Fancy a Snug New Home?

KEY STILTON VACANCIES
OPPORTUNITIES TO HELP YOUR COMMUNITY
CHEESE-ROLLING
HURRY - GET YOUR TEAM TOGETHER!
A14 UPDATE
PROGRESS REPORT FROM THE PROJECT
CHURCH REPORT
LOOKING BACK AT A YEAR AT ST MARY MAGDALENE

A vacancy is becoming available in one of Mrs Worthington’s Almshouses. These well-appointed properties offer comfortable single occupancy for eligible tenants. Details on page 7.

INCORPORATING FOLKLORE, FOR READERS IN FOLKSWORTH AND THE SURROUNDING VILLAGES
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Editor: Olive Main 241206  Advertising: Christine Kime 243336  Production: Kelvin Davis 244140  Distribution: Hazel James

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All advertising copy or instructions to the Advertising Manager by 10th of month prior to publication. Payment in advance to Stilton Community Association - NO PAY, NO DISPLAY!

Advertisement orders MUST be accompanied by the advertiser’s name, address and telephone number. You can use the order form on www.stilton.org

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email: scan1@stilton.org

Printed by: CARESCO

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<!-- REMEMBER - NEW COLLECTION SCHEDULE! -->

Same dates for both Stilton and Folksworth

Grey Bin Days:
Monday 8th, 22nd May; 5th June

Garden Bin Days:
Friday 5th, 19th May; 2nd June

Recycling Bins:
Monday 1st, 15th, 29th May

www.huntingdonshire.gov.uk/bins

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

**MAY**

1st Cheese-Rolling!

**JUNE**

24th Stilton Village Market

**JULY**

8-12th Twinning visit from St Christol

8th Wyton Band Concert

**SEPT**

22-24th Twinning weekend visit to France

**OCTOBER**

2nd Harvest Festival and lunch

15th Stilton Church Quiz Night

**DECEMBER**

10-11th Stilton Church Xmas Festival

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.

Lead Nickers

Reports are circulating about a spate of lead thefts from church roofs and of suspicious individuals apparently ‘casing the joint’ at local churches, including St Mary Magdalene.

Readers are asked to keep an eye open for any suspicious activity around their church, especially after dark. If you can, make a note of the make, colour and registration of any vehicle involved and report your concern to the police on 101, or on 999 if you see a crime in progress.

Yaxley Tuesday Bus Service 430

At the time of writing, the Tuesday bus service to Yaxley for medical appointments has ceased to run. There was only five days' notice from Cambridgeshire County Council that HACT could no longer run the service at a loss. County Councillor Roger Henson, who was never officially informed, spent much time in trying, unsuccessfully, to get a 'stay of execution'. He also organized a meeting in Yaxley of users of the service but had to report that no one would take responsibility for looking into the need for this service. In the end Stilton Parish Council took the initiative in contacting Shailesh Vara MP to ask his advice.

Olive Main
Chair Stilton Parish Council
Sale of Stilton Memorial Hall

Stilton Parish Council has accepted an offer to purchase the Memorial Hall from Halls the Chemist, subject to planning permission to change the use of the building.

A planning application was submitted, as agreed on March 31 after consultation with Huntingdonshire District Council's Planning Department. The outcome of this application will not be known for some weeks.

Stilton Parish Council welcome the change of use, as it gives a much-loved building a new and useful lease of life. We are seeing a gradual shift of emphasis from G.P. services to those of pharmacists, which makes the presence of Halls in Stilton very important. Furthermore, the axing of the Tuesday bus is a further reason for supporting this planning application.

Local Elections
THURSDAY 4 MAY 2017
7am-10pm Stilton Pavilion
(note the change of venue)

COUNTY COUNCIL
Electiong one Councillor to Cambridgeshire County Council for the Sawtry and Stilton Division (boundary changes).

NOMINATIONS
Simon Bywater Conservative
Margaret Cochrane Labour
Geoff Harvey Lib’l Democrat
Roger Henson UKIP

ELECTION OF MAYOR
for Cambridgeshire and Peterborough combined Authority (new post).

NOMINATIONS
Paul Bullen UKIP
Rod Cantrill Liberal Democrat
Peter John Dawe Independent
Stephen Goldspink English Democrats
Julie Howell Green Party
James Palmer Conservative
Kevin Price Labour

Twinning Diary Dates

1 May Cheese Rolling - Junior Championship sponsors
20 May Quiz Night - details in this issue
8-12 July 20th Anniversary Celebrations - details in this issue
22-24 Sept Weekend visit to Lille - details in this issue
21 Oct 2017 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.
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

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/](http://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 Playgroup
YOUR FEEDBACK WANTED!

