Join the Parish Council

WE NEED YOU!
THREE IMPORTANT VACANCIES ON STILTON PARISH COUNCIL
CHEESE-ROLLING
GET YOUR TEAMS TOGETHER!
YOUR KIND OF MUSIC
NEW CONCERT PROGRAMME IN STILTON PAVILION
ONE-ANOTHERING
THE SUCCESS OF STILTON CHURCH’S NIGHT SHELTER PROJECT

Stilton’s splendid new Pavilion needs a Caretaker / Cleaner to keep it looking spick & span and to support its users. An ideal part-time job for a reliable local person! Details on page 5.

INCORPORATING FOLKLORE, FOR READERS IN FOLKSWORTH AND THE SURROUNDING VILLAGES
Be sure to tell our advertisers you found them in SCAN!

REMEMBER - NEW COLLECTION SCHEDULE!

Same dates for both Stilton and Folksworth

Grey Bin Days:
Monday 10th, 24th April; 8th May

Garden Bin Days:
Friday 7th, 21st April; 5th May

Recycling Bins:
Monday 3rd, 17th April; 1st May

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

APRIL

16th Stilton in Tune
28th SUFC Black Tie Ball

MAY

1st Cheese-Rolling!

JUNE

24th Stilton Village Market

JULY

8-12th Twinning visit from St Christol

SEPT

22-24th Twinning weekend visit to France

MAKE SURE YOU TELL US!

We’ll keep this list up to date with what people tell us about. So if you find your event double-parked with somebody else’s it’ll be because someone didn’t bother to tell SCAN! And remember, telling SCAN also means we can list it on the village website.

Online Security

UPDATE

Following the emergence of the Gmail phishing threat we reported in the February issue, the Chrome browser has been updated to display an ‘insecure’ warning if you try to access an insecure URL, such as the dodgy data we described. If your Chrome browser hasn’t already updated itself, you should update it manually; the new release is version 56.0.2924. Users of Firefox will have noticed that its latest update also now warns you if you are using a login page which does not use the secure https protocol.

Dykes Are Dangerous

SCAN has been asked to remind parents that the network of ditches that wind through the village are not safe playgrounds. Children run a variety of risks if they play around these watercourses, even worse when they go in. The latest report of children playing in a dyke is worrying because it was only by accident that a fire that had been lit was spotted before it got out of control.

We don’t want to stop our children enjoying some freedom, but they need to know their boundaries. Playing with fire can’t be a good idea.
Stilton Village Market

Saturday 24 June 2017
10am - 1:00pm, Stilton Pavilion

Find local pre-loved items, business and craft stalls all under one roof!

*Entry only £1 per adult - kids go FREE!*

To book your space, call 01480 896602 or book online at LittleRobinsMarkets.co.uk

- Pre-loved spaces £10 each
- Business/Craft spaces £15 each

Bring your own table, or hire one from us for an additional £5!

Add your promotional materials to our promotion bags for only £10 per market!

All money goes directly to MAGPAS! Contact us for more details.

Stilton Pavilion

NOW OPEN FOR BOOKINGS!

Community Room rates from:
- £6 / hour daytime
- £8 / hour evenings

Main Hall rates from:
- £10 / hour daytime
- £16 / hour evenings

Attractive rates for commercial hire and other options

For information, see www.stilton.org/facilities/stilton-pavilion/

For all enquiries, please contact the Amenities Manager, Julian Pagliaro:
07 771 858 362 | stiltonpavilion@gmail.com

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.
STILTON PARISH COUNCIL

Caretaker/Cleaner for Stilton Pavilion

14 hours per week (flexible) at £8 per hour. Hours worked will accommodate the requirements of users and may include weekends when there are bookings. This may mean late night attendance.

The person appointed will work with the Facilities Manager, users and volunteers to maintain the highest standards of presentation and cleanliness, and will have knowledge of Health & Safety, security, hygiene and environmental health issues; security, alarms, heating & ventilation and lighting systems. (Training will be available if needed).

Please apply in writing to the Clerk to Stilton Parish Council (Mrs Croll), 10 Caldecote Road, Stilton PE7 3RH by 19th April, including the names and contact details of TWO referees.

JOB DESCRIPTION

(To be reviewed in six months in the light of experience.)

1. Remove the security bollard before the first letting of the day; unlock and prepare the building for the first letting, ensuring the building is heated, any necessary cleaning done and furniture arranged.

2. Carry out any minor works/repairs needed

3. Remove any refuse

4. Order cleaning materials and other consumables

5. Operate all mechanical and electrical equipment, including floor polisher
Stilton Parish Council

RESIGNATION OF THREE MEMBERS

With great regret Stilton Parish Council has received the resignations of three of its members with immediate effect, writes Olive Main.

Sue Smith, Tristan Pithers and Sue Ayres have all had to leave. Sue Smith has increased family commitments and is working longer hours; Tristan has moved from Stilton so is no longer able to be a Parish Councillor and Sue Ayres finds that her business life and increased responsibility in her other interests make it difficult for her to carry on as Vice-Chair and Chair of the Finance and General Purposes Committee. All three will be missed as they all were active members and gave unstintingly of their particular talents. Sue Smith and Tristan were not in office very long but both brought real enthusiasm and freshness to the Council.

Sue Ayres is a long-standing councillor and will be greatly missed. She will be a hard act to follow, particularly as Chair of F & GP. We knew she would not be able to continue taking on extra work but had hoped she would be able to stay on the Parish Council a little longer. She has lived in the area all her life and has served both Stilton and Folksworth in many ways over the years. I will miss her support and calm advice and her understanding of the village and its needs. In recent months she has had to grapple with the complications of local government funding and she will be a great loss.

CAN YOU FILL THEIR SHOES?

Stilton Parish Council has received permission to fill the three vacancies. To apply, please write to the Clerk to Stilton Parish Council, 10 Caldecote Road, Stilton PE7 3RH explaining why you would like to be a Parish Councillor and what you could hope to contribute. If you would like to know more then ring the Chairman, Olive Main on 01733 241206.

