Stilton’s Poppy Appeal shot through the roof this year, breaking all previous records. A fantastic result for the Royal British Legion’s work.
**Index to Advertisers**

<table>
<thead>
<tr>
<th>Category</th>
<th>Service</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Retail</td>
<td>Watch &amp; Clock Repairs</td>
<td>42</td>
</tr>
<tr>
<td></td>
<td>Food &amp; Drink</td>
<td>6, 11</td>
</tr>
<tr>
<td></td>
<td>Furnishings</td>
<td>41</td>
</tr>
<tr>
<td></td>
<td>Arts &amp; Crafts</td>
<td>42</td>
</tr>
<tr>
<td></td>
<td>Pharmacy</td>
<td>7</td>
</tr>
<tr>
<td>Health &amp;</td>
<td>Exercise</td>
<td>44</td>
</tr>
<tr>
<td>Fitness</td>
<td>Foot care</td>
<td>46, 47</td>
</tr>
<tr>
<td>Financial</td>
<td>Accountancy / Payroll</td>
<td>37, 47</td>
</tr>
<tr>
<td>Animals</td>
<td>Vet, pet care</td>
<td>39</td>
</tr>
<tr>
<td>Personal</td>
<td>Hair &amp; Beauty</td>
<td>41, 47</td>
</tr>
<tr>
<td></td>
<td>Counselling</td>
<td>40</td>
</tr>
<tr>
<td>Trades</td>
<td>Building services</td>
<td>39, 42, 45</td>
</tr>
<tr>
<td></td>
<td>Conservatories</td>
<td>44</td>
</tr>
<tr>
<td></td>
<td>Heating / Plumbing</td>
<td>35, 37, 46</td>
</tr>
<tr>
<td></td>
<td>Electrical / TV</td>
<td>46</td>
</tr>
<tr>
<td></td>
<td>Computer services</td>
<td>39</td>
</tr>
<tr>
<td></td>
<td>Garden services</td>
<td>40, 45</td>
</tr>
<tr>
<td></td>
<td>Recycling</td>
<td>10, 42</td>
</tr>
<tr>
<td></td>
<td>Removals</td>
<td>42</td>
</tr>
<tr>
<td></td>
<td>Vehicle services</td>
<td>38</td>
</tr>
<tr>
<td>Travel</td>
<td>Community bus</td>
<td>43</td>
</tr>
<tr>
<td>Professional</td>
<td>Architect / Civils</td>
<td>43</td>
</tr>
<tr>
<td></td>
<td>Funeral services</td>
<td>45</td>
</tr>
<tr>
<td>For children</td>
<td>Pre-school</td>
<td>9, 40, 43</td>
</tr>
</tbody>
</table>

**Grey Bin Days:**
Mon 14th, 28th January; 11th February

**Garden Bin Days:**
Fri 11th, 25th January; 8th February

**Recycling Bins:**
Mon 7th, 21st January; 4th February

Please put your bins out after 6pm on the day before collection

www.huntingdonshire.gov.uk/bins
Breaking the Record
OUR POPPY COLLECTION WENT THROUGH THE ROOF!

I am delighted to be able to tell you that the Poppy Appeal in Yaxley and District absolutely smashed last year’s record of some £20,000 and is at over £30,000 already, writes Tom Cochrane. Stilton, Folksworth, Caldecote and Denton have also set a new record of over £3,000.

Of course this splendid result was probably due to the centenary of the end of WW1, but all our local helpers had to put the time and effort in and all of your readers had to put their hands in their pockets. On behalf of the Branch and the Legion itself, let me offer our grateful thanks to you all.

I should also like to take this opportunity to remind everyone that the Legion is not only for veterans of the two world wars, but we care for all ex-servicemen and women of all periods and their dependents. Roughly a third of our applicants today are under 35.

Realistically we are not likely to break this year’s record next year, but we mean to try! My thanks to all my collectors in the four villages and to all the shops, pubs and other businesses who displayed our collecting tins.

Tom Cochrane is Chairman, Yaxley and District Branch, Royal British Legion.

Fancy Petanque?

The Talbot are looking for players to join their new Petanque team from April.

If you fancy a new challenge for 2019 then pop into the Talbot for details, or watch for upcoming dates for open days to come down and see what is all about.

Diary of Events

If you have a one-off event fixed in the next few months please contact the editor - 241206 or olivekmain@gmail.com

**JANUARY**

20th  Folksworth 15 road race
26th  Folksworth Burns Night Quiz

**FEBRUARY**

2nd  Twinning Wine Tasting
3rd  Stilton in Tune concert

**MARCH**

3rd  Stilton in Tune concert
9th  Twinning Race Night
LET’S END LONELINESS

Over nine million people in the UK say they are always or often lonely. And over 1¼ million older people are chronically lonely. Loneliness is an invisible tragedy; it’s not just an emotional burden, but research shows that it is a threat to one’s physical health.

One danger is that, once someone begins to feel lonely and isolated, they can lose the motivation to get out and get involved; it becomes a vicious circle. So if you have a neighbour, friend or relative who might be at risk of this, why not reach out and encourage them? Perhaps introduce them to a local social or interest group - we list all the local groups in SCAN every month.

CARESCO CAN HELP!

This month we include information about our good friends at CARESCO in Sawtry, an organization that has worked for over 30 years to provide a range of services for seniors. The run a great lunch club that is open to anyone who cares to join. As well as a very good lunch, it also provides entertainment, education, talk and company. Transport can be provided.

FOR MANKIND

CARESCO also run a Man Cave, a wonderful facility for ‘overgrown boys’ with tools, equipment, expert advice and like-minded companions. An ideal venue for tackling those craft projects! See the ad opposite.

Dry January

The aim is to go alcohol-free for the 31 days of this month. Apparently 4.2 million people are already planning to give up drinking. Why? Because by the end of the month you will feel richer, thinner, and healthier and you can have raised funds for a favourite charity. Less alcohol reduces your risk of certain types of cancer and helps you sleep better to be more productive and energetic.

You don't have to stop when the month is over, (oh, good…) you can still abstain or reduce your consumption.

Google 'Dry January' for full information.

FOR THE OVER-60’S

The Stilton Over-60's Club has long been a lively and welcoming social group. But it currently needs a bit of a revival as its Leader, Secretary and Treasurer are all retiring at the March AGM. It would be a great loss if it had to close, so here’s a golden opportunity for you to get involved, bring a fresh outlook and maybe lead the group in a new and exciting direction.

