Crowning Glory

Stilton Cheese-Rolling 2016
Celebrating HM the Queen’s 90th Birthday

High Street, Stilton - Monday May 2nd

Free admission! Fun starts at 10:30am

- May King & Queen
- Entertainment
- Cheese-Rolling

- Stalls and Sideshows
- Plenty of food and drink
- Music & Dance

Entry forms and directions on www.stilton.org/cheese-rolling
Be sure to tell our advertisers you found them in SCAN!

GREY BIN DAYS:
Monday 11th, 25th April, 9th May

Stilton GARDEN BIN AND RECYCLING DAYS:
Monday 4th, 18th April, Tuesday 9th May

Folksworth RECYCLING BIN DAYS:
Monday 4th, 18th April, Tuesday 3rd May

GARDEN BIN DAYS:
Tuesday 5th, 19th April, Wednesday 4th May

www.huntingdonshire.gov.uk/bins
Stilton will celebrate our Queen's 90th birthday at this year's Cheese Rolling festival. Entertainers will feature music and dance from these decades. Rolling teams are invited to dress up in costumes of their chosen period.

All the usual entertainment, stalls, rides, Café Royal etc. will be open from 10:30am on Monday, May 2nd. The May King and Queen, driven by Peter Tibbs in his pink Chevrolet, will arrive to be crowned by last year's 'Royal' couple.

We need more teams, of all ages and gender. The prize of a whole Stilton Cheese and a case of beer plus individual silver cups makes it very worthwhile. The winners of the junior competition are generously rewarded by the Stilton & District Twinning Association.

Booking forms for adult and junior team entries are in this issue of SCAN, and can be downloaded from www.stilton.org, where you will also find the booking form for stalls and side shows.

Over three months, December - February, every Sunday night Stilton Church was able to offer a hot meal, a warm and dry bed and an English breakfast for up to eight people who had nowhere else to go. Another six churches in the Peterborough area covered the rest of the week.

Over this time a total of 403 beds were provided for 39 guests (nine of them women), supported by over 250 volunteers from 27 different churches.

In Stilton, around 40 people volunteered to help in one way or another. 32 of them were on the rota drawn up to cover the period we were operating in the church, the others helped as cooks or in the administration of the scheme. Particular thanks go to Rachel Maltman who organized the rota while coping with a family bereavement and a young family, but she still did her stint 'sleeping' in the cold of Stilton Church.

Everyone involved found this a positive, even uplifting experience; the guests were interesting people, some in employment but unable to find accommodation. It was heartening to be told that, at the end of the project, 30 participants had accommodation not always permanent, but they were no longer on the street.

Olive Main, Volunteer breakfast cook!
Shop at CARESCO!

7 Greenways, Sawtry  01487 208026  shop@caresco.org.uk

Looking for a bargain?
- Lots of high-quality items always in stock
- New items arriving every day
- Score a bargain and support this popular and welcoming community care centre

Opening hours
Mon - Fri      9 - 4.30pm
Saturday     9 - 12.30pm
Sunday        Closed

Having a clear-out?
If you’re thinning out your wardrobe, or those unwanted Christmas presents that deserve a good home, why not donate them to the CARESCO charity shop?

Storage space is limited, so if you’ve got bulky items, or just lots of stuff to donate, call us first to make sure we’ve got room! Seasonal items particularly welcome.
On March 9th 2016 Peterborough City Council’s Planning Committee agreed to an outline planning application to build over 500 extra houses on land previously earmarked for employment (Roxhill). The Norman Cross Action Group, which comprises representatives from the local Parish Councils and District, City and County Councils, objected, not against the change to housing, but on grounds that highlighted the inappropriateness of this application at this time and the breaking of promises over the use of the Old Great North Road.

Our major objection was to the building of a huge housing estate on a greenfield site with no facilities except a one-form entry primary school; no shops, secondary school, doctors or other health services, pub, village hall, public transport etc. With no plans to start Great Haddon in the near future we foresee pressure on those services in the surrounding area.

There were no plans presented to show the final road layout, inside the development, or points of entry/exit. It is obvious that previous promises to greatly restrict the use of the Old Great North Road will be broken but there is no money available to improve the dangerous junction at the A15 by the Eagle monument. Indeed, the planners confidently predicted that residents would go south by first going north through the industrial area to the parkway! Secondary school children would be directed to Orton schools; they could walk or cycle, again through the industrial area with HGVs, and divert to the footbridge over the parkway, a trip of nearly a mile.

We left the meeting feeling sorry for anyone living here, but worse was to come. Two days later we were informed that the planners were minded to breach their own regulations by allowing the building of a distribution unit of 750,000 sq. metres and 23/24 metres high. The present limit for the proposed site is 15 metres. Also, this site is the one nearest the proposed residential area, separated only by a bund. Commercial sensitivities don’t allow the name of the firm nor the nature of its activities to be published.

Olive Main
On behalf of the Norman Cross Action Group March 2016

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Stilton Church
Coffee Morning

April 16th 2016
10am - noon

(Third Saturday in every month)
Local Government Boundary Commission

A review of the electoral arrangements of Huntingdonshire District Council is currently under way. The aim is to draw ward boundaries so that each councillor represents approximately the same number of voters, as well as reflecting the identities of local communities.

The period of consultation ends on April 14 and comments can be left on the website www.lgbce.org.uk. The present District Council size of 52 councillors is likely to stay the same. There is a similar review for the County Council.

It is proposed that we will become part of the Sawtry and Stilton Division with one councillor, not two as at present. This would include Folksworth, but Norman Cross would be part of Yaxley and Farcet. The next election will be May 2017. The number of councillors will fall from the present 69 to 61.

Yaxley Food Bank

Donations can be left in Stilton Church porch, open at service times and every:

- Tuesday 9:00 - 10:30am; 2:30 - 5:00pm
- Wednesday 6:00 - 7:00pm
- Friday 9:00 - 10:30am; 2:00 - 4:00pm

If you have difficulty in donating please ring 241114 to organise collection.

FOOD NEEDED

- Cereals
- Porridge
- Jam
- Tinned: meat, tuna, vegetables, soup, fruit, meat pies and puddings
- Sugar
- Rice
- Powdered potato
- Pasta sauces
- Crackers and biscuits
- Orange juice and squash
- Tea bags
- Instant coffee
- Long-life milk

Programme for 2016

Meetings take place in Oundle at 7:30pm

Friday 8 April 2016
Talk by Andy Chapman
- In search of Northampton Castle

Saturday, 16 April 2016
Quiz night
Glapthorn Village Hall

Friday 6 May 2016
Annual General Meeting
followed by a talk by Bob Hatton
- Recent archaeological work in the Welland Valley

Contact for further details: Olive Main (01733 241206) Transport available
Citizens Advice Peterborough is encouraging people over 50, with a defined contribution pension in Cambridgeshire to get to grips with their pension.

