This month SCAN reaches its 400th issue. We must be doing something right! Read Cllr Tim Alban’s kind appreciation on p6.
Grey Bin Days:  
Mon 10th, 24th September; 8th October  

Garden Bin Days:  
Fri 7th, 21st September; 5th October  

Recycling Bins:  
Mon 3rd, 17th September; 1st October  

Please put your bins out after 6pm on the day before collection  
www.huntingdonshire.gov.uk/bins

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Diary of Events

If you have a one-off event fixed in the next few months please contact the editor - 241206 or olivekmain@gmail.com

SEPTEMBER

15-16th Norman Cross Heritage Days
22nd Twinning Safari Supper
23rd Keyboard Concert in Pavilion
28-29th Macmillan Coffee Mornings

OCTOBER

7th Harvest Festival Lunch
20th Church Quiz Night
21st Keyboard Concert in Pavilion

NOVEMBER

10th Church Safari Supper
17th Home Guard Band Concert
25th Keyboard Concert in Pavilion

DECEMBER

1st Chorale Concert in St Mary’s
8-9th Christmas Fair Stilton Pavilion
16th Keyboard Concert in Pavilion

Heritage Open Days

6-9 AND 13-16 SEPTEMBER

Every September thousands of volunteers open up sites, organize events, publicize obscure places, and celebrate anniversaries all across the country, all free of charge. Visit www.heritageopendays.org.uk for a full list, county by county. Cambridgeshire has 92 sites, Lincolnshire 180 and Northants 43. Most local to us are:

Beverley Nichols Weekend at Glatton Village Hall
Sunday 9th September 10am - 3:30pm

Ramsey Abbey Archaeology Project
Sunday 9th September 11am - 5pm

Peterborough Museum Vaults
Saturday and Sunday 8 & 9 September
Hourly tours from 10:30am

Hindu Temple (Rock Road Peterborough)
Friday 7th September 9:30am - 12 noon
Booking required, 01733 315214

Milton Park Guided Walk
Sunday 16th September 2:15pm
Booking required, 01733 267740

Sikh Temple (Royce Road Peterborough)
Saturday 8th September 10am - 4pm

Norman Cross Napoleonic PoW Depot
See ad in this issue.
Desperately Seeking...
CAN YOU HELP THESE ENQUIRERS?

We periodically get enquiries from people trying to track down ancestors, relatives or friends. This month we had two!

GEORGE HENRY BUSBY

First up is Verona McLeod from New Zealand, who is planning to visit Stilton in 2019 to follow the steps of her ancestors. Her grandfather George Henry Busby was born at Stilton in 1873. This is all she knows about him until he married in New Zealand 12th March 1900. If anyone knows about her Busby connection to Stilton, please contact SCAN and we’ll put you both in touch.

CALLING MARK FARMER

Second is a bit more up to date. Neville Jones would like to contact Mark Farmer. Mark is married to Helen and moved to Stilton about 10-15 years ago. He originally lived in Hitchin and used to play hockey at Blueharts Hockey Club in Hitchin. This may be the same Mark & Helen Farmer who once helped with the decorating of the Memorial Hall. Again, if Mark or Helen would like to contact SCAN (or, if they’ve moved on, anybody who has any information), we’ll put you in touch.

Not To Be Missed!

TIM PEAKE’S SOYUZ SPACECRAFT LANDS IN PETERBOROUGH CATHEDRAL

11 August - 5 November
FREE ENTRY

The Soyuz TMA-19M spacecraft was used by British astronaut Tim Peake for his six months in the International Space Station 2015-16. Also on display will be his spacesuit and the parachute used in his return to earth.

Also available is the Space Descent VR, a virtual reality adventure for those over 13. This costs £5.

Peterborough won a national competition to host the capsule, one of eight cities in the UK and the only venue that is not a museum.

Pictured below, centre, Alex Warren of Yaxley (grandson of Carol) was one of four children selected to ask a question of Tim Peake after winning a competition organized by Heart Radio at the official opening of the exhibition.
We never imagined, in those far-off days when SCAN was just a single folded sheet of paper, that we might get to 400 issues - some of up to 60 pages - with never a break. We must be doing something right, which is a very encouraging thought for all the volunteers who bring it to your letterbox every month.

We regularly receive kind comments from around the villages, but they can all be neatly summed up by this from Councillor Tim Alban:

‘My first memory of SCAN is seeing a copy which had been left on a kitchen worktop in the house we moved into in July 2000; I found it a reassuring indication that my family and I were going to live in a village with a sense of community.

Some years later I joined the SCAN delivery team and although I am no longer involved, I always read it, I've used local businesses who advertise in it and I'm grateful for the opportunity it provides to report back to residents on my work as a District Councillor. Congratulations on the publication of the 400th edition and best wishes for the next 400!’

Contributors!
We want your material!

For SCAN, email Olive Main at olive.main@googlemail.com or call her on 241206
For Folklore, email to Sarah Abbott at abbottsarahj@hotmail.co.uk or call her on 247275

Stilton Stay & Play
Bring your children - 0-5 yrs - to play and meet new friends
Wednesdays in Stilton Pavilion 9:00 - 10:15am
£1 donation per child
www.facebook.com/stiltonstayandplay

Be sure to tell our advertisers you found them in SCAN!
Stilton Parish Council

The Parish Council Office is now open at Stilton Pavilion every Wednesday and Thursday from 9:30am to 12:30 am.

You are welcome to drop in for a chat with either the Clerk or Responsible Financial Officer (RFO) if there is any information you need about our services.

As we also show families round the Pavilion and meet them to discuss bookings, if you have an urgent or important issue you wish to discuss then it is best to make a booking with either:

Mary Croll - Parish Clerk - stiltonpc@yahoo.co.uk (Thursdays)
Kate Waller - RFO - stiltonparishcouncil@gmail.com (Wednesdays)

Residents are invited to attend all Parish Council and Parish Council Committee meetings. Meetings are normally held in the Parish Rooms commencing at 7:30pm on the second Tuesday of each month.

There is a 15 minute Public Forum at the start of each meeting, so feel free to come along and have your say on local issues.

Agendas and minutes for recent meetings together with the Audit Report for 2018/2019 can be downloaded from the website: www.stiltonparishcouncil.org

Details of any change in time/date or venue for meetings are detailed on the agenda.

