciate the value of things that have little or no cost. One of the things that has generally been appreciated during the pandemic is that people's value to society isn't always reflected in what they are paid.

The things that we miss now and should value more are very often ordinary things, so all I can say is 'bring on Ordinary Time'.

Love and prayers,

Ian Fisher (Team Vicar)
ian.fisher@btclick.com



SUNDAY 2ND MAY FIFTH – SUNDAY OF EASTER

Linton	10.00	Eucharist	Rev. Maggie Guite
Horseheath	10.00	Sunday Club	Pat Smith Margaret Morris
Horseheath	16.00	Evening Service with healing	Rev. Maggie Guite/ Lindi Kent LLM

SUNDAY 9TH MAY SIXTH – SUNDAY OF EASTER

Castle Camps	10.00	Holy Eucharist	Rev. Ian Fisher
Bartlow	10.00	Family Service	Cathy Watts

SUNDAY 16H MAY – SEVENTH SUNDAY OF EASTER

Horseheath	10.00	Holy Eucharist	Rev. Ian Fisher
Bartlow	18.00	Evensong	Cathy Watts LLM/Rev. Michael Wilcockson

SUNDAY 23RD MAY – PENTECOST

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

SUNDAY 30TH MAY – TRINITY SUNDAY

Castle Camps	10.00	Joint service with URC at Parish Church	Rev. Ian Fisher
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SUNDAY 6TH JUNE – THE FIRST SUNDAY AFTER TRINITY

Horseheath	10.00	Sunday Club First Communions tbc	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 JUNE – THE SECOND SUNDAY AFTER TRINITY

Castle Camps	10.00	Eucharist	Rev. Ian Fisher
Bartlow	10.00	Family Service	Cathy Watts LLM

SUNDAY 20TH JUNE – THE THIRD SUNDAY AFTER TRINITY

Horseheath	10.00	Eucharist with charity speaker	Rev. Ian Fisher
Bartlow	18.00	Evensong	Rev. Michael Wilcockson

SUNDAY 27TH JUNE – THE FOURTH SUNDAY AFTER TRINITY

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

SUNDAY 4TH JULY – THE FIFTH SUNDAY AFTER TRINITY

Linton	10.00	Eucharist	Rev. Maggie Guite
Horseheath	10.00	Sunday Club	Rev. Ian Fisher Pat Smith Margaret Morris
Bartlow	10.00	Morning Prayer	Congregation Led

SUNDAY 11TH JULY – THE SIXTH SUNDAY AFTER TRINITY

Castle Camps	10.00	Eucharist	Rev. Ian Fisher
Bartlow	16.00	Pet Service	Cathy Watts LLM

SUNDAY 18TH JULY – THE SEVENTH SUNDAY AFTER TRINITY

Horseheath	10.00	Holy Eucharist	Rev. Ian Fisher
Bartlow	18.00	Evensong	Cathy Watts LLM/Rev. Michael Wilcockson tbc

SUNDAY 25TH JULY – THE EIGHTH SUNDAY AFTER TRINITY

Shudy Camps	10.00	Holy Eucharist	Rev. Ian Fisher
Shudy Camps	19.30	Compline by Candlelight	Rev. Ian Fisher tbc
Bartlow	18.00	Evensong	Cathy Watts LLM/Rev. Michael Wilcockson tbc



Granta Medical Practices

COVID-19 vaccinations

We continue to deliver second vaccinations, working in date order, vaccinating patients 11-12 weeks following their first dose.

Current guidelines state that patients have to return to the venue where they had their first vaccination, as the second dose will be allocated and sent to that venue. Should these guidelines change we will, of course, let everyone know.

We appreciate that everyone wants to know when their appointment will be, and we are working as fast as possible to get through our patient lists.

Please bear with us as our team continue to work incredibly hard to deliver the vaccine into our community.

COVID-19 vaccine safety

The UK vaccination programme has been very successful. At the time of writing, more than 30 million people have been vaccinated and it is estimated that 6,000 lives have already been saved.

There have been reports of a very rare condition involving blood clots and unusual bleeding after vaccination. This is being carefully monitored and reviewed.

Information is changing rapidly and we will keep our website as up to date as possible.

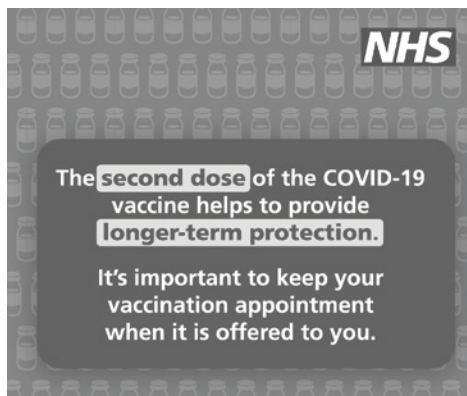
If you do not have internet access, please feel free to ring us with any questions you may have.

Sandra East
Head of Patient Services

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GRANTA Medical Practices



COVID-19

Meeting up again?

Stick to six.