Stilton Playgroup are looking for feedback in regards to extending their opening hours to accommodate the new 30 hour childcare entitlement the Government is introducing in September 2017.

As a parent, whether you did use Playgroup previously for your children, are currently using Playgroup, may be considering using it in the future, or are not using it at all (in the past and also now) then your feedback will be much appreciated.

Please use our online survey at:
www.surveymonkey.co.uk/r/3WP3CPT
(There is a live link to this at:
www.stilton.org/playgroup-user-survey/)

Jan Whitehead

Jan Whitehead's sister, Emily Crowson, writes to thank everyone in Stilton for their generosity in contributing towards the bench and plaque bought in Jan’s memory. It will be kept at The Tunnels.

She was much loved and the love she showed us was obvious. The sum of £180 has been forwarded to Barnardo's - her favourite charity.

On behalf of my late sister Jan Whitehead (19 Manor Road), writes Emily, I would like to send my heartfelt thanks for your friendship to Jan and your kindness to me since we heard the tragic news of her and Charles' death in a traffic accident. On the 1st anniversary of their deaths it was lovely of Margaret Parsons, Jan's wonderful neighbour of many years, to invite me to see Jan's ‘memorial bench’ and to meet so many of her friends. It was lovely to hear them recollect and reminisce their happy memories of my wonderful, inspirational sister whom we miss so much.

Thank you so much to all who donated, and to Margaret and Roy for organizing it. The bench is located in The Tunnels courtyard and I hope you will, as I will be doing, buy a drink, sit on the bench and remember her.

Jan loved Stilton and had lived in the village since the early 80's; it was her ‘home’. I can see why as, during my many visits over the last year, neighbours and friends have shown me genuine care, support and friendship which has helped me through my grief.

Thank You
Emily Crowson

Council Vacancies

We still need to fill three vacancies on Stilton Parish Council!

For an informal discussion about becoming a Parish Councillor, call Olive Main on 241206.
An Almshouse will soon become available at 14 Fen Street, Stilton.

The three single-occupancy Almshouses are regulated by the Charity Commission and managed by a local Board of Trustees.

Occupiers are approved and appointed by the Trustees. Preference is given to those capable of independent living and having resided in Stilton for at least five years, or having a Stilton connection.

Further details are available from:

Mrs Y. Warner,
Secretary to the Trustees,
The Old School,
Church Street,
Stilton

Mrs Worthington’s Charity provides Almshouses in Stilton.
Registered Charity No. 233527
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

Appointment of Responsible Financial Officer

To take office on 1st August 2017 when our current RFO leaves after 20 years of service. The post involves working from home, is part-time, taking on average 25 hours per month and attending the monthly meetings of Stilton Parish Council on the 2nd Tuesday of each month at 7:30pm in the Parish Room; also attendance at two meetings of the Finance and General Purposes Committee. The present RFO will ensure full briefing and an orderly handover.

The remuneration will be fixed depending on qualifications and experience.

Please send a CV and a covering letter explaining why you would like this job. Please give the names and contact details of two referees. Applications will close on May 31st and should be sent to:

Mrs Mary Croll (Clerk)
10 Caldecote Road, Stilton, Peterborough, PE7 3RH
stiltonpc@yahoo.co.uk

DUTIES

1. To maintain all financial records, monitor income and expenditure against the approved budget
2. To prepare financial records for monthly meetings of Stilton Parish Council (SPC)
3. To prepare payments due for submission to SPC
4. To prepare a draft annual budget and precept recommendation for the next year for the annual budget meeting
5. To prepare and submit the annual financial return and accounts for formal audit, liaising with the external and internal auditors
6. To manage SPC's payroll, including PAYE, NI and superannuation
7. To maintain VAT and PAYE records and liaise with HMRC
8. To maintain the banking arrangements
9. To maintain the Parish Council Asset Register and ensure it is updated as required
10. To attend meetings of the SPC and report to the Parish Council Chairman
Cheese-Rolling!
CELEBRATING LIFE IN OUR COMMUNITY

MONDAY 1 MAY
FROM 10:30AM

This year’s theme is an all-embracing one of celebrating life in our community. We too easily take where we live for granted, but just think! We have a lively social scene, good food and drink, excellent shops, a good and caring school, a church active in worship and community service, and the Pavilion with its packed programme of activities for all. But, above all, we have wonderful people. So join in Cheese Rolling and show the outside world that Stilton is a great place to live!

