November - Remember

LET’S GET CRACKING!
PAVILION PROJECT NEEDS HANDS-ON HELP

HALL CHANGE
NEW MEMORIAL HALL BOOKING DETAILS

FOLKLORE
ALL THE GOSS FOR FOLKSWORTH FOLK

EVENTS!
OUR AUTUMN EVENTS CALENDAR IS COMPLETELY RAMMED!

FOOD HYGIENE
HOW OUR LOCAL ESTABLISHMENTS RANK

Only the dead have seen the end of war, so wear your poppy with pride and give generously to the Royal British Legion’s poppy appeal to help the living.
Stilton remembrance events details inside.

INCORPORATING FOLKLORE, FOR READERS IN FOLKSWORTH AND THE SURROUNDING VILLAGES
Grey Bin Days: Monday 9th, 23rd Nov; 7th Dec
Garden Bin and Recycling Days: Monday 2nd, 16th, 30th Nov; 14th Dec

For latest information on refuse collections, go to www.huntingdonshire.gov.uk/bins
Brenda Cooper and Brenda Whaley would like to thank everybody who helped, donated money and prizes, made and provided the cakes for the Macmillan Coffee Morning, and the Church for the free use of the Meeting Room.

A special thank you to all of the people who attended. The magnificent sum of £650 was raised and donated to the Macmillan cause.

**REMEMBRANCE 8-11 NOVEMBER 2015**

**Sunday November 8th 10:55am**
Annual Remembrance Sunday service in Stilton Church.

**Wednesday November 11th 10:55am**
Wreath laying on the official war graves in Stilton cemetery, Church Street by Stilton Guides and students from Stilton School and Sawtry College, followed by a short service. Everyone is welcome to observe two minutes silence at the eleventh hour of the eleventh day of the eleventh month.

**Personal tributes**
Individual crosses with personal messages can be planted under the olive tree on the north side of Stilton Church in remembrance of someone who lost their life in the service of our country.

**KEEP SAFE ON BONFIRE NIGHT**
- Fireworks must not be sold to anyone under 18.
- It is against the law to carry fireworks in public if you are under 18.
- Fireworks cannot be let off at night, between 11pm and 7am (midnight on November 5)
- Fireworks (including sparklers) must not be let off in public places (that includes the street)
- Sparklers can reach very high temperatures
- Only buy from a reputable shop and make sure the fireworks have BS 7114 on the box (British Standard)
- Tell your neighbours so they can keep pets indoors. Most animals are scared by loud noises and whistles.
HUNTINGDONSHIRE ASSOCIATION FOR COMMUNITY TRANSPORT

The Ring & Ride service for the Huntingdonshire area

Monday – Peterborough
Tuesday – Peterborough
Wednesday – Huntingdon
Thursday – Peterborough
Friday – Stamford
Monthly – Corby, Bar Hill, St Neots, Morrisons at Cambourne

Door-to-door transport. FREE with bus pass!
Unlimited use. Membership only £10 per year.
You can bring shopping trolleys and wheelchairs.
They also offer day trips (coastal and shopping) and pub lunches!

01480 411114 www.hact-cambs.co.uk www.facebook.com/hact.transport

Improve Your Piano Skills and Enjoy Your Playing!

Beginners welcome!

Margaret Parsons Tel: (01733) 243352

Stilton Parish Council

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

PLAYING FIELD CLOSED

Under the Health and Safety act 1974 the playing field will be CLOSED UNTIL FURTHER NOTICE to enable essential maintenance work to be undertaken to improve the playing field surface.

By Order of the Parish Council
Mary Croll, Clerk to Stilton Parish Council
The Stilton Community Project has now secured the necessary funds to start the project thanks to a recent grant from The Football Foundation.

We are now looking for Bricklayers, Electricians, Mechanical Engineers, Plumbers, Carpenters, Plasterers, Roofers, Cladders and finishing trades. Plus security fencing, toilet units, canteen and an office.

If you can help please contact Mark Angus, details below.

Contact Mark Angus
244006 or 07946 133673
1, Willow Close, Stilton
markangus.stilton@gmail.com
Stilton Culture

Stilton Community Pavilion Project

Stilton residents are cordially invited to a village meeting about this project

Saturday 21 November 10:00am.

Church Meeting Room

The meeting is to inform you about:

- The latest plans for the Pavilion/hall, field upgrade, children’s play area
- Fundraising - we should have very good news!
- Engaging with local groups
- Using local trades in the construction
- Hearing your views

We look forward to seeing you

If you can help in any way, contact Mark Angus 244006 or Chris Walford 241376

Twinning Diary Dates

14 November  Quiz Night - See ad in this issue

If you are interested in any of these events or in becoming involved in the Association please contact Chris Walford on 241376.

Funds raised by the Association provide for travel grants for young people on exchange visits to St Christol and activities here when groups visit from St Christol.
We were pleased to welcome Tristam Pithers to his first meeting as a Parish Councillor. Also to confirm Mrs. Dee Darnell, a long time resident of High Street, as a member of the Council. This brings the number of Parish Councillors up to 11, the statutory required number.

District Councillor Tim Alban also attended. His quarterly report appears in this issue.

**DAMAGE TO VILLAGE SIGN: CALDECOTE ROAD**

The police are unable to take any action over this matter in the absence of firm evidence. The Parish Council is now trying to claim the cost of rebuilding the sign (about £2000) from the driver through the legal system.

**NORMAN CROSS ACTION GROUP**

The date for submitting comments on the new plans for further residential development has been extended in the light of Cambridgeshire County Council’s objections concerning the effects on the A15 and Norman Cross A1(M). Locally, we are still trying to clarify ownership of the Old Great North Road so that we can campaign to protect this country lane from becoming a busy commuting road.

The Group is also objecting on the grounds that secondary education in the whole of this area will be adversely affected. The other objection is the loss of promised employment.

**BRIDLEWAY GATE**

As building work should start soon on the playing field pavilion, we are asking the County Council for a new gate at the bridleway entrance, to replace the battered and broken one.

**CHURCH CLOSE PARKING**

Along with Church Street, parking in Church Close is now at dangerous levels. The Parish Council is joining Tim Alban in a campaign to provide dedicated parking for the residents of Church Close.

As this is a long-term objective, if you are able, please park vehicles on driveways, even in your garage!, rather than on the bends, and certainly not opposite another car. The bus frequently has problems and we have already had instances of emergency vehicles unable to get to calls; it might be you who needs an ambulance!