Stick to groups of up to six people or two households and keep a safe distance. Because the more people you meet, the more likely you are to get infected.

Let's take this next step safely.





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

Learning together with faith, hope and love

There has been a very strong sense of community at Castle Camps during the pandemic and never have our school values of 'faith, hope and love' felt more relevant to us all.

Through the most challenging moments, we have all pulled together and gathered much strength from each other.

On a personal level, I can not thank the staff and parents enough for their support, resilience and determination. They have been truly outstanding – selfless and determined to 'keep calm and carry on'. The children are indeed fortunate to have such positive role models in their lives.

HRH Prince Philip – A Life Well-lived

We are always living through history, but there are times when we appreciate that we are experiencing something extremely significant. This week in school, we have been remembering the life of HRH Prince Phillip. We have thought about ways to create a better, more loving community, just as he tried to do during his lifetime. We have also explained to the children that a life 'well-lived' is about making the most of every moment; every opportunity that's before us. It is about living not just for ourselves, but for others.

Ely Diocese Lent Challenge 2021: Hope for a Future

Bishop Stephen's Lent Challenge 2021 was based on the theme: Hope and a future – a future for us all in God's world. As a whole school we explored the idea that although there is much in the world at the moment where hope is needed, God's love is always there for us. Videos of the children's work was shared with the Diocese and the children were extremely insightful in their reflections. Yesterday, we received a personal message from the Bishop's Officer, Rev'd Sue Martin, who stated: 'everyone at Castle Camps Primary School understands the need for hope for ourselves and across a wide range of communities and problems in our world... I am delighted with, not just the quality of the work, but the thoughts and Christian messages from each of the classes.' Pictures from the Lent Challenge will be posted on our website soon.

Forest School

We are delighted that Mrs Swan (Squirrel Class Teaching Assistant) has completed her Forest School training and will – very soon – be running her initial sessions with the children in the Millennium Wood. This is a really exciting time for our school and we are sure everyone will benefit from the experience. It is our aim that every child will have the opportunity to experience the great outdoors; take supported risks, gain confidence, build motivation and bring home a positive attitude. We hope this positive

outcome will echo back to the classroom, too, and will support classroom learning.

Nursery and Reception Places

If you are still looking for a Nursery or Reception place for September 2021, please contact the school office. We will be posting a flyer on Facebook soon for families to share. Our outstanding Nursery continues to offer the 30 hour entitlement and we are now taking bookings for September 2021.

Please accept my very best wishes for the weeks ahead and I look forward to writing again later in the term.

Miss Alexandra O'Connor
Headteacher



Tote bags

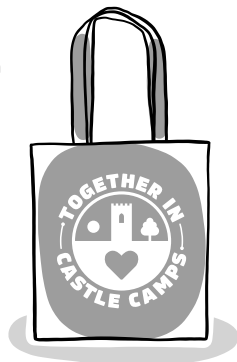
Still available

If you would like a Together in Castle Camps tote bag, there are still some available. They cost £5 each with £2 from each sale going back into the community. Check out our local shops or get in touch with me and I can get one to you.

Ali

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Marsh Mail

Linton Village College

It has been fantastic to observe the College grounds alive once again with the sights and sounds of grassroots sport. Welcoming back community groups onto site has marked the start of our re-emergence from lockdown restrictions. Our Sports Centre has also reopened its indoor facilities and looks forward to even more members supporting this village resource over the coming months.

Within the College, students have benefited from a broader educational experience this term. Our Year 7 and 8 students have moved into new learning bases and all year groups have access to more specialist teaching rooms and practical lessons. A number of extracurricular clubs have also restarted.

A healthy lifestyle is also supported by positive mental health. We have been particularly conscious of our Year 11 cohort and how to ensure that the process of awarding GCSE grades this summer takes account of their wellbeing as well as achieving optimum academic outcomes. At LVC we have designed a schedule of assessment, in line with the government guidance and exam board requirements, that gives students the best opportunity to achieve their potential.

During the first half of the summer term, students will be completing a range of slimmed down assessment tasks within their lessons. We have sought to avoid replicating the pressurised conditions of the exam series that has been cancelled.

I have been incredibly impressed with how maturely students have responded to the significant disruption to their education.

I have been equally impressed by the hard work and commitment of teachers and support staff. Having adjusted to the requirements of teaching and learning in the Covid-19 contexts and the challenges that this has presented, students and staff are now adapting to the requirements of a teacher-led assessment process.

It is no surprise that the global pandemic has led to a surge in the number of applications for teacher training. While some of this may have been motivated by the job security associated with the profession, the privilege, job satisfaction and sense of reward that comes from supporting young people in their education has been highlighted in the current context.

Helena Marsh
Headteacher



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RAF Castle Camps

Did you know?

Who was Peter Townsend?

