October 2024

The OUTIDA Fen Drayton • Fenstanton • Hilton

For Harvest Festival services See pages 4,6, 19 and 33

Hilton ladies bare all See page 10

You are what you eat On page 55

A special pilgrimage

On page 26

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Events at a Glance

Fen Drayton Fenstanton Hilton

September 2024

27	Macmillan (Coffee	Morning,	URC
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Oct 2024

02	Open evening, new Squirrels (Scouts), Village Hall All welcome
05	Collection for Tools for a Mission, URC
06	Harvest Praise, URC
08	Scouts Open evening for adults, Village Hall All welcome
13	Harvest Festival, Parish Church
13	Harvest Festival, Methodist Church
13	Harvest Festival/lunch, Parish Church
19	Paint and Sip, Village Hall
19	The Fabric Townhouse, Village Hall
27	Open Day, Atticus House, Hilton, Poppy Appeal

Nov 2024

09	Christmas Craft Fair, Community Café Village Hall
09	Hilton Fireworks
16	November Fayre, URC
16	Calendar Girls Launch Party, Prince of Wales
30	Christmas Fayre, Parish Church

Dec 2024

06	Christmas	Lights
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- 06-08 Christmas Tree Festival, URC
- 07 Seasonal Sing-Along
- 14 Swavesey Community Choir, Community Café
- 26 Fenstanton Morris, Clock Tower

If you have an event coming up that you would like to have listed on this page please send the details to Anne at **fenstanton@thejournal.life**

Approaches

Last month saw the end of the Olympics in Paris. What a few weeks of excellent sport unfolded. The highlight of the games was definitely the Paralympics where elite sports men and women fought for every medal. And, the highlight of the last few days of the games has to be the wheelchair basketball game where the GB team came so close to lifting the gold medal.

Now we are in October it is the month of Breast Cancer Awareness. With more than 360,000 people due to be diagnosed with breast cancer this year, it is more important than ever that early detection is achieved. If you need advice or help with breast cancer visit www.nationalbreastcancer.org.

Your October edition of The Journal contains all the usual features plus a great review of walking the Camino de Santiago as well as an insight to what is involved in putting together a very special charity calendar. The end of the month sees Halloween upon us and we have some useful tips on preparing for this evening.

If you have a story to share please do get in touch we would love to hear it.

From all at The Journal we hope you enjoy this edition

Editors

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Trick or Treat?

Please submit any copy by 09 October 2024 latest for the November edition.

Village News

Fenstanton United Reformed Church Harvest Festival



Songs of Praise Sunday 06 October 3.00pm

Hilton Coffee Mornings

Coffee mornings in aid of EACH (East Anglia's Children's Hospices)



are held in the Hilton Methodist



Schoolroom on the first Saturday of each month.



5 October 10:00am to 12:00 noon 2 November 10:00am to 12 noon

Hope you will be able to join us!

Hilton Feast Week



Save the date! The dates for Feast Week 2025 are confirmed, put the dates in your diary and make sure you don't miss it:

Saturday 27 July – Sunday 2 August 2025

Fundraising is already in full swing to ensure plenty of opportunities for fun at next year's event; we are busy planning the fundraising calendar which started with a quiz on 21 September, so keep an eye on our social media, village noticeboards and in future issues of The Journal to see what is coming up next.

If you are not already a member of The Feast Week Lottery (formally the 200 club) please consider joining. This is a key part of our fundraising, as well as supporting Feast Week year round, you are also in with the chance of winning a cash prize every month. See the poster below for information on how to join.





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We'd love to see you there!

Village News

Hilton ladies bare all!

Bridget Havard is one of the group behind the Hilton Calendar girls project that launches in November. Bridget explains who is involved, "There are seventeen women involved ranging in age from 20s to 80s, plus three very cute dogs. The women include the local publican's mum, some members of the local Women's Institute, and a young mum of a two-year-old! Some of us knew each other from putting on the local pantomime and some from being frequenters of the local village pub quiz on a Tuesday evening."

The photographs were taken over two photoshoots and all the backdrops are local to Hilton. So some photos were taken in the beautiful back gardens, another at the ancient Hilton maze, others in the pub and one image was even captured in a pottery shed! They even put up and decorated the Christmas tree for December! Kat Hutchinson (the daughter-in-law of one of our models and a professional photographer) worked hard to put the ladies at ease and to make the most of their assets without any loss of dignity.

Each of the women involved chose a theme that was personal to them. For example, November was chosen by Margaret who spearheads The Poppy Appeal for the Royal British Legion in Hilton, and January was assigned to our fantastic Warm Hub volunteers.

It is not just the case of stripping off

Bridget continues, "On one cold winter's evening, after a glass of wine or two in the pub, a few of us thought it would be a grand idea to do a cheeky calendar to support a local cause. Little did we know the amount of work it would take! We were unsure if we could recruit enough women willing to reveal (almost) all, but the word spread quickly, and before we knew it, we were a team of seventeen ready to do what it takes for the sake of a really good cause. It has involved many meetings, discussions, and accessing of appropriate accessories but we discovered that we came with many skills from IT to marketing and having a creative touch



when needed. One of our sons even built our webpage for us! But most of all we have built a great camaraderie between us and have experienced so much joy and laughter."

They have managed to raise sufficient money to cover all our production costs through the generous sponsorship of local businesses. This means that all the money raised from sales of the calendar will go directly to the Community Hub to support the important work it provides within the village.

Where you can get your copy

The calendar is available pre-launch to purchase online via our website **www. hiltonbarebeauty.co.uk**, and also at the Prince of Wales pub, and from stands at various events from October onwards. There is an open invitation to join the launch party at the pub at 8pm on Saturday 16 November where the models will be present (dressed on this occasion) signing copies of the calendar.



FENSTANTON UNITED REFORMED CHURCH Chequer Street BOOKS & JIGSAWS ON SALE Saturday 19 October 9.30 – 12.00 noon



Find a defibrillator near you

We hope you never need a defibrillator, but if you did they are located in various places throughout our villages. The locations are below with the *m* what3words location references.

Fen Drayton Village Hall on Cootes Lane moons.grumbles.admires

Fenstanton Ash's Store (NISA) on the High Street pouting.cabinet.washroom Church Centre on School Lane reclusive.creeps.deleting Zaza barbers on Headlands thing.pylon.relatives

Hilton Prince of Wales Pub on Potton Road mindset.skip.pulps Hilton Cricket Pavilion clerk.farmland.unroll



Village News

Do you live in Fen Drayton, Fenstanton or Hilton?



Would you like to meet your neighbourhood policing team? Hear what they have been working on over the past three months? Help set the priorities for the coming quarter?

If you've answered **YES** to all of the above then sign up to one of our online community meetings:

Fen Drayton on 27 November at 7pm. Send an email marked 'SOUTH CAMBS' to: communitymeeting@cambs.police.uk and we will send you an invite

Fenstanton and Hilton on 3 December at 7pm.

Send an email marked 'HUNTINGDONSHIRE' to: communitymeeting@cambs.police.uk and we will send you an invite

ITISH LECION



Hilton Royal British Legion

Poppy Appeal 2024 OPEN DAY



Sunday, 27 October, 10am to 4pm

Atticus House, Church End, Hilton PE28 9NJ (by kind permission of Jan and Bruce Whatley) Come and make your donations and enjoy tea, coffee cake and chat to friends old and new! RAFFLE (Donated prizes also gratefully accepted)

PS. Remembrance Sunday – 10 November Hilton Lychgate 11am

Glebe Allotment Association Autumn Newsletter



Despite the variable weather conditions, mass invasions of weeds, sweetcorn-gobbling squirrels and slugs and snails, it has been a very productive year for all of us at the allotments.

Tomatoes, squash, courgettes, all kinds of fruit, potatoes, onions, garlic, cabbages, to name but a few, have flourished. Many of us also grow cut flowers and it has been a great year for cosmos and dahlias.

We have recently welcomed several new plotholders, as long-standing members of our group have given up part of their plots. The new members will benefit not only from well prepared ground but also the wisdom and knowledge of allotmenteers who have worked their plots for many years.

This allotment year has also been marked by two very successful community gatherings: a Christmas mulled wine and cake get together and a very successful barbecue, all master minded by our newly appointed social secretary, Helen.

We are all very grateful to Fenstanton Parish Council for their support and look forward to the new allotment year which starts on 1 October, with hope as we peruse the very tempting array of glossy seed catalogues whose tomatoes never seem to get blight, whose cabbages never show any signs of slug damage and whose sweetcorn does not attract squirrels!

If you think you may be interested in having an allotment plot, please contact me using the address below.

Jan Stone Janstone4@btinternet.com

 High
 High

Village News

Fenstanton Heritage Trail Opening Day

Fenstanton is fortunate to have a rich history, including the internationally important archaeological find of a crucifixion. Fenstanton Parish Council has supported the development of a heritage trail around the village to help celebrate and raise awareness of this fantastic history. With the help of parishioners Jean Ding and John Deeks, Councillor Matt Tandy has led the creation of the trail which has seen information boards installed at key locations through the village. On 10 August the village trail was officially opened with approximately 70 people in attendance. One visitor explained "I've been looking forward to this event for weeks, it's brilliant what you have done for the village".

The Heritage Trial has been reviewed highly, with one user saying

"it is one of the best additions to the village, well done!".



