Open Sesame!

FIREWORK SAFETY
LOCAL ORGANISED FIREWORKS SHOWS
HALL OPTIONS
THE FUTURE OF THE MEMORIAL HALL
APPLY NOW
A VACANCY FOR A FACILITIES MANAGER
CHRISTMAS SHOEBOX APPEAL
BRING SOME JOY TO THOSE IN NEED
ASTURIAN ADVENTURE
WALKING IN THE UNSPOILED SPAIN

Come and look around Stilton’s splendid new Pavilion and meet some of the groups you could join there. Full details on p12.

INCORPORATING FOLKLORE, FOR READERS IN FOLKSWORTH AND THE SURROUNDING VILLAGES
Grey Bin Days:
Monday 7th, 21st November, 5th December

Garden Bin Days:
STILTON
Monday 14th, 28th November, 12th December

FOLKSWORTH
Tuesday 1st, 15th, 29th November, 13th December

Recycling Bins:
STILTON & FOLKSWORTH
Monday 14th, 28th November, 12th December

www.huntingdonshire.gov.uk/bins

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Stilton Pavilion

We are now in the final stages of completion of this fabulous facility for the village, which will be called the Stilton Pavilion.

With great news of final grant applications we can now go ahead with:

- Internal floors. Sprung oak in the hall and community room; carpet in the lobby and water-resistant flooring in the kitchen and changing areas.
- Solar panels - 32 of these.
- Kitchen units to catering standard.
- Additional exterior patio areas.

We are in the process of meeting village groups about transfer to the Pavilion. Other bookings are starting.

The field remains a huge problem following the upgrade work. We met Stilton Football club recently. A formal complaint is with Sport England.

We are planning an information leaflet for every Stilton household and a drop-in day has been scheduled for anyone to come and see. (See pages 12&13.) The formal opening is planned for the New Year.

A great achievement!

Diary of Events

Regular events are listed in the SCAN Diary; these are the one-off events that we know about. If you have an event fixed in the next few months please contact the editor - 241206 or olive.main@tiscali.co.uk

November

- 2nd Evening Service of Light, Stilton Church
- 11th 10:55am Armistice Day service
- 13th 10:55am Remembrance Sunday Service
- 19th Pavilion Open Day

December

- 9th-11th Stilton Church Christmas Tree Festival
- 18th Start of emergency night shelter; Carol singing and Christmas Dinner Norman Cross
- 21st Stilton Church Ladies Communion

2017

- Jan 28th Twinning Quiz
- Mar 18th Twinning Race Night
- May 1st Cheese-Rolling
- Jun 23-25 Twinning weekend visit to France

MAKE SURE YOU TELL US!

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

It’s up to you to check when it does and get it renewed.

If you don’t and your pass has expired you will be refused free travel. Passes can be renewed up to 6 weeks before their expiry date. Just go to www.cambridgeshire.gov.uk/concessionary

If you can’t get your renewal done online then call the number printed on the back of your pass.

www.cambridgeshire.gov.uk
Cambridgeshire Alliance for Independent Living
DO YOU WANT A SAY IN IMPROVING HEALTH OR SOCIAL CARE?

Cambridgeshire Alliance for Independent Living is a local independent charity that works to improve services by raising the voice of people living with all disabilities.

One of the ways we do this is by bringing people with all disabilities and carers (called Independent Members), Health and Social Care teams, and voluntary sector organisations (such as Age UK, Voice Ability, Cam Sight and the Carer's Trust) together at 'Partnership Board' meetings.

The Partnership Boards are opportunities for you to have your say about what is good about Health and Social Care services, such as home care and day centres, and what you would like to improve or where you would like to see changes. Recent activities by the Partnership Boards include raising concerns about Home Care, which are now being examined closely by the County Council, involvement in helping to develop a new Carers' Strategy and involvement in the process for choosing organisations to run Carers' Services.

Interested in getting involved? We are looking for new Independent Members to join our boards. We offer full training and support, out-of-pocket expenses and reimbursement of travel. If you think this could be you, please contact Leisha O'Brien, Development Officer at Cambridgeshire Alliance for Independent Living by phoning 0300 111 2301 or email: leisha@cambridgeshirealliance.org.uk

To find out more, take a look at Partnership Board pages on our website: www.cambridgeshirealliance.org.uk

Cambridgeshire Alliance for Independent Living

DO YOU WANT A SAY IN IMPROVING HEALTH OR SOCIAL CARE?

Twinning Diary Dates

23-25 June 2017   Weekend visit to France

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.
Lest We Forget
COMMENORATING
THE FALLEN

This year, Armistice Day (11 November) falls on a Friday. As usual, Stilton Parish Council will remember those servicemen from Stilton who are buried in our cemetery. You are invited to gather outside the Parish Meeting Room at 10:55am for a short service led by Rev. Richard Gibbs, and for the laying of poppies by the children from Stilton School and Sawtry College.

This year we are remembering especially those who fought in the Battle of the Somme.

Help the Foodbank

Thank you for your continued support to the Foodbank.

At the moment we are urgently in need of:
- Tinned fruit
- Tinned vegetables
- Bottles of squash

Can you help us please?

Phone Pearl on (01733) 241114 if you want the items collected or you can take the items to the church.