In the war, Castle Camps was a satellite station to the Debden. The first RAF Squadron to arrive at Castle Camps was 85 Squadron. They had returned from the Battle of France; the squadron was completely devastated, left with only four Hurricane aircraft. They were reformed and commanded by the soon-to-be famous Flight Lieutenant Peter Wooldridge Townsend, CVO DSO DFC, AND Bar. As many of the replacement airmen arriving had less than 10 hours of flying experience, it was vital that they learned discipline and extreme vigilance whilst flying, and Townsend saw that they achieved this. By the end of June 1940, the pilots at Debden and Castle Camps had undertaken 505 hours of flying. Only 25 hours of this time had been recorded as 'operational', giving the crew enough experience to face the enemy.

Peter Townsend was famous for his flying career and his work with the Royal Household as Equerry to King George



Peter Townsend

Photo from Twitter @RealTimeWWII

and Master of Royal Household. After his divorce in 1951 he was linked with Princess Margaret, but they could not marry.

If you have watched the Netflix series, *The Crown*, you will be familiar with this story. Below you can see Townsend and Margaret as portrayed by the actors.



Photo sourced by Mike



Peter & Margaret in *The Crown*

Photo from www.vanityfair.com and Netflix

Night fighters

When Covid is over and the Castle Camps village sign is re-established on the green by the war memorial, look up and you will see aircraft painted in the sky. This goes back to the wartime in Castle Camps where the strategy and success of the “Night Fighter” was developed.



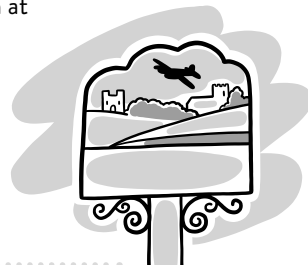
On 29th March 1942, 157 Squadron arrived at Castle Camps with 17 de Havilland Mosquitos. The first ever Night flying would start on 27th April 1942.

Based at RAF Castle Camps, a Flight Lieutenant Stoneman (Engineer Officer) invented a modification that improved the effectiveness of the Browning's flash

eliminator; a device that attached to the muzzle of the aircrafts' armament. This reduced the machine guns visible signature to the enemy, meaning night fighting became more successful and aircraft could creep up behind the enemy and be less visual when firing at them. This improvement was so successful, it was quickly adopted by the Air Ministry for other models.

The mosquito proved itself to be a truly outstanding night fighter. Our village sign reflects the ever-present Black Mosquitos of 157 Squadron at the airfield.

Mike Peirson



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Bloom & Grow

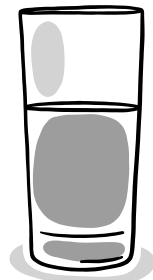
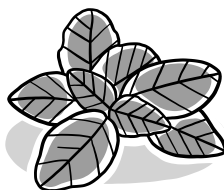
Easy-Peasy propagation of herbs

If like me you find growing Basil from seed a long wait, why not treat yourself to a pot from the supermarket? Cut off a few stalks and pop them in a glass of water, and very soon you will find they have roots. You can then pot these up. The same can be done with Mint. Although not a herb you can apply the same technique to watercress. It is not a good idea to harvest watercress from streams as it needs swiftly flowing water to keep it free from Liver fluke, but if you buy watercress and root it in water it can

successfully grow in a pot outdoors. All you need to do is stand the pot in a tray of water so that the soil doesn't dry out.

I hope you find this useful.

Rosemary Yallop



West Wickham and District Gardening Club

West Wickham and District Gardening Club had another very successful Zoom meeting on Monday 15th March when we invited non-members to join us for a beautifully illustrated talk on "Bell Flowers" by Andrew Ward from Norwell nurseries in Lincolnshire. We were very pleased that many took this opportunity to enjoy an entirely free evening's entertainment.

Zoom presentations give us the chance to book speakers whom we would not normally be able to have since they live too far away. The club continues to hold Zoom talks for all to participate; speakers are booked for 17th May and 21st June. If you wish to join us send your e-mail to sueboase@hotmail.co.uk and she will invite you in at 7.15pm on the evening of the talk.

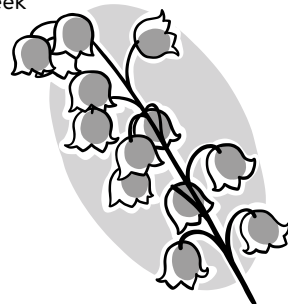
A pop-up Plant Sale will be held on the 22nd May at various locations. Castle Camps sale will be held in the High Street at the pop-up butchers (Michael Prentice's) between 10am and 1pm.

Other locations are West Wickham, Streetly End and Hazel Stub.

We still await some mild and sunny gardening weather but gardeners are an optimistic bunch and next week may be warmer.

Best wishes,

Rosemary Yallop
(01799 584262)





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Many of us wait anxiously for the outcome of the recent public inquiry into a possible increase in the passenger cap at Stansted Airport, yet the local community's love-hate relationship with Stansted Airport is only the latest in a series of significant aviation events that have occurred within the Hundred Parishes.

In a field at Standon Green End in the parish of Thundridge, a monument marks the spot where Italian balloonist Vincenzo Lunardi landed in 1784 after completing the first manned flight in England. He took off from London beneath a balloon filled with hydrogen.