In free 45-minute sessions, guidance staff at their Pension Wise centres help people to understand their pension options in clear, easy to understand language. The guidance also covers any implications that choices have on people’s tax or benefits, as well as warning signs of a scam and where they can get further support.

The appointments are tailored to the individual, taking into account the value of their pension pot and their plans for retirement.

Keith Jones, Chief Executive Officer at Citizens Advice Peterborough said: ‘The world of pensions can be confusing. People can be put off by the numbers, the terminology, and the calculations involved.

‘Pension Wise is a free service which is here to help people make sense of their options. We offer face to face appointments across the county which are tailored to each individual, depending on their wants and needs for retirement.’

**HOW TO BOOK**

To book a face to face Pension Wise appointment call 01733 887922. Otherwise, you can visit your local Citizens Advice to book a face to face appointment for a later date.

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**Stilton Stumblers**

**Spring Itinerary**

<table>
<thead>
<tr>
<th>Date</th>
<th>Location</th>
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<tbody>
<tr>
<td>10 Apr</td>
<td>Manton</td>
</tr>
<tr>
<td>8 May</td>
<td>Waresley – Gransden</td>
</tr>
<tr>
<td>24 Apr</td>
<td>Thornhaugh</td>
</tr>
<tr>
<td>22 May</td>
<td>Old Weston &amp; Leighton Bromswold</td>
</tr>
</tbody>
</table>

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!
On the 10th of June, Stilton cyclist Matt Walsh, accompanied by 40 equally dedicated friends and colleagues, will set off on a two-day, 160-mile sponsored ride from the ABAX Stadium in Peterborough to the AJAX stadium in Amsterdam.

The group aims to raise donations in support of the Peterborough-based Free Kicks Foundation charity, whose aim is to provide football-related activities for ill, bereaved and disadvantaged children, to give them a day to remember with their favourite football club.

Matt told SCAN: ‘As a newbie to the sport this will be a challenge, but one I’m more than happy to take on for such a good cause.

‘Every penny you donate goes directly to the Free Kicks Foundation.’

DIG DEEP!

You can sponsor this heroic effort on Matt’s Just Giving website:
http://justgiving.com/matthew-walsh88
We are having a very busy half term so far at Stilton School!

First, after ten years at the school, we are saying goodbye to our Head Teacher, Annette Alexander; we wish her all the very best for the future. Mrs Charlotte MacLeod has been at the school as the interim Head Teacher and will now be appointed as our permanent Head Teacher from September.

The children have been learning about British Values; what it means to be British and what we have to be thankful for. Children have been learning about the Queen, the British monarchy and famous landmarks, as well as decorating the school and celebrating British food at lunchtimes.

Stilton School Gymnastic Club attended the Huntingdon gym competition. The team had been coming into school early in the mornings to practise, showing great commitment. Well done to the gymnastic team!

Eco-Councillors visited Ramsey Tesco, which is an Eco store. They took part in the Farm to Fork tour and went behind the scenes to see how the store uses solar power and recycled water. They then conducted a school assembly and shared what they had learnt.

Stilton School Netball Team had a great win this term when they played Eye Primary School. Great team spirit and determination saw them to victory; well done team!

We would like to extend a thank you to Wyevale Garden Centre and to Notcutts for donating a lovely variety of seeds to the school for the gardening groups to plant. We hope Stilton School will be blooming very soon.

The school are collecting Sainsbury's Active Kids Vouchers, so if you have any you would like to donate please send them into the school office; we really appreciate your support.

We are sad to report that we have had people coming onto the site in the evenings and weekends damaging school property. The school has installed additional CCTV in order to identify who is doing this. If you witness anyone on site please report the incident to the school or to the non-urgent police telephone service on 101. We would really appreciate your assistance.
Stilton & District Twinning Association presents

A WEEKEND IN FRANCE

17 - 19 June 2016

Join us in the attractive market town of

Saint-Omer

- Executive coach travel
- Two nights B+B in a pleasant three-star hotel in the town centre
- Sunday lunch at a gourmet restaurant

Pick-up from Stilton or Folksworth at 8:30 a.m. on Friday
Visit to the historic gin distillery at Houlle
Arrive Saint-Omer approx 6:30 pm
Friday evening and Saturday free in Saint-Omer
Return Stilton/Folksworth approx 10 pm on Sunday

£225 per person (twin/double room)
(£265 for single room)

Contact Audrey and Paul for details:
(01733) 241739 paul.springford@gmail.com
Spuds-u-Like
ENJOY THIS SEASON’S NEW POTATOES

We move away from the comfort food of winter to the early crops of new potatoes, rhubarb, asparagus, cauliflower, lamb and crabs. These tend to be more expensive ingredients but are worth the extra for a special occasion as most don't last long.

ABOUT JERSEY ROYAL NEW POTATOES

Like Stilton Cheese, these potatoes are name protected; they must be grown on the island of Jersey. There are 20 farmers growing Jersey Royals, some since the 1880s. The tubers are kidney shaped with very thin skins and have a distinctive taste said to come from the fertile Jersey soil.

For the first few days there is pleasure in eating the potatoes, scrubbed into boiling water for 10-12 minutes and served with butter and sea salt, but when the novelty wears off they can be made into finger snacks. Boil the potatoes until just done, plunge into cold water, then cut a cross in the top of each potato and put in a topping. Good choices are lumpfish roe, soured cream and cream cheese with herbs, mashed stilton cheese, or tuna and mayonnaise.

Twinning Diary Dates

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>2nd May</td>
<td>Sponsorship of Junior Cheese-Rolling</td>
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<tr>
<td>21st May</td>
<td>Race Night - see advert in this issue</td>
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<tr>
<td>17th - 19th June</td>
<td>Weekend visit to Saint-Omer - see advert in this issue</td>
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<tr>
<td>1st October</td>
<td>Quiz Night - watch for details!</td>
</tr>
<tr>
<td>22nd - 26th October</td>
<td>Group visit to St Christol - see advert in this issue</td>
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If you are interested in any of these events or in becoming involved in the Association please contact Chris Walford on 241376.

Funds raised by the Association provide for travel grants for young people on exchange visits to St Christol and activities here when groups visit from St Christol.
Bug Life

KEEPING THE PESTS OUT OF YOUR LAWN

Stilton Gardening and Natural History Club's last meeting enjoyed an entertaining and interesting presentation on how to look after a lawn. Particularly apt was instruction on dealing with pests that could attack the greensward, particularly chafer grubs and leather jackets.

CHAFER GRUBS

The larvae of chafer beetles have curved white fleshy bodies with light brown heads and they eat grass roots. Signs to look out for are yellow patches and lots of birds tearing up the turf to get to the grubs, so that the lawn becomes a churned-up mess. Cure is not easy; there is no insecticide available for amateurs so you have to employ a professional lawn specialist, or you can use a biological method and purchase nematodes in April or September.