BEING A PARISH COUNCILLOR

Stilton Parish Council hopes to fill these key vacancies quickly and will welcome all applications. We particularly need people with knowledge of finance and accounting, and communications/media. We are at a very crucial stage of the Pavilion/Field project and are also looking for people who would like to be involved there.

You will have the opportunity to make a difference by commenting on planning applications, or passing on our concerns to the District and County Councils on such issues as speeding, car parking and village maintenance.
The present Council initiated the Pavilion project and now needs new blood to carry on and provide more sporting facilities - could that be you?

Of course you would have to attend meetings, at least one a month, held in the Parish Room on the second Tuesday in the month. There will also be occasional Committee meetings and documents such as planning applications to be read, but it’s not a very heavy work load. Training for new Councillors is available and the existing team are very supportive.

Please come along and find out more. Why not volunteer a little of your time and skills to work for the good of our village? You won't get paid, you probably won't belong to a political party, but you will want to put something into your village.

---

**Thanks for Sympathy**

We would both like to extend our thanks to all who sent messages of sympathy, attended Mum’s funeral and generously gave donations of £663 to the Macmillan Cancer support fund.

In addition we thank all who made Mum’s years since Dad died very special by the phone calls, visits or a friendly wave when passing, and last but not least all who were involved in her very active social calendar.

*Gary and Simon Wayland*

**Ben Devonshire**

1972-2017

Ben's family would like to thank all those friends in Stilton and in the police who have sent messages of appreciation, sympathy and support. They have helped us enormously.

Donations in Ben's memory can be made to the British Heart Foundation.

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**Easter at St Mary Magdalene**

This April, the Christian Year rises to the central belief of our faith: the resurrection of Jesus Christ on Easter Sunday - a day of celebration. On the Friday before, we remember the sacrifice made by God: the crucifixion of Jesus. It is Good Friday because we know that Jesus has risen. Join us to celebrate and reflect on the death of Christ and his resurrection:

**On Good Friday (14th)**

10:30 am by Stilton Pump: Outdoor worship followed by Elevenses including Hot Cross Buns in the Church Meeting Room.

**On Easter Sunday (16th)**

11:15am Holy Communion for all.

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**Stilton Church Coffee Morning**

NO COFFEE MORNING IN APRIL
MAY 1ST FROM 10:30AM
STILTON VILLAGE CENTRE

Come and celebrate Stilton’s unique, and now traditional, festival this year on May Day.

At 10:30 am this year’s May King and Queen and their attendants will arrive in the Cheese Rolling arena, situated between the Bell and the Angel, to be crowned and then entertained.

TRADITIONAL ENTERTAINMENTS

The unique and striking Pig Dyke Molly dancers, the Harmony Majorettes (who are fast building a regional and national reputation), the ever popular Magic Dave, our own Helen Smith, and three generations of the Vickers family will all be there.

After the entertainment the Junior Cheese Rolling (sponsored by Stilton & District Twinning Association) will give our young people the chance to shine.

FOOD & DRINK

All the fun of the fair will be found on North Street, while this year the usual stalls will be in Church Street, leading you towards Stilton Church where the Café Royale will be serving its usual excellent home-made refreshments.

There will be some enticing food stalls, all the pubs will be open for food and drink, and the two shops as well.

GET YOUR ENTRIES IN!

Entry forms for adult and junior cheese-rolling teams, and a form for any last-minute stall bookings, are in this issue and on the village website, www.stilton.org.

Last year we were short on adult teams so don’t hold back this time! Why not form a team from your workmates or a club you belong to? Think of the fame and glory!

Twinning Diary Dates

8-12 July 2017 20th Anniversary Celebrations - details in this issue
22-24 Sept 2017 Weekend visit to Lille - details in this issue

If you are interested in any Twinning 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.
Cheese-Rolling - May 1st 2017

Café Royale Lives On!

Join us in the Church
9:30am - 4pm

The usually friendly volunteers will be there to serve you.
Come and eat in comfort!
Light refreshments, beverages and home-made cakes

Proceeds to Stilton Church
Moving Out
STILTON’S WAR MEMORIAL LEAVES HOME

With the Memorial Hall now retiring from community service, it was time to begin finding a new home for the memorial plaque and clock.

The new location for the memorial is still being finalised - such things are never simple in a conservation village - so the first step was to remove it to a place of safekeeping and reinstate the front wall of the hall. Happily SCAN’s special agent was on hand to record the event for posterity.

Step 1 - carefully removing the precious memorial from the brickwork

Step 2 - moving the heavy granite slabs to storage

Step 3 - the parts of the memorial safely locked away

Step 4 - the front wall made good

At the time of writing, the Parish Council are reviewing offers for the hall and hope to be able to make a decision soon.
We’ve heard nothing but good things about Stilton Church’s Winter Night Shelter project, so we’re delighted that Rachel Maltman has written to share some of the team’s experiences.

St Mary Magdalene has a meeting room with a small kitchen, writes Rachel. While this meant that everybody ate, played games and slept in one room, it also meant that we all got to spend a lot of time talking and being with each other. The friendships formed between some volunteers who hadn't known each other have proved very special.

The small kitchen also means we run things slightly differently from other host Churches. The evening meal is made at home by volunteer cooks and brought down to the church ready to serve. We had about 20 cooks to prepare the food, including a local Indian Food business volunteer.

This was in addition to more than 40 shift volunteers, totalling over 60 Stilton Church-goers, other Christians and secular volunteers. Volunteers came not only from Stilton but also the surrounding villages including Folksworth, Haddon and Yaxley. One volunteer brought delicious freshly home-made cakes from Huntingdon almost every week. I was a little panicky when I realised we had the Christmas Day shift, but I shouldn't have worried as other volunteers from Stilton, other Churches and villages all pitched in and a feast was had by all.

For some of our guests, Stilton was a change of scene, and many commented on how quiet the village was whilst out on their cigarette breaks, and this perhaps made up for the rather 'cosy' accommodation.