Lunardi memorial



Bentfield Hucks

In 1913, Bentfield Hucks was the first Englishman to loop-the-loop in his Bleriot aeroplane. He was born in 1884 in Bentfield Cottage, Stansted Mountfitchet and thus acquired his unusual forename.

Duxford airfield, now the site of Imperial War Museum, Duxford, first became operational in World War I. Some of its buildings, constructed by German prisoners-of-war, still stand. In 1938, Duxford was the first airfield to take delivery of Spitfire fighter planes. Frank Whittle flew regularly from here while he was developing ideas that eventually led to the invention of the turbojet engine just before the end of WWII.



Duxford WWI hanger



Spitfire in Imperial War Museum, Duxford

Photos contributed by Ken McDonald

Altogether, twelve military airfields operated within the Hundred Parishes during WWII. Andrewsfield, straddling the parish boundary between The Salings and Stebbing, was the first American-built base in Europe, becoming operational in 1943. Stansted was another American-built airfield. Thousands of Americans were based in this area; many never saw home again.



Nuthampstead memorial



Andrewsfield memorial

Many of us have enjoyed the relative peace that the Covid-19 pandemic has brought to our skies, in particular discovering the joy of walking in the countryside. It is sad that it has taken so many deaths to remind us of the quality of life that exists right here, without the need to fly.

Ken McDonald, Secretary



Thoughts for the over 80's

Stay cool

We were born before the telly, penicillin, polio shots, frisbees, contact lenses, videos and Rank Zerox.

We were born before split atoms, credit cards, and so it seems, dishwashers, tumble dryers, radar and laser beams.

We'd no electric blankets, air conditioning or drip dry shirts. No state aid, plastic ball pens or fear the pill won't work!

We married first, then lived as one. How quaint that seems to be.

Big Macs were outsized raincoats and crumpets ate for tea.

We lived before emancipation, house husbands, computer dates and meaningful relations meant your family were your mates.

Time sharing meant togetherness in a life of love and trust and sheltered accommodation, was where you waited for the bus.

A chip – fried potato.
Hardware – screws and nails.



Making out meant fabricating imaginary tales!

Coke was in the coal house, a joint – a piece of meat. Pot was what you cooked it in and aids a beauty treat.

YES we were born before the wartime. Great changes we survived.

But though we are now much older – STAY COOL.

WE HAVE ARRIVED.

Contributed by Maureen McKenna



Paddy McKeown



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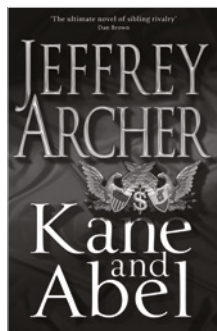
Book Reviews

TITLE: Kane and Abel

AUTHOR: Jeffery Archer

PUBLISHER: Pan Books

REVIEWER: John Biggs



A great favourite of so many millions and yet I had never read it. First published in 1979, my wife read it 25 years ago, my son 10 years ago, and it sat on the book shelf and I hadn't picked it up until now. My wife kept telling me what

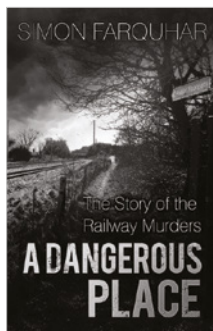
a great read it is and being one not interested in fiction, I didn't until I had a moment and thought I'd give it a try, for a chapter. Well I just couldn't put it down, so used to reading biographies, history, business and technical books, I was immediately hooked! The author has the ability to frustrate and keep you interested. In the early chapters when you were really getting into a character and the development of his life and experiences, it would move onto the other character at a time when you wanted to continue following the story you were already following. But once you get into the next character chapter it was just as enthralling. This meant you continued to learn more about the characters and their stories leading to the final encounter. I did expect a more interesting finish to the story but that didn't detract from this incredible piece of writing, so well researched and written. He is a genius!

TITLE: A Dangerous Place

AUTHOR: Simon Farquhar

PUBLISHER: The History Press

REVIEWER: John Biggs



Another book that I wouldn't normally have bought that had a good review in The Times, that under lockdown I ordered from Amazon for it to remain on the bookshelf. After around 9 months I picked it up as

a short quick read, as it is about less than half the size of the books I usually read.

Simon Farquhar, the author, is the son of Detective Superintendent Charles Farquhar of the London Metropolitan Police, who during the eighties and nineties investigated and pursued the serial rapist and murdering duo Duffy and Mulcahy. This book is a tribute to Simon's father and is complete with detail and anecdotal evidence of the activity of other criminals, but the focus is on A Dangerous Place, the story of the railway murders. It is the life story of two young teenagers who out of a quirk of similar backgrounds and childhood experiences, ended up being serial rapists where the long term planning and organisation of their joint activities. This enabled them to roam free on the London railway networks doing their evil deeds until they went too far.

The murders were an escalation of their activities, but they were motivated

differently and this is what ultimately lead to their capture and incarceration.