New Election Schedules

To streamline the election processes, Huntingdon District Council has changed the election cycle. This means that on May 3rd 2018 and every fourth year after that, we, the electors of Huntingdonshire, will elect all district councillors and all parish and town councillors.
**Stilton Memorial Hall**

**Hiring Charges**

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

**How to Book the Hall**

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

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

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

---

**Parish Meeting Room**

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

**HIRING THE ROOM**

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

The Room seats up to 20 people, ideal for small clubs or committee meetings. It has broadband, a kitchen area and toilet suitable for use by disabled people. Users should note that smoking is not permitted in any part of the building, nor in the surrounding cemetery.

**FEES:**

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

A deposit of £50 is required when booking.
Fireworks and bonfires can be plenty of fun for all the family to enjoy. Cambs Fire & Rescue Service highly recommends readers to go to an organised firework display - see details of local displays below. But if you do use fireworks or light a bonfire at home, remember the law and safety advice to ensure it is only your fireworks that go off with a bang:

○ Fireworks may only to be sold to people over 18.

○ Fireworks (including sparklers) must not be set off or thrown in the street or other public place.

○ Fireworks must not be set off after midnight on November 5th (11pm on all other nights).

○ Keep fireworks in a closed box and always follow the instructions.

○ Light fireworks 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 hedges.

○ 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.

Remember that animals and small children can be frightened by fireworks, so tell your neighbours if you're having a fireworks party and keep pets indoors.

Yaxley Fireworks
(Yaxley Scouts and Guides)

Sat 5th November, gates open 6pm
Three Horseshoes, Main Street,
Yaxley PE7 3LD.

Family ticket £12, single ticket £4
Food, stalls, bar.

Peterborough Arena
(Sponsored by Heart FM)

Bonfire lit: 6pm  Fireworks: 7:30pm

Food, fairground rides, entertainment, parking. Children £3 in advance, £5 on the night. Adults £7 in advance £10 on the night. Tickets from Peterborough Visitor Centre, Bridge Street. 01733 452336
Hinchingbrooke Hospital Debate

Free Public Meeting - get involved

Monday 7 November
7-9pm at The Maple Centre,
6 Oak Drive, Huntingdon, PE29 7HN

Hear both sides of the debate about the proposed merger between Hinchingbrooke Hospital and Peterborough & Stamford Hospitals.

We have invited leaders from Hinchingbrooke Hospital and the Hands off Hinchingbrooke group to share and debate their views for the future of the hospital. Both have accepted.

You will be able to ask questions of all speakers.

01480 420628
enquiries@healthwatchcambridgeshire.co.uk
www.healthwatchcambridgeshire.co.uk

Community Interest Company no. 08516179
Stilton Parish Council thanks all those people who came to the consultation meeting, held on September 24, to hear and discuss the options for the Hall once the new Pavilion is fully operational.

The Chairman, Olive Main, outlined the issues:

1. The fixed costs of running the Memorial Hall are £5000 a year (including insurance, services, maintenance contracts, cleaning). While some of these costs will reduce when the Hall is not in use it will still need about £4000 a year.

2. Professional advice has been taken and a valuation made. An architect, building surveyor and estate agent have all looked at letting the hall commercially, but recommend that we do not go down this route because the Hall would need extensive modernization before it could be let.

3. All three recommended selling the Hall and pointed out a variety of possible interested buyers. Huntingdonshire District Council are being consulted over any change of use that would need planning permission.

At its meeting on October 11 2016 Stilton Parish Council set up a committee charged with marketing the Memorial Hall with a view to selling it.

There has been some interest in taking over the Hall; a retail establishment, a religious group and an educational user have made preliminary enquiries. The Parish Council would obviously prefer the Hall to remain a community asset rather than become residential but, by law, has to get the best possible price.

Stilton Gardening and Natural History Group

Tuesday Nov 15th 7:30pm
Church Meeting Room

Paul and Audrey Springford
Gardens in Costa Rica
Members £1, visitors £2
to include light refreshments
Open Meeting

For Parents of Children Born Between
1 September 2012 and 31 August 2013

Stilton Church of England Primary School will be holding an Open Meeting for parents and carers of children who are due to start school in September 2017.

Tuesday, 1 November 2016 at 6:00pm
in the School Hall

The aim of the meeting is:

○ To introduce you to our Headteacher, Mrs Charlotte MacLeod, and our Early Years Foundation Stage Teachers, Mrs Clare Reuter and Mrs Suzie Sage
○ To give you an overview of Stilton Church of England Primary School
○ To offer support with the admissions process
○ To share our hopes for Parent/School Communications
○ To give you an opportunity to ask questions

We look forward to meeting you all
Stilton Pavilion Open Day
November 19th 2016
10:00am - 3:30pm

Stilton Parish Council
and
Stilton Pavilion’s Interim Management Committee

invite the residents of Stilton to view the Village’s new Pavilion

Free activities running all day
Come and take part or just take a look – it’s up to you

10.00am – Only participants for Pilates & Yoga please
11.00am – General viewing & all other drop in sessions

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(*Advanced registration to activity leader is preferred – please see contact details opposite.)

Interested in promoting your organisation at Open Day or making a Pavilion booking?
Contact: Julian Pagliaro. 07771 858362 or julian.pagliaro@transitionuk.com

When it’s up and running, Stilton Pavilion will be open for regular weekly bookings as well as one off functions and events. Preferential rates for Village residents.
The activities below will be making bookings at the Pavilion.

On Open Day you are invited to talk to representatives of the groups and participate in, or view, their session.