CHEESE ROLLING TEAMS

Please get your entries to Olive Main as soon as you can; it helps if we know you are coming. Remember: if you are in fancy dress there is no charge; otherwise £5 per team. Junior teams are free.

Entry forms for adult and junior cheese-rolling teams are in this issue and on the village website, www.stilton.org.

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.

PUTTING IT ABOUT

National and local coverage! The popular 'Woman' magazine will be featuring Cheese Rolling this year. More locally, Olive Main is to appear live on Huntingdon Community Radio's ‘Over to you’ programme on April 25th at 7:30pm

HCR 104FM operates 24 hours a day with a variety of music, sport, racing, chat shows and competitions; in fact the whole range of local radio programmes. If you work in Huntingdon you can pick it up on 104fm. If you can’t pick it up in Stilton you can hear it on the internet: www.hcrfm.co.uk.
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

Be sure to tell our advertisers you found them in SCAN!
Following the annual meetings of last year, the churches of the Stilton Group were soon preparing for the arrival and licensing of our new Vicar, Revd Richard Gibbs and his family on 10th May. At a service held at All Saints, Elton, the family received a warm and generous welcome from our churches, and the communities in which he will serve. This brought to an end a vacancy which required much work, especially from our wardens and service leaders. Our thanks go to them for their hard work and dedication. Soon after, a pilgrimage through all the churches in the Group served as a sign of Richard's commitment to all the churches and schools in his charge.

Adjustments were made to some of our service times and patterns to enable Richard to attend three services each Sunday on average. But despite these changes there has also been much continuity in terms of content, delivery and the frequency of services. These are often led by Richard, but we also thank those who support him, both from our parishes and outside. We are also pleased to report that Mike Kirk and David Ellis completed their Authorised Lay Minister training in 2016 prior to receiving their authorisation in 2017.

Each parish in the Group now has a Parish Growth Plan. So far, they have been used primarily both to crystallize the key targets for churches and to inform discussion at PCC on the growth we are creating. It is hoped that the next plan will be more actively shared with the congregation as well. Plans include the commitments of each parish, both to their local area and to the Group as a whole. There has been noticeable growth in attendance across a good number of our congregations and at least steady attendance in others.

In the Autumn of 2016, we were very pleased to confirm the appointment of Michelle Cave as Mission Administrator to the Group of Churches. Michelle has visited all the churches and quickly got to work supporting both Richard's ministry and especially the targets outlined in the Growth Plans. Michelle works 15 hours a week in term time, and was able, in a short time, to provide support with the launch of Messy Church at Stilton School.

The summer of 2016 included many social events, including summer garden parties in the vicarage for which the weather was kind and churches enjoyed an opportunity to get to know Richard, Sue and Izzy. In October we celebrated Harvest across the Group both in worship and hospitality. This was shared with our Church Schools with whom we have a close connection.

It is also pleasing to report that all schools have regular worship led by a team which includes our ecumenical colleagues in Elton. Also in Elton, we said farewell to Mrs Becky Ford and welcomed Mrs Claire Arnold as the new head teacher in September. Our Foundation Governors are doing excellent work in supporting both schools and representing their churches...
through each of the governing bodies.

Christmas was, of course, a busy time, but all events went very well indeed. It seems unfair to single out specifics, but Elton's School Christingle, Haddon's Outdoor Nativity, Stilton's Carols at the Bell, Folksworth's Crib Service and Morborne's Carol Service were special indeed!

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Where Were You?

This space could have put your business in front of everybody in Stilton and Folksworth this month!

And for only a fiver!

Contact our Advertising Manager on (01733) 243336 for details.

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Stilton Table Tennis Club

This popular club meets in Stilton Pavilion every Monday afternoon and Tuesday evening, and attracts players of all ages and all abilities, from ‘just for fun’ to serious competition.

Financial support from Sport England has enabled the club to offer six tables (one of tournament quality) and to provide professionally-trained coaching. Plenty of scope for ambitious players!

The club is open to everyone from 12 years of age. An after-school club for years 5 and 6 is planned and free ‘taster’ sessions with coaching are available.

For more information about the Stilton Table Tennis Club, please contact Steve Ambler on 01733 242156 or email to stiltontabletennis@gmail.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:**

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<td>£25</td>
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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: ..............................................................................................

Parental permission

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

Under-16 permission?  ☐ ☐

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

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

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

At the risk of tempting fate, the Fox should be open by the time you read this! An enticing advertisement appeared on the Folksworth & Washingley Parish Council Facebook page stating that The Fox @ Folksworth will be open in April offering an Easter Sunday menu - £18.50 for two courses; £22 for three courses.

