

The Swaffham Crier

Volume XLIX Number 3 March 2025



Editorial

A big welcome back to *Our Reporter*! This month, he wants to know why wealthy people in the UK don't go around financing worthwhile ventures for the community. Like in the US. But we do have a version of that — although not quite in Gates territory, some of our own advertisers do so primarily to support this magazine and we would like thank Marshall's (for many years our back page) for their valuable support and we are very sorry to hear that we will be losing them next year.

Meanwhile, a very big thank you to ALL our advertisers (but we do need a few more) and take a bow Manchett's and Brown's of Burwell! Delving into our records, we see they have been with us since our first inception 48 years ago.

Mark Lewinski is pursuing his explorations into the ins and outs of the Heating Scheme (see Letters) and we learn to the considerable NOT surprise of RaSP veterans (those villagers who set up the original RaSP Broadband for this village when there was none) that the great majority of call-outs are for well, take a look! RaSP were so run of their feet with everyone's home computing problems that they eventually installed a system that could remotely test what was going on — not sure if that's possible with plumbing! But meanwhile, read the next step forward ULTRA fast broadband, which as usual just might be happening soon — see page 10.

Now is the time to start thinking about the Autumn Show and all the details are on our centre pages. The editors are just idly considering potatoes, but doubtless this would be Cruelty to Tubers — at some point, we'd forget to water them!

Last month's crossword was super one (Ounce claimed to have broken her keyboard so no 'f' in clues). This month it's pretty tricky, but a hint — BEWARE the ambiguous clue. See you Lent Lunching — if you've never been, do sign up now! They're great fun.

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Caroline Matheson

Cover Picture: Little Egret reduction lino print by Kaye Lewinski



Letters to the Editors



Dear Editors,

Solar Farm Grant

As a Community Benefit Society, Reach Community Solar Farm is able to offer small grants every year to organisations with a community focus. The beneficiaries of these grants are decided upon by our members at our AGM, which usually takes place in June. We are therefore inviting organisations with a community focus to apply for one of this years grants. There is an application form on our website (https://reachsolarfarm.co.uk/docs/RCSF-Grant-Fund-Application-Form.docx) and forms need to be received (to info@reachsolarfarm.co.uk) by 31st May.

We look forward to hearing from you,

The Board, Reach Community Solar Farm.

Dear Eds,

Heating Scheme Update

I did finally find the Heating Scheme person Siddhant on 12 February, at the village hall. I didn't have a notebook with me, but I did have a good chat with Siddhant.

It seems to me that a lot of the queries I have are down to communication.

First, it turns out that while I had been trying (and failing) to contact the heating scheme, the address that comes up automatically in my email is no longer working, info@heatingswaffhamprior.co.uk. Siddhant was not aware of it. It was the one Maggie Pratt was using and I can only conclude that it became disused when she moved on. Perhaps there are piles of unread messages in its inbox. Some from me, of course.

The one that works is heatingswaffhamprior@cambridgeshire.gov.uk So that was a start.

I learned that the unit charge for this year has been calculated from a national index.

I don't know what this index is. Siddhant just said the finance people make that calculation. The daily standing charge is calculated from the CPI, the Consumer Price Index, but I knew that already. However I have seen no evidence that it relates

This Month's Cover Picture

Kaye's lino print celebrates the small white heron.

Kaye says: 'Twenty five years ago we used to see the occasional glimpse of a Little Egret on our annual trip to Burnham Overy Staithe, but now there are so many we don't even comment. I even saw one down Station Road just recently'. According to the RSPB website, the Little Egret first appeared in the UK in significant numbers as a winter visitor in 1989. It first bred in Dorset in 1999 and is now at home in many parts of the south of England.

You can contact Kaye at kayejanelew@gmail.com.

Celia Tyler

in any comparable way to the cost of having your boiler serviced.

I said to Siddhant the pipit device showed the old 2024 tariffs. He said they should have been updated from 2024 on the pipit device. I sent him photos from the pipit later in the day. Nobody had told him it hadn't been done.

Next day when I looked, the tariffs had been updated, and I emailed him to confirm.

The other bit I could not make sense of was why my numbers had changed on the total usage screen - they had gone down. How was this possible? He asked me to send him a photo and he would look into it.

"People complain on the village facebook group when they have an issue, but then don't say when it has been fixed, or that it was actually their OWN plumbing that was the problem."

This bit took a week to clarify.

Siddhant knocked on our door about a week after I had met him at the village hall.

He showed me on the pipit that the unidentified number on the **left** in the total usage screen is just the highest ever usage in one month.

Why do we need that, I asked? It's what it does, he replied.

The **middle** one, that says total usage reading, is *the total usage for the last 14 months*. Including the partial amount for the month you are in.

Why the last 14 months? I asked. That's what it does, he said. So that's why it went down a lot at the start of February, since December 2023 had dropped off that reading.

What use is 14 months at a time total reading? I don't know. 12 months, I could understand, that's an annual reading at least.

Then on the **right** side there is also a cumulative reading, ie all the units ever used. But that isn't accurate in terms of our usage as it includes about 40 units consumed when they were setting up our system before it went live.

But it's the only reading now that's any use. Now I've had the system for more than 14 months, the 'total usage' of the last 14 months is just a kind of ongoing yo-yo running total number. For the last 14 months.

I think the other main bit of the conversation worth relating here is that I learned that eight or nine out of the ten calls they had had to deal with in January were about things not working that turned out to be problems inside the home of the user, ie not a heating scheme issue. Siddhant said people complain on the village Facebook group when they have an issue, but then don't say when it has been fixed, or that it was actually their own plumbing that was the problem. Communication again.

Fair enough, I thought, and I said that's why he should publish a list in the Crier each month of problems and how they were resolved. Not naming names; but it would all be communicated simply and clearly and we would all know what's what. January's problems did include two faulty port valves having to be replaced. That's internal, not heating scheme. I would not have known what a port valve was a year

ago, but after we were connected last year it turned out ours was faulty and had to be replaced. (Actually, I overstate my knowledge here. I still don't really know what a port valve is but I can point to where the replaced one is in my airing cupboard.)

Deductively: I think what seems to happen when you get connected to the heating scheme is that it may show up faults in your own system that you hadn't noticed that need to be fixed to be work properly in a pressurised system. Our port valve was faulty but we didn't know.

This gave me pause for thought. It seems to relate to the radiator bleeding issue I had in November. This is now a pressurised system which doesn't work quite the same as the old gravity fed system. if the pressure drops in your house system, it won't work. So before, I could bleed a radiator and gravity would take up the slack. Now if you do that, you have to repressurise.

I said this to Siddhant in our conversation. He's not a plumber so he wasn't able to exactly confirm what I was thinking. But he broadly agreed.

He said I should consult the user manual. What user manual? You should have a copy, he said. When did I get this user manual? It would have been emailed to you as a .pdf document, he said.

I told him I suspect people don't read emailed pdfs and I still don't think I have a copy. I checked the 27 items in my pre-installation desktop folder, and it's not one of the 30-odd items in my current heating scheme desktop folder. About a week later I emailed and asked for a copy.

What came back had the filename 'SPHN Home Operation Manual'. Ok, that sounded like the right thing. When I opened it, the title page said 'Home Operation FAQs'. It's not a manual. It's a general information document on why you should join the heating scheme, with some troubleshooting pages. One of which talks about checking your boiler. They mean the HIU, the heating Interface Unit. But there is a bit about repressurising the system. Except it doesn't explain in a way that I could have followed if I didn't already know how to do it. It tells me to check the pressure gauge on my HIU, or near the expansion vessel, rather than to check the gauge we have in the airing cupboard which isn't near the HIU and we don't seem to have an expansion vessel. But it does say that loss of pressure can be caused by bleeding radiators, ie what I found in November. So that was progress, sort of.