The Opening Day included an exhibition of Fenstanton artefacts by Cambridgeshire



County Council's Archaeology team, alongside Jean's excellent exhibition of village photographs. On opening the trail, Councillor Tandy thanked parishioners and fellow councillors for their support in creating the heritage trail content, leaflet and Opening Day. It is hoped the trail will be enjoyed by all ages and encourage parishioners and visitors to explore our wonderful village and its fascinating history.



A Heritage Trail leaflet and map is available in the Parish Council Hub, Ash's Shop and the United Reformed Church. Walking instructions and further history to learn on the trail is available by scanning the QR code on the information boards and online at: https://fenstantonparishcouncil.gov.uk/ trail

Hilton Calendar Girls 2025

FUNDRAISER FOR THE HILTON COMMUNITY HUB

LAUNCH PARTY

SATURDAY 16th NOVEMBER 8PM ONWARDS THE PRINCE OF WALES, HILTON ALL WELCOME

Scan the QR code to purchase the calendar or contact Margaret: 01480 831186





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Updates from Clare Tevlin, your District Councillor



In Focus:

A new local plan consultation for the Update of the Local Plan is to be launched in the autumn – keep your eyes pealed here: https://www.huntingdonshire. gov.uk/planning/local-plan-update. Briefings for Parishes will be announced in due course – keep an eye out for further communications. Huntingdonshire District Council understands it is crucial for residents to have their say in shaping the future of Huntingdonshire.

What Makes a Good Life in Huntingdonshire? Survey

Your District Council wants to hear what you think about living in Huntingdonshire and what a good life means to you.

The Council is working to make life better for everyone in Huntingdonshire. It is seeking the views of residents on what is important to you - is it having a good job, being active, and connecting with friends?

The Council wants to hear from people of all ages and backgrounds from across Huntingdonshire. This is a chance for you to help make important decisions about our community's future and how the District can work with other organisations to make sure money is spent on the things that really matter to local people.

You can fill in survey here: https:// letstalkhuntingdonshire.net/hunts-survey

Do you have any queries or questions? You can contact me by: clare.tevlin@ huntingdonshire.gov.uk or 07565350014.

Hilton Churches' Harvest Festival

Hilton Methodist Church Sunday, October 13th at 11:15am

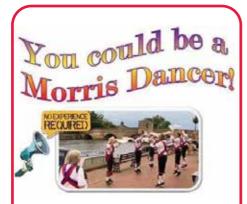
Led by Rev. Pam Siddall Preacher Dr. Roland Randall

Collection for WaterAid Gifts of food for

Gifts of food for Godmanchester Foodbank

The service will be followed by a bring and share lunch

All Are Welcome



Fenstanton Morris

are recruiting for dancers and musicians now!

If you enjoy music, dancing and having fun, come and give it a try at one of our sessions in October.

The team practise from October until the end of April on Monday evenings (7.45pm) at the Church Centre, School Lane, (off Chequer Street) Fenstanton, Huntingdon PE28 9JR.

For further details contact Fenstantonbag@gmail.com Or visit our Facebook page @Fenstanton Morris



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Step into the Past

Memories of Fen Drayton school in the 1930s By Richard Treeby

Extracts from an article by Margaret Hinton published in the Cambridge Evening News in 1988

When I was 23 years old, I became headmistress of a village in the Fens, 10 miles from Cambridge. There were 11 children and me.

I was very happy there for three years; the children were between four and a half and 11, and it was certainly family grouping and mixed ability teaching. I was gloriously independent and able to try out all my theories, a luxury young teachers are seldom allowed. We worked hard and went out a good deal, exploring the neighbourhood and looking at plants and animals. On foot, of course, as no transport would have been available.

I remember visits to the river, a mile away from the village, flowing high banked above

the land, and the children's delight at my surprise as a West Country woman, where rivers behave in a very different way.

A schoolmistress's life was very different then, in a rural area, from that of today. There were no school meals, and at 12 o'clock I locked the schoolroom door with an enormous key The children went home to dinner or if they lived further away took their sandwiches to a friend's house. I would go home to my cottage, do my housework, light my fire in winter, and then cook and eat a meal, everyone ate their main meal at midday, if they could.

I paid five shillings (25p) a week for my cottage in the village, It had a living room, a small kitchen and two bedrooms. There was



Margaret Hinton (nee Clark), pictured with pupils of Fen Drayton School in 1935.

a pump outside the back door and a earth closet at the end of the garden. There was no electricity in the village, I had an oil lamp and candles. Bath night was a basin of warm water in front of the coal fire.

The agricultural wage was 30 shillings (£1.50) a week, and families were poor and life hard in a way unknown in this country now. I was paid £150 a year, so I was well off by village standards.

Then came a complete change. Our village was chosen for one of the Land Settlement schemes, intended to give help to the unemployed miners, who were on the conscience of the nation. The soil was suitable for market gardening, and a number of pleasant brick houses were built with great speed, each with its own smallholding.

The men, who came from the Durham coalfields, were given a short residential training course, and then the families came. That of course, was where the school and I came in. The children were used to a very different set-up, and thought us proper softies. Fortunately, they did not all come at once, and there was a chance to get one lot settled before more arrived.

One boy demanded to know where I kept the non-existent cane on his first morning with us, and told me that his master at the other school always kept his cane in a jar of brine on his desk, the salt water made it sting more. Numbers rose to 60 and another young teacher was sent to help me.

The locals, not surprisingly, regarded the whole scheme with deep suspicion, and wanted to know why their village had been picked on and why they could not have the land and the nice new houses, when they



Fen Drayton old schoolroom

knew so much more about cultivation than the newcomers.

One interesting development was that the people from the north were shocked by the almost complete lack of social life in the village. There was no village hall, but we were able to start a good many activities centered on the school.

So by degrees, the newcomers, young and old worked their way into the community. When it was time for me to move on, the two groups were coming together as a whole. Life must be very different there now.

Apology

The Journal would like to apologise to John Deeks for incorrectly crediting his article regarding the Doomsday book published in the September edition. Thank you John, for your excellent contributions to the magazine.

Note from the publisher

For advertising opportunities please email info@ thejournal.life. Space is booked on a yearly subscription basis and runs from September 24 until August 25.

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Head Lines

News from Fenstanton and Hilton Primary and Preschool



We were so pleased to welcome the children back to school at the start of the new academic year in September. Coming back together as a community after a long break was a really special time and we enjoyed hearing about what our children and families had been doing over the summer break. We were also very pleased to have been able to keep a consistent and fantastic team of staff!

We have welcomed a fabulous new group of Reception Class children and we are excited to support their progress over the next seven years! In Year 6, our oldest children have made a positive start to their final year of primary school. Many of these children will have become school prefects by the time you read this, and they all have an important part to play as role models in our school.

In October we are looking forward to welcoming a champion scooter to school for

two days of stunt scooter workshops. This promises

to be really exciting for all of our children. Staying on two wheels, we will also host our colleagues from Bikeability. The team will work with our Year 5 and 6 children on their road safety.

Before that, on Monday 14 October, we will host our Open Evening for September 2025 school starters. We will welcome families at 3.30pm and 5.30pm. Please do share details of these short events with those families with children due to start school next year.

We are pleased to have been invited to the parish church by Reverend Rosie and Reverend Claire for a harvest service in the middle of October. Our children always enjoy these services.

With best wishes, from all of us at Fenstanton and Hilton Primary School and Preschool.



Trains, Boats and Planes

The Camino de Santiago

by Rev. Sue Baker-Maher

The Camino de Santiago, in English - the Way of St James, is an ancient pilgrim path, or rather series of paths fanning out across Europe dating back to the 9th century; all leading its travellers to the great Cathedral at Santiago de Compostela in Spain. Many first hear of 'the Camino' through the film 'The Way' starring Martin Sheen and James Nesbitt. More recently, the Camino has been the topic of a TV programme following a small group of celebs, traversing the most well-known route 'the Francis' - 500 odd miles starting at St Pied de Port in the southwest corner of France, crossing the Pyrenees and traversing the top of Spain towards the west coast. It's a journey of four to five weeks, but those of us unable to have five weeks away, do it in stages. If you have ten to twelve weeks to spare, Le Puy starting further up but still Southern France leads into the Francis but there are a host of other shorter routes starting at various points across Europe. Last year I completed the Portuguese, picking up the trail in Porto, arriving in Santiago 11 days later.

When I returned, first to London, a friend asked when I was going back to Cambridgeshire. I wasn't sure – later that day, perhaps that night or even first thing the next day. "After all, it's not far", I said. Just up the road. Then it struck me – on Camino that's a three day walk at least!

So why walk it? What's wrong with the bus or train? And why a pilgrimage? Why are people increasingly doing this and what's so different about it – why is it more than going on a hike or walking holiday?

Well, if I had to pick one thing, it seemed to be about intentionality. Going with intention, even if you are not quite sure or clear about what exactly that intention is.



You find yourself walking in all sorts of conditions – it was blistering hot on some days - so getting out at 5am was the best way of dealing with it despite the dark. On other days it bucketed down and I thought I was back in the UK. Uphill and down dale, sometimes on paths, sometimes such tracks, following the coastline at points, going through Eucalyptus forests at others. Sleeping mostly in hostels along the way and comparing blister stories at the end of each day with all sorts of people; the youngest I met was 14, the oldest well into their 80s. All nationalities. We met people from Italy, Germany and France; there were Portuguese, Irish, Spanish, Czech, Polish, Taiwanese, Korean, Canadians, one or two American. Notably, on my Porto route, I was the only English person. There were as many travelling alone as those travelling together with a partner or friend. And a surprising number of women taking a solo journey. Job and backgrounds seem irrelevant. All heading for the famous cathedral which is home to the body of St James - or so the tradition goes.

