Fine Dining in Folksworth

The Folksworth Fox will soon reopen as a smart pub/restaurant. Read our exclusive interview with the owner and chefs on p18.

INCORPORATING FOLKLORE, FOR READERS IN FOLKSWORTH AND THE SURROUNDING VILLAGES
Grey Bin Days:
Monday 10th, 24th October; 7th November

Garden Bin Days:
STILTON
Monday 3rd, 17th, 31st October

FOLKSWORTH
Tuesday 4th, 18th October; 1st November

Recycling Bins:
STILTON & FOLKSWORTH
Monday 3rd, 17th, 31st October

www.huntingdonshire.gov.uk/bins

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Refuse and Recycling

Sadly, Stilton Parish Council cannot find a contractor able to do the popular autumn bulky waste collection at an affordable price. This is a blow because this service has been much valued over the years and has helped keep the village tidy and the immediate area free from fly-tipping. **SCAN** is investigating other ways of disposing of unwanted items.

**RECYCLING COMPUTER EQUIPMENT**

Bob Baldwin (Zip Computers) recycles computer equipment of reasonable/useable quality that is then sold on behalf of CARESCO, the Sawtry charity. Bob PAT tests all equipment and wipes any hard drives. Call Bob on 01487 832253.

Any computers etc. that are not suitable for reuse should be taken to the Alconbury Recycling Centre with the hard drive wiped.

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

**October**

1st  Twining Association Quiz Night
2nd  11:15am Harvest Festival and lunch
14th  Talk at Norman Cross Gallery
15th  Stilton Church Quiz Night
22nd/26th  Twinning Assn visit to St. Christol

**November**

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

**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

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.

**Make a Date!**

The date for the ever-popular Twinning weekend to France has now been set:

23-25 June 2017

Put the date in your diary and watch for details in **SCAN**!
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
Flu is a common infectious viral illness spread by coughs and sneezes, writes Shabbir Damani of Halls The Chemist. It can be very unpleasant, but you'll usually begin to feel better within about a week.

You can catch flu short for influenza all year round, but it's especially common in winter, which is why it's also known as seasonal flu.

It's not the same as the common cold. Flu is caused by a different group of viruses and the symptoms tend to start more suddenly, be more severe and last longer.

Some of the main symptoms of flu include:

- a high temperature (fever) of 38°C (100.4°F) or above
- tiredness and weakness
- a headache
- general aches and pains
- a dry, chesty cough

Cold-like symptoms such as a blocked or runny nose, sneezing, and a sore throat can also be caused by flu, but they tend to be less severe than the other symptoms you have.

Flu can make you feel so exhausted and unwell that you have to stay in bed and rest until you feel better.

Halls The Chemist will be running both private and NHS flu vaccination services. As the vaccine can take a couple of weeks to be effective, early vaccination is critical, so don't wait any longer! Although appointments aren't always necessary, you can reserve your flu jab by contacting Halls on 01733 229090, or in person next time you're shopping in Nisa.

For those eligible for the free NHS flu vaccination, please see Halls' advert for details; for everyone else the private flu vaccine will be £6.99. If you have any questions, Halls' pharmacists will be pleased to help.

As you will see elsewhere in this issue, YGP and the Wellsdie Surgery are also offering NHS flu jab programmes, so there are plenty of opportunities to get protected wherever is most convenient for you.
Following the recent resignation of Bruce Marks from the Parish Council (see SCAN issue 375), the Council has now been authorised to fill the vacancy as soon as possible.

This is an excellent opportunity for a community-minded resident to help make a difference to the village we live in.

Anyone who would like to fill this vacancy should apply in writing to the Clerk to Stilton Parish Council (Mrs Mary Croll) 10, Caldecote Road, Stilton PE7 3RH, by Monday 10th October. Your letter of application should state why you would like to join the Council and what you could contribute in the way of relevant skills or experience (see below).

**FAQS**

Q. Who can be a Parish Councillor?

A. You must be over 18 years old; a British, Commonwealth or EU citizen; be an elector of the Parish, and resident within three miles of the Parish boundary or have your principal place of work in the Parish. You may be an employee of the Council. You do not have to be affiliated to a political party.

Q. What does a Parish Councillor do?

A. You will be expected to attend monthly meetings at 7:30 pm on the second Tuesday of the month and also be an active member of one or more of the Council’s Committees or working groups. You might also represent the Parish Council on outside bodies (eg Almshouses, Memorial Hall). You will almost certainly be asked to use your skills and expertise in any possible way, particularly as the new hall and field come into use.

Q. What is the pay?

A. None! Being a Parish Councillor means volunteering your time for free to work on behalf of your community.

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**Stilton Stumblers**

**Autumn Itinerary**

<table>
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<th>23 Oct</th>
<th>Bluntisham</th>
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<td>Titchmarsh</td>
<td>20 Nov</td>
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Our regular walks are between 5 - 8 miles and meet at 10:00 am 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!
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.
Thanks, as ever, to everyone who has contacted me about issues in the village, writes Councillor Tim Alban. Along with those I have identified myself, they currently fall into three main categories: Environmental (including dog fouling, weeds, potholes and litter), Street Signs, and Police Matters.

**ENVIRONMENTAL ISSUES**

I have continued to work with the District Council to tackle the problem of weeds, dog fouling and litter in Stilton.

Following a site meeting I had with their Area Manager, the Council carried out a deep clean of the alleyway between Manor Road and North Street, which tackled dog excrement, weeds, litter and other items. The team also removed weeds in Gala Close.

The weeds on the paths and the road edges in the village have been sprayed at least once during the summer but they continue to prove resilient. A few residents have expressed their concern about the use of weed killer and I have raised this with the District Council.

The District Council also responded to my request to clear litter from the verges on the road between the edge of the village and Caldecote hill (an area where a local resident clears litter on a voluntary basis).