LEATHERJACKETS

The larvae of crane flies, aka daddy longlegs. They eat the stem and root of the grass so the turf can be pulled up. Again, birds and wild life will flock in to feed on these delicacies along the edge of the lawns where the grass dies off. Leatherjackets can also burrow into potatoes. Nematodes are effective controls, but the birds will be your best friends.

Full advice on the Royal Horticultural Society website rhs.org.uk

Stilton Gardening and Natural History Club meets in the Church Meeting Room at 7:30pm on the third Tuesday of the month. Non-members pay £2, members £1. We have members from Folksworth, Yaxley, Stilton, and Denton.

Details from Olive main (241206)

Preparing for Summer

A DATE FOR YOUR DIARY

Friday July 1st 7:30pm
at the Norman Cross Gallery

Friends of Norman Cross and Stilton Gardening Club are proud to invite you to a talk by Twigs Way on Capability Brown.

Twigs Way is a distinguished garden writer and broadcaster who lives locally. She is an expert on Lancelot ‘Capability' Brown; the 300th anniversary of his birth falls this year.

Want to know more?
Visit: www.capabilitybrown.org/
Stilton Memorial Hall

Hiring Charges

- Hourly charge: £6.50 / hour (minimum 2 hours)
- Children’s party: £40
- Adult party/event: £65
- Commercial: £15 / hour (minimum 2 hours)

How to Book the Hall

To book the Hall, please contact the Booking Clerk, Sue Smith:
(01733) 240414 | oscarsue@live.co.uk | 07 522 601 459
or use the online booking form on www.stilton.org

If leaving a message, please provide a **LANDLINE PHONE NUMBER** and you will be contacted promptly. (It’s very expensive having to reply to lots of mobiles!)

If using email, please be sure to give us your **CORRECT** email address and check your spam box if you don’t receive a prompt reply.

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 or in the surrounding cemetery.

**FEES:**

<table>
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<tr>
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<th>All Day (9am - 6pm)</th>
<th>Evening (6:30 - 10:30pm)</th>
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<tr>
<td></td>
<td>£50</td>
<td>£25</td>
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<tr>
<td>Half Day</td>
<td>£25</td>
<td>A deposit of £50 is required when booking.</td>
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</table>
It's now six months since Folklore was incorporated into SCAN. We hope you are enjoying having a regular newsletter and we would like to thank the production team for making this happen.

WE NEED YOUR STORIES!

Now we have got into the swing of things, we'd like even more contributions, not only from Folksworth but also from Washingley, Morborne, Norman Cross, Caldecote and Denton. Please email Sarah Abbott on abbottsarahj@hotmail.co.uk with your news and stories, or call her on 247275.

PROMOTE YOUR BUSINESS

Printing costs are currently paid for out of the funds left over from Folklore. Going forward, we need to ensure that there is sufficient income from advertising to cover costs. Advertising in SCAN is a cost-effective way to reach a large number of readers. If you're a local business interested in advertising, just visit the Advertising in SCAN page on www.stilton.org. Lots of useful information and an online order form.

PUTTING IT ABOUT

Finally, Joy would like to thank everyone who has helped with distribution.

Julie & Sandra - Washingley;
Marjorie - Norman Cross;
Wendy - Denton;
Nikki - Morborne;
Annette - Townsend Way;
Trudy - Manor Road;
Chris - All other roads.

Ladies Circle

At February’s meeting our resident First Responder gave a very informative talk on his work, which is all voluntary. We gave our thanks and a donation to this good cause, which has been used recently by at least one resident in Folksworth.

In March we hope to show our flower-arranging skills. April will be a talk from Andy Heaps on his business of Pickles and Jam making; he will be bringing tasters and plenty of jars for us to purchase.

We meet the 4th Tuesday of the month in Folksworth Village Hall at 7:30pm. All are welcome to come along.

Did You Know?

In 1981 the children at Folksworth school produced a study of the village. Here is what the children had to say about gravestones:

‘On some gravestones and headstones it might say the letters RIP, which stand for the latin requiescat in pace, meaning may the dead person rest in peace. Tombstones are for people like abbots, lords and ladies. Sometimes a person is buried underground and sometimes in the tomb. Tombstones can be tall, wide, long, short or narrow; it all depends on how the person is.’
On Tuesday 1st March 2016, Folksworth lost its oldest resident when Jan Wilkinson slipped away, peacefully, in hospital four days after her 95th birthday, writes Jean Thompson.

She had lived on Hawthorn Road for over thirty years and had established herself as one of the ‘characters’ of the locality. Born in Cheshire, she had three siblings, all of whom predeceased her.

Having completed training as a nurse, Jan served at hospitals in the UK and Bermuda, where her husband John pursued his career in teaching. They had two daughters and gradually the family circle grew. At the time of her passing, Jan was the proud grandmother of five grand-daughters and one grandson, and the adoring great-grandmother of six great-grandchildren. Her substance was not in extreme wealth or worldly possessions but in boundless love given to and received from her family.

Well into her eighties, Jan was always to the fore in village organisations, including the local branch of the WI (subsequently replaced by The Ladies' Circle), The Evergreens and The Art Club. She took part in each with great enthusiasm and was not afraid to speak her mind. Underneath a sometimes stern exterior there lay a caring heart and a mischievous sense of humour. On the occasion of our Queen's Golden Jubilee Jan had the honour of presenting commemorative beakers to the young people of the village. It was a miserable day and when asked if she would like a cup of tea she said she felt that a tot of whiskey would be a better idea! Needless to say a cup of tea was provided as it didn't seem appropriate to have the Guest of Honour breathing alcohol fumes over the children! This lady of many talents loved gardening and excelled at cooking and baking - her lemon drizzle cake and scones were to die for! Rugby Union was another of her passions; it was a brave person who phoned her when an international match was on tv as the reception was decidedly frosty and conversation short and to the point.

Our first meeting with Jan was at St. Helen's Church where she was a regular worshipper. Wilson and I were on holiday visiting our family in Folksworth and went to church as always. At the end of the service Jan welcomed us warmly and invited me to The Ladies' Circle meeting the following week. This was the beginning of a friendship which made our transition from city life in Ireland to village life in this community an enjoyable, rather than daunting, experience.

That was Jan; she made friendships which lasted a lifetime. Wilson and I are privileged to have shared life with her for almost 25 years. On behalf of all her friends within this Parish, I extend deepest sympathy to Sarah, Sheila, Robert, Steve and the extended family on their irreplaceable loss. When friends were leaving Jan, she would inevitably say ‘You won't forget me, will you?’ Now that she has left us, we can honestly say ‘No, never.’
The Balancing Pond in Elm Road overflowed during the recent rains. Thanks to all who phoned to report this. Cambs County Council sent out Skanska to have a look at the flow and Anglian Water Authority have checked the flow unit. All appears to be working well but obviously it could not cope with the volume on that particular day.

