Can you guess what this mysterious hole in the wall of St Mary Magdalene Church is? Read about our Church Heritage Project to find out!
## Index to Advertisers

<table>
<thead>
<tr>
<th>Category</th>
<th>Service</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Retail</td>
<td>Food &amp; Drink</td>
<td>7, 10</td>
</tr>
<tr>
<td></td>
<td>Furnishings</td>
<td>37</td>
</tr>
<tr>
<td></td>
<td>Pharmacy</td>
<td>5</td>
</tr>
<tr>
<td>Health &amp; Fitness</td>
<td>Exercise</td>
<td>40</td>
</tr>
<tr>
<td></td>
<td>Foot care</td>
<td>42, 43</td>
</tr>
<tr>
<td>Health &amp; Payroll</td>
<td>Accountancy / Payroll</td>
<td>34, 43</td>
</tr>
<tr>
<td>Animals</td>
<td>Vet, pet care</td>
<td>36</td>
</tr>
<tr>
<td>Personal</td>
<td>Hair &amp; Beauty</td>
<td>37, 43</td>
</tr>
<tr>
<td></td>
<td>Counselling</td>
<td>38</td>
</tr>
<tr>
<td>Trades</td>
<td>Building services</td>
<td>35, 36, 41</td>
</tr>
<tr>
<td></td>
<td>Conservatories</td>
<td>40</td>
</tr>
<tr>
<td></td>
<td>Heating / Plumbing</td>
<td>34, 42</td>
</tr>
<tr>
<td></td>
<td>Electrical / TV</td>
<td>42</td>
</tr>
<tr>
<td></td>
<td>Computer services</td>
<td>35</td>
</tr>
<tr>
<td></td>
<td>Garden services</td>
<td>35, 36, 41</td>
</tr>
<tr>
<td></td>
<td>Recycling</td>
<td>35</td>
</tr>
<tr>
<td></td>
<td>Removals</td>
<td>38</td>
</tr>
<tr>
<td></td>
<td>Vehicle services</td>
<td>43, 44</td>
</tr>
<tr>
<td>Travel</td>
<td>Community bus</td>
<td>39</td>
</tr>
<tr>
<td>Professional</td>
<td>Architect / Civils</td>
<td>39</td>
</tr>
<tr>
<td></td>
<td>Funeral services</td>
<td>41</td>
</tr>
<tr>
<td>For children</td>
<td>Pre-school</td>
<td>36, 39</td>
</tr>
<tr>
<td>Leisure</td>
<td>Needlework</td>
<td>28</td>
</tr>
<tr>
<td></td>
<td>Flight Simulation experiences</td>
<td>28</td>
</tr>
</tbody>
</table>

---

**Grey Bin Days:**
- Mon 8th, 22nd April; 6th May

**Garden Bin Days:**
- Fri 5th, 19th April; 3rd May

**Recycling Bins:**
- Mon 1st, 15th, 29th April; 13th May

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

www.huntingdonshire.gov.uk/bins
The Church Heritage Project - see the article on p8 - began with a request from the Heritage Lottery Fund, but quickly took on a life of its own. The funding application is being led by Peter Mitchell, who explained: 'The enthusiasm of the many people involved is quite remarkable. We hope that many more villagers - whether you're a churchgoer or not - will offer their skills or knowledge to help us bring the historic building and the spiritual body of Stilton Church into the 21st century.'

If you would like to help the project, and especially if you have any historic material, such as old documents or pictures, that would enrich the story of St Mary Magdalene Church, please either contact any of the individuals mentioned, or contact the team via www.stilton.org/contact/.

**Upcoming Events**

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

<table>
<thead>
<tr>
<th>APRIL</th>
<th>MAY</th>
<th>JUNE</th>
<th>JULY</th>
<th>SEPTEMBER</th>
</tr>
</thead>
<tbody>
<tr>
<td>7th Stilton in Tune concert</td>
<td>5th Stilton in Tune concert</td>
<td>11th Twinning Quiz Night</td>
<td>22nd Folksworth Book Fayre</td>
<td>6th Folksworth Village Fete</td>
</tr>
</tbody>
</table>

**An Easter Message**

Whilst Christmas continues to capture the imagination, writes Revd Richard Gibbs, and our villages come together so enthusiastically to celebrate the season, Easter is a vital part of what it means to know Jesus and the difference He makes to our lives. Your local church is ensuring that Easter Sunday is celebrated memorably and with a close attention to the message of hope through Jesus, who died but then rose again. Why not come and join us?