I keep pressing the County Council to tackle the potholes in and around Stilton. Some of them have been worked on and some have been sprayed with white marker paint (including the big dip near the manhole cover in Manor Road), which should mean that they will be attended to. The pothole near the bus stop in North Street has been partly filled but I don’t think it has been done well enough and I’ve told the County Council so.

Unfortunately, some of the potholes don’t meet the council’s intervention level and won’t be filled.

**STREET SIGNS**

The District Council responded to my request to replace the damaged Church Close street sign near the junction with Church Street and the County Council followed up my report of the missing sign pointing to Folksworth at the top of Caldecote hill. (When they replaced it, it became apparent that the sign pointing to Caldecote is misspelt as Caldicote! This may be replaced at some point but almost certainly not this year).

**POLICE MATTERS**

I continue to be a part of the Stilton Speed Watch team and know that this is making a difference in tackling speeding in our village. New members are always welcome and I will be pleased to put anyone who wants to find out more in contact with the local coordinator.

Dangerous and illegal parking, especially near the centre of the village by the shops but also at other points where vehicles block footpaths, continue to be a concern for residents so I arranged a site meeting with...
the Deputy Police and Crime Commissioner for Cambridgeshire, who witnessed some of our village's parking problems issues at first hand.

Following further consultations with residents and the Parish Council I will be writing a follow-up report to the Deputy Commissioner in the hope that the situation can be improved.

GETTING IN TOUCH WITH ME
Most people make contact with me via Facebook or by email but I have also been contacted by phone and letter. My contact details are:

Tel: 07913 101145
Email: tim.alban@huntingdonshire.gov.uk
facebook.com/TimAlbanForStiltonWard
twitter.com/tim4stiltonward

Help the Foodbank

Due to the extra demand from families during the school holidays the Foodbank is running out of:

- Sugar
- Coffee
- Long grain rice
- Custard

Can you help us out please?

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

Chris Grant and the team really appreciate what you do for the Foodbank.

Twinning Diary Dates

1st October Quiz Night - watch for details!
22nd - 26th October Group visit to St Christol - see advert 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.
Keeping Up With the Droneses
IS YOUR NEW TOY BREAKING THE LAW?

Every new technology brings new problems as well as capabilities and the rapid development of clever and affordable drones is a good example. As many youngsters (in particular) may be eyeing up the latest drone for Christmas, and because we’ve already received complaints from residents, it’s a good time to point out what you can - or rather cannot - do with them.

AIR LAW

First up, a drone is an Unmanned Aerial Vehicle (UAV) and, like everything else that takes to the air, is subject to the Air Navigation Order. This makes it an offence to operate a UAV in a dangerous manner. In particular, drones fitted with cameras (most of them these days) must not be flown:

- within 50 metres of people, vehicles, buildings or structures
- over congested areas or large gatherings such as concerts or sports events (like Cheese-Rolling!)

The Civil Aviation Authority takes a dim view of irresponsible drone operators and has successfully prosecuted several already. So the first thing you should do after you’ve opened the box is to check out how the ANO applies by reading the The Dronecode at www.caa.co.uk/Consumers/Model-aircraft-and-drones/The-Dronecode/.

Some GPS-equipped drones can even be programmed to automatically fly predefined routes; a cool feature but one which can easily put you on the wrong side of the law.

In any event, there are plenty of hazards in built-up areas, such as overhead wires, trees, TV aerials etc. Damage property - whether private or public - and you are personally liable. And drones are not fail-safe either; even a small one can cause serious injury if it drops on someone.

PRIVACY

The second issue concerns people’s right to privacy and one’s legal obligation to act in a considerate manner to others.

Flying your drone around the neighbourhood and filming people in their homes or gardens may sound like fun, but it can constitute Harassment, or even Intrusive Surveillance. So don’t be surprised if you find the boys in blue knocking at your door. And if you’re daft enough to go posting the resulting videos on YouTube, don’t expect any sympathy from the courts. Even if the police don’t regard a particular incident as a criminal matter, you may still find the offended person bringing an expensive civil action against you.

The collection of images of identifiable individuals, even inadvertently, when using drone-mounted surveillance cameras will also be subject to the Data Protection Act. The whole privacy issue is a legal minefield that you really don’t want to get drawn into, so if you want to go making aerial videos, do it somewhere safe and where you won’t upset anybody.

Fly safely, sensibly and have fun!
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


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
Stilton Cheese Rolling was invited to take part in the BBC Countryfile live show at Blenheim Palace. It was a fantastic four days, when over 250 people had the chance to have a go at cheese rolling on the village green.

Our youngest competitor was only one year old and our oldest were two ladies in their 80's; they loved it. It was a long four days but well worth it. Let’s hope it will attract some new visitors to Cheese-Rolling 2017!
It’s Fabulous!
STILTON’S NEW HALL IS NEARLY FINISHED

The new hall and changing facilities are nearing completion. It is a fabulous facility! We are now awaiting final grants to be confirmed and for the floor screed to dry out so that the oak floor can be laid.

The new facility will be called Stilton Pavilion. A leaflet to every village house will be published soon. And as soon as possible there will be an open event for everyone to come and have a look.

THE FIELD

Here we have a problem! We are in dispute with the Sport England advisors whom the PC were obliged to use. The Parish Council can only apologise for the field not being brought back into use after two years. This was not their intention. Just to clarify: the field was not closed as a result of the hall construction but due to all the upgrade/drainage works to the field. Some delays have been weather related.
Off To Big School
STILTON’S SCHOOL’S NEW PUPILS SETTLE IN

The start of a new academic year in Stilton C of E Primary School is upon us again! We have welcomed our new pupils into Owl Class; they have all settled in well and are exploring their new learning opportunities.