**SLOW DOWN**

Cllr Gordon Fenwick continues to work with County Councillor Mac McGuire in an effort to get the speed limit at Washingley reduced from 60 to 40 mph. This is not an easy process and we do need evidence to support our claim that the current speed limit is dangerous. If anyone has any information or has been involved in incidents on this road, particularly at the Bullock Road crossroads, please let me know. Thanks to all who have responded so far.

Our bid to Cambs CC, for the narrowed entrances into the village to try to alleviate the problem we have with HGVs, was unsuccessful. Councillors are now working with County Cllr McGuire to implement a weight restriction throughout the village.

**PARISH MEETING**

The Annual Parish Meeting will be held at the Village Hall on Tuesday, May 10th at 7:30pm. This is an opportunity for parishioners on the Electoral Roll for Folksworth & Washingley to raise any matters of concern to them that relate to their local community. It would be helpful to have written notice of any matters to be raised, but it is not essential; Matters can be raised at the meeting without prior notice. For any queries please contact me.

**JOIN THE PARISH COUNCIL**

Please get in touch with me if you require any information at all about the Parish Council. I am happy to help in any way I can. Parish Council meetings are held on the third Tuesday of each month and Agendas and Minutes are placed on the notice boards and on the website. We currently have two vacancies on the Council. For more information on this please get in touch.

*Jackie Stanbridge*  
*Clerk to the Council/RFO*

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**Contributors!**

We want your material for Folklore!  
Email to Sarah Abbott at abottssarahj@hotmail.co.uk
We are looking forward to our new Incumbent, Rev. Richard Gibbs, joining us in May. Richard's Licensing service will be at 7:30pm on Tuesday 10th May in Elton Church.

Richard began his ministry in Southport as Vicar in 2012. He is married to Sue and they have three girls: Emily, Anna and Isabel. Prior to ordination, Richard worked for a magazine printer. His last role was to start a new church in Banks called The Church at the Centre, which was built on the vision of building relationships with non-church families connected with a church school.

Richard's hobbies include playing various musical instruments and golf.

On Saturday 14th May, Richard will be leading a pilgrimage walk across the parishes, starting at Elton and finishing at Stilton for tea. There will also be a garden party hosted by Richard and Sue for the Folksworth congregation on Saturday 21st May. If anyone would like to help in organising this then please contact David Ellis on 07880 784 859.

**Church Notices**

**SECRETARY REQUIRED**

Folksworth St Helens is looking for a PCC Secretary; please speak to John Blackman, David Ellis or Tony Haddock if you would like more details.

**ANNUAL GENERAL MEETING**

St Helen's AGM will be held after our Service on 24th April. Anyone wishing to join Folksworth's electoral roll please contact Dru Draper on 01733 242790 by 7th April.

**NEW SERVICE TIMES**

Please note that our Church services will commence at 9:30am from May onwards, but Family Folkus in the school hall on the first Sunday of each month will remain at 10am.
Free Shopping Bus
TRY A FOOD SHOP IN Oundle FOR A CHANGE

Readers who fancy a change from food shopping at Tesco or Nisa may welcome a new shuttle bus service operated for the Co-op at Oundle. Decker Bus will stop in Stilton every Thursday morning as follows:

09:45 Church Close bus stop
09:47 Colbrook Garage
09:50 Opposite Stilton Cheese
09:52 Mill Road bus stop

Apparently it will even stop if you hail it, so don’t run to the bus stop!

The bus arrives in Oundle for 10:45 and departs at 12:15pm. Plenty of time for some shopping at the Co-op or a browse around the Thursday Farmers’ Market!

Even better, the service is FREE! If you have any queries, call (01733) 351694.

Movers & Shakers
FOLKSWORTH PARISH COUNCILLORS

Mark Randall (Chairman)
4 Castel Way
Folksworth PE7 3TX
01733 248202

Lisa Blackman
(Vice Chairman)
Sheep Lair Farm
Folksworth Road
Norman Cross PE7 3SP
07919 366465

Alison Brown
37 Manor Road
Folksworth PE7 3SU
01733 240501

Patrick Clarke
16 Townsend Way
PE7 3TU
01733 241860

Gordon Fenwick
3 Bullock Road
Washingley PE7 3SH

Judith Ford
10 Chervil Close
Folksworth PE7 3SZ
01733 240440

Richard Soper
83 Elm Road
Folksworth PE7 3SX
01733 719638

District Councillor
Rita Matthews
52 Townsend Way
Folksworth PE7 3TU
01733 244169

Free Shopping Bus
TRY A FOOD SHOP IN OUNDLE FOR A CHANGE
HUNTINGDONSHIRE
ASSOCIATION FOR
COMMUNITY TRANSPORT
The Ring & Ride service for the Huntingdonshire area
Monday – Peterborough
Tuesday – Peterborough
Wednesday – Huntingdon
Thursday – Peterborough
Friday – Stamford
Monthly – Corby, Bar Hill, St Neots, Morrisons at Cambourne
Door-to-door transport. FREE with bus pass!
Unlimited use. Membership only £10 per year.
You can bring shopping trolleys and wheelchairs.
They also offer day trips (coastal and shopping) and pub lunches!
01480 411114 www.hact-cambs.co.uk www.facebook.com/hact.transport

Improve Your Piano Skills and Enjoy Your Playing!
Beginners welcome!
Margaret Parsons Tel: (01733) 243352

Stilton Parish Council
Clerk: Mrs. Mary Croll
10 Caldecote Road, Stilton
Peterborough, PE7 3RH
Tel: 01733 241042
Email: stiltonpc@yahoo.co.uk

PLAYING FIELD CLOSED
Under the Health and Safety act 1974 the playing field will be CLOSED UNTIL FURTHER NOTICE to enable essential maintenance work to be undertaken to improve the playing field surface.
By Order of the Parish Council
Mary Croll, Clerk to Stilton Parish Council
On Thursday 7th April we are joined by author Rebecca Neal for stories and crafts from her book *The Perfect Pond*. The session runs from 10:30-1:30am and costs just 50p per child; accompanying adults free. Tickets are available now from Yaxley Library.

**EngAge IN THE AFTERNOON**

The April EngAge event is an Arts & Crafts Reminiscence session, on Wednesday 20th April at 2pm. Free entry; tickets available from Yaxley Library (limited availability).

**GET TECH SAVVY**

Do you need help with Computer Basics or researching Family History?

Are you new to computers? Would you benefit from one-to-one assistance with computer basics? Our Computer Buddy can offer FREE basic help to beginners and our Family History Volunteer can help you get started with tracing your ancestors. Please ask a member of library staff for more information.

**ARTS ALIVE IN LIBRARIES**

The next Arts Alive event is a screening of *A Walk in the Woods* on Saturday 16th April at 7:30pm. Tickets are now on sale in Yaxley Library for £5, which includes light refreshments.

**RHYMETIME AND STORYTIME**

Rhymetime (for babies aged 0-18 months) runs every Friday 10:30-11am during term time. Storytime (for children aged 18 months - 5 years) will be held Tuesdays 12th and 26th April from 10:30am-11am.