This year our church has had a theme of 'one anothering'. In the New Testament there are over 20 references to 'love one another'. We feel that the Winter Night Shelter is just one way we as a church can demonstrate this. Our wider community was also involved, with the children at Stilton C of E School making welcome cards for the guests. Parents said that the children felt a great sense of pride in doing this. These cards were certainly appreciated by our guests, some writing thank-you cards such as this one back to the children.

The success of the project was summed up by this note left by a guest one morning:

'I would like to say thank you to everyone here for making us all feel welcome and happy. Thank you from us all. The dinner was lovely, thank you.'
New Concert Series!
GREAT ENTERTAINMENT IN STILTON PAVILION

My musician colleague, Elizabeth Harrison, and I had been looking for suitable premises in which to stage monthly concerts in aid of local charities, writes Tony Oliver. We were delighted to learn of the great new Stilton Pavilion and have arranged to hold our events here. I previously was Chairman of the Peterborough Organ & Keyboard Club which we had to close last December due to falling patronage. Many of the players asked if I could do something, so when Elizabeth said she would join me, having run a successful concert series in Lancashire for the past seven years that raised some £23,000, I jumped at the chance.

These Your Kind of Music concerts will provide ‘middle of the road’ music of all types, including jazz, big band, show music, orchestral and popular classics, played on amazing state-of-the-art keyboard instruments! We aim to cater for all tastes and to encourage both local people and the regular concert-goer to enjoy a type of music they will be pleasantly surprised to hear. All the featured artistes will be top professionals from around Britain and abroad.

The first of three concerts - all in aid of the Pavilion funds - will be on Easter Sunday 16th April at 2:30pm and will feature master keyboard player/entertainer Pete Shaw. See the ad on page 24 for more details.

The shows last two and a half hours with a half-hour break for tea, coffee, home-made cakes and a raffle, and aim to be easy-going social events. The cost is just £7.50 per person (payable at the door) for the entertainment and refreshments. Any extra donations to the hall will be welcome!

The Sunday 21st May concert will feature top Dutch keyboard player DirkJan Ranzijn and Liz Harrison will play for the 18th June event. Every artiste has a different style of playing so it will never get boring!

So come and enjoy some great social events in aid of local good causes. And watch SCAN for news of future get-togethers!

PS Any donations of raffle prizes would be welcome and we might well ask for cake making volunteers!

Improve Your Piano Skills and Enjoy Your Playing!
Beginners welcome!

Margaret Parsons  Tel: (01733) 243352

Be sure to tell our advertisers you found them in SCAN!
STILTON CHEESE ROLLING 2017

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: .................................................................................................

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

Parental permission

[ ]
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STILTON CHEESE ROLLING 2017  
**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 1st 2017

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 2017
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: .................................................................................

Telephone: ..............................................................................

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 2017
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 1st 2017

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 1st May 2017**  

**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 per 10 feet 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. Please send/email a copy of public liability insurance if booking fairground rides.

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

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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
As I type, the sun is shining, it's 16 degrees, I have just mowed the lawn, the daffodils around the village are stunning (especially the ones on the left-hand side as you come into the village from Washingley) and I've seen lambs playing in the fields. Spring has truly sprung, writes Sarah Abbott.

The bluebells in North Wood are spectacular and as they can only be reached on foot it tends to be a peaceful spot and a delightful walk in the sunshine.

VILLAGE HALL NEWS

Things are progressing well with the improvements to the outside areas and we have been offered generous support with help in repairing the driveway, from loans of equipment to donations of some surface materials. This is really appreciated as it enables us to move our projects forward at reasonable costs. Many thanks to all.

We are currently considering our next big project, which will be decided within the next month. Our Annual General Meeting is scheduled for the 6th June and we hope to announce our plans fully at this meeting, with regular updates in SCAN.

The Village Hall has many regular users and groups who always welcome new members or participants: Brownies, Beavers, Art Club, Pre-School (2yrs upwards), Mums and Toddlers, Indoor Bowls, Rainbows, Pilates, Christian Congregation in the UK, Peterborough Opera Group, Ladies Circle, as well as private hire users for parties and events.

We also have a regular mobile fish & chip van in the car park every Friday between 4:00 and 8:00 pm.

For more information please visit our Facebook page: www.facebook.com/FolksworthVillageHall/, which gives more details of the days and times of the different groups. For information on joining any of the groups, please visit the hall on the appropriate day and time. For hall bookings please contact Mrs. Joy Blythe on 01733 241938.

FOLKSWORTH PRE-SCHOOL

We've been really busy over the past half term celebrating St David's Day, Valentine's Day, Chinese New Year, Shrove Tuesday and World Book Day. The children have also looked at healthy eating and the make-up of a flower's structure - we fed coloured water through its stem system to see what happens to the petals. They've also learnt all about measurement and have found out who is the tallest. The rest of our term will be spent revising the phonics we have already discovered as well as celebrating Mothers' Day and Easter.
If you would like to book a taster session give us a ring or message us on Facebook. Jade Smith, 07542 172075

1st FOLKSWORTH RAINBOWS

Spring Term has sprung for us Rainbows. We had one of our regular visits from our ‘mad scientist’ and she explained all about the spectrum and how rainbows are made - very apt! We looked through a prism and made rainbows to take home.

In February we were very pleased to welcome two new Rainbows to our unit. Unfortunately we will say a sad farewell to two other Rainbows at the end of this term, as they leave us to go to Brownies.

This year is the 30th birthday of the Rainbows section and the Guiding Association are running a competition for a 30th birthday badge. The theme is ‘under the sea and pearls’ using just seven colours within a shell template. We decided it would be fun to enter and the girls spent a session planning their badge. The following session saw them making the badge ‘in best’, resulting in lots of colourful underwater creatures and plants, including pearls. These were then posted off to the Association. We now await the results.

With Spring on its way, we made an edible springtime garden. We used lime jelly for the grass, a pear for the shape of a mouse, who we pretended had just woken up from his winter hibernation. Chocolate buttons were used for ears and raisins for eyes with a glacé cherry as his/her nose! To complete our mouse we added a red liquorice shoelace for the tail, and to complete the spring time theme we sprinkled sugar butterflies and flowers on the jelly grass!