And at least the pipit makes sense now. Although I know the 'total usage' reading is going to swing down at the start of every month, as it drops off the numbers from 15 months ago each month, and then build up again as the month progresses. This is really not very helpful.

The only other thing worth mentioning is that the day after talking to Siddhant, our heating didn't come on in the morning when it should have done. The house was cold. I waited half an hour, then phoned the helpline. As I was talking to them, suddenly the controller switched on of its own accord, as I was looking at it; so when Huttie called, the only conversation to be had was that if it did it again, call them and they would try to come out while it wasn't working. Since then, it hasn't done it again. Has anyone else experienced anything like this?

In conclusion, I think I understand it better now. But it does seem to be the case

that a home system has to be very fit to work properly in a pressurised system, whereas in a gravity feed one it could have been a bit cranky but still viable and you might not have noticed. And no I am not going to run a user group. I just want a heating system that works reliably. I think ours does now. Apart from that odd delay start a few weeks ago. And one that I can understand properly and can read the usage of. Like any other utility.

And one that charges costs that have been priced accountably to us all.

Mark Lewinski

From Our Reporter

Rats! Rats! Rats! These are not just inevitable comments on Trump and his associates' new policies. They are facts about areas in Fairview Grove, parts of Mill Hill and certain other supposed clean living areas in Swaffham Prior. Mind you Donald and his friends are some cause of concern whether you have an interest in European

ther you have an interest in European peace, the fate of Palestinians, as well as of Jews, harmony in the Middle East, world trade, deliberate disharmony in India, conflict in Africa, etc, etc etc.

I have never had a science lesson in my life. And I gave up all maths at the age of thirteen....

And there are our own domestic problems which appear to be becoming deeper as the year unfolds. Last July we were promised so much only to have it withdrawn. For example 1.5 million new houses promised and guaranteed by the end of this Parliament! Even though for years we have known that we do not have

enough bricklayers, carpenters, workmen to build these. Just the other day Angela Rayner acknowledged this and some remedial action has been taken. Of course we need top mathematicians, statisticians, data manipulators. But why force people to concentrate during a very important time of life on something for which they have very little aptitude. We don't need everyone to be one, not that they could be. Or perhaps just a backward step. They have abandoned Rishi Sunak's proposal that everyone should study maths up to the age of 18. I have always thought this an absolutely dippy idea. There are some people who have no aptitude for maths or languages, etc. I am probably a very prejudiced or blinkered person. I have never had a science lesson in my life. And I gave up all maths at the age of thirteen. It was a shambolic education like Bridget Jones' early love life. A bit distracting. There is a very good reason why there is never a Nobel Prize for Mathematics.

The Government has become a little bit miffed about leakage of news and reports before release or publication. Does this village have the same problem? Just the day before the *Crier* received this copy about Maths, a counter-attack appeared in the Times on Saturday, March 1st. Rishi Sunak and his wife Akshata Murty asking "Are numeracy skills degenerating due to our national anti-maths mindset?" Now they

have set up the Richmond Project, a UK nation-wide charity to provide social mobility by helping families get to grips with numbers. This can only be good. And it follows that the excellent US custom of the very rich donating money to supporting literary and other cultural ventures is shamefully different this side of Atlantic.

In the February Crier appeared a very good letter from John Chalmers about the 1.5 million new houses and the blockage caused by too few planners with some councils facing vacancies of almost 50%. At the same time, planning applications can often be too complex.

Alastair Everitt

Great response to February's advert thank you!! It is not too late to book your bucket and seed potato ready for the warmer weather.

Don't forget the children's competition!

Spuds in Buckets Returns for 2025!

Beat your neighbours in the great village competition \odot



Just £5 will buy you a bucket and a spud! It is then up to you to grow the heaviest yield of potatoes in your bucket to be weighed at the Harvest Show and Dog Show on Saturday 6th September.

Call Mandy Kingsmill on 07796 091855 or contact mandy@kingsmills.uk to sign up. In aid of St. Mary's Church

The Rules:

- 1. Spuds and buckets will be available for delivery or collection up to 19th April
- Spuds to be grown in the buckets in whatever manner the grower chooses 2.
- Spuds and buckets should be delivered to the Village Hall at 2.00 pm on Saturday 6th September for the grand weigh-in
- There will be prizes for the adult and child (under 16 at that date) with the heaviest yield of potatoes from an undisturbed bucket
- The judge's decision will be final
- The winners will be announced at the Harvest Show and in the Swaffham Crier









Donations!

Very many thanks to the Sylvie Short for her very kind donation to the *Crier* this month. We are extremely grateful for all much-needed donations, and if you are receiving a postal copy of the Crier, please particularly consider it postal costs have risen steeply recently!

QUIZ NIGHT

Swaffham Prior Village Hall

7.30 pm Saturday 5 April

Tickets £7 each. To book a table, contact



Jacket Potato Supper

Bring your own drinks and glasses!!

Proceeds in aid of St. Mary's Church, Swaffham Prior

Anglesey Benefice

Mothering Sunday Communion Service

Sunday 31st March

10.30 am

Lode

All Welcome

refreshments served after the service



PEACEFUL & PRAYERFUL ART GROUP FOR ADULTS

Please note new dates and warmer location:

Tuesdays (from 11 March) 10:30am – 12:30pm St James' Church, Lode

Those of all faiths or none are **WELCOME!**

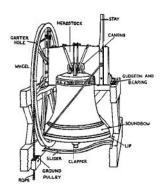
No art experience necessary. Support given to get started if required.

A wide range of art materials supplied: Charcoal / felt tips / pencils / crayons /

LET THE BELLS RING OUT

Swaffham Prior Bell-ringers March 2025 Update

It is now two years since four 'new' Swaffham Prior ringers started to learn the art of bell ringing and this update will hopefully describe our progress to date and also the ringing we have undertaken outside of the weekly Tuesday practices. We are incredibly fortunate to benefit from not only the expertise



and enthusiasm of our Tower Captain Gareth Davies and Steeple Keeper John Chalmers, but also the support of experienced ringers from Swaffham Bulbeck and Bottisham towers who regularly join our practices to provide the much-needed structure that enables us to ring our own bells in, roughly, the right place!

There is an excellent teaching scheme called Learning the Ropes and the various elements of ringing are recorded and ticked off as milestones are reached. All four of us have now been awarded Level 2 certificates and are working towards Level 3.

We have received frequent positive feedback from villagers which is much appreciated. In 2024 we rang at all the Sunday services held in Swaffham Prior. We also



rang for Remembrance Service (half muffled), Christmas Day and, for the second year running, to welcome in the New Year (champagne at 12:05 am included).

In addition, we rang to mark village events and personal celebrations. These included a 40th wedding anniversary, opening of the village feast, birth of bellringers' grandchildren (2024 was a bumper year!), 100th birthday of Betty Prime, Andrew Camps' award of the Diocesan Etheldreda Medal and many more. We were delighted to be able to ring the bells for a wedding on 27th July, it was a privilege to be a small part of such a special occasion. If you would like to mark a celebration in this way in 2025 please do get in touch.

In October, the Anglesey Clangers (Swaffham Prior, Swaffham Bulbeck and Bottisham ringers) had a very enjoyable outing to Suffolk to visit 4 towers that are very different to our local bells. It was a unique opportunity to explore churches that would not normally be accessible and all topped off with a fish and chip lunch at Dunwich and a cream tea to finish the day.

We would like to encourage more learners to join us so that we can increase our numbers even further. We currently have two ringers who have just started to master bell handling; if you are interested in having a look around the tower and/or an introductory session, you would be most welcome. Practices are on a Tuesday evening, followed by post-practice unwinding in the Red Lion.