**BOOK & BISCUIT STORYCLUB**

The next Book & Biscuit story club (for children aged 4-7 years) has a theme of *Springtime Surprises* and will be held on Tuesday 12th April from 3:30-4:15pm. Come along and join in our session of stories and activities.
Volunteer - Save a Life!
VOLUNTEERING FOR CAMBS FIRE AND RESCUE SERVICE

Would you like to help your community stay safe and learn more about fire safety?

Cambs Fire & Rescue Service are looking for volunteers in this area to join their successful Community Champion scheme.

Community Champions encourage local residents to carry out fire safety checks in their homes, visit community groups and educate about fire safety and escape plans.

CFRS will train you, give you a uniform and provide you with a wide range of activities to choose from, all of which will help to keep our communities safe from the risk of fire.

Local charity Groundwork coordinates the Community Champion Scheme on behalf of CFRS. Anyone interested in becoming a Community Champion should call Katie Dean on 01480 587140 / 07736 132870 or email katie.dean@groundwork.org.uk.

And don’t forget to test your smoke alarm – and that of elderly relatives – by pressing the ‘test’ button on the device. To find out if you are eligible for a free home fire safety check, call 0800 917 99 94.

CONTACT

Follow CFRS on social media, visit www.cambsfire.gov.uk or call 01480 444500.

Yaxley Library
OPENING TIMES

Mon  3:00 - 7:00
Tue  9:30 - 5:00
Wed  CLOSED
Thu  9:30 - 5:00
Fri  9:30 - 1:30
Sat  9:30 - 1:30

Renewals & enquiries:
(0345) 045 5225
www.cambridgeshire.gov.uk/library

Mobile Library
Wed 27 April

Folksworth
10:45 - 11am
Elm Road

Stilton
3:10 - 4pm
Outside The Talbot

Route M24

Be sure to tell our advertisers you found them in SCAN!
Thanks as ever to the team at SCAN for allowing me to report on some of the matters I have been dealing with on behalf of local residents.

**LITTER AND FLY-TIPPING**

The District Council responded to my requests to clear the litter on some of the roads just outside the village; it was particularly bad along both sides of Caldecote Hill. They have also followed up on my reports of fly-tipping on the side of the road near turnings into Caldecote and Denton, and out towards Washingley.

**DOG FOULING**

The District Council were also quick to act on my reports of dog fouling in the village earlier this year. Unfortunately within days of the council clear-up there were new doggy deposits which I and other residents cleared up ourselves.

I have recently contacted the District Council again to ask for the cleansing team to make a return visit to Stilton to tackle the dog fouling on the High Street near the Sports Field and the footpath between Manor Road and North Street. Unfortunately dog fouling seems to be a continual problem but I will continue to work with residents and the Parish Council to try and tackle it.

**SPEEDING**

I recently spent some time with the Community SpeedWatch team in Holme, including observing the training offered to new recruits and seeing SpeedWatch in operation. I was impressed by what I saw and will continue to work with the Parish Council to set up a trial scheme in Stilton.

**PARKING**

Parking continues to be an issue in our village, most of which was built when no one could imagined the amount of traffic we have now.

Recently I've been contacted about vehicles fully or partially blocking pavements so that anyone with a buggy or wheelchair can't get past. I've also been approached about vans and larger vehicles being parked in a way which potentially makes access difficult for emergency vehicles.

I have made the Police aware of residents' concerns.

**STREET LAMP ON THE FOOTPATH BETWEEN MANOR ROAD AND GALA CLOSE**

I am pleased that the work that County Councillor Mac McGuire and I have put into getting this sorted has finally paid off.
The new street lamp has been installed and I have chased up the County Council's contractors to get the old one removed.

**FOOTPATH AND ROAD SURFACES**

One of the things I enjoy about being our village's District Councillor is seeing a problem and getting it sorted. Some of the things I have managed to get sorted since my last report are listed below:

- Following up a resident's report of damage to an area of the footpath alongside the Apreece Way green, reporting to the County Council and seeing it repaired the same day.

- I also reported the damage caused by roots to the footpath which runs between Church Street and Cooper Thornhill Road near the school, and the incomplete repairs to pavement damage in Glebe Road (near the junction with Church Close.) Work on both of these has taken place.

- After my reports to the County Council, I was able to have a site meeting with their local Highways Officer and one of the Parish Councillors to look at other issues in the village. The damaged double yellow lines and the white lines near the shops have been marked up to be renewed. Repairs have been made to some of the damaged road surface in Church Street, including the layby near the school, the entrance to the cemetery and the area of sunken road, including the drain grate, near the junction of Church Street and Manor Road. I have recently reported the pothole which has appeared in the High Street near The Bell.

**CCTV**

I was also pleased to arrange a visit to the District Council's CCTV control room for members of Stilton Parish Council.

**CONTACT**

To raise any local issue please either email me via tim.alban@huntingdonshire.gov.uk or call me on 07913 101145. You can also follow me on Twitter @tim4stiltonward or facebook.com/TimAlbanForStiltonWard.

**Dog Fouling**

**THE LATEST**

Stilton Parish Council agreed with District Councillor Tim Alban that some new, perhaps more eye-catching notices, would be helpful. However, we have been told that to place notices on the new lamp posts needs permission from Balfour Beatty who will charge £6.16 per notice to inspect each proposed site and then £28.99 per notice when putting up each unit and £28.99 per notice when one is taken down.

We will investigate the legality of signs on private land e.g. the ash tree in my garden.

*Olive Main*

*Chair, Stilton Parish Council*
**Accessing Adult Social Care**

Social care is provided to people who have been assessed as having substantial or critical support needs with personal care, getting meals, managing medication and staying safe.

Social care is personal and practical support to help people live their lives by supporting them to maintain their independence and dignity and ensuring they have choice and control over the support they receive. Many people don't think about social care until they or someone they know need support, and then find they are unsure about where to find information or how to access the services they need.

Adult social care customer services are the initial point of contact for all social care enquiries. The trained staff know about the services available and can offer advice on who else may be able to help. Call them on 0345 045 5202. You can also find out more about adult social care in Cambridgeshire on the website below.

If you think you may need help with mental health issues you should contact your GP in the first instance.

[www.yourlifeyourchoice.org.uk](http://www.yourlifeyourchoice.org.uk)

---

**Yaxley Singers**

If you enjoy singing - anything from classical to jazz, religious, secular, songs from the shows etc - then come along at 7:30 - 9pm on Wednesdays to Yaxley Methodist Church, Main Street, Yaxley. You don't have to read music.

We give informal concerts around the area to church groups, ladies groups, charity events and care homes. We are now preparing for our annual Christmas concert in Yaxley Methodist Church, which will include old favourites and new songs, with audience participation!

If you want to know more, ring Mary Croll (241042) or Olive Main (241206). Transport from Stilton is usually available.

