Game On!

Stay & Play P6
New Village Group for Under-5s
Apply Now!
Vacancy for a Cleaner at Stilton Pavilion
20 Years On P5
Twinning Celebration
Angel Delight P12
Fundraising for Stilton Pavilion
A Sad Farewell P15
Saying Goodbye to Our Head Teacher

Stilton Playing Field is open at last! So to celebrate, why not come to September’s Community Fun Day? Details inside.
Grey Bin Days:
Monday 14th, 28th August; 11th September

Garden Bin Days:
Friday 11th, 25th August; 8th September

Recycling Bins:
Monday 7th, 21st August; 4th September

Please put your bins out after 6pm on the day before collection

www.huntingdonshire.gov.uk/bins
We’re delighted to report that Stilton Parish Council has now re-opened the Playing Field for recreational use - just in time for the summer holidays! And to get things off to a flying start, the Community Fun Day has been reinstated; see the ad on p27, save the date and watch for more details!

Together with our fantastic new Pavilion this gives Stilton an enviable leisure facility. So let’s all look after it; the usual rules apply, including no dogs, horses or cycling. Please use the litter bins provided and help to maintain the field’s excellent condition.

If you should witness any damaging behaviour or rule-breaking, please take photos with your mobile and report the details to the Parish Council.

**Have Your Say**

**HELP FIX THE PARKING PROBLEM**

Huntingdon District Council are developing a new Parking Strategy, so they are running a survey to canvas our views: what do they do well, what can they improve, and so on.

You can complete the survey online at www.tinyurl.com/HDCCPark, whether from your home computer, smart phone or the online facility at the library.

There is still one vacancy on Stilton Parish Council. If you are thinking about it, contact any member of the Council or the Clerk, Mrs. Croll (241042), to find out more.

At present the Council is busy with organizing the Pavilion in the light of experience, finishing off the external landscaping and preparing for full use of the field. Also, the Great Haddon plans are back on the agenda. Village maintenance, motoring issues and dog fouling are on-going issues. Parish Councillors also serve on other bodies such as the Almshouses Trust and as a School Governor.

Serving as a Parish Councillor is the chance to use your special skills in the service of the village.
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

AUGUST

2nd & 3rd Table Tennis Summer School
13th Keyboard Concert in Pavilion

SEPT

17th Community Fun Day
22-24th Twinning weekend visit to France
10th Keyboard Concert in Pavilion

OCTOBER

2nd Harvest Festival and lunch
15th Stilton Church Quiz Night
10th Keyboard Concert in Pavilion

NOVEMBER

12th Keyboard Concert in Pavilion

DECEMBER

10-11th Stilton Church Xmas Festival
17th Keyboard Concert in Pavilion

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 tell SCAN!

A Momentous Milestone

A BIG THANK YOU FROM THE EDITOR

‘You aren’t 80 years old, you are 8 decades young!’ was the cheering birthday card message which helped on 12 July 2017 when I finally had to face the fact that I am an octogenarian.

I had a wonderful week of parties and meeting friends from all the many strands of my life.

I want to say a very big thank you to all of you for your cards, presents, kindness and friendship, and for joining in the different events. It was very special that friends from St. Christol were visiting Stilton this particular week as well.

Olive Main

Flight for Life

Rotary International are supporting the drive to totally eradicate polio worldwide. On 9th September dozens of pigeons will fly home to Peterborough from Berwick, Northumberland, in a sponsored race.

For £10 you can sponsor a bird. The sponsor of the winning bird wins £200; second place £100; third place £50. But the children of the world are the real winners: all the proceeds pay for polio immunisations via Rotary International - no admin. costs at all.

To sponsor a bird, email Rotarian Mac Warwick by 28th August at: mandmpwarwick@virginmedia.com
Stilton Pavilion

Appointment of a Cleaner with some security duties

Stilton Parish Council and the Stilton Pavilion Management Committee wish to appoint a cleaner, with some occasional security duties, at the Stilton Pavilion for some weekend events.

Cleaning
The work will involve cleaning the Hall areas, kitchen, toilets, changing rooms and reception area after an event at the Pavilion. The areas to be cleaned will depend on Pavilion use at the time.

Security
This will involve opening and securing the Pavilion before and after an event and liaising with the hirer.
Occasionally this will involve being present throughout an event. This will be paid at the hourly rate.

This appointment will be on a casual flexible arrangement and provides an excellent earning opportunity, for a student, for example.

Full training will be provided.

Expressions of interest by letter or email to the Pavilion Manager, Julian Pagliaro, Stilton Pavilion, High Street, Stilton PE7 3RA. Email: stiltonpavilion@gmail.com.
Tel: 07 771 858 362

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

Margaret Parsons Tel: (01733) 243352
Two Stilton mums have launched a new children’s group in the village. And if you were wondering whether we needed one, just ask the over 60 parents and 80 children who turned up for the inaugural session!

The group - called Stay & Play - meets in the Pavilion every Wednesday 9:00 - 10:15am and will run all term and through the summer holidays. It’s open for ages up to 5 years accompanied by their parents, grandparents or carers. So it’s a great way for the community to come together and new friendships to be built.

