

spectrum

SEPTEMBER 2013



For a Sunday afternoon there were very few walkers about but the boating people made up for it as eight or ten river cruisers chugged by - a perfect day for it! (P23)

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or if you haven't access to email, written contributions to: 20 High Street, Fenstanton PE28 9JZ

Any material submitted for insertion will be at the discretion of the editors, subject to editing, and will be copyright of the publisher. **The FINAL deadline for copy is the 14th of the current month.**

USEFUL NUMBERS

Emergency:

Police 101

Fenstanton Surgery 01480461873

Fenstanton Pharmacy 01480495159

To report: water leaks 08003167676

street lights not working 0800253529

Council:

Fenstanton Parish Council 01480465300

Hilton Parish Council 01954210241

County Councillor 01480830250

District Councillor (Fen'ton) 01480466692

District Councillor (Hilton) 01480830250

Education:

Primary School 01480375055

Fenstanton Pre-School 01480496156

Fenst. Baby & Toddler Group 01480493067

Swavesey VC 01954230366

Sunshine Day Nursery Hilton 01480830351

Hilton Baby & Toddler Group 01480831524

Churches:

Fenstanton U R C Church 01480352058

Fenstanton Parish Church 01480465211

Catholic Church (St Ives) 01480462192

Hilton Methodist Chapel 01480830686

Rev. Katy Dunn 01480830314

Hilton Parish Church 01480830466/866

The Bridge (St Ives) 01480498801

Men's Christian Fellowship 01480392018

Clubs:

Beavers, Cubs & Scouts 01480831715

Fenstanton Brownies 01480464939

Hilton Brownies 07808017177

Fenstanton WI 01480395564

Hilton WI 01480830358

Over 60's Fenstanton 01480493212

Hilton Art Club 01480831410

Hilton Flower Club 01480830571

Fenstanton Bowls 01480498050

Fenstanton Indoor Bowls 01480497202

Fenstanton Football Club 07786318959

Fenstanton Youth Football 01480395338

Hilton Aerobics 01480832321

Fenstanton Aerobics 07742488459

Hilton Pilates 07733307475

Fenstanton Pilates 01480465117

Fenstanton Morris 01480466448

Tai Chi for beginners 01480468701

Tennis 01954231752

Fenstanton Fishing 01480497728

Community:

Hilton Feast Week 01480831299

Fenstanton Village Sports 01480370973

Fenstanton Village Hall 01480461751

Hilton Town Trust 01480831454

Hilton Neighbourhood Watch 01480831658

Fenst. Neighbourhood Watch 01480395284

Fenstanton Church Centre 01954230471

Hilton Village Hall 07922014991

Village Cars Taxi 01954232715

If you run a club or are involved in a village activity and think your telephone number would be useful on this page, please let us know. Please advise us of any errors or amendments needed to any of the above.

LETTERS & COMMENTS

The Fenstanton Town Trust

This trust dates back to the time of Queen Elizabeth 1 to help the villagers of Fenstanton. If you know anyone residing in the village who would benefit by receiving financial help from the trust, please apply in writing to the clerk to the trustees.

All applications will be looked at and treated in confidence.

Clerk to the Trustees:

a former resident of Fenstanton, Mrs A Sinclair-Russell Oakwood, West Park Street, Chatteris Cambs, PE16 6AL

The Joseph Ellis Foundation Trust

This trust was founded in 1728 by the will of Joseph Ellis. The objective of the trust is to assist students who are residents of Fenstanton & Fen Drayton with the purchase of books needed for their further/higher education. If you would appreciate help then apply to this trust. The fund is not a large one, but every little helps. Any student interested should apply in writing to the Clerk to the Trustees.

All correspondence is in strict confidence. Clerk to the Trustees:

Mrs C Collison, Holly Lodge, The Fen Fenstanton, Huntingdon, PE28 9JT

Record rainfall for Hilton

On the night of the impressive thunderstorms, 22nd/23rd July, the rainfall recorded for Hilton was 72.8 mms This is the highest daily figure recorded in the 37 year record for the rain gauge. It is greater than the monthly total for any of the months of this year to date.

Stolen scooter

I am aged six and am very sad because someone has stolen my scooter. I accidentally left it outside school - in the bike shelter - on the 13th of June. I realised soon after and told my mummy. When we went to look for it, it had gone. It is a blue Micro scooter and was a present from my mum and dad for my sixth birthday. If you took it please, please do the right thing and return it to the bike shelter outside school. I will look out for it every day. Scooting is one of my favourite things and my scooter is very special to me.

Mirabelle Rich,

At 6.15pm on Monday 15th July a man walked his large brown dog from the bottom of the Honey Hill area and purposefully walked it into the middle of Honey Hill green in order for it to do its business. To allow your dog to foul the village greens in this way is totally selfish and unacceptable. Even if you pick up the mess from the centre of the green it cannot be removed properly and the residue is left there for any children and other villagers to pick up when using the green with the possibility of picking up various diseases including toxocariasis. Dogs are lovely pets and good company, but if dog owners can't be bothered to walk their dogs away from the village greens, at least let them do their business on the edge of the greens where the mess can be picked up and removed properly. ***Helen Andrews,***

**Many thanks to
Hilton Produce Show
for their kind donation to the
magazine**

FENSTANTON PARISH COUNCIL - 1th JULY

Police report.: During the month of May, the latest month for which official information is available, the following crimes and incidents were reported: 2 incidents of anti-social behaviour; 1 incident of criminal damage; 2 incidents of drugs; 3 incidents of vehicle crime. The meeting was advised that 5 sheds at the allotments had been broken into and tools stolen.

The Parish Council urges Parishioners to be vigilant and report any suspicious behaviour to the Police. Telephone 101, Crimestoppers can be contacted on 0800 55 51 11 or in an emergency 999.

Dairy Crest Site: The site agent for Dairy Crest gave a comprehensive presentation to the Parish Council and parishioners outlining the design brief for prospective developers. Parishioners had the opportunity to see and ask questions concerning the type of development that can be expected. There is considerable concern of the effects that the development may have on traffic and parking within the village. These issues have been brought to the attention of the site agent and District Council and will form part of the Parish Council's response to the Local Plan to 2036.

Cambridgeshire County Council's Local Minor Highways Improvement Scheme: The Parish Council was unsuccessful in securing funding from the County Council under the local Minor Highways scheme to finance the necessary work to prevent the further erosion of Chapel Green vehicles. The General Purposes Committee will consider the situation and decide on a course to move the project forward.

A14 upgrade: The Parish Council had obtained information from the Highways Agency concerning upgrading the A14. The proposed routes are currently being finalized and will be made available at the forthcoming public consultation. The Parish Council will be involved in the public consultation and should a public enquiry be held a Councilor will attend and present the case on behalf of the Parish.

Next Meeting: The next meeting of Fenstanton Parish Council will be held on **Thursday 12th September 2013 at 7:30pm** at Fenstanton & Hilton Primary School, School Lane, Fenstanton. Members of the public and press are welcome.

The minutes of the previous meeting and agendas are available on the Village website.



The Mobile, School Lane
Fenstanton, PE28 9JR



We now embark on another school year - lots to look forward to! Our last year's Butterflies will start Primary school over the next

few weeks and we wish them well and look forward to seeing them in their uniforms through the fence.