The Over-60’s are a group of 22 and meet in the Church Meeting Room Friday afternoons from 2 - 4pm. If you can help then please contact: Sylvia Ward (01733) 242457 or Ellen Storey (01733) 240727.

WAYS TO GET OUT AND WIDEN YOUR SOCIAL CIRCLE
Sawtry Man Cave

The Man Cave is all about social connections and building friendships, sharing expertise and passing on knowledge. It is a place to pursue practical interests at leisure, to practise new skills and to enjoy making and mending.

Activities include:

- **Replacing watch batteries** - £2.50
- **PAT testing electrical items** - for a donation
- **Woodworking** - bird boxes; insect houses; hedgehog boxes; garden planters
- **A quiet corner to enjoy crosswords and jigsaws**

Tea & biscuits provided | Disabled access
All gentlemen welcome

**Opening times:**
Monday, Tuesday, Thursday
9:00 - 12 noon

For more information, contact CARESCO on 01487 832105
As from 13\textsuperscript{th} January, Stagecoach are making some timetable changes, as follows:

<table>
<thead>
<tr>
<th>Service</th>
<th>Route</th>
<th>Changes</th>
</tr>
</thead>
<tbody>
<tr>
<td>The Busway</td>
<td>Chatteris/Ramsey/Somersham – St Ives</td>
<td>● New 18:30 journey between Chatteris and St Ives (Monday to Friday).</td>
</tr>
<tr>
<td>A/D</td>
<td></td>
<td>● 18:48 journey between St Ives and Somersham will operate 8 minutes earlier (Saturday).</td>
</tr>
<tr>
<td>The Busway</td>
<td>Huntingdon – Peterborough</td>
<td>● 14:50 journey between Huntingdon and Peterborough will operate 5 minutes later (Monday to Friday).</td>
</tr>
<tr>
<td>B</td>
<td></td>
<td></td>
</tr>
<tr>
<td>The Busway</td>
<td>Huntingdon – St Ives – Cambridge</td>
<td>● New 07:23 and 07:47 route A journeys between St Ives and Cambridge to provide increased capacity during busy times (Monday to Friday).</td>
</tr>
<tr>
<td>A/B/D</td>
<td></td>
<td>● Minor changes to some A and D journeys (Monday to Saturday).</td>
</tr>
<tr>
<td></td>
<td></td>
<td>● Route A journeys on Sunday will now operate as route D.</td>
</tr>
</tbody>
</table>
Yaxley Singers
We meet on Wednesdays in Yaxley Methodist Church, Main Street, Yaxley at 7:30pm and sing a wide variety of music; songs from the shows, Easter music, modern pop 'classics' etc. Sometimes in parts, sometimes in unison. You don't have to read music (but it does help).

We give occasional concerts and the proceeds go to charity; this year to MAGPAS, the local emergency service. If you would like a taster come along one Wednesday. There is a contingent from Stilton, led by Mary Croll who can answer any questions. (241042)

Mobile Library
Route M24 - 4th Wednesday
Wed 23rd January
Folksworth
10:30 - 10:50am Elm Road
Stilton
09:30-10:15
Outside the school
3:10 - 4pm
Outside The Talbot

Shop at CARESCO!
7 Greenways, Sawtry  01487 208026 shop@caresco.org.uk

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

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

Storage space is limited, so if you’ve got bulky items, or just lots of stuff to donate, call us first to make sure we’ve got room! Seasonal items particularly welcome.
On the 18th December, 16 members of the Stilton Table Tennis Club competed for their open singles championship - The Julian Pagliaro Trophy, writes Steve Ambler.

Readers will remember Julian as the former Stilton Pavilion Manager and who was instrumental in its successful development. He also advised, assisted and supported the establishment of our table tennis club. His input into our successfully obtaining a Sport England grant for equipment and coaching was invaluable.

The winner of the open singles competition was Bryan Bowen; runner-up was our youngest member, Max Cave. Losing semi-finalists were John McNichol and Richard Newcombe. All participants received commemorative medals.

If you would like to play table tennis, our club night is on Tuesdays, 7 to 9pm for players aged 11 upwards. All equipment is provided and up to eight tables can be in use. Coaching is available for all members.

There is also a session on Monday afternoons, 2 - 4pm, for seniors and unsocial hours workers. Please contact Steve Ambler on (01733) 242156 or by email to stiltontabletennis@gmail.com.
Yvonne Warner was sorting through a quantity of press cuttings, notes and photographs for the village Heritage Books when she discovered the origin of the name of Mondela Place on Church Street.

Two prefabricated bungalows stood on the site where the Mondela Place properties now stand. One was called The Rookery and the other Mahon. In the 1970s the Scarborough family lived in one bungalow and changed its name to Mondela, a combination of their Christian names: RayMOND and PamELA.
As in all primary schools, Christmas was a very special time at Stilton Primary Academy. We were wowed by our youngest children doing an amazing job as they dazzled us with their performance of 'The Nativity'. Their costumes looked amazing and they sang beautifully.

KS2 performed just as well when they did readings and sang carols to their families and carers as well as the Stilton Over 60s Group. Well done to all those who were involved, especially our leading lights- the children.

The school have entertained the community with their singing at the Christmas Tree Festival where the children also enjoyed decorating several of the trees on display. The choir also sang at the Church carol service.

Our final week saw great fun with parties and ending with our Christingle Service.

THANK YOU

We would like to take this opportunity to thank Mr Bishop for all his hard work and dedication to the school over many years as a volunteer. His help has been much appreciated.

May the children and staff wish everyone in Stilton a Happy New Year.
Stilton in Tune
LAUNCHING AN AMAZING PROGRAMME FOR 2019!

First, may I wish all our patrons and those of you who read my articles a very Happy and Harmonious New Year, writes Tony Oliver. With the current turmoil in the country we aim to provide a couple of hours of relaxing music to soothe the musical soul, played on the most amazing electronic orchestral keyboards!

Our December Christmas concert featuring Chris Stanbury was our 21st event and in the next edition of SCAN I will reveal how much Stilton in Tune has donated to the Pavilion, over and above the normal fee. Much depends, obviously, on our audience numbers and that is why I am so keen in promoting our kind of music to people who love good music and for you to come along and give us a try. Also, the more who come will ensure that I can continue this series of concerts and social events into 2020!

This year I have taken a gamble by engaging some of the best artistes from home and abroad, including one of Europe’s and Germany’s top female players, Claudia Hirschfeld, who has to be seen to be believed. I am delighted that she has agreed to include Stilton as part of her UK tour in April and May and we are honoured to have her play for us. I will advise more about this special concert and the admission cost over the next couple of months.