It is a stay and play session, with a separate area for babies to be able to explore and feel safe. A variety of different toys/crafts will be available each week, so all ages will find appropriate and interesting activities to enjoy.

There is no entrance fee but a mere £1 donation per child is asked towards the running costs - this will include a drink and a snack.

To find out more, visit the group’s Facebook page at: www.facebook.com/stiltonstayandplay.

St Mary Magdalene Church, Stilton

Summer Quiz: ‘........ I just stepped in a poodle’

Here’s something to exercise ‘the little grey cells’ during those long, hot summer days.

All the answers have some connection to an animal - could be a mammal, insect, bird, reptile, fish etc. however loose this connection might be!

Quiz sheets available at £1 each from:

Pat Maltman, 3 Willow Close, Stilton (01733 242229) or from Hi-Lite, Stilton

Closing date for entries September 2nd
Stilton
Stay & Play

Mums and dads, grandparents or carers, all welcome to bring your children aged 0-5. Come along for a drink, meet new friends, play and chat.

Wednesdays in the Stilton Pavilion
9.00am - 10.15am

£1 donation per child

For more information please visit Facebook.com/stiltonstayandplay

Stilton Pavillion, High Street, Stilton, PE7 3RA
We have had a very busy few weeks in school; the children have been enjoying warmer weather and have been able to do lots of learning outside!

**SPORTS MORNING IN STILTON**

Thank you to everyone who joined us. The children participated brilliantly in the warm weather and the morning culminated in an exciting relay race before the winners were announced!

We would like to send our thanks to Mr Baldaro and the Stilton Colts who have very generously donated two new goalposts to the school. They will be very well used by the children at lunchtimes!

We are also looking forward to participating in the A1 Sports Competition at the Peterborough Athletics track. We will post some pictures and results in the next SCAN.

**WELCOMING NEW CHILDREN!**

We have had a very excited Owl Class (foundation stage) as we have been meeting our new children who are joining in September.

They have had the opportunity to meet their teachers and to familiarise themselves with their new classroom and all of the exciting things inside it! We look forward to seeing the children again in September.

**ISLAND HOPPING**

Children from Year 6 will soon be heading to the Isle of Wight for a week-long residential trip, where they will cover a vast array of topics and gain wonderful experiences. We will post pictures upon their return.

**IN THE SWIM**

Years 4 and 5 children have been attending Oundle School this term to participate in swimming lessons. The children have thoroughly enjoyed this opportunity and have made fantastic progress, both in their swimming and in their confidence.
Saying Farewell

The Governors of Stilton School very sadly received the resignation of the Head Teacher Mrs. Charlotte Macleod, for personal family reasons. She left the school at the end of the summer term.

This was a very difficult decision for Mrs. Macleod to make; she always showed total commitment to the school and had a positive impact on just about every aspect. She will be much missed. Everyone at the school wished her and her family the very best for the future.

The Governors, the Local Authority and the Diocese of Ely have worked closely together in order to cover the headship position in the short term and are also working on the longer-term plans. The Governors are very pleased that Mrs. Tamara Allan, Head Teacher of Holme School, will serve as interim Head at Stilton for the autumn term. She and Mrs. Macleod have been working together to ensure a smooth handover.

Mrs. Allan will continue to be responsible for Holme School while focusing on Stilton next term. This is an increasingly common practice which allows us to benefit from the experience of a proven head teacher with a strong record of leadership and school improvement.

Stilton Pavilion

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.
I have certainly chosen some competitive Sundays for our keyboard concerts, writes Tony Oliver. The third one on Fathers’ Day turned out to be scorching hot; together with total gridlock in Peterborough this brought numbers down a little on previous events but we hope to have bounced back on 16th July. Top theatre organist Nicholas Martin BEM will only have had the British Grand Prix and Wimbledon final to compete with!

Lovely Lancashire lass Elizabeth Harrison battled the heat to entertain us with her music and anecdotes about her extremely busy life away from the keyboard. A great varied programme of easy listening at its best, from marches, waltzes and radio theme tunes from the past to light classical pieces.

On to the future; our next keyboard player is Ryan Edwards, whose performances are always thrilling. He will play for us on Sunday 13th August - just three days before he gets married! The concert starts at the regular time of 2:30pm (doors open at 2pm.) The cost for an afternoon of great light music is just £7.50 per person with interval refreshments (tea, coffee, cold drinks, biscuits and cake) included. I am delighted to report that Carol Richards has arranged a deal with Tesco, who will now sponsor and supply most of our goodies! It’s great to have them on board and should help the funds.

So do come along and experience the magic of the modern keyboard in a friendly and social atmosphere. Your presence will also help my fund raising for the superb new Stilton Pavilion. We look forward to seeing you!

Finally, a very big thank you to all of you who turned out on that extremely hot Sunday - audience and helpers alike. Here’s to the next time - 13th August at 2:30pm.

MAKE A DATE!

Upcoming dates and artistes are as follows:

<table>
<thead>
<tr>
<th>Date</th>
<th>Artist</th>
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<tbody>
<tr>
<td>13th August</td>
<td>Ryan Edwards</td>
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<tr>
<td>10th September</td>
<td>Chris Powell</td>
</tr>
<tr>
<td>15th October</td>
<td>Andrew Nix</td>
</tr>
<tr>
<td>12th November</td>
<td>Brett Wales (tbc)</td>
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<tr>
<td>17th December</td>
<td>Matthew Bason</td>
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<tr>
<td></td>
<td>with his one-man show!</td>
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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
35 friends and families from our twin village of St Christol les Alès visited Stilton in July to celebrate 20 years since the Twinning Charters were signed.