A read that is interesting but also macabre when it gives the details of their crimes and is something that is uncomfortable to read. It covers recent times and locations that we ourselves may also have known and used during the eighties and nineties. The concluding chapter puts your minds to rest as the villains in court are sent to jail with multiple life sentences and our thoughts must remain with the victims and their families.



1st Horseheath Brownies

Horseheath Brownies is known as a unit that picks up the waifs and strays of various villages around and about and it is no different during lockdown as we have been joined by Kayra who lives in Stow-cum-Quy! She was a Rainbow from Bottisham but is joining us whilst we are Zooming.

We are slowly working through the Programme, concentrating this term of unit meeting activities for the skills builders we completed last term. All of the Brownies are progressing well and a couple have almost finished their Bronze award.

By the time you read this we will hopefully have survived the Girlguiding Cambridgeshire East Virtual Sleepover, the theme of which is based on activities you can do at the Jarman Centre, the guiding centre in Newmarket that we stay at each year for our weekend away.

Girlguiding are permitting us to resume outdoor meetings from 29th March, but I think we will wait until at least May before we start meeting as by then, hopefully, the weather will be warmer and there will be more light in the evenings for our activities.

We still have space if you would like to send your daughter to Brownies. As mentioned, we are meeting online until we can meet face-to-face again. 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) or drop us a message on horseheathbrownies@gmail.com

Brownies is where the girls have fun learning new skills and enjoy just bring themselves.

Pauline, Katie and Laurené

**horseheathbrownies@gmail.com
www.girlguiding.org.uk/information-for-parents/register-your-daughter/**



Age UK

An update from your Community Warden

I hope you are all well and managing to keep your spirits up. A lot of people I visit are finding this last lap of the pandemic hard, so if you are elderly and need a friendly chat or email conversation please do get in touch.

The Age UK Information and Advice Team have been helping me again, and have informed me about a great service run by South Cambridge District Council called LEAP – Local Energy Advice Partnership. I am helping one of my Service Users check whether they are paying too much for their energy bills. The Age UK information and Advice Service is open to everyone and is FREE. They are a mine of useful information, and always go the extra mile to help. If you'd like to know more about the Information and Advice Service or LEAP, get in touch and I will give you all the details, or help to arrange someone to call you.

Lastly, Linton Community Help Team are running a lovely new initiative called Creative Communities Scheme and have been kind and generous in linking in with the Linton and Small Villages Community Warden Schemes, so I am hoping that through this some of my Service Users will be able to get involved in some creative projects at home whilst they are unable to leave the house much.

Please get in touch if you'd like to find out more about the Community Warden Scheme or if you need signposting with any matters related to support for the elderly. I am always glad to help.

Faye Parker

Phone: 07436 102465

Email: Faye.Parker@AgeUKCAP.org.uk



The United Reformed Church

Greetings at this Eastertide from everyone

We at Castle Camps United Reformed Church were so fortunate to have continuity when Mary Norden retired about 8 years ago and Val Spencer became our Secretary. Val has now retired and we have to say "Thank you" for a job so well done in steering us through difficult times when we were without a Minister. Val will always be a valuable Elder and Member of our Church and we will always be glad of her guidance and knowledge when making decisions.

I am pleased to tell you that our new Secretary is Sara Davey and she has also started off at a difficult time of "No Minister". Sara has set us up with a new website at www.castlecampsurc.com and she is doing a sterling job. If you haven't already met Sara and her husband James, perhaps you would like to log on and say hello.

Maureen McKenna
URC



Linton Library

Latest news and information

At the time of writing, government restrictions had started to ease and we expect our managed browsing which restarted on April 12th to continue to be available at the library. We are very pleased to be able to welcome you back in to choose your own books! If you do enter the library, please sanitise your hands, complete test and trace by scanning the QR code or filling in the slip, and wearing a mask, unless you are exempt. A one-way system is in operation, and we are restricting the number of people in the library at any one time so we can maintain distancing, so please bear with us if you have to wait for a moment.

Our Select and collect service continues to be available for anyone who would prefer to use this – we can choose a selection of books for you based on your preferences.

Please check our website and social media for further announcements if the situation changes.

Thank you so much for continuing to support your local library.

Lindsay Healy
Community Library Assistant

Linton Library opening hours:
Tuesday 10am-2pm; Thursday 2-6pm
Customer Services (regular office hours):
0345 045 5225

Bus Pass application and renewal:
0345 045 1367

Blue Badge application and renewal:
0345 045 5204

Website: www.cambridgeshire.gov.uk/library



The Plant Place Wickham

For local people at local prices

Plants are like vegetables, best bought as local and as fresh as possible. That is the theory behind www.theplantplacewickham.com a small setup that has started growing hardy perennials in West Wickham.

Plants should also not cost a fortune to buy, (although some plants and shrubs can be very difficult to cultivate and therefore do become more expensive due to time and care). Also, we should consider the miles plants travel across the Continent before they ever reach our shores and the environmental cost of everything involved.