Our remaining plans for this term include a Mothers' Day surprise for the Rainbow Mums and some Easter treats to take home at the end of term. We will then look forward to the Summer Term with the light evenings and hopefully some warmer weather to be able to enjoy.

LADIES CIRCLE

We had an energetic February meeting when after our AGM Sue Gibbs showed us exercises that are done seated on a chair. Many members found muscles they did not know they had! Our thanks were given to Sue who stepped in when our speaker was not available. Alan is now coming to our March meeting to give his talk on Conington Castle. Did you know we had a castle so close to us? Our April meeting also features local history - Polebrook Airfield.

We meet on the 4th Tuesday in the month at 7:30pm in the Village Hall, Folksworth. All are welcome and you don't need to be a member. Call Phyllis Hope on 240947 for further information

THE FOX

At time of writing there's been no news from the Fox but we can see lots of work now taking place inside.

LOST & FOUND

Storm Doris had quite an impact on Folksworth. A Ballitloo fermentation bucket and a large strainer found their way into one resident's garden. Would the owner please call 240947. Thanks!
COUNCILLOR VACANCIES

We currently have two vacancies. If you feel this is something you might be interested in, please either come along to a meeting or contact me. You must be over 18 and have lived in the parish for at least a year.

DOG WALKING IN AND AROUND THE PARISH

Residents are very fortunate to be surrounded by countryside in which to exercise their dogs but should be reminded, especially at this time of year when the fields can be housing young livestock, that they and their dogs need to keep to the marked public footpaths and that the animals should be under control. Dogs are not allowed on the Recreation Ground at the bottom of Townsend Way and when walked in the village must be on a lead and any waste collected and deposited in one of the many bins.

HEAVY GOODS VEHICLES THROUGH THE VILLAGE

Lorries travelling through the parish at speed continue to be a concern, especially the very long wide HGVs which must mount the pavements to negotiate the double bend in Manor Road. Council was not successful in its bid for LHI funding for road signage indicating that Folksworth was unsuitable for HGVs, as the safety aspects did not score high enough on Cambridgeshire County Council's scale. We will continue to lobby for this.

ANNUAL PARISH MEETING

Tuesday May 2nd, 2017 - 7pm

This year's Annual Parish meeting will be held on the first Tuesday in May. This is not a Council meeting but one facilitated by the Parish Council for all its residents. It's an opportunity for all groups, organisations and individuals to participate, display or talk about what they do, and raise any issues at all with the Parish, District or County Councillors. It usually lasts an hour or so and refreshments are served afterwards.

We are pleased to say that Folksworth First Responders will be attending this year's meeting and demonstrating the use of the new Defibrillator. Please get in touch with me if you wish to be involved or have something you would like to be raised.

SMALL GRANT APPLICATIONS

Residents may not be aware that Council has a small fund which is set aside for small grants to village groups and organisations. Larger grants are made annually and these have certain conditions attached to them, including the necessity for audited accounts to be submitted alongside the application forms. However, the smaller Section 137 grants can be awarded if, in Council's opinion, it is in the interests of, and will bring direct benefit to, their area or any part of it or all or some of its inhabitants. For more information please contact me.
DEFIBRILLATOR
The Defibrillator is now in place on the outside of the Village Hall in Manor Road, Folksworth. In an emergency, and if an ambulance is called and the Defibrillator deemed to be necessary, you will be given a code for its removal from its box. All calls are also passed on to the Folksworth First Responder Team. The unit is very easy to use and you will be guided step-by-step. If a pulse is detected it cannot be used so you are unable to do any harm. At the Annual Parish Meeting on May 2nd members of the First Responder team will be available to demonstrate and they have also offered to run sessions for those not able to attend the Annual Parish Meeting. Obviously, we hope that the unit will not be needed but it's good to know it's there … just in case!

ELM ROAD POND AREA
The area behind the Pond in Elm Road is to be developed as a Pocket Park/Community Orchard. The project is likely to commence this Spring. If anyone wishes to be involved with the project, please let me know or contact Cllr Alison Brown who is leading this project.

VILLAGE MAINTENANCE
The County Council has launched a volunteer maintenance scheme to take care of minor maintenance issues in the parish, such as the cleaning of village signs etc. If you are interested in becoming involved in this, please get in touch with me.

MEETINGS
The Parish Council meets on the third Tuesday of the month at 7:20 in the Village Hall, Manor Road. Agendas and Minutes can be found on the notice boards 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.

Jackie Stanbridge
Clerk to the Council/RFO

Contributors!
We want your material for Folklore!

Email to Sarah Abbott at
abbottsarahj@hotmail.co.uk
or call her on 247475

Yaxley Singers
We meet on Wednesdays in Yaxley Methodist Church, Main Street, Yaxley at 7:30pm and sing a wide variety of music; songs from the shows, Easter music, modern pop 'classics' etc. Sometimes in parts, sometimes in unison. You don't have to read music (but it does help).

We give occasional concerts and the proceeds go to charity; this year to MAGPAS, the local emergency service. If you would like a taster come along one Wednesday. There is a contingent from Stilton, led by Mary Croll who can answer any questions. (241042)
News from St Helen's

2nd Apr 9:45am Family Folkus

9th Apr 9:45am All Age Worship
   - Palm Sunday

16th Apr 9:45am Easter Sunday

23rd Apr 9:45am Holy Communion

30th Apr 11:15am Group Service at Stilton

Do please join us this month to celebrate Easter. On Good Friday breakfast will be served in Folksworth village hall at 8am followed by a 'Walk of Witness' to Stilton where there will be an open-air service.

On Easter Sunday there will be an Easter Egg Hunt after the service, which will be great fun for the children.

Our AGM is on Wednesday 5th April at 7pm in the Church. If you're not on the electoral roll and would like to join us, please contact Dru Draper on 242790.