There was a celebration dinner at The Bell Inn. Gifts were exchanged. St Christol presented a bench seat for the Pavilion, an olive tree and St Christol wine. Stilton presented St Christol with six photographs by Andy Dann of Stilton's special features.

We have done so much over the past 20 years. Our visits have taken us to Montpellier, Nimes, Uzes, Avignon, Arles, La Grau du Roi, Les Beaux, ancient caves in the Ardèche, the Mediterranean, the Camargue, Uzes, the High Cevennes, Perrier waters, the Ales Ferrier, the Museé du Scribe in St Christol and of course wine caves in St Christol and Uzes. French food and wine is always a glorious experience. We have been hosted royally!

Above all, however, are the close friendships we have formed. We could never have planned this, and these friendships can now be described as lifelong. Over 600 people have taken part in exchange visits since we began. The future is safe as we see the next generations in our two communities thriving on each other's company and friendship. They are the future in our twinning relationship.

It is important to remember all that Maire John Sirvan, Cllr Gerrard Blacher and Mirriam Hourcade (the first President of the St Christol Twinning Assn) did to help get our Twinning relationship established and recognized. Not to mention Olive Main and Stilton Parish Council; the support of our two councils is really important and appreciated. Mme Nathalie Goguillon came on this visit to represent the Maire of St Christol, Jean Charles Benezet.

The Twinning Associations in both communities were thanked for all their hard work. But, above all, fun was had by all.

Twinning Diary Dates

22-24 Sept  Weekend visit to Lille - details in this issue
21 Oct  Race Night

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.
Be sure to tell our advertisers you found them in SCAN!
As part of the Government’s extended entitlement scheme to offer 30 hours of childcare to eligible families, Stilton Playgroup will be making some changes to its opening hours to incorporate this scheme as of September 2017.

From Monday 11th September we will be offering a trial of the flexible childcare offer to a maximum of five children per day. These sessions will run from 8:45am to 3:30pm Monday to Thursday, and 8:45am to 11:45am on Fridays.

To see if your family is eligible for the extended 30-hour entitlement, please visit: www.gov.uk/government/publications/30-hours-free-childcare-eligibility.

The extended entitlement offer will be available to current children on roll in the morning sessions at Stilton Playgroup. Any places that are not taken up will be offered to the wider community for children who would normally attend the morning sessions.

All places will be allocated in accordance with Stilton Playgroup’s Admissions policy.

In addition, to extend the childcare provision for our remaining children, we are also offering a ‘lunch club’ for morning session children only. For these children, the session would extend from 11:45am to 12:30pm and children would be able to stay for lunch.

Parents who would like to use the lunch club offer will need to provide their child with a (nut-free) packed lunch in a thermally insulated lunch bag.

All sessions for the younger children, aged 2 years 6 months upwards, will be remaining the same at present. (Monday to Thursday 12:30pm to 3:30pm and Friday 8:45am to 11:45am.)

If you are interested in taking up any of the new offers, or you would like any further information about registering your child with Stilton Playgroup, please call 01733 247682 or email: stiltonplaygroup@gmail.com

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!
Angel Delight
GREAT SUPPORT FOR STILTON PAVILION

Angel Spice once again gave huge support for the Stilton Pavilion Project by holding a Race Night which raised £1000 for the project, writes Chris Walford.

The cheque for £1000 was presented to Mark Angus, the project Steering Group Chairman, by Shailesh Vara MP.

Mark said ‘The Project Steering Group really appreciates this generous donation, as well as all the support given to the project by the Angel Spice Restaurant. Thank you so much.’

From left to right. Chris Walford, Shailesh Vara MP, Mark Angus, Bashir.

Barbara Anne Dovaston

The family of the late Barbara Anne Dovaston (husband Matthew and children Emma, Sam, Sophie and Tom) would like to thank the many friends and neighbours who attended Barbara's funeral at St Mary's church and the reception afterwards at The Bell for making such a sad event so uplifting and memorable.

Thanks also for the very generous donations, which totalled a magnificent £1141.56, to the Sue Ryder Thorpe Hall Hospice who looked after Barbara with such care and compassion earlier this year.

The family would also like to thank friends and neighbours for their kind words and offers of help and support both during Barbara's illness and since she passed away. This has brought Matthew and his children a great deal of comfort and is much appreciated by them.
Congratulations to Tilly Warren and Tizzy Thistleton (both 14), who were presented with the Baden Powell Challenge badge, the highest award a Guide can achieve.

Both girls have been working for this badge for four years as members of the 3rd Stilton Guides.

GUIDE LEADERS WANTED

If you would like to help girls grow in confidence, gain new skills, help in their community and also have fun then volunteer and be trained as a guide leader.

Find out about the adventurous activities and the opportunities offered by Guiding on www.girlguiding.org.uk and contact Carol Warren (07508 502534).