COFFEE, CAKE AND FUND-RAISING

We held our Macmillan Coffee Afternoon where parents and carers were invited to enjoy cake and a drink with their children. We managed to raise £260! We would like to sincerely thank those who supported us, and to St Mary Magdalene Church for their kind donation of cakes.

STARS IN THEIR EYES

This term, Key Stage 2 children are exploring the universe and will be visiting the Leicester Space Centre in October to dig deeper into the wonders of our Solar System.

UNDERSTANDING FOOD

Pupils visited church to celebrate Harvest with Rev Gibbs; we also collected food items which have been donated to Peterborough Food Bank.

St Mary Magdalene, Stilton
Harvest Thanksgiving
Sunday October 2nd at 11:15am

After the service there will be a shared lunch. If you would like to contribute to the lunch then call into the Church porch and pick up a ticket which will let the organisers know what you will bring.

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

![Messy Church](image)

at Stilton Primary School!

**When:** Monday 31st October, 6pm - 7:30pm  
**Where:** Stilton Primary School Hall  
**What:** A Party of Light - arts & crafts, fun activities, games and celebration based around the theme of light. And followed by - light refreshments!  
**Who:** All are welcome (children must be accompanied by a responsible adult)

*Entrance free, but donations welcome*  
*Hope you can make it!*

What’s Messy Church?  
**REV. RICHARD GIBB EXPLAINS ALL...**

For those who are not familiar with the Messy Church concept, here’s a brief explanation.

Messy Church is an alternative form of church which aims to be more accessible to those less familiar with traditional forms of church. Sometimes the timing of church services make it difficult for people with lots of other weekend commitments to attend. Often it is the fear of keeping a toddler (or teenager) occupied during a long sermon that keeps families away; sometimes it is wariness of the unknown that makes it too daunting to take the first steps through the church door.

**MESSY CHURCH IS FUN!**

It mixes creative crafts, fun games, activities, music and celebration around a biblical theme. By exploring a theme through these different media it helps people of all ages to take away some meaning from the session. Everyone will have something to contribute and something to take away.

Spending time at Messy Church as a family and with friends should help us grow and appreciate the benefit of gathering with others and to know the love that God has for us all.
Meet The New Neighbours
AN EXCLUSIVE INTERVIEW WITH THE NEW OWNERS OF THE FOX

Folklore editor Sarah Abbott, and Sarah Wilkinson (founder of the Folksworth Village Pub Society) spoke to restaurateur and soon-to-be pub landlady Prafulla Gorania and her two Head Chefs, Sam Bateman and Kenny Bradford, about their plans for the Fox. Prafulla currently runs the Peterborough fine dining restaurant Clarkes.

THE BEST-LAIRED PLANS

Needless to say, the project is bringing unexpected surprises. Prafulla told us that the planning application to Huntingdonshire District Council had been mistakenly put as a change of use from pub to restaurant, when in fact it will be both a pub and a restaurant.

“We hadn’t seen the plans the architect put in; I was shocked when I saw that!” she said.

Now the plans have been changed to “public house and restaurant” and we’re just waiting for the council to update that.

ROOM FOR EVERYBODY

Prafulla talked us through the proposed floor plans. “We’ve got an area where anybody can come in, sit down and have a drink,” she explained. “We’ve made it a room especially for the village. We also have a bar menu especially for the bar area too, which will be different from the restaurant menu.”

Looking at the plans, the village bar area will be in the centre as you first come in, but stretching further back than the original room there used to. On the left-hand side there will be a ‘chef’s room’, where people can have a private dining experience, and a lounge with sofas. At the back will be a new sun room with folding doors, overlooking the views across the fields at the back. This room could be used for either restaurant or pub use depending on demand.

The larger right-hand side will be the restaurant, but some evenings the larger room might be used for the pub and the diners could be in the sun room. It all depends what’s happening any particular evening.

LIVING ON THE JOB

The car park will stay at the front. The upstairs is set to be converted to three self-contained studio flats. “They will be used for staffing,” explained Prafulla. “Someone will be on site 24 hours.” However, in future if everything goes to plan there might be bed & breakfast rooms too.

GREAT CAPABILITIES

When asked about the large field area at the back that is part of the site, the answer was “We’ve got no idea what we’re going to do with that bit yet because it’s just so big. In fact, we haven’t even seen that bit yet, it’s...”
so long! So we’ll have to wait and see on that aspect. However, there will definitely be an outside seating/garden area at the back of the pub. Of that area, we’re going to make into a lovely garden, said Prafulla. (The site plans can be viewed on the District Council’s online planning portal.)

APPLY NOW!

But Prafulla was giving nothing away about the name of the new pub/restaurant. “It’s a surprise - you’ll be pleasantly surprised,” she said. There will also be new local employment opportunities. “We would like local people to come in and apply for jobs,” she went on. “We are looking for waiting and bar staff.” Anyone interested should apply to Priya at Clarke’s by emailing bookings@clarkespeterborough.co.uk or by calling 01733 892681.

THE MICHELIN TOUCH

Regarding the food menu, Prafulla explained: “It’s going to be a little bit more relaxed than Clarke’s, but the standards will still be very high.” Head chef Sam would describe the food style as “upmarket gastro-pub with a hint of fine dining.” Head Chef Kenny added: “There will be elements I’ve learned here and elements I’ve learned in Michelin-starred restaurants. As well as having friendly food, there’ll be a bit of a twist to make it exciting, but also good wholesome food, to keep that happy medium.”

Children will be welcome too. “We’ll be giving kids their own menu.”

THE BEST CHEFS IN TOWN

And good news for local farmers too: “We want it to be really local, seasonal; we really want to use as many local suppliers as possible. And we’ve got the best chefs in Peterborough,” Prafulla assured us. But we didn’t have to take her word for it. Pastry chef Chloe made two amazing desserts for us whilst we were there - delicious!