As an experiment, Jan Lupton is growing hardy perennials locally to see if this is possible. The mantra behind the project is local plants for local people.

She said that she used lockdown to put her plan into action using her greenhouse and then putting together a little website to accommodate the plant details for the local gardeners. "This year I have had to be cautious as to what I could achieve in the greenhouse, but I have gained confidence and am finding out what local people are looking for. They seem to like the idea of buying local."



Creative Corner

Cake and cats

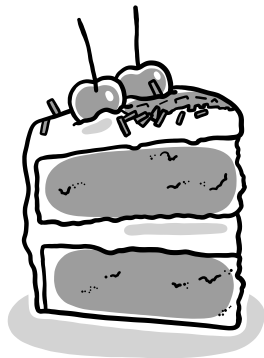
Black Forest Gateau – a Delia Smith recipe

Ingredients

6 large eggs
142g (5oz) caster sugar
50g (2oz) cocoa powder,
sieved
285 ml (1/2 pint)
double cream
1 level tbs. caster sugar
1 tin or jar of pitted morello
cherries (700g) drained
and juice reserved
50g (2 oz) plain chocolate
3 tbs. kirsch or
cherry brandy

**Preheat oven to 180°C,
356°F or gas mark 4.**

**PS. It may be rather retro,
but you can't beat a classic
cake. If it's been quite some
time since you sank your
teeth into this intensely
chocolatey cherry combo,
why not give it a whirl?
It's sure to be a crowd-
pleaser for those garden
gatherings, or just for you.**



1) Grease and line two eight-inch sandwich tins or three six-inch sandwich tins if you would like to make a triple layer cake.

2) Separate the eggs and whisk the yolks with the sugar until pale and quite thick.

3) Fold in the cocoa powder in two batches.

4) With a clean whisk beat the whites until stiff but not too dry. Stir a large spoonful of the whisked egg whites into the cocoa mixture to loosen it then carefully fold in the rest of the whipped whites in two batches.

5) Divide the mixture between the tins and bake on the centre shelf of your oven for 15- 20 minutes.

6) Check that the cakes are baked by inserting a skewer into the centre of the cakes. The skewer should come out clean and the cakes should be springy. Leave to cool in tins for 10 minutes and then release from the tins on to a cooling rack whilst still slightly warm.

Decorate

1) Add the tablespoon of caster sugar to the cream and softly whip it – it should just about hold a soft peak when the whisk is lifted from the surface, but should it still be floppy and voluptuous.

2) Remove the baking paper from the cooled cakes. Stir together the kirsch or cherry brandy and the reserved cherry juice. Drizzle the cherry/kirsch liquid over the cakes and leave for five minutes so that the cakes soak up the liquid.

3) Layer up the cakes with the softly whipped cream and most of the drained cherries.

4) Spoon some cherries on the top in the centre of the cake and pipe some swirls of cream round the edges. Grate the chocolate over the cream on top to decorate.

Alternative: Increase the amount of cream to 568 mls (1 pint) so that you have enough cream to smooth around the edges of the cake and press chocolate sprinkles on to the sides.

A view from my window

From Mabel Coxall

Hello. My name is Mabel. I'm a tortoiseshell cat and I thought you might like to hear about my hobbies. I have two!

From my seat in the window, well, when I say a view from my window, that's when I can get in the window! There's decorations for Halloween, Christmas, Easter or just some flowers sometimes, it's hard to even get a paw in there!

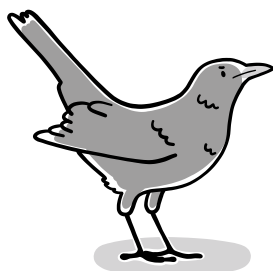
Anyway, back to my hobbies. My main hobby is... People watching! I love to watch people. People are fascinating creatures – they run past here in bright and cheerful outfits. Sometimes they are even listening to music!

But what I find most bizarre is that people go out in the pouring rain with their dogs. I find this just a bit silly really, but then we are talking dogs here.

Sometimes when people come past, they do look in the window. I thought this was a bit rude, but then I am watching them too.

Plus, there is one man who goes by pulling a trolley and then he comes back a little bit later with the trolley full of the smelliest stuff. Why? I mean, why?!

My other hobby is ornithology. I really love to watch the birds. Recently, I took part in the Big Garden Bird Watch. It was wonderful. We (that's Sue and I) watched and counted the birds in the garden for an hour.



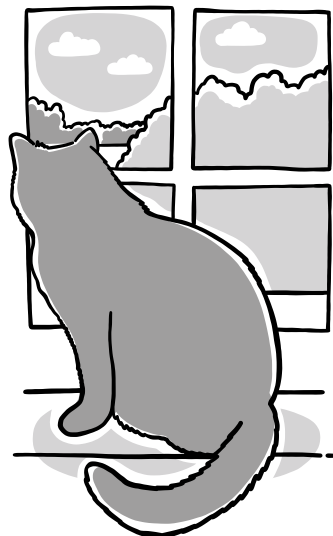
We saw:

- 20+ crows – big and let's face it, not at all pretty.
- 10 starlings – noisy and argumentative
- 15 sparrows – very quick and cheeky
- 8 blue tits – very pretty
- 2 robins – my favourite; always bright and cheerful
- 8 blackbirds – I do not like blackbirds at all and I will tell you why.