Left to right are Guide Leader Carol Warren, Tizzy Thistleton, Tilly Warren and Chair of Stilton Parish Council Olive Main, who presented the girls with their coveted badges.
On Saturday July 8 RAF Wyton Voluntary Band played magnificently to a full house in Stilton Pavilion. Their programme ranged from jazz to classical, all played with great professionalism and helped by very talented soloists, including our own District Councillor Tim Alban on the cymbals and triangle. There was audience participation when two vicars and the former President of St Christol's jumelage took part and also enthusiastic singing of 'Happy Birthday' to Olive Main at the start of her week of 80th birthday celebrations.

It was a warm, sunny evening to remember; the doors open to the view across the hills to Denton and some uplifting music. Our friends from St. Christol enjoyed it all as well.

Thanks go to the Stilton Group of Churches, especially to Peter and Linda Mitchell who were rewarded by raising over £1000 for the Group funds. We all hope they will do it again.

The event was another example of the great pride we can feel in our Pavilion.
The summer holidays are here, and before we welcome another group of new children into the school, we can't help reflecting on the end of the last academic year. After an initial scare with the weather, we had a tremendous time at Sports Day. Our formula of team games in the morning and traditional races in the afternoon is always a success. However, this year, the 'Staff vs Year 6' race was by far the most popular!

Thank you to everyone who worked so hard to provide us with the fantastic KS2 production of *Goldilocks and the Three Bears* - as you have never seen it before! The cast and costumes were fantastic, and the sets really helped to transport us into the cottage in the woods. Well done one and all - we loved it!

Finally, at the end of each year, comes the hard part; the bit where we have to say goodbye to some members of our school family. Year 6s, we are immensely proud of you all and wish you the very best of luck as you continue with your education journey. Do come back and visit us sometimes, as we are always keen to hear what you are doing!

NEWS FROM THE PTA

The PTA hosted a stall with the help and support of the Tesco's Community Outreach Co-coordinator Charlotte at the Pre-School Summer Fete. And what a fantastic village event it was! We had the coconut shy and lollipop board which were both very popular; it was lovely to see so many of you there helping to make fundraising such a success.

Since half term we've been selling ice pops most Fridays and other good weather days as a treat for the children. You can imagine they have gone down very well during the recent heat wave; we even had a few secondary school children stop by.

The Key Stage 2 recently held their annual summer concert, which was amazing; the children performed fantastically. During each performance the PTA were able to offer refreshments and cakes donated by the parents, which we are pretty sure the children ate most of!

We are now counting down the days until the end-of-term discos. Hotdogs, tuck shop, disco and surprises… now that's a great way to finish the school year.

Thank you to everyone who has supported the PTA this academic year; we're really looking forward to planning some fun new events when we return in September.
1st Folksworth Rainbows

At the end of the Summer Term we said a sad farewell to two of our Rainbows with the presentation of the *Over the Rainbow* badge. When they are enrolled into Rainbows, they go under the rainbow, and over it when they leave at the age of 7. We wish them both well in their next 'adventure' whatever it may be.

During the last half of the term, the Rainbows made gifts for Fathers' Day, and blew bubbles of all sizes outside on a hot sunny evening. At the beginning of June, the Rainbows took part in a Mr. Men and Little Miss Marathon Challenge in order to raise funds for Children with Cancer UK based at Great Ormond Street. This involved them being sponsored to take part in a challenge linked to the number 26. We decided that we would have a Danceathon for 26 minutes. With plenty of water on hand for thirsty Rainbows and leaders, we broke the time into manageable 10-minute blocks with a final 'push' of 16 minutes for the last part. We are very proud of the Rainbows and grateful to the families and friends who sponsored them, as £305 was raised for the charity; this was beyond our wildest expectations! A cheque has duly been sent off to Great Ormond Street, with thanks to everyone who made this possible.

For our final meeting of the term a trip to Folksworth Fun Park had been planned but the weather had other ideas for us as it decided to rain very heavily! Plan B had to be quickly put into operation, so after phone calls and texts to parents and carers, we spent a happy evening playing Bingo and enjoying crisps, Party Ring biscuits and squash in The Village Hall. *Note to self: when planning an outdoor activity and providing information about it, always use the old adage of 'if wet in the village hall!'

We are now enjoying our summer break but look forward to the Autumn Term and the run-up to Christmas!

**Contributors!**

We want your material for Folklore!

Email to Sarah Abbott at abbottsarahj@hotmail.co.uk or call her on 247275
**Folksworth Summer Fair**

**APPRECIATION FROM THE EVENT ORGANISERS**

For the first time (well, in our memory) the Pre-School’s Annual Summer Fair was held on the Play Park at the end of Townsend Way. The weather was kind and it was great to see so many people there enjoying a wide variety of attractions. I particularly enjoyed the alpacas (Or were they llamas? I can't quite tell the difference.)

With the help from all of you who supported, donated, attended and generally assisted we raised £2,112! We are truly amazed and very grateful to each and every one of you who helped make this event so successful. A massive thank you and we look forward to doing it all again next year.

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**News From St Helen's**

There is one service at St Helen's this month: Holy Communion at 9:45am on 27th August.