Stilton Pavilion

For information on the availability for hire, times of regular classes or rates of hire please contact the Clerk or RFO as above, or visit the Stilton village website at www.stilton.org/facilities/stilton-pavilion

**Special rates for Stilton residents!**

Proof of address and identity are required for all bookings and a deposit is held until completion of the booking. For details see www.stilton.org/facilities/stilton-pavilion

No smoking is permitted in any part of the building or within 10 metres of the building.
Stilton Pavilion

Stilton Pavilion continues to develop under the watchful eye of Stilton Parish Council. A new management structure has been set up to bring users closer to the decision making. Work is going on to complete the car parking area and new tables, chairs and crockery have been delivered.

Stilton Football Club are now playing regular matches at weekends with the field steadily improving, thanks to extensive drainage works and the labours of the football club and many volunteer ‘groundsmen’. The Parish Council is keen to promote the Pavilion still further and is taking steps to make it more accessible to everyone in the village.

The Parish Clerk, Mary Croll, and the Council’s Responsible Finance Officer, Kate Waller, have moved their office to the Pavilion to deal with bookings and invoicing. The office will be open for enquiries there, initially for two mornings a week - Wednesdays and Thursdays 9:30am - 12:30. If you are passing, call in and have a look; we'd love to hear from you. It's planned that, in the near future, councillors and volunteers will man the Pavilion office on other mornings of the week - watch SCAN for updates.

There are now many regular users of the Pavilion, but there are still times when the Pavilion is available for hire, both for regular users and one-off bookings. And booking the Pavilion is easy; either call in to see Mary or Kate, or go on-line to www.stilton.org/facilities/stilton-pavilion and click on ‘How to hire Stilton Pavilion’. A calendar of events shows the availability, and there’s a handy online request form. Or you can simply submit a request form to Mary or Kate in the Pavilion mailbox or email stiltonpavilion@gmail.com. They will be happy to answer your questions about your booking.

Welcome, Volunteers!

While Mary and Kate will look after the day-to-day running of the Pavilion, other Parish Councillors will provide important support to their work, so their faces too will become more familiar around the village. In addition, we were delighted that a number of volunteers from the village stepped forward to help with the work of the Parish Council and with the Pavilion in particular. We aim to develop a new identity for both the Parish Council and the Pavilion to promote them and encourage community involvement.

Bringing more people together to work on the project is generating a lot of new ideas about the way forward. A children's playground and green gym on the playing field, as well as a revamp of the skate park are all on the cards if we can get enough residents involved with the projects and help with the necessary fund raising. The
Pavilion and its playing field are a great resource for the village and we can look forward to exciting times ahead. We would happily welcome new volunteers who feel they could help in any way; so please let Mary or Kate know and they will add your name to the list of volunteer helpers.

**Event Planning**

The Parish Council is keen to develop new events for the whole village to enjoy. Exciting times for all, and we want residents to join in our plans to improve Stilton’s facilities for all ages, starting now! If you have a couple of hours a week, or half a day a month to spare, we would love to hear from you. The Christmas Fair, on 1st December, is planned to be a full village event (see the ad in this issue) with proceeds going towards a children's playground and green gym. A Summer Fete is also being planned for next year. Stilton is a great village, let's work together to make it even greater!

Mary Croll email: stiltonpc@yahoo.co.uk

Kate Waller email: stiltonparishcouncil@gmail.com
Stilton Parish Council

All funds raised at our

Village Christmas Fair

Saturday 1st December 2018 at Stilton Pavilion

will go towards developing a new children's play area and a green gym at Stilton Pavilion.

We need your help!

Please contact us if you would like to:

● book a stall (crafts, produce, games etc)
● help on the day (refreshments, manning the door, selling raffle tickets etc)
● donate a raffle prize
● get involved in any way

This is an exciting time for all Stilton residents!

Please contact Dee Darnell

deedarnell.stiltonpc@gmail.com     Tel: 07806 833555

Help the Foodbank

The Foodbank helps those in need in our local communities. Staple foods are always welcome, especially tinned vegetables, tinned meat and bottles of squash.

Please leave your donation in Stilton Church porch or contact Pearl (241114) if you need any items collected.

Be sure to tell our advertisers you found them in SCAN!
Our village school has a new name, since 1st May 2018 when it became a member of the Diocese of Ely Multi-Academy Trust. (DEMAT), writes Olive Main, Community Governor. It joins Farcet C of E Primary Academy, Stanground St John's and William de Yaxley Academy (and soon most probably Holme School) in a strong grouping of church schools.

Academy schools are state funded directly by the Department of Education and are not controlled by the local Education Authority. The school will still have to follow the rules of admission, special educational needs and exclusions, and must provide a 'broad and balanced curriculum.' The conversion came at the end of a long period of discussion resulting from the OFSTED inspection of July 2017, which rated the school as 'requiring significant improvement'. The Key Stage 2 results were below the agreed targets and the national average.

Prior to the inspection, the Headteacher, Mrs McCleod had resigned and the school was very fortunate that the Head of Holme School, Mrs Tamara Allen, agreed to act as interim head for four days a week. Mrs Allen is now the Executive Head of both schools, with Mrs Smallman as Head of School. There are about 190 children in the school, in seven classes. This means the Haven, (the out of school club) can no longer have exclusive use of one classroom and other arrangements are under discussion.

This year has been difficult for the leadership team. Teacher recruitment is difficult nationally and Stilton has seen several changes in staff and teaching assistants. All vacancies have now been filled and the school now has a strong and dedicated team working hard to make improvements in all areas, but especially in teaching and learning.

An Action Plan was drawn up. Considerable support was forthcoming from the Local Authority and DEMAT and teachers have undertaken training. New staff have brought with them good practice and new ideas. There has been intensive monitoring of progress, in which Governors have participated.

Parents have been very supportive of all the changes. The school has continued to be a happy and caring school where children feel safe and want to go to. It retains its Christian environment and links with Stilton Church.

There will be changes. The school logo has been redesigned and the school uniform will be changed, though after consultation with the children, the familiar green will remain. This is the beginning of a new era in the history of the school.
Dear Parents and Carers,

Welcome to my final Governor update for this academic year, writes Steve Bennett, Chair of Governors.

It has been an eventful and difficult year for the school since the OFSTED outcome, but I am pleased to say that things are moving in the right direction.

The SAT results for this year show a marked improvement over last year for combined reading, writing and maths, despite being slightly below national average. We also have several of our pupils working at greater depth across the core subjects, which is again an improvement from last year. The data monitoring that my team have done across all age groups during this year supports this view and, through work with other schools and external moderators and advisors, the Governors and the senior leadership team are now more confident in the accuracy of this data. The school knows what it must do to improve further, and those plans are in place for the start of next year.