---

Be sure to tell our advertisers you found them in **SCAN!**
Stilton & District Twinning Association

Race Night

Saturday 21st May 2016
Stilton School Hall

Doors open 7:00pm / First race 7:30pm

Tickets £7.50
(Includes Ploughman's Supper & Homemade Dessert)
Bring Your Own Drink

A great night out!
Might be for you...

Contact:  Ian & Hazel Parmenter 243056
Chris Walford 241376
Paul & Audrey Springford 241739

Be sure to tell our advertisers you found them in SCAN!
<table>
<thead>
<tr>
<th>MTWTFS</th>
<th>WHAT</th>
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<tbody>
<tr>
<td>TINIES</td>
<td>Toddler's Dance</td>
<td>9:15am</td>
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<tr>
<td></td>
<td>Playgroup (Stilton)</td>
<td>9 - 11:45 &amp; 1 - 3pm</td>
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<td>Playgroup (Folksworth)</td>
<td>10 - 11:30am</td>
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<td></td>
<td>Beavers</td>
<td>6 - 7:15pm</td>
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<td>1st Stilton Brownies</td>
<td>6:15 - 8pm</td>
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<td>Stilton Rainbows</td>
<td>5:15 - 6:15pm</td>
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<td>Folksworth Brownies</td>
<td>6:30 - 7:45pm</td>
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<td>1st Folksworth Rainbows</td>
<td>5:30 - 6:30pm</td>
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<td>Guides</td>
<td>6 - 7:30pm</td>
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<td>Stilton United Colts</td>
<td>KO 10am</td>
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<td></td>
<td>Parish Council</td>
<td>2nd Tuesday 7:30pm</td>
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<td></td>
<td>Sewing Group</td>
<td>2:30 - 5pm</td>
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<td>Over 60's Club</td>
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<td>Holy Communion</td>
<td>1st &amp; 3rd Sun 11:00am</td>
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<td></td>
<td>Holy Communion</td>
<td>2nd &amp; 4th Sun 8:00am</td>
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<td>LinCup (Café style worship)</td>
<td>2nd Sun 11am</td>
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<td>Elevenses with God</td>
<td>4th Sunday 11:00am</td>
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<td>Linking Hands (mums)</td>
<td>9am</td>
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<td>Crossover (Y6)</td>
<td>6 - 7pm in term time</td>
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<td></td>
<td>Men's Prayer Breakfast</td>
<td>8am 2nd Saturday in month</td>
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<td></td>
<td>Holy Communion (soup lunch)</td>
<td>1st Wednesday 12:30-1:30</td>
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<td>Church Choir</td>
<td>2nd &amp; 4th Thursday, 7:30pm</td>
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<td></td>
<td>Prayer Focus</td>
<td>8am</td>
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<td>ADULTS</td>
<td>Stilton Gardening Club</td>
<td>3rd Tues 7:30pm</td>
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<td></td>
<td>Pilates</td>
<td>9:30-10:30; 10:30-11:30am</td>
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<td></td>
<td>Stilton Indoor Bowls</td>
<td>2pm Mon, 7pm Thu, 7:30pm</td>
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<td></td>
<td>Band</td>
<td>8 - 9:35pm</td>
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<td>Judo</td>
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<td></td>
<td>Yoga</td>
<td>6 - 7pm</td>
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<td></td>
<td>Stilton United FC</td>
<td>3:00pm kick-off</td>
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<td></td>
<td>Taoist Tai Chi</td>
<td>7:30pm</td>
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<td></td>
<td>Folksworth Art Club</td>
<td>12:30-4:30pm</td>
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<td></td>
<td>Folksworth Ladies' Circle</td>
<td>4th Tuesday, 7:30pm</td>
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<td></td>
<td>Yaxley Flower Club</td>
<td>3rd Thursday, 7:30pm</td>
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<td></td>
<td>Stilton Stumblers (walking group)</td>
<td>Alternate Sundays 10:00am</td>
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<tr>
<td>LEISURE</td>
<td>Mobile Library</td>
<td>3:10 - 4pm (4th Wed in month)</td>
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<td></td>
<td>Age Well Club</td>
<td>10 - 11:45am</td>
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<td></td>
<td>Carers' Group</td>
<td>1st Weds, 2 - 4 pm</td>
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<td>Sawtry Day Centre</td>
<td>10am - 2:30pm</td>
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<td></td>
<td>Sawtry Friendship Club</td>
<td>10:30am - 1:30pm</td>
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</tbody>
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WHERE

Church Meeting Room
Playgroup
Folksworth Village Hall

Folksworth Village Hall
Memorial Hall
Memorial Hall
Folksworth Village Hall
Folksworth Village Hall
Memorial Hall
Stilton Playing Field

Parish Room
Church Meeting Room
Church Meeting Room

St Mary Magdalene
St Mary Magdalene
St Mary Magdalene
Church Meeting Room
Church Meeting Room
Church Meeting Room
St Mary Magdalene
Church Meeting Room
St Mary Magdalene

Church Meeting Room
Memorial Hall
Memorial Hall
Memorial Hall
Memorial Hall

Austin Hall, Main Street, Yaxley
Folksworth Village Hall
Folksworth Village Hall
Yaxley British Legion
Meet at the Pump

Outside The Talbot
Yaxley Health Centre
Yaxley Health Centre
CARESCO
CARESCO

WHO

Michelle Pratt
Leslie Kirk
Amy Pickstone
Niki Wilson
Jen Walton
Sandra Waldrin-Walker
Annette Gedney
Julie Quy
Carol Warren

Mrs Croll
Pat Maltman
Sylvia Ward
Irene Goldsmith
Stuart Reed
Irene Goldsmith
Stuart Reed
Irene Goldsmith
Pat Maltman
Nigel Rosbrook
Doug Maltman
Pat Maltman
Stuart Reed

Olive Main
Vicky Leschallas
Scott Sherrington
Brian Bowen
Simon Trowbridge
Brian Appleyard
Glen Woolner
Alex Weyman
Cherry Hadley
Yvonne Wagstaff
Shirley Gregory

CALL

07906 114942
247682
07979 777731
07971 558927
01487 832114
661255
244442
243026
(07508) 502534
229130
242229
242457
244229
241114
244229
241114
244229
242229
246396
242229
242229
241114
241206
01487 831644
242409
241310
07894 552198
244642
07771 784643
01480 413353
242428
244258
243370
246209

Date? Tell SCAN about your activities!

Be sure to tell our advertisers you found them in SCAN!
Stilton and District Twinning Association
St Christol les Ales Twinning Association

Group Visit to St Christol
22 - 26 October 2016

Invitation

The St Christol Twinning Association has kindly invited a group of up to 25 from Stilton and District to visit St Christol. The group will be a mix of adults and young people.

Whilst there we will enjoy a great programme. You will be wonderfully hosted, including, of course, excellent wine and food.

The flight will be from Luton to Nîmes with Ryanair to be booked personally once your being part of the group is confirmed. Participants can make their own travel arrangements by train or car if they wish.