We would like to take this opportunity to thank all the families who so kindly gave us gifts and cards, and offered so much support during their child's time with us. We really do appreciate it and, as always, a pleasure to see their development.

We now welcome all of our new starters and their families as they join us over the next few weeks and we look forward to getting to know you all.

If you would like any further information about any aspects of our setting please telephone during school time or call in to see us. Thank you

HILTON PARISH COUNCIL

Following the recent Hilton Parish Council election the following new candidates were successful and duly took their place on the council at a meeting on 17th July 2013: Peter Balicki, Graham Barradell, Doreen Bates, Kieron Dunk, Ann Goodridge, Simon Perry, Willie Wilson. They join Stephen Whyte and Justo Perez to make a full complement of nine councillors.

The Parish Council would like to thank all those who put themselves forward as candidates and also thank the villagers who took the time to cast their votes, resulting in a very impressive 52% turnout.

First Meeting

The first meeting of the newly convened Parish council took place on 17th July 2013. Ten members of the public, County and District Councillor Ian Bates and the Clerk attended. Peter Balicki and Graham Barradell were appointed Chairman and Vice-Chairman respectively.

Much of the meeting related to appointing committees, looking at terms of reference and agreeing the Council's year end accounts for the year ending 31st March 2013. Approved minutes of the meeting are available on www.hilton-pc.co.uk

Second Meeting

With much business to attend to a second meeting was held on 7th August 2013 at which the terms of reference for the Finance and General Purposes and Planning Committees were agreed. Agreement was made for the financing of fireworks for the annual display to take place on Saturday 2nd November 2013 and to renew the council's membership of the Cambridgeshire and Peterborough Association of Local Councils (CAPALC).

The list of sub groups and committees was reviewed with some being set up, terms of reference agreed and some deferred to the next meeting.

Minutes of this meeting will be posted on www.hilton-pc.co.uk once they have been agreed at the next Parish Council Meeting.

A14

Among the groups set up was an advisory group to deal with a request by the Highways Agency to attend a future meeting to discuss the proposed works to the A14. It has been suggested, within its terms of reference, that the advisory group invite representatives of the Highways Agency to hold an open meeting to display proposals and allow villagers to provide feedback.

Full details of this meeting will be provided as soon as it has been arranged.

Next Meeting

The next full meeting of the Parish Council will take place at 7:30 pm on Monday 2nd September 2013 at Hilton Village Hall. A meeting of the Planning Committee was held on 19th August to discuss two planning applications for Potton Road.

Notice of agendas, minutes of meetings and contact details will be placed on www.hilton-pc.co.uk and on the village notice boards.

Contact Clerk (Mrs Gail Stoehr): office@lgs-services.co.uk or 01954 210241

HILTON VILLAGE HALL NEWS

We are very pleased to say that the new 'Gents Toilet' has now been completely refurbished in fact, it was all nice and new in time for Feast Week - we hope all our customers are happy?

Open Gardens

How wonderful to be able to organise such an event knowing that the weather, for once, would be kind! What a super afternoon and HUGE thanks to everyone who took part happily opening their gardens for our visitors to inspect, delicious cream teas back in the Hall, a large selection of plants for sale organised by the Produce Show Committee, along with a very generous array of prizes on the raffle table, not forgetting the artistic talents of The Carnelians, and fun for the children in Jan and Bruce Whatley's garden riding on the trains.

The sum of £587 was raised from the garden element of the afternoon, and this will be presented to Macmillan Cancer Care, £584 from the teas will go into the care of The Village Hall, and £100 was donated for expenses which will be incurred by the Produce Show (rosettes etc). Thanks to all who came along to support us.

Hog Roast

We must have been mad! But the following Saturday the Committee ran a social evening in the form of a 'hog roast' evening (after description of food)., this event rapidly sold out with just over 100 guests coming along to enjoy a relaxing evening with good food, good company and good music played and sung by 'Parisian Swing'. You all enjoyed yourselves so much, we had difficulty in clearing up the Hall still, that is what such events are all about! Another very successful event adding £642 to our funds. Many thanks.



Macmillan Appeal. On **Friday, 27th September 2013**, Rosemary and Peter Blake will be taking part in the Macmillan Cancer Support's World's Biggest Coffee Morning. Please come and join us from 10.30am to noon at 16 Scotts Close, Hilton. All the money will go to a local Macmillan Appeal. Entrance £2. Bring-and-buy stall. Raffle.

CAMBS AND BEDS HARDY PLANT SOCIETY

Our autumn and winter talks start on **Saturday 7th September at 2pm** with a talk by Howard Drury, TV horticultural broadcaster, writer and lecturer, on Cornwall and its Unknown Gardens. Venue: The Weatherley Centre, Stratton Upper School, Eagle Farm Road, Biggleswade. There is a small charge for visitors of £3. All future talks are on the first Saturday of the month and are available on the website: cambsandbeds@hardy-plant.org.uk

WEATHER WATCH

Who would have imagined as we endured one of the coldest March's on record, that there was much prospect of being able to compare the heat of July 2013 with that experienced in July 1976, more about this later.

The month of May was a rather mixed month, slightly cooler than average. There were no prolonged settled spells and rainfall at 2.73 inches (69mm.) was above average. One air frost occurred, on the first of the month. When the figures for the three Spring months are combined it was the fifth coldest on record largely due to the cold March.

After a very wet June last year, this year was the complete opposite, being a dry month with only 0.53 of an inch (13 mm.) of rain. It was however, made up of a contrasting mixture of cool and warm days, the warmest day reaching 25.2C (77.4F). Overall, both the amount of sunshine and temperatures worked out close to normal.

Early in July high pressure became established over Britain and this produced nearly three weeks of fine weather. Rain on the 3rd of July was the only time measurable rain occurred during a period of 4 weeks from 23rd June. Even when rain occurred during the last week of the month, warm temperatures persisted. They reached 80F (26.7C) or higher on 18 days and apart from two days 70F (21.1C) was reached or exceeded each day. Although it can be misleading to make comparisons by picking one month in isolation, in this part of East Anglia at least July 2013 in terms of warmth has matched July 1976 with the average maximum temperature being 25.9C (78.6C). I was living in London in 1976, the average maximum there was 26.C. It appears that this July has been the sixth

hottest month – at any time of the year – since records began 354 years ago.. The hottest day of this summer so far was on 22nd July reaching 93.0F (33.9C).

There have been few thunderstorms in our locality since 2009, but a truly exceptional storm occurred during the early hours of 23rd July. During a period of around 8 hours, storms repeatedly crossed our locality bringing rains of tropical intensity. A total of 3.17 inches (80.5 mm.) was recorded in my rain gauge. This type of rainfall is often very localised and it is possible places barely half a mile away would experience a quite different amount. This type of event tends to skew average figures, the eventual total for July this year being 4.59 inches (117mm.), which was only about a tenth of an inch less than July 2012, the wettest month in that soggy summer.

As I conclude this article on 2nd August, a Spanish plume caused the temperature to rise to nearly 90F (32.2C) on the 1st accompanied with a brisk southerly breeze. Normally wind has a cooling effect but when the temperature rises above 80F (26.7C) it has the opposite effect.