Continued overleaf



TOWN TRUST

The Town Trust Charity is intended for the benefit of residents of Fenstanton in need of some financial support.

If you think we may be able to help, contact the Clerk to the Trustees at janet@vacfrance.com or Clerk to the Fenstanton Town Trust c/o 10 Conington Road, Fenstanton PE28 9LB

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Trains, Boats and Planes



Let me tell you ...seeing the towers of the Cathedral at Santiago appear as you walked over the last hill is quite an experience. Joining hundreds of others arriving from all directions e.g. Geneva, France, Portugal and Germany, streaming into the Cathedral Square brings much joy and celebration, as well as tears of sheer relief. I was very proud to receive my certificate, awarded to those with a valid credential – a document given at the start which you have stamped in all the places passed on the way.

Most of those arriving at the Cathedral attend the Pilgrim Mass. It happens twice a day. About 600-700 people each time – all faiths and none, listening in attentively whether the language is understood or not. But for some reason being there after such a journey feels important. We were reminded of transformation through walking, walking with others, people of different cultures and traditions, all dealing with whatever the journey threw up. All sharing the same journey, despite a host of different motivations for starting out, different reasons for doing the Camino.

We walked a while with a group of Italians carrying a tee shirt which they had stamped at each stage – symbolically carrying their lost friend with them. I met others speaking of needing to make key decisions or needing space to think – or just space to be. Some were trying to come to terms with big life changes. One person purported to have no reason in particular for walking but found himself relaying the story of the death of his young child many many years previously. Some wanted silence and solitude, needing to test themselves by travelling alone; others wanted to see how they got on being with strangers – people they didn't know. Many just walking to see what happened.

But all drawn to do the ancient tradition of pilgrimage and to the Camino de Santiago in particular – this way has been walked for over 1000 years. A tradition that in modern times seems quite bonkers. After all,

did they really care about the apparent bones of St James said to rest in the cathedral? Did they really appreciate who James was, what motivated him to travel to the north of Spain? Did they really think much about Christ – James' motivation - to spread the Gospel? Not at all.

But these kinds of pilgrimages are on the increase although there's a long way to go before the numbers match those travelling these routes in medieval times. Whilst journeying in this way seeks to bring a change of some sort, for some a resolution or healing of some kind, it was clear to me that most valued something they couldn't quite put their finger on or articulate clearly. Yes, the challenge, the toughing it out, the camaraderie. All that.





But there was definitely something else that made this journey and this experience poignant in a way difficult to articulate and explain. It just is. The Camino is said to do what is ever is needed. And in some way or other putting yourself intentionally into a place of encounter brings about just that. Encounter. And it's interesting to reflect on how the seeking of encounter by so many over hundreds of years has shaped the landscape along the route itself – towns and cities have sprung up, communities formed, and lives lived out in places that are only there because people travelled and paused along the way. Journeys shape more than the people on them.

I wonder when you have felt a tug of your heart towards something important to you? Something that may involve stepping out of the normal routine of everyday life, doing things differently, living in a different way, going with less, taking a risk by doing something that doesn't make sense to our normal worldly values. Perhaps the voice of caution drowns out our hearts, naming risks, knocking edges off yearnings and dreams, things that we feel drawn to, or even called to. I wonder what stumbling blocks the world, our modern-day way of life, the expectations and pressures hold over you? What holds you back, and cause you to perhaps not go there.....

We are not all called to pilgrimage in this way. Denying oneself is a lot harder than wandering off with just two tee shirts in your rucksack and a camino shell round your neck. Denying 'self' and living simply is



Trains, Boats and Planes

often hardest in the context of everyday life. At the Mass in the cathedral at Santiago de Compostela, we were reminded of the pilgrim way of tolerating others, accepting people for who they are, finding Grace in them and in the journey. I have to say this only served to remind me of wanting to murder the person who kept me awake by repacking their rucksack at 11pm at night, and the time when I was seriously less than happy with the exuberance of one or two fellow travellers who seemed to think Camino was the latest version of an 18-30 holiday. At those points tolerating others was very far from my mind!

And the Mass brought to my mind how hard it is to obtain and hold on to a real pilgrim heart. It was some comfort to hear that in many ways the journey only really begins at the end. The pilgrim beatitudes offer much to contemplate.

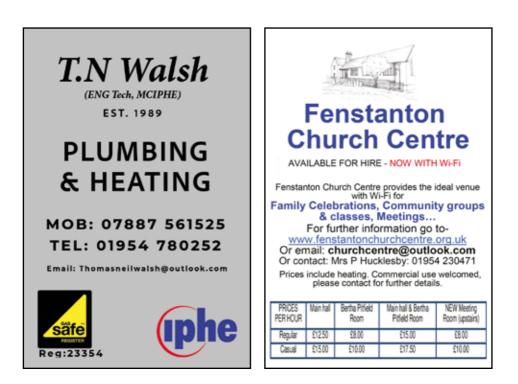
The Camino is about intentionally putting yourself out of your comfort zone, trying to live with it and learning about yourself on the way. Being willing to let things go - being prepared to carry less, needing less because we learn to trust that we can travel more lightly, that we can go forward without all our baggage, even when we are less than sure exactly where we are heading. The point is being willing to move towards where we are drawn - even when it feels less than comfortable.

Whether you are able to go walk the Camino or not the point is finding ways of putting yourself in the place where something might happen; a space where you might meet with God however you understand her or him to be, simply by taking time out of the normal day to day, a time to recognise and savour being on the journey because it's how we journey that really counts.

In the Autumn Sue and Danny will be holding a session to share some of the more practical aspects of walking the Camino, getting to the starting points, when to go, what to take, where to stay and how to prepare. If you would like to know when this meeting will take place contact Sue on sue. bakermaher@methodist.org.uk

The Pilgrim Beatitudes

- Blessed are you pilgrim, if you discover that the "camino" opens your eyes to what is not seen.
- Blessed are you pilgrim, if what concerns you most is not to arrive, as to arrive with others.
- Blessed are you pilgrim, when you contemplate the "camino" and you discover it is full of names and dawns.
- Blessed are you pilgrim, because you have discovered that the authentic "camino" begins when it is completed.
- Blessed are you pilgrim, if your knapsack is emptying of things and your heart does not know where to hang up so many feelings and emotions.
- Blessed are you pilgrim, if you discover that one step back to help another is more valuable than a hundred forward without seeing what is at your side.
- Blessed are you pilgrim, when you don't have words to give thanks for everything that surprises you at every twist and turn of the way.
- Blessed are you pilgrim, if you search for the truth and make of the "camino" a life, and of your life a "way", in search of the one who is the Way, the Truth, and the Life.
- Blessed are you pilgrim, if on the way you meet yourself and gift yourself with time, without rushing, so as not to disregard the image in your heart.
- Blessed are you pilgrim, if you discover that the "camino" holds a lot of silence; and the silence of prayer; and the prayer of meeting with God who is waiting for you.





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News from the Pews



St Mary's Fen Drayton

St Peter and St Paul

Fenstanton



We look forward to welcoming you!

There are two churches in our benefice: our Parish Church of St Peter & St Paul in Fenstanton and our Chapel of Ease, St Mary's, Fen Drayton

Both our churches look forward to welcoming you to any of our services. We hope to see you soon!

Please note - services held in St Peter & St Paul's Church, Fenstanton are live streamed where possible, details via https://www.fenchurchbooking.org.uk

Thursday 3	8.30am on Zoom	Morning Prayer For Zoom details, please contact Rev Rosie
Sunday 6	10.30am Fenstanton	Holy Communion with Sunday Club for children
Thursday 10	8.30am on Zoom	Morning Prayer
Sunday 13	9.15am Fen Drayton	Harvest Festival Holy Communion
	10.30am Fenstanton	Harvest Worship For All
Thursday 17	8.30am on Zoom	Morning Prayer
Sunday 20	10.30am Fenstanton	Holy Communion with Sunday Club
	6.00pm Fenstanton	Choral Evensong
Thursday 24	8.30am on Zoom	Morning Prayer
Clocks change	Back one hour	
Sunday 27	9.15am Fen Drayton	Morning Prayer
	10.30am Fenstanton	Family Communion
Thursday 31	8.30am on Zoom	Morning Prayer

OCTOBER 2024 – SERVICES AND EVENTS

Rector: Rev Rosie Tallowin: 01480 467393 email: vicar@fenchurches.org.uk Assistant Curate: Rev Claire Brockelsby: 07769 106562 email: curate@fenchurches.org.uk Churchwardens: Philip Blunt 07855 481697 and Ian Hucklesby 01480 465211 **For your information:** please note that the Parish Church, Fenstanton has a ramp for disabled access which can be deployed upon request. There is also a toilet, with disabled access, in the church.

St Mary's has a small threshold that may be possible to navigate with a wheelchair. There are no toilet facilities, yet (on our list of things to do).