I am pleased to confirm that we will run seven full year groups across the school for the next academic year to help us continue our improvement. We have had several new members of staff join us already during the last term; all have settled in well and are fully part of the team. I am also pleased to be able to welcome two new members of staff for next year: Mrs Dow in Year 3 and Miss Mark in Year 4.

Mrs Smallman, as Head of School, will be working with Mrs Allen our Executive Head and spending more time on school improvement outside the classroom. The way to improve outcomes for our children is to provide consistent quality teaching right across the school and Mrs Smallman and Mrs Allen will be working to achieve this. We are confident we have the right staff in place to provide this high quality teaching and we are sure these standards and higher expectations will embed during the next academic year. I urge you all to support your children and your class teachers in raising and maintaining high standards of academic achievement, good behaviour and resilience, along with our other core values of responsibility and respect, independence and self-motivation, curiosity, confidence, self-esteem and teamwork. All the changes we have made have been necessary and often difficult for those involved, so please support all the staff in a positive way that reflects the Christian ethos of the school and please refrain from communicating with staff in a discourteous and disrespectful manner.

We will have a new inclusion team working in school, led by Mrs Turner and tasked with the aim of improving outcomes for our vulnerable pupils. We will also be working hard with our teaching assistants to make sure they are deployed effectively across the school to provide learning support to all pupils of all abilities.
Since I last wrote to you the school has converted to academy status, on time as planned, and is now known as Stilton Church of England Primary Academy. We have our new school badge and new school uniform designed and agreed. I would like to thank all those who took part in the consultations and design work for these changes. Your time and effort are appreciated and I look forward to seeing all the children in their new uniforms in the not too distant future.

We have plans to add a temporary building at the front of the school so that we can continue to offer our parents before- and after-school childcare provision through the Haven. We believe the chosen location is ideal for this facility as the site is currently a disused brownfield site. The services for the facility are in place, fencing will be provided along the border with the watercourse, it is secluded from view from Church Street by the hedge and most importantly it provides no access or safeguarding problems for the school as it is not on the school grounds.

We feel this new building will be better for the Haven itself and will help improve outcomes for the pupils, as the current arrangement of sharing space within the school is extremely difficult to manage for the classroom teacher and has an impact on the teachers’ access to the room to update displays and prepare resources.

Unfortunately, objections to this site have been raised by your Parish Council, without consultation with the school, so I would urge you all to please canvass your parish councillors to drop this objection in the hope that we can have the facility in place and operational to avoid any further delay and unnecessary disruption to the school.

In summary, the future is looking bright for our new Primary Academy. We aim to continue to build on the improvements we have already made and to reap the benefits of continued collaboration with our partners at Holme School and across the academy trust. By doing so, we strongly believe that we will become more effective, efficient, and better informed and more sustainable as a rural village school.

Finally, all that remains for me to say is a big thank you to all the staff, pupils, parents, carers, governors and members of the community who have helped during the year, and especially to our fantastic Year 6 pupils who will be moving on to grow and develop in their chosen high schools. I wish them all the best of luck for a happy and successful future.

### Stilton Stumblers
**Late Summer Itinerary**

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Our regular walks are between 5 - 8 miles and meet at 10:00am at The Pump

For more information about Stumbling, just Google ‘Stilton Stumblers’ or call Shirley on (01733) 246209 - or just turn up on the day with your boots on!

Be sure to tell our advertisers you found them in **SCAN**!
Last Orders!
YOUR LAST CHANCE TO BE IN THE STILTON CALENDAR

At the end of this month we’re closing entries for readers’ pictures to be selected for the 2019 Stilton calendar. We’ve had an interesting selection so far, but we’re sure you’ve got many more squirreled away on your laptops, so don’t miss out.

RULES

- Images must be your own original work and not previously published anywhere.

- Images must be in landscape format.

- If images include identifiable people, you must obtain their permission to use the pictures. In the case of children, written permission of their parent or guardian.

- Submit your images by 30th September 2018 to scan1@stilton.org. (Large files can be transferred using Dropbox or a similar Cloud service.)

- Winning images will be selected by Stilton Community Association.

SUGGESTIONS FOR SUBJECTS

- The garden/countryside in summer
- Village/garden wildlife
- My business/club/church/school
- Local landmarks
- Village events or activities
- Landscapes / mood images

To clarify a common query, pictures need to be about 300 pixels per inch for good print quality, so we need images about 3000px wide. Most modern cameras can achieve this; mobile phones generally don’t.

Stilton Church
Coffee Morning

Sept 15th
10:30am - noon

Everybody is welcome!

Men’s Prayer Breakfast

Stilton Church
Meeting Room
8 - 9 am

Sept 8th
(Second Saturday in the month)

For further information, call
Nigel Rosbrook (01733) 246396
Stilton in Tune
ANOTHER HOT EVENT!

Last time, writes Tony Oliver, I mentioned the hot weather which, this time, has just come to an end. Hopefully it will continue fine but at a lower temperature! I think the heat had some effect on our last musical afternoon with Pete Shaw, as that and a rival duet concert at Swineshead, Lincolnshire took its toll on our audience size, although still a good turnout. Many thanks to those of you who supported us on that day for an enjoyable two hours or so of ‘hot’ entertainment. I will say that the main hall of the Pavilion was remarkably cool and comfortable. Hopefully, our August concert featuring Elizabeth Harrison will see numbers rise again.

However, I have to write about our September event! We are very lucky to have yet another fine musician and arranger visiting us from Dorset as he makes his way up north. Steve Hubbard is a master of making the keyboards sound like a full orchestra and we are very much looking forward to seeing and hearing him play. For those that haven’t joined the ‘clan’ yet, come along and experience a superb afternoon of mixed music, including Steve’s favourite selections from the musicals. Proceeds of all concerts are in aid of charity, with the current benefactor being the Pavilion itself.

Looking to the future, 2019 will see eleven events from February to December and top-line artistes have been booked. However, one will be a special concert on Sunday 5th May, featuring one of Europe’s top players from Germany, Claudia Hirschfeld. I am delighted that she has decided to include Stilton as part of a short UK tour as she is much in demand and I feel honoured that she has chosen our venue. More information nearer the event.

Due to circumstances beyond my control we have had to alter this November’s concert date, featuring Daniel Watt, from the 18th to the 25th. Please make a note.

Concerts start at 2:30pm (doors open 2pm) and, with an interval for free refreshments, finish around 5pm. Do come and join our music-loving group, you will be welcomed by our friendly team of helpers. Oh, the cost, just £7.50 per person! We look forward to seeing you at The Pavilion, Ermine Street, (High Street), Stilton, PE7 3RA.