As usual I will finish with a curio, this time from weather lore. I am usually cautious about weather sayings but the reputation of the "Ice Saints" has been shown through the years to have an element of truth. The Saints in question are St Ma mertus, St Pancras and St. Saviour, whose feasts fall on the 11th, 12th and 13th of May. This part of May is often affected by cold winds and late frosts causing crops and fruit blossom to be damaged, on average seven years out of ten. In medieval times it was not unusual to use saints names as a hook to hang a piece of information on. **Patrick Landucci**

FENSTANTON & HILTON PARISH CHURCHES—SEPTEMBER

Sunday 1st	Trinity 14	
Hilton	8.00am	Holy Communion (BCP)
Fenstanton	9.30am	Holy Communion
Hilton	10.00am	No Children's Church –back in Oct!
Fenstanton	12.30pm	Baptisms – Chillingworth & Morris
Fenstanton	1.00pm	Pimms & Pâté
Fenstanton	6.00pm	Evening Prayer
Thursday 5th		
Fenstanton	8.30am	Morning Prayer (15 mins)
Sunday 8th	Trinity 15	
Fenstanton	10.00am	Worship for All
Hilton	11.15am	United Harvest Service at PC with Sunday Club at Methodist Church. Followed by Bring & Share lunch with collection for Water Aid.
Fenstanton	House to House collection until Sat 21 st Sept	
Thursday 12th		
Fenstanton	8.30am	Morning Prayer (15 mins)
Sunday 15th	Trinity 16	
Hilton	8.00am	Holy Communion
Fenstanton	9.30am	Holy Communion
Fenstanton	6.00pm	Evensong
Thursday 19th		
Fenstanton	8.30am	Morning Prayer (15 mins)
Fenstanton	3.30pm	Jaffa Club
Sunday 22nd	Trinity 17	
Fenstanton	9.30am	Family Communion & Harvest Festival
Hilton	11.15am	Back to Church Sunday , all welcome to this friendly family service with coffee served beforehand at 11.00am
Fenstanton	Lunchtime	Harvest Lunch
Tuesday 24th		
Hilton	1.30pm	Tot's Praise
Thursday 26th		
Fenstanton	8.30am	Morning Prayer (15 mins)
Sunday 29th	Trinity 18	
Fenstanton	9.30am	Holy Communion and Back to Church Sunday – all welcome!
Hilton	10.00am	Joint service with Godmanchester in Hilton – please note time!!!

Contact information:

For **Fenstanton**: Rev'd Dr Robin McKenzie on 01480 466162 or mckenzie_robin@hotmail.com (baptism, and matters of pastoral concern), or for Community Fund FenstantonCommunityFund@gmail.com, or Anne White 01480 382370 (weddings), or Harvey Marshall 01480 395936 (funerals), or Rebecca Cumbers 01480 496335 (Fenstanton Welcome Pack), or Ian Hucklesby 01480 465211 (general enquiries)
Web <http://www.fenstantonparishchurch.org.uk/>, and on Facebook

For **Hilton**: Rev'd David Busk on 01480 436400 or dwbusk@hotmail.com (for baptisms, weddings, and matters of pastoral concern), Ralph Slayter (funerals) 01480 830466 or Rachel Wood 01480 830866 (general enquiries).



It was lovely to see so many children at the 'Teddy Bear's Picnic'.

We look forward to seeing those not at school, 0-5years at Hilton Parish Church in September on the last Tuesday of the month, 24th September, 1.30pm - 2.30pm. There will be lots of things to do and see. Please come and join in. Nice cups of tea or coffee for the grown-ups, juice and Hula Hoops for the tots.
Look forward to seeing you.

The Particular Baptist Chapel Church Lane Fenstanton PE28 9JW

There has been a witness to the worship of God here over the years since 1643

**Services are on Sundays at 10.30am and 2.30pm
and on Thursday evenings at 7.15pm**

We still use the Authorised, King James Bible, believe in Particular Redemption and the traditional manner of worship.

All are welcome

Pastor: BE Izzard (01480 830142)

ROMAN CATHOLIC CHURCH

St Ives, Church of the Sacred Heart, 19 Needingworth Rd.

Parish Priest: Fr Edward Tredota; Ass.Fr. Marek Pabis;

Tel 01480 462192, www.sacredheart-stives.org

Mass Times: Saturday 17.00 , Sunday 08.00 and 11.00

Papworth Everard, at the **Parish Church**, Saturday Mass 18.00 .

HILTON METHODIST CHURCH - SEPTEMBER

Contact: *Sandy Monk (01480 830273), email: sandy.monk@btinternet.com and Heather Woods (830686), email ianwoods1992@btinternet.com*

SERVICES

8th Sept	11.15am	Rev Katy Dunn, Harvest Festival United Service
15th Sept	10.00am	Mrs Pauline Zahner
22nd Sept	10.00am	Rev Katy Dunn, Holy Communion
29th Sept	10.00am	Ms Pat Paddon

FAIRTRADE COFFEE MORNING

The next coffee morning will be on **Saturday September 7th** between 10am and 12 noon in the Methodist Hall. Do come just for a coffee and a chat or to buy some Fairtrade items. We will have the usual groceries, cards, crafts, jewellery and confectionery on sale. Profits to Fairtrade and refreshment monies to EACH. Hope to see you there.

CHRISTIAN AID COLLECTION:

Our house to house collection for Christian Aid in May raised £910.13.

We would like to thanks to all the people who volunteered to collect in Hilton during Christian Aid Week

THE BRIDGE CHURCH

Serving St Ives and Local Communities

www.thebridgechurch.co.uk

Sunday Church Services:

We meet together at 10.30am on Sundays at Westfield School, Ramsey Road, St Ives, to worship Jesus and hear His good news. We also meet together in small groups' midweek where our church family make deep friendships and grow together in their faith.

There is a home worship group in Fenstanton which serves both Fenstanton and Hilton.

Bible Study & Prayer: We have weekly bible study for women, monthly church prayer meetings and weekly men's prayer mornings.

**For further information please see our website
or call us on 01480 498801**

FENSTANTON UNITED REFORMED CHURCH—SEPTEMBER

Come and join us. A warm welcome awaits you.

Fenstanton United Reformed Church is part of the St Ives Group of Churches.

Contact Revd Dr Catherine Ball on 01480 352058

1st	9.30am	Rev Derek Newton
8th	9.30am	Rev Catherine Ball - Holy Communion
	6.00pm	Mrs Margaret Cakebread
15th	9.30am	Rev Catherine Ball
22nd	9.30am	Rev Catherine Ball - Harvest Festival
29th	9.30am	Mr Keith Cakebread

OTHER EVENTS in SEPTEMBER

Tues	3rd & 17th	10.00am	Knitters and Natters
Sat	7th	8.000am	Men's Breakfast
Tues	10th & 24th	10.00am	Open Door Coffee Morning
Tues	10th	2.30pm	Monthly Christian Meditation
Sat	14th	9.30am	Hobbies Day
Sat	21st	10.0am	Decorating the Church & Tool Collection
Fri	27th	10.00am	MacMillan Coffee Morning