**Tweet Tweet**

Cambs Police Rural Crime Action Team (RCAT) has launched a new Twitter account to better engage with rural communities. Just follow @CambsRuralCops or search the hashtag #RCAT.

Note this Twitter account is not a means for reporting crime. If you need to report a crime visit www.cambs.police.uk/report or call 101.
The Committee members of FONC are very aware that this last year has been disappointing, with a sparse programme of events and lectures. Our Chairman, Derek Lopez, continues to be very ill and has had to stand down, as will Doug Maltman (Treasurer) and Val Hunter (Membership Secretary) at the Annual General Meeting to be held on Thursday April 25th at 7:30pm at Folksworth Village Hall, Manor Road, Folksworth PE7 3SU.

All members are urged to be present so that the 'Friends' can be revitalised by a new committee with exciting ideas and ambitions.

In Derek's absence Bob Picking is organizing the meeting. If you could join the Committee please contact him at bob95th@live.co.uk or 07 296 512339.

**A14 Progress**

We’re now beginning to see tangible - even driveable - results on the new A14 project.

In February, the massive new bridge over the Great Ouse was completed. Over half a mile long, it will become part of the new A14 carriageway.

And then in March, we saw the opening to traffic of a new link road between Girton and Dry Drayton. This is the first section of a new five-mile extension to the A1307, which will speed local traffic flow between Huntingdon and Cambridge.
Stilton Table Tennis Club held their first ever women's competition on Tuesday 5th March, writes Steve Ambler. Seven of our members energetically and enthusiastically played each other in a 'Round Robin' competition. The eventual winner was Sophie Evans, (3rd left in picture). Runner up was Issy Gibbs, (2nd right). Semi-finalists were Ann Pickford, (3rd right) and Louise Newcombe, (1st right). Trophies were presented by Sue Gibbs.

Our club is now well established and we have a combined active membership of 45 from our Monday afternoon seniors and Tuesday club night sessions.

If you are aged 11 and upwards why not come along and give table tennis a try! Did you know that table tennis:

- Burns calories; you can burn over 200 calories by playing one hour of table tennis.
- Is easy on the joints. Have you had knee surgery, back problems? Table tennis is a great way to improve your leg, arm and core strength without overtaxing your joints.
- Keeps your brain sharp - Alzheimer's Weekly reports a clear increase in motor skills and cognitive awareness from playing table tennis. Preliminary clinical studies in Japan found that table tennis markedly increases the flow of blood to the brain, and could possibly even prevent dementia.
- Is a very sociable sport where young and not-so-young can play together. An 11-year-old can play a 75-year-old on equal terms. There is no 'gender gap' in table tennis; men and women, girls and boys all compete together. It's one of the very few sports that can offer this!

If you would like to play table tennis contact Steve Ambler on: 01733 242156 or email: stiltontabletennis@gmail.com

Stilton Table Tennis Club is a Table Tennis England PREMIER CLUB - Registration Number 2128. It has adopted the Safeguarding Policies of Table Tennis England; see: https://tabletennisengland.co.uk/our-sport/safeguarding
St Mary Magdalene Church has stood at the heart of Stilton for over 800 years, writes Chris Walford. It has been repaired and altered many times; today it has become obvious that the roof of the south aisle (the last remaining section of original Collyweston roofing) needs restoration. There are few enough Collyweston roofs left today, so both the Diocese and the planning authorities insist that it must be restored in the traditional manner. This is, of course, expensive at around £50,000 and other work means that we need to raise around £80,000 in total. So an application for funding is to be made to the Heritage Lottery Fund.

It became immediately apparent that there is a great deal more to the history of our church than is generally appreciated, so this is a golden opportunity to increase and publish our knowledge of it.

To support this application villagers with skills and interests in different aspects of the church's history, buildings and heritage have come together to plan, research and record all the various strands identified. Stilton School will also be involved in the project, which will ultimately produce high-quality materials and learning resources to help our youngsters appreciate their village heritage.