**DEFIBRILLATOR**

It has been suggested that the Memorial Hall could be the preferred site; investigations continue. In the meantime, a machine is installed in the Bell Inn.

**BUDGET 2016/17**

At its meeting on October 13th, Stilton Parish Council approved a budget that would involve a 1% increase in the precept.
Stilton Parish Council 2015

Following recent new appointments, here is the current makeup of the Council:

- Olive Main (Chair)
- Sue Ayres (Vice Chair and Chair of the Finance & General Purposes Committee)
- Chris Walford (Chair, Leisure and Amenities Committee)
- Bruce Marks (Planning and Tree Warden)
- Tom Carrington
- Don Darke
- Dee Darnell
- Tristam Pithers
- Philip Shailer
- Sue Smith
- Tim Stokes

Clerk: Mary Croll
Treasurer: Kathy Ray
Caretaker: Ian Croll

Members also take lead roles on the Memorial Hall Committee, Mrs. Worthingtons’ Almshouses Trust, Stilton Amenities Project, Stilton School Governors, Stilton Community Association, Norman Cross Action Group.

Stilton Memorial Hall

The Annual General Meeting of the Hall recognised that, within a few months, the management and governance of the Hall with be linked with that of the other Parish owned facilities, notably the Parish Room and the new Community building.

A transitional committee was set up with the following officers:

- Chair: Susan Grey
- Secretary: Ann Bainbridge
- Treasurer: Janet Greenfield

Chris Walford and Sue Edwards joined the committee.

NEW BOOKING ARRANGEMENTS

During this transitional period responsibility for bookings and invoices will lie with Stilton Parish Council. For bookings from 2nd November please contact Sue Smith.

Email: oscarsue@live.co.uk
Text mobile: 07 522 601 459
Home tel: (01733) 240414

Stilton Cemetery

GARDEN OF REMEMBRANCE

As from September 1st 2015 there is now a charge of £15 for the siting of a memorial plaque in the area set aside for the scattering of ashes.
Stilton Memorial Hall

Hiring Charges

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

How to Book the Hall

To book the Hall, please contact the Booking Clerk, Sue Smith:
(01733) 240414  |  oscarsue@live.co.uk  |  07 522 601 459

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

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

Parish Meeting Room

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

HIRING THE ROOM

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

The Room seats up to 20 people, ideal for small clubs or committee meetings. It has broadband, a kitchen area and toilet suitable for use by disabled people. Users should note that smoking is not permitted in any part of the building or in the surrounding cemetery.

FEES:

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

A deposit of £50 is required when booking.
Fortnightly strolls around the local countryside are a sociable way of getting some healthy exercise, writes Kelvin Davis, but Stilton Stumblers like to get away to somewhere different at least once a year. Last October, we spent a weekend in the Yorkshire Dales and enjoyed ourselves so much we booked the same hotel this year!

The Dales offer some of Britain’s finest walking without being rammed with people. It has something for everyone, whatever the weather. Last year we walked up Whernside in the rain and were rewarded by a brightly sunlit panorama and the sight of a steam train puffing majestically across the iconic Ribblehead viaduct below us.

This year, we decided to tackle the other two of the three big Yorkshire Peaks: Ingleborough and Pen-y-Ghent. The forecast could not have been better, so off to the pretty village of Clapham to begin an 11-mile circular walk to Ingleborough.

The trail has much to enjoy, with a photo opportunity at every turn. We passed the famous Ingleborough show caves before climbing the narrow defile of Trow Gill up onto open moorland. Here we stopped to gaze into the mouth of Gaping Gill, the top of a sheer 300 foot shaft down to the second biggest natural cavern in Britain. Then steadily onwards and upwards to the flat top of the peak itself.

The return took us through limestone pavement terrain, a legacy of the Ice Age, which scraped off all the topsoil leaving a startling alien landscape of bare rock that you can only see from the footpaths.

Flushed with our day’s exertions, we returned to an excellent dinner in the hotel where we toasted the 40th anniversary of two of our most enthusiastic members.

The Sunday saw us split up to do our own things. Some went sightseeing at Fountains Abbey or Middleham, while the more energetic romped up Pen-y-Ghent, along with numerous local walkers, three-peakers and Pennine Way trekkers. Then back down to Horton-in-Ribblesdale, digressing briefly to admire Hull Pot, the biggest natural hole in Britain, formed by an enormous collapsed cavern and only accessible by abseiling.

A fantastic weekend; now the problem is where to go next year!

Left: The dramatic climb through Trow Gill.
Yaxley Foodbank

HARVEST APPEAL

Many thanks to all who contributed to the special appeal at the Harvest Festival, especially the parents and children of Stilton School. A massive 214kgs was donated.

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

- Tuesday afternoon [2:30-5:00pm]
- Thursday morning [8:00 – 8:45am]
- Friday afternoon [2:00 – 4:00pm]
- During term-time activities on Tuesday, Wednesday and Friday mornings [9:00am – 10:30am]
- Thursday evening – Crossover [6:00 – 7:00pm]

FOOD NEEDED

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

Stilton Calendar 2016

To raise funds for the Amenities Project

Limited Edition so order in advance.

to pre-order contact Rick Landy
3 Church Street, Stilton (01733) 240321 rh.landy@virgin.net

Stilton Stumblers

Autumn Itinerary

<table>
<thead>
<tr>
<th>8 Nov</th>
<th>Titchmarsh</th>
<th>22 Nov</th>
<th>Foxton Locks</th>
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</thead>
<tbody>
<tr>
<td>6 Dec</td>
<td>Stilton - Glatton - Denton</td>
<td>20 Dec</td>
<td>Hambleton peninsula</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!
A big thank you to the SCAN production team for making Folksworth and Folklore so welcome and for their hints and tips.

This community page is designed to bring you details of forthcoming events and to share your news and information about life in Folksworth. If there is something you would like included, email me on abbottSarahj@hotmail.co.uk or telephone (01733) 247275.

Sarah Abbott,
Folklore Community Page coordinator.

**Quiz Success**

The 4th Big Folksworth Music Quiz was held at Folksworth School on 7th October. Thanks to the organisers and everyone who attended; a great night was had by all. Funds raised will be split between the School PTA and Prostate charities.