For further details please contact me, Tony Oliver, in one of the following ways: telephone 01480 474282 or 07918 602600 email tony.oliver5@btinternet.com.
It's been a busy year since qualifying as a Foot Health Practitioner/Member of the British Association of Foot Health Professionals, writes Sara. I love my new job working with Dad; it's rewarding meeting new people and helping with their foot ailments, either in the clinic or their own homes. I've discovered surprises in patients’ feet, like thorns, glass, and even a crafting embellishment that they didn't know was there!

Apart from treating their feet, for some patients you may be the only person they see that day and I like to leave them knowing they are happy and safe, which has on occasions involved me bringing in bins, moving furniture, and helping to get a bee out of a front room! I've also referred some patients who were unaware of a suspected ulcer under their foot or of having a weak foot pulse.

Highlights of this year have included being trained as a Lacuna Fungal Nail Practitioner. Unlike topical treatments, with Lacuna small holes are drilled into the nail allowing antifungal medication to directly flood the infection. Alternatively, fungal nails can be hidden with our luxury podiatry: nourishing nail polishes that are formaldehyde free and won't damage the nail.

Other highlights included being invited to exhibit at the Peterborough City Council's Health and Wellness fair, where we met some lovely people and gave footcare advice and treatments.

Later in the year Dad and I enjoyed a trip to the Podiatry Conference at the Primary Health Care Trust at the NEC Birmingham. And I have recently returned from the two-day Foot Health Conference in Kettering.

Dad showing me the ropes at our first podiatry conference together

This time of year is extremely busy, as we are all more conscious of our feet during the summer. At the Foot Clinic, our consultation is free and we can help reduce hard skin, cracked heels, thickened nails, corns or verrucas and can finish off with our enriched podiatry nail-friendly polish.

For more about Stilton Foot Clinic, see our advert in SCAN, our Facebook page @stiltonfootclinic1, or email: saradunleavy2@aol.com
SARAH'S SNIPPET

July's Ladies Circle featured a very engaging and informative speaker from NatWest. Community Banker Michele D'Souza told us all about the various scams criminals use to steal our money AND how we can keep ourselves safe. We learnt that fraud doesn't apply just to emails and computers but also to letters you get in the post, telephone calls and people on your doorstep. I've listed below the top five tips to avoid being scammed. If you have any examples to share please email abbottsarahj@hotmail.co.uk or call me on 247275.

1. **Be alert** to requests to move money out of your account. A genuine bank or organisation will never contact you out of the blue asking you to move money to another account.

2. **Never** automatically click on a link in an email. I often receive an email from the tax man saying ‘You are due a refund. Just need to click on this link to receive the money now’. This is a scam! The fraudster may be trying to get your personal details.

3. **Always** question uninvited calls asking you to confirm or provide personal information, even if you are told it is due to the new GDPR regulations. Put the phone down. Wait 10 minutes. Contact the company who called you directly using a number that you can trust such as on the back of your payment card or insurance certificate.

4. **Never** give out your full PIN even if the person says they are from the bank. There are some great adverts on the TV from Barclays showing how easily this can be done.

5. Before you go to open your front door, make sure the back door and windows are shut and locked. Not sure? Don't open the door. Don't feel embarrassed about refusing to let someone into your home - even if they have asked to use the toilet.

FOLKSWORTH SCHOOL

September is always a busy time in a school, but with our new headteacher, Miss Norbury, arriving, this year has been busier than ever.

First, we have welcomed a full class of new reception children into the school. It is great to see them settling in so well and loving their new learning environment.

Elsewhere in the school, classrooms now reflect the new topics the children will cover this term, from learning that 'I am unique', to finding out about the 'Terrible Tudors'. And children in years 3 and 4 were surprised to find a cave in their classroom, occupied by a giant dinosaur!

We have refreshed our school website, so please do go and have a look at it (www.folksworth.cambs.sch.uk) and you can also follow us on Twitter now, @FolksworthCofE.
Finally, if all of that makes you feel like you need to sit down, we are organising a Macmillan Coffee Morning too, so keep a look out for more details on that.

**FOLKSWORTH PTA**

The end of the school year was great fun culminating with the children having a fantastic time at the discos on the last day of term. Hot dogs, ice poles, dancing, tuck shop and prizes, all run by the volunteers, helped to make the discos a great success.

The PTA will be having a meeting in September and everyone is very welcome to attend. Please look out for the date and time on the Folksworth PTA Facebook page. It really is very rewarding to see how the children enjoy the events and how the money raised directly benefits them. Please come along if you can. We'd love to see you there.

**FOLKSWORTH PRE-SCHOOL**

Folksworth Pre-school are delighted to announce that we received a rating of ‘Good’ following our OFSTED inspection on 2nd July. The inspector told us that if there was a rating of ‘Very Good’ we would have been given that. You can find the full report on the government website. In their summary they stated ‘the pre-school has made significant improvements since the appointment of a new manager. The staff team have shared this journey and comment that they feel proud of what they have achieved. They have nothing but praise for the manager and her relentless support’.

We are delighted that the significant improvement we have made in the year has been formally recognised. The inspector particularly commented on the new Astroturf play area and the effective way this space is being used for the benefit of the children. We'd like to thank everyone for their support, and in particular the Village Hall who have invested in improved facilities and contributed to additional play equipment.

**FOLKSWORTH AND WASHINGLEY VILLAGE HALL**

Could you help us spread the workload of running the village hall? We are looking for a volunteer to take the minutes of our monthly committee meetings and type them up afterwards. Meetings last no more than 1½ hours, one evening a month on a day convenient to the majority of the committee.

Feel free to come along and see what one of our meetings is like before making a decision. If you are interesting in helping out please call Annie on 243463.

**PETERBOROUGH OPERA**

Peterborough Opera are regular users of the Village Hall and can be heard rehearsing on Fridays from 7:30pm onwards.

See their ad in this issue for details of their next production, Die Fledermaus, which will be performed (in English) at Queen Victoria Hall, Oundle and at the Key Studio, Peterborough. For more information about Peterborough Opera's future events, go to www.peterboroughopera.co.uk or find them on Facebook, Twitter and Instagram.
**Traffic Survey**

To support its bid for a 7.5 cwt weight restriction in Folksworth, the Parish Council commissioned an independent traffic survey in July.

The survey recorded all vehicles travelling in Manor Road between the double bend. This is a narrow road with tight corners and vehicles often must mount the pavement to negotiate the road with other vehicles backing up to allow them past and pedestrians taking cover in driveways.

Although all traffic was recorded, for the purposes of the bid the table opposite refers only to three-axle HGVs and larger. The full report can be forwarded on request.