RESTORATION DRAMA

The builders, meanwhile, have a lot of work to do. “It wasn’t safe at all,” explained Prafulla. “The roof was open, water was coming down, it was really bad. People had vandalised everything. They’d smashed the sinks, ripped the electrics out of the walls; everything.” A huge job of restoration, interior design and decoration will soon be underway. The old fireplaces will be brought back into use. And some of the history of the pub will remain: “We found two things that we’re going to retain - that will be another surprise.”

GET READY!

The new pub and restaurant at the Fox (Manor Road, Folksworth) will be open around the end of October. They plan to open seven days a week, lunchtimes and evenings. We can hardly wait!

For more about the history of the campaign to save the Fox, and to be kept up to date on developments, see: http://folksworthpub.wixsite.com/fvps or email sarahw.folksworth@gmail.com

Contributors!

We want your material for Folklore!

Email to Sarah Abbott at abbottsarahj@hotmail.co.uk or call her on 247475
FOLKSWORTH
CARPET BOWLS

Our recruitment drive over the summer has brought us three enthusiastic players who are new to carpet bowls. Thanks to Tony and Cherry for their recruiting skills. Combined with the return of an existing member, we are in a good position to start the season. More new members would be made very welcome.

We meet every Monday in Folksworth Village Hall from 7pm to 9m. All equipment is provided, as well as tuition in a friendly environment. For more information call Chris on 241938.

LADIES CIRCLE

Thanks to Phyllis for organising a coffee morning in August. Our speaker at our meeting on 25th October will be the East Anglian Air Ambulance and 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.

VILLAGE HALL REPORT

Thank you to everyone who supported our September Pub Night. Serving you kept the committee and our partners busy and we're pleased it was such a successful night enjoyed by all.

Unfortunately, the hall is already booked and we are therefore unable to hold another pub night in October. We may organise one in November depending on the date of re-opening of the pub. Please look out for notices.

FOLKSWORTH COMMUNITY
ART COMPETITION

All ages are welcome to enter this competition. You'll need to paint a picture on a canvas with acrylic paints using the Bible for inspiration.

All entries will be hung in Folksworth School Hall.

To purchase a canvas (£3) or canvas and acrylic paints (£5) please either:

ó Speak to Hege Green or Emma Hollywood

ó Call Vicky Shirely on 07786 247476

ó Visit Family Folkus and St Helen's Facebook page

Amazon vouchers will be awarded for 1st, 2nd and 3rd place
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.

The new picnic benches and seats have been installed on the playing field and have already proved to be a huge success. Please note that dogs are not allowed either on or off the lead. Please also note that the fields alongside the playing field are privately owned and contain sheep and are not for dog exercise. Council has budgeted for an additional piece of equipment to be added this year so if you have any ideas on what this should be please let me know.

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.

Council will shortly purchase a Defibrillator unit which will be placed on the outside of the village hall. The unit will be secured in a frost-free box with a coded entry system. A 999 call will provide the relevant access code allowing those who need to use to unit to do so. The unit itself will provide the tuition in a step-by-step sequence and we have been contacted by a local first responder who is keen to assist. Training sessions will be organised and there will be more information on this in future issues. At the moment we are looking into partial funding for this.

August is traditionally a quiet time for Councils, with central government in recess. Things seems to be getting busier again now with the plans for devolution and the proposed boundary changes. More locally, there has been excitement about The Fox being re-opened. The pub will be retained and enhanced by a much larger restaurant. Obviously this is very good news for the parish and Council looks forward to the re-opening.

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 (except August) and Agendas and Minutes are placed on the notice boards and on the website.

Jackie Stanbridge
Clerk to the Council/RFO

Mobile Library

Wed 26 Oct

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

Route M24
# Movers & Shakers

FOLKSWORTH PARISH COUNCILLORS 2014-18

<table>
<thead>
<tr>
<th>Name</th>
<th>Address</th>
<th>Telephone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mark Randall (Chairman)</td>
<td>4 Castel Way, Folksworth PE7 3TX</td>
<td>01733 248202</td>
</tr>
<tr>
<td>Patrick Clarke</td>
<td>16 Townsend Way, PE7 3TU</td>
<td>01733 241860</td>
</tr>
<tr>
<td>Richard Soper</td>
<td>83 Elm Road, Folksworth PE7 3SX</td>
<td>01733 719638</td>
</tr>
<tr>
<td>Lisa Blackman (Vice Chairman)</td>
<td>Sheep Lair Farm, Folksworth Road</td>
<td>01733 240501</td>
</tr>
<tr>
<td>Gordon Fenwick</td>
<td>3 Bullock Road, Washingley PE7 3SH</td>
<td></td>
</tr>
<tr>
<td>Judith Ford</td>
<td>10 Chervil Close, Folksworth PE7 3SZ</td>
<td>01733 240440</td>
</tr>
<tr>
<td>Alison Brown</td>
<td>37 Manor Road, Folksworth PE7 3SU</td>
<td>01733 241802</td>
</tr>
<tr>
<td>Gordon Clarke</td>
<td>16 Townsend Way, PE7 3TU</td>
<td>01733 241860</td>
</tr>
<tr>
<td>Richard Soper</td>
<td>83 Elm Road, Folksworth PE7 3SX</td>
<td>01733 719638</td>
</tr>
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</table>

**District Councillor**

<table>
<thead>
<tr>
<th>Name</th>
<th>Address</th>
<th>Telephone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rita Matthews</td>
<td>52 Townsend Way, Folksworth PE7 3TU</td>
<td>01733 244169</td>
</tr>
</tbody>
</table>

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Cambridgeshire Fire and Rescue Service is encouraging all residents with solid-fuel fires or stoves to get their chimneys professionally swept **before** the winter sets in. Top tips to enjoy an open fire safely:

- **Sweep your chimney at least once a year** and get brickwork inspected, especially the chimney breast and roof space.
- **Don’t bank fires too high or overload the grate.** Let them burn down well and check the hearth before going to bed.
- **Use a fire- or spark guard to prevent accidental fires.**
- **Don’t place objects on or over the mantelpiece;** it may cause you to stand too close to the fire to reach or use them.
- **Burn only suitable fuels and avoid burning resinous woods as their soot builds up quickly.**

Above all, ensure you have a working smoke alarm fitted on each floor of your home and a carbon monoxide alarm installed.
With Halloween upon us, the shops will be piled high with pumpkins. But when you've hollowed one out to make a suitably scary head, what do you do with the flesh? Simple: use it to make a tasty, creamy soup; just perfect for an autumn evening.