FENSTANTON BROWNIES

LOVE-IN-A-BOX

I know a lot of you have not had your summer holidays yet, but my thoughts are now on our Christmas Appeal, '**LOVE-IN-A-BOX**'. If there is anyone who doesn't know what this is --it is a shoe box wrapped in Christmas paper, then filled with essential everyday items. These are sent to European orphanages and are the only presents the children will receive at Christmas. Basic items like soap, flannel, toothbrush, toothpaste, paper, pens, pencils, crayons, hat gloves, scarf, brush, comb, small teddy and toys, a few sweets, (no guns or battery operated toys). This charity 'The Mustard Seed' is run by volunteers. The only request they have is that you include £3 per box towards fuel costs. At the end of September shoe boxes wrapped in Christmas paper can be found at the United Reformed Church along with leaflets with all details. Many Thanks

Jenny Stimpson (Brown Owl)



FRIDAY 27TH SEPTEMBER

10-00-12NOON

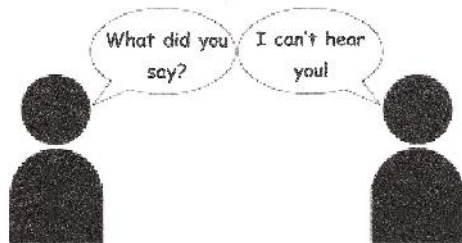
AT

FENSTANTON UNITED
REFORMED CHURCH

BRING AND BUY, CAKES AND RAFFLE

Every cup will help improve the lives of people affected by cancer

✓ Every cup will help improve the lives of those affected by cancer



Try Lipreading

March	Monday	10 am - 12 noon
Ely	Monday	2.15 - 4.15 pm
Peterborough	Wednesday	10.30 - 12.30 pm
Huntingdon	Wednesday	2.15 - 4.15 pm
Chatteris	Friday	10 am - 12 noon

For more information, please contact the tutor, Mrs Jenny Holding, on 01354 740894 or email hldjen@outlook.com

FENSTANTON UNITED REFORMED CHURCH

CHEQUER STREET

SUNDAY 22ND SEPTEMBER

HARVEST FESTIVAL

MORNING WORSHIP - 9.30AM

HARVEST PRAISE - 4.00PM

ALL ARE WELCOME TO SHARE THESE SERVICES WITH US



FENSTANTON & HILTON MEN'S FELLOWSHIP SATURDAY BREAKFAST

The next Breakfast is on September 7th.
when Ray Condor will talk about his work in Gambia



All local men are welcome.

These breakfasts are held in the Social Centre
of the United Reformed Church in Chequer Street, Fenstanton.

Breakfast is served at 8.30am but doors open at 8.00am

Sessions last until approximately 10.00am.

For catering purposes or additional information please contact John Guthrie
(01480 392018 or john.guthrie39@gmail.com).

The next breakfast will be on Saturday, November 9th.

Fenstanton United Reformed Church



**Saturday 14th September
10-00am-4-00pm**

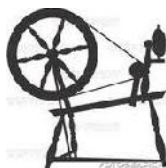
**VINTAGE/CLASSIC CARS & TRACTORS
ON SHOW OUTSIDE**



In the Church:

penny farthing cycle

antique dolls and prams



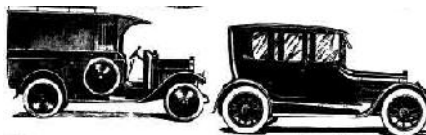
spinning wheel demonstration

**Knitting, lace, quilting,
card and paper craft**

**hand massage (for a small charge)
handmade crafts and jewellery...
investigate local history,
and lots more.....**

REFRESHMENTS ON SALE ALL DAY

**Entrance Fee just £1.00
(Children free with an adult)**



FENSTANTON FOOTPATHS

The Parish Council's maintenance contractor has recently completed the second cut of the parish footpaths this year. If you were out walking the footpaths in early August you may have seen him in action. He seems to have done a good job as the paths were in excellent condition for walking when I sampled a good cross section of them in mid-August. Certainly the path along the River Great Ouse was looking its best on a bright Sunday afternoon. There's something magical about the way the willows hang down over the water and here and there a patch of purple loosestrife on the river bank is reflected in the water making a vivid contrast to the green of the waving rushes. For a Sunday afternoon there were very few walkers about but the boating people made up for it as eight or ten river cruisers chugged by – a perfect day for it! [see photo]. This rural idyll was complemented by the aerobatics of numerous dragon flies and damsel flies. On the water several pairs of swans with young cygnets were paddling gently about and a solitary heron flapped gracefully away as I approached. When I caught up with it again further downstream it flew off in dudgeon in a different direction. Nearer St. Ives the path winds round a meadow where cows were grazing peacefully beside the river [see photo] and sharing the pasture with scores of Canada geese and a few greylag geese that seem to be happy to fraternise with their Canada cousins.

What I am trying to say, dear reader, is that this beautiful countryside is right on your doorstep and accessible via the network of parish footpaths that we are blessed with. Get out there and enjoy them!

Philip Blunt (P3 coordinator for Fenstanton)

[email: philip.blunt@mypostoffice.co.uk ; phone: 461751]

Fenstanton parish has a network of public and permissive footpaths which is maintained by the Parish Council with occasional grant assistance from Cambridgeshire County Council (CCC). An excellent leaflet which includes a map and descriptions of the parish footpaths was produced in 2005. Although a bit out-of-date now, the leaflet gives a good indication of the footpath network. If you would like a copy, please contact me with your name and address and I will get one to you as soon as possible. If you are a footpath user and you see anything that needs attention relating to the maintenance of the public and permissive footpaths in the parish, please contact me in the first instance.



FENSTANTON SPORTS DAY

A few thoughts and facts from your barely literate sports reporter on this year's Sports Day.

The weather was much better than last year and attendance was up. We had a good number of competitors in all but one of the races, the refreshments and BBQ were a sell out and the bar did well.

The entries for the Produce Show, however, have been dwindling over the last few years, although the standard is always high. Because of this we are thinking about either drastically changing the show, or dropping it altogether. Your comments and ideas would be welcome.

The early evening karaoke was again not a success and this will be dropped for next year. Unless anybody out there is willing to take over the organising and running of an evening event our intention is to finish as soon as the trophies have been presented.

We still have a few bills to come in but it looks as if we have made a loss of £200 this year. However we did invest in 3 new event tents so this means that the day actually made a small profit, the good news being that next year's event is secure.

If anyone has any comments or ideas on the above please let a committee member know or drop any written comments into Ron's Farm Shop.

As you can tell we are all a bit subdued at present, no doubt due to the opiates that Matron's team are pumping in to us, but once we have got the old escape team up and running again I will be back with more abuse. PLEASE READ THE FOLLOWING, sorry I shouldn't shout, it gives Matron a head ache. BYE!

The Sports Committee were unanimous in their agreement to give the Community Award to the Spectrum Team this year, as we think you will all agree that they produce and distribute a very useful and informative magazine for the two villages. For those of you who are unaware of what they do for us, here are a few facts:-

The current team took over at the beginning of 2010 and since that time Spectrum has had the following enhancements:

- Introduction of colour
- Increase in number of pages from 32 to 44-48
- A colour supplement after summer events
- Increase in advertising with a waiting list!
- Improvement in the paper quality
- Improved delivery system

So, as it is a team rather than an individual person, thanks go to: Margaret and John Guthrie, Mickey Pallett, Kay Pulley, Peter Frazer and all those who kindly deliver Spectrum through every door in both Fenstanton and Hilton. All this is possible thanks to the current printers, XLPRESS Ltd in St Neots who provide an excellent service.

