Get glammed up for a formal dinner dance at the Bell this month. Proceeds to the new Sports Pavilion project. Details on p19.
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6 x 6 cm

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

All other copy to the Editor, 8 Caldecote Road, Stilton by 14th of month prior to publication. Digital material in a neutral PC format please.

email: scan1@stilton.org

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**GREY BIN DAYS:**  
Monday 14th, 28th October,  
11th November

**GARDEN BIN AND RECYCLING DAYS:**  
Monday 7th, 21st October,  
4th November

For latest information on refuse collections, go to www.huntingdonshire.gov.uk

NOW RECYCLING BOTTLES

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Here Comes Autumn
COMMENORATE - CELEBRATE

Lest We Forget
COMMENORATING TWO WORLD WARS

Stilton Church will hold its usual Remembrance Sunday service at 10:55 am on November 10th. After the National Two Minutes’ Silence, the uniformed organisations, British Legion and Parish Council will lay wreaths on the altar.

On Monday, November 11th at 11am there will be two minute silence, and a short service during which wreaths will be laid on the three official war graves in the Church Street cemetery.

A Good School

Almost at the end of the school year, on 10th and 11th July, Stilton School was visited by two OFSTED inspectors. The overall verdict was Grade 2 GOOD, the School being graded as consistently GOOD in all the different aspects that are assessed. The full report is now available and can be seen on the School's website, stiltonprimary.co.uk

No Fireworks Again

For the second year, Stilton will not have an official display, for two reasons. First, it is hoped that work on the surface of the field will have started by then, but also because the legal process that will decide the insurance of displays near to major roads is still not complete.

Hallowe'en
DON'T SPOIL IT

'Trick or treat' goes back a long way and many of us keep a bag of sweets handy to give to the young children who knock on our door, in their costumes. But, each year, someone spoils the evening by damaging decorations, throwing eggs at windows and cars, letting off fireworks and other low-level antisocial behaviour.

If you feel vulnerable and dread this night then download a poster found on Cambridgeshire Constabulary's website that says 'Please, no trick or treat.' Parents: please accompany your children on their trick or treat outings, and respect the poster if it is displayed.

Local GCSE results

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Bacc = A*-C in English, Maths, two Sciences, History or Geography, Languages.
Workers’ Educational Association, Yaxley Group

presents

ASTRONOMY THE EASY WAY

A ten-week course covering the whole of the solar system


Course started on Tuesday 17th September at 7:30 - 9:00 pm
The British Legion Clubroom, Yaxley

Fee £45.30

Contact Diana Cleverley (01733) 240010

---

Drivers - we need YOU!

TO HELP US PROVIDE TRANSPORT FOR PEOPLE WHO ARE UNABLE TO USE CONVENTIONAL PUBLIC TRANSPORT OR TO MAKE ESSENTIAL JOURNEYS BY ANY OTHER MEANS.

DO YOU:

● LIKE HELPING OTHERS?
● HAVE A FEW HOURS SPARE?
● HOLD A CLEAN DRIVING LICENCE?

THEN YOU COULD BE JUST WHO WE ARE LOOKING FOR!

YOU WOULD USE YOUR OWN CAR AND RECEIVE A MILEAGE ALLOWANCE FOR EXPENSES INCURRED. ADDITIONAL INSURANCE COVER IS PROVIDED.

IF YOU CAN HELP US PROVIDE THIS VALUABLE SERVICE TO LOCAL PEOPLE PLEASE CALL NORTH HUNTS COMMUNITY CAR SCHEME ON 07795 542 084

---

Yaxley Flower Club

19th Sept  Lisa Howarth  *Time of Mellow Fruitfulness*  17th Oct  Practical Evening
21st Nov  Julie Woods  *Let the Festivities Begin*  16th Jan  Richard Bull  *Dobbies Horticulture*
20th Feb  Sue Sewell  *My Favourite Things*  20th March  AGM