Grand Tour of Cambridgeshire

3rd & 4th JUNE

The Tour of Cambridgeshire is a prestigious cycling festival event which takes place over closed roads and attracts around 10,000 cyclists of all abilities. It is one of the 19 events that make up the Grand Fondo World Series. (Grand Fondo means ‘Big Ride’.)

26 km time trials take place on Saturday 3rd June and the 128km Grand Fondo on Sunday 4th. Routes can be found on the Tour of Cambridge website below or by Googling ‘Tour of Cambridge’. Information about road closures is vague. I assume it will be the same as last year, which means we can get in and out of the village on Saturday under marshal supervision. On the Sunday there will be road closures around Washingley in the morning. I highly recommend turning out for The Grand Fondo on the Sunday; 8,000 cyclists are an impressive sight.

www.golazocycling.com/Tour_of_Cambridgeshire

Folksworth Carpet Bowls

Our league games have finished for the season. We finished in 6th place, which means we will be playing in Division 1 next season. Thanks to all the members who turned out and played for us, particularly our two new players who joined us at the beginning of the season. We are very pleased to welcome Nick and Matthew who joined us recently.

Our Summer meetings will be fortnightly on 8th May, 22nd May, 5th June, 19th June, 3rd July, 17th July and 7th August. From 5th September meetings will be weekly. Everyone is very welcome to join us from 7pm to 9pm for a sociable bowling taster session. Call Chris on 241938.

Contributors!

We want your material for Folklore!

Email to Sarah Abbott at abbottsarahj@hotmail.co.uk or call her on 247275
Folksworth Village Hall News

As reported in the last issue of SCAN, our Annual General Meeting is scheduled for Tuesday 6th June in the village hall at 8:00pm, and all are welcome. At this meeting we will be displaying our drawings and plans to improve the user facilities at the hall. This is likely to include new toilets and storage space, with a particular wish to clad the hall to reduce condensation and energy loss. Feedback on our plans is particularly welcome from all the community and in particular the users, so please come along.

Whilst writing it looks like the opening of The Fox is imminent and the management committee would like to take this opportunity of wishing the pub and restaurant all the best for the future.

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 & 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 pm and 8:00 pm. Please visit our Facebook page for more information 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.

Ladies’ Circle

We meet on the 4th Tuesday in the month at 7:30pm in the Village Hall, Folksworth. Our talk in May by Peter Clayton will be about Octavia's Hill in Wisbech. This is the birthplace of one of the founders of the National Trust. All are welcome and you don't need to be a member. Call Phyllis Hope on 240947 for further information.

News from St Helen's

April was a busy month at St Helen's as we remembered the events leading up to Jesus's crucifixion and celebrated His resurrection from the dead. On Palm Sunday we all tried to capture the feeling of the crowd as we enacted the well-known story. Our children thoroughly enjoyed an Easter Egg hunt and as a church family we met at Bella Italia, where we had a most enjoyable meal.

May is set to be an equally busy month as we take part in the ‘Thy Kingdom Come’ prayer week (more details to follow in the Weekly Link). We have a pilgrimage walk across all parishes in the group and we will be enjoying a garden party at the Rectory. Please do join us in May; we have a thriving community of all ages and always welcome new faces.

MAY SERVICES

7 May 9:45am Family Folkus
14 May 9:45am All Age Worship
21 May 9:45am Morning Praise
28 May 9:45am Holy Communion
Be sure to tell our advertisers you found them in SCAN!

## Movers & Shakers

**FOLKSWORTH PARISH COUNCILLORS 2014-18**

<table>
<thead>
<tr>
<th>Name</th>
<th>Address 1</th>
<th>Address 2</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mark Randall (Chairman)</td>
<td>4 Castel Way</td>
<td>Folksworth PE7 3TX</td>
<td>01733 248202</td>
</tr>
<tr>
<td>Lisa Blackman</td>
<td>Manor Farm</td>
<td>Fen Lane</td>
<td></td>
</tr>
<tr>
<td>Gordon Fenwick</td>
<td>3 Bullock Road</td>
<td>Washington PE7 3SH</td>
<td></td>
</tr>
<tr>
<td>Alison Brown</td>
<td>37 Manor Road</td>
<td>Folksworth PE7 3SU</td>
<td>01733 240501</td>
</tr>
<tr>
<td>Richard Soper</td>
<td>83 Elm Road</td>
<td>Folksworth PE7 3SX</td>
<td>01733 719638</td>
</tr>
<tr>
<td>Patrick Clarke</td>
<td>16 Townsend Way</td>
<td>PE7 3TU</td>
<td>01733 241860</td>
</tr>
<tr>
<td>Judith Ford</td>
<td>10 Chervil Close</td>
<td>Folksworth PE7 3SZ</td>
<td>01733 240440</td>
</tr>
<tr>
<td>District Councillor</td>
<td>Rita Matthews</td>
<td>52 Townsend Way</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Folksworth PE7 3TU</td>
<td>01733 244169</td>
<td></td>
</tr>
</tbody>
</table>