### Stilton Carpet Bowls Club
Bookings Thursday evenings and Monday afternoons - all standards of players catered for. League teams and recreational bowls on offer. Come and try the game on Open Day!
- Ivor Cooper 01733 242256 ivor.cooper@sky.com
- Scott Sherrington 07429 423063 scott_posh4eva88@hotmail.com

### Brownies & Rainbows
Bookings on Wednesday evenings.
The groups offer a range of activities. Rainbows cater for girls aged 5 to 7 years old and Brownies 7 to 10 years old.
- Sandra Waldrin-Walker 01733 243146 sandraww@gmx.com

### Clubbercise
Bookings on Monday evenings
CLUBBERCISE is fun and easy to follow aerobics in the dark with glow sticks and disco lights! All done to 90's club classics through to recent dance anthems. Further information available at Open Day.
- Louise Knox 07957 983950 clubbercisewithlouise@aol.co.uk

### Guides
Bookings on Tuesday evenings. Offering a range of activities, Guides caters for girls aged 10 to 14 years old.
- Carol Warren 07508 502534 carolwarren_uk@yahoo.com

### Pilates
Sessions will be on Monday mornings and Friday mornings.
Pilates aims to strengthen the body in an even way, with particular emphasis on core strength to improve general fitness and well being.
Two different classes on offer at Stilton Pavilion. There will also be two classes on Mondays, at 9:30am & 10:30am, the second of which is an Over 50s "Golden Group" (Delivery on Open Day by Vicky Leschallas who runs the Monday sessions.)
- Vicky Leschallas 07919 053140 vvix@hotmail.co.uk
- Frances Ellis 07714 773528 frances@crooksphysio.com

### Fortissimo Swing Band
A 16-piece swing band, with female & male vocalists, that has gigged locally for some years. Programme tailored for formal concert settings, weddings, parties, 40s nights etc. Charts range from the 1920s onwards, with the majority falling into the classic Big Band Sound of the 40s.
More up-to-date pieces are also given the swing band treatment!
Bookings are available at negotiable rates for charity fundraising events.
Fortissimo rehearse Wednesdays 8 to 10pm and currently have vacancies in the trombone and trumpet section for competent players.
- Alan Colbran 07986 966718 enquiries@fortissimoswing.org.uk

### Stilton Table Tennis Club
Newly formed to play out of the Pavilion. Bookings will be on Tuesday evenings.
All players catered for, from just for fun to competition standard. Tables will be up and running on Open Day - come and give the game a go!!
- Steve Ambler 07723 530932 acsteveambler@gmail.com

### Twinning Association Yoga
Events to strengthen Stilton's bond with St Christol lez Ales in France
- Chris Walford 07720 718078 clstilton@btinternet.com

### Yoga
Bookings are on Friday evenings. Yoga involves quiet, focussed relaxation as well as working on core strength and flexibility. Want to get yourself in a good frame of mind to start the weekend? Come and give Yoga a go!
- Brian Appleyard 07542 154342 bappleyard08@tiscali.co.uk
Vacancy

Village Amenities Manager

Stilton Parish Council is wishing to appoint a person to manage village amenities.

This is a new post and results from the construction of a brand-new village hall and changing rooms, called Stilton Pavilion. This new facility has been described by many as 'something special'. It is a high-quality and high-specification building, alongside the village field which has just been upgraded to match-play standard for adults and young people's sport. The Parish Council has other facilities, including a Parish Room, Memorial Hall and the nearby Skate Park.

This post offers great opportunities for anyone with proven good interpersonal, organisational and administrative skills, together with a desire to provide opportunities for, and a service to, the vibrant and historic village of Stilton.

It is anticipated that this post will be initially for 15 hours per week at £15 per hour.

Further information can be obtained from the Parish Clerk, Mary Croll, 12 Caldecote Road, Stilton. Tel: 01733 241022. Email: stiltonpc@yahoo.co.uk

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
Krazy Funhouse

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

Sociable indoor soft play session for parents and under 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

Be sure to tell our advertisers you found them in SCAN!
St Mary Magdalene Church, Stilton

The Winter Night Shelter

We're doing it again!

The venue for the Night Shelter rotates between seven different Churches in the Peterborough area, each offering accommodation for one night per week to those who are street homeless.

St Mary Magdalene Church is again hosting the Winter Night Shelter on Sunday nights and Monday mornings from 12th December 2016 → 13th March 2017.

Could YOU offer a few hours every fortnight?

There are several ways in which you can help:

- **Evening shift volunteer** (approx. 6:00pm - 10pm)
- **Overnight shift volunteer** (approx. 9:45pm - 7am)
- **Morning shift volunteer** (approx. 6:30am - 8:45am)
- **Cooking at home and delivering to the Church a dish for eight people (volunteers and guests)**
- **Donating produce or funds for meals**

Training is provided for new volunteers and refresher sessions are available for previous volunteers.

**Don’t delay!**

Closing date for volunteer applications is the 15th November

To find out more about this exciting opportunity please contact Rachel via e-mail: maltmanr@yahoo.co.uk or on 07718 542 553
OPERATION CHRISTMAS CHILD
SHOEBOX APPEAL

A small shoebox can have a big impact. What goes into the box is fun, but what comes out of it is a wonderful gift of unconditional love.

Linking Hands at Stilton Church is again organising the collection of shoeboxes filled with toys and treats to send to children who have very little at Christmas. If you want to be involved in this campaign to change children's lives all over the world contact Irene Goldsmith at: irenegoldsmith12@btinternet.com for more information.