Mandy Kingsmill/Janet Willmott/Phil Kingsmill/Kate Muscroft swaffhampriorbells@gmail.com



Ultrafast Broadband coming to Swaffham Prior

Last month we published the picture below noting "GIGA-CLEAR WOZ HERE" and asking if anyone knows what they're doing. We've had feedback including from people who've noticed further work being done, mainly along Mill Hill and Lower End. It looks like Mill Hill and Cage Hill are the most likely to be the first to receive actual service, sometime in the next six months or so, but there are still no plans to supply the High Street in the forseeable future. Other than this we've not been able to get any more detail like a plan for the village as a whole. Gigaclear have explained that each project has a set budget in which they try to deliver as many premises as possible leaving capacity for future extensions, so the implication is that extending coverage to the High Street and other areas of the village not yet included (whichever these are) will have to await funding being approved for a carry-on project.

Coincidentally, I've also received an email from BT OpenReach saying "You let us know you're interested in Ultrafast Full Fibre, and we wanted to touch base with an update – we've added CB25 0LD to our build plans. We're rolling out Full Fibre to 25 million people across the UK – it's a huge, complex project and we're still planning when we can start to build in your area. We'll keep you updated as we progress and let you know as soon as we can give you a delivery date." A bit of digging on their web site suggests that the timescale is that the worst case is that they will have completed roll-out for this area by the end of 2026.

Meanwhile there are two existing suppliers here of plain old Fast Broadband: BT OpenReach using phone lines, and Voneus using wireless. Voneus had been building up a bit of a bad reputation for reliability but they've recently been doing a fair amount of pro-active maintenance so there's reason for optimism on that front. After the upgrade to Ultrafast Broadband, BT OpenReach will provide a much faster version of their current infrastructure with the service to the end-user still provided by same ISPs as today with varying options, speeds, add-ons and prices. Gigaclear will offer similar or possibly even higher speeds but, unlike OpenReach, they will also be the ISP providing the complete package.

If you hear any more from any of these suppliers, particularly about supply dates of new services to your area of the village, please let the Crier know and we'll do another update article to keep everyone informed.

James Matheson



St Mary's Church - Swaffham Prior - Dates for 2025

Lent Lunches – in aid of Mara projects

Wednesday 12 March - Burwell

Monday 24 March – Swaffham Prior

Tuesday 15 April – Swaffham Prior Fen

1 April – **Spuds in Buckets**: For weigh-in at Harvest Show; £5/bucket

5 April – Quiz Night

24 May – Village Feast: Bric-a-brac

Tbd June – Sundae Funday

Tbd July - Strawberry Teas

6 September – **Harvest Show & Dog Show**

4 October – **Harvest Supper**

18 October - Quiz Night

21 November - Christmas Café & Market

30 November – **Advent by Candlelight**, tbd: **mince pies**





Anita Lang, and Helena Pumfrey, 2009 Spuds in Buckets Winners—the year the kids beat the adults. Helena has changed some since then, but we think Anita has hidden a picture of herself in her attic.

Julies pancake recipes

Basic pancake recipe

150g plain flour
300ml milk
2 large eggs, lightly whisked
1 tbsp melted butter, plus extra for frying
Pinch of salt

- 1. Put the flour and salt into a bowl, make a well in the centre and pour in the milk and eggs. Gradually whisk until you have a smooth batter.
- 2. Now add the melted butter and whisk thoroughly. Let the batter rest for 15 mins, this will help the gluten relax.
 - 3. In a large frying pan add a little butter and melt for 1 minute.
 - 4. Add a ladleful of batter and swirl around the pan to get a nice even layer.
- 5.Cook the pancake for 30-40 seconds, use a palette knife to loosen the edges before tossing it over to cook the other side until golden brown.

Pancakes can be served with lemon and sugar, chocolate spread, Nutella, Banana and maple syrup or anything your heart desires.

Serves 4

Berries and white chocolate topping

100g white chocolate, broken into pieces

200g fresh berries, raspberries, strawberries or blueberries.

Simply chop your fruit and lay on your pancake, melt your white chocolate and drizzle over and serve immediately.

American buttermilk pancakes with maple bacon

350g self raising flour

1 tsp bicarbonate of soda

½ tsp salt

2 tbsp caster sugar

400ml semi skimmed milk

200 buttermilk

2 eggs

85g butter, melted, plus extra for frying

12 rashers of smoked bacon

50ml maple syrup

- 1. In a bowl, sift together the flour, bicarb, salt and sugar.
- 2. In a separate bowl, mix together both milks, eggs and melted butter. Pour the wet mixture into the dry ingredients and stir to combine but not whisked into a thickish batter.

- 3. Melt a small amount of butter into a frying pan and spoon a couple of table-spoons of batter at a time to make individual pancakes.
- 4.Cook pancakes on each side until brown on each side, set aside and keep warm.
- 5.Meanwhile cook the bacon under a grill and brush over with maple syrup and cook until crisp.
- 6. Serve the pancakes stacked on top of each other, topped with grilled bacon and drizzled with maple syrup.

Serves 4-6



Swaffham Prior Heat Network – March Update

As we step into spring, we're delighted to share the latest updates on the Swaffham Prior Heat Network (SPHN) and the progress we've made in expanding the village's low-carbon heating system.

Progress Update

We're pleased to announce that external works for all properties in the latest batch are now complete, and all driveways have been reinstated. Thank you to all the residents for your patience and cooperation throughout this phase.

The SPHN continues to expand, with over 90 properties now connected and benefiting from sustainable heating. More internal connections are currently in progress, and we are already planning the next batch of connections. Homeowners in line for connection will be contacted soon for surveys. If you are still considering switching, now is a great time to get in touch!

The Energy Centre remains fully operational, delivering heat to the village. Our technical team closely monitors its performance, ensuring efficiency and smooth operation. Residents can be assured that their heating supply is stable and well-maintained.

We Value Your Feedback!

To all our existing and newly connected customers, we'd love to hear from you! Your feedback helps us improve the service and support future expansion. A review link will be sent via email soon, and we encourage you to share your experience.

Interested but Still Unsure? We Have a Solution!

To help you make an informed decision, we're arranging visits to properties already connected to the network. You'll have the chance to hear from homeowners about their experiences and see how the system operates. To express your interest, please email us at heatingswaffhamprior@cambridgeshire.gov.uk. More details on these visits will follow.

Meet Our Team

We'd love to meet you and discuss how the heat network could benefit your home. Our team will be available in the Village Hall between 10am and 4pm on the 7th, 12th and 19th March.

Please give us a call before visiting us at the Village Hall so we can book a meeting slot for you.

If you're interested in connecting to the Heat Network or have any questions, please reach out to us or register your interest online. You can register your interest through our online form at: https://forms.office.com/e/8mg3xtEpny

Our contact details

Email us at heatingswaffhamprior@cambridgeshire.gov.uk,

Call our customer service line at 0345 0455210

Heating Swaffham Prior Team, Cambridgeshire County Council



NEWMARKET CINEMA

March– June2025 The Stable, High Street, Newmarket

March 17th - One Life (12)

April 14th- Ladies In Lavender (2004) (12) May 19th - Military Wives (12)

June 16th - Maid In Manhattan (2002) (PG)

Doors open at 6.45pm with the film starting at 7.30pm. Admission is £6 which includes free refreshments. If you would like to reserve seats either send an email to richardjbowler@outlook.com or call 01638 666810

Richard Penny

POEM OF THE MONTH

The Manor Farm

The rock-like mud unfroze a little and rills Ran and sparkled down each side of the road Under the catkins wagging in the hedge. But earth would have her sleep out, spite of the sun; Nor did I value that thin gilding beam More than a pretty February thing Till I came down to the old Manor Farm. And church and yew-tree opposite, in age Its equals and in size. The church and yew And farmhouse slept in a Sunday silentness. The air raised not a straw. The steep farm roof, With tiles duskily glowing, entertained The mid-day sun; and up and down the roof White pigeons nestled. There was no sound but one. Three cart-horses were looking over a gate Drowsily through their forelocks, swishing their tails Against a fly, a solitary fly.