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**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

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**Mobile Library**

**Wed 24 May**

- **Folksworth**: 10:45 - 11am Elm Road
- **Stilton**: 3:10 - 4pm Outside The Talbot

**Route M24**
Along the Yellow Brick Road
PROGRESS ON THE A14 UPGRADE

Three months in to main construction on the A14’s £1.5bn upgrade, Chris Griffin, Highways England’s project manager, has published an update on progress far. Here are the highlights:

TRAFFIC MANAGEMENT

As far as possible, the main roads are kept at full capacity during the day. CCTV cameras along the A14 enable active management of any disruption to road users from a dedicated control room.

ENVIRONMENTAL IMPACT

All trees that have been felled are being used as biomass for local energy production. More trees will be replanted when the project nears completion.

GREAT OUSE VIADUCT

This 750-metre long viaduct will carry the new A14 across the flood plain and river, and is a significant part of the scheme. Work is on schedule. The foundations and columns for the viaduct are under construction; later this year the steelwork that supports the bridge deck will be installed and the casting of 800 concrete panels begun.

ARCHAEOLOGY

Trial trenching identified some 350 hectares for archaeological examination. Important remains have been found, dating from the prehistoric period through to the Romano-British and medieval periods. Most show evidence of settlements or industrial activity, including Romano-British pottery kilns, carving tools and the bones of a cow.

Excavations will continue throughout 2017 and the team is planning on presenting findings to the local community once the archaeological work is finished.

PROGRESS TO DATE

This includes:

- Three main compounds at Brampton, Ermine Street and Swavesey; a smaller compound within the Girton Interchange and a second at Brampton are taking shape.

- 3.3 km of temporary safety barriers installed along the A14, A428 and A1, and 42 km away from the current road.

- 128 piles, using nearly 8,000m³ of concrete, have created foundations for five bridges. Only another 23 to go!

- 6km of offline haul roads have been built to move construction traffic without adding pressure on public roads.

- Nearly 2km of utility cabling and pipes have been diverted, with another 100km still needing to be diverted.

- 13ha of archaeology work completed.

- A new local access road between Dry Drayton and Girton has started.

- A new habitat for endangered water voles at Alconbury Brook is being completed.
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?

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
Stilton and District Twinning Association

Quiz Night

Saturday 20th May

Stilton Pavilion

7:15 for 7:30 start

For teams of 6-8 people

Ticket price £7.50 per head

includes supper & dessert

(Glasses provided, bring your own drink)

Tickets available from
Chris 241376 or Audrey & Paul 241739

It’s a great night!
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</thead>
<tbody>
<tr>
<td><strong>TINIES</strong></td>
<td>Toddler’s Dance</td>
<td>Playgroup (Stilton)</td>
<td>Mums &amp; Toddlers (Folksworth)</td>
<td>Pre-School (Folksworth)</td>
<td>Playgroup (Folksworth)</td>
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<td><strong>ADULTS &amp; YOUNGSTERS</strong></td>
<td>Beavers</td>
<td>1st Stilton Brownies</td>
<td>Stilton Rainbows</td>
<td>Folksworth Brownies</td>
<td>1st Folksworth Rainbows</td>
<td>Guides</td>
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<td>Parish Council (Stilton)</td>
<td>Parish Council (Folksworth)</td>
<td>Sewing Group</td>
<td>Over 60’s Club</td>
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<td><strong>CHURCH</strong></td>
<td>Holy Communion</td>
<td>Holy Communion</td>
<td>LinCup (Café style worship)</td>
<td>Elevenses with God</td>
<td>Linking Hands (mums)</td>
<td>Crossover (Y6)</td>
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<td><strong>SPORT &amp; LEISURE</strong></td>
<td>Stilton Gardening Club</td>
<td>Pilates (Stilton)</td>
<td>Pilates (Stilton)</td>
<td>Pilates (Folksworth)</td>
<td>Clubbercise</td>
<td>Stilton Table Tennis Club</td>
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<td><strong>OTHER</strong></td>
<td>Mobile Library (Stilton)</td>
<td>Mobile Library (Folksworth)</td>
<td>Mobile Fish Van (Folksworth)</td>
<td>Age Well Club</td>
<td>Carers’ Group</td>
<td>Sawtry Day Centre</td>
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</tbody>
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**MTWTFS**