**Project Strands**

**NEW CHURCH BOOKLET**

(Project leads: Kelvin Davis, Olive Main, Doug Maltman and Paul Springford)

The present booklet was originally compiled in 1963 and updated in 2000. But it barely skims the surface of St Mary's rich and fascinating history. Research is well under way to validate some of the original material and to expand our knowledge of the church to create something that will be both a reference for future generations as well as - we hope - a good read for the interested visitor. Planned to be published early in 2020, this will form the basis of work to be done in Stilton School's Heritage Week in 2020.

**RECTORS ANDRECTORIES**

(Project lead: Doug Maltman)

The list of Stilton Rectors goes back to 1218 and there have apparently been at least three previous Rectory buildings on the site. The handsome Victorian rectory, with its gothic design and many Collyweston roofs is classified as an Historic Building of Interest which is at risk.
THE BELLS, THE BELL...  
(Project leads: Chris Walford, Kelvin Davis, Pat Maltman)

One chapter of the new book will trace the history of the church bells and their oak framework in the 15th century bell tower. A local bell expert will assist.

ARCHITECTURE AND ARTEFACTS  
(Project leads: Doug Maltman, Olive Main, Kelvin Davis)

Repairs and alterations over the centuries have made it difficult to interpret the history of the building, so local church historians, notably Revd David Bond, will contribute their expertise. This strand will also research the characteristics of Collyweston roofs and record what is revealed during the restoration work. The various artefacts in the church tell a fascinating story of Stilton, the church and its parishioners, so these will be catalogued and researched.

MEMENTO MORI  
(Project leads: Doug Maltman, Olive Main, Kelvin Davis)

There are fascinating stories about individuals memorialised in the church and churchyard. Did you know, for example, that the Curthoyses, whose brass memorial plaque lies in the nave floor, were probably descended from William the Conqueror? And that Richard Curthoys died in 157¼? That's because the introduction of the Gregorian calendar in 1582, which ‘lost’ 11 days, threw a lot of dates into confusion.

That mysterious hole in the wall was a doorway to a gallery on top of the rood screen that once stood between the nave and the chancel.

CHURCHYARD WILDLIFE  
(Project lead: Audrey Springford, supported by Rebecca Neal of Beds, Cambs & Northants Wildlife Trust)

The churchyard is a haven for a variety of flora and fauna, including some rare lichens growing on the headstones.

NEEDLEWORK PANEL  
(Project lead: Pat Maltman, supported by the Tuesday Sewing Group)

The group will create another textile masterpiece, this time for the unused church door in the north wall.

STILTON SCHOOL

Head Teacher Helen Smallman will direct the School's contributions to the project. These will include a children's booklet and a Timeline, which will occupy a wall in the school and will identify and contextualise significant historical events in the history of Stilton and the church.

Sara Dunleavy will assist with art projects and four Governors (Pat Maltman, Olive Main, Paul Springford and Ceri Lackenby) will also be involved, with Ceri taking the lead on any music events in the church.

Contributors!

We want your material!

For SCAN, email Olive Main at olive.main@gmail.com or call her on 241206
For Folklore, email to Sarah Abbott at abbottsarahj@hotmail.co.uk
Stilton Parish Council has announced the retirement of Councillor Don Darke, who has been a member of the Council for over 40 years. In the 1980s and 90s he was Chair or Vice-Chair, alternating with the late Tony Guyatt.

This wealth of knowledge and experience will be greatly missed, especially on matters relating to village infrastructure, drainage and environmental matters. He is a man of many skills: golf course builder, explosives expert, bird watcher, to list a few and his legacy will live on in the landscape he has created at the southern end of the parish.

There are now two vacancies on the Parish Council; one will be filled in the near future and the application to fill the second is now before Huntingdonshire District Council.

Don Darke pictured at the dedication of the Ten Horsepower memorial in 2017
Following up on our recently launched new website, the way you contact your Parish Council has now changed. Your first port of call is our website at:

www.stiltonparishcouncil.org

On there you will find contact details, including email addresses and telephone numbers for your Councillors and Officers.

For general enquiries, you can email the clerk directly on clerk@stiltonparishcouncil.org or by post addressed to:

The Clerk
Stilton Parish Council
Stilton Pavilion
Ermine Street
Stilton
PE7 3RA

MEETINGS

Stilton Parish Council holds meetings on the second Tuesday of the month at 7:30pm at the Pavilion. There is a 15 minute Public Forum at the start of each meeting, and we would welcome your views and comments on local issues, so please do come along and meet your Councillors. Agendas can be view on our website and also on the village notice boards outside the shop and in the cemetery.