With no concert this month our first 2019 event will take place on Sunday 3rd February (all future concerts will take place on the first Sunday of each month, with the exception of December) commencing at 2:30pm – full details below. This will feature one of our younger entertainers, Ian House, with his excellent mix of tunes. March sees another very talented young artiste in Mark Thompson. For 2019 we have a lot to keep the musically minded excited and I am proud to be able to produce what should prove to be an excellent and varied programme throughout the coming months. The Pavilion itself has proved to be popular with our musicians because of its great acoustics so, as I keep saying, come on down for a fun afternoon.

Concerts start at 2:30pm (doors open 2pm) and, with an interval for free refreshments and raffle, finish around 5pm. Do come and join our music-loving group; you will be welcomed by our friendly team of helpers. Oh, the cost, still just £7.50 per person! We look forward to seeing you at The Pavilion.

For further details please contact Tony Oliver: telephone 01480 474282 or 07918 602600 email tony.oliver5@btinternet.com.
JANUARY 2019 WORSHIP

Wed 2nd 12:30pm Holy Communion
followed by Soup Lunch

Epiphany
Sun 6th 11:15am Holy Communion

Sun 13th 8:00am Holy Communion (BCP)
led by Revd John Harper
11:15am Morning Praise

Sun 20th 11:15am Holy Communion

Sun 27th 8:00am Holy Communion [BCP]
11:15am Café Church

FOODBANK

Many thanks to everyone who contributed to the Foodbank over the Christmas season and throughout the year. Thirty Christmas hampers were distributed to those in need and were much appreciated.

The collection point continues to be Stilton Church porch, or contact Pearl Reed on 241114.

This was our second Tree Festival and we are very pleased with the result, writes Peter Mitchell. The Church was full on Saturday, and particularly on Sunday afternoon when the School Choir performed for about an hour. There was music and light entertainment throughout, and I don’t know about the crowds but the entertainers certainly enjoyed themselves. Produce and Craft Stalls added to the atmosphere. On the Saturday evening we had the Peterborough Take Note Community Choir - well, just 30 of them - and a full house; if you get a chance to hear them it is well worth while.

The Tree Festival made just over £1550 which will go towards the running of the Church. As Treasurer I would like to express my appreciation of the many people who donated their trees; those who were involved in the setting up and running of the Festival, and to those who came to the event.

See you in 2020!
The Winter Night Shelter

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 Madgalene Church, Stilton is again hosting the Winter Night Shelter on Sunday nights and Monday mornings from


Could YOU help?

We still require volunteers to prepare a meal or dessert in their own homes for eight people (volunteers and guests). The meal is then delivered to the Church Meeting Room for 6:45pm for the shift volunteers to serve to the guests.

This date will be arranged in advance.

Another way in which you could help would be by donating produce or funds for meals

To find out more information about the project or providing a meal please contact Claudette via e-mail: claudedriscoll10@gmail.com or on 07 545 033 215

For more information on the WNS please refer to their website www.lightprojectpeterborough.org.uk.

Together, we really can make a difference.......
For the fourth year running, Stilton Church, together with ten other churches in Peterborough, is playing its part in helping support the ever-growing numbers of homeless, writes Chris Walford.

Our church will provide warmth, food, somewhere to sleep, fellowship and love for up to ten guests until 10th March. There are ten Stilton volunteers supporting each overnight stay, and about 180 volunteers across Peterborough.

After the 2017 ‘Beast from the East’ experience in the Light Project, Peterborough Trust has opened a day shelter, The Garden House, in the Cathedral precincts. This will operate initially for six months, giving help, support and fellowship for up to 50 homeless visitors per day. Volunteers provide medical advice (two Doctors), literacy and numeracy help (ie tackling the bureaucracy!), chiropody, hairdressing, benefit advice, food, and a place to warm up. The House beams with smiling faces!

The Garden House is supported by trained employed workers and 24 volunteers. The Trust has been asked to consider taking on a long-term lease on the House, as the numbers of homeless are not expected to reduce in the foreseeable future!

Even with the help of willing volunteers, the Trust’s costs have grown from £40k to £130k per year. So any donations would be greatly appreciated; cheques made payable to The Light Project Peterborough.

You can learn more about the project on www.lightprojectpeterborough.org.uk. Thank you to everyone supporting this essential work.

---

**Stilton Stumblers**

**Winter Itinerary**

<table>
<thead>
<tr>
<th>13 Jan</th>
<th>Barrowden Round</th>
<th>27 Jan</th>
<th>Coates - Big Sky / Long Tracks</th>
</tr>
</thead>
<tbody>
<tr>
<td>10 Feb</td>
<td>Wych Spinney</td>
<td>24 Feb</td>
<td>Hambleton Peninsula</td>
</tr>
</tbody>
</table>

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

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

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

We meet in Stilton Church Meeting Room every Friday from 8:45am and aim to start around 9:00am, finishing around 10:30am.

Ladies welcome (pre-schoolers too) from all the villages and surrounding areas.

**Why not come along and join us?**

---

**Stilton Parish Councillor Details**

<table>
<thead>
<tr>
<th>Name</th>
<th>Email</th>
<th>Phone Numbers</th>
</tr>
</thead>
<tbody>
<tr>
<td>Olive Leonard (Chair)</td>
<td><a href="mailto:olive.leonard@gmail.com">olive.leonard@gmail.com</a></td>
<td>243725, 07817 257281</td>
</tr>
<tr>
<td>John Leonard</td>
<td><a href="mailto:john.leonard.stilton@gmail.com">john.leonard.stilton@gmail.com</a></td>
<td>07966 563262</td>
</tr>
<tr>
<td>Mark Angus</td>
<td><a href="mailto:markangus.stilton@gmail.com">markangus.stilton@gmail.com</a></td>
<td>244006</td>
</tr>
<tr>
<td>Jayne Beale</td>
<td><a href="mailto:jaynebeale@hotmail.co.uk">jaynebeale@hotmail.co.uk</a></td>
<td>241396</td>
</tr>
<tr>
<td>Philip Shailer</td>
<td><a href="mailto:philshailer@sky.com">philshailer@sky.com</a></td>
<td>242143</td>
</tr>
<tr>
<td>Simon Steward</td>
<td><a href="mailto:simon@easiprintandcopy.co.uk">simon@easiprintandcopy.co.uk</a></td>
<td>245754</td>
</tr>
<tr>
<td>Dee Darnell</td>
<td><a href="mailto:dee.darnell.stiltonpc@gmail.com">dee.darnell.stiltonpc@gmail.com</a></td>
<td>07806 833555</td>
</tr>
<tr>
<td>Keith Bull</td>
<td><a href="mailto:keith.bull.stiltonpc@gmail.com">keith.bull.stiltonpc@gmail.com</a></td>
<td>07484 863226</td>
</tr>
<tr>
<td>Don Darke</td>
<td><a href="mailto:janet.darke@yahoo.co.uk">janet.darke@yahoo.co.uk</a></td>
<td>243556</td>
</tr>
<tr>
<td>Mary Croll (Clerk)</td>
<td><a href="mailto:stiltonpc@yahoo.co.uk">stiltonpc@yahoo.co.uk</a></td>
<td>241042</td>
</tr>
</tbody>
</table>
THANK YOU