**WHAT**

**WHEN**

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

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## WHERE

<table>
<thead>
<tr>
<th>Location</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>
</tr>
<tr>
<td>Folksworth Village Hall</td>
<td>Mel</td>
<td>07885 636275</td>
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<tr>
<td>Folksworth Village Hall</td>
<td>Niki Wilson</td>
<td>07971 558927</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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<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>
</tr>
<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>Folksworth Village Hall</td>
<td>Pat Maltman</td>
<td>242229</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>
<td>241114</td>
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<td>Doug Maltman</td>
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<td>Folksworth Village Hall</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>
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<tr>
<td>Folksworth Village Hall</td>
<td>Frances Ellis</td>
<td>07714 773528</td>
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<tr>
<td>Stilton Pavilion</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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<td>Stilton Pavilion</td>
<td>Scott Sherrington</td>
<td>242409</td>
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<td>Folksworth Village Hall</td>
<td>Brian Bowen</td>
<td>241310</td>
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<td>Folksworth Village Hall</td>
<td>Brian Appleyard</td>
<td>244642</td>
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<td>Stilton Pavilion</td>
<td>Sue Gibbs</td>
<td>07709 938122</td>
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<tr>
<td>Church Meeting Room</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>Austin Hall, Main Street, Yaxley</td>
<td>Alex Weyman</td>
<td>01480 413353</td>
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<tr>
<td>Folksworth Village Hall</td>
<td>Cherry Hadley</td>
<td>244258</td>
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<tr>
<td>Yaxley British Legion</td>
<td>Yvonne Wagstaff</td>
<td>243370</td>
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<tr>
<td>Meet at the Pump</td>
<td>Shirley Gregory</td>
<td>246209</td>
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<tr>
<td>Elm Road</td>
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<tr>
<td>Folksworth Village Hall car park</td>
<td>Linda Smith</td>
<td>240478</td>
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<tr>
<td>Yaxley Health Centre</td>
<td>Vicki</td>
<td>01487 832105</td>
</tr>
<tr>
<td>Yaxley Health Centre</td>
<td>Linda Smith</td>
<td>240478</td>
</tr>
<tr>
<td>CARESCO</td>
<td>Pat</td>
<td>01487 832105</td>
</tr>
</tbody>
</table>

### Note? Tell SCAN about your activities!

Church Meeting Room - (01733) 243553 | Stilton Parish Room - (01733) 241042 | Leave a LANDLINE number!

Be sure to tell our advertisers you found them in SCAN!
Every Thursday • 9.30am to 12.00pm
Every Saturday • 8.30am to 11.30am

Sociable indoor soft play session for parents and under 6’s.

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

Tea, coffee and a variety of treats also available.

£1 per child

Krazy Katz Funhouse

Green End Road, Sawtry PE28 5UY
Tel: 01480 387800
www.oneleisure.net
Antarctica - A World Beyond Belief

Chris Walford was lucky enough to recently visit Antarctica, Cape Horn and the Falkland Islands.

Stilton Gardening Club cordially invites you to an illustrated talk by Chris about his experiences, which he describes as “beyond belief”.

Friday 2nd June in the Stilton Pavilion. 19:15 for 19:30

Admission £6 (children and students free)
Refreshments will be provided.

Proceeds will be shared between The Stilton Pavilion Project and Cancer Research UK
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
From The Cabbage Patch

Join Our Club!
SHARE YOUR PASSION FOR THE NATURAL WORLD

Stilton and District Gardening and Local History Club meets usually on the third Tuesday of the month in Stilton Church Meeting Room at 7:30pm for talks or demonstrations. Annual membership is £5 for adults; £7 family; children free.

We don't meet in the summer (July to September) but we have two interesting sessions scheduled before we take our summer break.

**TUESDAY MAY 20**

Visit to Jericho, Oundle; a south-facing walled garden.

**FRIDAY JUNE 2**

Open meeting in the Pavilion. Chris Walford will give an illustrated talk on his recent trip to the Antarctic and the Falkland Islands. See the ad in this issue.

---

**Stilton and District Gardening and Local History Club**
**Tuesday, May 20th**

*Visit to Jericho garden,*
*Oundle*

Leaving Stilton Church 5:45pm

Please contact Olive Main (241206)

Places are limited.