We will be having our annual Family Folkus and St Helen's Easter meal out over the Easter holidays - details to follow in the weekly Link and on our Facebook page. If you would like to join in please contact Victoria Shirley on 07786 247476.

Movers & Shakers

FOLKSWORTH PARISH COUNCILLORS 2014-18

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

Patrick Clarke
16 Townsend Way
PE7 3TU
01733 241860

Richard Soper
83 Elm Road
Folksworth PE7 3SX
01733 719638

District Councillor

Rita Matthews
52 Townsend Way
Folksworth PE7 3TU
01733 244169

Lisa Blackman
(Vice Chairman)
Manor Farm
Fen Lane
Stilton PE7 3SA
07919 366465

Gordon Fenwick
3 Bullock Road
Washingley PE7 3SH

Judith Ford
10 Chervil Close
Folksworth PE7 3SZ
01733 240440

Alison Brown
37 Manor Road
Folksworth PE7 3SU
01733 240501

Folksworth & Washingley Parish Council PO Box 1285 Peterborough PE2 2NN 07724 171158 clerk@folksworthandwashingley-pc.org.uk www.folksworthandwashingley-pc.org.uk
Stilton and District Twinning Association

A Taste of France
22 - 24 September 2017

We have chosen Lille as the 2017 destination for our weekend coach trip.

There is plenty to see and do in Lille, with markets, shops, museums, historic buildings and cobbled streets, and a wide range of restaurants and bars. We leave around breakfast time, find somewhere interesting to visit on the way, and then have Friday night and all day Saturday to explore the town independently. On our way home on Sunday, we stop for a long gourmet lunch together.

Our hotel will be the four-star Mercure Lille Vieux-Lille, very close to the Cathedral and the historic old city.

The total cost will be £235 per person in a twin or double room, including bed & breakfast and Sunday lunch. (£275 for single rooms). The cost also includes a guided tour of a wonderful Flemish church and its spectacular art work.

A deposit of £100 per person secures your place. First come first served!

Why not think about organising a small group with family or friends?

Contact Audrey and Paul 241739
paul.springford@gmail.com

NEW DATES! MORE DETAILS!
Your Kind of Music
Stilton In Tune
Top star musician & entertainer Pete Shaw performs at Stilton Community Pavilion
An afternoon of Enjoyable Music, Song and Fun!
From the “Big Band” sound to quiet “Ballads”, we aim to entertain with music for all tastes!

Concert & Social Event
Sun 16 Apr 2.30pm
EVENT IN SUPPORT OF THE PAVILION

MUSIC FOR ALL
Live Music

Enjoy a 2hr show of well known music!
Stilton Community Pavilion, High Street, Stilton, Peterborough, PE7 3RA £7.50 inc Refreshments
For details call Tony Oliver 01480 474282 or email tony.oliver5@btinternet.com.
What’s on in & around Stilton & Folksworth!

**Easter Fundraiser**

On Saturday 8th April from 12 - 2pm
there will be an Easter Trail at Playgroup.

£2 each and everyone wins an Easter prize!
We hope you can join us for some Easter fun.

---

**Linking Hands Ladies Group**

An informal group open to all ladies who would like to explore the Bible and share how it influences our lives today.

Following the 'Lifebuilder' series, we are excited to be starting a new theme in September: 'Women and Identity'.

We meet in Stilton Church Meeting Room from 8:45am and aim to start around 9:00am, finishing around 10:30am.

Ladies welcome (pre-schoolers too) from all the villages and surrounding areas.

Why not come along and join us?
<table>
<thead>
<tr>
<th>MTWTFS</th>
<th>WHAT</th>
<th>WHEN</th>
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<tbody>
<tr>
<td></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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<tr>
<td></td>
<td>Mums &amp; Toddlers (Folksworth)</td>
<td>10:00-11:30 term time</td>
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<td></td>
<td>Pre-School (Folksworth)</td>
<td>9:00am - 3:00pm</td>
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<td></td>
<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></td>
<td>1st Stilton Brownies</td>
<td>6:15 - 7:45pm</td>
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<td></td>
<td>Stilton Rainbows</td>
<td>5:15 - 6:15pm</td>
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<td></td>
<td>Folksworth Brownies</td>
<td>6:30 - 7:45pm term time</td>
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<td></td>
<td>1st Folksworth Rainbows</td>
<td>5:30 - 6:30pm</td>
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<td></td>
<td>Guides</td>
<td>6 - 7:30pm</td>
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<td></td>
<td>Stilton United Colts</td>
<td>KO 10am</td>
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<td></td>
<td>Parish Council (Stilton)</td>
<td>2nd Tuesday 7:30pm</td>
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<td></td>
<td>Parish Council (Folksworth)</td>
<td>7:30 - 9:30pm 3rd Tuesday in month</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>
<td>2:00pm</td>
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<td></td>
<td>Holy Communion</td>
<td>1st &amp; 3rd Sun 11:15am</td>
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<td></td>
<td>Holy Communion</td>
<td>2nd &amp; 4th Sun 8:00am</td>
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<td></td>
<td>LinCup (Café style worship)</td>
<td>2nd Sun 11:15am</td>
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<td></td>
<td>Elevesnes with God</td>
<td>4th Sunday 11:15am</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></td>
<td>Church Choir</td>
<td>1 &amp; 4th Thursday, 7:30pm</td>
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<td>Prayer Focus</td>
<td>8am</td>
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<td>Christian Congregation in UK</td>
<td>5 - 11pm, 1st &amp; 3rd Sun in month</td>
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<td></td>
<td>Stilton Gardening Club</td>
<td>3rd Tues 7:30pm</td>
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<td></td>
<td>Pilates (Stilton)</td>
<td>9:30-10:30; 10:30-11:30am</td>
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<td>Pilates (Stilton)</td>
<td>10.00 - 11:00am &amp; 10.30 - 11.10am</td>
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<td>Pilates (Folksworth)</td>
<td>7:45-8:45pm Wed. 8 - 9pm Thu</td>
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<td></td>
<td>Clubercise</td>
<td>7:15 - 8:15pm</td>
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<td></td>
<td>Stilton Table Tennis Club</td>
<td>7:30 - 9:30pm</td>
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<td></td>
<td>Stilton Carpet Bowls Club</td>
<td>2pm Mon, 7:30pm Thu</td>
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<td></td>
<td>Folksworth Indoor Bowls</td>
<td>7 - 9pm weekly. May-Aug for</td>
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<td></td>
<td>Peterborough Opera Group</td>
<td>7:30 - 9:30pm</td>
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<td></td>
<td>Band</td>
<td>8 - 9:35pm</td>
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<td></td>
<td>Yoga</td>
<td>5:30 - 7pm</td>
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<td></td>
<td>Mat Pilates</td>
<td>Mon 8-9pm; Tue 6-7pm; Wed 11am-12:30pm</td>
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<td></td>
<td>Chair Exercise</td>
<td>3:00pm kick-off</td>
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<td>Stilton United FC</td>
<td>7:30pm</td>
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<td></td>
<td>Taoist Tai Chi</td>
<td>12:30-4:30pm</td>
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<td></td>
<td>Folksworth Art Club</td>
<td>7:30-9:30pm 4th Tuesday in month</td>
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<td></td>
<td>Folksworth Ladies' Circle</td>
<td>3rd Thursday, 7:30pm</td>
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<td></td>
<td>Yaxley Flower Club</td>
<td>Alternate Sundays 10:00am</td>
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<td></td>
<td>Stilton Stumblers (walking group)</td>
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<td></td>
<td>Mobile Library (Stilton)</td>
<td>3:10 - 4pm (4th Wed in month</td>
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<td></td>
<td>Mobile Library (Folksworth)</td>
<td>10:45 - 11am (4th Wed in month</td>
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<tr>
<td></td>
<td>Mobile Fish Van (Folksworth)</td>
<td>4 - 8pm</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></td>
<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>
</table>