**Recreation Field**

Council has received a complaint about the maintenance of the Townsend Way Recreation Field, with the grass being left too long for ball games. Although it would be lovely to be able to maintain the area to sports standards this has never been the brief because the cost would be too high. Council's only source of funding for maintenance is the Precept which comes from the Council Tax that all households pay. If our maintenance costs were to increase substantially then the Council Tax would also have to increase. Obviously, if everyone feels strongly about this and are prepared to pay extra Council would be happy to increase the current specification. Any comments you might wish to make on this subject would be appreciated.

**Pocket Park Development**

This is now well underway and Council needs volunteers to help with the clearing of nettles/brambles etc and the removal of ivy from some of the remaining trees. If you feel you could spare some time to help with this, please contact either Cllr Alison Brown or Cllr Patrick Clarke, or the Clerk. Council is participating in the Orchards East Heritage Lottery Fund project in the development of the community orchard.

**Meetings**

The Parish Council meets on the third Tuesday of the month, except August, at 7:20 in the Village Hall, Manor Road, Folksworth. Planning meetings are scheduled as necessary. Agendas and Minutes can be found on the noticeboards and on Council's website.

All meetings are open to the public and there is an opportunity at the start of each meeting for members of the public to speak.

If I can help with anything at all, please contact me.

**Could You Be a Councillor?**

There are two vacancies on Folksworth Parish Council. If you would like to find out more about being a Councillor please get in touch with me.

Jackie Stanbridge  
Clerk to the Council/RFO
### Movers & Shakers

**FOLKSWORTH PARISH COUNCILLORS 2018-22**

<table>
<thead>
<tr>
<th>Mark Randall (Chairman)</th>
<th>Patrick Clarke</th>
<th>District Councillor</th>
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<tbody>
<tr>
<td>4 Castel Way</td>
<td>16 Townsend Way</td>
<td>Cllr Tim Alban</td>
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<tr>
<td>Folksworth PE7 3TX</td>
<td>Folksworth PE7 3TU</td>
<td>36 Worthington Close</td>
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<tr>
<td>01733 248202</td>
<td>01733 241860</td>
<td>Stilton</td>
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<td>PE7 3XF</td>
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<tr>
<td>Lisa Blackman</td>
<td>Gordon Fenwick</td>
<td>07913 101145</td>
</tr>
<tr>
<td>(Vice Chairman)</td>
<td>3 Bullock Road</td>
<td><a href="mailto:tim.alban@huntingdonshire.gov.uk">tim.alban@huntingdonshire.gov.uk</a></td>
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<tr>
<td>Manor Farm</td>
<td>Washingley PE7 3SH</td>
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<tr>
<td>Fen Lane</td>
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<tr>
<td>Stilton PE7 3SA</td>
<td>Judith Ford</td>
<td>County Councillor</td>
</tr>
<tr>
<td>07919 366465</td>
<td>10 Chervil Close</td>
<td>Cllr Simon Bywater</td>
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<td></td>
<td>Folksworth PE7 3SZ</td>
<td>9 Crabapple Close</td>
</tr>
<tr>
<td>Alison Brown</td>
<td>01733 240440</td>
<td>Sawtry PE28 5QG</td>
</tr>
<tr>
<td>37 Manor Road</td>
<td></td>
<td>01487 831079</td>
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<tr>
<td>Folksworth PE7 3SU</td>
<td>Steve Chapman</td>
<td><a href="mailto:Simon.bywater@cambridgeshire.gov.uk">Simon.bywater@cambridgeshire.gov.uk</a></td>
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<tr>
<td>01733 240501</td>
<td>5 Chervil Close</td>
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**GRAND TOTAL** 376
NEWS FROM ST HELEN'S

Our Services in September all start at 9.45am

2nd Holy Communion
9th Family Folkus
   - in the school hall
16th Morning Praise
23rd All Age Worship
   - in the school hall

Harvest Thanksgiving will be celebrated on 7th October. Further details of our Harvest Supper will be available shortly.

Cambridgeshire Historic Churches Trust, RIDE, DRIVE and STRIDE is taking place on 8th September from 10am to 6pm. Cycle, drive or walk around Cambridgeshire's churches to raise money for the Trust and for the church of your choice. Should you wish to take part, sponsorship forms can be found in Church or at www.camhct.uk/ride/

FOLKSWORTH LADIES CIRCLE

As we don't hold a monthly meeting in August a coffee evening was held at a member's home instead. We also enjoyed afternoon tea at Dobbie's. At September's meeting we look forward to hearing about the Life of an Auctioneer.

We meet on the fourth Tuesday of the month at 7:30pm in the Village Hall. Ladies of all ages are most welcome and the cost to non-members is just £1.

FOLKSWORTH ART CLUB

We meet on Thursdays from 12:30 to 4:30 pm in Folksworth Village Hall to paint/draw in a friendly, informal atmosphere, helping each other when necessary.

NEW MEMBERS AND BEGINNERS ARE VERY WELCOME

Why not join us? Bring your own materials.
£3 per session, including refreshments.

Contact Cherry Hadley Tel: 01733 244258
- or just come along and enjoy yourself!
Macmillan Coffee Morning

We are pleased to announce that once again we are holding a Coffee Morning to raise funds for Macmillan Cancer Support and hope very much you will come along and support us on the day.

We will have a Raffle, Tombola and Guess the Weight of the Cake, as well as lots of lovely cakes, biscuits and savouries for you to enjoy.

Contributions to the cake stall, on the day or the day before please, Tombola or Raffle prizes (by Monday 24th Sept) would be very welcome and much appreciated.