REMEMBRANCE SERVICES AT STILTON

Friday 11th November 10:50am
Armistice Day in the Village Cemetery

At this service, led by Rev'd Richard Gibbs, we will remember those villagers who died in conflict and in particular those who are buried in graves looked after by the Parish Council on behalf of the Commonwealth War Graves Commission.

Sunday 13th November 10:50am
Remembrance Sunday in St Mary Magdalene Church

During this service, before the two-minute silence at 11:00am, poppy wreaths will be laid at the memorials to those people of Stilton, Caldecote and Denton who died in the two world wars. Personal poppy crosses can be laid at the olive tree by the path to the north entrance of the Church.

WORSHIP AT ST MARY MAGDALENE, STILTON CHURCH

Full details of services can be found in the November Link or on the website

Services on Festival days in November:

November 2nd: All Souls' Day: 12:30pm Holy Communion led by Rev'd Richard Gibbs, followed by Soup Lunch.

November 27th: Advent Sunday: 11:15am Advent Sunday Praise led by Pam Dow.

Stilton Church
Coffee Morning

Nov 19th 2016
10:30am - noon

(Third Saturday in every month)
Take a break on Saturday morning; enjoy a chat over tea or coffee and cake; perhaps come away with a raffle prize!
One of the essentials of maintaining a thriving walking group is feeding the spirit of adventure, writes Kelvin Davis. So every year, Stilton Stumblers like to get away to somewhere new. But the big question is always: where? Having enjoyed some cracking weekends in the UK, October 2016 was time to look further afield; somewhere off the beaten track but still easy to get to.

And so we discovered Asturias, a stunningly beautiful province in northern Spain, unspoiled by tourism despite being only a short, inexpensive flight from Stansted.

There are several providers of walking tours in Spain but few if any who cater for only long weekends. Happily, some research and Stumblers' Luck led us quickly to an ideal solution: an enterprising English couple running a B&B in a small mountain village, who were able to set up accommodation for 14 Stumblers. And they knew all the local walks around the area!

The village, Soto de Agues, nestles in a river valley in the Redes Natural Park, an example of careful environmental management and conservation at its best. It is very popular with Spanish visitors, who come to enjoy the Ruta del Alba, a 14km walk alongside the Rio Alba rising from lush riverside pastures through an increasingly dramatic tree-lined gorge between sheer limestone cliffs. It is deservedly regarded as one of the finest walks in Asturias.

Careful planning, and invaluable advice from our local contacts, Rachel and Leon, identified three outstanding walks. The first,
a short afternoon climb through bosky woodland, took us to Ladines, a picturesque village of mediaeval buildings with a spectacular view across to the Sierra del Crespón. Fortunately the village bar was closed or we might be there still!

In the mountains, the weather determines where and when you can walk. The previous few days had seen cloud obscuring the peaks of the surrounding mountains but a gentle rain on the Friday evening gave way to a clear blue sky on Saturday, perfect for a climb up onto the Sierra del Crespón. The walk took us past farmers' stone huts, and goats being guarded against wolves by dogs, along a buried water pipeline where a steel cable bolted to the rock provided a reassuring handrail, leading to breathtaking views down to Rioseco and its reservoir.

On the Sunday we walked the Ruta del Alba in the company of numerous Spanish families enjoying an outing in the sun. A much more gentle affair but equally as entrancing an experience.

Despite the area's popularity it remains beautifully unspoiled; this is the real Spain, utterly unlike the tourist hell of the south. A group of British visitors was an unusual event and caused some interest among the locals. Asturians are genuinely friendly and welcoming, but you do need to speak Spanish to get the most out of a visit.

And so many vivid and lasting impressions. The characteristic Asturian architecture; three days of excellent regional food in huge quantities; fresh spring water at the roadside; the little old lady still wearing the traditional Asturian clogs or madreñas; the brown puppy who followed us all the way to Ladines and then somebody else right along the Ruta del Alba; Asturian cider drinking, which has to be seen to be believed. And the elderly Spanish gentleman selling his hand-carved walking staves for charity and who spoke perfect English, having lived in the UK for many years.

Now the problem will be: where on earth can we go next year?
One Year On
LOOKING BACK AT A YEAR OF FOLKLORE

It’s been a year since the first edition of Folklore in SCAN hit the streets. Thanks to all contributors who do a fantastic job at sending material in time for the deadlines; the production team who add the finishing touches; and, of course a big thank you to the distributors.

Looking back we have had a busy year with Pub Nights, quizzes, bingo, Ladies Circle, Bowls, Fetes, Valentine Disco and a Pamper night. A varied programme has been offered by St Helen’s and a new vicar appointed too. Sporting events included Yaxley Runners and the Cycle Tour of Cambridgeshire as well as a new Pilates class in the Village Hall. The hairdressers has re-opened and the pub will be opening soon.

PUB UPDATE

As you’ll have seen, major structural work is being carried out at the pub, including roofing, plumbing and installation of a gas line. Our new landlady, Prafulla Gorania, told us it’s been hard work and we are building for the future. We will be open in December and are already taking bookings for Christmas. (See the Clarkes website http://clarkespeterborough.co.uk/ or call 01733 892681.) We’re also recruiting for waiting and bar staff for a variety of shifts. Please apply to Priya by emailing bookings@clarkespeterborough.co.uk or by calling the number above.

H M HAIR DESIGN

News from our new Hairdressers.