Although we have fixed pews in both churches there are plenty of spaces available for wheelchairs, prams and buggies. We will be happy to help you find a space if that helps you to feel welcome among us as we worship.

News...and in the twinkling of an eye, summer was gone. So do your clocks change automatically? Will you be like me, trying to work out what the real time is, I mean really, really is...will I be late or early? My cat will want feeding, no matter what time the clock says. Her tea-time gets earlier and earlier the older she gets. How are you as the seasons change? What do you notice?



This month we have our annual **Harvest Festivals on 13 October**, do see the posters for more details and a list of most urgent items

needed at St Ives Foodbank. Thank you for any support you may be able to give. I know that rumour is an interesting thing in village life, but it would really help us if you could spread the word that there are harvest services in BOTH churches, St Mary's and St Peter & St Paul's. Thank you very much.



For those who need to note things on calendars then this is the last month for Evensong at 6pm, and it will be a **Choral Evensong**

on 20 October. From November the service time reverts to 5pm for the winter months. Do join us at the parish church for this very traditional service.

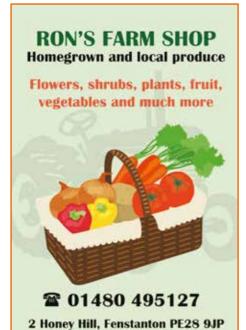
And advance notice of our "Time To Remember" Service on Saturday 2 November at 11am, in the parish church, Fenstanton. This is a time when we can remember our loved ones who have died, whether recently or a time ago. For some people remembering anniversaries or significant events is an important thing to do. Please do come along, bring some flowers if you would like, to leave in church. Come and light a candle in memory. Place a prayer on our memory tree (cards provided). Or just sit and take time to reflect during the service. Please stay for refreshments afterwards, if you can, and say hello. If you would like the name(s) of your loved one(s) read out during the service, then please do let us know:

Rev Rosie – email vicar@fenchurches.org. uk or leave a message on 01480 467393 or post a note through The Vicarage letterbox, 16 Church Street, Fenstanton.

Rev Claire – email curate@fenchurches.org. uk

There will also be a list at the back of the parish church during October, to add names.







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News from the Pews

Hilton Methodist Church

Autumn is the season of harvest, of gathering in; storing up for harder times and although today we don't need to store up food, I wonder if you are like me, storing up lots of different items for a rainy day; not wanting to waste resources by constantly throwing away, not wanting to get rid of things that remind me of lost family and friends, but hating the cleaning and tidying that comes with clutter, and the time, effort and attention it steals from really being with those I care about, doing things I really value.

I am reminded of the old Russian tale of Babushka who missed seeing baby Jesus by being overly concerned about keeping her house and belongings organised, clean and neat.

In the Bible the parable of the wealthy farmer warns against storing up. He built ever bigger barns to retain his crops but then died before he could benefit. For me it is trips to Ikea to find ever more clever ways of increasing storage to retain access to the kitchen sink.

Today both storing up and getting rid is equally problematic. Making provision for our children and older folk is increasingly difficult but in the meantime we clutter up our lives and our world with small imperishable bits and pieces which are increasingly hard to recycle.

I found the ever-proliferating charity shops full to overflowing, using the dump required booking ahead and if Facebay is anything to go by, even giving things away can be difficult. Surely the message for us today is that our lives and our planet need us to consume less and make do more. This requires shifting attitudes about efficiency, effectiveness and what counts as achievement and success.



As we approach this Harvest, a time of thanksgiving for all we have, might we consider how we can consume less and what attitudes and practices we might have to change in order to do so? The 'C' season will swiftly follow. I for one will be thinking differently about what presents to buy this year and whether real presence might be a better option all round.



You can contact Revd.Sue by email: sue. bakermaher@methodist.org.uk or by phone: 07483 153948

Services in October

6 October	10:00am	Rev. Sue Baker-Maher
13 October	11:15am	United Harvest Festival Service at the Methodist Church
		led by Rev. P. Siddall, Preacher Dr Roland Randall
20 October	10:00am	Mrs. P. Zähner
27 October	10:00am	Rev. Sue Baker-Maher

Minister: Rev Sue Baker-Maher email: sue.bakermaher@methodist.org.uk

News from the Pews

Hilton Parish Church

Dear Friends,

How easy do you find it to pray? If you are anything like me, the answer would be: 'not very.' If we are Christians, we all know we should pray, and many other people often think of it, but there can be all sorts of things that prevent us.



It could be that we think that joining in with public worship in church on Sundays is enough. It could be that we feel we are too busy. Or it may just be that we don't really know how to go about it. Do I have to be in a special place to pray? A special position? What should I pray about? What words should I use? Should I have any particular feelings when I pray?

The answers to those five questions are: no; no; anything; any; no. Prayer is really God showing us what is in His heart, and our learning to express what is in ours. I believe that people do in fact pray all the time, since God never ceases to stir in us. The problem is that so many of us are not aware of this process going on. We think of prayer as a difficult and unappealing activity, something we have to force ourselves to do like dieting or exercise, rather than the spiritual equivalent of breathing.

In fact, breathing has a real connection to prayer. We breathe all the time without thinking about it, but when we are still enough, even for a moment, to become conscious of our breathing, to slow it down and make it deeper, it becomes much easier to offer a prayer, even if it is simply 'Thank you, Lord,' or 'God, help me.'

Or perhaps the knowledge that someone else needs our prayers might get us going. 'Dear God, please help X Amen.' Anyone can say that in their own heart several times a day, and that is enough. And with God, small things grow great.

With love,

David

Services in October

Sunday	6 October	8:00am Holy Communion (BCP)
Sunday	13 October	11:15am United Harvest Festival Service at the Methodist
		Church followed by Bring and Share Lunch
Sunday	20 October	8:00am Holy Communion
Sunday	27 October	11:15am Coffee, Cake and Church in the Village Hall
Friday	11 October	5:30pm Friday Feast (Messy Church)

Weekly Online Services (Via Zoom)

Holy Communion Wednesdays (2.30pm)Bible study Fridays (10am)Please contact Revd David Busk (01480 436400) for Zoom access details



Fenstanton United Reformed Church

Chequer Street, Fenstanton

We are pleased to welcome you to our friendly church. Sunday morning services are at 09.30. All are welcome.

2024 Services

October

- 06 Revd Christopher Baker Harvest Festival
- 13 Led by Keith Cakebread
- 20 Led by Alison Jiggins Holy Communion
- 27 Revd Christine Davies

November

- 03 Led by Keith Cakebread
- 10 Revd Christine Davies 09.30 service URC, 10.45 Remembrance at the Parish Church
- 17 Led by Pauline Zahner
- 24 Revd Christine Davies Holy Communion

Meditation - Led by the Free Church St. Ives

Tuesday 08 October2.30 - 4pmTuesday 12 November2.30 - 4pm

Geoff Hawkins Fenstanton URC Secretary

ROMAN CATHOLIC CHURCH

St Ives

Church of the Sacred Heart, 19 Needingworth Rd. Parish Priest: Rev Thomas J Walton Tel 01480 462192, www.sacredheart-stives.org Mass Times: Saturday 17.00, Sunday 09.00 and 11.00 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



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Welcome to Mama Jo's Mischief. Here, you will find an array of new craft activity ideas every month for children of all ages, as well as occasional places of interest and recommended local events. Happy mischief making!



Halloween is one of our favourite times of the year. We love decorating the house and doing lots of spooky arts & crafts.

My daughter has started to take an interest in dressing up this year, so we took a trip to Poundland and bought a small pack of toilet paper and had lots of fun one afternoon wrapping each other up as mummies. This doubled as a sensory experience and I took the opportunity to teach Sky a little bit about Ancient Egypt; I even showed her the Pyramids of Giza.

It's silly memories like this that I will remember and cherish forever. I will never tire of hearing my daughter laugh and seeing her smile. It brings me so much joy to know she is happy. A little bit of mischief goes a long way.





We have lots of FREE printable Halloween colouring pages available, please contact us if you would like any. In addition, they will be available to take away at our craft session held at the Fenstanton Baby & Toddler Group on Tuesday 29th October.

An exciting announcement is coming soon! Be sure to follow us on social media so you don't miss it.



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Mondays Fen Drayton Village Hall, 10am - 12pm during term time Find us on Facebook: Fen Drayton Tots fendraytontots@gmail.com

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Afoot in the Garden

Clover in Lawns

Authors and drunks (we pray) turn over new leaves, while gardeners rake up old ones. Autumn leaves are a treasure and make the best compost. They also clog gutters, drains, turn paving into a slip hazard and smother grass. Tough, thicker leaves from likes of evergreens, oak and beech take a long time to break down while some leaves disintegrate within days of landing. Elms trees have rough and hairy leaves which if damp rot away in days. I remember when taking head gardeners from the Royal Parks around a tree nursery in Suffolk they bemoaned the loss of the elms because their leaves didn't require raking up. I also remember I had dined and wined them the night before and with my bushy beard they thought 'rough and hairy' a good description of me!

Clover lawns are now becoming fashionable, especially in the USA. Taller varieties look good but are useless as usable spaces and look a mess after mowing. Creeping clovers have always occurred naturally in untreated grass and they can be sown into established lawns. Regular, annual scarifying will help to keep the clovers from smothering the grass. But my big question is how do you control other weeds without killing the clover especially when the germinate in bare patches after a drought? While bees love clover they don't appreciate being trodden on.