Friday 28th September 2018
09:00 to 12 noon
Church Meeting Room, Church Street, Stilton

Contact: Dee Darnell 01733 240250 or Mary Croll 01733 241042
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**WHAT**
- Toddler's Dance
- Playgroup (Stilton)
- Stay & Play
- Mums & Toddlers (Folksworth)
- Pre-School (Folksworth)
- To join Stilton or Folksworth Rainbows, Brownies or Guides, please visit: www.
- Stilton United Colts
- Parish Council (Stilton)
- Parish Council (Folksworth)
- Sewing Group
- Over 60's Club
- Holy Communion
- Holy Communion (BCP)
- LinCup (Café style worship)
- Stilton Group Service
- Linking Hands (mums)
- Crossover (Y6)
- Men's Prayer Breakfast
- Holy Communion (soup lunch)
- Church Choir
- Prayer Focus
- Christian Congregation in UK
- Stilton Gardening Club
- Pilates (Stilton)
- Pilates (Folksworth)
- Clubbercise
- Stilton Table Tennis Club
- Stilton Carpet Bowls Club
- Folksworth Indoor Bowls
- Peterborough Opera Group
- Band
- Yoga
- Mat Pilates
- Chair Exercise
- Stilton United FC
- Taoist Tai Chi
- Folksworth Art Club
- Folksworth Ladies’ Circle
- Yaxley Flower Club
- Stilton Stumblers (walking group)
- Papercrafting
- Indoor Bootcamp
- Dance lessons
- Mobile Library (Stilton)
- Mobile Library (Folksworth)
- Age Well Club
- Carers’ Group
- ‘Chatterbox’ Carers' Support Group
- 'Music & Spoken Word Social Group
- Sawtry Vintage Club
- Sawtry Friendship Club

**WHEN**
- 9:15am
- 9 - 11:45 & 1 - 3pm
- 9 - 10:15am
- 10:00-11:30 term time
- 9:00am - 3:00pm
- 9:30-12:30 weekly
- 7:30 - 9:30pm 3rd Tuesday in month
- 2:30 - 5pm
- 2:00pm
- 1st & 3rd Sun 11:15am
- 2nd & 4th Sun 8:00am
- 2nd & 4th Sun 11:15am
- 5th Sunday in month
- 9am
- 6 - 7pm in term time
- 8am 2nd Saturday in month
- 1st Wednesday 12:30-1:30
- 2nd & 4th Thursday, 7:30pm
- 8am
- 5 - 11pm, 1st & 3rd Sun in month
- 3rd Tues 7:30pm
- 3rd Tues 7:30pm
- 9:30-10:30; 10:30-11:30am
- 10.00 - 11.00am & 10.30 - 11.30am
- 7:45-8:45pm Wed. 8 - 9pm Thurs.
- 7.15 - 8.15pm
- Mon (adults) 2-4pm; Tue 7:00-9:30pm
- 2pm Mon, 7.30pm Thu
- 7 - 9pm weekly. May-Aug fortnightly
- 7:30 - 9:30pm
- 8 - 9:35pm
- 5.30 - 7pm
- Mon 8-9pm; Tue 6-7pm; Wed 9-10:30:
- 11am-12:30pm
- 3:00pm kick-off
- 7:30pm
- 12:30-4:30pm
- 12:30-4:30pm
- 7:30-9:30pm 4th Tuesday in month
- 3rd Thursday, 7:30pm
- Alternate Sundays 10:00am
- 10am-noon, 2nd Monday in month
- 5:30 - 6:30pm
- 3:00 - 6:00pm
- 3:10 - 4pm (4th Wed in month)
- 10:45 - 11am (4th Wed in month)
- 10 - 11:45am
- 1st Weds, 2 - 4 pm
- 2nd & 4th Mondays, 2-4pm
- 2nd & 4th Fridays, 1:30-3pm
- 10am - 2:30pm
- 10:30am - 1:30pm

Be sure to tell our advertisers you found them in **SCAN!**
WHERE  WHO  CALL
Stilton Church Meeting Room  Michelle Pratt  07906 114942
Playgroup  Leslie Kirk  247682
Stilton Pavilion  Rebecca Mills  07498 528393
Folksworth Village Hall  Georgina  07542 172075
Folksworth Village Hall

**Notice boards or Stilton Group of Churches’ Facebook for details**

**Where**  
Stilton Pavilion  Mrs Croll  229130
Folksworth Village Hall  Jackie Stanbridge  07724 171158
Stilton Church Meeting Room  Pat Maltman  242229
Stilton Church Meeting Room  Sylvia Ward  242457

St Mary Magdalene  Revd Richard Gibbs  248701
St Mary Magdalene  Revd Richard Gibbs  248701
St Mary Magdalene  Revd Richard Gibbs  248701

Stilton Church Meeting Room  Irene Goldsmith  244229
Stilton Church Meeting Room  Pat Maltman  242229
Stilton Church Meeting Room  Nigel Rosbrook  246396
St Mary Magdalene  Revd Richard Gibbs  248701
Stilton Church Meeting Room  Pat Maltman  242229
St Mary Magdalene  Stuart Reed  241114
Folksworth Village Hall

Stilton Church Meeting Room  Olive Main  241206
Stilton Pavilion  Vicky Leschallas  07919 053140
Stilton Pavilion  Frances Ellis  07714 773528
Folksworth Village Hall
Stilton Pavilion  Louise Knox  07957 983950
Stilton Pavilion  Steve Ambler  242186
Stilton Pavilion  Scott Sherrington  242409
Folksworth Village Hall
Folksworth Village Hall
Stilton Pavilion  Brian Bowen  241310
Stilton Pavilion  Brian Appleyard  244642
Stilton Church Meeting Room  Sue Gibbs  07709 938122
Stilton Church Meeting Room  Sue Gibbs  07709 938122
Stilton Church Meeting Room  Glen Woolner  07771 784643
Stilton Church Meeting Room  Glen Woolner  07771 784643
Stilton Church Meeting Room  Glen Woolner  07771 784643
Stilton Church Meeting Room  Glen Woolner  07771 784643
Austin Hall, Main Street, Yaxley  Alex Weyman  01480 413353
Folksworth Village Hall  Cherry Hadley  244258
Folksworth Village Hall  Phyllis Hope  240947
Yaxley British Legion  Yvonne Wagstaff  243370
Meet at the Pump  Shirley Gregory  246209
Stilton Church Meeting Room  Maggie  07788 919899
Stilton Pavilion  Rachael Joyce  07789 292441
Stilton Pavilion  DanceXcess  07768 435362

Outside The Talbot  
Elm Road
Yaxley Health Centre  Linda Smith  240478
Yaxley Health Centre  Linda Smith  240478
CARESCO Centre  Miranda  07751 798287
CARESCO Centre  CARESCO Office  01487 832105
CARESCO Centre  Vicki  01487 832105
CARESCO Centre  Pat  01487 832105

**Are we up to date? Tell SCAN about your activities!**
THE GB HOME GUARD BAND

Returns to Stilton

In concert at

The Stilton Pavilion

High Street, Stilton, PE7 3RA

Saturday, 17th November, 2018 at 3:00 pm

Tickets: £10 - Doors open at 2:30 pm

- Vintage military band music performed by 25 musicians.
- Many of the band's musicians have served in the British Army, RAF and Royal Marines bands.
- The 'Big Band Sound', marches, soloists, sing-a-long.
- In this very special year of remembrance our programme will include a tribute to mark the centenary anniversary of the end of WW1.

A donation will be made to the Stilton Pavilion from the proceeds.