Thank you to all our distributors in Folksworth and the surrounding villages. We wish you, our contributors and readers a Happy New Year.

Please email abbottssarahj@hotmail.co.uk with details of any events you are planning.

FOLKSWORTH SCHOOL

At the start of a New Year, many of us take time out to think about what we want to do, achieve and experience during the year ahead. Our school is no different. For us one of the key themes, which will run throughout 2019, is reinforcing the importance of our local community and the things we individually can do within it.

One way we do this is by encouraging and celebrating the activities the children take part in outside of the school day. Every Friday, we hold a 'Celebration Assembly' in school, where the children bring in their certificates, badges, rosettes, medals and trophies, and tell us about the ways they have been busy and been successful.

In addition, we are proud to be part of the Children's University programme. This is a national scheme which counts and rewards the 'hours of learning' children put in to activities outside of their classroom. We currently have 42 children signed up to the scheme, doing activities like sailing, Brownies and Rainbows, swimming, visiting historical sites and libraries, karate, dancing and many more. As their hours accumulate, the children will 'graduate' at various levels within the University, indicating their continued commitment to learning.

Since joining the programme, our children have added up more than 2,030 hours of learning outside school. We are so proud of their achievements and look forward to seeing them progress further still as we go through the year ahead.

FOLKSWORTH LADIES CIRCLE

We begin 2019 with a fish & chip supper and home-made sweets followed by quizzes. February is the AGM, followed by a talk about nursery rhymes. We meet in the village hall at 7:30pm on the fourth Tuesday of the month. Ladies of all ages welcome.

FOLKSWORTH PRE-SCHOOL

We are very proud to announce that we have achieved our gold award from the Woodland Trust for getting involved with green activities. Over the past year the children have planted trees in our local community, we have explored woodlands and the animals living around us. We have made and flown kites and spent time picking blackberries. The children have recorded their own interests by taking photos when we have been out exploring.

The children are already looking forward to the new term as, with support from our committee and other local businesses, we will be enhancing our science and...
technology resources, helping the next generation of scientists become curious about the world around them. So a huge thank you for everyone involved in helping us reach our goal.

The village hall will also be hosting a ‘Keeping your Community Safe’ event; an open community evening on Tuesday 12th February at 7:30 pm. Among the themes will be Rural Crime, Financial Scams and Personal Information Protection. We have expert speakers and there is no entrance charge. Refreshments will be available.

We hope you all had a good Christmas and are looking forward to 2019!

For Hall information, visit: www.facebook.com/FolksworthVillageHall/. For hall bookings, please contact Mrs. Joy Blythe on (01733) 241938.
HGV PROBLEMS

As reported last month, Council's application for a weight restriction on vehicles travelling through the parish was rejected. However, Councillors continued to lobby for something to be done and eventually a Highways representative attended the November Council meeting at which many residents were present.

From that meeting, and comments and suggestions that were made immediately following, Cambs County Council Highways department came back to Council with a proposed scheme which, if successful at the bidding stage, would reduce the flow of traffic and make the parish safer. These proposals are:

- 4 x gates at the entrances
- Changing the junction priority and making vehicles give way from Washingley Road onto Manor Road.
- Remove existing markings and install new markings within the junction area
- Install 2 x map-type advance direction signs for the junction
- Install 1 x Give Way sign (illuminated)
- Install 1 x flag-type direction sign

Councillors accepted these proposals as a potential solution, and the history and results from the traffic survey were presented to the panel on December 13th. We are waiting to hear whether the scheme has won funding from the County. The Parish Council has agreed to contribute £5000 to the cost. If successful, the scheme will commence in April 2019 and is expected to take up to ten months to complete.

Obviously, even if the presentation to panel is successful and the funds offered, Council does not have to accept the proposals. If any residents have any concerns about any of the above, please get in touch with me. If the bid is successful, we will ask for large-scale drawings of the plans so that these can be displayed in the village hall.

AWA PIPE REPLACEMENT

Due to the high number of leaks and necessary repairs to the pipes along Folksworth, Manor and Washingley Roads, we have now triggered the 'magic number' to warrant the replacement of all pipes along this stretch. Obviously, this will be very disruptive but necessary. As soon as I get any more information, I will pass it on.

COMMUNITY FACEBOOK PAGE

The Facebook page is a huge success and is the very best way of distributing information quickly. All community and Parish Council information will be posted as soon as it is received.
WEBSITE

There have been major issues with the website and its hosting company. Council is in the process of developing a new site. Please bear with us on this.

POT HOLES AND STREET LIGHTS

I am happy to report any problems, but it is also quick and easy to report them directly to Cambs County Council via their website www.cambridgeshire.gov.uk and then 'Report a Fault'. The more reports there are the more likely we are to get the repairs done quickly.

MEETINGS

The Parish Council meets on the third Tuesday of the month, except August, at 7:20 in the Village Hall, Manor Road, Folksworth. Planning meetings are scheduled as and when necessary. Agendas and Minutes can be found on the noticeboards and on Council's website. All meetings are open to the public and there is an opportunity at the start of each meeting for members of the public to speak.

If I can help with anything at all, please contact me.

Jackie Stanbridge
Clerk to the Council/RFO
07724 171158

NEWS FROM ST HELEN'S

Our January Services:

Sun 6\textsuperscript{th} 9:45am Holy Communion
Sun 13\textsuperscript{th} 9:45am Family Folkus
in the School
Sun 20\textsuperscript{th} 9:45am Morning Praise
Sun 27\textsuperscript{th} 9:45am All Age Worship
in the School

Thank you to Michelle, Hege and Belinda for organising St Helen's wonderful Nordic/Gingerbread festival. Thank you to Sara, Steve, Emma and Vicky, the school choir, the Gingerbread house entries, stall holders and everyone who supported this event. Over 100 people voted in the Gingerbread house competition, Congratulations to Beth Cave for winning.