**PUMPKIN SOUP**

This is best processed in batches to avoid splashes.

Cook two onions in 4oz of melted butter on a low heat for 10 minutes, then add the flesh of one pumpkin, one cinnamon stick, fresh nutmeg, salt and pepper. Cover and allow to simmer for about 40 minutes, stirring regularly.

When the pumpkin is soft, add three pints of stock (chicken or vegetable). Bring to the boil and simmer for another 30 minutes.

Just before serving, stir in a glass of sherry, swirl soured cream on top and sprinkle with parsley or chives.

Tip: If you find you have a taste for this, the shops often have loads of unsold pumpkins left over after Halloween, reduced to clear!
Now’s the time to plant bulbs to ensure a good show next spring. Planting early, while the soil is warm, gives the plants time to establish, although tulips can be planted up to late November. The general rule is to plant two and a half times the bulb’s depth, tip upwards. Snowdrops are always welcome and will spread and multiply each year. They look better in ‘drifts’ so to get a natural look throw a handful (10-ish) of bulbs in the air and plant where they land.

Some bulbs such as hyacinths look best in container; plant them in general-purpose compost or in a special bulb compost. Don’t forget to water. The danger is, of course, attack from squirrels and mice, so cover the top with a piece of chicken wire.

Garlic is also a bulb of course so should be planted now. Break them into their individual cloves and push into the ground in rows. Don’t be tempted to use bulbs bought in the supermarket; go for certified virus free bulbs. Some gardeners plant garlic among their onions; it helps deter onion fly.

For advice on winter containers come along to Stilton Gardening and Natural History Club on October 18 when Claire Hughes will demonstrate winter containers and, for Â£6, will provide plants and compost for your own containers of hanging baskets to be planted at the meeting.
Stilton and District Twinning Association

Quiz Night

Saturday 1st October

Stilton Memorial 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.
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<td><strong>WHAT</strong></td>
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<tr>
<td><strong>TINIES</strong></td>
<td></td>
<td>Toddler’s Dance</td>
<td>9:15am</td>
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<td></td>
<td></td>
<td>Folksworth Pre-School</td>
<td>9am-3pm term time only</td>
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<td>Playgroup (Stilton)</td>
<td>9 - 11:15 &amp; 1 - 3pm</td>
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<td>Mums &amp; Toddlers</td>
<td>10 - 11:30am</td>
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<td><strong>YOUNGSTERS</strong></td>
<td></td>
<td>Beavers</td>
<td>6 - 1:15pm</td>
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<td></td>
<td></td>
<td>1st Stilton Brownies</td>
<td>6:15 - 8pm</td>
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<td>Stilton Rainbows</td>
<td>5:15 - 6:15pm</td>
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<td>Folksworth Brownies</td>
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<td>1st Folksworth Rainbows</td>
<td>5:30 - 6:30pm</td>
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<td>Guides</td>
<td>6 - 7:30pm</td>
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<td>Stilton United Colts</td>
<td>KO 10am</td>
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<td><strong>ADULTS</strong></td>
<td></td>
<td>Folksworth Parish Council</td>
<td>2nd Tuesday 7:30pm</td>
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<td></td>
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<td>Sewing Group</td>
<td>3rd Tuesday (except Aug)</td>
<td>2:30 - 5pm</td>
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<td>Over 60’s Club</td>
<td>2:00pm</td>
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<td><strong>CHURCH</strong></td>
<td></td>
<td>Holy Communion</td>
<td>1st &amp; 3rd Sun 11:15am</td>
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<td></td>
<td></td>
<td>Holy Communion</td>
<td>2nd &amp; 4th Sun 8:00am</td>
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<td></td>
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<td>LinCup (Café-style worship)</td>
<td>2nd Sun 11:15am</td>
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<td>Elevenses with God</td>
<td>4th Sunday 11:15am</td>
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<td>Linking Hands (mums)</td>
<td>9am</td>
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<td>Crossover (Y6)</td>
<td>6 - 7pm in term time</td>
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<td>Men’s Prayer Breakfast</td>
<td>8am 2nd Saturday in month</td>
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<td></td>
<td>Holy Communion (soup lunch)</td>
<td>1st Wednesday 12:30-1:30</td>
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<td></td>
<td>Church Choir</td>
<td>2nd &amp; 4th Thursday, 7:30pm</td>
<td>8am</td>
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<td></td>
<td>Prayer Focus</td>
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<td><strong>LEISURE</strong></td>
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<td>Stilton Gardening Club</td>
<td>3rd Tues 7:30pm</td>
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<td></td>
<td></td>
<td>Pilates (Stilton)</td>
<td>9:30-10:30; 10:30-11:30am</td>
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<td>Pilates (Folksworth)</td>
<td>7:45-8:45pm Wed; 8-9pm Thurs</td>
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<td></td>
<td>Stilton Indoor Bowls</td>
<td>2pm Mon, 7pm Thu, 7:30pm Fri</td>
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<td>Folksworth Indoor Bowls</td>
<td>7 - 9pm</td>
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<td></td>
<td></td>
<td>Band</td>
<td>8 - 9:35pm</td>
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<td></td>
<td>Judo</td>
<td>6 - 8pm</td>
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<td>Yoga</td>
<td>6 - 7pm</td>
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<td>Stilton United FC</td>
<td>3:00pm kick-off</td>
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<td>Tai Chi</td>
<td>7:30pm</td>
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<td>Folksworth Art Club</td>
<td>12:30-4:30pm</td>
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<td>Folksworth Ladies’ Circle</td>
<td>4th Tuesday, 7:30pm</td>
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<td>Yaxley Flower Club</td>
<td>3rd Thursday, 7:30pm</td>
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<td></td>
<td>Peterborough Opera</td>
<td>7:30 - 9:30pm</td>
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<td></td>
<td>Stilton Stumblers (walking group)</td>
<td>Alternate Sundays 10:00am</td>
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<td><strong>OTHER</strong></td>
<td></td>
<td>Mobile Library</td>
<td>3:10 - 4pm (4th Wed in month)</td>
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<td></td>
<td></td>
<td>Age Well Club</td>
<td>10 - 11:45am</td>
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<td>Carers’ Group</td>
<td>1st Weds, 2 - 4 pm</td>
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<td></td>
<td></td>
<td>Sawtry Day Centre</td>
<td>10am - 2:30pm</td>
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<td></td>
<td>Sawtry Friendship Club</td>
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## WHERE