We have been up and running for over six weeks! We are now looking to expand our team as we are getting busier and busier. If you are interested in joining us as a self-employed hair stylist please email your CV to Heather.hmhairdesign@gmail.com, or call the salon on 01733 665563.

FOLKSWORTH CARPET BOWLS

Our winter season has now started and we welcome our new players Malcolm and Roger, as well as welcoming back Di. We’ve played two league games - one win and won loss. We welcome anyone who would like to come along to see and have a go at carpet bowls. Ring Chris on 241938 for details of our next club night.

Contributors!

We want your material for Folklore!

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

On November 22nd we have "Easy Christmas Chocolates". Our meetings are on the 4th Tuesday of the month at 7:30pm in the Village Hall. Visitors are welcome. Cost is only £1 and includes tea and biscuits. Contact Phyllis Hope on 240947 for more information.

News From St Helen's

Many thanks to all who entered their wonderfully inspired paintings into the Folksworth community art competition. All paintings have been gathered and are now on display in Folksworth CofE Primary School. The winners were Sicilly Ellwood 1st; Maeve Mantell runner up. 3rd place went to Emma Hollywood. Many thanks also goes to Debbie Smith and her art prefects at the Kings School in Peterborough who judged the 40 paintings submitted, and to Alex Mantell and Steve Pizzy for the engineering jobs.

FOLKSWORTH CofE FOUNDATION GOVERNORS & ST. HELEN'S FOLKSWORTH PCC

On November 19th at 7:30pm, we will again welcome our local Folk Group Frumenty and David Bale. The theme of the evening will be 'Love Will Shine' - a mainly light-hearted look at love and romance through the ages, in poetry, prose and music. Tickets, which will include refreshments, are £9 and available through Dru Draper 242790 or any member of the PCC.

St Helen's are seeking a new Treasurer; if you are interested, please contact Rev. Richard Gibbs or the Churchwardens John Blackman and David Ellis.

NOVEMBER SUNDAY SERVICES

All start at 9:45am and all Folksworth people of any age are invited to join us in Christian worship to Almighty God, in a variety of different expressions:

6th Family Folkus in the school hall
13th All-Age / Remembrance in St Helen's church
20th Morning Praise
27th Holy Communion

1st Folksworth Rainbows

The Summer Term was a very busy one for the Rainbows. Amongst other things, they blew bubbles of all shapes and sizes; were superheroes; made chocolate krispie cakes; had an end of term party in the 'park' at the bottom of Townsend Way; and made 90th birthday cards for The Queen, which we posted to Her Majesty in time for her official birthday. The girls were well rewarded for their efforts as we received a thank you card with a lovely photograph of The Queen and a letter on Balmoral headed paper signed by one of her Ladies-in-Waiting. Great excitement and one to keep in the scrapbook!

We have welcomed and enrolled two new Rainbows at the start of the Autumn Term and hope that they will enjoy their time with us. The girls have finished collecting for a children's charity and we will decide which one we will donate to before we break up for half term.

We have plans for the second half of the Autumn Term and are looking forward to celebrating all that November and December brings! We will let you know what we've been up to in a future report!
COULD YOU BE A COUNCILLOR?

We still have two vacancies on the Parish Council. If you feel you would like to get involved in the work of the Council or would just like to know more, please contact me.

FOX GO-AHEAD

The recent planning application to refurbish and re-open The Fox was well received by the Council which recommended approval. The plans to provide a high-quality restaurant together with a comfortable 'local' are welcomed by all.

VANDALISM

We have again experienced vandalism on the playing field at the bottom of Townsend Way which this time resulted in a young child needing a visit to A&E because he had stepped on broken glass. This was not a random piece of glass but bottles that had been deliberately smashed and then left on the grass. In addition, various other unsavoury items were also found. The police have been informed and will increase their checks. It is in the interests of everyone to keep the area clean and safe so please report any suspicious activity to the police or myself or one of the councillors.

DOGGIE DOS - AND DONTs

You may have noticed that dog notices have gone up in various areas within the Parish. These have been placed by District Council’s Pest Officer where the law applies. These Dog Fouling laws will apply to any path or verge adjacent to a road in a 40mph or less area. The maximum penalty for non-compliance is £1000. If someone is served with a fixed penalty notice the fine is £75, or £50 if paid within 10 days. Enforcement is carried out by HDC's Pest Officer where a complaint is received with an identified perpetrator.

JUNGLE PATROL

We again have a problem with hedges that have overgrown footpaths and roads. The weather we have had has resulted in exceptional growth. It is the responsibility of residents to ensure their hedges and trees do not grow out any further than their boundary lines. This is an issue in various places in Folksworth where the footpaths are narrow and cars are parked along the roadside resulting in residents pushing buggies and on mobility scooters being unable to pass. The County Council has the authority to cut hedges and trees overhanging footpaths and roads and make a charge to the householder for this so please check your own boundaries and make sure they comply.

POCKET PARK

The area behind the Pond in Elm Road is to be developed as a Pocket Park / Community Orchard. We are not allowed to remove any of the trees so will work around that. If anyone wishes to be involved with the project, please let me know.
WHO TO CALL

Please get in touch with me if you require any information at all about Folksworth Parish Council. I am happy to help in any way I can. Parish Council meetings are held on the third Tuesday of each month (except August) and Agendas and Minutes are placed on the noticeboards and on the website.