FOLKSWORTH ART CLUB

We meet on Thursdays from 12:30 to 4:30 pm in Folksworth Village Hall to paint/draw in a friendly, informal atmosphere, helping each other when necessary.

NEW MEMBERS AND BEGINNERS ARE VERY WELCOME

Why not join us? Bring your own materials.
£3 per session, including refreshments.

Contact Cherry Hadley Tel: 01733 244258
- or just come along and enjoy yourself!
FOLKSWORTH, WASHINGLEY AND MORBORNE VILLAGE HALL

BURNS NIGHT QUIZ AND SUPPER

SATURDAY 26TH JANUARY
7:00 FOR 7:30PM (PROMPT) START

Join us for a quiz and
Haggis (*) & Neaps Supper
Fully licensed bar

Tickets £8.50 per person. Teams of up to 6

To book a table contact Annie Blair on 01733 243463 or email annie.blair1@btopenworld.com

All profits will go towards further improvements to the Village Hall

(*) Vegetarian option available

Keeping You and Your Community Safe

Tuesday 12th February
Folksworth Village Hall
7:30 to 9pm

Come along to hear from informative, engaging and approachable speakers from Nat West Bank and Cambridgeshire Countryside Watch

Topics will include:

- Reducing crime in rural areas
- Avoiding financial scams
- How to keep your personal information safe

Learn, share information and your own experiences

Entrance is free

Refreshments will be available (suggested donation £1)
The Katharine of Aragon Festival

25 - 27 January

Peterborough Cathedral, Peterborough Museum, John Clare Theatre and around the city

This annual festival marks the burial of Henry VIII's first wife in the Cathedral in January 1536.

There is a full programme, ranging from Cathedral tours, a special service, guided walks, a living history event, talks by eminent historian Tracy Borman and a candlelit Tudor evening with food and entertainment.

Booking and details from Information Centre (01733) 452336 or vivacity.org

---

STAR GAZING EVENING

Flag Fen, Peterborough

Friday 18th January 5:30 - 9pm

£5 per person

Get close to the stars this January - an ideal treat for the whole family!

Wrap up warm and head to Flag Fen for an evening of star gazing.

- Watch the night sky through our telescope
- Enjoy Planetarium shows and talks from astronomers
- Listen to stories about captivating constellations in our Yurt
- Fun trails and crafts for kids

Call (01733) 864663 or book online at vivacity.org/heritage-booking

Be sure to tell our advertisers you found them in SCAN!
<table>
<thead>
<tr>
<th>M T W F S S</th>
<th>WHAT</th>
<th>WHEN</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Toddler's Dance</td>
<td>9:15am</td>
</tr>
<tr>
<td></td>
<td>Playgroup (Stilton)</td>
<td>9 - 11:45 &amp; 1 - 3pm</td>
</tr>
<tr>
<td></td>
<td>Stay &amp; Play</td>
<td>9 - 10:15am</td>
</tr>
<tr>
<td></td>
<td>Mums &amp; Toddlers (Folksworth)</td>
<td>10:00-11:30 term time</td>
</tr>
<tr>
<td></td>
<td>Pre-School (Folksworth)</td>
<td>9:00am - 3:00pm</td>
</tr>
</tbody>
</table>

| YOUNGSTERS | To join Stilton or Folksworth Rainbows, Brownies or Guides, please visit: www.girlguiding.org.uk | KO 10am |

| ADULTS | Parish Council (Stilton) | 9:30 - 12:30 weekly |
|        | Parish Council (Folksworth) | 1st & 3rd Sun 11:15am |
|        | Sewing Group | 2:30 - 5pm |
|        | Over 60's Club | 2:00pm |

| CHURCH | Holy Communion | 1st & 3rd Sun 11:15am |
|        | Holy Communion (BCP) | 2nd & 4th Sun 8:00am |
|        | LinCup (Café style worship) | 2nd & 4th Sun 11:15am |
|        | Stilton Group Service | 5th Sunday in month |
|        | Linking Hands (mums) | 9am |
|        | Crossover (Y6) | 6 - 7pm in term time |
|        | Men's Prayer Breakfast | 8am 2nd Saturday in month |
|        | Holy Communion (soup lunch) | 1st Wednesday 12:30-1:30 |
|        | Church Choir | 2nd & 4th Thursday, 7:30pm |
|        | Prayer Focus | 8am |
|        | Christian Congregation in UK | 5 - 11pm, 1st & 3rd Sun in month |

| SPORT & LEISURE | Stilton Gardening Club | 3rd Tues 7:30pm |
|                | Pilates (Stilton) | 9:30-10:30; 10:30-11:30am |
|                | Pilates (Folksworth) | 10.00 - 11.00am & 10.30 - 11.30am |
|                | Clubbercise | 7 - 8pm; 8 - 9pm |
|                | Stilton Table Tennis Club | 7.15 - 8.15pm |
|                | Stilton Carpet Bowls Club | Mon (adults) 2-4pm; Tue 7:00-9:30pm |
|                | Folksworth Indoor Bowls | 2pm Mon, 7.30pm Thu |
|                | Peterborough Opera Group | 7 - 9pm weekly. May-Aug fortnightly |
|                | Band | 7:30 - 9:30pm |
|                | Yoga | 8 - 9:35pm |
|                | Mat Pilates | 5.30 - 7pm |
|                | Chair Exercise | Mon 8-9pm; Tue 6-7pm; Wed 9-10:30 |
|                | Stilton United FC | 11am-12:30pm |
|                | Taoist Tai Chi | 3:00pm kick-off |
|                | Folksworth Art Club | 7:30pm |
|                | Folksworth Ladies' Circle | 12:30-4:30pm |
|                | Yaxley Flower Club | 7:30-9:30pm 4th Tuesday in month |
|                | Stilton Stumblers (walking group) | 3rd Thursday, 7:30pm |
|                | Papercrafting | Alternate Sundays 10:00am |
|                | Indoor Bootcamp | 10am-noon, 2nd Monday in month |
|                | Dance lessons | 5:30 - 6:30pm |

| OTHER | Mobile Library (Stilton) | 3:10 - 4pm (4th Wed in month) |
|       | Mobile Library (Folksworth) | 10:45 - 11am (4th Wed in month) |
|       | Age Well Club | 10 - 11:45am |
|       | Carers' Group | 1st Weds, 2 - 4 pm |
|       | 'Chatterbox' Carers' Support Group | 2nd & 4th Mondays, 2-4pm |
|       | Music & Spoken Word Social Group | 2nd & 4th Fridays, 1:30-3pm |
|       | Sawtry Vintage Club | 10am - 2:30pm |
|       | Sawtry Friendship Club | 10:30am - 1:30pm |