Telephone: 01733 242156 or - gbhomeguardband@gmail.com
Norman Cross Gallery
London Rd, Norman Cross
PE7 3TB

Guided tours:
10:30am
1:30pm
Pre-booking required
Call Val Hunter - (01733) 793127
(Spaces limited - hurry!)

- Over 100 re-enactors on site, wreath laying ceremony each day; Saturday on prison cemetery and Sunday at Stilton churchyard, followed by church service.
- Drill changing of the guard and rifle display.
- Living history display of POW life and conditions
- Talk to public about the POW camp and why it was built on the site.
- Items on display from Peterborough museum in gallery.
- Beer tent a BBQ open from 11am
- Typical battle tactics and skirmish display
Music at St Mary's & All Saints' Church, Fotheringhay
Organised by Sandra Cochrane

Sunday 2nd September from 3pm - 4pm
"Easy Sunday" Music
Take4 - Saxophone Quartet
A great new experience for everyone to enjoy

Lennie Neuhaus - Miniature Jazz Suite No 6
Sammy Nestico - A Study in Contrasts
Rick Hirsch - Cityscapes
Jeffery Wilson - AAJA
James Rae - Cinerama
Gordon Lewin - Echoes of Spain
Lennie Niehaus - Down By The Riverside
Colin Crabb - Sax in the City

Retiring Donations towards church expenses.

Sunday 30th September from 3pm - 4pm
"Easy Sunday" Music
Three brilliant young pianists
Progammes to be confirmed.

St Peter's Church Oundle
Saturday 22nd September at 7:30pm
Claire Colton with the v12 Jazz Group
- all internationally renowned musicians.
Songs from the "Great American Song Book"
including Gershwin and Cole Porter.

www.v12jazz.com/about.html

Tickets £10 from Oundle Box Office
(01832 274919) www.oundleboxoffice.com
and Oundle Book Shop or £12.50 on the door

Friday 28th September from 7:30pm
Fantastic Friday
David Milsted (rtd Head of Woodwind & Percussion Oundle School) and Friends - Alec Hone (Head of Keyboard, Oundle School) and Stephen Johnston, (rtd Head of Languages, Oundle School), tenor

A wonderful evening to be enjoyed.

Tickets £9 from Oundle Box Office
(01832 274919) or Oundle Book Shop
or £10 on the door

St Mary Magdalene Church, Stilton

QUIZ NIGHT

Saturday, October 20th 7pm for a 7:30pm start
Stilton School Hall

Teams of up to 8 - Tickets £7.50 per person
Includes a ploughman's supper and dessert - bring your own drinks and glasses

To book a team or individuals phone Pat Maltman 242229
or email pat_maltman@hotmail.com
Prince Orlofsky cordially invites you to attend

Johann Strauss’

**Die Fledermaus**

Thursday 25th - Saturday 27th October 2018 at 7.30pm
Queen Victoria Hall, Oundle

Sunday 28th October 2018 at 4pm
Key Theatre Studio, Peterborough

Tickets are £15 (adults) £10 (under 19s)

Available from:
Oundle Box Office (01832 274734) oudenleboxoffice.com
Key Theatre Box Office (01733 207239) vivacity.org

Peterborough Opera
Registered Charity no. 268192
What would summer be without the...

St Mary Magdalene Church, Stilton

SUMMER QUIZ?

‘Where on Earth … or not?’

Entries £1 each from Pat Maltman (242229) or Hi-Lite

Proceeds to St Mary Magdalene Church

Stilton Parish Meeting Room

The Parish Room will be open from 10am to 11am immediately following Parish Council meetings, which are on the **Wednesday following the second Tuesday in the month**. If you want to speak with the Clerk at any other time, please make an appointment. Planning applications can be viewed by appointment; telephone (01733) 229130.

**HIRING THE ROOM**

The Meeting Room is available for hire between 9am and 10:30pm Monday to Saturday; Sunday hours by arrangement. A booking form and conditions of hire are available from the Clerk to Stilton Parish Council.

The Room seats up to 20 people, ideal for small clubs or committee meetings. It has broadband, a kitchen area and toilet suitable for use by disabled people. Users should note that smoking is not permitted in any part of the building, nor in the surrounding cemetery.

**FEES:**

<table>
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<th>All Day (9am - 6pm)</th>
<th>£50</th>
<th>Evening (6:30 - 10:30pm)</th>
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<tr>
<td>Half Day (9am - 1pm or 2 - 6pm)</td>
<td>£25</td>
<td>A deposit of £50 is required when booking.</td>
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From The Cabbage Patch

After the Drought

How to Revive Stressed Plants

Yellowing leaves falling off; branches dying back; plants have suffered over the long, hot summer. What can be done?

1. Don't over-water - the soil should be kept moist, but not waterlogged. The roots need oxygen as well as water.

2. Prune carefully - remove dying or dead branches, as they help pests and diseases find a way in. The plant may well be showing new growth at the base, so prune back the other branches to about 6 inches from the ground.

3. Take care fertilizing - and don't add fertilizer until the drought ends, when a slow-release fertilizer is recommended. Choose one with a high phosphorous content, not one high in nitrogen.

4. Look for pests and diseases

5. Mulch

6. Weed - weeds compete with plants for water and food, so don't let them win!

Advice on Lawn Recovery

Come to Stilton Gardening and Natural History Club on Tuesday September 18th and learn from the professional lawn care company Greenthumb.

Stilton Gardening & Natural History Club

We meet on the 3rd Tuesday of each month between September and June. Indoor meetings are held in Stilton Church Meeting Room at 7:30pm when we usually have a speaker or a demonstration. Some months we go on visits to local gardens or wildlife events. December's meeting is our Christmas Party.

Annual membership (from 1st January) is £6, or £8 for family membership, and £1 per meeting. Visitors are welcome at a charge of £2.

Stilton Gardening & Natural History Club
Tuesday Sept 18 at 7:30pm
Stilton Church Meeting Room
Sarah and Jo Parish
of Greenthumb

Rejuvenating and treating your lawn

Members £1 Visitors £2
Light refreshments

Be sure to tell our advertisers you found them in SCAN!
September Events

...FOR YOUNG OR OLD

FOR CHILDREN

...or Mischief Makers of Yaxley!

The Summer Reading Challenge has yet again been a great success but sadly is now drawing to a close. We hope you have enjoyed helping the Mischief Makers; many of you came to our events, it was lovely to see you all. Well done to everyone who has completed the challenge; you should soon receive your invitation to our special presentation at the Library on Monday 24th September. If you have any queries about this, please do pop in and see either Anneka or Jo to ensure that you receive your certificate and medal.