Other services are taking place within the Stilton Group of Churches. For details please see www.stiltonchurches.com

Family Folkus and St Helen's have their annual outing to Wicksteed Park on Monday 7th August. If you'd like to come along please contact Victoria Shirley on 07786 247476 or email her at: victoriashirley15@gmail.com

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**The Village Hall**

Work will starting on Phase 1 of the village hall improvements this summer! During the summer term we will be starting to reconfigure the inside of the main hall to incorporate new storage cupboards, exit doors, heating and lighting/acoustics and new outside community space.

We are approaching the improvements in two stages; next year we are hoping to extend the hall. The illustrations opposite include the envisaged new extension.

We would like to thank all those community groups, organisations and individuals who support and believe in the importance of having a community building in Folksworth. It is vital that the village itself has a sustainable hall for the future and we intend to make the best use of the land and space to improve this amenity.

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**NEWS**

Times change and it is with much sadness we have to report on the loss of the Beavers (the youngest members of the The Scout Association) in Folksworth. This group has been using the hall for several decades and it is sad to see it fold.

The fish and chip van is no longer available at the hall (Friday evenings).

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**CONTACT**

For details of the days and times of the different groups using the hall, please visit www.facebook.com/FolksworthVillageHall/. For information on joining any of the groups, visit the hall on the appropriate day and time. For hall bookings please contact Mrs. Joy Blythe on (01733) 241938.
Architects’ renderings of the planned improvements to Folksworth Village Hall

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

Be sure to tell our advertisers you found them in SCAN!
CASUAL VACANCY

One Parish Council vacancy still remains. If you feel this is something you might be interested in, please either come along to a meeting or contact Jackie Stanbridge. You must be over 18 and have lived in the parish for at least a year.

DOG WALKING...

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 which are usually around the edges of the fields and that the animals should be under close control. There have been recent incidents where this has not happened and those responsible challenged, resulting in torrents of abuse!

...AND POOPING

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. Due to the increase in number of incidents of dog waste not being cleared Council has had to involve officers of Huntingdonshire District Council to deal with the issue. A leaflet setting out what is and isn't allowed will be delivered to every household. If you have any questions please contact me.

SMALL GRANT APPLICATIONS

Residents are reminded 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.

HGVs THROUGH THE VILLAGE

The problem areas have recently been assessed by County Council Highways who will put forward their proposals in the next few weeks. It is hoped that by the time the next SCAN is out we will have a clearer idea of what can be done and when.

PARISH MAINTENANCE

Parish Councillors recently carried out a Parish Maintenance walk when all roads/paths were walked and looked at. It was noted that there is work to be done on several of the paths and quite a few potholes and overhanging trees. These have been reported to the relevant authority. If you notice anything at all that needs attention please let me know.
WORKS TO TREES
During the next few weeks work will be starting on various trees in the parish. If you have a problem tree near you please get in touch with me.

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

MEETINGS
The Parish Council meets on the third Tuesday of the month at 7:20pm in the Village Hall. There is no meeting in August.

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
**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:**

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<tr>
<th>Time</th>
<th>Fee</th>
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<tr>
<td>All Day (9am - 6pm)</td>
<td>£50</td>
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<td>Half Day (9am - 1pm or 2 - 6pm)</td>
<td>£25</td>
</tr>
<tr>
<td>Evening (6:30 - 10:30pm)</td>
<td>£25</td>
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</tbody>
</table>

A deposit of £50 is required when booking.

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**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)

---

**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
Stilton Community Fun Day

17th September

at Stilton Pavilion and playing field

- Stilton Scruff .. all welcome..
- Wellie Wangin’
- Walking Football - for the oldies!
- 5-a-side Colts
- Barbecue
- Tea room
- All-day bar
- Ice cream van
- Bouncy castles
- Live music - local singer!
- Big Triumph motor show
- Face painting... Stalls... lots more...