The Winter's cheek flushed as if he had drained Spring, Summer, and Autumn at a draught And smiled quietly. But 'twas not Winter—Rather a season of bliss unchangeable Awakened from farm and church where it had lain Safe under tile and thatch for ages since This England, Old already, was called Merry.

Edward Thomas

Edward Thomas has a genius for expressing intuitions of which, ordinarily, we are only half-aware and would struggle to put into words; feelings which we notice, as it were, out of the corner of our mind's eye. It's there, famously, in Adlestrop, but in this poem, which could almost depict the Swaffham Prior of a century ago, it's conveyed beautifully in the self-correction in the second stanza: "But 'twas not Winter.." as the poet realises he is responding not to a change in the seasons, but to a timeless sense of place and mood, ambushed by the quintessential rural English idyll.

Andrew Grant



Mothers' Union

For our first meeting of the New Year we joined the usual Thursday morning Communion Service at Lode Church, followed by a warming lunch of homemade soup, rolls and cake, which was greatly enjoyed. Donations raised £138 for the Mothers' Union Holiday scheme AFIA (Away From It All). This scheme

provides breaks for families who may be experiencing stress or difficulties in life - on average 2,500 people are helped in this way across the UK and Ireland every year.

Our next meeting will take place on Thursday 20th March at the Fassage Hall in Lode at 2.30pm, when we shall be thinking about Lady Day (this year taking place on 23rd March) and enjoying a Spring Social and Bring and Buy.

All are welcome to join us.

Alison Martin

Black Horse Inn, Swaffham Bulbeck PUB QUIZ NIGHT

R25G
years

Come and join us at the Black Horse inn for a Pub Quiz on Wednesday 19th March 2025 at 7pm. Entry Fee £3pp, Up to 6 peo-

ple per team - There will be a £10 food menu on the night, prizes to be won and proceeds going to Red2Green! We would love to see as many of you there as possible!

To avoid disappointment, book your place over the phone on 01223 811 366.

There will be some donation buckets there on the night too - anything you can give helps make a big difference to the lives of adults with autism and learning disabilities.

BON MOT NUMBER 158

"Every institution in Britain is now spending millions producing more reports on connections of patrons and British aristocracy with slavery.

This is now no surprise even for people who didn't know before."

Simon Sebag Montefiore (1965-)

NAMF:

Vegetables (one entry per class per person)

Class	Entry	Tick	Class
Α	4 French beans		- 1
В	4 Runner beans		J
С	3 Beetroot		K
D	3 Onions		L
E	4 Shallots		M
F	3 Carrots		N
G	3 Potatoes		0
Н	6 Cherry tomatoes		P

Class	Entry	Tick
- 1	4 Tomatoes	
J	3 Courgettes	
K	Squash or Marrow	
L	Cucumber	
M	Any other vegetable	
N	Odd and/or Rude vegetable	
0	Display of mixed herbs	
Р	Trug of mixed fresh produce	
	(vegetables and fruit)	

Fruit (one entry per class per person)

Class	Entry	Tick
Q	3 Dessert apples	
R	3 Cooking apples	
S	3 Pears	

ciuss	ci personij	
Class	Entry	Tick
T	3 Plums	
U	6 Soft fruit (same variety)	
V	Any other fruit	

Flowers (one entry per class per person)

Class	Entry	Tick
W	3 roses	
X	3 Other flowers (same variety)	
Y	4 Mixed flowers	
Z	Sunflower	

r class per person)		
Class	Entry	Tick
AA	3 Dahlias (same or mixed)	
AB	Flower arrangement (See rule 1)	
AC	Mini arrangement (See rule 2)	
AD	Pot plant (See rule 3)	

Additional classes (one entry per class per person)

Class	Entry	Tick
AE	Jam or jelly	
AF	Pickle or chutney	
AG	Marmalade	
AH	Any other preserve or honey	
AI	Homemade wine or alcoholic drink	
AJ	4 eggs	

Class	Entry	Tick
AK	Victoria sponge (W.I. See rule 4)	
AL	Fruit cake	
AM	Decorated and/or filled cake	
AN	Any other cake	
AO	Hand-made bread	
AP	Bread-machine bread	

Children's classes (one entry per class per person)

Class	Entry	Tick
AQ	Miniature garden (See rule 5)	
AR	Vegetable or fruit animal	

, pc. c	ass per personi	
Class	Entry	Tick
AS	3 Decorated cupcakes	
AT	Junk Model (See rule 6)	

Photography (up to three entries per person)

Class	Entry	Tick
AU	"Sunset"	
	(aged up to 16 years)	

Class	Entry	Tick
AV	"Sunrise"	
	(aged 16 years & over)	

General Information and Rules

Please read this information carefully to prevent disappointment

There is no entry fee.

Only one entry per person per class is allowed, so choose your entries carefully. Extra entry and quiz forms can be downloaded at www.SwaffhamPriorVillagehall.co.uk All entries (including quizzes) should be brought to the Village hall between 10:00 and 11:50 on the morning of the show. Doors will be locked at 12:00 to allow judging. Points will be awarded to decide on the winner of the overall prize as follows:

4 for 1st in Class	3 for 2nd or	2 for 3rd or	1 for Entry or
	100% in Quiz	75% in Quiz	Ouiz entry
	100% III Quiz	7570 III Quiz	Quiz chu y

Prizes will be awarded by **14:00**. The **Grand Auction** of produce in aid of the Village Hall will be at **15:00**. (If you don't want your entry to be sold, please remove it before the auction starts!)

Presentation of Gurning Trophy.

Produce Competition

All produce must have been home-grown. There are no specific display rules, but, in addition to quality and size, entries will also be judged on regularity and neatness.

- 1. The flower arrangement theme is "Enchanted Wood". Entries should not exceed 45 cm (18") tall.
- 2. The miniature arrangement should not exceed 6 cm (<2½") in height.
- 3. The Pot plant should have been owned for at least 12 months.

Baking Competitions

4. Victoria sponge W.I. recipe

(https://www.thewi.org.uk/what-we-do/recipes/baking/victoria-sandwich). A 20 cm (8") basic Victoria sponge with a raspberry jam filling (no cream), topped with caster sugar. Bread can be made with any combination of flours and other ingredients. Hand-made bread should not have been mixed in a bread machine.

Children's Competitions

- 5. The miniature garden should be no larger than an A4 sheet of paper (approx. 20 x 30 cm).
- 6. The junk model can be any subject, but must be made mainly from waste items (egg boxes, yogurt pots, etc.). The footprint for the model should be no larger than an A4 sheet of paper.

Photography Competition

Theme and age groups as indicated on form. (No 'adult' themed photos will be accepted). Only one entry per person allowed. Photos will not be auctioned and should be removed immediately after the end of the event.

Entries may be colour or black and white and must be unmounted and unframed.

Maximum size per entry is A4. Photo entries will be pinned to the noticeboard for display.

If photos are significantly edited, please explain this on your entry form.

It is the entrant's responsibility to ensure that all the necessary permissions are obtained from people featured in photographs.

Copyright remains with the photographer.

Daniel Spencer

News from Bottisham Medical Practice Patients' Participation Group

Appointment Availability: There continues to be a huge number of calls that have to be dealt with and for appointments where the demand exceeds supply. To try and alleviate patient frustration and pressure on our system it is possible to book some appointments and log queries on line, this can be accessed via our website (https://www.bottishammedicalpractice.nhs.uk/).

We have listened to your feedback and comments and are currently trialling a change in our appointment model. We have included an additional number of prebookable appointments that are available both online and through our Reception team, this trial will be reviewed in the near future.

Staffing: Our new Health and Wellbeing Coach, Katja, took up her role in December and is now seeing patients. The coach will work on a 1:1 basis with the patient and design a personalised care plan which addresses one or more of the four lifestyle medicine branches: **nutrition**, **exercise**, **sleep** and **stress management**. Please note that a JOY referral needs to be completed which Katja reviews before contacting patients to book appointments. Our Receptionists are not able to book appointments with Katja, but maybe able to assist with a JOY referral.