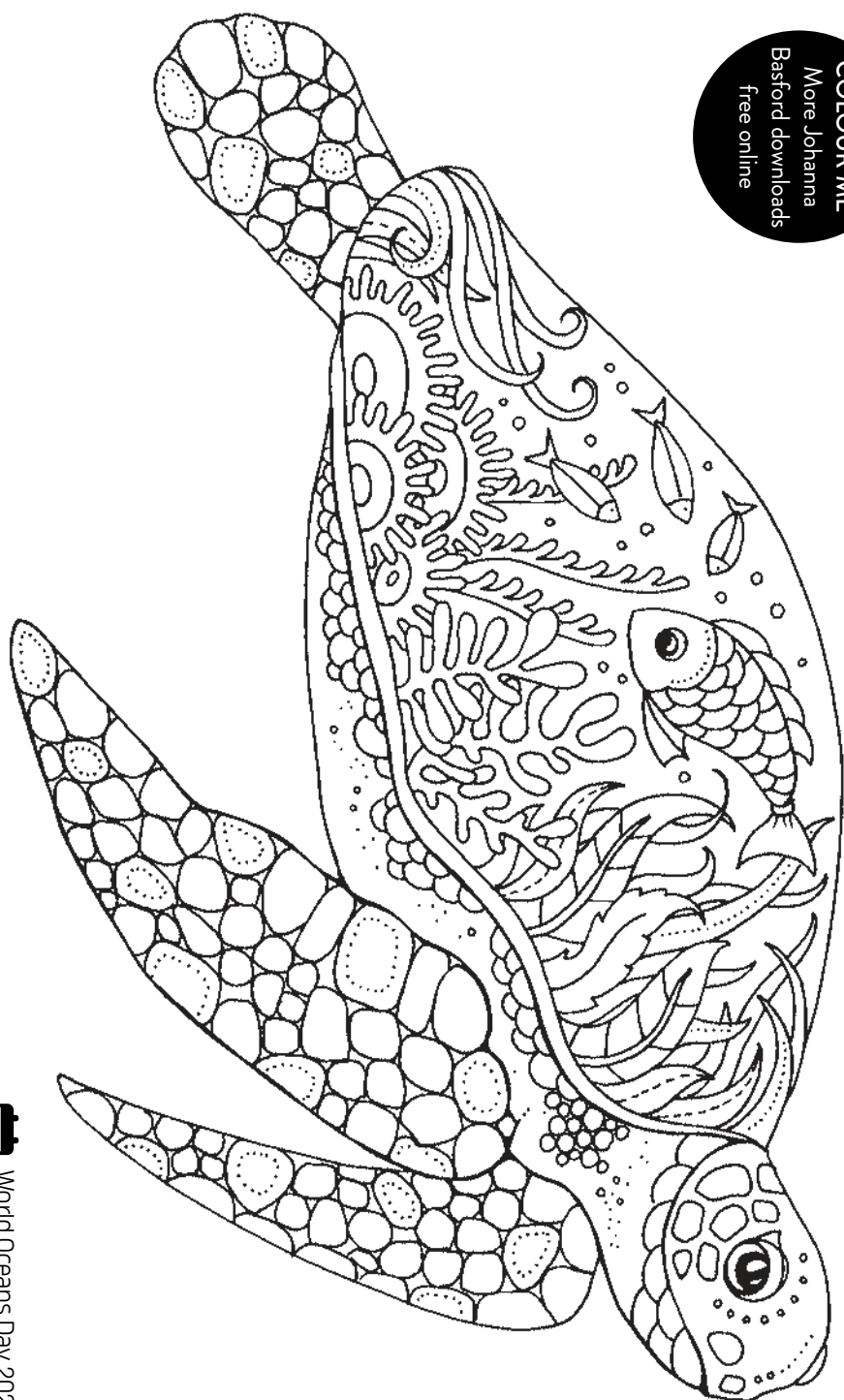
Once when I was walking up MY VERY OWN GARDEN (and hand on heart that's all I was doing), there was a lot of fuss and noise. And then a mother blackbird chased me up the garden! Well, I had to run for my life! Sue found this very funny for some reason. She did come and see if I was OK, but she was still smiling.

So, there you are. I love to people and bird watch from my seat in my window (when I can get there).

Mabel x



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World Oceans Day 2021
Tuesday 8th June



"Tomorrow will be a good day."