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<thead>
<tr>
<th>WHERE</th>
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<tr>
<td>Church Meeting Room</td>
<td>Michelle Pratt</td>
<td>07906 114942</td>
</tr>
<tr>
<td>Folksworth Village Hall</td>
<td>Jade</td>
<td>07542 172075</td>
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<tr>
<td>Playgroup, Church St.</td>
<td>Leslie Kirk</td>
<td>247682</td>
</tr>
<tr>
<td>Folksworth Village Hall</td>
<td>Mel</td>
<td>07885 63675</td>
</tr>
<tr>
<td>Folkswoth Village Hall</td>
<td>Niki Wilson</td>
<td>07971 558927</td>
</tr>
<tr>
<td>Memorial Hall</td>
<td>Jen Walton</td>
<td>01487 832114</td>
</tr>
<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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<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>Folkswoth Village Hall</td>
<td>Jackie Stanbridge</td>
<td>07724 171158</td>
</tr>
<tr>
<td>Church Meeting Room</td>
<td>Pat Maltman</td>
<td>242229</td>
</tr>
<tr>
<td>Church Meeting Room</td>
<td>Sylvia Ward</td>
<td>242457</td>
</tr>
<tr>
<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>
<td>241114</td>
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<td>Irene Goldsmith</td>
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<td>Pat Maltman</td>
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<td>Church Meeting Room</td>
<td>Nigel Rosbrook</td>
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<td>Doug Maltman</td>
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<tr>
<td>Church Meeting Room</td>
<td>Olive Main</td>
<td>241206</td>
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<tr>
<td>Memorial Hall</td>
<td>Vicky Leschallas</td>
<td>01487 831644</td>
</tr>
<tr>
<td>Folksworth Village Hall</td>
<td>Emma</td>
<td>07500 042181</td>
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<tr>
<td>Memorial Hall</td>
<td>Scott Sherrington</td>
<td>242409</td>
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<tr>
<td>Folksworth Village Hall</td>
<td>Chris</td>
<td>07967 379926</td>
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<tr>
<td>Memorial Hall</td>
<td>Brian Bowen</td>
<td>241310</td>
</tr>
<tr>
<td>Memorial Hall</td>
<td>Simon Trowbridge</td>
<td>07894 552198</td>
</tr>
<tr>
<td>Memorial Hall</td>
<td>Brian Appleyard</td>
<td>244642</td>
</tr>
<tr>
<td>Austin Hall, Main Street, Yaxley</td>
<td>Glen Woolner</td>
<td>07771 784643</td>
</tr>
<tr>
<td>Folkswoth Village Hall</td>
<td>Alex Weyman</td>
<td>01480 413353</td>
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<tr>
<td>Folkswoth Village Hall</td>
<td>Cherry Hadley</td>
<td>244258</td>
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<td>Folkswoth Village Hall</td>
<td>Phyllis</td>
<td>240947</td>
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<tr>
<td>Yaxley British Legion</td>
<td>Yvonne Wagstaff</td>
<td>243370</td>
</tr>
<tr>
<td>Folkswoth Village Hall</td>
<td>Lindsey Evans</td>
<td>07867 913709</td>
</tr>
<tr>
<td>Meet at the Pump</td>
<td>Shirley Gregory</td>
<td>246209</td>
</tr>
<tr>
<td>Outside The Talbot</td>
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<tr>
<td>Yaxley Health Centre</td>
<td>Linda Smith</td>
<td>240478</td>
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<tr>
<td>Yaxley Health Centre</td>
<td>Linda Smith</td>
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</tr>
<tr>
<td>CARESCO</td>
<td>Vicki</td>
<td>01487 832105</td>
</tr>
<tr>
<td>CARESCO</td>
<td>Pat</td>
<td>01487 832105</td>
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</tbody>
</table>

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

Mozart’s

Cosi fan tutte

(Women are like that)

Featuring Mozart's beautiful trio 'Soave sia il vento' and performed in English.

Directed by Jan Haylock, who also works with Thrapston Plaza Opera.
Kate Wishart returns as Musical Director for her second production with the company.

Key Theatre Studio, Peterborough
Thursday 27th and Friday 28th October at 7:30pm

Tickets are £14 (adults), £11 (groups of 10+), and £9 (children) available from the Key Theatre Box Office on 01733 207239.