TASKS FOR OCTOBER

Clean patios and paths, especially in shady areas (repoint as necessary). Hose pipes can be drained and packed away for the winter while taps should be isolated or wrapped to prevent them from freezing.

Check fencing and timber structures, oil hinges, check latches locks and garden lighting.

Tidy and mulch borders, especially less hardy plants like fuchsias and salvias, your plants will love it.

Plant trees shrubs and perennials in your borders while its not to late to plant bulbs and winter bedding.

Sow hardy annuals and perennials to flower next year.



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Posters













Dumping on the Wilderness

Reports have been received of a silver van accessing the wilderness and depositing green waste on the bonfire site. There was also an unauthorised burning of the bonfire. The Clerk has changed the code on the padlock. Please let the Clerk know if you notice anything suspicious.

Trees

The Open Spaces Officer has started the annual tree survey with the tree surgeons and will present his tree report in due course. The large oak outside Monach Farm remains fenced off for safety reasons and we would ask that the fence is not moved. The Open Spaces Officer is liaising with the Tree Officer at Huntingdonshire District Council regarding this tree. The volunteer group will be working on the horse chestnut in Mill Hill and the small trees outside Oak Tree Farm once the leaves have fallen.

Maintenance Materials

The Council authorised the purchases of additional sander batteries and furniture oil at a cost of £118.

Biodiversity

The Council considered its duty under biodiversity and asked the Green Open Spaces working group to present a recommendation at a future meeting.

Feast Week

The Council approved the request from Hilton Feast Week CIC to hold Feast Week on the Green from Sunday 27th July to Saturday 2nd August 2025 with the marquee erected from Monday 21st July to Monday 4th August inclusive.

Bonfire Night

The annual Bonfire Night and Fireworks will be held on Saturday 9th November and the Council has authorised expenditure of up to £1920 for the fireworks. Please see separate poster for details.

External Audit

The external audit report has been received from PKF Littlejohn which shows that there are no matters of concern. The notice of conclusion of audit will be published on the website and noticeboards.

Consultations

The Council has resolved to respond to the consultation regarding Bus Franchising from the Cambridgeshire and Peterborough Combined Authority and the consultation regarding the changes to the National Planning Policy Framework.

New Councillor

Christopher Wood has been co-opted as a Councillor. Christopher is a chartered quantity surveyor and moved to Hilton with his family in 2023. When asked why he wanted to become a parish councillor he said "I am keen to do something to support the local community using the skills, qualifications and attributes I have. I want to help preserve and protect the village and its heritage and help others where I can."

The next Parish Council meeting will be held on Monday 7th October 2024 in Hilton Village Hall. Agendas will be issued in advance on the village notice boards and the Council's website www.hiltonparishcouncil. com. Parishioners are welcome to speak at council meetings on agenda items.

• Cambridgeshire

Mobile Library service

Route H9 – 2nd Tuesday In The Month

Fen Drayton	
Primary School	2.30pm – 3.30pm
Fen Drayton	
War Memorial	3.40pm – 4.10pm

Route H11 – 2nd Thursday In The Month

Hilton Village Hall	2.00pm – 2.40pm
Fenstanton Headlands	2.50pm – 3.40pm
Fenstanton Chapel Green	3.50pm – 4.20pm

Route H25 – 4th Thursday In The Month

Fenstanton Chapel Green	9.30am – 10.00am
Fenstanton Headlands	10.10am – 10.45am





& Bonfire

Saturday 9th November £3 per adult, £2 per child Under school age free Gate opens at 6pm Fireworks start at 7pm Food and drink available courtesy of Hilton Feast Week



Please, no sparklers. Light up toys will be available to purchase. Parking is restricted so please consider walking.

In the interests of safety please do not drive up Wraggs Row.

Combustible bonfire donations will be accepted from Hilton residents on Saturday 9th November from 9am to 1pm—no manufactured boards please (including chipboard, particle board, plywood, etc).



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Thinking of divorce but worrying about how to survive financially?

Divorce is a big decision. Ending a relationship can have huge emotional repercussions, but when you are married, whether for a relatively short time or decades, the emotional fallout can be painful.

There are lots of considerations, such as how to tell your spouse you want a divorce, what you will do about the living arrangements for the children and, for a lot of people, what does the future look like financially?

Will it be easier if I stay in my unhappy marriage?

Money can be the reason people break up, but for many it can also be the reason for staying together. You might be weighing up your options and whether you would just be better off staying in an unhappy marriage to remain economically secure.

The saying "money doesn't buy happiness" is often overused, but it can be true. If you know that your marriage is at an end, and staying will negatively impact upon your emotional wellbeing, then no amount of money is going to help save your relationship. However, it is very natural to be anxious about your life after divorce. You might be worried about how you will afford things like a home, childcare, food, bills and how to keep your standard of living the same.

Short-term money worries

You might not be the "breadwinner" in your relationship. Perhaps you work part-time or taken time out of work to look after the children or because as a couple you are comfortable enough financially for one party not to work. Whatever the reason, if you are the financially weaker party, you might have lots of concerns about affording things during and after your divorce. You may worry that you cannot afford to divorce. Sadly, money is an unavoidable topic in divorce. Short-term costs like Court fees and legal fees can be stressful but there are ways of mitigating the impact. By engaging in a non-adversarial process, you can limit legal fees as well as additional emotional stress of Court proceedings.

Some couples choose to manage most of the divorce themselves. However, there are several risks involved with doing a DIY divorce, so it is best to seek legal advice where possible, particularly when it comes to finances.

The law in this country means that financial settlements begin from a starting point of an equal division of any assets from a marriage. However, a Court will look at all the factors including housing, children, pensions (something that is often overlooked by separating couples) future income potential and a host of other things when deciding what financial provision to make.

If you are financially weaker than your spouse, it may be that you are entitled to spousal maintenance or a lump sum payment as part of a clean break. Remember to seek legal advice as to what you will likely be entitled to, this could help put your mind at ease.

If you are going through or contemplating separation and would like some legal advice on where you stand and what options are available to you, the family team at Leeds Day LLP can help. The team consists of experienced family law solicitors, all of whom are members of Resolution (www.resolution.org.uk) and include Resolution accredited specialists in divorce, finances and children.

To find out more, visit: www.leedsday.co.uk/ family, speak to a member of the team on 0333 577 2250 or email, lisa.leader@leedsday.co.uk.

To find out more or to book an appointment contact Leeds Day on 0333 577 2250, send an email to family@leedsday.co.uk or visit our website: www.leedsday.co.uk/family.

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Making Fenstanton an even better place to live

Community Hero – Call for nominations



It is that time of year once again, and your Parish Council is looking for its next Community Hero.

If you would like to nominate a parishioner who you feel is worthy of this award and has made a major contribution to the Fenstanton Community, please contact your Parish Clerk before 31 October 2024.

Previous winners of this prestigious award include:-

- 2023 Philip and Jane Blunt
- 2022 Neville Nightingale
- 2021 Jean Ding
- 2019 Geoff Martin
- 2018 Ray Whitby
- 2017 Garth Turner
- 2016 Rosanne White, Sanda Williams and Marion Page (preschool)
- 2015 Donna Butcher
- 2014 Deryck Burton
- 2013 Spectrum Team
- 2012 Garth Turner
- 2011 Ron Jacobs

Community Grants and Awards

If you are a member of a Fenstanton-based club or Community Group, your Parish Council is keen to receive your application for this year's funding.

The closing date for applications is 31 October 2024, with the awards considered by your Parish Council at the Council Meeting in early November, with grants paid shortly after. For further information and an application form, please contact your Parish Clerk.

Honey Hill/Church Lane/Chequer Street junction.

Your Parish Council is happy to announce that, in collaboration with the Cambridgeshire County Council Local Highways officer, an agreement has been reached with the Carriageways Team to



refresh all the road markings at the Honey Hill/Church Lane/Chequer Street junction. This is expected to improve safety for drivers navigating the junction. The works were ordered on 30 July , and they are expected to be completed within 13 weeks from that date.

Councillor Surgeries

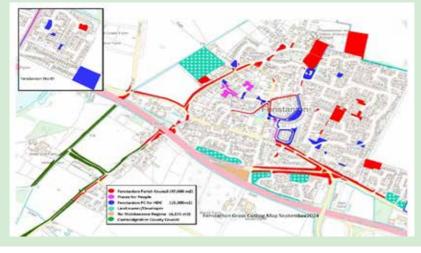
Councillor surgeries are now held once a month on a Saturday morning between 10am – 12pm at The Hub, 6 High Street, Fenstanton.

Surgeries give Parishioners an opportunity to pop in to discuss any issues they wish to bring to the attention of your Parish Council. Please pop in.

28.09.2024	R McGee	Paul Kent
26.10.2024	Peter Hayes	Roy McGee
30.11.2024	Tina Yates	Martin Hewitt
25.01.2025	Anne Mustill	Matt Tandy
*Please note that there may be changes to the Counciller/s schedules		

Grass Cutting – Responsibilities

The Parish Council has recently taken over the responsibility for grass-cutting areas that were previously maintained by Huntingdonshire District Council. This change will be on a trial basis for one year, starting from 1 June 2024, until 31 May 2025. After this period, the arrangement will be reassessed.