To book: Stilton Pavilion - 07 484 746894 | Folksworth Village Hall - (01733) 241938 | Stilton Churches Facebook & Twitter
<table>
<thead>
<tr>
<th>WHERE</th>
<th>WHO</th>
<th>CALL</th>
</tr>
</thead>
<tbody>
<tr>
<td>Stilton Church Meeting Room</td>
<td>Michelle Pratt</td>
<td>07906 114942</td>
</tr>
<tr>
<td>Playgroup</td>
<td>Leslie Kirk</td>
<td>247682</td>
</tr>
<tr>
<td>Stilton Pavilion</td>
<td>Rebecca Mills</td>
<td>07498 528393</td>
</tr>
<tr>
<td>Folksworth Village Hall</td>
<td>Georgina</td>
<td>07542 172075</td>
</tr>
<tr>
<td>Folksworth Village Hall</td>
<td>Nikki</td>
<td>07771 784643</td>
</tr>
</tbody>
</table>

To book: Stilton Pavilion - 07 484 746894  | Folksworth Village Hall - (01733) 241938  |  Stilton Church Meeting Room - (01733) 243553  |  Stilton Parish Room - (01733) 241042 |

To join Stilton or Folksworth Rainbows, Brownies or Guides, please visit: www.girlguiding.org and click on 'Get Involved.'

See notice boards or Stilton Group of Churches' Facebook for details.

WHERE

Stilton Church Meeting Room | Olive Main | 241206 |
Stilton Pavilion | Vicky Leschallas | 07919 053140 |
Stilton Pavilion | Frances Ellis | 07714 773528 |
Folksworth Village Hall | Louise Knox | 07957 983950 |
Stilton Pavilion | Steve Ambler | 242156 |
Stilton Pavilion | Scott Sherrington | 242409 |
Folksworth Village Hall | Brian Bowen | 241310 |
Stilton Pavilion | Brian Appleyard | 244645 |
Stilton Church Meeting Room | Sue Gibbs | 07709 938122 |
Stilton Church Meeting Room | Sue Gibbs | 07709 938122 |
As per fixtures | Terry Baker | 07756 778154 |
Austin Hall, Main Street, Yaxley | Alex Weyman | 01480 413353 |
Folksworth Village Hall | Cherry Hadley | 244258 |
Folksworth Village Hall | Phyllis Hope | 240947 |
Yaxley British Legion | Yvonne Wagstaff | 243370 |
Meet at the Pump | Shirley Gregory | 246209 |
Stilton Church Meeting Room | Maggie | 07788 919899 |
Stilton Pavilion | Rachael Joyce | 07789 292441 |
Stilton Pavilion | DanceXcess | 07768 435362 |

Outside The Talbot
Elm Road
Yaxley Health Centre | Linda Smith | 240478 |
Yaxley Health Centre | Linda Smith | 240478 |
CARESCO Centre | Miranda | 07751 798287 |
CARESCO Centre | CARESCO Office | 01487 832105 |
CARESCO Centre | Vicki | 01487 832105 |
CARESCO Centre | Pat | 01487 832105 |
Stilton & District Twinning Association

Wine Tasting

Saturday 2\textsuperscript{nd} February
7pm in Stilton Church
With Amps Wine Merchants of Oundle

Tickets £10 per person
(Must be purchased in advance - numbers limited)

Come and taste a dozen interesting wines.
An informal and informative event!
If you particularly like any of the wines,
you can order them on the night and save 10%.

Race Night

Saturday 9\textsuperscript{th} March
Stilton Pavilion
7pm | First race 7:30pm
Tickets £7.50

Includes supper and dessert - Bring your own drink & glasses

A Weekend Away

September 2019

This year our popular long weekend on the continent will take in
the Menin Gate at Ypres, two nights in the medieval city of Ghent
and a gourmet Sunday lunch.

Details available shortly. Register your interest now!

Contact:   Ian & Hazel Parmenter  243056
            Chris Walford        241376
            Paul & Audrey Springford  241739
Along The Yellow Brick Road

...OR AT LEAST HALF WAY!

The massive A14 project has now reached its half-way milestone on track and on budget. No mean feat for any public project, least of all such a complex one.

Perhaps sadly, the passing motorist can only see about a quarter of the project. So far, eight million cubic metres of earth have been moved - equivalent to more than three Great Pyramids of Giza. Nine new bridges have opened and 25 more are under construction.

The project may well be unique in its attention to its entire impact, both physical and cultural. Extensive measures for protecting the environment include replanting some 866,000 plants from 50 different species alongside the new A14. Twice as many felled trees will be replanted with native varieties, including oak, elm, hawthorn, blackthorn, elder and field maple. Cleared vegetation has been used for energy production. All the electricity used in the project has come from renewable energy.

Some 250 archaeologists have made remarkable discoveries, including 40 pottery kilns, 342 burials, a Roman camp, an abandoned mediaeval village, rare Roman coins, and a variety of Ice Age animals.

The project has also created valuable career opportunities for more than 100 apprentices, 63 graduates and 28 internships. 30 local projects received £280,000 from the A14 Community Fund, and around £60,000 has been raised for local charities.

Keeping traffic flowing on our overloaded roads, the free recovery service has handled over 700 breakdowns, with 95% cleared within an hour and 26% within 30 minutes.

Eight industry awards have included ‘Best Construction Project to Work On’ and a RoSPA Gold Health and Safety Award.

The new A1 between Brampton and Buckden is expected to open early this year.
Welcome Back!

YAXLEY LIBRARY STARTS A NEW YEAR OF EVENTS AND ACTIVITIES

We'd like to wish all our customers, visitors and volunteers a very happy New Year and we look forward to welcoming you back to the library when we re-open after the Christmas break, on Thursday 3rd January.

We hope you enjoyed the Christmas craft packs sold at the library and made some beautiful decorations with them. Look out for our Easter craft packs on sale later in the year.

Regular Activities

FOR CHILDREN DURING TERM TIME

All events, apart from Lego Club, are free of charge but donations are always appreciated. Parents / carers are required to stay with their children at all times, please.