Are we up to date? Tell
Be sure to tell our advertisers you found them in SCAN!
**WHERE**

<table>
<thead>
<tr>
<th>Location</th>
<th>WHO</th>
<th>CALL</th>
</tr>
</thead>
<tbody>
<tr>
<td>Church Meeting Room</td>
<td>Michelle Pratt</td>
<td>07906 114942</td>
</tr>
<tr>
<td>Playgroup</td>
<td>Leslie Kirk</td>
<td>247682</td>
</tr>
<tr>
<td>Folksworth Village Hall</td>
<td>Mel</td>
<td>07885 636275</td>
</tr>
<tr>
<td>Folksworth Village Hall</td>
<td>Niki Wilson</td>
<td>07971 558927</td>
</tr>
<tr>
<td>Stilton Pavilion</td>
<td>Jen Walton</td>
<td>01487 832114</td>
</tr>
<tr>
<td>Stilton Pavilion</td>
<td>Sandra Waldrin-Walker</td>
<td>661255</td>
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<tr>
<td>Folksworth Village Hall</td>
<td>Annette Gedney</td>
<td>244442</td>
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<tr>
<td>Folksworth Village Hall</td>
<td>Julie Quy</td>
<td>243026</td>
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<tr>
<td>Stilton Pavilion</td>
<td>Carol Warren</td>
<td>(07508) 502534</td>
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<tr>
<td>Stilton Playing Field</td>
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<tr>
<td>Parish Room</td>
<td>Mrs Croll</td>
<td>229130</td>
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<tr>
<td>Church Meeting Room</td>
<td>Pat Maltman</td>
<td>242229</td>
</tr>
<tr>
<td>Church Meeting Room</td>
<td>Sylvia Ward</td>
<td>242457</td>
</tr>
<tr>
<td>St Mary Magdalene</td>
<td>Irene Goldsmith</td>
<td>244229</td>
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<tr>
<td>St Mary Magdalene</td>
<td>Stuart Reed</td>
<td>241114</td>
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<tr>
<td>St Mary Magdalene</td>
<td>Irene Goldsmith</td>
<td>244229</td>
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<tr>
<td>St Mary Magdalene</td>
<td>Stuart Reed</td>
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<td>Church Meeting Room</td>
<td>Irene Goldsmith</td>
<td>244229</td>
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<tr>
<td>Church Meeting Room</td>
<td>Pat Maltman</td>
<td>242229</td>
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<tr>
<td>Church Meeting Room</td>
<td>Nigel Rosbrook</td>
<td>246396</td>
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<tr>
<td>St Mary Magdalene</td>
<td>Doug Maltman</td>
<td>242229</td>
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<tr>
<td>Church Meeting Room</td>
<td>Pat Maltman</td>
<td>242229</td>
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<tr>
<td>St Mary Magdalene</td>
<td>Stuart Reed</td>
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<td>Church Meeting Room</td>
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<tr>
<td>Church Meeting Room</td>
<td>Olive Main</td>
<td>241206</td>
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<tr>
<td>Stilton Pavilion</td>
<td>Vicky Leschallas</td>
<td>07919 053140</td>
</tr>
<tr>
<td>Stilton Pavilion</td>
<td>Frances Ellis</td>
<td>07714 773528</td>
</tr>
<tr>
<td>Folksworth Village Hall</td>
<td>Louise Knox</td>
<td>07957 983950</td>
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<tr>
<td>Stilton Pavilion</td>
<td>Steve Ambler</td>
<td>242156</td>
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<tr>
<td>Stilton Pavilion</td>
<td>Scott Sherrington</td>
<td>242409</td>
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<td>Folksworth Village Hall</td>
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<tr>
<td>Stilton Pavilion</td>
<td>Brian Bowen</td>
<td>241310</td>
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<tr>
<td>Stilton Pavilion</td>
<td>Brian Appleyard</td>
<td>244642</td>
</tr>
<tr>
<td>Folksworth Village Hall</td>
<td>Sue Gibbs</td>
<td>07709 938122</td>
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<tr>
<td>Stilton Pavilion</td>
<td>Sue Gibbs</td>
<td>07709 938122</td>
</tr>
<tr>
<td>Stilton Pavilion</td>
<td>Glen Woolner</td>
<td>07771 784643</td>
</tr>
<tr>
<td>Folksworth Village Hall</td>
<td>Alex Weyman</td>
<td>01480 413353</td>
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<tr>
<td>Yaxley British Legion</td>
<td>Cherry Hadley</td>
<td>244258</td>
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<td>Meet at the Pump</td>
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<td>Outside The Talbot</td>
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<td>Elm Road</td>
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<td>Folksworth Village Hall car park</td>
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<tr>
<td>Yaxley Health Centre</td>
<td>Linda Smith</td>
<td>240478</td>
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<tr>
<td>Yaxley Health Centre</td>
<td>Linda Smith</td>
<td>240478</td>
</tr>
<tr>
<td>CAREESCO</td>
<td>Vicki</td>
<td>01487 832105</td>
</tr>
<tr>
<td>CARESCO</td>
<td>Pat</td>
<td>01487 832105</td>
</tr>
</tbody>
</table>