Doesn't seem possible!!! The outdoor bowls season is coming to a close!

The season has been full of excitement and anticipation but most of all FUN.

We have had our ups and downs but generally our bowling has been good.

Janice and Pat (Porter) are off to Skegness with the Huntingdon ladies Silver Vase team to play in the finals. Well done to Huntingdon. We are a small County and it's great to think we have a chance of winning the Silver Vase and that 2 bowlers from Fenstanton are in the team.

I shall be going for the day so I will cheer them on!

Also Harvey, Roger and Dennis (Weston) are through to the semi-finals of the Cambridge and District Lacon Cup. Again it is a wonderful achievement and wish them the best of luck.

Our Club competitions will come to a conclusion on **Saturday 7th September and President's day is 8th September**. Watch the notice board and website for details.

Don't forget the AGM is on Thursday 17th October 2013 at 7.30p.m. at the Church Centre in Fenstanton. All members are welcome and I would like any "items" for the agenda at least 2 weeks before please.

Enjoy the rest of the season and good luck to those left in competitions

Pay and Play on Thursday mornings will continue as long as it's feasible. Please ring me if in doubt. I would like to take this opportunity to thank all those who have helped me in this endeavour, especially Roger and Val, which has been a great success.

REMEMBER LINE LENGH AND LUCK

Daphne (Loveday) Secretary

FENSTANTON OVER 60's

Since the last edition of Spectrum we have had our Strawberries and cream tea, a talk by COPE (The Cambridge Older Persons Enterprise) and then a talk by a lady from Age UK both of these talks complimented each other, and gave an insight into benefits and help available to us.

On **4th September** we have a presentation by the Ramsey Raptor Organization with (possible) live raptors.

On the **18th September** we have no fixed agenda but games and chat will be the order of the day.

Our splinter group of ten pin bowlers have been thwarted in their attempt at the world championship through the lack of practice due to the partial closure of the lanes during the school holidays.

We meet at Fenstanton United Reformed Church at 2-00pm every other Wednesday.
All new members welcome.

FENSTANTON VILLAGE HALL TRUST

We now know that as part of the draft Development Plan for the Dairy Crest site Huntingdon District Council has included the provision of a new Village Hall. Thank you to everyone who took the time to tell us on our survey sheets what they would like to have in a new Village Hall. Thanks must also go to Vik at the Post Office and Maureen at Barry's Plaice for holding the sheets for us. As well, we'd like to thank the representatives of the various groups and clubs in the village who told us about their requirements. What you told us gave us a fair idea that we would not be serving the village well if we opted for the conversion of the amenity block on the Dairy Crest site. You have bigger and better ideas for a fit-for-purpose building which could host a range of activities. We have indicated to HDC that Option 2 of the Dairy Crest Draft Development Plan would be the one we prefer. Now the site has to be sold to a developer and we wait to see whether that developer will work with HDC's guidelines or whether he has his own variation on plans for the site

Meanwhile, please continue to help us with fundraising. Our next event is the Big Quiz Night kindly hosted by Dai and Jo Heafield at The George on Wednesday, 18th September, at 8pm - entry fee £2. Do come along in teams of 6 and try your luck! *Jane Blunt*

FENSTANTON LACE MAKING CLUB

A small group of lacemakers meets on the last Saturday of each month at 37 Lancelot Way, Fenstanton from 2.30 to around 5.00pm. Please feel free to join us, all are welcome. The next meeting is on September 29th. We can provide materials and equipment on loan for complete beginners, so don't be put off.

For Further information, contact Margaret Blount on 01480 352724.

FENSTANTON BABY & TODDLER GROUP

We are a friendly group running a weekly play session for children from birth to school age. We are open every **Wednesday (including school holidays), 10am - 11.30am, at the Church Centre.** We would love to welcome any new faces please feel free to come along and have a coffee.

The first session is free, £2 thereafter.

contact Aileen Bromilow, 01480830658, email: aileeno77@yahoo.co.uk **for any further information.**



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BABY CLINIC IN FENSTANTON

The St. Ives Health Visitors now run a baby clinic in the village, offering the chance for parents to have their babies weighed or to ask any questions. Sessions will take place on the second Wednesday of each month at the Church Centre, 10 - 11am. Please drop in or contact your usual health visitor if you would like further details.

FENSTANTON WI

The evening of August 1st was hot and sultry and our members all looked uncomfortable in spite of having every window open in the Church Centre.

Our speaker Mr Peter Carter, the Eel Catcher, soon made us forget our discomfort. He spoke about his family who have lived on the Fens as far back as his great- great- great -grandfather. All were eel catchers and the skill has been handed down from father to son.

He explained the life cycle of the eel, which spawns in the Sargasso Sea and the young make their way to the rivers of the United Kingdom and Europe, where they can live for up to 40 years.

Eel catchers have traditionally made all their equipment from the punts to the eel traps and the tools used in their manufacture. The eel traps are made of wicker and now Mr Carter makes wicker baskets and other items as well which he sells in his shop.

Mr Carter has become quite a celebrity, having appeared on a range of TV and radio shows. He also met the Queen at an exhibition where he was not expected to actually speak to her, but they chatted together for about half an hour!

The evening was most enjoyable and we can recommend the Eel Catcher to other groups.

Future meetings:

September 5th What's that smell in the Kitchen? Mr Jerry Dodd

October 3rd General Meeting

November 7th The Work of SOS Children's Villages Mrs S Street

We are a lively, friendly group who meet on the first Thursday of the month, except in January. If you would like to join, please come along to one of our meetings at the Church Centre at 7.30pm. For more information, please contact our secretary Val Spain (01480 463653)

WORK AID

If you are sorting out your shed, workshop, house!
and have any tools surplus to your
requirements please donate them to
WORK AID -- we are having a
collection of these on

**Saturday 21st September.
between 10-00am
and 2-00pm**

Please bring them along to
the URC Church, Chequer Street



Kent International Jamboree (KIJ)

This summer some of our Scout Troop had an amazing week meeting 6000 new friends at the Kent International Jamboree, with contingents from across the UK and as far afield as Algeria, Canada, Sweden, Nigeria and the USA. To get there and back the kit went by van (thanks again Gavin!!!) but the people went via train.

Here are just a few brief extracts from the blog they did during the week.

Blair Reid and Tom Rodriguez "First thing in the morning we went down to the bus to go to Whitstable for our water sport activities. The water sports were really fun and we went on jet ski's, powerboats and other boats. We travelled back to camp and then went to the big top (circus). Some people (the acrobats) were really talented and it was really fun to watch. Later that evening it was the opening ceremony and it was like a massive festival especially the disco at the end. We were all shattered after all of this and went straight to bed. The first day was amazing and adventurous. We hope the next is just the same!"

Drew Lamb and Louis Rich "Today was our free day, we had a range of zones and activities we could go to, including bungee jumping, trampolining, climbing and woggle making. In the evening we went to a drop in zone where there was a range of activities to try like volleyball, table tennis, pool and even sumo wrestling!"