Unfortunately our Social Prescriber, Chloe, has left the Practice. We are working with the Primary Care Network (PCN) to appoint a new Social Prescriber / backfill the hours to maintain services. JOY is a referral system within the Primary Care Network whereby the referrals are triaged to ensure they have been assigned to the correct team

Did Not Attend (DNA): Unfortunately between the 1st and 31st January there were 79 appointments that are recorded as DNA or Patient walked out. This equates to 20.91 hours of wasted clinical time. We appreciate that circumstances and situations can change so we would appreciate it if you are unable to attend an appointment, please let us know so we can reallocate this to another patient. Thanks to those patients who do cancel or move their appointments.

Dispensary: There is national a shortage of dispensers but following numerous recruitment rounds we are currently working through the appointment process for a suitable candidate. We are hopeful that she will be able to join our team in April. Matteo will be leaving us at the end of February so your continued patience is requested until our new staff member takes up post.

Anti-Social Behaviour: Unfortunately we continue to experience anti-social behaviour on site. We are looking at various measures to prevent this out of hours and the Practice ManagerI will be contacting the Police Crime Commissioner for advice with both in and out of hour's issues

Next Meeting Details: AGM 3rd April 2025 6.30pm in the waiting room at the surgery. Dr Shackleton will speak. If you wish to join our meetings, please email our chairman s.j.gilson@btinternet.com.. Or speak to reception.

Bottisham Medical Practice Patients Participation Group

Red2Green

25 Years of Red2Green

On the 25th of February 2000 Red2Green became a registered charity and the rest is history! We are thrilled to be celebrating such a big milestone this year and have lots of exciting events filling up



our 2025 calendar. Keep an eye out for more details on our Facebook and Instagram pages. @red2greenuk

We are kicking things off with a Pub Quiz in aid of Red2Green at the Black Horse in Swaffham Bulbeck on the 19th of March 2025 at 7pm. £3 per person, 6 people per team and a prize to be won! There will be a £10 menu on the day. To guarantee your team's space, call the Black Horse on 01223 811 336 to book. We cannot wait to see you all there!

Local Talks

Over the past couple months our CEO, Liz Taylor, has visited some of the local groups and delivered talks on various topics such as 'Gardening and its Role at Red2Green' for Swaffham Prior Gardeners Club and 'Autism in Girls' for Lode Women's Institute. It has been an absolute pleasure to present for these groups and we hope to continue spreading awareness about Autism and Learning Disabilities and the specific work we do at Red2Green in the local community. If you are part of a local group and feel a Red2Green talk or training session would be something of interest, please get in touch to arrange. Email us at info@red2green.org

How Can You Help?

There are lots of ways you can help support Red2Green:

Volunteering opportunities

Start a fundraiser in aid of Red2Green

Visit our Community Garden in Bottisham and buy some plants (Mon-Fri, 9:30-4)

One-off or monthly donations Sign up to our monthly newsletter

Follow our social media pages and keep up to date with all things Red2Green

For more information about the wonderful work we do at Red2Green, please visit our website red2green.org or if you want to get in touch, feel free to email us at info@red2green.org or call us on 01223 811 662.



Crossword Number 225

Compiled by

Sponsored by The Red Lion

BYWELL

* Clues have a commonality in their solutions. One clue also has a definition. Send your answers to the editors by 18th March 2025. The sender of the first correct solution out of the hat will win a free Sunday Lunch at *The Red Lion* - See the pub manager for full details. Emailed solutions are acceptable but please include "CROSSWORD" and the crossword number. in the header.

1	2	3	4	5	6	7	8
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27		28		29	30		31
21		20		23	30		31
32					33		
					33		

Name:	
Address:	
	.Tel:

Across

- 9 Support home for seashells (5)
- 10 Textile woven in Ascot Hill (9)
- 11 * First person to follow return of journalist from West Asian country (7)
- 12 * Majestic showing by Everton's first eleven (7)
- 13 * Spoke more than once (5)
- 15 Notes the density of pixels on TV screen (3)
- 16 Rescue team returning vehicle (3)
- 17 Subidea concealing a proposal (3)
- 19 * Evolution of middle-sized simian (7)
- 20 Lacking light in a distorted image (3)
- 23 Baileys Irish holds the title either way (3)
- 24 Stood for office as country loses its capital (3)
- 25 Behind any skin-deep examination (5)
- 27 Joker thanks the Italian bird (7)
- 29 * No longer airborne, maybe (7)
- 32 Coming from the North, Daniel appears wrongly in court (9)
- 33 The lady to turn fifty? Repeal! (5)

Down

- 1 We decided finally: second-hand (4)
- 2 Making her nod like a unicorn (6)
- 3 River Don (4)
- 4 A stiffener to begin with (4)
- 5 Princesses desire a certain objectivity (10)
- 6 Ceausescu maybe showing a dirty film (4)
- 7 Having had too many readers perform with cogs (3-5)
- 8 * Place without greeting (6)
- 13 Scratch around in suburbs (3)
- 14 Part of brain nerve closer to the centre (5)

- 15 Old zebra wilts under radium treatment for stubble (10)
- 16 Pause for a butterfly (5)
- 18 Architect resigned improperly (8)
- 21 Once our premier tree (3)
- 22 * Timeless wait in endless hail (6)
- 26 * Asking if one is included and another first expelled (6)
- 28 Even war-weary characters are on the opponents' ground (4)
- 29 Coat designed for eating in the street (4)
- 30 Sign of the times? More Spanish festivity (4)
- 31 In this, putting in a 2-stroke is better or worse than a 4-stroke (4)

Solution to crossword no. 224



We congratulate David Taylor, The winner of last month's competition, who will receive a prize certificate from the editors. Honourable mentions go to Martyn Clark, Colin Dailly, Mary Joyner, Julian Luttrell and Robert Nunn.



The Swaffhams' WI

It is always so lovely to see the signs of Spring in February PIRING WOMEN bringing new life and hope to the world around us. And 'hope' was

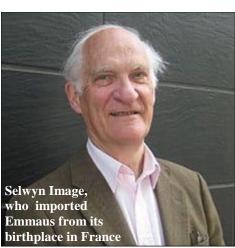
one of the key themes expressed by our speaker, Gill Pettit from Emmaus, at the February meeting of The Swaffhams WI.

Gill and companion Darren spoke eloquently about the background and ethos of Emmaus. Emmaus was set up 22 years ago in Landbeach and was the first Emmaus to be established in the UK. There are currently 42 Emmaus communities in the UK making the charity the largest provider of accommodation to people who are homeless or at risk of becoming so. Selwyn Image, its founder, came up with the idea after working in an Emmaus in France simply as a way to improve his French. Having returned to the UK to finish his degree, he then worked in a soup centre. It was here that he asked one of the clients



what it was that he could do to help those without a roof over their heads. The reply was that they needed their own space, somewhere where they could access food and somewhere where they could develop a feeling of pride in themselves. From this moment Emmaus was born with the help of a £20,000 grant from the French Emmaus charity. This £20,000 has been used many times to establish Emmaus centres throughout the country.

Emmaus is a community where companions live and find purpose. In exchange for 40 hours of time dedicated to social enterprise, the companions are given a room



with ensuite, food, clothing, an allowance and the chance to partake in many activities. Each companion has a support team of 4 people. This support ranges from helping the companions with documentation, to helping them cope with day to day living, through to helping the companions prepare for interviews or even re-establish contact with family members. Darren spoke from the heart about his own journey with Emmaus and how the charity has helped him to turn his life around.

Gill's two key messages are solidarity and hope. Solidarity both in the family

environment within Emmaus itself and also in Emmaus' outreach program with both the local community and the other Emmaus charities throughout the UK. And hope in the way that the companions are supported to develop confidence in independent living for when they are ready to leave the charity.