**Church Services**

**IN NOVEMBER**

All start at 10am

<table>
<thead>
<tr>
<th>Date</th>
<th>Service Type</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>1st Nov</td>
<td>Family Folkus Cafe-style service in Folksworth School</td>
<td></td>
</tr>
<tr>
<td>8th Nov</td>
<td>Holy Communion</td>
<td></td>
</tr>
<tr>
<td>15th Nov</td>
<td>Family Service</td>
<td></td>
</tr>
<tr>
<td>22nd Nov</td>
<td>Morning Prayer</td>
<td></td>
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<tr>
<td>29th Nov</td>
<td>Stilton Group of Parishes United Service</td>
<td></td>
</tr>
</tbody>
</table>

**Carpet Bowls**

**COME AND GIVE IT A GO!**

Carpet bowls is a gentle activity in a friendly atmosphere close to home. All you need is flat shoes or trainers - other equipment will be provided. We are lucky enough to have two clubs in our villages who meet weekly:

Monday afternoon 2 - 4pm
Stilton Memorial Hall

Monday evening 7 - 9pm
Folksworth Village Hall

Thursday evening 7 - 9pm
Stilton Memorial Hall

For information, ring Chris on 241938 for Folksworth and Keith on 649428 for Stilton.

**Do You Know?**

Plans dated May 1975 show that the proposed development in the area we now know as Elm Road was going to be called ‘Dovecote Park’. Presumably there was a dovecote in the area.

Does anyone remember this?
**Diary Dates**

**Saturday 21st November**
Christmas Fayre in the Village Hall - see advert in this issue.

**Tuesday 8th December**
Folksworth School have their Christingle Service in St Helens at 2pm and at 7.30pm there is Carol Singing in the Village Hall.

**Saturday 12th December**
Santa and his float visits Folksworth.

Watch for details in December’s **SCAN**!

For details of upcoming events see **SCAN**’s greatly expanded Event Horizon section.

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**Contributors!**

We want your material for Folklore!

Email to Sarah Abbott at abbottsarahj@hotmail.co.uk

Still a couple of vacancies on the Parish Council!

Contact Jackie Stanbridge for details

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**Movers & Shakers**

**FOLKSWORTH PARISH COUNCILLORS**

<table>
<thead>
<tr>
<th>Name</th>
<th>Address</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mark Randall (Chairman)</td>
<td>4 Castel Way</td>
<td>01733 248202</td>
</tr>
<tr>
<td>Lisa Blackman (Vice Chairman)</td>
<td>Sheep Lair Farm</td>
<td>07919 366465</td>
</tr>
</tbody>
</table>
| Gordon Fenwick         | 3 Bullock Road               | Peoples
| Judith Ford            | 10 Chervil Close             | 01733 240440        |

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

Be sure to tell our advertisers you found them in **SCAN**!
At this time of year Council's attention is drawn to budgets, forecasts and plans for the following financial year. It has to plan far in advance and decide by December what funding it will require for the period April 2016 - March 2017. Council's annual budget meeting is on Tuesday November 3rd at 7pm. This is an open meeting and anyone can attend. At this meeting the final budget recommendations are set which are ratified by Full Council on Tuesday November 17th. Our figures then go to Huntingdonshire District Council in early December to become part of the Council Tax bill that lands on your mat each Feb/March. If you require a copy of the proposed draft budget before it is agreed at Full Council please let me know.

Council is able to make small grants to groups and organisations via something called Section 137. It is always useful to know if such requests are going to be made. Larger annual grants are made based on the applications that are considered at the meeting. If your group is considering making an application please let me know.

The playing field has become a very popular place for families and children to meet and have fun. Thankfully, we have not had any further incidents of vandalism. The plan is to continue adding equipment but if monies have to be spent on repairs or replacement then this will not be possible. Our ideas for equipment usually stem from residents' requests, so if you have something in mind you feel would add to the area please let me know. Plans are already under way for additional picnic benches and bins.

I am still receiving reports of dogs on and off the lead on the recreation ground. There is a sign at the entrance to the field stating that dogs are not allowed in this area. (See October’s SCAN for more on this topic.) Please get in touch with me if you require any information at all about the Parish Council. I am happy to help in any way I can. Parish Council meetings are held on the third Tuesday of each month and Agendas and Minutes are placed on the notice boards and on the website.

Lastly, we still have two vacancies on the Council. If you would like to become more involved in the goings on in your community or would just like further information please get in touch.

Jackie Stanbridge
Clerk to the Council/RFO

Reminder
START PLANNING NOW!

As reported last month, Folksworth will be involved with next year’s cycle race, which will take place on 3rd/4th June.

It would be great to organise some events of our own around this high-profile sporting event.

All ideas welcome - it’s not too early to begin planning! Contact Jackie Stanbridge with your suggestions.
Folksworth Ladies Circle

A small group of ladies from Folksworth, Stilton, Glatton, Barnwell and Norman Cross get together on the 4th Tuesday in the month at Folksworth Village Hall.

We have a mixture of speakers on all topics, quiz evening, pot luck suppers and followed by tea and biscuits. We take it in turns on a rota basis to host the evenings so we all run the type of evenings we all enjoy.

If you would like to join us you would be very welcome. Just come along for 7:30pm. Guests pay £1 per night.

If you decide to join, subscription is £5 a year and a 50p raffle on the night.

Our speakers for 2015 are:

Nov 24  Christmas flower decorations  
H Burton

December  No meeting  
Christmas meal TBA

Folksworth Art Club

Every Thursday from 12:30 pm to 4:30 pm in Folksworth Village Hall*

Whether you are an experienced artist or just want to enjoy dabbling in pleasant company, you will be welcome at the Folksworth Art Club.

This friendly self-help group meet to have fun ‘doing their own thing’ - be it drawing or painting in any media. Members are of all abilities, varied talents, and there is always help and advice available. Many regularly exhibit and sell their work locally.

The club charges £3 for the whole afternoon, including refreshments which are available on a self-help basis. Members provide their own art materials.

All enquiries: Cherry Hadley Tel: (01733) 244258

*except election days
From the Pulpit

Remembrance Sunday Service
8th November 10:50am

Remembrance Day
11th November 10:50am
in Stilton Cemetery

St Mary Magdalene, Stilton

For full details of church services, visit www.stiltonchurches.com or see the Church Link - delivered to your door every month!