THE STORY
Set in a 1960s university, this light-hearted comic opera is a story of love, trust, betrayal and fidelity. Fiordiligi and Dorabella are in love with Guglielmo and Ferrando respectively. All is well until their Professor, Don Alfonso, tells Guglielmo and Ferrando that, like all women, their fiancées are fickle. A plan is formed to trick Fiordiligi and Dorabella, with the assistance of their friend Despina. Will the plan work? Will Don Alfonso be proved right, or will the ladies prove to be faithful?

THE CAST
Michael Dale (Don Alfonso)
Marie Hayes (Fiordiligi)
Emily Mayo (Dorabella)
Martin Muir (Guiglielmo)
Adrian Wall (Ferrando)
Ami Walsh (Despina)

For more information about Peterborough Opera’s future events, go to www.peterboroughopera.co.uk, or find us on Facebook and Twitter.
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?

St Mary Magdalene Church, Stilton

Quiz Night

Saturday, October 15th
7pm for a 7:30pm start

Stilton School Hall

Teams of up to 8

Tickets £7.50 per person

- includes a ploughman's supper and dessert

Bring your own drinks and glasses

To book a team or individuals phone Pat Maltman 242229

Be sure to tell our advertisers you found them in SCAN!
Friends of Norman Cross

Programme - Autumn 2016

October 14
7pm at the Norman Cross Gallery

Tessa West will talk on her forthcoming book, 'In the Wake of War'. This is a collection of short stories by this well-established author, featuring life in the depots, some actual prisoner experiences, others about the guards.

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.

Improve Your Piano Skills and Enjoy Your Playing!
Beginners welcome!
Margaret Parsons  Tel: (01733) 243352
Stilton and District Twinning Association
St Christol les Ales Twinning Association

Group Visit to St Christol
22 - 26 October 2016

Invitation

The St Christol Twinning Association has kindly invited a group of up to 25 from Stilton and District to visit St Christol. The group will be a mix of adults and young people.

Whilst there we will enjoy a great programme. You will be wonderfully hosted, including, of course, excellent wine and food.

The flight will be from Luton to Nîmes with Ryanair to be booked personally once your being part of the group is confirmed. Participants can make their own travel arrangements by train or car if they wish.

Those taking part will be hosted by St Christol families. The only cost will be the return journey. Flights from Luton to Nîmes on these dates are currently £110. A travel grant, of up to 50% of flight costs, is available to young people in full-time education. There are local hotels, if you prefer, at your personal cost.

If you are interested contact Chris on 241376 or email: clstilton@btinternet.com

We look forward to hearing from you.

St Christol les Aîs is in the department of Gard on the edge of the beautiful hills of the Cevennes. It is situated 30 km NE of the Roman town of Nîmes and 4km from Aî’s, the capital of the Cevennes region. You can see more details on the Twinning link on the Stilton village web site www.stilton.org.
Krazy Katz 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.

Green End Road, Sawtry PE28 5UY
Tel: 01480 387800
www.oneleisure.net
Keep well

Keeping Well
News from the Wellside Clinic
(01487) 830340

Annual Flu Clinic 2016

Our annual flu clinic is scheduled to take place on Saturday 8th October 2016, subject to any alteration to our booked delivery dates. Should it be necessary 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, such as severe asthma, COPD or bronchitis
- Chronic heart disease
- Chronic renal disease at stage 3, 4 or 5
- Chronic liver disease
- Chronic neurological disease
- Diabetes
- Patients who are immunosuppressed
- Patients who have a splenic dysfunction
- Patients who are at any stage of pregnancy
- Patients living in long-stay residential care homes
- 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.

Flu vaccination appointments with our Practice Nursing Team will be available as of Monday 14th 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.

We will also be participating in the national programme to offer the flu vaccination to all children who will be aged 2, 3 or 4 on 31st August 2016. We will write to invite this group of patients to attend in due course.

DNA Figures

We continue to experience a significant number of DNAs (Did Not Attend) each month. During August, the numbers of appointments which patients failed to attend were as follows:

GP Appointments: 40
(equivalent to 6 hours 40 minutes)
Nurse/HCA Appointments: 69
(equivalent to 15 hours)

We strive to provide our patients with good access to appointments and services, but wasted clinician time means longer waiting times for other patients. Please do let us know if you have booked an appointment but subsequently find, for whatever reason, that you are unable to attend as your appointment can then be offered to another patient in need of our care.
Ear Syringing Service

The numbers of patients requiring ear syringing is increasing. As a result of this the amount of nurse time taken up to do this is limiting appointments being available for other things.

Ear wax is a common problem which can be easily managed at home with simple measures.

Ear Syringing can be fairly traumatic to the lining of the ear canal and can lead to infections and pain. Therefore we are encouraging patients to use an over-the-counter remedy such as:

1. Self syringing kits like the Otex Combi which breaks up and disperses ear wax. It is much gentler and is easy to use. Or:

2. Sodium bicarbonate or Otex Ear Drops. These ear drops are used to soften dry or hardened earwax.

If neither remedy works for you then syringing is still available.

Flu Jabs

This year's 'Flu' Vaccination campaign will start in October. Two 'Flu' Clinics are scheduled for Saturdays 1st and 15th October 2016, between 9:00 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, email or SMS text message invitation with you, as this will speed up the booking-in process and reduce queuing time.

Children's Flu Clinics 2016/2017

( ISSUES DUE TO VACCINE SUPPLY)

IMPORTANT - DO NOT bring children to the Saturday Flu Clinics unless invited to do so.

Children who require the flu vaccination/nasal spray flu vaccination this autumn will be treated as follows:

○ Healthy 2, 3 and 4 year old children will be vaccinated during the latter part of October and will be notified of clinics nearer the time.

○ At-risk children will be called at a date to be arranged.