Huge thanks to our wonderful volunteers for helping out at this extra busy time in the Library. We could not do it without you!

Term-time activities resume this month, as follows:

**Rhymetime** every Friday 10:30 - 11:00 am from 7th September (aimed at children up to 18 months old.)

**Storytime** every other Tuesday 10:30 - 11:00 am on 11th and 25th September (aimed at children 18 months - 4 years old.)

**Lego Club** every Saturday 10:00 - 11:30 am from 8th September. 50p per child.

**After School Fun** on the second Thursday of every month, (13th September) 3:30 - 4:00pm. Stories, poems and songs!

FOR ADULTS

**The Library Presents...**

Around the County, Libraries, including Yaxley, are looking forward to a new season of arts activity. 'The Library Presents' autumn season starts on Saturday 15th September and will continue taking high-quality arts activities into the heart of towns until Saturday 15th December. Don't forget to pick up a brochure with all of the details of events available now! If you are interested in volunteering for this exciting project - this might be helping with refreshments, the setting up and tiding before and after the event, assisting with attendees or a variety of other roles - please leave your contact details with a member of staff.

**Regular Events**

These are all free of charge, although donations are always welcome for refreshments.

**Scrabble Club** - Mondays from 3pm

**Games Club** every Tuesday from 2pm. Mahjong on 4th and 18th September; Rummikub on 11th and 25th September.
Our monthly EngAge events will resume on Wednesday 19th September, 2 - 3:30 pm. Join us for a talk from Age UK Cambridgeshire and Peterborough; discover the range of services they offer, how to access free information and advice and find out about the practical help to enable older people to maintain their independence, health and well-being. Please collect a free ticket from the Library.

**Knit and Natter** every Thursday from 2pm

**Café Club** meets at the library every Friday 9:30am - 12 noon for coffee, cake and conversation. Everyone is welcome.

**Yaxley Parish Council** drop-in sessions are on the first Tuesday of every month, 9:30am -12 noon. Your local parish councillor, June Willis, is available to assist with any parish enquiries or concerns you may have.

**Weekly yoga classes** run at the Library every Monday evening 7:30pm - 8:30pm. This is a private class with teacher Brian Appleyard. Contact tel: 01733 244642, email: bappleyard08@tiscali.co.uk

**HERE FOR YOU**

If you need help with applying for or renewing a bus pass or Blue Badge, we have weekly appointment slots available to assist you with this. Please come in and ask for further details, or call 0345 045 5225.

We always welcome new library members and it's free to join - just bring ID with your name and address. It only takes a few minutes to get your new library card.

Please do come and talk to us if you have any ideas or suggestions for your library.
Repeat Prescriptions

Repeat prescriptions may be requested online, in writing or by faxing (01733 244645). Written requests are left in the post box by Reception.

Please note it is Practice policy NOT to accept repeat prescription requests over the telephone due to safety concerns, as errors can be made when taking a verbal message.

SystmOnline is the quickest, easiest and safest way to request repeat prescriptions. If you would like to register for this service, please complete a registration form on our website (www.yaxleygp.nhs.uk) or speak to the reception team.

Repeat prescriptions require at least 48 hours to process, and possibly longer if you need to see or speak to a doctor to authorise a repeat. Requests may also be delayed if you have not attended for your annual routine monitoring, which is essential for us to continue safely prescribing you medication.

(Please note this does not include the time required for the Pharmacy of your choice to dispense the prescription. This can vary and sometimes could take up to 72 hours.)

Repeat prescriptions are not processed on Saturdays, Sundays or Bank Holidays.

Citizens Advice Peterborough (CAP)

If you need advice with Benefits, Debt, Loss of Job or Housing issues then Citizens Advice Peterborough can offer free independent, confidential, impartial advice. It’s available by appointment only. Appointments are now available at Lakeside Healthcare at Yaxley on Friday afternoons 1:45pm - 4:30pm

Ask at Reception for an appointment in the Citizens Advice Clinic

Staff

The following members of staff left us during August:
Sam Rouse, Clinical Administrator
Kate Whight, Diabetic Specialist Nurse
We wish them both well for the future

We are pleased to welcome Cassandra Trower, Clinical Administrator, Claire Eckersley, Receptionist and also a special welcome back to Tammy Colbrook to the Reception Team

Registrars

We were pleased to welcome Dr Cynthia Dzingina who joined us on the 1st August and will be with us for 12 months. She replaces Dr Oscar Onyebuchi-Iwudibia who left on the 31st July.
Hello! I'm Arvind Thandi the Practice Pharmacist at Yaxley. I'm supporting Alzheimer's Research UK by participating in the 'Running Down Dementia 2018' campaign this August.

The challenge is to complete a total run of 100 kilometres during the month of August. I've started off well and hope to exceed 100km by the end of the month.

Alzheimer's Research UK are a charity whose vision is, 'a world where people are free from fear, harm and heartbreak of dementia'.

My colleagues, friends and neighbours have been very generous in their support. So far I have raised over £300.

If you would like to support me in my challenge you can sponsor me online by visiting my fundraising page: https://runningdowndementia2018.everydayhero.com/uk/arvind

The Practice will be closed on Wednesdays 19th September, 17th October and 21st November 2018, between 12:30pm and 4pm

Emergency Telephone 01733 240478

Have you received good service today? Support your practice by leaving feedback on NHS choices

Your Community Needs You!

If you own a car, enjoy driving and helping people and have a few hours to spare a week then maybe you would consider becoming a volunteer driver for the North Hunts Community Car Scheme?

We would love you to join us, so call Dianne or Jennie on 07795 542084 to find out more.
Let’s Get Fruity Deer...
MAKE THE MOST OF THIS YEAR’S GLUT OF BLACKBERRIES

Despite the long drought, this year there is a real glut of blackberries. They’re already started to ripen several weeks early, and are big and juicy. Time to fill your freezer!

There are many familiar recipes - crumbles; pies; mixed with apples; jelly, jam etc, but here is one that proves that blackberries are not just a dessert.

VENISON WITH BLACKBERRY SAUCE

Fry venison steaks in a little olive oil (five minutes each side is recommended). Put aside to rest while you make the sauce:

Put 1 tablespoon of balsamic vinegar into the pan to loosen the brown bits. Pour in 150ml of beef stock, 2 tablespoons redcurrant jelly, 1 crushed garlic clove and 85gms blackberries. Stir on a high-ish heat until soft, then serve poured over the venison.

Perfect served with creamy mashed potato and a green vegetable such as broccoli.