St Mary Magdalene, Stilton Coffee Morning
Nov 28th
10:30am - 12noon

Church Meeting Room

Enjoy a cuppa and a cake for £1.50

No coffee morning in December From January 16th they will be on the 3rd Saturday in the month.
Stilton Church has agreed to open a Night Shelter in the Church Meeting Room for up to eight homeless people on Sunday nights during December, January and February. Other churches in the Peterborough area are covering the other nights of the week.

The guests will be referred by the Peterborough City Council Housing Needs Team and the New Haven Night Shelter.

Alongside the voluntary Winter Night Shelter teams providing warmth, shelter and food on cold winter nights, the Council will continue to work with the homeless people providing ongoing support as they seek to bring them into long-term housing.

Volunteers are needed for three sessions:

- Sunday evenings 6pm - 10pm to provide evening meals
- Nights 9:45pm - 7:00am
- Monday mornings 6:30pm - 8:45am to provide breakfasts.

We hope there will be sufficient people for them to volunteer once a fortnight. If you are unable to commit to these times, but would like to support the project, funding towards food, taxis and heating would be much appreciated.

If you are able to help, please contact Stuart Reed on 241114 or email him at sandpreed@btinternet.com.

Gimme Shelter
VOLUNTEERS WANTED FOR WINTER NIGHT SHELTER PROJECT

PROGRAMME FOR 2015/2016
Meetings take place in Oundle at 7:30pm

Saturday 28 November 2015
Dinner celebrating the victory at Waterloo, Glapthorn Village Hall

Friday 5 February 2016
Talk by Mike Brown
- Prebendal Manor Gardens

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

Saturday, 16 April 2016
Quiz night
Glapthorn Village Hall

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

Contact for further details: Olive Main (01733 241206) Transport available
Even if the weather is grey and wet there are still jobs to be done in the garden:

- Clear up fallen leaves, particularly from lawns and ponds
- Plant tulip bulbs
- Cut back roses to prevent wind rock
- Plant winter pansies, primulas, wallflowers and other winter bedding
- Don't forget the birds' food and water
- This is the time to plant onions, shallots and garlic.

**Stilton Gardening Club**

Tue 17th Nov - 7:30pm
Church Meeting Room

**Total Eclipse of the Sun**

Audrey & Paul Springford present a wonderful photographic record of the recent total eclipse.

Members £1

Guests - always welcome - £2

**Friends of Norman Cross**

Friday 6 November 7:30pm
at Stilton Church Meeting Room

Douglas Maltman and Olive Main will look at

‘Stilton's part in the Norman Cross Story’

£5, to include refreshments

Proceeds to Stilton Church

Image courtesy Luc Viatour www.Lucnix.be
Food Hygiene
HOW DO OUR LOCAL ESTABLISHMENTS RANK?

The Food Hygiene Rating Scheme gives consumers information about the hygiene standard of food outlets. It is run by the Food Standards Agency in partnership with local councils.

A food safety office inspects the business and checks:
- How hygienically food is handled
- The condition of the building
- How the business makes sure the food is safe

Here’s how local establishments rank:

<table>
<thead>
<tr>
<th>Premises</th>
<th>Rating</th>
<th>Last Inspected</th>
</tr>
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<tbody>
<tr>
<td>McColls</td>
<td>5</td>
<td>January 2011</td>
</tr>
<tr>
<td>Stilton School</td>
<td>5</td>
<td>January 2015</td>
</tr>
<tr>
<td>Stilton Country Club</td>
<td>5</td>
<td>February 2012</td>
</tr>
<tr>
<td>(Now The Tunnels)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Stilton Cheese</td>
<td>4</td>
<td>November 2013</td>
</tr>
<tr>
<td>The Talbot</td>
<td>4</td>
<td>November 2014</td>
</tr>
<tr>
<td>Angel Spice</td>
<td>3</td>
<td>February 2014</td>
</tr>
<tr>
<td>The Bell Inn</td>
<td>3</td>
<td>September 2014</td>
</tr>
<tr>
<td>The Haven After School Club</td>
<td>3</td>
<td>March 2009</td>
</tr>
<tr>
<td>Addison Arms Glatton</td>
<td>3</td>
<td>April 2014</td>
</tr>
<tr>
<td>Sawtry Co-op</td>
<td>5</td>
<td>January 2014</td>
</tr>
<tr>
<td>Yaxley Co-op</td>
<td>5</td>
<td>February 2013</td>
</tr>
<tr>
<td>Premier Inn Norman Cross</td>
<td>5</td>
<td>June 2015</td>
</tr>
<tr>
<td>Tesco Hampton</td>
<td>5</td>
<td>October 2014</td>
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<tr>
<td>Waitrose Oundle</td>
<td>5</td>
<td>July 2014</td>
</tr>
</tbody>
</table>

Ratings are 0-5 (5 being the top 'very good', 4 = good, 3 = generally satisfactory.)

Chocolate Delight

Hot chocolate is ideal for warming you up after a cold night at the fireworks!

Heat 600ml semi-skimmed milk, 140ml of double cream and 100mg chopped chocolate until nearly boiling. Whisk to make it smooth. Pour into mugs and top with little marshmallows and grated chocolate.

And if the outdoor fun is over, add two teaspoons of brandy for the adults!
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.
Hunts Police are warning of rogue traders, recently active in the area of St Ives.

In one distressing incident, an elderly lady was duped into having some work done at her property by males who had knocked on her door. They stated that the lady needed work done on her roof. They replaced a few tiles and then said that further work was needed. These unscrupulous individuals then took the lady to the bank to withdraw a large amount of cash. Happily, alert bank staff realised what the lady needed the money for and called the police. On this occasion, due to the quick thinking of the bank staff, no money was given to the so-called tradespeople.

These males broke a number of Trading Standard laws; first by failing to provide a contract and second by failing to give the seven-day cooling off period. Trading Standards law states that you must be given a seven-day cooling off period for any work over £35.

Police warn everyone to be mindful of tradespeople just knocking on doors. Clearly, not all are out to con you but genuine tradespeople will abide by the rules and regulations. The rogues usually target the elderly and vulnerable so please be the police’s eyes and ears and keep alert for such criminal activity.

If you believe something is wrong please obtain as much information as possible; descriptions of persons, description and index numbers of vehicles, and any leaflets that the callers may have left. Then ring the police as soon as possible.