*What to do, where to do it and who to do it with!*

*Are we up to date? Tell SCAN about your activities!*
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.

Cost: £1 per child

Green End Road, Sawtry PE28 5UY
Tel: 01480 387800
www.oneleisure.net
Stilton Utd. Football Club cordially invites you to their Black tie themed Fundraising Ball.

Friday 28th April - 19:00
Bell Inn, Stilton

Ticket Prices
2 course meal, £30 per head
3 course meal, £33 per head

Raffle and Disco to follow

Tickets are to be paid in full by 31/03/17 - To purchase your ticket please visit the Bell Inn reception, call Alison Hardy 0787 205 2523 or email Stiltonutd.fundraising@yahoo.com
Your menu options must also be submitted at the time of purchase.

Menu available from the Bell, or download from www.stilton.org/village-life/events
Stilton and District Twinning Association

20 Years of Twinning
Anniversary Celebrations
8 - 12 July 2017

2017 marks 20 years since we signed the first of two Twinning Charters with St Christol les Alés

A great deal has been achieved:

● Over 600 exchange visits have taken place
● Strong friendships have been formed
● We have learned about our different cultures
● We know more about our respective countries
● We know more about our local regions
● Travel grants have been awarded to young people
● Above all….fun has been had!

A group from St Christol will visit here from 8 to 12 July 2017 to celebrate with us.

A full programme is being organised.

● Do you want to join in?
● Could you host a visitor?
● Can you help?

Contact: Chris at clstilton@btinternet.com
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:**

- All Day (9am - 6pm) £50  
- Half Day (9am - 1pm or 2 - 6pm) £25
- Evening (6:30 - 10:30pm) £25

A deposit of £50 is required when booking.

---

Friends of Norman Cross

**May 12th at the Norman Cross Gallery**

AGM and talk by Paul Chamberlain on some of the characters from the Napoleonic Prisoner of War Depot.
It's alarming to read that a quarter of our hedgehogs have been lost in the last 100 years, writes Olive Main. In the 1980's they were common visitors to Stilton gardens; in 2016 I saw only one.

As the weather turns warmer hedgehogs will start to wake up and we can help them by providing food and water, places for them to nest and protection from predators. If you feel generous then to go Vine House Farm at Deeping St Nicholas (01775 630208 or Birsedd@vinehousefarm.co.uk) where you can buy a special mix of peanuts, seeds, sultanas and mealworms, or a starter kit which consists of a hedgehog house, food feeder and a guide - but at a cost of £40.

But you can help in small ways without spending much money. Leave some areas of the garden wild, with piles of leaves and logs. This will provide not only resting places, but also a home for the slugs that hedgehogs like to eat. Leave out water in a shallow bowl (never milk). Suitable food is minced meat, tinned cat or dog food (but not fish) and cat biscuits (but not bread).

The British Hedgehog Preservation Society has a very comprehensive website - www.britishhedgehogs.org.uk/ - which has loads of information about helping these valuable and endearing creatures.
Good Friday comes this month,
The old woman runs,
With one or two a penny
Hot Cross buns.

A London street cry, first recorded in 1733.

Today we can eat these sweet spiced buns all year round, but let’s remember their origin: marking the end of Lent, when only plain buns were eaten. Different parts of the bun have meanings. The cross represents the crucifixion; the spices remember the spices used to embalm Christ's body at his burial, and the fruits signify the end of the plain buns eaten throughout Lent.

The other traditional food is a Simnel cake; given by servant girls who were allowed to visit their mothers on Mothering Sunday. In recent years it has become an Easter tradition as well. And if you like marzipan it’s delicious, so why not try making one?

SIMNEL CAKE
Use a recipe for a rich fruit cake. Put half the mixture in a prepared tin, cover with a thin layer of marzipan, then put the rest of the cake mixture on top.

Once baked, allow the cake to cool then brush the top with apricot jam. Cover with marzipan. Make 11 marzipan balls and place round the edge of the cake. Brush all over with beaten egg and pop under a hot grill for two minutes to just brown the top.

Simnel cakes go back to medieval times. The marzipan balls are said to represent the Apostles - minus Judas of course.

Lots of other foods are associated with Easter; in our country eggs are a symbol of new life and several websites offer Easter biscuit recipes.

Help the Foodbank
Thanks for your continued support. The Foodbank is now low on:

- Sugar
- Fray Bentos meat pies
- Tinned spaghetti
- Bags of rice

Please contact Pearl Reed [241114] if the Church is not open or if you need anything collected.
Controlling the Craving

ARE YOU A SECRET CHOCAHOLIC?

Chocolate is something that loads of people can’t stop eating, or can’t imagine living without, writes Sally Pinnegar. So what is it about these brown lumps of fat, sugar, milk (sometimes) and cocoa that has people gripped? Well, apart from its sweet flavour and smooth texture, chocolate contains a couple of chemicals that can produce a natural high, and people get addicted to that feeling and learn to associate it with reward or comfort. So if they’re feeling down, or they want to celebrate, chocolate seems the perfect choice. Soon the bond is forged, so every time that situation arises the chocolate comes out.