Those taking part will be hosted by St Christol families. The only cost will be the return journey. Flights from Luton to Nîmes on these dates are currently £110. A travel grant, of up to 50% of flight costs, is available to young people in full-time education. There are local hotels, if you prefer, at your personal cost.

If you are interested contact Chris on 241376 or email: clstilton@btinternet.com

We look forward to hearing from you.

St Christol les Alès is in the department of Gard on the edge of the beautiful hills of the Cevennes. It is situated 30 km NE of the Roman town of Nîmes and 4km from Alès, the capital of the Cevennes region. You can see more details on the Twinning link on the Stilton village web site www.stilton.org.
Krazy Katz Funhouse

Every Thursday • 9.30am to 12.00pm
Every Saturday • 8.30am to 11.30am

Sociable indoor soft play session for parents and under 6's.
There will be a variety of soft play equipment, bouncy castle and a ball pool for children to play in a safe environment.

Tea, coffee and a variety of treats also available.

£1 per child

Green End Road, Sawtry PE28 5UY
Tel: 01480 387800
www.oneleisure.net
Thank you to all who took part in our recent survey regarding online services. We were pleased to receive lots of positive comments regarding the online appointment booking and repeat medication requesting systems which we offer. Both these services have been available to patients for a number of years now but we were surprised that some patients were still unaware of them.

If you are not currently signed up to use these services but would like to do so please speak to a member of our Reception Team who will be pleased to assist you.

**CHOOSE WELL**

Cambridgeshire and Peterborough Clinical Commissioning Group offer a range of services throughout the local area. You can access lots of information to help you decide when it is appropriate to seek help on the NHS Choices website - www.nhs.uk. To make sure you get the right treatment and help us to manage NHS resources please make sure that you Choose Well:

Self-Care - Many minor conditions (cold, cough, headache, sore throat, cuts and grazes, bumps and bruises, indigestion, diarrhoea) you can treat at home with your medicine cupboard and plenty of rest.

NHS 111 - Call 111 (available 24/7) if you need medical help or advice urgently but it's not a life-threatening situation.

Local Pharmacy - Your local pharmacy can provide confidential, expert advice and treatment for a range of common illnesses and complaints.

GP Surgery - We provide you with a wide range of family health services including diagnosis, treatment and management and prevention of health conditions. We also provide a minor injury service during practice opening hours suitable for cuts, burns, falls, sprains and strains, foreign bodies, etc.

GP Out of Hours Service - If you require urgent GP care when the surgery is closed please call the practice as per usual, or call NHS 111, to be directed accordingly.

A&E Department / 999 - You should only go to A&E or call 999 when it is a critical or life-threatening emergency.

**PLEA TO PATIENTS**

Please do let us know if you have booked an appointment but subsequently find, for whatever reason, that you are unable to attend. During February, 51 GP appointments and 80 nurse appointments were booked but not attended. These are appointments that could have been offered to other patients if they had been cancelled.

Best Regards,

Mrs Claire Wright, Practice Manager
STILTON CHEESE ROLLING 2016
JUNIOR CHAMPIONSHIPS
Sponsored by Stilton & District Twinning Assn

RULES:
1. Competitors must be between 8 and 13 years of age
2. The age difference between team members must not exceed 3 years
3. Teams will be made up of 4 young people and may be all boys, all girls, or mixed.
4. All competitors MUST cover arms and legs; suitable protective gloves must also be worn.
5. The rules of Cheese Rolling apply
6. The referee’s decision is always final
7. The competition will be limited to 8 teams, on a “first come, first served” basis.
8. There will be a prize for the best-dressed team and a prize for the winning team.
9. Parental permission for EACH team member must accompany this entry form. (Use form overleaf)

ENTRY FORM

Team Name: ..........................................................................................................................

Team Members: 1 .............................................................................................................
2 .................................................................................................................................
3 .................................................................................................................................
4 .................................................................................................................................

Contact Name: ..................................................................................................................

Address: ...........................................................................................................................

Tel No: ..............................................................................................................................

Parental permission

All participants in Cheese Rolling do so at their own risk and Stilton Community Association accepts no liability for any accidental injury arising

Be sure to tell our advertisers you found them in SCAN!
STILTON CHEESE ROLLING 2016
Junior Participant Parental Consent Form

To be completed and returned for EVERY participant under the age of 16 years

I hereby give permission for .................................................................
to take part in the Cheese-Rolling Championship on May 2\textsuperscript{nd} 2016

Name: .................................................................
Address: ................................................................. Signed: .................................................................

................................................................. Date: .................................................................

This form must be returned with the relevant Team Entry Form to:
Olive Main, 8 Caldecote Rd, Stilton.

Teams will NOT be allowed to compete unless a consent form has been received for EVERY member under the age of 16yrs (Senior OR Junior teams.)
STILTON CHEESE ROLLING 2016

SENIOR CHAMPIONSHIPS

RULES:

1. Teams will consist of 4 members including the captain
2. Teams will be all male or all female
3. No one under the age of 14 yrs may be included in a team; participants under the age of 16 yrs MUST provide a completed Parental Consent form
4. Cheeses must be rolled by hand; no kicking, throwing or picking up of the cheese is allowed and teams MUST keep to their allotted lanes.
5. Each team member MUST roll the cheese at least once during the race.
6. The first cheese to strike the end boards of the course wins.
7. The referee’s decision is always final.
8. Teams must report to the control tent by 11:00am

ENTRY FORM

Team Name: .................................................................

Team Members: 1 .................................................................
2 .................................................................
3 .................................................................
4 .................................................................

Contact Name: .................................................................

Address: .................................................................
.................................................................

Tel No: .................................................................

Under-16 permission?

Entry form and fee of £5 per team (payable to STILTON COMMUNITY ASSOCIATION) to Race Controller: Mrs O Main, 8 Caldecote Rd, Stilton, Peterborough PE7 3RH Fees will be refunded to teams in fancy dress.

All participants in Cheese Rolling do so at their own risk and Stilton Community Association accepts no liability for any accidental injury arising.
Stilton Cheese Rolling 2016
Junior Participant Parental Consent Form
To be completed and returned for EVERY participant under the age of 16 years

I hereby give permission for .................................................................
to take part in the Cheese-Rolling Championship on May 2nd 2016

Name: ..............................................
Address..............................................  Signed: ..............................................
......................................................  Date: ..............................................

This form must be returned with the relevant Team Entry Form to:
Olive Main, 8 Caldecote Rd, Stilton.

Teams will NOT be allowed to compete unless a consent form has been
received for EVERY member under the age of 16yrs (Senior OR Junior teams.)
Stilton Community Association
World Stilton Cheese Rolling Championships
Monday 2nd May 2016

Stall Booking Form

Each pitch is 10 feet long. Charity stalls are £10 per 10 feet.
Professional/private stalls are £20 per 10 feet.
Hot food stalls are £50
(only six will be allowed and must have food hygiene certificate/insurance).