Police are working very closely with their colleagues in Trading Standards to catch and prosecute unscrupulous tradespeople who target the residents of Huntingdonshire. They need your help, as unfortunately this sort of crime is very under-reported.

If you think you may have witnessed anything to do with any crime or incident, you can e-mail Hunts Police at HuntsCops@cambs.pnn.police.uk or call 101. You can also call Crimestoppers, anonymously, on 0800 555 111.

As always, in an emergency or a crime in progress, call 999.
A Cracking Yakkety Yak
WHAT A GREAT TIME WE HAD!

The Yaxley Yakkety Yak event was a fantastic event for the community. Scores of children attended author talks and workshops took part in craft activities and even got a chance to hear stories about creepy crawlies and hold a tarantula!

Do You Need Help
WITH COMPUTER BASICS OR RESEARCHING YOUR FAMILY HISTORY?

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

Book & Biscuit Story Club

The next Book and Biscuit story club (for children aged 4-7 years) is on Tuesday 10th November from 3:30-4:15pm. Come along and join in our session of stories and activities.

Knit & Natter or Scrabble?

We have two friendly groups meeting regularly in the library. Scrabble Club meet every Monday afternoon from 3pm and our Knit & Natter group meet every Thursday from 2pm. New members always welcome.

Rhymetime and Storytime

Rhymetime (for babies aged 0-18 months) runs 10:30-11am every Friday during term time. Storytime (for children aged 18 months - 5 years) will be held on alternate Tuesdays in November from 10:30-11am.

Arts Alive in Libraries

Decisions are now being made on the next series of Arts events for Yaxley Library. Over the past year we have been entertained with storytelling, a film screening and a children's book festival. Please let us know what you would like to see happening in Yaxley Library over the next few months.
Yaxley Library
OPENING TIMES

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

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

Mobile Library
Wed 25 Nov

Folksworth
10:45 - 11am
Elm Road

Stilton
3:10 - 4pm
Outside The Talbot

Route M24

Yaxley Singers

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

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

If you want to know more, ring Mary Croll (241042) or Olive Main (241206). Transport from Stilton is usually available.
Have your say on the County Council’s budget

www.cambridgeshire.gov.uk/budgetconsultation

Residents across Cambridgeshire are being asked for their input in the setting of the County Council’s budget for 2016/17.

Cuts in funding from central government, coupled with increased demand and inflation, means that we need to save £114 million over the next five years, on top of the £200 million in savings we’ve already made.

Next year we need to save £45 million - that’s the equivalent of 9% of our entire budget.

More service cuts are inevitable but we want to do all we can to ensure that people and communities continue to receive support.

The survey will enable residents’ voices to be heard, which we can use to help shape our budget and priorities for the future.

Get involved and fill out the survey here:

www.cambridgeshire.gov.uk/budgetconsultation

This survey closes on the 8th November 2015.

You can also get in touch directly to give comments and ideas on how we can deliver services better or more efficiently:

Research & Performance Team: Budget Consultation, SH1306 Shire Hall, Castle Hill, Cambridge CB3 0AP
Stilton and District Twinning Association

Quiz Night

Saturday 14 November

Stilton School Hall

7:15 for 7:30 start

For teams of 6-8 people

Ticket price £7.50 per head

includes Ploughman’s Supper & dessert

(Glasses provided, bring your own drink)

Tickets available from

Chris 241376 or Audrey & Paul 241739

It’s a great night!

We look forward to seeing you.
Raising Funds for Stilton’s Community Building Project

**Time for You! Evening**

Wednesday 11th November 7:00 - 9:30pm

in the Marlborough Suite, the Bell Inn

Ever wanted to try out a new beauty or holistic therapy such as:

- Body Massage
- Reiki
- Kinesiology
- Reflexology

Why not have a mini-manicure or facial?

During the evening you will be able to try some of our taster sessions, as well as watch demonstrations on things as varied as yoga, cup-cake decorating, special occasion hair and semi-permanent make-up.

Come along for a relaxing and enjoyable night out!

**Tickets £5**

on the door or in advance from

The Bell Inn

Ten Hairdressing, High St., Stilton

Christina Tallowin 01733 240248
Linda Angus 01733 244006

Bar, raffle and chocolate fountain on the night
Folksworth Pre-School’s Christmas Shopping Day
Come and join the festive atmosphere at....
Folksworth Village Hall
Saturday 21st November
12 - 3 pm
Tickets £3
(includes a glass of mulled wine and a mince pie)
Available from Pre-School, or Lisa on 07961 422 156
Raffle! Hair Accessories! Refreshments!
Cosmetics! Stocking fillers! ...and much more!
Jewellery! Glitter wine glasses!