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**Stilton Stumblers**
**Spring Itinerary**

<table>
<thead>
<tr>
<th>7 May</th>
<th>Houghton Mill - St Ives</th>
<th>21 May</th>
<th>Elder Holt</th>
</tr>
</thead>
<tbody>
<tr>
<td>4 June</td>
<td>Little Paxton Wood</td>
<td>18 June</td>
<td>Burrough Hill</td>
</tr>
</tbody>
</table>

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

For more information about Stumbling, just Google ‘Stilton Stumblers’ or call Shirley on (01733) 246209 - or just turn up on the day with your boots on!
Don’t Get Hooked!
THE PHISHING NEVER STOPS...

We’d rather not have to keep droning on about scammers and online fraudsters, but it seems the little beggars never give up. So neither should you. The police have alerted us to fraudsters sending out a high volume of phishing emails to personal and business email addresses, pretending to come from various email addresses, which have been compromised.

Typically, the subject line contains the recipient’s name, and the main body of text is as below. Note that the poor grammar is a common sign of online scam attacks.

“Hi, [name]!

I am disturbing you for a very serious reason. Although we are not familiar, but I have significant amount of individual info concerning you. The thing is that, most likely mistakenly, the data of your account has been emailed to me.

For instance, your address is: [real home address]

I am a law-abiding citizen, so I decided to personal data may have been hacked. I attached the file – [surname].dot that I received, that you could explore what info has become obtainable for scammers. File password is – 2811.

Best Wishes,”

These emails include an attachment – a ‘.dot’ file usually titled with the recipient’s name. Astute readers will recognise this as a Word template file; not something you should be blithely opening unless you know its provenance.

This attachment is thought to contain the Ursniff/Gozi banking trojan hidden within an image in the document. The Ursniff trojan attempts to obtain sensitive data from victims, such as banking credentials and passwords. The data is subsequently used by criminals to rob your online bank account.

PROTECT YOURSELF

Up-to-date virus protection is essential, but it will not always prevent your device(s) from becoming infected. A suspicious nature is your best form of defence!

DON’T click on links or open any attachments you receive in unsolicited emails or SMS messages. Remember that fraudsters can ‘spoof’ an email address to look like one used by someone you trust. If you are unsure, check the email header to identify the true source of communication. (Typically, open the message in its own window and then look for an option to View Mail Header.)

DON’T enable macros in downloads; enabling macros will allow malware to be
installed onto your device.

**DO** install software updates as soon as they become available. Updates often include fixes for critical security vulnerabilities. And these vulnerabilities become widely known as soon as they are discovered.

**DO** run your virus checker frequently. Most, if not all, have a scheduled scan facility, so set this to a suitably frequent interval.

**DO** create regular backups of your important files - *after* you’ve run the virus checker! You can backup to an external hard drive, a memory stick or an online storage provider. It is important that the device you back up to is not permanently connected to your computer as any malware infection could spread to that as well.

If you think your bank details have been compromised, you should contact your bank immediately.

Online scams haven’t replaced the old-fashioned phone scams, so you should be just as suspicious of unsolicited phone calls. One popular approach is for a scammer to ring claiming to be from BT OpenReach (or whatever) and asking about problems you may have been having with slow broadband.

Everybody experiences the odd slow connection sometimes. But BT engineers have got plenty of kit for testing the line; they don’t need to ask you to do anything on your computer. Just ask the caller for your account number and postcode - he won’t have them. But if you do have real connection problems, make the call to BT (or whomever) yourself.

**CALL IT IN**

If you have been affected by this or any other fraud, report it to Action Fraud by calling 0300 123 2040, or visit www.actionfraud.police.uk.

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**Need Local Health Services Quickly?**

**NEW 'MYHEALTH' APP FOR CAMBRIDGESHIRE AND PETERBOROUGH**

A new app to help Cambridgeshire and Peterborough residents find local NHS services available to them has been launched.

Quick and easy to use, the 'MyHealth Cambridgeshire & Peterborough' app will direct you to your nearest appropriate NHS service. This includes local GPs, pharmacies, minor injury units and dentists, based on your location or postcode.

Free to download and available in six languages, MyHealth provides up to date information on current services including directions, opening hours, and contact details.

The app is available to download for iOS via Apple Store, Android via Google Play, and Windows phones via Microsoft Store by searching for 'MyHealth C&P CCG'.

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Be sure to tell our advertisers you found them in **SCAN!**
Here’s something I’m asked loads writes Sally Pinnegar: ‘What is the best exercise to lose weight, especially from my [name of body part]?’

Well, losing fat is roughly 80% diet and 20% exercise. Lots of people exercise like mad but are still fat because they eat too much; conversely, plenty of people are slim and do no exercise at all. So what’s going on here?