Contact: Helen Burton (01733) 242198 or Lesley Young (01733) 240265

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

<table>
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<td>All Day (9am - 6pm)</td>
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A deposit of £50 is required when booking.
In March last year, Sawtry Community College put forward the idea of an expedition trip to Honduras in Central America, through the conservation charity Operation Wallacea, writes Bradley Smith. 23 teenagers, including four from Stilton - myself, Michael McEachern, Luke Shacklock and Jake Baxter - began to raise money to go out to Honduras on the 16th of July 2013. This expedition was not to be the cheapest of trips and we would each have to pay around £2,500 in total, but through a lot of commitment and determination everyone fund-raised and worked for the money over the year leading up to the trip.

Everyone knew the basis of what we would be doing out in Honduras - we knew it would be a week in the cloud forest and a week on an island - but no one could have expected how amazing and life-changing it would be, through the people we met and the experiences we went through.

4am on the 16th of July arrived. Everyone had gathered at Sawtry College to get on the bus which would be the start of our very long 24-hour journey to Central America, via Heathrow and Miami airports. When we finally arrived in Honduras the 33-degree heat and very high humidity hit us as soon as we walked out of the airport and travelled to San Pedro Sula, where we would stay the night in the Gran Hotel Sula before heading up into the jungle the next day. At 5:30am we were ready to get on an old American-style school bus that would take us to the edge of the cloud forest, where we would all get in the back of pickup trucks and trundle up the mountain paths to reach our home in Buenos Aires for the next few days.

Here we would work with Operation Wallacea staff to carry out habitat surveys, herpetology walks, invertebrate surveys, insect sorting, bat and bee surveys, whilst enjoying the breathtaking mountainous scenery we were surrounded by. Some of these walks could be up to five hours long and a real test of mind and body strength, but as a team we conquered each one and had a lot of laughs along the way.

The next three days were spent right in the heart of the forest, in tents and hammocks with very basic essentials, while we continued to carry out the surveys. Also at this site there was an amazing shower that ran right along the camp’s edge - a natural waterfall!

On our final day in the jungle we headed back down to Buenos Aires where the locals hosted an 11-a-side football game against our group. Unfortunately this was brought to a sudden stop after an hour when a huge storm swept across the village.

We were also very lucky in being able to visit the local school and meet some inspirational children. Every one of us came away thinking how lucky we are in the UK and how much we take for granted as teenagers. A very humbling encounter!
The next morning at 5:00am we said our farewells and headed back down the mountain to where we were to travel across to the port on the 'Vomit Comet Boat' (no joking!) across to the small Honduran island of Utila. This was a very chilled-out week with our group working towards gaining the PADI open water diving certification, followed by dives on the amazing coral reefs that surround Utila. Others in the group did a reef ecology course.

We were able to venture out into the town, where we made friends with the local people who made us feel so very welcome on their island. Unfortunately, on 30th of July our couple of weeks at the equator had come to an end and we said goodbye to the island and our new friends and headed back to San Pedro Sula where we stayed our final night before heading back to Miami and Heathrow.

This trip has truly been a once in a lifetime experience, not only because of the amazing new things we have seen and learnt but also for the memories of the wonderful people we have met along the way. Honduras is a beautiful and diverse country that one day I would love to go and visit again and would recommend to anybody who has an interest in travel and ecology. This trip will remain in my memory for ever.
Stilton Guides

Ten members from Stilton Guides went to Anglia 13 Camp for a week in August, where they joined over a 1000 Guides. Girls had the opportunity to take part in many activities including abseiling, kayaking, raft building, a day out to Pleasurewood Hills, an open-air cinema, and loads more. Three girls made their Guide Promise on the pirate ship at Pleasurewood Hills.

If anyone would like to join Guides, please phone Carol on 07508 502534 or visit girlguiding.org.uk/getinvolved.

Stilton Guides invite girls aged 10 and over. They meet on Tuesdays during term time, in Stilton Memorial Hall, 6-7:30pm.

Streetlife.com

This is a free social network that connects local people and can be useful to find out what's happening in the wider area around Stilton. Check it out!