Be sure to tell our advertisers you found them in SCAN! 27
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<th>TINIES</th>
<th>WHAT</th>
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<tr>
<td>O</td>
<td>Toddler's Dance</td>
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<td>Playgroup</td>
<td>9 - 11:45 &amp; 1 - 3pm</td>
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<th>YOUNGSTERS</th>
<th>WHAT</th>
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<tr>
<td>O</td>
<td>Beavers</td>
<td>6 - 7:15pm</td>
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<td>O</td>
<td>1st Stilton Brownies</td>
<td>6:15 - 8pm</td>
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<td>O</td>
<td>Stilton Rainbows</td>
<td>5:15 - 6:15pm</td>
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<td>O</td>
<td>Folksworth Brownies</td>
<td>6:30 - 7:45pm</td>
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<td>O</td>
<td>1st Folksworth Rainbows</td>
<td>5:30 - 6:30pm</td>
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<td>O</td>
<td>Guides</td>
<td>6 - 7:30pm</td>
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<td>O</td>
<td>Stilton United Colts</td>
<td>KO 10am</td>
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<tr>
<td>O</td>
<td>Parish Council</td>
<td>2nd Tuesday 7:30pm</td>
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<td>O</td>
<td>Sewing Group</td>
<td>2:30 - 5pm</td>
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<td>O</td>
<td>Over 60's Club</td>
<td>2:00pm</td>
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<th>CHURCH</th>
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<tr>
<td>O</td>
<td>Holy Communion</td>
<td>1st &amp; 3rd Sun 11:00am</td>
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<tr>
<td>O</td>
<td>Holy Communion</td>
<td>2nd &amp; 4th Sun 8:00am</td>
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<tr>
<td>O</td>
<td>LinCup (Café style worship)</td>
<td>2nd Sun 11am</td>
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<td>O</td>
<td>Elevenses with God</td>
<td>4th Sunday 11:00am</td>
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<td>O</td>
<td>Linking Hands (mums)</td>
<td>9am</td>
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<td>O</td>
<td>Crossover (Y6)</td>
<td>6 - 7pm in term time</td>
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<td>O</td>
<td>Take a Break (children &amp; carers)</td>
<td>9am in term time</td>
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<td>O</td>
<td>Men's Prayer Breakfast</td>
<td>8am 2nd Saturday in month</td>
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<tr>
<td>O</td>
<td>Holy Communion (soup lunch)</td>
<td>1st Wednesday 12:30-1:30</td>
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<td>O</td>
<td>Church Choir</td>
<td>2nd &amp; 4th Thursday, 7am</td>
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<td>O</td>
<td>Prayer Focus</td>
<td>8am</td>
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<th>LEISURE</th>
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<tr>
<td>O</td>
<td>Stilton Gardening Club</td>
<td>3rd Tues 7:30pm</td>
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<td>O</td>
<td>Pilates</td>
<td>9:30-10:30; 10:30-11:30</td>
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<td>O</td>
<td>Stilton Indoor Bowls</td>
<td>2pm Mon, 7pm Thu, 7:30pm</td>
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<tr>
<td>O</td>
<td>Band</td>
<td>8 - 9:35pm</td>
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<td>O</td>
<td>Judo</td>
<td>6 - 8pm</td>
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<td>O</td>
<td>Yoga</td>
<td>6 - 7pm</td>
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<td>O</td>
<td>Stilton United FC</td>
<td>3:00pm kick-off</td>
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<td>O</td>
<td>Taoist Tai Chi</td>
<td>7:30pm</td>
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<tr>
<td>O</td>
<td>Folksworth Art Club</td>
<td>12:30-4:30pm</td>
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<tr>
<td>O</td>
<td>Stilton Stumblers (walking group)</td>
<td>Alternate Sundays 10:00am</td>
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<th>OTHER</th>
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<tr>
<td>O</td>
<td>Mobile Library</td>
<td>3:10 - 4pm (4th Wed in month)</td>
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<tr>
<td>O</td>
<td>Age Well Club</td>
<td>10 - 11:45am</td>
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<tr>
<td>O</td>
<td>Carers' Group</td>
<td>1st Weds, 2 - 4 pm</td>
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<tr>
<td>O</td>
<td>Sawtry Day Centre</td>
<td>10am - 2:30pm</td>
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<td>O</td>
<td>Sawtry Friendship Club</td>
<td>10:30am - 1:30pm</td>
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Are we up to date? Tell SCAN about your activities!
## WHERE

<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>
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<td></td>
<td>Leslie Kirk</td>
<td>247682</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>Memorial Hall</td>
<td>Jen Walton</td>
<td>244005</td>
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<tr>
<td>Memorial Hall</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>
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<tr>
<td>Memorial Hall</td>
<td>Carol Warren</td>
<td>(07508) 502534</td>
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<td>Stilton Playing Field</td>
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<tr>
<td>Parish Room</td>
<td>Mrs Croll</td>
<td>229130</td>
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<tr>
<td>Church Meeting Room</td>
<td>Pat Maltman</td>
<td>242229</td>
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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>St Mary Magdalene</td>
<td>Stuart Reed</td>
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<td>Church Meeting Room</td>
<td>Derek Foot</td>
<td>242761</td>
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<td>Stuart Reed</td>
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### Event Schedule

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<th>Event</th>
<th>Details</th>
<th>Location</th>
<th>Contact</th>
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<td>Toddler's Dance</td>
<td>9am</td>
<td>Church Meeting Room</td>
<td>Michelle Pratt</td>
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<td>07906 114942</td>
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<td>Playgroup</td>
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**Questions?**

Tell SCAN about your activities!
Folksworth Pre-School’s

**Family Pamper Day**

Saturday 7th November

12 - 3 pm Folksworth Village Hall

£5 per family

(Entrance only)

- Glitter Tattoos
- Face Painting
- Hair Braids
- Bracelet Making
- Henna Tattoos
- Massages

...and much more!

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Yaxley Flower Club - our 25th year

<table>
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<tr>
<th>15th Oct</th>
<th>Practical Night</th>
<th>19th Nov</th>
<th>Lesley Beaton</th>
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<td><em>Christmas Raffle</em></td>
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Contact: Helen Burton (01733) 242198

Meetings are held at 7:30pm on the 3rd Thursday of each month (excl. Aug & Dec) at the Yaxley British Legion, Broadway, Yaxley.
Stilton Church

Annual Christmas Fayre

Saturday, November 21st  2:00 - 4:00 pm
Stilton School Hall, Church Street

Free admission

All the usual stalls:

- Bric-a-brac
- Toys
- Local crafts
- Cream teas
- Dutch auction
- Games
- Home-made cakes (which usually sell out quickly!)

We always need good quality - Bric a Brac, Children’s Toys, Books and Accessories
Please drop them off at No 1 Walnut Way,
or call (01733) 244666 and we will collect

If you would like to help please contact Beryl on (01733) 240538

All proceeds towards the running of Stilton Church
St Mary Magdalene church invites you to a

**Pre-Christmas Concert**

Performed by

**The GB Home Guard Band**

at 7:30 pm on Saturday 28th November, 2015

in St Mary Magdalene Church, Church Street, Stilton

(Doors open at 7 pm)

The GB Home Guard Band (GBHGB) provides a unique musical experience, performing the classic military band repertoire. Many of the musicians in the band previously served in the Staff Band of the Royal Corps of Transport, considered to be one of the British Army's most entertaining and versatile bands. These 'old musical soldiers' have reformed into the GBHGB. All of the musicians are still very active, playing in various ensembles. Therefore, the GBHGB draws upon a combined total of over 300 years' musical experience.

‘Tickets: £12 adults - £8 children (under 16)

Tickets from: Peter Mitchell - 01733 244666 and Steve Ambler - 01733 242156

interval refreshments included

Go to www.gbhomeguardband.com to see the band in action at The Bell Stilton earlier this year.

All proceeds in aid of church funds
STILTON PLAYGROUP

Join us for our

CHRISTMAS FETE!

Saturday 5 December

1 - 4pm in the School Hall

Come & have some fun while supporting the Playgroup

• SANTA
• CHRISTMAS SHOPPING
  — local crafts & goods
• FAMILY FUN

...AND LOTS MORE! !