Think before you park

Your Parish Council has received reports of inconsiderate parking around the village. Please avoid parking:

- Too close to junctions
- On blind corners

On verges

• On pathways

Inconsiderate parking can create dangerous situations for other drivers and make it difficult for pedestrians, including those using mobility scooters or pushing prams. Let's work together to keep our village safe and accessible for everyone.

Next Parish Council meetings

Your Parish Council meets next on Thursday 10 October and Thursday 14 November at 7pm in the Church Centre.



Fenstanton Parish Council

Making Fenstanton an even better place to live

Bag it. Bin it. Don't step in it!

We kindly request that all dog owners in our community responsibly clean up after their pets. Dog waste can pose a health hazard and is unsightly. Please dispose of it in designated bins.

Let's work together to keep our neighbourhood clean and enjoyable for everyone. Thank you for your cooperation.



Please clean up after your dog



Please respect the village and the facilities provided.

We have seen a rise in graffiti incidents in our village, unfortunately not the work of Banksy! While these cases have been reported to the police, the removal process is time-consuming and costly. Ultimately, these expenses

are passed on to all residents through our Parish Council taxes.

If you witness any anti-social behaviour, please report it to the police or your Parish Council. Your help in maintaining a safe and clean community is invaluable.

Reporting crimes

If you witness a crime or antisocial behaviour in Cambridgeshire, please report it directly to the police here: **www.cambs.police.uk/report**. The more reports submitted, the greater the chance something will be done.



Here are some additional resources:

Emergency Services (999): If a crime is in progress or someone is in immediate danger. **Non-Emergency Police Number (101):** To report crimes or antisocial behaviour that is not an emergency. **Crimestoppers (0800 555 111):** To report crimes anonymously. Remember, your safety is paramount. If you feel threatened or in danger, do not hesitate to call 999.

Parish Councillor Vacancies

Make a difference!

Are you interested in making a positive impact in your local community? If so, your Parish Council would like to hear from you. Currently, there are two vacancies for cooption, and the Parish Council would love to hear from you if you are interested in becoming a Parish Councillor.

If you are interested or would like to know



a little more about the role of a Parish Councillor, do not hesitate to contact your Clerk for further information.

To contact your Parish Council Clerk Telephone: 01480 465 300 Email: clerk@fenstantonparishcouncil.org.uk

Website: www.fenstantonparishcouncil.gov.uk

FPC Welcome space





Neighbourhood policing community meeting

- Meet your Neighbourhood Policing Team
- · Find out what the team have been working on in your area
- Share your concerns
- Help shape the local policing priorities

SCAN HERE to find out when your next meeting is.



SCAN HERE to fill out the survey

Call: 101 Visit: www.cambs.police.uk Follow: @CambsCops Subscribe: ecops.org.uk



Life on a Plate

Hilton WI Favourites

Date Cake - Sugar & Wheat free Ingredients:

1 $\frac{1}{2}$ cup packed chopped pitted dates

1/2 cup hot water

 $1\,\%$ cup packed ground almonds

1/2 teaspoon bicarbonate of soda

pinch of salt

3 eggs

2 tablespoons coconut oil

2 teaspoons vanilla extract



55g chopped walnuts or 1 small chopped eating apple/raspberries/coconut - whatever you fancy adding. Or add $\frac{1}{2}$ cup of cocoa to the dry ingredients if you want a chocolate flavour.

Method:

Place dates and water in a bowl and leave for an hour or so until all the water has been absorbed then mash with a fork to blend to a paste. Or if time is short just place dates and warm water in a food processor and blend to form a smooth paste.

Preheat oven to 325° F $/165^{\circ}$ C.

Mix all dry ingredients (ground almonds, bicarbonate of soda and salt) in a bowl and set aside. Mix the wet ingredients (eggs, coconut oil, vanilla extract) into the date paste and mix until smooth.

Add the wet to the dry and stir until smooth, then add walnuts or any other flavourings and mix in.

Grease or line an 8" round cake tin or 2lb loaf tin and pour in the batter.

Bake for 25-30 minutes, or until a skewer comes out clean. Loaf tin takes about 35+ minutes. Let it cool for at least 10 - 15 minutes before serving so it has time to set. Tastes even better if you make it the day before you want to eat it.

Store in the fridge as it has no sugar to preserve it and for the best flavour bring it out for 10 minutes or so beforehand and serve at room temperature.

Coleslaw

Ingredients:

Small white cabbage finely shredded (or thicker if wished) Grated carrot/s

Dessert apples - chopped to your preferred size

I now usually put in grapes – halved or raisins or sultanas

Thick (Greek) yoghurt / mayonnaise.

Method:

I mix the two above together before adding the cabbage etc., then marinade, allowing a certain degree of softening over 1 - 2 days.





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Business Spotlight

My mission

Sarah Airey is a woman on a mission. It's maybe not as impossible as travelling to the moon but almost as difficult to achieve. Sarah wants to improve the diets of people suffering with respiratory illnesses. Why? "Because we are what we eat and the correct diet can really improve the health of patients." Sarah explains.

Sarah is a gualified dietitian having studied for four years at Kings College, London. "I have always been interested in food and cooking so it seemed an obvious choice as a career." After qualifying in 2000 she joined the NHS and worked for over fourteen years at Papworth, both in the village and the new facility on the Cambridge Biomedical campus (next to Addenbrooke's Hospital). "Have you ever wondered what a dietitian's role is in intensive care? I am the one who decides what goes in the tube which feeds patients who cannot feed themselves. The right diet is critical to their speedy recovery. Patients often say I will be alright when I get home and start eating properly. What they don't realise is that if they don't eat properly in hospital they will not get better. It was my job to ensure they did.

The next stage

She left the NHS in 2023 to set up her own dietary practice with the view of helping people and in particular older people understand their diets at this important time of their lives. *"I am not a fan of diets as such,* because so often when you go on a diet to lose weight, all you do is think about your diet which just makes you feel more hungry. Low calorie products tend to be on protein and fat and we need both to maintain a balanced diet. Fad diets don't work long term and you simply put back on the weight in time thus yoyo-ing from one diet to the next. I want people to understand what they eat and why."

Away from work Sarah is kept busy with her three children and renovating their house in Hilton. If she does have any down time she enjoys wild swimming, which one of her older patients said, "Is this simply what we used to call swimming?". She enjoys the water and



will often be seen paddle boarding on the waterways around the area. Sarah also enjoys singing and is an active member of the Rock Choir with her next performance scheduled as part of the Gardener's World event.

"For me my job is not just about the money but is helping to spread the word about proper diets. There is so much misinformation out there and too much focus on weight and BMI measurements. I have experienced first hand how the identification and treatment of poor nutrition does not always get the attention it deserves." Sarah concludes.

Sarah provides clinic consultations or home visits and specialises in assessing and treating older patients with or without chronic lung conditions. And, when she is not working locally she continues her mission by championing nutrition with doctors and other health professionals who treat patients with respiratory disease. To that end she has joined the British Thoracic Society to ensure nutrition is prioritised in treatment plans at the highest level.

If you need help with your diet or you are losing weight unintentionally you can contact Sarah via email at sarah@ respiratorynutrition.co.uk for follow her on Instagram respiratorynutrition.





Message from the chair

New pavilion

As reported in the July issue, we were unsuccessful with our grant application to FCC for the new pavilion. We have now put an initial application in to Thalia, so are hoping that we will be invited to apply for phase two of the process – fingers firmly crossed!

Pump track

The 2019 village survey highlighted that while the village had amenities that were suitable for young children, there was a need for something for the older ones.

The parish council has been looking into this issue for some time now and I'm delighted to say it was successful in obtaining a grant from the Rural England Prosperity Fund, supported by SCDC and our district councillor, Sue Ellington. The grant, along with S106 monies from the affordable homes development off Cootes Lane (earmarked for facilities for young people in the village), means that we can



now build the pump track on the village hall field. This type of track is suitable for mountain bikes, BMX bikes, skateboards, micro scooters and roller blades and has proved to be very popular and well used in other locations. We will keep you posted with more information in the coming month or two. You never know, the next Beth Shriever could come from Fen Drayton!

Village hall

Once building began on the affordable housing development in Cootes Lane, the parish council received £34,000 in \$106 monies - £5,000 for village hall refurbishments and £29,000 for a BMX track. The village hall committee is replacing the curtains in the main hall and putting new flooring in the committee room.

Flooding

An information event, held by the Environment Agency in August, made it clear that there was no money available to repair the sluice gates in St Ives and Brownshill Staunch. The EA's modelling shows no additional flood risk if the sluices are not repaired.

The parishes attending the meeting were extremely dissatisfied with EA's responses. Subsequently, CCC has asked Cambridge MP and Defra minister, Daniel Zeichner, to meet to discuss the issues raised. There is now a move among all the interested parties to meet face-to-face to try to help the EA to secure government funding. We will keep you updated.

Left: an example of a pump track

Contact:

email: fendrayton.clerk@gmail.com website: www.fendrayton.org post: PO Box 1 102, Fen Drayton, Cambridge CB24 4WZ

District Councillor Sue Ellington's report

South Cambs District Council has been working hard to find a way to make the community warden service sustainable. In March 2024 the service was under threat of closure due to lack of funding, but SCDC found money to cover costs until April 2025.