Jackie Stanbridge  
Clerk to the Council/RFO  
October 2016

Yaxley Singers  
Words & Music for Christmas  
Yaxley Methodist Church, Main Street Yaxley at 7:30pm.  
Tickets £5 adults, £2 children from Peterborough 241042 or on the door  
- include light refreshments and lucky programmes!

Movers & Shakers  
FOLKSWORTH PARISH COUNCILLORS 2014-18

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

Patrick Clarke  
16 Townsend Way  
PE7 3TU  
01733 241860

Richard Soper  
83 Elm Road  
Folksworth PE7 3SX  
01733 719638

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

Gordon Fenwick  
3 Bullock Road  
Washingley PE7 3SH

Judith Ford  
10 Chervil Close  
Folksworth PE7 3SZ  
01733 240440

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

Alison Brown  
37 Manor Road  
Folksworth PE7 3SU  
01733 240501

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

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Make a Hash of It
AN UP-TO-DATE VERSION OF A WARTIME STAPLE

Trench life in WW1 was not only dangerous but appallingly uncomfortable, with food that was barely edible. Each man was entitled to 9oz of tinned meat - bully beef, which we now call corned beef - and the soldiers tried various ways to make it less monotonous. In the Second World War corned beef again played a part in feeding the nation and, again, ways were found to make it more appealing and interesting.

So every family had its version of Corned Beef Hash. But despite such unpromising origins, it can today be a delicious and filling meal on a cold autumn evening. Ideal for warming up after the fireworks!

Equally useful, it’s a very versatile base for your own variations, so here we give the basic recipe and some suggestions.

CORNED BEEF HASH

You need:

- 400g mashed potato
- 1 tin of corned beef
- 1 small tin baked beans
- 1 onion, finely chopped
- 1 tablespoon tomato ketchup (or marmite)

Fry the onion in a little butter for a few minutes then mix all the ingredients except the mashed potato together. Place in an ovenproof dish and top with the mashed potato. Grate a layer of cheese on the top and bake at 180°C for about 25 minutes or until the top is brown.

For variations, try adding a dash of Worcester sauce or a chopped chilli. Or adding some cooked cabbage. Serving it with a fried or poached egg makes a really substantial meal.
Christmas Tree Festival

10th to 11th December 2016
St Mary Magdalene Church, Stilton

Come and see the Church decorated with Christmas trees and flowers as part of the festive season.

There will be a Bazaar with craft items and local produce on sale.

A programme of music and words will go on throughout the two days.

And a café will be open for drinks, home-made cakes and cream teas.

Watch the Church notice board and December SCAN and Link for times and the programme.

Would you like to supply and decorate a tree for the Tree Festival?

As an individual, or an organisation, you can provide a decorated tree and bring it to the Church on the 8th; you’ll get it back on the 14th.

Please contact Peter Mitchell on 244666, or Pat Maltman on 242229.
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**WHAT**

- Toddler's Dance
- Folksworth Pre-School
- Playgroup (Stilton)
- Mums & Toddlers (Folksworth)
- Beavers
- 1st Stilton Brownies
- Stilton Rainbows
- Folksworth Brownies
- 1st Folksworth Rainbows
- Guides
- Stilton United Colts
- Stilton Parish Council
- Folksworth Parish Council
- Sewing Group
- Over 60's Club
- Holy Communion
- Holy Communion
- LinCup (Café style worship)
- Elevensies with God
- Linking Hands (mums)
- Crossover (Y6)
- Men's Prayer Breakfast
- Holy Communion (soup lunch)
- Church Choir
- Prayer Focus
- Stilton Gardening Club
- Pilates (Stilton)
- Pilates (Folksworth)
- Stilton Indoor Bowls
- Folksworth Indoor Bowls
- Band
- Judo
- Yoga
- Stilton United FC
- Taoist Tai Chi
- Folksworth Art Club
- Folksworth Ladies' Circle
- Yaxley Flower Club
- Peterborough Opera
- Stilton Stumblers (walking group)
- Mobile Library
- Age Well Club
- Carers' Group
- Sawtry Day Centre
- Sawtry Friendship Club
- Folksworth Pre-School
- Folksworth Pre-School

**WHEN**

- 9:15am
- 9am-3pm term time only
- 9 - 11:45 & 1 - 3pm
- 10 - 11:30am
- 6 - 7:15pm
- 6:15 - 8pm
- 5:15 - 6:15pm
- 6:30 - 7:45pm
- 5:30 - 6:30pm
- 6 - 7:30pm
- KO 10am
- 2nd Tuesday 7:30pm
- 3rd Tuesday (except Aug)
- 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
- 3rd Tues 7:30pm
- 9:30-10:30; 10:30-11:30am
- 7:45-8:45pm Wed; 8-9pm Thurs
- 2pm Mon, 7pm Thu, 7:30pm Fri
- 7 - 9pm
- 8 - 9:35pm
- 6 - 8pm
- 6 - 7pm
- 3:00pm kick-off
- 7:30pm
- 12:30-4:30pm
- 4th Tuesday, 7:30pm
- 3rd Thursday, 7:30pm
- 7:30 - 9:30pm
- Alternate Sundays 10:00am
- 3:10 - 4pm (4th Wed in month)
- 10 - 11:45am
- 1st Weds, 2 - 4 pm
- 10am - 2:30pm
- 10:30am - 1:30pm