Horseshirt

There have been several instances of horse riders leaving manure in inappropriate places, including the playing field. Horses are not allowed on the field; this is to protect the users from disease. Football teams use the field several times a week; this includes the very youngest players. We cannot believe Stilton riders behave so selfishly. If you see anyone riding on the field please take a photo or note the colour of the horse and any identifying features.

Enthusiastic Young Person Required

To help in local garage with a view to the offer of an Apprenticeship in Motor Vehicle Maintenance

Applicant must be literate, bright and willing to help out where required

A basic knowledge of cars and how they work would be helpful along with a keen interest and ability to learn

Presentable, trustworthy and attention to detail essential

Hours Monday to Friday - 8.30am - 5.30pm

In the first instance please ring 01733 243737 and speak with Colin

Or email to colin@colbrookspecialists.co.uk

Alternatively, please drop your CV in to:
Colbrook Specialists, 24 High Street, Stilton, PE7 3RA
www.colbrookspecialists.co.uk
Church Street, Stilton

Our pre-school offers fun-play and learning for under 5's, with close links to Stilton Primary School.

We welcome children from 2 years 6 months to our afternoon sessions.

12:30pm to 3:30pm
Monday to Thursday

From September (in the year before they start School) our children move to morning sessions where we slowly introduce more structure in preparation for school life. In the Summer Term our Rising 5's programme includes weekly visits to Stilton Primary School.

8:45am to 11:45am
Monday to Friday

Nursery vouchers welcome

For further information, call Leslie Kirk
Tel: (01733) 247682
stiltonplaygroup@live.co.uk

St Mary Magdalene, Stilton

Coffee Morning

Sat 26th Oct

10:30am - 12noon

Church Meeting Room

With a return visit from Phoenix Cards:

Christmas cards, paper etc

Stilton

Gardening Club

Tuesday, October 15th 7:30pm
in the Church Meeting Room

Olive Main

Salt, pepper and mustard

The story of these humble condiments

Members £1, Visitors £2
to include light refreshments
Our children have returned to school refreshed after the summer holidays and are enjoying being in their new classes. Our new Owl Class have settled in really well and have started this term's topic: 'Amazing People'. They have been learning about the different roles of people in our community, such as police officers and nurses.

Children in Robin and Otter Classes have started their new topic 'Me, Myself and I'. They have been learning about the human body and have even made their own skeletons. The children have also been conducting their own experiments based around the five senses.

Rabbit, Badger and Hedgehog Classes are learning about the Romans this term. The children have taken part in their own archaeological dig in sand to search for Roman artefacts. They have also made their own Roman shields.

We have recently elected our new Eco Councillors, who are busy planning ways to make our school more eco-friendly. They would like to remind the local community that we have a recycling centre at the front of the school, which includes a Salvation Army clothes collection bin and a British Heart Foundation book and CD collection bin (see picture). As a school we are also now collecting the Morrison's 'Let's Grow' vouchers to help us buy some new gardening equipment. We have a collection box for vouchers in the school entrance and would greatly appreciate your donating any spare vouchers you have. Thank you!

Mobile Library
Wed 23 Oct
3:10 - 4:00pm
Outside The Talbot
Temperatures are dropping, evenings drawing in, Christmas is coming into the shops, but it's a long way away, so we need to celebrate what we have this month: Hallowe'en. In recent years hard-pressed retailers have seen an opportunity to part us from our cash with children's fancy dress, decorations, pumpkins, special sweets, and consumers have reacted enthusiastically.

If you decide to have a party on 31 October here is a recipe that uses the humble parsnip; cheap, tasty and great with sausages!

### Parsnip Mash

You need:

- 850gms parsnips, cooked until tender
- Two cooking apples, stewed until soft

Mash these together, stir-in 50gms butter, ¼ teaspoon of ground cumin and ground coriander.

Add milk (about 100ml) to make a firm but smooth mash. Serve at once.