STILTON PAVILION

Procedures for viewing and booking the Pavilion have now changed.

To contact the Pavilion for booking or viewing enquiries, please either:

Email: pavilion@stiltonparishcouncil.org
Or call the enquiry line on 07484 746894

We would be happy to arrange an appointment for you to view the Pavilion and discuss your needs. Booking forms and prices can also be found on our website.
# April Services

**JOIN US IN CELEBRATING EASTER**

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Service Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wed 3rd</td>
<td>12:30pm</td>
<td>Holy Communion followed by Soup Lunch</td>
</tr>
<tr>
<td>Sun 7th</td>
<td>11:15am</td>
<td>Holy Communion led by Archdeacon Hugh McCurdy</td>
</tr>
<tr>
<td>Palm Sunday</td>
<td>8am</td>
<td>Holy Communion (BCP) led by Revd John Harper</td>
</tr>
<tr>
<td></td>
<td>11:15am</td>
<td>Morning Praise and Baptism</td>
</tr>
<tr>
<td>Good Friday</td>
<td>10:30am</td>
<td>Worship at the Pump followed by Hot Cross Buns and hot drinks in the Church Meeting Room at 11am</td>
</tr>
<tr>
<td></td>
<td>2 - 3pm</td>
<td>At the Foot of the Cross - Prayer and reflection led by Revd Ian Browne in the church</td>
</tr>
<tr>
<td>Easter Sunday</td>
<td>7am</td>
<td>Easter morning worship at St Peter's chapel, Haddon</td>
</tr>
<tr>
<td></td>
<td>11:15am</td>
<td>Easter celebration with Holy Communion</td>
</tr>
<tr>
<td>Sunday 28th</td>
<td>8am</td>
<td>Holy Communion (BCP) led by Revd Ian Browne</td>
</tr>
<tr>
<td></td>
<td>11:15am</td>
<td>Café Church</td>
</tr>
</tbody>
</table>

## Soup Lunch

**Saturday Apr 13th**

12 noon - 2:30pm

Soup, bread, hot drink

Suggested donation: £5

## Stilton Church Coffee Morning

**NO COFFEE MORNING THIS MONTH**

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

ALAN TITCHMARSH TALKS TO THE CHILDREN OF STILTON

Alan Titchmarsh face-timed Year 5 on Friday the 1st of March so they could ask him some questions, write pupils Olivia and Ellie-Mae. Year 5 had to think of some questions to ask him beforehand. The idea came about in Term 1 when Year 5's topic was ‘allotment’ and they did lots of thinking about gardening and propagation.

One of the questions that the children asked was: ‘When shall we cut down our apple tree for the best fruits?’ Alan told us to do it roughly about March so that you get nice blossoms and juicy fruits on the tree.

Another question was: ‘What is your favourite gardening tool?’ He answered that it was secateurs as his favourite. Then he showed us his giant shed and we met his friend Bill. He built the shed himself!

Next, Alan showed us how big his garden was and he built in different things that looked amazing! He built a long wooden chair that rocked back and forth which he sat on and then couldn't get off! He also dug in a massive pond, (but it looked more like a lake).

Everyone enjoyed the talk to Alan Titchmarsh.

Stilton Stumblers
Spring Itinerary

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>7 Apr</td>
<td>TBA</td>
<td>21 Apr</td>
<td>Alwalton</td>
</tr>
<tr>
<td>5 May</td>
<td>Ramsey Beer Festival Stumble</td>
<td>19 May</td>
<td>Cookes Stream</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!
Muggles Beware!
MAGICAL THINGS AT YAXLEY LIBRARY

Thursday April 11th will see our very own Harry Potter day! We have lots of magical things planned for all those Wannabe Wizards of Yaxley. What house will you be sorted into? Only one way to find out, so grab your ticket in plenty of time and wish yourselves Felix Felicius for a day of magic. Mudbloods and mischief makers welcome!

Limited numbers of tickets are available from the library counter at £2 each.

EASTER CRAFT PACKS
- will be on sale from April 5th. Make sure you hop along to buy your egg-citing pack from the counter! For just £1.50 your pack will contain crafts and puzzles to keep you busy over the holidays. We would love to display your Easter pictures in the children's area; please pop your name and age on the back of your design.