Watch for more details!
<table>
<thead>
<tr>
<th>MTWTFS</th>
<th>WHAT</th>
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<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>Stay &amp; Play</td>
<td>9 - 10:15am</td>
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<td></td>
<td>Mums &amp; Toddlers (Folksworth)</td>
<td>10:30 - 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>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>Parish Council (Folksworth)</td>
<td>7:30 - 9:30pm 3rd Tuesday in month</td>
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<td>Sewing Group</td>
<td>2:30 - 5pm</td>
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<td>Over 60's Club</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>Elevenses with God</td>
<td>4th Sunday 11:15am</td>
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<td></td>
<td>Linking Hands (mums)</td>
<td>9am</td>
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<td></td>
<td>Crossover (Y6)</td>
<td>6 - 7:30pm 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>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></td>
<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></td>
<td>Pilates (Folksworth)</td>
<td>10:00 - 11:00am &amp; 10:30 - 11:30am</td>
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<td></td>
<td>Clubbercise</td>
<td>7:45-8:45pm Wed. 8 - 9pm Thu</td>
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<td></td>
<td>Stilton Table Tennis Club</td>
<td>7.15 - 8.15pm</td>
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<td></td>
<td>Stilton Carpet Bowls Club</td>
<td>Mon (adults) 2-4pm; Tue 7:00pm</td>
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<td></td>
<td>Folksworth Indoor Bowls</td>
<td>2pm Mon, 7.30pm Thu</td>
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<td></td>
<td>Peterborough Opera Group</td>
<td>7 - 9pm weekly. May-Aug for ticketed events</td>
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<td></td>
<td>Band</td>
<td>7:30 - 9:30pm</td>
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<td></td>
<td>Yoga</td>
<td>8 - 9:35pm</td>
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<td></td>
<td>Mat Pilates</td>
<td>5:30 - 7pm</td>
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<td></td>
<td>Chair Exercise</td>
<td>Mon 8-9pm; Tue 6-7pm; Wed 11am-12:30pm</td>
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<td></td>
<td>Stilton United FC</td>
<td>3:00pm kick-off</td>
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<td>Taoist Tai Chi</td>
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<td>Folksworth Art Club</td>
<td>12:30-4:30pm</td>
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<td>Folksworth Ladies' Circle</td>
<td>7:30-9:30pm 4th Tuesday in month</td>
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<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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<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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<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 Wed, 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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Are we up to date? Tell SCAN!
<table>
<thead>
<tr>
<th>WHERE</th>
<th>WHO</th>
<th>CALL</th>
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<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>
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<tr>
<td>Stilton Pavilion</td>
<td>Rebecca Mills</td>
<td>528393</td>
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<tr>
<td>Folksworth Village Hall</td>
<td>Mel</td>
<td>636275</td>
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<td>Folksworth Village Hall</td>
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<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>
</tr>
<tr>
<td>Stilton Pavilion</td>
<td>Carol Warren</td>
<td>(07508) 502534</td>
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<tr>
<td>Stilton Playing Field</td>
<td></td>
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<tr>
<td>Parish Room</td>
<td>Mrs Croll</td>
<td>229130</td>
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<tr>
<td>Folks worth Village Hall</td>
<td>Pat Maltman</td>
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<td>Church Meeting Room</td>
<td>Sylvia Ward</td>
<td>242457</td>
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<td>St Mary Magdalene</td>
<td>Irene Goldsmith</td>
<td>244229</td>
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<td>Stuart Reed</td>
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<td>Irene Goldsmith</td>
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<tr>
<td>St Mary Magdalene</td>
<td>Stuart Reed</td>
<td>241114</td>
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<tr>
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<td>Irene Goldsmith</td>
<td>244229</td>
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<td>Pat Maltman</td>
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<td>Church Meeting Room</td>
<td>Nigel Rosbrook</td>
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<td>Doug Maltman</td>
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<td>Pat Maltman</td>
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<td>Stilton Pavilion</td>
<td>Olive Main</td>
<td>241206</td>
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<td>Stilton Pavilion</td>
<td>Vicky Leschallas</td>
<td>07919 053140</td>
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<td>Stilton Pavilion</td>
<td>Frances Ellis</td>
<td>773528</td>
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<tr>
<td>Folksworth Village Hall</td>
<td>Louise Knox</td>
<td>07957 983950</td>
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<td>Folksworth Village Hall</td>
<td>Steve Ambler</td>
<td>242156</td>
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<tr>
<td>Stilton Pavilion</td>
<td>Scott Sherrington</td>
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<td>Stilton Pavilion</td>
<td>Brian Bowen</td>
<td>241310</td>
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<td>Stilton Pavilion</td>
<td>Brian Appleyard</td>
<td>244642</td>
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<td>Folksworth Village Hall</td>
<td>Sue Gibbs</td>
<td>07709 938122</td>
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<td>Folksworth Village Hall</td>
<td>Sue Gibbs</td>
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<tr>
<td>Stilton Pavilion</td>
<td>Glen Woolner</td>
<td>07771 784643</td>
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<tr>
<td>Church Meeting Room</td>
<td>Alex Weyman</td>
<td>01480 413353</td>
</tr>
<tr>
<td>Church Meeting Room</td>
<td>Cherry Hadley</td>
<td>244258</td>
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<td>Folksworth Village Hall</td>
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<tr>
<td>Yaxley British Legion</td>
<td>Yvonne Wagstaff</td>
<td>243370</td>
</tr>
<tr>
<td>Meet at the Pump</td>
<td>Shirley Gregory</td>
<td>246209</td>
</tr>
</tbody>
</table>

Rate? Tell SCAN about your activities!

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

Where to do it and who to do it with!
Krazy Funhouse

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

Sociable indoor soft play session for parents and under 5’s.

There will be a variety of soft play equipment, bouncy castle
and a ball pool for children to play in a safe environment.

£1 per child

Tea, coffee and a variety of treats also available.

Green End Road, Sawtry PE28 5UY
Tel: 01480 387800
www.oneleisure.net
If you wait for opportunity to knock, you might wait forever. One Stilton resident who believes in going out and grabbing opportunity with both hands is retired Sqn Ldr John Hyde.

In a career spanning some 40 years, John amassed over 4000 hours as a navigator on a wide variety of RAF aircraft, mostly sitting in a windowless black hole and facing backwards. Never once did he get the opportunity to take control himself!

Retirement at last enabled John to make amends, when he was invited by a pilot friend to join the Conington Flying Club. An air experience flight immediately convinced John to take flying lessons.

Although at the age of 84 John accepts that he will never be going solo, he agreed a plan with the Club Manager that would enable him to achieve his ambition of being able to take off, fly a circuit and land safely.