If you make a really firm mixture you can shape it into 'cakes' and fry on both sides in a little hot oil.

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**Stilton Memorial Hall**

**Charges**

- Hourly charge £6 / hour (minimum 2 hours)
- Child's party £35
- Adult party £60
- Commercial £12 / hour

**To book the Hall, please contact the Booking Secretary:**

Jade Smith  15 Woodward Close  (01733) 243691

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!)
Beyond the Bounds

Giving Nature a Hand
NATURE ON YOUR DOORSTEP - GET INVOLVED!

Have you ever seen a skylark, turtle dove, or brown hare? Did you know local farmers are helping wildlife on their doorstep? It's true; a group of local farmers between Peterborough and Wisbech have joined together to form the Thorney Farmland Bird Friendly Zone to help wildlife and they want you to come find out more!

These farmers haven't given up their day job to do this. They are working with the RSPB to farm more sensitively, giving nature a home whilst still producing crops. Janet Herbert, one of the farmers involved in the project, sums up how it makes her feel to be part of the project: ‘It really melts the heart to watch flocks of little songbirds cheerfully playing over a field of wild bird seed mix, searching out seeds and insects. Undertaking stewardship as an individual farmer is certainly rewarding, but to also be part of the Thorney Farmland Bird Friendly Zone is even more fantastic because working together the benefits to birds and wildlife are increased enormously.’

Many farmland birds have declined at a worrying rate. We've lost half of our skylarks since 1970, whilst turtle doves are likely to disappear from the UK by 2020 if we don't help them. By creating wildlife habitat like wild bird cover and beetle banks, the farmers have not only been supporting these birds, but also many other farmland creatures including bees, butterflies, hares, hoverflies and water voles.

Fens Futurescape Community Engagement Officer, Jane Andrews-Gauvain, says ‘Can you imagine if you couldn't enjoy your orange juice, jam, or honey? This is what would happen if bees and other pollinators weren't around to pollinate flowers. It would cost £1.8bn a year for farmers to replace the pollination service that bees provide for free. We wouldn't even have our basic tomato and Mozzarella toppings for a pizza - so the work of the farmers really is important- come and see for yourself!’

Thanks to these farmers' work and support, the RSPB is offering opportunities for all ages and abilities to come and discover how farmers are helping wildlife on their farms. Between October 2013 and January 2014 there will be chances for you to join in on a nature walk, spot some farmland species, enjoy a spooky Halloween trail and/or learn how to help wildlife on your own doorstep.

So, go on spread the word! To find out more please call the RSPB on 01954 233260, or email Jane.Andrews-Gauvain@rspb.org.uk
Vivacity!
CULTURE AND LEISURE EVENTS FOR ALL AGES

AT PETERBOROUGH MUSEUM

Space: Fact and Fiction Exhibition
1 June-7 October
An informative and family-friendly introduction to space and exploration. Free admission, except on special event days.

The Legacy of Apollo
2 October, 7:30pm
Discover why and how the USA went to the Moon, the legacy of the Apollo programme and its relevance to our modern world in this lecture. Adults £5, FREE to under 18s.

Young Explorers Session
First Thursdays 10am-11:30am
A special toddler session full of story, rhythm, rhyme and craft. Ideal for 2-5 years. £2 per child, babies FREE.

Stellar Screenings
5-6 October, various times
A film festival that's out of this world! See some of your favourite classic space-themed flicks at their cinematic best for one weekend only. Adults £6, concessions £5, Heritage Pass holders £4. Booking recommended. Visit the website for full listings.

Halloween Horror Night
26 October, 7pm
Tour the city's most haunted building. Costumed characters and special effects will bring the Museum's spooky stories to life. Booking essential. £6, concessions £4.

Half Term Whodunit
28 October - 1 November, 10am-5pm.
There's been a break-in at Peterborough Museum! Follow the evidence to discover the villain! Just drop-in. Special prices apply.

Halloween Ghost Walks
28 October - 1 November, 7.30pm & 8pm
The Halloween special version of our city centre Ghost Walks. Meet outside Peterborough Museum. Adults £5, concessions £3.