Exercise is essential for good health, and yes if you do it right it significantly burns fat, and always increases energy burn and can enhance weight loss. But it’s very easy to put back more fuel than you used and sometimes people will use exercise to say they ‘deserve cake’ or whatever their chosen reward food is. It’s surprising how little extra food you need for exercise; it’s more about the type and timing.

So what about people who stay slim and do no exercise. How can that be? Easy! If you looked inside them you’d see that they have less muscle and that they store fat inside, often around the vital organs, even if you can’t see it it’s there. They are less healthy, full stop.

If it’s fat loss and great health you want then healthy eating plus exercise is the way.

SO IS THERE A CERTAIN ACTIVITY THAT BURNS MORE FAT IN LESS TIME?

Yes: anything where you’re on your feet and ‘bounding’, or where your body is the sole power source and you’re moving while pushing against resistance. So that’s things like walking, running, aerobics, dynamic weights such as Kettlebells, skipping, trampolining, cross-country skiing, hiking up hills and so on. Alternatively, any activity that you continue for a long time, such as a long hike. Less effective, but still fantastic in important ways, are swimming, cycling, pilates, weights, yoga or anything where a machine, the floor or something else (like water) are supporting you. These things still burn energy and increase muscle which in itself helps us burn more energy but the more 'boundy' stuff just burns it a bit faster.

THEN WHAT IS THE BEST EXERCISE TO LOSE WEIGHT?

It’s the one you do, the one you like, and the one you keep doing. Yes in an ideal world we’d mix up our activities and do a bit of everything, I always recommend focusing on cardio (walking, running, aerobics, cycling etc) with a bit of dedicated resistance work in the mix, but not everyone enjoys running, some don’t like weights, other love weights and hate walking. Whatever you do, just move more and move
often. Your body doesn't know whether it's in a gym or going up and down the stairs.

**WHAT ABOUT TARGETING YOUR STOMACH FAT THEN?**

Not possible. The body takes fat from the places it likes taking fat from best, and that varies from person to person. Some people would have to get skeletal up-top to reduce their thighs, while some would have to walk around on Twiglets before their stomach showed any sign of reduction. We’re given a body type and must adjust expectations accordingly.

So don’t think about spot-reducing or what is the best exercise to lose weight, just think about being as active as you can, and not eating too much. Your body will find its natural sweet spot.

‘Life is like a bicycle. To keep your balance you must keep moving.’

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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)

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**Learn to Draw!**

**WHY NOT TRY ARCHERY?**

If you enjoy target sports, good company and a bit of fresh air, why not give archery a try? There are several clubs in the area which offer taster sessions and beginners’ courses.

The Jolly Archers club is based at Jubilee Park outside Huntingdon and boasts its own private shooting ground. Its next beginners’ course starts on Friday June 2nd at 6:00-8:30pm followed by two Saturday sessions from 10am-12:30pm on June 10th and 17th.

Archery is an enjoyable and healthy activity for both sexes and all ages, whether ‘just for fun’ or right up to Olympic level.

Beginners’ courses are regulated by Archery GB and completion of one is a prerequisite for membership of any archery club.

The Jolly’s courses cost £60 and all equipment is provided. To find out more, visit www.jollyarchers.org.uk, where you can enquire about booking a place on the course.
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.
Now that the long days and warm weather are back, our fancies lightly turn to thoughts of barbecues and salads on the patio. So why not try a bit of al fresco Italian dining with this easy but delicious Caesar Salad?

**CHICKEN CAESAR SALAD**

This recipe serves four; all the ingredients can be found at Tesco. You need:

- 4 Chicken breast fillets (skinless)
- 1 Pack of lean back bacon
- 2 Romaine lettuce hearts
- 8 Cherry tomatoes
- 2 Packets of croutons
- Grated parmesan cheese
- A bottle of caesar salad dressing

Trim off and discard the fat from the bacon. Cut the rashers into short strips and bake on a baking sheet in a hot oven (about 180°C) until crisp but not burnt. Remove the strips to a dish to cool. (Tip: you can prepare the bacon in advance and keep it in the fridge.)

Fry the chicken fillets in a little oil until cooked through and just browned. Meanwhile, shred the lettuce, halve the tomatoes and place in a mixing bowl.

Slice the chicken into short strips. Add to the mixing bowl, together with the bacon bits and croutons, and stir all together.

Divide into four portions in (preferably) large bowls. Drizzle with the dressing and sprinkle generously with the parmesan.

Serve with warm garlic bread and a nice chianti!

Optionally, you can add a bit of luxury with strips of avocado and/or thin slivers of a strong cheese such as Edam.

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**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.