The words of Captain Tom

Captain Tom

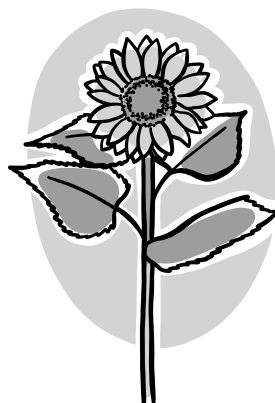


Photo: PA Media, sourced at bbc.co.uk/news

Captain Tom inspired many people with his simple message of hope. Across the world he brought comfort and joy to so many during this pandemic. It's likely that by the time this magazine lands on your doorsteps, the weekend that would have been his 101st birthday, the 30th April will have passed. To build on his legacy, The Captain Tom Foundation have invited everyone to take on a challenge around the number 100 anytime

and anywhere over Captain Tom's birthday weekend. You can read more about this at <https://captaintom.org/captain-tom-100>

It is just possible that you may still be able to continue to donate after that weekend. But if not, you can also bring a little joy closer to home. Mike Peirson is growing 100 sunflowers. The sunflowers symbolise adoration, loyalty and longevity. Mike will post on Facebook when these are ready to be planted outside, so keep an eye out. The idea is that you can get a sunflower and then plant it outside your home. The end result will be brighter villages in the Camps come July and August.



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HERE TO HELP...





Sport

Castle Camps Bowls Club

Membership is booming this year; 10 new members are learning the game and being introduced to our League Matches when they are comfortable to play. Fortunately, we were forward looking and entered a new competition this season aimed at those Members to make sure everybody gets enough game time.

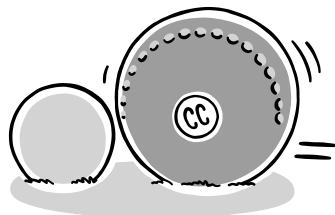
We now have 40 members with the possibility of more to come which is great news for the Club and the village.

Maintaining the Green and infrastructure comes at a significant cost and a larger membership guarantees a bigger income.

It has been another challenging start to the season, with the leagues to which we are affiliated struggling with ever changing Covid instructions which ultimately filter down to us. We hope that in June we will be back to normal and can enjoy our full programme of fixtures and fundraising events.

As a club we are in good shape both on and off the Green thanks to the tireless work of our Greenkeeper, Ron Goodwin, and our “maintenance” team who are always there to pick up the sundry jobs. These jobs can be as bizarre as getting inside our 1,000 gallon water tank to mend a leak as Trevor Ager knows to his experience. Suffice to say it was empty at the time. A special mention to Russell Woodley who is always there when you need him, and works silently in the background doing those jobs that only Russell knows exist.

As part of the programme to integrate new members, we are putting on dedicated evening and weekend events. If you are interested in having a go, please contact Peter Cottage on 07444 232911 or email p.j.cottage@btinternet.com



Castle Camps Bowls Green



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Go left! Motorway safety

New campaign by Highways England



If you get into trouble on a motorway – go left!

If your vehicle has a problem, or you get into trouble on a motorway, stay calm and try to exit at the next junction or motorway service area. If that's not possible:

1. Put your left indicators on
2. Move into the left lane
3. Enter the next emergency area, or hard shoulder
4. Put your hazard lights on

5. Get behind a safety barrier where there is one – keep well away from moving traffic
6. Call Highways England on 0300 123 5000, then a breakdown provider for help

If you are unable to exit your vehicle and get to a safe place, have stopped in a live traffic lane or feel your life is in danger:

- ➔ stay in your vehicle with your seatbelts and hazard lights on
- ➔ call 999 immediately

For more information, visit:

<https://highwaysengland.co.uk/road-safety/breakdowns/>

Next issue of the Camps Review out in August. Deadline for content: 1st July



Mobile library

Timetable

*BALSHAM BANDSTAND		TWICE MONTHLY	2ND & 4TH	TUESDAY
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	08:01	10:20	12:20	14:20	14:20	08:05	11:50
St Mary's Church, Shudy Camps	08:03	10:22	12:22	14:22	14:22	08:08	11:53
Carter's Farm, Shudy Camps	08:05	10:24	12:24	14:24	14:24	08:10	11:55

59 – TO HAVERHILL	MONDAY TO FRIDAY					SATURDAY	
High Street, Castle Camps	07:04	08:32	10:27	12:27	14:27	10:50	15:20
St Mary's Church, Shudy Camps	07:04	08:32	10:30	12:30	14:30	10:51	15:21
Carter's Farm, Shudy Camps	07:05	08:33	10:31	12:31	14:31	10:52	15:22

Visit stephensonsofsex.bushub.co.uk/all-bus-services/59 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 for the latest schedules, other locations and times.

Bin Collection Schedule



DATE	BLACK	BLUE	GREEN
Monday 26 th April 2021	✓		
Tuesday 4 th May 2021		✓	✓
Monday 10 th May 2021	✓		
Monday 17 th May 2021		✓	✓
Monday 24 th May 2021	✓		
Tuesday 1 st June 2021		✓	✓
Monday 7 th June 2021	✓		
Monday 14 th June 2021		✓	✓
Monday 21 th June 2021	✓		
Monday 28 th June 2021		✓	✓
Monday 5 th July 2021	✓		
Monday 12 th July 2021		✓	✓
Monday 19 th July 2021	✓		

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 and enter your postcode.

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