All Hallows' Eve Midnight Tour
31 October, 11:50pm
A candlelight tour to explore the Museum's ghost stories, and a ghost hunt until 4am. Strictly over 18s only. Booking essential. £25 per person.

AT PETERBOROUGH CENTRAL LIBRARY

Afternoon History Talk
16 October, 2:30pm
'Before Queensgate' - can you remember Queen Street, Deacon Street, Wood Street and Milton Street? Tickets £1 on the door.

Family Film Show - Finding Nemo
26 October, 1-3pm
Pixar's animated adventure 'Finding Nemo'. Certificate U. £4 per person. Children must be accompanied by an adult.

Warts and All!
31 October, 3pm-4pm
Lots of hubble bubble tales and trouble! Spooky stories, fancy dress competition and face painting. Suitable for ages 8 and under. £2 per child. Places limited, book in advance. Children must be accompanied by an adult.

For more information about these and other local culture and leisure events, visit www.vivacity-peterborough.com

Be sure to tell our advertisers you found them in SCAN!
This years 'Flu Vaccination campaign will start in October. Two Flu Clinics are scheduled for:

Saturday 5th and 19th October 2013
Between 9.00 am and 11.00 am
NO APPOINTMENT NECESSARY

Available for all patients over the age of 65 and those in at-risk groups, who have been routinely vaccinated in the past. Please bring your letter with you.

New Equipment
FOR OUR NURSING TEAM

As a result of fundraising and patients' generosity, the Patients’ Association has purchased two new pieces of equipment for the Practice Nursing Team: a CoaguChek XS Plus machine at a cost of £775 and a Doppler Machine and Probe at a cost of £585.

CoaguChek XS Plus
This is used to check INR (International Normalised Ratio) levels for patients taking the anticoagulant drug Warfarin. If the patient's level is out of range the Health Care Assistant will consult with the GP and make the necessary adjustment to their Warfarin. All this can be done in one 10 minute appointment, offering what we hope is a good service to our patients.

Currently we have 185 patients who require having their INR checked weekly, fortnightly or monthly, depending on their management. Clinics are held every day in the surgery, with an average of 60 patients being tested each week.

Doppler Machine and Probe
This uses reflected ultrasound waves to see how blood flows through a blood vessel. It also reveals blood clots in leg veins (deep vein thrombosis, DVT) that could break loose and block blood flow to the lungs (pulmonary embolism.) A handheld instrument (transducer) is passed lightly over the skin above a blood vessel. The transducer sends and receives sound waves that are amplified through a microphone. The sound waves bounce off solid objects, including blood cells. The movement of blood cells causes a change in pitch of the reflected sound waves. If there is no blood flow, the pitch does not change. Information from the reflected sound waves can be processed by a computer to provide graphs or pictures that represent the flow of blood through the blood vessels.

We use our Doppler to assess patient's blood flow so that we can safely apply compression hosiery or compression bandaging to prevent leg ulcers or aid their healing.

Thank you to the Patients' Association and those who have generously contributed to their funds. We know that this equipment will help us to continue providing a high level of care to our patients.

Staff News

We are happy to welcome the following new members of staff: Leah Barker and Caroline Jordan to our Reception Team; Graham Moore, Nurse Practitioner and Jo Hercules, Emergency Care Practitioner, to our Nursing Team.

We hope they all enjoy working with us at YGP.
Health Visiting Team News

It is with great pleasure that we announce new additions to the health visiting team.

From September we welcome our new Health Visitor Jenny Chapman, Student Health Visitor Danielle Black, and Staff Nurse Rebecca Smith.

The health visiting service is available to children up to school age and their families for any feeding, behaviour, sleep concerns and general support and advice for your baby/child.

The last weaning session of the year will be on Monday 25th November at 10:30am.

Diary Dates

CARER SUPPORT GROUP MEETING

The next meeting of the Carer Support Group will be on Wednesday 2nd October, 2pm - 4pm in the Health Education Room.