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### WHERE

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<tr>
<th>WHERE</th>
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<tr>
<td>Church Meeting Room</td>
<td>Michelle Pratt</td>
<td>07906 114942</td>
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<td>Folksworth Village Hall</td>
<td>Jade</td>
<td>07542 172075</td>
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<td>Playgroup, Church St.</td>
<td>Leslie Kirk</td>
<td>247682</td>
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<td>Folksworth Village Hall</td>
<td>Mel</td>
<td>07885 636275</td>
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<td>Parish Room</td>
<td>Mrs Croll</td>
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<tr>
<td>Folksworth Village Hall</td>
<td>Jackie Stanbridge</td>
<td>07724 171158</td>
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<td>Pat Maltman</td>
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<td>Sylvia Ward</td>
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<td>Vicky Leschallas</td>
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<td>Emma</td>
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<tr>
<td>Austin Hall, Main Street, Yaxley</td>
<td>Alex Weyman</td>
<td>01480 413353</td>
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<td>Cherry Hadley</td>
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<td>Yaxley British Legion</td>
<td>Yvonne Wagstaff</td>
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<td>Folksworth Village Hall</td>
<td>Lindsey Evans</td>
<td>07867 913709</td>
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<td>Meet at the Pump</td>
<td>Shirley Gregory</td>
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<td>Outside The Talbot</td>
<td>Linda Smith</td>
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<td>Yaxley Health Centre</td>
<td>Vicki</td>
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<td>Pat</td>
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### Note

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

Be sure to tell our advertisers you found them in SCAN!
A Concert for Christmas

By the City of Peterborough Concert Band

4th December 2016, starting at 3pm

St Andrew's Church, Ledbury Road, Peterborough PE3 9RF

As it is in December, everyone's thoughts will be turning to the Christmas season, and we hope to capture that mood in our concert. Please come and support us at this afternoon concert and help us raise worthwhile donations for our chosen charities.

The City of Peterborough Concert Band is a lively and dynamic group of local musicians who perform regularly in the Peterborough area. Formed in 1987, the band is made up of people of all ages, as young as 16 and as old as 84.

Tickets £5

No concessions; accompanied under-16s free

Tickets will be obtainable in advance from Hilary Lewis,
Telephone: 01733 265877     email: petconcertband@gmail.com

They will also be on sale on the door, and near the concert date at Peterborough Visitor Information Centre,
9 Bridge Street, Peterborough PE1 1HJ, telephone 01733 453336.
Workers' Educational Association, Yaxley Branch

Presents

Great Gardens
- Famous Gardeners

A nine-week course beginning on Tuesday, 12th January at The British Legion Social Clubroom, Broadway, Yaxley, starting at 7:30 - 9:00 p.m.

Course Tutor Andrew Sankey will lead us into the lives of exceptional gardeners who set about creating some of England’s greatest gardens. The gardens cover stunning formal layouts, beautiful landscapes and wonderful gardens of rooms.

The course fee is £47.25

For further details contact D. Cleverley (01733) 240010

By Philip Halling, CC BY-SA 2.0, https://commons.wikimedia.org/w/index.php?curid=13710164
A little diversion for the long winter evenings! The numbers give the number of filled squares in each row or column; there is at least one empty square between each group of filled boxes.

Clue: Winter Sports!
Solution in the December issue

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Friends of Norman Cross

Programme - Autumn 2016

Saturday 19 November
Coach trip to Chatham Historic Dockyard and Rochester
Cost £23

In the morning we will attend the French Memorial Ceremony, then go on to Rochester where there will be free time to find lunch and visit the Cathedral, Castle or Museum.

Contact: fonc@friendsofnormancross.org.uk Norman Cross Gallery 01733 245189
www.Friendsofnormancross.org.uk

December 18 6:30pm
Carols at the Eagle monument followed by Christmas Dinner at the Premier Inn.
Important Announcement

Following the successful introduction of our Doctor First appointments system, we have noticed a change in the pattern of calls to the Practice. We try hard to manage our staffing levels to meet the predicted call volumes. Our analysis shows there is an extremely low volume of calls after 18:00 and very few of these are ever of an urgent nature. We have therefore decided to make a change to our opening times. With effect from Wednesday 19th October the Practice now closes at 6:00pm Monday to Friday. This new closing time will also match the current in-house pharmacy closing time. We have agreement that NHS 111 will be available to our patients from 6:00pm to provide medical advice and, if required, make arrangement for medical assessment with our local Out of Hours service the same evening. The Cambridgeshire and Peterborough CCG is aware of these changes and this will bring our practice in line with the opening hours of many surgeries in Cambridgeshire.

In addition to this, our analysis has also revealed that the best time to call for test results is from 2:00pm; this is due to the timing of the results arriving on our system and also telephone lines being less busy.

Repeat Prescriptions

Repeat prescriptions may be requested online, in writing or by faxing (01733 244645). Written requests are left in the post box by Reception. Please note it is Practice policy NOT to accept repeat prescription requests over the telephone due to safety concerns, as errors can be made when taking a verbal message. SystmOnline is the quickest, easiest and safest way to request repeat prescriptions. If you would like to register for this service, please complete a registration form on our website (www.yaxleygp.nhs.uk) or speak to the reception team. Repeat prescriptions require at least 48 hours to process, and possibly longer if you need to see or speak to a doctor to authorise a repeat. (Please note this does not include the time required for the Pharmacy of your choice to dispense the prescription; this can vary and sometimes could take up to 72 hours.) Repeat prescriptions are not processed on Saturdays, Sundays and Bank Holidays.