If you have not yet visited Emmaus, please do so. It has an amazing shop with a constant turnover of donations and a fabulous café. And if you need to organise a house clearance, please do get in touch with the Emmaus team. Emmaus will soon be looking for volunteers for specific roles. Interested? A huge thank you to both Gill and Darren for giving us an insight into the invaluable work taking place at Emmaus.

Our next meeting is the AGM on Monday 17 March at 7:30pm in Swaffham Prior Village Hall. Do come along to hear about our fantastic year and to see what we have planned for 2025. We hope to see you there.

Kate Muscroft



VILLAGE GARDENERS

At the February meeting of the Village Gardeners, Peter Jackson gave an informative presentation titled 'Plants for Shade'. Shade in the garden can be caused by many features such as trees and shrubs which will compete with plants below for soil nutrients and water, or walls and fences which are more inert. The degree of shade will

vary depending on the amount and direction of light during the day or year, and the soil type, quality and moisture content will also differ depending on the location. Selection of plants for shady areas should consider these aspects, but the gardener can help growth in difficult places in several ways; a) preparing the ground well by digging a decent sized hole and part filling with a compost appropriate for the plant, b) applying a mycorrhizal fungi powder in the base of the hole – this will form a symbiotic relationship with the plant roots, exchanging water and nutrients and aiding growth, c) watering in well and using water retaining crystals in very dry areas, d) being patient when planting -

Micorrhizal fungi powder - the trick to win Spuds in **Buckets?**

smaller plants will establish more quickly than larger plants, and e) maintaining the plants with regular feeding – seaweed is a nutritious all round feed. Peter went on to give examples of shade-tolerant bulbs, perennials, shrubs and ferns, for colour, structure and interest throughout the year. He explained that to get a better display we should plant with a purpose, choosing small groups of the same types of plants, rather many single varieties.

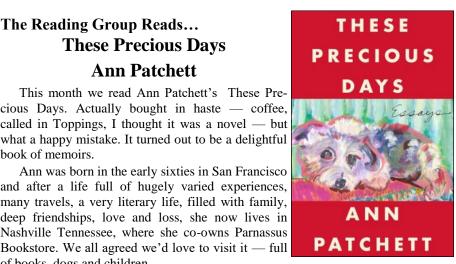
The next meeting of the Village Gardeners will be held on Tuesday 18th March at 8pm (doors 7.45pm) in Swaffham Prior Village Hall, when Dr Ian Bedford will be giving a talk on '6 of the best - Springtime Bugs'. Dr Bedford had a professional career as a Research Entomologist and until his retirement ran the Entomology Department at the John Innes Centre in Norwich. His talk will encourage us to accept insects, and to understand their vital role in our gardens. Everyone is welcome to join us; attendance is free for members (£20 for the year) or £4 for visitors. Fiona Geraghty

The Reading Group Reads... **These Precious Days Ann Patchett**

This month we read Ann Patchett's These Precious Days. Actually bought in haste - coffee, called in Toppings, I thought it was a novel — but

book of memoirs.

Ann was born in the early sixties in San Francisco and after a life full of hugely varied experiences, many travels, a very literary life, filled with family, deep friendships, love and loss, she now lives in Nashville Tennessee, where she co-owns Parnassus Bookstore. We all agreed we'd love to visit it — full of books, dogs and children.



She says, her family suffer from an abundance of relatives! Her mother married three times and both she and her sister twice, so she has three fathers - a policeman, a surgeon and a pastor, all of whom had extremely different hopes and expectations for her. A constant narrative through the book, is how these three men and of course her mother are her bedrock. She remains immensely loyal to them all.

We get an interesting insight into her literary world - her contacts, her fellow writers - many of whom are good friends. How she plans her books, (she doesn't start one until she knows how it's going to end) and the importance of book covers she made special reference to one - The Dutch House - which we read a couple of years ago.

There are many deaths in her book - expected, unexpected and tragic, but she almost always finds a way of celebrating the lives lost. Suki, is a special person, who is written about in great detail, as she and Ann become very close as their lives intertwine. Suki's death ends the book.

There is a whole, very detailed chapter devoted to explaining why she never wanted children and never does. She does however, later in life, meet Karl, a doctor, also divorced, with a passion for flying and who owns several small planes. He has three when she meets him, but no pilot's licence. He wants hours of practice, so when he finally takes the test, he can achieve the perfect score. He of course gets the perfect score and so he and Ann can fly happily together - times she says, that are some of the happiest in her life.

MJ

Future reading:

March The Untouchables - John Banville April. Requiem for a Wren - Neville Shute

May. Someone Else's Shoes - Jo Jo Moyes

- and at a later date- Wifedom - Anna Funder and Orbital - Samantha Harvey.



From our District Councillors Charlotte Cane & John Trapp

Finance and Assets Committee on 30 January 2025

At this meeting, the following decisions were made:

1. The first draft of the 2025/26 Budget was discussed. The Director Finance recommended that the District Council Tax should increase by £5 (for a Band D property), but the Conservatives' amendment to have no increase in Council Tax was agreed.



- 2. The Crematorium project has now moved from RIBA stage 3 to RIBA stage 4, after the original design was value-engineered, and the outcome will be brought to Full Council in May.
- 3. The draft Equality, Diversity and Inclusion Policy 2025-2028 was formally adopted.

Local Government re-organisation

The Government has launched a review of Local Government Authorities with a view to improving efficiency. There is little time for constructive consultation and submission to the Government, but there will be a discussion among ECDC members as to what would be of most benefit to our residents. There is ongoing discussion with the other Local Government Authorities in the county. Parish Councils will remain, and may have more voice in local matters.

Sunnica

It is not expected that there will be any formal submission of plans until late 2026. ECDC, CCC and West Suffolk DC will be liaising with each other on this matter. Once the plans have been submitted then there will be eight weeks for the Councils to respond. We shall be engaging with communities affected by the infrastructure, and individuals or groups can submit comments by email to:

sunnica@eastcambs.gov.uk

The next ward surgery will be at the pavilion on The Denny in Swaffham Bulbeck from half past six to half past seven on Thursday 20 March 2025, followed by a social meeting at The Black Horse in the same village.

Coming up this March at Anglesey Abbey

Shaun the Sheep trail from 1 March to 27 April

Get ready for a baa-rilliant day out as Shaun the Sheep comes to Anglesey Abbey this spring. Pick up a trail map and embaa-rk on a journey around the gardens in search of twelve ewe-niquely designed Shaun the Sheep sculptures. The Find the Flock trail is put on in collaboration with Wild in Art and Aardman animations and is suitable for the whole family. The trail is free but please note that normal admission to Anglesey Abbey applies. We hope you enjoy seeing the bright and funky Shaun the Sheep sculptures standing tall around the gardens.



Specialist daffodil tours from 17 March to 17 April

This year, get ready to see thousands of new daffodils appear that were planted in the autumn of 2024 such as

Narcissus 'Dutch Master' and 'Rijnveld's Early Sensation'. You can also join one of our knowledgeable garden guides on a tour to find out more about the exciting collection of daffodils here at Anglesey Abbey. With over 40 varieties to spot across the estate, this tour gives you insight into the subtle **differences between the daffodils and a little bit about the history behind them.**

Women Artists and Designers from 1 March to 1 June

In the House this spring, you can also discover more about some of the objects, books, sculptures and jewellery made by female artists and designers with connections to Anglesey Abbey. This exhibition trail will take place in the House and finish in the gardens.

Coming up: Easter Adventures from 5 to 21 April

£3.50 per trail, Easter egg included, normal admission applies

How far can you throw the farmer's welly boot, and can you carry your sheep to safety through the mini obstacle course?