Lego Club every Saturday 10:00 - 11:30am. 50p per child, re-starting on 5th January.

Storytime continuing as a weekly session every Tuesday 10:30 - 11:00am, re-starting on 8th January (aimed at children 18 months - 4 years old).

After School Fun on the second Thursday of every month, 3:30 - 4pm, starting on the 10th January. Stories, poems, songs and games! (Aimed at children aged 4 - 8 years.)

Rhymetime every Friday 10:30 - 11:00am, re-starting on 11th January (aimed at babies and toddlers up to 18 months old).

FOR ADULTS

These are all free of charge although donations for refreshments are always appreciated.

Scrabble Club every Monday from 3pm, re-starting on 7th January.

Games Club every Tuesday from 2pm with Rummikub and Mahjong on alternate weeks. Dates for Rummikub: 8th and 22nd January; Mahjong: 15th and 29th January.

Knit and Natter every Thursday from 2pm, re-starting on 10th January.

EngAge in the Afternoon on Wednesday 16th January, 2:00 - 3:30pm. You are invited to come along to a talk by Co-op Estate Planning, ‘Tax, Care & Toy Boys’ for practical advice about financial matters, including reducing the burden of inheritance tax and setting up Lasting Power of Attorney. Please collect a free ticket from the Library.

Café Club meets at the library every Friday 9:30am - 12 noon for coffee, cake and conversation. Everyone is welcome.
PARISH COUNCIL DROP-IN

Sessions take place on the first Tuesday of every month, 9:30am - 12 noon. Your local parish councillor, June Willis, is available to assist with any parish enquiries or concerns you may have.

HUNTINGDONSHIRE DISTRICT COUNCIL

An advisor from the council will continue to be on hand every Tuesday at the Library from 9:30am - 12:30pm and 1 - 5pm.

AGE UK

…are starting a new monthly drop-in at the Library to give advice about services and help available for older people. This will usually run on the first Tuesday of the month 10am - 12 noon, but please check at the Library as dates are yet to be confirmed for the New Year.

BLUE BADGE AND BUS PASS APPLICATIONS

If you need help with applying for or renewing one of these, we have weekly appointment slots available to assist you with this. Please come in and ask for further details, or call 0345 045 5225.

COME AND JOIN US!

We always welcome new library members and it's free to join - just bring ID with your name and address. It only takes a few minutes to get your new library card.

Please do come and talk to us if you have any ideas or suggestions for your library.

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

Cambridgeshire County Council Archives

Cambridgeshire and Huntingdonshire Archives are both currently closed to the public while the archives are packed in preparation for the move of Cambridgeshire Archives to a new facility in Ely. Most services will also be unavailable.

Huntingdonshire Archives

Will reopen Monday 3rd June in its present location in Huntingdon Library. Until then the archives will be open one day a month by appointment only. To book a seat, researchers must email at least one full week in advance for the following dates:
25th January, 22nd February, 22nd March, 26th April, 24th May.

hunts.archives@cambridgeshire.gov.uk
Stilton Parish Council

The Parish Council Office is now open at Stilton Pavilion every Wednesday and Thursday from 9:30am to 12:30 am.

You are welcome to drop in for a chat with either the Clerk or Responsible Financial Officer (RFO) if there is any information you need about our services.

As we also show families round the Pavilion and meet them to discuss bookings, if you have an urgent or important issue you wish to discuss then it is best to make a booking with either:

Mary Croll - Parish Clerk - stiltonpc@yahoo.co.uk (Thursdays)
Kate Waller - RFO - stiltonparishcouncil@gmail.com (Wednesdays)

Residents are invited to attend all Parish Council and Parish Council Committee meetings. Meetings are normally held in the Parish Rooms commencing at 7:30pm on the second Tuesday of each month.

There is a 15 minute Public Forum at the start of each meeting, so feel free to come along and have your say on local issues.

Agendas and minutes for recent meetings together with the Audit Report for 2018/2019 can be downloaded from the website: www.stiltonparishcouncil.org

Details of any change in time/date or venue for meetings are detailed on the agenda.

Stilton Pavilion

For information on the availability for hire, times of regular classes or rates of hire please contact the Clerk or RFO as above, or visit the Stilton village website at www.stilton.org/facilities/stilton-pavilion

Special rates for Stilton residents!

Proof of address and identity are required for all bookings and a deposit is held until completion of the booking. For details see www.stilton.org/facilities/stilton-pavilion

No smoking is permitted in any part of the building or within 10 metres of the building.
Beautiful Sou-oop
THE MOCK TURTLE GOT IT RIGHT!

In the USA, where they know about cold winters, January is National Soup Month.

Soup is also a great way to use up the Christmas leftovers, and not just the turkey stock. With a little imagination, tired vegetables, packets of frozen delicacies, tins nearing their use-by date, can all be turned into tasty, comforting soup. So this month we offer two easy-peasy - and cheap - recipes.

**THREE INGREDIENT TOMATO SOUP**

Even the bland winter tomatoes we have to buy at this time of year can take on a more intense flavour, or use tinned.

Melt 3oz butter in a heavy base pan.
Add a finely chopped onion and fry gently.
Add two large cans of chopped tomatoes (or about 2lbs of fresh tomatoes peeled)
Add ½ pint water.

Stir until boiling, then simmer for about 30 minutes, stirring frequently to stop it burning.

Blend the soup. If you like it smooth, force it through a sieve, but if you like some chunks in it, leave it un-sieved.

Add salt to taste and serve hot with crusty bread.

**FRENCH ONION SOUP**

A proven favourite!

Trim and finely chop onions to fill a saucepan about ⅓ full.
Transfer to a heavy base frying pan and fry gently in a little butter until brown.
Return the onions to the saucepan. Add a little garlic (if liked) then top up with 50/50 cheap dry cider (NOT sweet!) and water.
Crumble in beef stock cubes (about one per pint of liquid) and bring to the boil. For a little extra flavour add a squirt of tomato puree and/or a teaspoon of French mustard.

Leave to simmer gently. Meanwhile, toast one baguette slice per person, cover with grated cheese and melt under the grill.

Taste the soup, adding more stock cubes if necessary. Serve the soup in bowls with a cheesy crouton floating on each.

---

**Contributors!**

*We want your material!*

For **SCAN**, email Olive Main at olive.main@googlemail.com or call her on 241206
For **Folklore**, email to Sarah Abbott at abbottsarahj@hotmail.co.uk or call her on 247275

---

Be sure to tell our advertisers you found them in **SCAN!**
Whether you’re a budding Alan Titchmarsh or just perplexed about budding in general, Stilton Gardening & Natural History Club is a great place to meet others like you, to share knowledge and ideas, and to widen your social life!