Lauren Bailey, Louise Taylor and Becky Ward "Today we went to different zones in the morning and team building in the afternoon. The three zones were the move zone, faith zone and science zone. At the move zone we did dancing and learnt a routine for the closing ceremony on Saturday. At 'science' we did lots of different experiments and activities like building an arch bridge, burning tiles to make a pattern and shooting water rockets. In 'faith' zone we made objects with ourselves, like our favourite parts of the opening ceremony and we listened to music from the band. In the afternoon we all went to team building where we were put into teams from different Scout Groups and had to complete a number of challenges. At the camp fire every Scout and Guide Group assembled to watch the screen and sing. The end was the best because there were fire dancers which were awesome. This day was awesome and Chris's dancing was awesome too".

During the week the Chief Scout, Bear Grylls, flew in with comedian David Walliams – and one of our Scouts was chosen to be in the select greeting party of 6 – lucky Louise! Unfortunately the photos only show her from the back, in the pink t-shirt.

I think they would all agree it was so much more fun than being at home on even the best computer game..... J

Thanks to the Scouts and Young leaders for being such great young people, to the adults who gave up their annual leave to take them and to the parents for letting the boys and girls go (we know this is often the hardest part for some families!).

New Treasurer needed – do you know someone who could help?

The current Treasurer is planning to hand over the reins from Summer 2014 summer so we need to find someone now to start getting involved, ready to take over this important unpaid volunteer role (expenses for consumables are paid e.g. toner, paper etc).

You don't need to be a qualified accountant but you do need to be confident with basic finance and computer literate (we use on-line banking, WORD, EXCEL, e-mails etc) with internet access (ideally with your own laptop or PC but we can provide one if not). We have very little cash payments, are encouraging less use of cheques and much of our "business" is done on-line or via e-mail – for which full training and support will be given. Good communication skills are essential, as is the ability to work as part of a team. You will be required to complete a DBS check (the old name was CRB) through the Scout Association, but you do not need to have any current or previous connection to the Scout Group.

To find out more, or for an informal chat, please contact Louise Clover (GSL), 01480 831715.

HILTON WI

On Monday 8th July, our speaker was Nigel Wildman who is a community based First Aid trainer for the Red Cross Organisation. We all recognise the red cross on a white background when seen in a battle zone or a disaster area, but he told us that it is the reverse of the Swiss flag. Henri Durant, a Swiss man, was caught up in a horrific battle and with the help of some volunteers decided to help the wounded and try to contact their relatives. As a direct result of this, the Geneva Convention was started and is still in force today.

The Red Cross aims to be present in times of need anywhere in the world. They send food parcels abroad, help to look after casualties in war zones and are able to cope with almost any emergency abroad and also play an important role in our local communities. An important part of their service here is the loan of equipment to people coming out of hospital and providing food and

clothing for the homeless. Another part of his work is to go into schools to teach children First Aid so that they all have a good basic knowledge which can prove to be very useful in an emergency, both at home and in their leisure activities. He advised us all to try to use our skills to help anyone in trouble, but remember to keep calm stay safe and don't panic! dial 999 for the emergency services.

There is no meeting in August but do come to the Summer Lunch on Tuesday August 13th, in a members garden if it is fine, but in the Village Hall if it is wet. For more details contact Ruth on 830358 or Wendy on 830740. Enjoy fantastic food, a glass of wine and good company. Our next meeting is on **Monday September 9th** when we will learn 'The benefits of meditation and deep breathing' from Maria Elena.

Kath Charter.

HILTON FLOWER CLUB

September 2nd we have a demonstration by Ann Purt from Wisbech. Look forward to seeing you all at Hilton village hall 2.00pm--4.00pm. Entrance £3.00 with tea & biscuits. Raffle 50p. Lucky winners will take a flower arrangement home.

October 7th meeting is our workshop where you all do an arrangement, don't forget to put your name down and pay the £4.00 at the Septembers meeting.

HILTON BABY & TODDLER GROUP

We are a friendly group with babies and toddlers of all ages. We have a great range of toys and a well stocked biscuit tin so feel free to come along and have a chat while the little ones burn off some energy!

Sessions cost £2 and run from 10.00 - 11.30am every Tuesday, excluding school holidays.



For more information contact Katy, katyjackson1@gmail.com.

HILTON FEAST WEEK

Hilton Feast Week 2013 was a fantastic week, we were so lucky to have lovely hot weather, with very little rain. All the events were so well attended by villagers and locals, we would just like to say a huge thank-you for all your support to make it a successful week. On Sunday 28th July, the parade of floats were very varied from Thomas the Tank Engine, the Orient Express to an Airport and plane, which deservedly won the Caroline Swinburne trophy! It looked as good as the Virgin flights advert! Also the Classic car show was very interesting with superb classics as a TVR, an e-Type Jag, several MG's, Vauxhall Victor, and a stunning Lamborghini too.

The songs of Praise service was conducted by David Busk, many thanks for coming along to Feast week for this and also to present the trophies for the Produce show.

The Produce show was a great success again this year, many thanks to a great committee who make this annual event so beautiful. Thanks too, to Helen Attwood for running a very successful Art Show, with many varied creations and paintings.

The Children's activities and entertainment were popular as ever with craft activities, Teddy bears picnic, magician's shows, and toddler fun time. Many children took part in the Guys and Gals performance on Friday night too, always a great show.

New for this year, we are very grateful to Lisa and Mark Boros for opening up Beech's Maze for the children to find the Woodland Fairy in the centre who handed out sweets and drinks to the children who found her!

On Thursday evening you could take your partner by the hand and dance to the Kegs Band, a good time was had by all, as they danced the night away. Thanks to Dean and his crew who provided the disco and the fantastic light system with the biggest mirror ball I have ever seen! The bands visiting us were very impressed with the standard of sound equipment we have in the marquee. Also a huge thank-you to George Lawton who coped with all the music for the Friday night.

Friday evening was Steve, Dave, and Nina's last entertainment night as a team, they have worked together for over 10 years, with a

fantastic show of talent, all from within our village. We will miss Steve - a very entertaining compere. Also working behind the scenes. Dave and Nina's stage management has been very professional. We as a committee would like to say thank-you for all their years of help to make this night happen.

Many thanks to the Sports Day committee which included this year, a Tug of War mid-afternoon with several Girls teams! A very exciting afternoon for kids and competitive adults who also won several medals!

Saturday night was a great success with a fantastic band 'Simply Take That', they sounded good and had all the right moves! They even gave autographs after the show!

So a huge thank-you to everyone who helped us this year from the overnight marquee sleepers to bar helpers, BBQ helpers, kids bar helpers and litter pickers especially Eileen who does a great job clearing up early in the morning! Also to Eric and his team for the stage set up, and to all who cleared up on Sunday so we were finished by 1pm.

Lastly thank-you to the rest of the Feast Week committee who have been a great team to work with, to pull all this together for our community. We as a village are so lucky to have such a great event every year. Many thanks to you all for your support.

Come along to our AGM in the Methodist Church, on 17th September at 8pm. We would be very pleased to welcome new committee members.

See the website at www.hilton-village.com for all the latest events.