Find out more here: nationaltrust.org.uk/anglesey-abbey. Vettoshkina Issy



Swaffham Prior Village Hall

There are lots of things going on in the village hall every month. Why not try something new from the list of regular events below:-



WI Meeting	3 rd Monday of each	Contact Kate at kate-		
	month 19:30 – 21:30	muscroft@gmail.com		
Village Garden-	3 rd Tuesday of each	Contact Fiona on		
ers	month 19:45 – 21:30	01638741712		
Bottisham & Burwell Photo- graphic Society	Each Tuesday of each month (not 3 rd)	Contact Daphne at han- son16@virginmedia.com		
SF-Fit Pilates	Each Tuesday 17:30 – 19:00	Contact Sarah on 075999072008		
SF-Fit Pilates	Each Wednesday 10:30 – 11:30 & 19:00 – 20:00	Contact Sarah on 075999072008		
PhysiOptima Pilates	Each Wednesday 09:00 – 09:50	Contact Kristin on 07799323867		
Quilters sewing group	Each Thursday 10:00 – 12:30	Contact Ruth on 01638743720		
Slimming World	Each Thursday 17:30 – 19:00 & 19:00 – 20:00	Contact Sharon on 077601925638		
Tai Chi Life	Each Friday 10:00 –	Contact Sharyn on		
Academy	12:00	0774017917		
Lok Hup	Each Friday 12:00- 13:00	Contact Sharyn on 0774017917		
SF-Fit Yoga	Each Friday 17:00 –	Contact Sarah on		
	18:00	075999072008		

If you're looking to hire the village hall, for a wedding, party or other family gathering go to our website for availability, bookings & prices at:-

<u>www.swaffhampriorvillagehall .co.uk</u>
For anything else contact Philip Blackburn on 07501230256

Notes from the Parish Council February Meeting

The monthly meeting of the Parish Council took place on Thursday 13th February, chaired by Cllr John Covill and attended by 7 Parish Councillors and 3 members of the public.

Report from ECDC.

Cllr Charlotte Cane attended - concerns regarding the creation of unitary authorities to replace the district and county councils were discussed.

Correspondence:

Haslingfield Greenway Working Group email regarding interacting with the Greater Cambridge Partnership.

Combined Authorities email confirming the decision to introduce bus franchising.

Planning applications.

24/01337/FUL Construction of a koi/eco pond in residential garden. The Smock Tower Mill, Mill Hill, Swaffham Prior, CB25 0JZ.

The PC agreed to make no objections to this application.

Lower allotments.

Cllr Latchford had identified appropriate ground cover that will cost £390.00 to cover all the unused allotment plots on the Lower Allotments. The PC agreed to the purchase.

The Clerk noted that maintaining the paths around unrented plots was not the responsibility of the other tenants.

Policies adopted:

Privacy Notice.

Data Protection Policy.

Cambridgeshire County Council Planning Local Validation List consultation.

The PC agreed to request a summary cover sheet for planning applications, for use by PCs.

Issues on the High Street:

subsidence of utility trenches,

reinstatement of double yellow lines and

parking issues.

Cllr Latchford summarised the history of the subsidence in the High Street and the failure to reinstate double yellow lines. An issue of regular illegal parking on the double yellow lines near the church end of the High Street was also raised.

Cllr Greenfield had responded by email, noting the prime contractor for the Heating Scheme would inspect the trenches/subsidence and report back and also would confirm that the double yellow line reinstatement is the responsibility of Anglia Water, not the heating scheme.

Cllr Latchford to contact Anglia Water regarding reinstating the double yellow lines.

Cllr Greenfield to report back from when the prime contractor has inspected the trenches/subsidence.

It was noted that the PC does not have the powers to enforce Highways legislation regarding illegal parking and complainants should contact the relevant authorities.

Heating Scheme.

Cllr Greenfield reported via email.

The latest stage of acoustic works is complete. Noise survey measurements are due to take place towards the latter part of February.

Clerk's Report

The tall Benstead gravestone has been made safe by Ivett and Reed – laid down face up on the grave plot in line with council policy.

Coopers Green dog bin – the pole it is attached to rusted through and has been replaced by ECDC for no charge.

The Clerk drew attention to the clearing of Station Road footpath by volunteers and will write on behalf of the PC, expressing thanks.

Parish Councillors' Reports

Cllr Gynn reported that there seemed to be an issue with the cemetery tap.

Action: Clerk to check this and allotment tap.

Cllr Lambert reported that in response to a village Facebook post, she had contacted the farmer regarding the footpath from Pulpit Corner to the Dyke, who promised to finish reinstating the footpath.

Cllr Covill noted 9 potholes had been reported along Station Road

Cllr Greenfield reported (by email) noted the enabling work for GigaClear for Mill Hill and Cage Hill had been scheduled for 17th-21st February 2025 and residents had been informed.

Cllr Greenfield reported (by email) that he had been liaising with Reach PC regarding the Kingsway Solar Farm proposals and intended to liaise with other affected PCs in coming months.

Cllr Kent-Phillips reminded everyone that the Annual Parish Council meeting will start at 7pm on 8th May 2025.

Produced from unapproved minutes and may contain errors; approved minutes can be found at http://www.swaffham-prior.co.uk/pc/minutes.htmlIf anyone would like any further information on any of the above items, please contact the Clerk.

The next monthly Parish Council meeting will be on Thursday, 13th March 2025 starting at 7.30pm at the Village Hall. All are welcome to attend.

Cllr Lambert reported that response to village **Facebook** post. she had contacted the farmer regarding the footpath from **Pulpit Corner to** the Dyke, promised to finish reinstating the footpath.

Burwell Surgery Patient Participation Group (PPG)Health and Wellbeing Coaching

At January's PPG meeting our guest speaker was one of three Health and Wellbeing Coaches who work across a number of surgeries, including Burwell. Health and wellbeing coaches are non-clinical team members who help patients make lasting lifestyle changes. The PPG thought it would be helpful to share some more information about this really valuable service.

Who is it for?

Health and wellbeing coaching is FREE for any eligible patient over 18 years old who is registered at the Surgery.

Why do people need a Health and Wellbeing Coach?

Change is tough. People know they should eat well, exercise, sleep better and manage stress, but obstacles—whether practical or mental—get in the way. Coaching helps identify these barriers and find ways to overcome them.

What kind of things might a Health and Wellbeing Coach help with?

The sorts of things people often talk about include:

lifestyle changes they would like to make - e.g. losing weight, getting more active, improving sleep

managing physical and mental health conditions which affect wellbeing, e.g. diabetes, high blood pressure, chronic pain, ME, anxiety and depression amongst others

balancing competing demands of life

managing stress and developing positive coping strategies.

When and where does it happen?

Coaching is done on the telephone, virtually (via a video platform), or in-person at the surgery (Wednesdays). It normally involves 6 sessions of up to 45 minutes, but it's flexible - some people need more sessions and other people might need fewer sessions.

What happens during a coaching session?

Coaches ask questions, listen and help create a plan to reach a patient's goals. Each session ends with small action steps chosen by the patient. Instead of giving instructions, coaches offer support, highlight strengths, and guide patients to helpful resources.

How do I get referred?

If your GP, one of the nurses or the pharmacy team think you would benefit from this service they may recommend a referral. In addition to speaking to the Surgery about this service directly, you can also do a self-referral to the FREE Healthy Lifestyles Service run by Healthy You across Cambridgeshire at https://healthyyou.org.uk (click on Healthy Lifestyles to find out more and then Self-Referral).

Next PPG meeting – all welcome – why not join us online if you can't make it in person!

The next two meetings of the PPG will be at 6.30pm on Tuesday 15th April and

Tuesday 15th July at Burwell Day Centre – all welcome. If you would like to attend the PPG for the first time, or if you can't attend in person but can join via Microsoft Teams, then please contact cpicb.burwellsurgery.admin@nhs.net.