Peter Wetherell from Disability Cambridgeshire will give advice on Benefit Issues, Carers’ Packages etc.

We are always keen to welcome any carer to our small but friendly group. For more information please speak to Linda in the Patients’ Library. All carers are welcome to attend.

HALF DAY CLOSING

The practice will be closed on Wednesday 16th October 2013 from 1pm to 4pm.

Food for Thought Quiz

William de Yaxley School
Saturday 9th November at 7:30pm

Tickets £7.50
includes a Fish & Chip Supper
(Please bring your own drinks)

Raffle

NO MORE THAN SIX TO A TEAM

Tickets from Linda in the Patients’ Library

All monies raised go to the Patients’ Association to enable us to purchase medical and other equipment for the doctors, nurses and patients.

Sawtry History Society

Sawtry Archaeology
A talk by Phil Hill

17th October at 7:30pm
W.I. Hall, Gidding Road, Sawtry

Members free - Non-members £1.50
All welcome
For information, contact 01487 830054

Be sure to tell our advertisers you found them in SCAN!
Are you aged over 19 and need help with careers advice or creating a CV? The National Careers Service will be holding sessions in Yaxley Library on Thursday 10th October. An appointment-only session will run from 9:30-12 and a drop-in advice session from 1-4pm.

Please call in to Yaxley Library for more information.

Rhymetime & Storytime

Rhymetime (age 0-18 months) continues every Friday morning during term time from 10:30-11:00am. Storytime (18 months - 5 years) continues on Tuesdays 8th and 22nd October from 10:30-11:00am. Come along and join in!

Knitting Group

Our popular knitting group will be meeting in the library on alternate Thursday afternoons. New members are always welcome. The knitting group are currently appealing for donations of wool for their latest project; these can be brought in to Yaxley Library.

Crime Quiz

Look out for a crime quiz appearing in Yaxley Library soon. Test your knowledge of this genre by taking part in this fun quiz.

Community Navigators

Look out for a new service running on alternate Tuesday mornings. Community Navigators are local volunteers who help older people find their way to activities or services which they would enjoy or find useful.

Friends of Yaxley Library (FOYL)

The Friends of Yaxley Library are a small friendly group of people who help publicise the library and raise funds for extra equipment. Recent purchases include a new "Elmer" rug for Storytime and a new carpet for the mezzanine area.

The group is always looking for new members with fresh ideas. If you are interested in finding out more, please come along to FOYL’s AGM on Wednesday 9th October at 7pm.

Junior Reading Group

Like reading? In years 3 to 6? Why not come along? The group will meet on the first Tuesday of every month at 4pm - starting on Tuesday 1st October. If you would like to come along, talk to a member of staff in Yaxley Library for more information.
Engage Social Group
The next meeting will be on Wednesday 19th October at 2pm. Ashleigh Whittaker will be demonstrating the new Shape Your Place website where you can have your say on local issues and find out about events in your area.

Free tickets for this event are available in Yaxley Library from 1st October.

Booksale
Come along and grab a bargain in our big booksale event from 25th October to 2nd November. Prices start from as little as 30p!

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

St Mary Magdalene, Stilton
For full details of our current services, see the Church Link.
Delivered to your door every month!

Rector: Rev. Jamie Mackay
(01733) 243253

St Mary Magdalene, Stilton
Wednesday Worship at Lunchtime
Holy Communion followed by a soup & bread lunch
Every 1st Wednesday in the month
2nd Oct
12:30 - 1:30pm
Church Meeting Room
St Mary Magdalene Church Stilton

IT’S NOT TOO EARLY TO START THINKING ABOUT THE...