CHAIRMAN – SHARON WALKER, 831299 / 07984232424. sharonwalker@nhs.net

VICE CHAIR – GILL GILL, 07793248287

TREASURER – GRAEME GRIBBEN, 01480 830481

SECRETARY – SARA SAMPSON, 01480 830383

OTHER COMMITTEE MEMBERS

SUZIE AND CRAIG SUTHERLAND,

RICHARD HUNT, BECCA GRAVELING,

EMMA PAYNE, LYNNE RADBONE

HILTON PRODUCE SHOW 28 JULY 2013

What a wonderful day we all had at this year's Produce Show. A big thank you to all the exhibitors and those who gave extra help on the day and on the Saturday with setting up the marquee in readiness. It certainly was one of the best displays of the talent in Hilton in recent years and congratulations to all the trophy winners. We are including a list of those in this issue of Spectrum.

We are now looking forward to next year which will be the 10th anniversary of the reintroduction of the Produce Show in 2004 so we aim to make it an even more special event. We have already had some rosettes returned but please feel free to keep them for a little longer if you wish. Their reuse does lower expenses considerably so we do appreciate it if they are returned at some point before the next show.

In conclusion, please start planning your exhibits for next year and remember, without your individual efforts there would be no Produce Show!

Happy planning and all good wishes !

Prize winners and trophies

NAME	CUP
KIERON DUNK MICHAEL PAVEY	HILTON TOWN TRUST FRUIT CUP
PAT PORTER	HILTON TOWN TRUST VEGETABLE CUP
PAT PORTER	HILTON FEAST WEEK NOVELTY VEGETABLE CUP
SANDRA MONK	HILTON TOWN TRUST FLOWER ARRANGEMENT CUP
JANE LANDUCCI HERBIE COLLEN	HILTON TOWN TRUST FLOWER CUP
HELEN ATTWOOD	BEST GARDEN IN A WHEELBARROW
ROSEMARY BLAKE	HILTON WOMEN'S INSTITUTE BAKING AND PRESERVES SALVER
BECCA & CHRIS GRAVELING	HILTON SHOW COMMITTEE CUP
CHARLOTTE PAYNE	ALICE COLLEN CUP FOR CHILDREN AGED LESS THAN 5 YRS
MEGAN GRIBBEN CHLOE MINTER	THOMAS COLLEN CUP FOR CHILDREN AGED 5-8YRS
ELLEN MINTER	JACOB COLLEN CUP FOR CHILDREN AGED 9-16 YRS
REBECCA FLEMING	THE LAIDLER ROSE TROPHY – BEST ROSE EXHIBIT
JANE LANDUCCI	THE DOROTHY KING MEMORIAL CUP – BEST FLOWER EXHIBIT
SANDRA MONK	THE HILARY HOLMES ROSE BOWL – BEST FLOWER ARRANGEMENT IN SHOW
ROSEMARY BLAKE	THE KATHLEEN HASLER ROSE BOWL – MOST OVERALL POINTS IN SHOW

HILTON ART CLUB

Over the last two months, the subjects have been 'Painting scenery outside', when we painted alfresco around The Green and in August, 'Foreign or unusual objects' in the village hall.

As usual, members contributed to the Feast Week Art Show. We are grateful to Helen Attwood for allowing us space to display members' artwork and for being so helpful. If our mini-exhibition has inspired you to take up a brush again and would like to spend one morning a month as a member of our group, contact Diana on 01480 831410 or Gina on 01480 830696.

Our next meeting is on **20th September**, an outside visit (details to be decided).

HILTON VILLAGE HARVEST SUPPER FRIDAY 4TH OCTOBER 2013

Following the glorious few weeks of real summer weather we have had the time has come round again to thinking about the Harvest Supper. The committee of dedicated organisers has been beaver away making plans for another enjoyable evening, so make a note in your diary for Friday 4th October, to get together with your friends and celebrate all the good things our lovely summer has brought. There will be the usual hearty food as well as a licensed bar and the entertainment this year will be by The Footlights Quartet, a local singing group who have already proved their popularity at other venues in the area. As usual the proceeds of the evening will go to charity – this year to be shared between Magpas, Crossroads Young Carers and Hilton WI. Don't worry, we will be putting reminders through your door soon but tickets (price £10 each) can be ordered now to ensure you don't miss out, so please call Rosemary Blake on 830137 or Wendy Webb on 830740, who will be looking forward to an avalanche of requests from you.

Carol Yarrow

ELSWORTH PRE-SCHOOL

After the disappointment of having to cancel last year's sports day because of the inclement weather, we were delighted that the sun shone on us for the sports day this year. All the children had a great time taking part. Some of the races were great fun especially where the children had to put on fireman's helmets!

Afterwards we all went to Elsworth park for a picnic together. It was a good chance for parents to catch up as well as the kids.

A couple of days later we had a party with the leavers. The staff always have mixed feelings about the children moving on: glad they are going to enjoy the next part of their education but at the same time knowing they will miss them. Pre-School will start again on 9th September. If you'd like to find out more go to

www.elsworthpreschool.org.uk.

SEPTEMBER BULLETIN, CAMBRIDGESHIRE FIRE AND RESCUE SERVICE

HARVEST is upon us and we're calling on local residents to help our fight against straw stack arson.

Stack fires can quickly spread and not only endanger people and livestock, but also life-long work on farms. Stacks burn very slowly meaning crews are committed for long periods of time, making them unavailable for other emergencies. Don't forget, many of the firefighters attending incidents like these in rural parts of our county are on-call personnel and their retention at a stack fire impacts directly upon business and services in their community.

We're working with police, neighbourhood watches and farm groups to drive stack arson down, including installing covert cameras to help bring those responsible to justice.

What can you do? We're urging residents and those passing through rural areas to keep a careful watch. Do you see someone acting suspiciously around stores of hay or straw? Is there an unusual vehicle near farm buildings? Become a community member of Arson Watch and keep an eye on stacks in your area.

Report suspicious activity to police on 101 and dial 999 if you see a stack fire.

Like our fan page on Facebook: www.facebook.com/cambbsfrs, follow us on Twitter @cambbsfrs.

To find out if you are eligible for a free home fire safety check, call 0800 917 99 94.

Swavesey Surgery News

Website address : www.swaveseysurgey.nhs.uk

Vaccinations

Shingles: Shingles is a debilitating condition which occurs more frequently and tends to be more severe in older people.

From September 2013 routine vaccinations will be available to people aged 70 years old to provide protection against shingles, there will also be a catch up programme for people aged 79 years. The efficiency of the vaccine declines with age and so it is not recommended for people aged 80 years or older.

Flu: The routine annual flu immunisation programme has been extended to all children aged 2 and 3 years from September 2013. The vaccine will be given as a nasal spray.

Letters will be sent out to all eligible patients inviting them to make an appointment during September/October.

These are national programmes and will be offered by all GP surgeries; for more information you can check the surgery websites, or contact them by phone.

Green Energy

As solar panels become a common sight around our neighbourhoods, you may be wondering what options are available to you to save or even generate your own energy but it can be daunting knowing where to start. At Trading Standards we want to help you find a trader you can trust and make sure you know what you can expect of these businesses.

When considering the options available to you, the Energy Saving Trust (www.energysavingtrust.org.uk) is a good place to start. They are an independent organisation that provides free, expert advice on saving energy in your home. Their website contains extensive information, and they also have a helpline which can be contacted on 0300 1231234 (national rate).