It can be especially helpful to those who’ve just bought a new home and don’t know how or where to start with the garden. Or perhaps you don’t have a garden and want to grow indoor plants. There will be members only too happy to offer advice.

The Club meets on the third Tuesday in the month (so that’ll be the 15th January) at 7:30pm in the Church Meeting Room. Its indoor meetings embrace a wide range of topics, both practical and general interest, with speakers both professional and amateur. And it organises regular visits to interesting places and events for lovers of all aspects of the natural world.

The annual subscription is a mere £5 - £7 for family membership - with a £1 charge per meeting to cover costs, including light refreshments. If you’re not sure whether the Club is for you, you’ll be made very welcome as a guest, for just £2 per meeting, so come and meet us!

The Club has already got a great programme to kick off 2019:

- January 15th - Composting and managing food waste.
- February 26th - A visit to Anglesey Abbey’s snowdrops and winter garden.
- March 19th - A talk by Paul Biggins, Stilton’s resident photographer and environmental expert.

To find out more, just call Olive Main on 241206.
As the weather becomes increasingly unpredictable it is difficult to answer one of the most often asked questions: what can be planted in January? If we have a long, cold winter, resist the temptation to start too early. Plant indoors, get your equipment in order and make plans for the rest of the year.

If the soil can be worked, or if it is a mild winter, it is a good time to plant fruit trees. Pansies and violas will survive even a hard frost. Any tulip or daffodil bulbs left over can still be planted and may even flower this first year.

All in all, it is probably advisable to stay indoors, examining the catalogues that arrive, looking after the Christmas houseplants and feeding the birds.

---

**Feed The Birds**

Garden feeding makes a great contribution to the survival of our wild birds. Winter storms or freezing weather cut them off from their normal food supplies and they need lots of calories just to keep warm.

So put out winter seed mixes and fat-rich foods. Suet feeders give a high-energy feed. Keep a bowl of clean water near the feeders, refill frequently and keep it ice-free.

Clear a space of snow under the feeder and scatter seed for ground-feeding birds such as sparrows.

Be consistent - once you’ve provided feeders, keep them filled up as the birds will be expecting their food. Keep an eye on the weather forecast and be ready with extra feeders when a bad, cold spell is forecast.

**MAKE A BIRD FEEDER**

You don’t need to buy fancy or expensive feeders; it’s easy to make cheap ones from simple - or even scrap - materials. Just Google for ‘DIY bird feeders’ to find all sorts of ideas. Here’s an easy one you can make from an old plastic bottle and a wooden spoon or two:

Whatever type of feeders you use, be sure to position them high up so cats can’t reach them, and away from shrubs or other cover where predators could hide. And keep them clean!
Do You Need Help To Stop Smoking?

Our smoking cessation advisor provides one-to-one support and encouragement to people who wish to stop smoking. On Thursday afternoons there are regular clinics which can be booked directly via Reception. You do not need to see a Doctor first.

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

Appointments are available on Thursdays.

http://smokefree.nhs.uk

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

Staff

We were pleased to welcome Tina Surtees, Healthcare Assistant to the Nursing Team. We hope she will enjoy working with us all.

Monthly Closure

The Practice will be closed on Wednesday 16th January 2019, between 12:30pm and 4pm for staff training.

Emergency Telephone: (01733) 240478.

Stilton Parish Meeting Room

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; telephone (01733) 229130.

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  Evening (6:30 - 10:30pm) £25
Half Day (9am - 1pm or 2 - 6pm) £25  A deposit of £50 is required when booking.
Happy New Year to all! It’s time to make your New Year Resolutions so Cambridgeshire Fire and Rescue are encouraging us to make four New Year’s Resolutions for 2019 to keep our families and homes safe from fire.

1. Make sure you have a correctly fitted - and working - smoke alarm on every floor of your house. Test it weekly – involve the children in this to ensure they know what the alarm does, what it sounds like, and what it means if it goes off.

2. Check that older relatives and friends also have a working smoke alarm and test theirs regularly. You may support older relatives and friends with things like transport and shopping but it’s easy to overlook the crucial role of a smoke alarm. CFRS can provide testing sticks to help less mobile people to test their alarms without overreaching or hurting themselves; or you can easily make one.

3. Escape Plan: Make a fire escape plan so you and all of those in your home know what to do in case a fire breaks out.

4. If you’re eligible, ask CFRS for a Safe and Well visit. These cover a far wider range of areas than just fire safety. To find out if you are eligible contact CFRS on 0800 917 9994.

CFRS offer many ways to get information or to contact them. You can:
- Like them on Facebook at: www.facebook.com/cambsfrs
- Follow them on Twitter @cambsfrs.
- Email them at: firefire@cambsfire.gov.uk
- Visit www.cambsfire.gov.uk
- Phone them on 0800 9179994 or 01480 444500.
Winter weather can be seriously bad for our health. Being cold can aggravate existing conditions and raise the risk of increased blood pressure, heart attacks and strokes. However, there are lots of things you can do to stay well this winter.

- **Get expert advice from your pharmacist**
  If you start to feel unwell, even if it's a cough or a cold, don't wait until it gets more serious. Seek advice on the best treatment from your local pharmacist.

- **Make sure you get your free flu jab**
  Flu is a highly contagious and can cause serious complications for at risk groups. Adults over 65; those with long-term health conditions; children aged two to eight; carers and pregnant women may all be eligible for a free flu vaccination - ask your GP practice today.

- **Stock up your medicine cabinet**
  A well-stocked medicine cabinet can help you treat common winter ailments such as coughs, colds, sore throats and sickness bugs at home and will save you going out if you feel unwell. Ask your pharmacist about essential medicines to keep at home.

- **Keep warm**
  Keeping warm, both inside and outdoors, over the winter months can help to prevent colds, flu and more serious health problems such as heart attacks, strokes, pneumonia and depression.

- **Get the right help**
  Make sure you're receiving all the help you are entitled to. Learn how to make your home more energy efficient and take advantage of financial schemes to keep up with energy bills.
  Visit [www.nhs.uk/Livewell/winterhealth/Pages/KeepWarmKeepWell](http://www.nhs.uk/Livewell/winterhealth/Pages/KeepWarmKeepWell) for details.

For further information on staying well this winter visit [www.nhs.uk/staywell](http://www.nhs.uk/staywell)