If you would like to book a stall please contact Louise

stiltonplaygroup@gmail.com or 07854 164 912

Church Street, Stilton, Cambs, PE7 3RF. Tel: 01733 247682
Registered charity no: 1000319
EYES DOWN FOR A FULL HOUSE!

PRIZE BINGO

Friday December 4th
In Folksworth Village Hall - 7:30pm start

£6.50 for 6 books, raffle tickets, tea/coffee and biscuits.
(Smaller books are available)
Bring your own drinks and nibbles
Everyone welcome!

Workers’ Educational Association, Yaxley

Russia and Russian Culture - sharing a witnesses experience of living, studying and working in the USSR (behind the 'Iron Curtain')

A new course with Tutor Marina Burrell
This 10-week course begins at 7:30 - 9:00pm on 12th January at The British Legion Clubroom, Broadway, Yaxley.

Course fee £48.00
For further information contact D. Cleverley at (01733) 240010
FOLKSWORTH VILLAGE PUB NIGHT

The Village Hall
Saturday 28th November 6pm to 11pm

- Cask Ales from a local brewery
- Wines and soft drinks
- Chili, curry, rice or chips

All Welcome!

Proceeds to Folksworth Village Hall

FESTIVE FAVOURITES

THE CITY OF PETERBOROUGH CONCERT BAND

Saturday 21st November - 7pm
St Andrew's Church, Ledbury Road, Peterborough, PE3 9RF

An evening concert of festive favourites for all the family
Come and tap your feet to a variety of well-known melodies.

Tickets £10 - £8 concessions - under-16s free

Tickets from: Steve Ambler - Tel: (01733) 242156
The Peterborough Visitor Information Centre, Bridge Street - Tel: (01733) 452336
Hilary Lewis Tel: (01733) 265 877 or email: petconcertband@gmail.com

Formed in 1987, The City of Peterborough Concert Band is a lively and dynamic group of local musicians from 16 to 83. The band provides music for all occasions - formal dinners, church services and fetes, as well as concerts for charity and fundraising events.

Proceeds to charity
Thank you to SCAN for the opportunity to give an update on some of the things I have been involved with since being elected to the District Council in May, writes Tim Alban.

**PARKING & SPEEDING**

Are both issues I have raised with the Police on behalf of residents. North Street, Caldecote Road and Church Street still seem to be the main problem areas for speeding, whilst parking issues seem to be most apparent in Church Close, Manor Road (and some of the roads off it) and in the centre of the village near the shops.

**RUBBISH**

 Became a particular issue recently, including three incidents of fly tipping on the rural roads outside the village. I reported two of them to the District Council and a resident reported the other; all were cleared pretty quickly. If this happens again, there is an easy to follow link to a form on www.huntingdonshire.gov.uk for reporting fly tipping. I also followed up residents’ reports of the problems, in certain areas of the village, with the recent Special Rubbish Collection. The Parish Council were already aware of the problems and had taken them up with the contractors. I have always valued this service and am grateful for the work the Parish Council do in organising it and in tackling the problems when they arise.

**POTHOLES AND PAVEMENT DAMAGE**

Along with County Councillor Mac McGuire, I have been successful in getting repairs done in Church Street and Glebe Road and have reported others, on which I am awaiting news.

**LITTER**

Continues to be a problem on the A1(M) and some of the roads leading into the village. I have reported this to the District Council, who have responded to my concerns.

**WEEDS ON PAVEMENTS**

Should have all now been sprayed, although I noticed that there appears to be a new crop on the B1043 between Stilton and Holme. Along with other District Councillors, I was asked to nominate roads in my ward for weed spraying and I identified Church Close, Manor Road, Worthington Close, St Mary's Road, Willow Close, Mill Road, Roman Way and the footpath between Manor Road and Gala Close. If I have missed any areas which still need spraying please let me know.

**SAWTRY LEISURE CENTRE**

At the same meeting I was pleased to hear further details of how reorganisations have helped secure the long-term future of Sawtry Leisure Centre.
RURAL POLICING

I took part in a recent Full Meeting of the District Council, which included a presentation by the new Chief Constable, Alec Wood and the area Inspector, Laura Hunt. The new Chief talked about his future vision, strategy and plans, where he highlighted rural crime as one of his highest priorities.

MEETINGS

I have continued to meet with local residents and attended Full Meetings of the District Council and the two panels I have been appointed to. I have also attended training sessions and meetings with other local councillors and groups.

UPDATES

As well as reports in SCAN, I provide information on my work as the District Councillor for Stilton, Holme, Denton & Caldecote via facebook.com/TimAlbanForStiltonWard and twitter.com/tim4stiltonward

CONTACT DETAILS

I can be contacted by email via tim.alban@huntingdonshire.gov.uk or by phone/text on 07913 101145.

Great Fen Project

A highly successful excavation was completed to recover the remains of Spitfire X4593, which crashed in November 1940. Many parts were recovered, including the propeller and parts of the engine. A permanent memorial for the pilot, P/O Harold Penketh, will be installed next year.

Finally, a new Great Fen App has been launched, bringing together trails, species information, heritage conservation and social interaction features.

The app is available to download via Google Play and the App Store.

Visit www.greatfen.org.uk for current information.

The Great Fen project continues to go from strength to strength.

Amateur astronomers will be delighted to learn that the Great Fen has been designated a Dark Sky Discovery Site by the Science and Technologies Facilities Council (STFC), becoming one of only 100 such sites nationally - and only the third in the East of England. If you want to see the Milky Way, go to The Wildlife Trust Countryside Centre or the Great Fen Information Point on a clear winter’s night.

A stargazing event will be launched this month.

As winter approaches, bird species are migrating to the Great Fen to overwinter. Short-eared owls can be seen hunting over the fields and engaging in aerial displays.

AACHIEVING COVETED ‘DARK SKIES’ STATUS

As winter approaches, bird species are migrating to the Great Fen to overwinter. Short-eared owls can be seen hunting over the fields and engaging in aerial displays.
Yaxley Group Practice
(01733) 240478

Do You Need Help To Stop Smoking?

We have a specialist Smoking Cessation Advisor who visits the practice every Thursday. He can offer specialised one to one face to face or telephone support, and can supply nicotine replacement and drug therapy on prescription.