Colin Warnock

FREECYCLE

As a reminder, everything is offered for free and nothing is expected in return. If you have any offers or wants, please contact me by the 14th of each month by phone/text (07980 423210) or e-mail (junthompson44@gmail.com) or drop a note through the letter box



(23 Longmeadow).

Please let me know if you would like anything repeating in subsequent issues.

Offers:

Bose Lifestyle Home Entertainment system (AV 48 version III). Plays DVDs CDs, radio. Load CDs and play lists, genres etc, Connect TV for better sound quality/surround sound. Will transmit to other rooms (if you can work out how to set it up). Not wi-fi or Bluetooth. Comes with installation and operating manuals.

Jacqui 01223 811190

2 children's car seats, one with ISO fix and one without. Approx 5 years old. Not suitable for a baby. Eleanor 07843209117

HP305xl unused, genuine ink cartridge. Ordered in error but opened.

Lionel 07917 167 570

Italian Minnotti armchair. Square shape. Beautiful strong steel legs. Very comfortable.

VAX carpet washer, cleans immaculately plus a gallon of cleaning solution. Great working order. Instructions for disassembling when cleaning, accessories which have never been used.

Large washable rug, 5'x6' - multicoloured to go with any room decor. Bought but never used. Woven back.

Black & White rug 4' x 5'6" IKEA not sure of design but like a Zebra.

Wall rug/tapestry. Woven. Washable. Multi coloured with Turkish style pattern.

Off cuts of beige carpet. Useful for cupboard areas or playhouse.

Double bed base 4'6". Not with drawers. Joined by two metal bars so could be used as two singles. VGC.

IKEA METOD. kitchen cupboard. Ideal for display as has two glass Georgian style doors, two shelves. Beautiful condition.

Green circular garden table with detachable legs for storing. A little faded but still very functional. Ideal for potting up. Hole for parasol.

Set of Artists paintbrushes. Canvas wrapped and in strong plastic tube. Brand new.

Theresa 01223 813222

Purple fabric wheeled office chair; black leatherette wheeled office chair.

Jun 07980 423210

"Everyone prays. But no one finds it easy. We all need a little help."

The Anglesey Group of parishes: Bottisham, Lode, Quy, Swaffham Bulbeck,
Swaffham Prior
presents

'How to Pray' a course for everyone.

Wide appeal – for anyone, whether they attend our village churches, or not.

Based on '<u>The Prayer Course</u>' and Pete <u>Greig's</u> excellent book 'How to <u>Pray'</u>.
 Free (no course fee).

The programme;

Once a week, from Shrove Tuesday until the Tuesday before Easter.

Two sessions, You choose: Tuesdays at Lode church or Thursdays on Zoom
or swap between them to suit your needs. Both are from 7:30pm -~ 9pm.

Come to either meeting, on Tu. or Th.

1) Prayer/Adoration, 4 or 6 March
2) Petition, 11 or 13 March
3) Intercession, 18 or 20 March
4) Reflection/Listening, 25 or 27 March
5) Unanswered prayer 1 or 3 April
6) Spiritual Warfare. 8 or 10 April

Followed by a 'Fellowship meal' on Tues 15 April.

To sign up, or to get the Zoom link, please email lent@angleseygroupparishes.co.uk or phone 01223 813963



WI listening to Emmaus representative Gill Petitt — see page 24

Services in March 2025

Sunday 2 March - Sunday next before Lent

9am Online service on Zoom 10.30am Holy Communion, Bottisham 4pm Village Service, Quy Village Hall

Wednesday 5 March – Ash Wednesday

12 noon Holy Communion, Swaffham Bulbeck 8pm CbyC, a contemplative service, online on

Zoom

Sunday 9 March – First Sunday of Lent

9am Online service on Zoom

Holy Communion, Quy

10.30am Family Worship, Swaffham Prior

Sunday 16 March – Second Sunday of Lent

9am Online service on Zoom

Morning Prayer, Quy

10.30am Holy Communion, Swaffham Bulbeck

Morning Prayer, Bottisham

Sunday 23 March – Third Sunday of Lent

9am Online service on Zoom

Holy Communion (BCP), Swaffham Bulbeck

10.30am Holy Communion, Swaffham Prior

Sunday 30 March – Fourth Sunday of Lent; Mothering Sunday

9am Online service on Zoom 10.30am Holy Communion, Lode 6pm Evensong, Swaffham Prior

Each Thursday

10.30am Holy Communion, Lode

Revd Max Osborne: max9@btinternet.com; 01223 481187 (Rest day: Tuesday)

Assistant Curate: Rev'd Rhona McEune: rihm67h@gmail.com

Churchwardens: Bottisham: bottisham@angleseygroupparishes.co.uk; 01223 604019

Lode: lode@angleseygroupparishes.co.uk; 01223 811222 Quy: quy@angleseygroupparishes.co.uk; 01223 812652

Swaffham Bulbeck: bulbeck@angleseygroupparishes.co.uk; 01223 812525; 01223 811501

Swaffham Prior: prior@angleseygroupparishes.co.uk; 01638 743937

For general enquiries: admin@angleseygroupparishes.co.uk; churchwardens@angleseygroupparishes.co.uk Facebook: www.facebook.com/angleseychurches;

A Church Near You: https://www.achurchnearyou.com/church/7380/benefice

Dates for Your Diary March 2025

		Dates for Your Diary March 2023	J					
Tue	4	Bell ringing St Cyriac's [8]						
Wed	5	Book Club, 6pm, 5 Lower End [26]						
Fri	7	Heat Network Team, 10am-4pm, VH [14] —Booking Essential						
Tue	11	Bell ringing St Cyriac's [8] Peaceful and Prayerful Art Group, 10.30-12.30, Lode Church [7]						
Wed	12	Lent Lunch 12.30pm Old School House, Burwell [9] Heat Network Team, 10am-4pm, VH [14] — Booking Essen	Lent Lunch 12.30pm Old School House, Burwell [9] Heat Network Team, 10am-4pm, VH [14] —Booking Essential					
Thu	13		lumbers in square					
Mon	17	WI AGM, 7.30, VH [25]	brackets indicate page number of an					
Tue	18	Bell ringing St Cyriac's [8] Peaceful and Prayerful Art Group, 10.30-12.30, Lode Church [7] Village Gardeners, 8pm, VH [25]						
Wed	19	Heat Network Team, 10am-4pm, VH [14] —Booking Essential Pub Quiz, 7pm, Black Horse Inn, Bulbeck [17]						
Thu	20	Cllrs Ward Surgery, 6.30-7.30pm, The Denny Pavilion, Bulbeck						
Sat	22	Crier Copy Deadline Inspired by Dance Concert Orchestra, 7.30pm, BVC [15]						
Mon	24	Lent Lunch 12.30pm 1 Mill Hill [9]						
Tue	25	Bell ringing St Cyriac's [8] Peaceful and Prayerful Art Group, 10.30-12.30, Lode Church [7]						
Sun	30	Mothers' Union, 2.30pm Fassage Hall, Lode [17]						
Mon	31	Mothering Sunday Communion, 10.30pm, Lode Church [7]						
Sat	5	Quiz Night, 7.30pm, VH [7]						

Club	Contact	Tel/Email	Date	Time	Place	
FOSPS	Becky Wilkes	07827 318351	2 nd Mon of Term	8pm	Village School	
Beavers, Cubs	Tim Doe	gsl@1st Swaffhamprior	Wed (Term)	5:15-6:30pm 6:30-8.00pm	Scout Hut	
Reading Group	Brenda Wilson	743937	1 st Weds of month	6:00pm	Variable	
Village Gardeners	Fiona Geraghty	07785 971853	3 rd Tues of month	8:00pm	Village Hall	
WI	WI Kate Muscroft Kaye Lewsinski g		3 rd Mon of month 7.30 pm		Village Hall	
Bell Ringers [*]	Gareth Davies	07886 323686 swaffhamprior bells@gmail.co	Every Tuesday	7.30-9.00pm	St Cyriac's	