It also commissioned a research project to determine what all the different community warden services provide. The report identifies a wealth of tasks which wardens perform to support elderly people at home and prevent them being admitted to nursing home care. It estimates that for every £1 spent, wardens provide £3.50 worth of value. This is powerful evidence to present to Cambridgeshire County Council. which has a statutory responsibility for providing care. I hope that CCC will recognise the value of the warden services and find the necessary funds, as it is more cost effective for people to be at home, rather than in hospital or a nursing home.

Since the introduction of the four-day week and more home working, there is considerable spare office capacity in the SCDC headquarters on Cambourne Business Park. The council has taken the opportunity to create a new ground floor facility, called South Cambs Connect, which is now open for bookings.

South Cambs Connect is an affordable and modern workspace hub, designed to provide a creative and dedicated co-working environment for local entrepreneurs, start-up businesses, community interest companies, community groups and professional council partners.

South Cambs Connect workspaces will be free of charge until December 2024, in exchange for feedback to help SCDC refine and improve the service.

For help with any district council issues, email: cllr.ellington@scambs.gov.uk or call: 01954 202923 or 077741463.

Fen Drayton Community Cafe

The November cafe will host another Christmas Fair, with stalls from local craftspeople including ceramics, cards and other Christmas gifts.

December's cafe will kick off the Christmas period with another guest performance by the **Swavesey Community Choir**, treating us all to a variety of songs and music – so come along, join in and enjoy some festive spirit! The December cafe will also serve soups with bread or scones as well as homemade cakes and bakes and freshly brewed tea and coffee.

There will be another opportunity to apply for a Fen Drayton Community Charity grant of £200 next spring.

The next cafe is Saturday 12 October from 10.30 am to 12.30pm. The Gardening Club meets at 10.45 am.



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What you're Missing

Hilton Community Hub

Well, we're back after the holidays!

It was just like the new term from schooldays, greeting one another with 'how are you?', 'had a good summer?', then attacking the fiendish quiz on Education - an easier one next time please Sue.

The new jigsaw came out and conversation began as it always does. Tea, coffee and chocolate biscuits disappeared rapidly and for lunch Jan's fantastic team treated us to home-made rolls, cheese, tomatoes, etc and cake of course!

Jan and her team have discussed an interesting programme of activities including creating items for our stall at the Parish Church Christmas Fayre on 30 November.

The hub is a wonderful way to pass a Wednesday morning making new friends and greeting 'old' ones so do come and be warmly welcomed throughout the coming winter.





Hilton Art Club





The August session was an interesting one. We were instructed to just use earth colours only in a subject of our choice.

This inspired people to paint mainly flora and fauna in a variety of media and subjects including a scene with elephants, stag, giraffe and lots of flowers and trees which made lovely pictures (see Kathy B's giraffe painting).

A lovely morning.

18 October 10.00am - 3.00pm Acrylic Workshop with Julia Rigby.

Booking essential.

Hilton Women's Institute

Summer is giving way to autumn but there is much to look forward to, not least with Mel now seeking speakers for 2026 and in October we learn about bee- keeping!

Recently a small group of members planned to take a river trip from St Ives including a stop at the Cock in Hemingford for tea but we're disappointed that it had to be deferred to a future date because the lock was broken.

In October three teams will be testing our knowledge at a Quiz night in Abbots Ripon run by Federation, we will be brilliant of course. Another group of ladies enjoyed a wonderful evening at Cineworld to see the

filming of Andre Rieu's concert from Maastricht, we left behind the mundane things of life to hear music and songs from Mozart to the Beatles and to see members of his audience dancing in the aisles. Thank you, Doreen for organising us and the tickets.

Also, a HUGE thank you, particularly from the committee, to Doreen and Ruth for organising our Summer Buffet. What a treat it was to be waited on with the contributions of tasty food and oh, the desserts!

At our recent meeting Damien O'Dell told of his research into Ghosthunting, particularly in this area,there were some doubters of course but his many experiences did give genuine reasons to ponder. Locally there are reputed ghosts upstairs in the Golden Lion, many Americans in RAF Alconbury have seen apparitions but few British, Lucy Boston's house in Hemingford, Hinchingbrooke House and Buckden's George Hotel and Towers have 'visitors'. Damien and fellow researchers spend many

hours following such stories, particularly at Chicksands Park, which is believed to be the most haunted in the country with reports from a time when it was owned by monks and Damien has written a fascinating book on its history.

Our clubs and gatherings continue unabated, we are a group of fortunate ladies to have so much to offer us.

So - New members very welcome:hiltonwisecretary@gmail.com





What you're Missing

Season begins for Fenstanton Football Club!

Saturday 7 September saw the star of our new football season, with a buzz of activity at the Club. Our new U7 and U8 teams saw their very first league games, with some great results for both teams. We are looking forward to some exciting football being played over the next nine months. Games are held at the Football Club on Hall Green Lane every Saturday and Sunday, all support from the community is welcome so please come down and watch. You can also follow the progression of the club on our new and improved website at www. fenstantonfc.co.uk



The Club are excited to announce the expansion of our teams with the addition of the newly formed U10 team, who have started training together with the hope of joining the league in the new year.

Under 8s first league game

We are still looking for a couple of additional players to complement the current set up and welcome interest from those in school year 5.

This is also the time for us to start developing

our new U6 team for those currently in school year 1. We will require two adult volunteer coaches to join our fantastic club and support these young kids in accessing and enjoying football.

If you are a local business who would like to get involved with the Football Club, we are always looking for support with sponsorship. Please get in touch and we would be happy to discuss this further with you.

If you are interested in any of the opportunities to be involved with the Club, please contact us at fenstantonfootball@ outlook.com



Under 7s first league game

Fenstanton Friendship Club

If you would like to meet new friends and socialise, please come along and help the club grow. Age is no barrier and we welcome everyone into our fold. It is always good to get new ideas and suggestions for meetings. We meet every other Wednesday at 2.00pm, in the building of the United Reformed Church in Chequer Street. Although we hold our meetings in the church building, we are not affiliated to the church. Our activities are varied and as well as the yearly trips out to lunch, cream teas, boat trips on The Ladybird, strawberry tea and Christmas celebration, we will have various speakers and entertainers.

Come along and check us out, you will find a friendly group and a warm welcome.

14 August We had a wonderful afternoon with Caroline Foster. Her voice is beautiful and everyone enjoyed all the songs from the shows.





28 August Twelve members had an afternoon at Burghley House. We used A&B taxis from St Ives, the vehicle was just right and the driver very helpful. He returned and picked us up at 4.30 pm. After walking around the beautiful gardens we had refreshments before our guided tour of the house. Our guide, Jeanie, was wonderful, very informative, helpful and friendly. In fact, all the staff could not have been more helpful. The weather was perfect and we had a great time.



Upcoming Meetings

9 October Lunch at the Marina

23 October A talk from Hannah Shepherd, our village community policing officer.

Any questions please contact me. Marie Newns bubblenewns@gmail.com 01480 350119

What you're Missing



Fenstanton Bowls Club

Wow! What an end to a very successful season we have had! Our 1st Team in the Cambridge & District League Division Two were league winners and will be promoted to Division One next season. Many congratulations to them. They will now compete in the Champion of Champions competition in the next few weeks and we wish them every success.

Our Ladies' league were second in their division in a very close fight for the top slot and the Men's Team came third so just missed out on promotion, but we're sure they will be there next season!



Hetherton Trophy competitors Mike Driver and Linda Brodie

Our two Over 60's teams finished in the 2nd half of their respective leagues, but both teams had a great time playing on blissful Wednesday afternoons against very friendly teams from the local area.

On the last weekend of August we had our Finals Day with the Hetherton Trophy, where Linda Brodie played against Mike Driver. A close fought match saw Mike coming out on top.

In the afternoon we had the Bertha Pitfield Trophy. A triples game where teams are drawn randomly. The two teams who made it through to Finals Day were Patrick



Pitfield Trophy Winners Cliff Thornhill, Elaine Ward and Patrick Morris

Morris, Cliff Thornhill and Elaine Ward against Ray Worsley, Pat Porter and Mike Driver. Winners on the day were Patrick, Cliff and Elaine who will be presented with their trophy at the annual dinner in November.

Hopefully the weather will stay warm and dry during September so we can continue to play before we start the process of closing our club house down for the winter. Before we know it, April will come round and it will be the start of a new season. We will hold our Open Days again in May, so why not come down and find out more about us – you may find a new sport/hobby you can really enjoy!

ිට Girlguiding

Hilton Rainbows and Brownies



Hilton Brownies and Rainbows are enjoying a fun- filled term, which began with a visit to Hertfordshire zoo. They are also busy working for programme badges and have been selected to trial some brand new ones! At the end of term we hope to visit a local care home to give them the gifts we are making and sing carols. Some Brownies are on track to earn their Gold awards, the highest award they can achieve in Brownies.

We have spaces in our Rainbow unit at present so if anyone would like to put their daughter's name down, please get in contact or go on www.girlguiding.org.uk to register.

We are always looking for adult volunteers, especially for Rainbows, so if this is something you would be interested in we would be very pleased to hear from you.

Karen Baker, Brownie and Rainbow Leader

You look like a role model! Scouts

At 1st Fenstanton and Hilton Scouts, we LOVE doing what we do - empowering young people with skills for life, helping them make friends for life and starting them on the adventurous journey through Scouting - which can last for life.