○ Years 1, 2 and 3 will be vaccinated within the school's immunization programme as well as at-risk children within those year groups.
**SMS Text Messages/email Reminders**

From the 1st of September 2016 Yaxley Group Practice started routinely sending SMS text messages and email reminders about upcoming appointments, clinics dates and other health-related information to all patients who have supplied a mobile number and/or email address. It is a quick, efficient and environmentally friendly way for us to contact patients regarding important reminders/messages.

Therefore it is very important that we have your up to date contact information. You can update your contact details via "update your records" on our website, in person or by telephone on 01733 240478 option 2 (we would appreciate if you could call from 10:00am onwards to avoid a prolonged wait).

Please be assured that we will not share your contact details or personal information with any third parties.

If you do not wish to be contacted by SMS/email please let us know and we will update your record accordingly. This again can be done online, by telephone or in person.

Remember, you can change your mind regarding this any time and as many times as you like.

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**Family Carers Prescription**

Are you caring for someone? Do you need:

- Support?
- Information?
- Access to a flexible break?

Cambridgeshire and Peterborough Clinical Commissioning Group and The Carers Trust are working in partnership with Yaxley Group Practice to help improve recognition and help for carers and provide breaks where needed.

Family Carers Prescription for family carers is a free service for family carers of any age and is available in this Surgery from your Doctor.

**WOULD YOU LIKE TO KNOW:**

- Your rights?
- About benefits you could be entitled to?
- What's available to support you?
- What's available to support the person you care for?

**HOW TO GET A PRESCRIPTION**

Telephone or visit the surgery to ask for a telephone appointment with your Doctor to briefly explain your circumstances. The service is also designed to respond quickly to urgent need. Your Doctor will agree the prescription and send it to Carers Trust Cambridgeshire. The surgery will record
that you are a family carer, so they can support you appropriately in the future. Carers Trust Cambridgeshire will respond quickly and provide the information service and an agreed break if you choose, without any charge to you.

If you would like to know more about the Family Carers Prescription before you speak to your Doctor, please see Linda in the Patients' Library.

**Registrars**

We were pleased to welcome Dr. Lubna Akbar and Dr. Sheila Darroch who joined us in August. We hope they both enjoy their time at YGP.

**Diary Dates**

**CARER SUPPORT GROUP**

The next meeting of the Carer Support Group will be on Wednesday 5th October 2016 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.

**HALF DAY CLOSING**

The Practice will be closed on Wednesday 19th October from 1pm until 4:00pm. We are available for emergencies during that time. Emergency Telephone 01733 240478.

**Shake a Leg!**

**A SHAMELESS PLUG FOR THE STILTON STUMBLERS**

Sally Pinnegar's article opposite emphasises a simple truth: exercise is good for you! But you don't need to be a committed gym bunny to gain benefits. An investigation by the BBC's Trust Me, I'm a Doctor programme showed that even a small amount of exercise can often relieve joint pain more effectively than medication or supplements. And it can quickly undo the damage caused by too much sitting around.

So how to have an exercise regime that is enjoyable and sustainable? One easy option is just to take regular walks; leave the car at home occasionally. But it's even easier if you can do so in good company and interesting surroundings.

That's just what walking groups like the Stilton Stumblers are for, writes Kelvin Davis. (No surprise that the local U3A has more walking groups than any other type.)

The Stumblers are not Ramblers; we have a great time but don't take ourselves too seriously. We meet every other Sunday for a 5-8 mile circular walk within a radius of about 30 minutes drive, ending up at a pleasant country pub to relax afterwards. And once a year we head off for a weekend away; this year we're going to enjoy the rugged beauty of northern Spain.

To find out more, just Google for Stilton Stumblers or see our regular ad in **SCAN**.
Sally Pinnegar is Stilton’s resident nutritionist and personal trainer. You may see Sally and her collie and spaniel, Scout and Lottie, running and walking every day. Her company (fitnaturally) helps people to improve their health and well-being through natural eating and outdoor activity. Amen to that we thought, so we were delighted when Sally offered to contribute articles to raise readers’ awareness. Here’s the first.

Can Diet and Exercise Make Us Live Longer?

“I’m going out on a limb here and saying a big unscientific YES!, writes Sally. Sometimes common sense overrides science, but there is plenty of evidence that eating well and staying active lengthens life. Not just diet but whole lifestyle – eating well, being active, reducing stress, not smoking, limiting alcohol, breathing unpolluted air, and so on.

WHAT’S IT WORTH?

Our bodies are like finely engineered performance cars; if we give them the wrong fuel and leave them in the garage they won’t function properly and then they’ll probably fall apart and soon enough not start at all. But the value of our health is far greater than the most expensive car in the world (£3.9m). In fact, if you were dying and could buy your life back how much would you pay? It’s priceless, so we must look after it and prolong it.

WHICH REGIME IS BEST?

There are many studies looking at this or that diet in terms of their longevity effects; the popular Mediterranean diet is thought to be very healthy. But essentially it’s down to simple everyday factors, essentially eating all natural foods in moderation, alongside daily activity and a non-sedentary lifestyle. Like, don’t drive if you can walk; don’t take the lift if there are stairs. Revert to a more natural and active way of living.

WHAT TO DO THEN?

Ageing is the progressive loss of physical and mental capabilities. It’s inevitable, but we can slow it down and go a long way to preventing some of the major killer diseases such as heart disease, stroke and cancer.

When you wake up each day have a good think about being alive, and the privilege that it is. Think about what you will do that day to look after your body the best you can. Treat it as if it was your last day and then someone said you could live on if you did X, Y and Z today (eating healthily, not being stressed, taking exercise).

Your life is in your hands. You matter, not just to you but to others. The world is a great place to live, so much to see, wonder at and experience. Nobody should jeopardise that by eating rubbish, not moving, and getting stressed about stuff.

“What works good is better than what looks good, because what works good lasts.” Ray Eames