THE DARK SIDE CALLS

Dark chocolate is promoted as health-giving but there’s no proven scientific or nutritional reason for that. However, if you're trying to break the chocolate habit it's a good idea to switch to the dark side as it helps break the sweet habit. So you still get chocolate but not the kind it’s easy to eat tons of! Of course there are a few people who overeat any kind of chocolate; in that case just buy a couple of 35g bars a week so you don’t have the rest of a big bar sitting there calling your name. Or buy 35g bars of milk chocolate, as long as you’re sure the milky stuff won’t trigger a craving.

Sometimes we crave something sweet after a meal, for a palate change, and having a little bit of dark chocolate can stop you heading for a full-on sweet-fest. Whereas if you launched into a bar of Dairy Milk you might be more likely to eat a slab the size of your head.

GENDER EQUALITY

It often seems as if women crave chocolate more than men, but it might be that guys think it’s not macho to say they crave anything but beer and steak, whereas really they like chocolate as much as anyone! That’s why Yorkie Bars were invented, to ‘muscle-up’ chocolate-eating and make it ‘well hard’. Sometimes women crave chocolate and sweet stuff at certain times in their hormone cycle, perhaps because hormones affect mood and mood affects the craving for sweet stuff, and food in general.

INDULGE IN MODERATION

There’s plenty of snobbery around chocolate these days, with an array of fancy, very expensive chocolate bars, but it’s really down to personal preference. If you prefer a Flake to a bit of Prestat 80% don’t worry about it. The key is not to eat five Flakes on the trot, nor tons of chocolate of any sort.

‘Forget love; I'd rather fall in chocolate.’
Sandra J Dykes
Be sure to tell our advertisers you found them in SCAN!

MAT PILATES AND CHAIR EXERCISE WITH SUE
MAT PILATES  BEGINNER/INTERMEDIATE
MONDAY  8PM - 9PM
TUESDAY  6PM - 7PM
WEDNESDAY  9AM - 10:30AM  PILATES AND FRESH COFFEE

CHAIR EXERCISE AND FRESH COFFEE
TUESDAY  11AM - 12:30AM
THURSDAY  11AM - 12:30AM

CHURCH MEETING ROOM   ALL CLASSES £5
CONTACT SUE 07709 938122 TO BOOK A PLACE

Stilton Stumblers
Spring Itinerary

<table>
<thead>
<tr>
<th>9 Apr</th>
<th>Belvoir Castle</th>
<th>23 Apr</th>
<th>Stilton - Glatton</th>
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<tbody>
<tr>
<td>7 May</td>
<td>Houghton Mill - St Ives</td>
<td>21 May</td>
<td>Elder Hoit</td>
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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!

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
Be Self-Care Aware

By keeping a selection of essential medications at home you can treat common conditions in a timely manner, avoid unnecessary trips to see your doctor and/or visits to the A&E department.

What to keep in your medicines cabinet

The following medications can be bought from pharmacies or your local supermarket and are generally cheaper than buying them on prescription:

- Simple pain killers like paracetamol and ibuprofen
- Sore throat, coughs, colds and flu medications
- Heartburn and indigestion remedies
- Anti-diarrhoea medication
- Rehydration salts
- Allergy medicines
- Pile (haemorrhoid) treatments
- First aid kit including plasters and bandages.

Speak to your local pharmacist about stocking up on medicine cabinet essentials to treat common conditions for you and your family.
ELECTRONIC PRESCRIPTION SERVICE (EPS)

A reminder to all patients - we are now live with the national EPS system. This service gives you the option to 'nominate' the place you choose to get your medication or appliance from so that they can receive your prescriptions electronically.

For more information please ask a member of the practice team, speak to your local pharmacy or visit: www.nhs.uk/NHSEngland/AboutNHSservices/pharmacists/Pages/eps.aspx

EASTER OPENING HOURS

Fri 14th April - Bank Holiday - Closed
Sat 15th April - Closed
Sun 16th April - Closed
Mon 17th April - Bank Holiday - Closed

If you need urgent GP care during this period please dial 111 to access the NHS 111 service.

PATIENT SURVEY 2017

Thank you to all our patients who took part in our annual survey. The results will now be analysed and any action plan as a result of your responses will be agreed and shared in due course.

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

FLU CLINIC 2017

Save the date!

Our annual flu clinic is planned to take place on the morning of Saturday 7th October. As always, this date is subject to adherence to expected delivery dates. If we do become aware to any issues which might necessitate a change of date this will be communicated as soon as possible. Timings for the day will be advertised nearer the time.

Best Regards,
Mrs Claire Wright
Practice Manager
Cambs police report an increase in shed and garage burglaries across the district. It would appear that bicycles and garden equipment are of particular interest. Readers are requested to report any suspicious activity by telephoning 101.

**SECURITY TIPS**

- Keep garden gates locked.
- Fix trellis to the top of fencing, to deter anyone from climbing over.
- Lock sheds using closed-shackle padlocks
- Burr the heads of screws on hinges to prevent unscrewing
- Install a motion sensor shed/garage alarm, available from most DIY stores.
- Security mark your property or give them a unique mark to make them recognisable to you. Visit Bike Register or Immobilise for more information.
- Chain down large items such as mowers and bikes to prevent moving.
- Consider whether it is appropriate to store high-value items within outbuildings if they cannot be adequately secured.
- Secure any secondary access points (eg side doors) with appropriate British Standard locks for the type of door.
- If you have a side door to your garage and no longer use the main door, consider fixing the garage door to the frame at various points, so it cannot be opened from outside.
- Consider installing CCTV as a deterrent.
- Consider installing security lighting with motion sensors to cover access points.
- Park your car close to the garage door to prevent access.

And don’t forget to insure your property!

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**Mobile Library**

**Wed 26 Apr**

**Folksworth** 10:45 - 11am Elm Road

**Stilton** 3:10 - 4pm Outside The Talbot

Route M24