Diary Dates

CARER SUPPORT GROUP

The next meeting of the Carer Support Group will be on Wednesday 2nd 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. For more information please speak to Linda in the Patients Library. All Carers will be made very welcome.
Stopping Smoking

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 408 743. 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

Food For Thought Quiz

William De Yaxley School
Saturday 26th November
7:30pm

£8.00

To include fish & chip supper

Tickets available from Linda in the Patients Library or call 01733 246727

RAFFLE

Please bring along your own drinks

No more than six people in a team

All monies raised go to the Patients Association

Stilton Stumblers

Autumn Itinerary

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<thead>
<tr>
<th>Date</th>
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<th>Location</th>
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<tbody>
<tr>
<td>6 Nov</td>
<td>Titchmarsh</td>
<td>20 Nov</td>
<td>Cockway Lane</td>
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<tr>
<td>4 Dec</td>
<td>Yaxley Lode</td>
<td>18 Dec</td>
<td>Christmas Dinner!</td>
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Our regular walks are between 5 - 8 miles and meet at 10:00am at The Pump

For more information about Stumbling, just Google ‘Stilton Stumblers’ or call Shirley on (01733) 246209 - or just turn up on the day with your boots on!

Be sure to tell our advertisers you found them in SCAN!
Activities for Autumn
LOTS TO DO IN OUR LOCAL LIBRARIES

Engage in the Afternoon
FOR ADULTS

Wondering what to do on a Wednesday afternoon? Come along to these free events at Yaxley Library. Meet new people, listen to interesting topics and become creative. Refreshments are available for a small donation. Engage is held once a month from 2:00 - 3:00pm. The next session will be held on Wednesday 16th November and titled:-

Get ready for Christmas

Design your own Christmas card and see how crafty you can be; a fun afternoon workshop with Veronica. Tickets are required so please book early to avoid disappointment.

Arts Alive
IN SAWTRY

Author Talk - Sawtry Library

Stephen Booth, a very popular Crime Author, will be talking about his books on Friday 11th November at 7:30pm. Tickets will be £4 per person, limited tickets will be available so please book early to avoid disappointment.

Murder Mystery Evening
SAWTRY LIBRARY

Enjoy an evening of murder and suspense on Saturday November 26th at 7:30pm. Tickets will be £6 per person and light refreshments are included in the price of the tickets.

If you are interested in any of these events please see a member of staff.

Computer Help

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

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.

For opening times, to renew or request books, or if you require any information on the above, call in at the library or phone 0345 045 5225.
Mobile Library
Wed 23 Nov
Folksworth 10:45 - 11am Elm Road
Stilton 3:10 - 4pm
Outside The Talbot
Route M24

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

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?
Worried about rising energy bills? Help is at hand

Check
Make sure you aren’t paying too much or missing out on any benefits or support that could boost your income and lower costs. Call your supplier or visit your nearest Citizens Advice for more information.

Switch
You could save £200 or more by switching energy tariff or supplier. Use your Power to Switch and visit www.BeAnEnergyShopper.com or go to a Big Energy Saving Week event near you.

Save
Make your home energy efficient and cut your bills by hundreds. Don’t leave your TV on standby or mobile on charge unnecessarily, and ask your supplier about help to pay for insulation or a boiler upgrade.

Find out more: www.bigenergysavingweek.org.uk

0300 123 1234
(0808 808 2282 in Scotland).

31 October to 4 November 9:30am to 11:30am at Citizen's Advice, 16/17 St Mark's Street, Peterborough Free advice on cutting your energy bills and on saving energy. Take a recent fuel bill with you.
If you really think about the purpose of food, it’s just there to sustain us physically, writes Sally Pinnegar. That’s not to say that it doesn’t enhance our lives in other ways; of course it does. Cooking for other people, sharing food, enjoying tastes and enjoying eating are all wonderful and necessary. But what happens when we grant food the authority to govern our lives, or we use it to treat negative emotions, or praise positive ones?

That’s when we lose control and the food starts to control us. Think of a bar of chocolate, or a piece of cake, or some crisps or chips; they’re all inanimate things and yet they can wield a lot of power over us; we find it hard to resist. We put them in our mouths, chew and swallow and for those couple of minutes we feel good, but that’s as long as it lasts. The combination of sugar, salt and fat soon gets us hooked and if we eat those things when we’re feeling low or high our brains forge that connection very quickly. So next time that emotional situation occurs our brains go: PING! Give me some chocolate!

The mentality of ‘I deserve this food’ or ‘I’ve earned this food’ is a dangerous one. We fundamentally eat to sustain, not to reward behaviour or dull emotions. It’s partly the reason why so many regular exercisers are overweight; they reward their efforts with more food, and the energy from the food outweighs the energy they spent doing the exercise.

Next time you reach for food as a reward or as a means to make yourself feel emotionally better, stop and think; be conscious of the behaviour and ask yourself if it’s sensible. You want to lose weight and eat more healthily but you’re letting food rule you. Remember, you are the boss, and only you. Ask yourself if you’re physically hungry, eating out of habit, or just emotionally hungry? If it’s one of the last two then what can you do instead of eating? Can you have a relaxing bath or go for a walk? Can you read a book for ten minutes or call a friend? Learn to associate emotions with pleasant healthy actions other than overeating or drinking. Ultimately your reward is better health, and there is nothing greater than that.

‘To eat is a necessity, but to eat intelligently is an art.’ Francois de La Rochefoucauld