BABY CLOTHES SWAP
May 3rd 10am - 12 noon

Do you have good-quality baby clothes and are ready to swap up for the next size? If so this is the event for you. We are inviting those with clothes for ages up to 18 months to a clothes swap. Simply bring in your items before May 3rd and exchange for a bag to use on the day. Want some clothes but have nothing to swap? Not a problem; pay £1 on the day to receive a bag which you can fill with items. Ask staff for more details.

CAMBRIDGESHIRE LIBRARIES EXTRA MEMBERSHIP

This offers library members a unique opportunity to support us, with your donation going directly to help the Library Service. More details are in our ‘What's On’ guide - please call in and ask about this membership and pick up our latest guide.

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 from 10am - 11:30am. 50p per child. Drop in and create your very own masterpiece for us to display. We'd especially love to see your Harry Potter designs this month.

Storytime every Tuesday 10:30am - 11:00am. Suitable for pre-school children.

Rhymetime every Friday 10:30am - 11:00am. Suitable for babies and pre-school children.
FOR ADULTS

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

**Scrabble Club** every Monday from 3pm.

**Games Club** every Tuesday from 2pm, with Rummikub and Mahjong on alternate weeks. Dates for Rummikub - 2nd, 16th and 30th April; Mahjong - 9th and 23rd April.

**EngAge in the Afternoon** on Wednesday 17th April, 2pm - 3:30pm. You are invited to join us for a talk by Mike Brooks of Cambridgeshire Constabulary. He will be talking about Policing in the Community, including volunteering; eCops; Speedwatch and Neighbourhood Watch schemes across the county. Please collect a free ticket from the Library.

**Knit & Natter** every Thursday from 2pm.

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

AGE UK

The next drop-in will take place on Tuesday 16th April, 1:30pm - 3:30pm. Come along for a friendly, informal chat and find out how to access services and support.

In addition to the advice available from Age UK, Cambridgeshire County Council is supporting a scheme called Safe and Well. This is designed to help people who are finding everyday tasks difficult to find out about daily living aids that are available to buy. Please ask at the library if you would like help searching for this information.

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.

**Other Services**

**PARISH COUNCIL DROP-IN**

The first Tuesday of every month; April 2nd, 9:30am - 12 noon. Your local parish councillor, Mrs Sheila Wayland, is available to assist with any parish enquiries or concerns you may have.

**HUNTINGDONSHIRE DISTRICT COUNCIL**

An advisor from the council will be on hand every Tuesday at the Library from 9:30am - 12:30pm and 1pm - 5pm.
THE VILLAGE HALL NEEDS YOUR SUPPORT

In 2017 we made significant improvements to both the inside and outside of the Village Hall. Last year we received planning permission for Phase 2 of the improvement project to extend, build a second meeting room and improve the toilets.

The hall is very heavily used. On some days there can be three different groups using the hall at different times in the day. A meeting room will allow more people to use the hall as two events could take place at the same time. As users of the Hall will know, the toilets are very old - not a great experience and they use lots of water too. We want to modernise.

HELP US FUND-MATCH

The total cost of this second phase of improvements is £170,000. Thanks to all the users of the Hall and all the supporters of our fund-raising events we have raised £40,000. We have just received another fantastic offer of £50,000, but this award will be withdrawn if we cannot raise the remaining £80,000 by the 31st May 2019.

We have submitted applications to other grant-awarding organisations but this is a time-consuming, lengthy and slow process. So WE NEED YOUR HELP to make sure we don't lose out on this opportunity to make a difference to our community.

There are three ways you can help:

1. Email our Chairperson (annie.blair1@btopenworld.com) or Treasurer (abbott sarahj@hotmail.co.uk) with the details of any organisations you know who may award us a grant, no matter how small or large.

2. Make a donation now by posting a cheque for the attention of the Treasurer and made payable to Folksworth, Washingley and Morborne Village Hall.

3. Make a donation via the Just Giving site that we are in the process of setting up. Look out for details on our Facebook page and in SCAN.

www.facebook.com/FolksworthVillageHall/

FOLKSWORTH LADIES CIRCLE

Last month we heard about Parkinson's disease and how they are trying to improve people's lives. This month we look forward to a talk about the Haunted History of Huntingdon. We meet in the Village Hall at 7:30pm on the fourth Tuesday of the month. New members and visitors are very welcome.