STILTON CHRISTMAS FAYRE & CRAFT SALE!
SATURDAY NOV 23RD
2.00 PM IN THE SCHOOL

WE ARE ALWAYS IN NEED OF 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

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

Yaxley Office: 1 Queen Street Yaxley PE7 3JE
Call 101 and ask for the Yaxley office

Stilton and Villages:
PC Paul Sykes: 07889 499 066
PCSO Barry Chamberlain: 07921 094 828
email:- huntscops@cambs.pnn.police.uk

Keep this somewhere handy!
Stilton Amenities Project

Fund Raising Dinner Dance

Saturday 5 October
7:00 for 7:30 pm

The Bell Inn, Stilton

Cost per ticket: £40

An evening of fun in aid of the new village hall and pavilion. Three course meal, dancing and a bumper raffle

Dress: formal

All proceeds will go towards the pavilion funds.

Tickets on a first-come, first-served basis from The Bell Inn Reception. (Cheques payable to Stilton Parish Council)

This event is sponsored by The Bell Inn

Please support the largest community project for the village in a generation.
Stilton & District Twinning Association

Race Night

Saturday 9 November 2013
Stilton School Hall
Doors open 7:00pm | First race 7:30pm

Tickets £4.00
Includes Ploughman’s Supper & Homemade Dessert
(Bring Your Own Drink)

Contact:  Ian & Hazel Parmenter  243056
           Chris & Linda Walford   241376
           Paul & Audrey Springford  241739

St Mary Magdalene Church, Stilton

Quiz Night

Saturday October 19th  7 for 7:30pm start
Stilton School Hall

Tickets: £7.50 per head
includes a ploughman's supper and dessert!
(Bring your own drinks)
Tables of up to eight people
If you don't have eight don't worry, there will be people you can join in with.

Tickets from:  Pat Maltman 242229 or Peter Mitchell 244666
Carers Away Day

Friday 11 October 2013
10 am to 3:30 pm

Venue: The Holiday Inn Lakeview, Bridge Way, Histon, Cambs CB24 9PH

To book your place contact: Nancy Voak
Tel: 01480 373282
Email: nancy.voak@cambridgeshire.gov.uk

Do you provide unpaid care and support to a family member or friend? Why not come along to this free annual event provided by Cambridgeshire County Council?

In the morning we will have expert speakers hosting informal discussions on subjects such as:

- The Mental Capacity Act, Lasting Power of Attorney and Safeguarding Vulnerable Adults
- The GP Carer Services Prescription for free information, support and a break, provided by Carers Trust Cambridgeshire (Crossroads Carer Services)
- Self-directed Support for adult social care and how this can help you to stay independent
- Welfare Benefits
- Balancing paid work and caring and accessing training for employment
- Finding good quality care

Information stands available from 12 noon onwards.

Refreshments served all day and a buffet lunch.

Fun in the afternoon, including:
- Hand & neck massage
- Music Therapy
- Art
- Swimming/Aqua Fit
- Gym
- Pedicure/toe nail paint
- Pilates/Yoga

Booking is essential as spaces are limited. There may be support for you to attend the event, so please ask for any assistance you might need to come.

www.cambridgeshire.gov.uk
Our ‘Flu Clinic for this year will be held on Saturday 5th October, pending any further notifications of changes to our delivery dates. (If we have to alter the date, we will publicise this within the surgery and on our website.)

Patients falling within the following at-risk categories will be entitled to the vaccination:

- Aged 65 or above
- Chronic respiratory disease or asthma which requires continuous or repeated use of inhaled or systemic steroids
- Chronic heart, renal, or liver disease
- Chronic neurological disease
- Diabetes
- Patients who are immunosuppressed
- Patients who are at any stage of pregnancy
- If you receive a carer's allowance, or if you are the main carer for an elderly or disabled person whose welfare would be at risk if you were taken ill.

Surnames beginning:  Please attend:
T - Z 9-9:45am
N-S 9:45-10:30am
G-M 10:30-11:15am
A-F 11:15-12 noon

Flu vaccination appointments with our Practice Nursing Team will be available as of Monday 21st October for patients who are unable to attend the flu clinic. If you wish to book one of these appointments please contact our Reception Team on 01487 830340.