But with more than 50 children waiting to join our Beavers. Cubs and Scouts sections, we need your support. Could you be one of our amazing volunteers who can guide the next generation through their Scouting journey?

With roles to fit around your skills and commitments, volunteering with us is a hugely rewarding experience – and looks great on your CV too!

To find out more about starting or continuing your Scouting journey with us, visit our Facebook page: https://www.facebook. com/1stFenHilScouts. or email us at comms@1st-fenstantonandhilton-scouts.org.uk. 1st Fenstanton and Hilton







Hilton Flower Club

September was our workshop and it was a great success, thirtytwo ladies created wonderful arrangements to take home, a lot of fun was had by all. Well done to you all.

October 7 our demonstrator is Ann Purt, we always look forward to seeing her and enjoy her wonderful arrangements. Six lucky ladies will be able to take an arrangement home from the raffle.

November 4 Elizabeth Robertson will be demonstrating Christmas arrangements, so we look forward to seeing her and her creations.

December 2 Beverley and June will be demonstrating two Christmas arrangements each, which four ladies will be able to win. afterwards.

We have our Christmas party towards end the year. Hilton Village Hall 2pm - 4pm Entrance £6.00 (includes tea/biscuits)

No membership, just pay on the day.

We welcome new friends.

Look forward to seeing you all. Beverley and June





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Extensions New Builds Garden Walls

Bird's Eye View

An update from Fen Drayton Lakes

As we head into autumn, another breeding season on the reserve has come to an end. Like in previous years, this one has had mixed success with some species doing well and others sadly not doing so well.

A pair of Grey Heron successfully nested on site for the first time, fledging three chicks. As birds that usually nest communally, it is going to be interesting to see if they return next year and have other pairs join them.

A Hobby pair once again nested on site, fledging two chicks. Despite being aerial predators that spend a lot of time in the sky, they are amazingly unobtrusive when nesting and we weren't aware of them until quite late in the breeding season.

Our pre-dawn bittern surveys back in April quickly picked up two booming males: one each on Holywell and Elney Lakes. We were unable to conclusively confirm if either had attracted a female, but it is likely that at least one of them did as a Bittern was seen regularly flying in and out of Holywell throughout the summer – behaviour typically associated with a female feeding young.

A Nightingale was present and singing beautifully for a week in May before going silent and not being seen or heard again. We will be carrying out habitat management work for this species over the winter to hopefully attract them back for next year.

Turtle Dove were once again present with two males calling on site and a third just south of the reserve. A family group was then seen in late August - fantastic news for one of the UK's most at-risk species.

Black-headed Gull and Common Tern had a hard time last year being severely affected by Avian Influenza. This, together with issues of flooding, resulted in numbers of breeding pairs plummeting from their 2022 levels. This year saw an increase of both species, although it will take some time to get back to pre-Avian Influenza levels. As the autumn and winter progress over the next few months, we will be busy carrying out habitat management work around the reserve to get it into the best possible condition for the 2025 breeding season.



Fledged Hobby chicks

Upcoming events at Fen Drayton Lakes

Wednesday Wander Guided Walk - Ever thought you'd like to know more about the reserve and its wildlife? Volunteer-led guided walks take place once a month, usually on the second Wednesday.

To see further details and book, please visit: events.rspb.org.uk/fendraytonlakes

Email: fendraytonlakes@rspb.org.uk

Visit rspb.org.uk/days-out/reserves/fendrayton-lakes

The Royal Society for the Protection of Birds (RSPB) is a registered charity: England and Wales no. 207076, Scotland no. SC037654. Photograph: Fledged Hobby chicks – Henry Cook

The Yellow Pages

Venues for hire

Fen Drayton Village Hall	07596 576515
Fenstanton Church Centre	01954 230471
Hilton Village Hall	07752 678415

Councils

Cambridgeshire County Council	0345 045 5200
Fen Drayton Parish Council	07704 023534
Fenstanton Parish Council	01480 465300
Hilton Parish Council	01480 830605
Huntingdonshire District Council	01480 388388
South Cambs District Council	0345 045 0500

Community Groups and Clubs

Deale and Lineary at FUDC	01480 498221
Books and Jigsaws at FURC	
Fen Drayton Bowls Club	01480 385297
Fen Drayton Lions FC	07718 900880
Fen Drayton Parent	
and Toddlers	07549 630124
Fen Drayton Tennis Club	01954 231752
Fen Shanty Folk	07841 599492
Fenstanton Baby and	
Toddler Group	07742 259653
Fenstanton Beavers,	
Cubs and Scouts	07531 863368
Fenstanton Bowls Club	07541 968125
Fenstanton Community Hub	07949 453767
Fenstanton Football Club	07968 081874
Fenstanton Friendship Club	01480 350119
Fenstanton Glebe Allotments	07817 786298
Fenstanton Town Trust	01480 464753
Fenstanton Indoor Bowls	01480 497202
Fenstanton Knitter	
and Natters	01480 498221
Fenstanton Litter Picking	07949 453767
Fenstanton Rainbows,	
Brownies and Guides	07730 369565
Fenstanton Speed Watch	07949 453767
Hilton Art Club	01480 830696
Hilton Baby and Toddler	
Group	07527 394945
Hilton British Legion	01480 831186
Hilton Community Garden	01480 830707
Hilton Flower Club	01480 830571
Hilton HGV Watch	07768 294878
Hilton Neighbourhood Watch	01480 831658
Hilton Rainbows and Brownies	07970 404569
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Community Groups and Clubs

Hilton Speed Watch	07540 811115
Hilton Town Trust	01480 830866
Hilton WI	01480 831186
RSPB	01954 233260
Slimming World	07568 444140
Community events	
Fen Drayton 10k run	07919 254467
Hilton Feast Week	01480 830605
Hilton Produce Show	01480 830412
Hilton Summer Ball	01480 831299
The BIG Village Fun Day	01480 370973

Education

Fen Drayton Primary School	01954 273346
Fenstanton and Hilton	
Primary School	01480 375055
Hilton Day Nursery	01767 688715
Ladybird Day Nursery	01480 469166
Sunhill Nursery	01954 230030
Swavesey Village College	01954 230366

Churches

St Mary's Church, Fen Drayton	01480 465211
Fenstanton Parish Church	01480 465211
Fenstanton URC	01480 352058
Hilton Methodist Church	01480 830686
Hilton Parish Church	01480 830866
St Ives Roman Catholic Church	01480 462192
The Particular Baptist Church	01480 830142

Emergency numbers

A&E Addenbrooks Hospital	01233 217118
A&E Hinchinbrooke Hospital	01480 416416
Environment Agency (Flood Line)	0845 9881188
Fenstanton pharmacy	01480 495159
Fenstanton surgery	01480 461873
Fly Tipping	0345 0450500
Gas leak	0800 111 999
Non emergency medical	111
Non emergency Police	101
Papworth pharmacy	01480 831415
Papworth surgery	01480 830888

Emergency numbers

Peterborough City Hospital Power cut Samaritans Swavesey surgery Water leak	01733 678000 0800 678 3105 116 123 Free 01954 230202 0800 316 7676
Buses A2B Dews Coaches Stagecoach Whippet Coaches	0800 001 6255 01487 740241 01223 423578 01954 230011
Pubs and eating places Carriage's of Cambridge Little Piggy Cafe The Duchess, Fenstanton The Three Tuns, Fen Drayton The White Swan, Conington	01954 233279 07764 336911 01480 350859 01954 230242 01954 267251
Retail Alan's Carpets Ash's Store Denise Jackson Interiors Eye Specs Frank's Farm Norwich Sunblinds Ponders Travel Post Office and OMIA Store Respiratory Nutrition Ron's Farm Shop Rosegate Farm Shop	07790 681317 01480 466225 07910 507541 01480 499606 07831 777766 01223 904129 01954 232802 07533 240954 07907 560107 01480 495127 07922 588171
Garden services G G Landscapes Hamptons Groundcare Hemingford Arboriculture Ray Puddefoot	07889 848117 01480 274848 01480 463674 07501 684935
Decorators	

Decorators	
D Moody	01480 465400
Jason Kirby	01954 211775

Design, printing and copying St Ives Quickprint Ltd 01480 465215

Household services

Cambridge Light Removals	01480 352220
Christopher the Locksmith	07772 111222
Easton & Cook Funerals	01480 310400
Fairy Dog Mother	01480 461959
Hamptons Pest Control	01480 274848
Hilton Private Hire	07521 293434
J L Wright Chimney Sweep	01954 253315
L&R Removals	07526 070877
More Space Storage	01480 830130
Television Mobile Repair Service	07887 887319
W&H Peacock Auctioneers	01480 474550
Z Cars Taxis	01480 462046

Electricians

DSS Electrical	0800 019 7992
TW Electical	07810 710826
Twin Electical Services	07796 492953

Plumbing and Heating Engineers

J Halstead	01480 830329
MDS	01480 800810
RDS	01954 770309

Building services and supplies

Bannold	01954 231666
CanDo Roofing	01354 629575
G B Builders	01487 479253
G C Bricklaying	07375 359035
GCE Groundworks	07737 884643
Graham Malkan	07799 850237
R D B Flooring	07970 256237
Stormguard Building Services	01480 270744

Car servicing and repairs Wilderspin Garage 01954 230273

The Journal	
Advertising	07768 274456
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Saturday, 23 Nov