You are four times more likely to quit with help from the NHS. If you have tried already to quit but been unsuccessful please try again as help is available.

Appointments are available on Thursdays. Please ring reception on 01733 240478 to arrange an appointment or for further information please contact Steven Tibbs, Smoking Cessation Advisor on 07908 408743 The following website may also help you: http://smokefree.nhs.uk

Help to stop smoking is available from CAMQUIT the Cambridgeshire stop smoking service. For help and advice: Ring 0800 018 4304 or visit www.camquit.nhs.uk

From 1 October 2015 it became illegal to smoke in a vehicle with anyone under the age of 18 present.

Text Messages

We have started sending out appointment reminders via text; in some cases a text can be sent instead of a letter - for ‘flu season for example. If this is something you are interested in, please check with reception that we have your mobile phone number and that it is up to date and current. To opt out of this service please inform reception

Staff

We are pleased to welcome Sharon Godfrey, Renee Lewis, Kathy Muxlow and Sylwia Skora to our Reception team. We hope they will all enjoy working with us at YGP.

Doctors

We would like to say a special farewell to Partner Dr Nanda Bhat, who left us on the 30th September after five years at YGP. Dr Bhat was very sad to leave but we all wish her well for the future and also when her new baby arrives in January.

Carer Support Group Meeting

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

My name is Hayley Chiarizia and I am a Healthcare Assistant here at YGP. I joined the practice in February 2015. Previous to this I worked at a surgery in Peterborough. I have been a HCA for eight years. The role of the HCA has developed quite a lot over the last few years and we find ourselves being trained in new and exciting areas such as Diabetes and Coronary Heart Disease.

We do a lot of Warfarin checks (INR - International Normalized Ratio.) If you take Warfarin you will know that the life of this particular drug is unpredictable. There are a couple of things that could affect your Warfarin result so here are a few pointers to bear in mind.

Be aware that the amount of Vitamin K in your diet may affect your INR result. You do not need to avoid foods rich in Vitamin K, as these foods are important in your diet and may keep your Warfarin control stable. Examples of foods rich in Vitamin K include green leafy vegetables, chick peas, liver, egg yolks, cereals containing wheat bran and oats, mature and blue cheese, avocado and olive oil. Eat these foods in moderation. Drinking cranberry juice can also affect your INR so should be avoided altogether.

Alcohol - It is recommended you do not exceed the national guidelines. Up to 3 units a day for men and 2 units daily for women. If you are buying over-the-counter medicines (including alternative remedies) tell the Pharmacist that you are taking oral anticoagulant and they can advise you on medicines that are safe to take. You should not take aspirin unless it has been specifically prescribed by your GP. It is also advisable to avoid other non-steroidal anti-inflammatory drugs like diclofenac or ibuprofen.

The correct time to take your Warfarin medication is 6pm daily. I hope some of these tips will help our patients who take warfarin - If at any time you have any questions please ask.

Finally, for those of you who have not yet met Jenny, she is our Phlebotomist. Jenny's role is to take blood samples, and like me, can be found working in waiting area C. For blood tests we work on 5 minute appointment slots so please do not ask for other things during this time or we run over on time and this could impact on other patients.

Thank you

Hayley Chiarizia - Healthcare Assistant

Food for Thought Quiz
WILLIAM DE YAXLEY SCHOOL
SATURDAY 21st NOV 7:30PM
£7.50 ea
to include fish & chip supper
Tickets from Linda in the Patients' Library or call 01733 246727
RAFFLE
Please bring your own drinks
No more than 6 people in a team
Proceeds to the Patients' Association
Fireworks and bonfires can be plenty of fun for all the family to enjoy. The fire service recommends going to an organised firework display instead of holding one at home. But if you do use fireworks or light a bonfire at home, we would ask readers to take on board our safety advice to ensure it is just their fireworks that go off with a bang:

- Keep fireworks in a closed box and always follow the instructions.
- Light them at arms length using a taper and stand well back.
- Never go back to a lit firework.
- Never put fireworks in your pocket or throw them.
- Don’t light bonfires in unsuitable weather, particularly in windy conditions.
- Don't leave bonfires unattended.
- Build bonfires well clear of buildings, fences and hedge.
- Never use flammable liquids to start the fire, and never burn dangerous rubbish such as aerosols, paint, foam furniture, rubber tyres or batteries.
- Before you light the bonfire, check that children and animals are not hiding inside and are a safe distance away.

To find out if you are eligible for a free home fire safety check, call 0800 917 99 94.

www.cambsfire.gov.uk

Twitter: cambsfirs

Facebook: Cambridgeshire Fire & Rescue Service Fan Page

Contacting our Local Police
MAY THE FORCE BE WITH YOU...

Call 101 and ask for the Hampton office

Stilton and Villages:
PC Paul Sykes: email: huntscops@cambs.pnn.police.uk

Keep this somewhere handy!
The North Huntingdon Community Car Scheme has completed its tenth year of operating a volunteer service, supplying transport to people who do not have their own means of getting to such places as doctors’ surgeries or hospitals.

The volunteers supply their own transport and receive a fixed sum of money per mile to cover fuel etc.

Stilton has around 40 people per month requiring this service but the number of Stilton drivers has reduced to only two. Folksworth also needs drivers.

If anyone thinks they would like to offer their services, could they please contact Diane Hankins or Jenny Chambers on 07795 542084.

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

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

Free Shopping Bus
TRY A FOOD SHOP IN OUNDLE FOR A CHANGE

Readers who fancy a change from food shopping at Tesco or Nisa may welcome a new shuttle bus service operated for the Co-op at Oundle.

Decker Bus will stop in Stilton every Thursday morning as follows:

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

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

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No volunteer is obliged to do any particular number of runs or times, each lift being requested as and when required and the volunteer can accept or decline any opportunity offered.

At the moment the local region consists of some 16 drivers, 14 of whom do not live in Stilton. Because of this shortfall it means that undue pressure is falling on other members of the group, who are not only based further away but have their own local people to transport.

Volunteer Drivers Wanted
FOR STILTON, FOLKSWORTH AND WASHINGLEY

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Shop at CARESCO!

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

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

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

Storage space is limited, so if you’ve got bulky items, or just lots of stuff to donate, call us first to make sure we’ve got room! Seasonal items particularly welcome.

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

Accessing Adult Social Care

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

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

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

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

www.yourlifeyourchoice.org.uk