RAINBOWS

At the start of the Spring Term we welcomed three new girls to our unit. We also enrolled two girls who had been with us a few weeks before Christmas. We hope they all enjoy their time with us.

The Guiding Association has introduced a
new programme for the Rainbows right up ‘through the ranks' to the senior section. To this effect, we held a meeting to inform parents/carers about it. It is quite a lot to take in, so we will all be learning what works and what doesn't, as we go along!

During the following two weeks, we started to get to grips with it and 'had a go' at a unit meeting activity and a skills builders' topic which, over a period of time, will enable the girls to receive a badge. This included writing and decorating a thank you letter to someone who had helped them and talking about why sleep is very important for us. The Rainbows acted out a poem called Sing a Song of Slumber and then finished the evening by playing Sleeping Lions. Always a popular game for both leaders and Rainbows alike!

The following week we decorated biscuits to give to our Valentines. We hope they enjoyed them!

The first meeting after half term was a games evening, which ended a little more quietly with the girls sharing what they did over the half term holiday. They had all been up to lots of fun and interesting activities.

The next week saw us travel back in time to see what Rainbows had been doing over the past thirty years; another unit meeting activity to add to their badge work.

We now look forward to our regular visit from our mad - but very friendly - Mad Scientist. She always comes up trumps and gives us an interesting and fun evening that goes by far too quickly!

We then have important work to do for Mothers’ Day, but that's obviously a secret! After all their hard work, the Rainbows will be rewarded with an Easter Party and maybe an Easter egg.

**FOLKSWORTH PRE-SCHOOL**

Due to the generous support of Folksworth & Washington Parish Council and NISA local Stilton, we have been able to have science and technology as our focus this term. In particular, we have been determined to reset the children's perceptions of women in science and the space programme. This was initiated by a comment from one of our parents, ‘They told me women can't become astronauts’. This made me consider just how do we challenge this thinking at such a young age and address this stereotype.

Clearly, this has to be done by highlighting the crucial roles women have held within the fields of science and space exploration. To achieve this we used our newly acquired resources that consisted of a large space capsule, inflatable solar system and pictures of female astronauts. As you can see from the picture, we set the stage to enter orbit and explore the roles of female astronauts.

We believe the children's experience was out of this world!
NEWS FROM ST HELEN'S

April Services

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Service</th>
</tr>
</thead>
<tbody>
<tr>
<td>7th</td>
<td>9:45am</td>
<td>Holy Communion</td>
</tr>
<tr>
<td>14th</td>
<td>9:45am</td>
<td>Family Folkus in the School</td>
</tr>
<tr>
<td>21st</td>
<td>9:45am</td>
<td>Morning Praise</td>
</tr>
<tr>
<td></td>
<td></td>
<td>(Easter Sunday)</td>
</tr>
<tr>
<td>28th</td>
<td>9:45am</td>
<td>All age Worship in the School</td>
</tr>
</tbody>
</table>

See our website for further information: www.stiltonchurches.com

Folksworth's Annual Parochial Church Meeting is being held on Thursday 11th April at 7:30pm in St Helen's Church.

LAMBING SUNDAY

We hope you all enjoyed Lambing Day as much as we did. We had a set of twins born on Lambing Day, four sets of twins on Monday and two sets of triplets on Tuesday. It is all action in the lambing shed. The chicks are busy hatching out and our young chicks that you met are now rested and busy growing we are starting to see their first feathers!

Folksworth Playing Field, Townsend Way
Sunday 14 April
10am-12 noon

Please contact Yasmin Rogers on Yasmin.bradley@outlook.com or 241957 if you would like to take part. Gloves, high-vis vest and litter grabbers provided.

Saturday 22nd June
Village Hall Book Fayre and Art Exhibition
(Plus jigsaws too)
AND
Tea/Coffee & Cake

Saturday 6th July
Folksworth Village Fete
NEW WEBSITE

www.folksworthwashingley-pc.org.uk

At last the new website is up and running. All previous information is still being uploaded so please be patient as it’s very time consuming. If you have any ideas for the site, photos for the gallery or information on any groups or associations that you would like included please contact me.

Because of problems with the provider of the old site it was not possible to transfer the old address. So please note the new address above. Your feedback on the new site would be welcomed.