So on Monday 26 June, after less than four hours of tuition in the hands of instructor Peter Darby, he completed two perfect flights, with Peter sitting alongside him for safety.

Now bitten by the flying bug, John plans to consolidate his experience with more dual hours. He is particularly complimentary about the friendly and helpful people at the Conington club, especially Julie, Gavin Frank and, of course, Peter.

John (right) poses with instructor Peter Darby after his two successive circuits of Conington Airfield. If you’re inspired to emulate him, why not visit the club yourself?
Flu Clinic 2017
CHANGE OF DATE!

Our provisional annual flu clinic date, announced last month, has had to be changed due to a one-week delay in the availability of stock. We are now planning for the clinic to take place on the morning of Saturday 14th October 2017.

As always, this date remains subject to adherence to our revised expected delivery dates. If we do become aware of any issues which might necessitate a further change of date this will be communicated as soon as possible. Timings for the day will be advertised nearer the time.

GP Team

We are very sorry to announce that Dr Emily Morrison will be leaving the practice in December. We have all enjoyed working with Dr Morrison for the last few years and we’re sure her patients will join us in wishing her all the very best for the future.

Repeat Prescription Requests

Please remember that you need to allow two full working days (48 hours) for the processing of repeat prescription requests. For example:

- A request made Monday afternoon will be available for collection Wednesday afternoon.
- A request made Friday morning will be available for collection on Tuesday morning.

Please remember that you are responsible for ordering your repeat medication in plenty of time so as not to run out.

Best Regards,
Mrs Claire Wright, Practice Manager

Your Community Needs You!

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

We would love you to join us, so call Dianne or Jennie on 07795 542084 to find out more.
The A14 upgrade project is progressing well, helped by the good weather. Project Manager Chris Griffin explained that the outline for most of the new road’s path has now been created and it won’t be long before some of the first structures are completed. Readers may have seen some of the piers being constructed for the 34 new bridges, along the A1, the A1198 and at the Great Ouse crossing. Some of these piers have foundations nearly 100 feet deep!

While the piers are being built, the 25-tonne reinforced concrete deck panels are being cast at the Brampton site. This avoids having to move them on the public roads, while local ‘borrow pits’ also keep earthwork activity within the project footprint.

Top soil has been stripped from more than 17 of the project’s total length of 21 miles. Environmental issues are also well in hand; a team of ecologists is working to create new habitats for wildlife, including water voles, great crested newts, kestrels, bats and barn owls, as well as some protected plant species. In addition, by the time the project is completed the team will have replanted twice as many trees as have been felled, all carefully selected to create mixed woodland.

A mobile information centre has proved very successful in enabling local communities to see for themselves how the project will affect their areas.

Perhaps less well-known is the A14 Community Fund, which supports a range of initiatives aimed at enabling communities to benefit from new opportunities that the project can bring. Selected projects can receive a grant of up to £10,000. The first three rounds of funding applications have been completed and more than £50,000 have been allocated to eight different projects, including primary school murals, skills projects for unemployed people, and projects linked to cycling and to wildlife. You can learn more about this at: www.cambscf.org.uk/A14.html
Water, Water, Everywhere

AUGUST IN THE GARDEN

Water is the key at this time of year. And it must be a daily chore, both to keep things alive and to help next year's performance.

Next, dead-head. This encourages new growth and so more flowers. Again, the display next year will be better and it also keeps the borders tidy.

Now is also the time to prune flowering shrubs.

If you grow your own vegetables you can look forward to your harvest, but keep on watering and feeding your tomatoes!

Finally, if you have time to sit out in the sun, don't worry if the lawn looks brown. Don't feed it; just wait for the rain. It will soon look green again.
It's easy to eat seasonally this month, but sometimes the choice is overwhelming, especially if you grow your own and have a glut of something! You can very easily run out of friends to take your surplus, so here is a recipe that will use up that over-production of tomatoes and enable you to enjoy the fruits of your horticulture all through the year.

**HOMEMADE TOMATO SAUCE**

Peel 10lbs fresh tomatoes. Remove the hard stem end, trim any blemishes, discard the core and roughly chop the flesh.

Heat 6 tablespoons of olive oil in a large pan. Add 3 diced onions and keep stirring for about 8 minutes.

Add 6 minced garlic cloves, 2 cans of tomato paste and the fresh tomatoes.

Bring to the boil, then simmer uncovered for up to 2 hours, stirring occasionally to prevent burning.

When the sauce is thick you can add a teaspoon of sugar or honey, chopped fresh herbs, salt and pepper to taste.

Cool then freeze. It will keep in the freezer for 3 or 4 months.

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**New Autism Service for Young People**

A new autism spectrum disorder service for young people is due to start in the autumn.

The service will be run by Cambridgeshire and Peterborough NHS Foundation Trust and will provide an assessment and intervention service for young people aged 12 to 18 years old.

Young people often have poor experiences when moving from children’s to adults’ mental health services. This new service should help resolve those issues.

Find out more at the Healthwatch website: www.healthwatchcambridgeshire.co.uk/
CHANGE OF SERVICES DURING AUGUST

Join us to give thanks to God for summer and holidays; to prepare in a peaceful setting for the coming days and weeks; and to pray for the issues which concern you personally and nationally. Our prayers and best wishes are with those who are being baptised and married in Stilton church this month.