This year we will also be participating in the national programme to offer the flu vaccination to all children who were aged 2 or 3 on 1st September 2013. We will be writing to invite this group of patients to attend in due course.

Change of Computer System

Our new computer system will be introduced week commencing Monday 28th October. We will try to ensure that this transition is as smooth as possible from a patient perspective but there are likely to be some days during this week that we will be providing emergency appointments only. Please bear with us during this time.

ONLINE SERVICES

There will be no impact on the ability to request repeat prescriptions online as this service is provided via our practice website.

Patients using our online booking facility will find that there will be no availability for booking appointments for 30th October or beyond. Patients will need to re-register to use our new online appointment service and we will publicise details of how to do this in due course.

MMR Vaccinations

UPDATE

A national MMR "catch up" programme is now underway in response to the fact that outbreaks of measles within the country are significantly increasing.
Walkies!
FREE HEALTH WALKS FOR ALL

The Huntingdonshire Health Walks Scheme is provided FREE as part of the national initiative ‘Walking for Health’ supported by Cambridgeshire County Council’s Public Health Team.

The Health Walks are suitable for people who want to improve their health and well-being. New walkers are always welcome to join the walks whether you are currently active or if you have not exercised in a long time. Walking:
- Makes you feel good
- Gives you more energy
- Reduces stress and helps you sleep better
- Keeps your heart stronger and reduces blood pressure
- Helps to manage your weight

FREE Health Walks take place in Yaxley every Tuesday at 2pm. For more information please visit the Health Walks website www.huntingdonshire.gov.uk/healthwalks

SCAN says: You can also come for a country stroll every fortnight with the Stilton Stumblers. Visit stumblers.stilton.org.

As part of this programme we have invited patients born between 01.01.97 and 31.12.03 to attend for vaccination if their records indicate that they have not previously had any MMR vaccinations.

If your child has previously had single vaccines it is still recommended to have two full MMRs for full protection against measles and we will be inviting patients who fall into this category in due course. In the meantime, if you are aware that your child has only had one previous MMR you are welcome to call us to book an appointment for the second dose.

We are also able to provide the vaccination to any patient born on or before 31.12.98 who has not previously been vaccinated or acquired natural immunity during their lifetime; particularly those under the age of 30 who are unlikely to have acquired natural immunity. Patients in this group should contact our reception team and make an appointment to see one of our practice nurses.

EASY EXERCISE

An exercise class is also run for older adults and those requiring additional support to exercise.

The classes are friendly and a great way to meet other people with similar health and fitness concerns. Classes are designed and taught by specially qualified instructors to meet the physical and medical needs of the participants. All classes are suitable for people wanting to exercise for the first time or returning to exercise after a medical condition.

A Strength & Balance class takes place at 2:30pm every Thursday at the British Legion Hall in Yaxley. Cost is £3 per session. For more information please click www.huntingdonshire.gov.uk/rightstart
More Choice in 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.

If you need social care the County Council will arrange your care for you, but they now have a duty to offer and provide Direct Payments. Direct Payments are an alternative way of getting the care and support you need. They are cash payments made directly into a Direct Payment bank account so that you can use the money to make your own social care arrangements.

With a Direct Payment you have more choice, control and independence about how your care is organised.

If you would like to find out more about Direct Payments visit the Your Life, Your Choice website, pick up a leaflet from your library, phone adult social care enquiries on 0345 045 5202, or contact the Cambridgeshire Direct Payment Support Service on 0845 6000 684.

www.yourlifeyourchoice.org.uk

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Shop at CARESCO!

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

<table>
<thead>
<tr>
<th>Looking for a bargain?</th>
<th>Having a clear-out?</th>
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</thead>
<tbody>
<tr>
<td>• Lots of high-quality items always in stock</td>
<td>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?</td>
</tr>
<tr>
<td>• New items arriving every day</td>
<td>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.</td>
</tr>
<tr>
<td>• Score a bargain and support this popular and welcoming community care centre</td>
<td></td>
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</tbody>
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Opening hours

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