Please send fee (which is non-refundable) with booking form to Carol Warren, Stilton Community Association, 3 Stanch Hill Road, Sawtry, Huntingdon PE28 5XG. Cheques made payable to Stilton Community Association.

If you need a vehicle next to your stall (e.g. for a generator) or a safety space around a fairground stall, please write this on your booking form. You will not be charged for this space; I just need to know so that everything fits in safely.

Please note: no live prizes are allowed e.g. fish

The first batch of pitches will be allocated at the end of March. The street plans will be sent out at the end of April.

Any questions please phone 07508 502534 or e-mail carolwarren_uk@yahoo.com

Name/Organisation
........................................................................................................................................
Address ..................................................................................................................................
...........................................................................................................................................
...........................................................................................................................................
Tel: ..........................................
E-Mail: ......................................

Type of stall: ..........................................................................................................................
Length of stall: ........ feet Width of stall: ........ feet
Extra safety space: length [none] ........ feet width [none] ........ feet
Extra vehicle space: length [none] ........ feet width [none] ........ feet
Yaxley Group Practice
(01733) 240478

EConsult
CONSULT YOUR DOCTOR ONLINE

This is a quick and easy way to obtain reliable advice or to consult a doctor.

How does it work?
1. Visit our www.yaxleygp.nhs.uk and click the ‘Consult Online’ button, which is located on the home page
2. Find your health condition and fill out a simple online questionnaire
3. You will either be given reliable advice or a GP will get back to you with feedback and treatment options.

The eConsult system is operational on our website 24x7, but please note that the surgery is not open every day, therefore we will only be able to respond to you during the working week.

New Partner

From the beginning of May we will have a new Partner, Dr. Stephanie Betts-Masters, who will join the team. The practice is delighted to welcome her back as she did some of her GP training with us when she was Dr. Stephanie Wills.

Blood Pressure
HOW BLOOD PRESSURE WORKS

As your heart beats, it pumps blood around your body so that your muscles can get all the energy and oxygen that they need. To do this, your heart pushes your blood through a network of blood vessels and arteries. As the blood travels through the arteries it pushes against the sides of these blood vessels and the strength of this pushing is called your blood pressure.

HIGH, LOW, NORMAL BP

Generally, the lower your blood pressure reading the healthier you are as long as you are not getting symptoms like faintness. Blood pressure usually ranges between 90-250 for the top or maximum number (systolic) and 60-140 for the bottom or minimum number (diastolic). Because the risk of heart attack and stroke goes up as a person's blood pressure rises it is important to control high blood pressure, even though it usually doesn't cause any symptoms when it is raised.

HOW CAN I HELP MY BLOOD PRESSURE?

There are a few ways you can improve or help maintain a healthy blood pressure:
- Reduce alcohol units
- Stop smoking
- Reduce salt intake (ideally 6gm of salt per day)
- Cut out fatty/processed foods
- Lose weight
- Do more exercise
- Be active
- Eat more fruit/veg
- Reduce sugar intake
It is a good idea to keep a regular check on your blood pressure. If your blood pressure is normal and you have no other conditions which may affect your blood pressure then once every six months is fine. Here at Yaxley we have an automatic blood pressure machine in Waiting Room D which is available for patients to use. It is a good idea to rest for 5-10 minutes before using the machine so your blood pressure is at a better rate. It is also advisable to take three readings so we can take the best one and record it on your medical records. Please take the readings and hand into reception once you have taken your blood pressure.

If you do not want to use the machine or are unsure how to use it you can always book in with a healthcare assistant who would be happy to help you with this.

So to conclude: stay active, be healthy and this will promote a good blood pressure.

Hayley Chiarizia - Healthcare Assistant

**Contact Details**

Do we have your up-to-date email address and mobile telephone number? If not, or you have changed either recently, please let us know and we need your permission to be able to contact you by email or by text. This can be done over the phone, in person or via the Update Your Records form on our website www.yaxleygp.nhs.uk. This is a very quick and easy way to confirm your appointments, inform you of test results and invite you to the forthcoming clinics or health checks.

*Thank you, Dr. Suzanne Moldon*

Dr. Moldon will be away on maternity leave from April until October 2016. We wish her all the best.

**Diary Dates**

**CARER SUPPORT GROUP MEETING**

The next meeting of the Carer Support Group will be on Wednesday 6th April between 2pm-4pm in the Health Education Room. If you care for a family member or a friend then you would be welcome to join our small but friendly group for coffee, biscuits and a chat. All carers will be made very welcome.

**HALF-DAY CLOSING FOR TRAINING**

The Practice will be closed on Wednesday 20th April 2016 from 1:00 - 4:00pm. We will be available for emergencies during that time. Emergency phone 01733 240478

**PATIENTS’ ASSOCIATION ANNUAL GENERAL MEETING**

The Patients' Association AGM will be at 7pm on Monday 25th April 2016. Refreshments will be served from 6:30pm, in the Health Education Room. If you would like to find out more about the Patients’ Association or would like to become involved then please come along to the AGM. All are welcome.

**Congratulations**

We send our warmest congratulations to Receptionist Sam Branton and her partner Ricky Harrison on the birth of their daughter, Chloe Rose. Chloe was born on the 20th February and weighed 9lb 9oz. Mum, Baby and Dad are all doing well.
Fundraising Race Night

We would like to say a huge thank you to everyone who came along and supported us at our Race Night held at The Royal British Legion on Saturday 20th February. In particular we would like to thank once again all our sponsors for their generosity: Trevor Stephen, Yaxley Convenience Store, GSD Builders, Sophisti-Cut Hairdressers, David Sanders, Pet Specialists, The Partners of Yaxley Group Practice and the Keep in Touch Club from YGP, and Eric Hitchcock.

I think everybody who was there enjoyed themselves and I am delighted to say that with your support we raised a superb £945.00 for the Patients’ Association.

For those who may not be aware, the Patients’ Association endeavours to raise funds to purchase medical and other equipment for use by the doctors, nurses and patients. Thank you all for your support and generosity it is greatly appreciated.

Linda Smith, Patients’ Association Librarian

Cambridge and Peterborough Community Equipment Service

If you have been supplied with equipment from the NHS, such as commodes, toilet seats, shower stools or bed rails, and no longer require them, then please contact 0845 121 3456 (press Option 1) who will arrange collection for you.

With regard to crutches, can we please ask that you return these to the hospital/clinic which issued them to you, as we are unable to accommodate storage/disposal at the Practice. Thank you for your cooperation.
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St Benedict's Catholic Community Sawtry

Sunday Mass 9:15am weekly

Women's Institute Hall, Gidding Road, Sawtry

We are served by the Roman Catholic Parish of St Luke's 26 Benyon Grove, Orton Malborne, Peterborough PE2 5XS
Parish Priest - Fr John Minh

Tel: (01733) 370877
Email: saintlukesparish@yahoo.co.uk
Web: www.saintlukesparish.org.uk