In terms of funding any improvements, if you aren't able to pay for them up front, you could consider the Government's Green Deal Scheme (www.gov.uk/green-deal-energy-saving-measures)

which allows for repayment over a period of time through your energy bills. As with any finance arrangement, make sure you know how much you will have to repay in total, what the monthly charges will be, and check the interest rate is competitive with other finance options. You should also be aware that with Green Deal the debt attaches to the property, so if you sell it, your buyer will have to take over the debt. If you need advice on finance options, your local Citizens Advice Bureau will be able to help you.

There are a range of businesses that offer home assessment visits to advise you on the options most suitable for your specific circumstances. You will usually need to pay for this and you should check whether there is a tie-in clause requiring you to use a certain business to do the installation work if you decide to go ahead. The assessment will give you estimated savings projections for the first year based on a specific level of energy usage. Unfortunately this means you won't know exactly what you will save, but you can at least check to make sure the estimate is based on a realistic level of energy usage for your situation.

In terms of finding a trader, it is important to shop around to ensure the business is reputable and that the price is fair before agreeing to any work.

Green Deal has its own approved assessors and installers, but if you are not using Green Deal we would recommend that you find an installer and products that are part of the Micro Generation Certification Scheme (MCS) or are Renewable Energy Assurance Limited (REAL) approved. These organisations have codes of practice that traders have to comply with and standards that the products have to meet. The Energy Saving Trust website allows you to search for local installers who belong to MCS. Some members also sit on our Buy With Confidence approved trader scheme giving you even greater assurance that they are businesses you can trust. Visit www.buywithconfidence.gov.uk for more details.

As always, we would recommend getting three quotes to ensure the installation price and projections are reasonable, and check the terms and conditions carefully before agreeing to anything.

If you encounter any problems with an assessor, installer or any other type of business and need some advice, please contact our advice partner, the Citizens Advice Consumer Helpline, on 08454 040506 (national rate).

Addenbrooke's Charitable Trust Pink Rose Appeal 2013



Breast care nurses Pat Skelly, Nicola Jones, Alison Hallett, Sharon Iddles and Jo Rowley

Cathie Sales, breast cancer survivor

ACT celebrates tenth year of appeal to beat breast cancer

Addenbrooke's Charitable Trust (ACT), the dedicated charity for Addenbrooke's and the Rosie hospitals, is this year celebrating its tenth annual Pink Rose Appeal to raise additional funds for breast cancer care and treatment at Addenbrooke's Hospital.

Started in 2004 by fundraiser, Louise Sunderland, it's thanks to many kind supporters that the Pink Rose Appeal has now raised over £450,000 for the Cambridge Breast Unit and Cambridge Breast Cancer Research Unit. A large proportion of the funds helped establish the £2 million Cambridge Breast Cancer Research Unit in 2008 and fundraising continues to help make a difference for the many women and men who suffer from the disease.

ACT is inviting people to host Pink Rose parties during October – breast cancer awareness month – and ask their guests to make a donation to the cause. Anything goes, from coffee mornings to dinner parties. It's easy – people are simply asked to get together with friends, family or colleagues, have fun and raise much-needed funds to support breast cancer care.

In addition, this year's appeal features new and exciting initiatives to make it even easier for people to get involved:

- 'Boob Tube' collection pots – a fun and funky way to collect spare £1 coins
- 'Mayer Pink Rose Jewellery' – exclusive to the Pink Rose Appeal, these fresh water pearl and rose quartz pieces are fabulous gifts
- Pink Rose Appeal rosebush – a rosebush cultivated especially for 'Pink Rose' supporters
- Pink Rose pin badges – this accessory makes it easy to proudly show support for the cause

Former Addenbrooke's Breast Cancer Patient, Cathie Sales, from Comberton, said: "Pink Rose Appeal fundraising supports a really worthy cause. Please join me to help make the patient experience even better. The little things can really make a difference such as the new Friends Quiet Room, which was a much nicer environment to have my prosthesis fitted in than the clinic room I was initially seen in. I felt more comfortable and relaxed at that stressful time. Your help can mean that patients like me can have the best treatment possible. Thank you."

Michelle Gray, Head of Community Fundraising at ACT said: "We invite everyone to get involved in the Pink Rose Appeal this year. It's so easy to take part. If you're unable to hold a Pink Rose party, then you could purchase some of our exclusive jewellery or request 'Boob Tube' collection pots in which to save your £1 coins for the cause. Every extra penny raised for the Pink Rose Appeal is so important – helping to improve care for breast cancer patients and making a real difference to ordinary people, now and in the future."

For more information about the Pink Rose Appeal or a fundraising pack, please contact Mercy Kaggwa, Community Fundraising Assistant on 01223 349805, email communityfundraising@addenbrookes.nhs.uk or go to www.act4addenbrookes.org.uk/pinkrose.

Fenstanton **BIG QUIZ** at The George

Wednesday 18th September at 8.00pm

£12 per team - Maximum 6 persons per team

Prizes for the Winners

Fenstanton Village Hall Committee

Would you like to make a difference to the life of a child or young person with learning disabilities in your area?

Cambridgeshire Mencap is looking for volunteers for its Befriending & Family Support Schemes.

Our Befriending scheme matches volunteers young people with learning disabilities, to enable them to socialise, doing fun things like bowling or going to the cinema. It only takes a few hours of your time and it really does change lives.

Our Family Support scheme provides extra help for parents and carers when and where they need it most by providing a trained volunteer to regularly visit the child or young person and provide practical help to the family.

We think our volunteers are exceptional and you could be too!

We give training and support, but it's the young people who make it all worthwhile. Rob said "I'm so glad I got in touch about volunteering. If you're thinking about volunteering; just do it, you'll never regret it."

Like to know more? Contact Marika Newman on 01223 883 141 or email volunteer@cambridgeshiremencap.co.uk



Local support for people with learning disabilities

WHAT'S ON in SEPTEMBER

2nd	Hilton Flower Club	Village Hall	2.00pm	29
2nd	Hilton PC	Village Hall	7.30pm	p11
4th	Over 60's	URC Church	3.00pm	p25
5th	Fenstanton WI	Church Centre	7.30pm	p27
7th	Men's Breakfast	URC Church	8.00am	P21
7th	Hilton Coffee Morning	Methodist Church	10.00am	p19
7th	Cambs & Beds Hardy Plant Soc.	Biggleswade	2.00pm	p13
7th	Bowls Finals	Bowling Green	Al day	p25
8th	Bowls Presidenr's Day	Bowling Green	3.00pm	p25
9th	Hilton WI	Village Hall	7.30pm	p29
12th	Fenstanton PC	School Hall	7.30pm	p9
14th	Hobbies Day	URC Church	10.00am	p22
16th	Youth Football Committee	The George	8.00pm	
18th	Over 60's	URC Church	3.00pm	p25
18th	Big Quiz	The George	8.00pm	42
20th	Hilton Art Club	Phone for details		p35
22nd	Tool Collection	URC Church	10.00am	p27
27th	MacMillan Coffee Morning	URC Church	10.00am	p21
27th	MacMillan Coffee Morning	16, Scotts Close, Hilton	10.30am	p13
29th	Lace Makers	Lancelot Way	2.30pm	p26

Regular weekly meetings:

Fenstanton baby & Toddler (p26)

Hilton Baby & Toddler (p29)

Social Bowls(p25)

Football Training

Regular fortnightly meetings:

Knitters & Natters(p20)

For Church services etc. see p17-20