6th 11:15am  Holy Communion
led by Rev. Alan Eaves

13th 8:00am  Holy Communion [BCP]
led by Rev. John Harper

27th 11:15am  Morning Praise
led by Rev. Richard Gibbs

PETERBOROUGH WINTER NIGHT SHELTER

Stilton Church has been hosting homeless people through this project for two years. The Stilton shelter will be open every Sunday from 17th December to 11th March. The project aims to provide shelter, hot meals and friendship to a maximum of eight guests each night for three winter months in seven churches across Peterborough. The guests are recently made homeless and have been referred through Peterborough City Council. They have shown they do not want to be long-term homeless. Last year we provided warmth, love, good food and a comfy bed to 47 homeless guests. Many of these were then supported into more permanent accommodation and are still held fondly in our thoughts and prayers.

The project depends on:

- **volunteers** to host the shelter for any of the 3 sessions on Sunday evenings - evening, night and breakfast;

- **volunteers** to prepare the evening meals and breakfasts;

- **practical donations** - such as: new or good quality second hand single duvet covers and pillow cases, single sheets, towels, toiletries (small sizes), disposable razors and men's warm clothing, underwear and socks.

- **finance** to pay for taxis; renewal of basics, e.g. beds and linen; administration costs. The project costs approximately £20,000 to run.

- **prayer** - Please pray for the night shelter; there is much to do. We do want to keep learning and seeing lives changed for the better. Please pray for guidance, provision, protection and effectiveness in our work.

If you would like to volunteer or help in any way, please contact Rachel Maltman [maltmanr@yahoo.co.uk] as soon as possible so she can give you further information and arrange DBS checking and training.
**RUNNING FOR PETERBOROUGH WINTER NIGHT SHELTER**

On August 20th I will be running the Kimbolton Half Marathon in aid of the Peterborough Winter Night Shelter, writes Stuart Reed. You may have seen me training on the local roads and hills. If you would like to sponsor me in support of this most worthwhile project and encourage me to complete this tricky course please go to: https://mydonate.bt.com/fundraisers/stuartreed1

Many thanks!

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**Stilton Church Coffee Morning**

**August 19th 10:30am - noon**

*(Third Saturday in every month)*

Everybody is welcome. Come and try the homemade cake. Take a chance to win the raffle!

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**Help the Foodbank**

The Foodbank supplies food for families in crisis every week. Thanks for your continued support: in the last 12 months Stilton donated nearly 1000kg and Yaxley Foodbank handed out 6.4 tonnes to those in need. The Foodbank is now low on:

- Tinned meat and fish
- Tinned rice pudding
- Sweetcorn
- Biscuits

Just add an item or two to your weekly shop; a little for you means a lot to those in crisis.

Please contact Pearl Reed (01733) 241114 if the Church is not open or if you need anything collected.
Are You Intolerant?
SALLY PINNEGAR EXPLORES SOME MYTHS ABOUT FOOD INTOLERANCE

It’s fashionable at the moment, writes Sally, to refuse certain foods in favour of fake substitutes such as soya or almond milk and gluten-free products; or even to cut complete food groups like carbs. Supermarkets are rammed with expensive alternatives to milk, bread, pasta, cereals, sugar and any number of other everyday foods, costing up to four times as much as their regular counterparts. It’s absolutely huge business, with over £500,000 a year coming from gluten- and lactose-free food sales in the UK.

In fact only a tiny percentage of people are truly intolerant of, or allergic to, certain foods, with less than 1% of people in the UK having true allergy to gluten, for instance. The vast majority have no true or medically diagnosed intolerance at all but are persuaded by the media that bread, pasta, wheat, carbs in general and dairy products are the cause of all their ills and weight issues. This leads them to shun really beneficial whole foods in favour of pseudo-foods which are often loaded with additives.

WHEAT

Let’s look at the rise in supposed wheat intolerance; what’s really happening is that people are eating poor quality, refined and processed, wheat-based foods such as mass-produced ‘pappy’ bread, biscuits, cakes, sugary cereals, an abundance of ‘beige food’ and just too much of everything, alongside being physically inactive. It’s not that they’re intolerant to wheat but their guts are reacting badly to terrible-quality food and drink, to overeating and to being sedentary. Switch to quality whole grains, sourdough bread and correct portion sizes of real, varied food and symptoms disappear, particularly if activity is part of everyday life – we were made to move, our guts enjoy it!

MILK

While in many parts of the world adults can’t tolerate milk, people of Northern European origin developed the ability to digest lactose in milk about 10,000 years ago. Most of us can perfectly safely enjoy milk throughout our lives and reap its fantastic health benefits. Once again it’s best to buy milk as unadulterated as possible, whole and unhomogenised and, if you have no contra-indications such as being pregnant, unpasteurised too.

A WORD ABOUT IBS

Sometimes people confuse IBS with having food intolerances, whereas IBS is often psychologically based. Prolonged or acute stress negatively affects the gut/brain connection and leads to bloating, diarrhoea, constipation, brain fog, pain and lethargy. The key is to manage the stress rather than cut out lots of good food types or use pseudo alternatives.