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.

COMMUNITY LITTER PICK

The Parish Council has signed up to the Great British Clean Up initiative. This is being organised by Cllr Yasmin Rogers. The agreed date is Sunday, April 14th meeting at 10am on the playing field at the bottom of Townsend Way. Anyone interested in getting involved can contact Cllr Rogers through the Clerk.

COMMUNITY ORCHARD DEVELOPMENT GROUP

Cllrs Brown and Goodfellow are setting up a volunteer group to help with the newly developing Community orchard next to the pond. If you'd like to be involved please get in touch with me.

RESOLVING HGV PROBLEMS

We have not yet heard if our bid was successful. As soon as we do it will be posted on Facebook and the new website.

ANNUAL PARISH MEETING

This year's Annual Parish Meeting will be held on Tuesday, May 7th at 7pm. It is hoped that we will be able to display drawings of the road changes to be implemented to deal with the HGV problem - assuming our bid is successful!

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

FOLKLORE - FOLKLORE - FOLKLORE - FOLKLORE - FOLKLORE - FOLKLORE - FOLKLORE - FOLKLORE - FOLKLORE - FOLKLORE
Stilton and District Twinning Association

A Weekend in Flanders
20 - 22 September 2019

Enjoy time in YPRES and GHENT on our next weekend trip.

Leaving Stilton on Friday morning in a luxury coach, we will visit the beautiful Passchendaele cemetery of Tyne Cot and then travel on to Ypres to explore the extraordinary historic buildings and find something to eat.

After dinner we will attend the moving Last Post ceremony at the Menin Gate and lay a wreath.

Finally, an hour’s drive takes us to Ghent in time for an initial stroll or perhaps a glass or two of something refreshing.

There is plenty to see and do in the superb medieval centre of Ghent, where we have all day Saturday and Sunday morning at our disposal.

Our hotel will be the well-appointed 3 star Ibis Ghent Centrum Kathedraal, very close to the magnificent cathedral and the historic old city.

On our way home on Sunday, we stop for our usual four-course gourmet lunch together in a country restaurant just outside Ghent.

The total cost is £275 per person in a twin or double room, including bed & breakfast and Sunday lunch. (£325 for single rooms).

A deposit of £100 per person secures your place. First come first served!

Why not think about organising a small group with family or friends?

stilton.twinning@gmail.com

Audrey and Paul 241739

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

What’s on in & around Stilton & Folksworth!

---

**Stilton and District Twinning Association**

**QUIZ NIGHT**

Saturday 11th May 2019
Stilton School Hall
7:15pm | 7:30pm Start
Teams of 6-8 people
£7.50 per ticket
Includes Supper and Dessert
(Please bring your own drinks and glasses)

To book a place please contact:
Chris on 241376 or Ian & Hazel on 243056
or email stilton.twinning@gmail.com

---

**Middle Nene Archaeological Group**

**Diggers Wanted**

NO EXPERIENCE NECESSARY
We will teach you! Bring a friend!

If you are aged 16 or over, friendly, fit or not so fit, come along and enjoy all aspects of archaeological excavation and have a good time as well. Not everyone has to dig; there are lots of other jobs. We provide equipment, but bring your hat and sun cream.

This excavation of a Roman site at Nassington, near Peterborough, will run from 17th - 31st August 2019. Come for the whole time or just a couple of days.

Get the volunteer application forms, FAQ and contact details from
www.midnag.org.uk

---

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><strong>STILLTON</strong></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>

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

| **ADULTS** | Parish Council (Stilton) | 9:30-12:30 weekly |
| | Parish Council (Folksworth) | 7:30 - 9:30pm 3rd Tuesday in month |
| | 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 |
| | Lin'Cup (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 2nd & 4th Mondays, 2-4pm |
| | Fish & Chip Supper | 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 |
| | Chairobics | M 6:45-7:45pm, 8-9pm; T 6-7pm; W 9:15-10:15 |
| | Chairobics | Tue 11am-12:30pm; Thu 10:30am-12noon |
| | Taoist Tai Chi | Tue 2-3pm |
| | Folksworth Art Club | 3:00pm kick-off |
| | Folksworth Ladies' Circle | 7:30pm |
| | Yaxley Flower Club | 12:30-4:30pm |
| | Stilton Stumblers (walking group) | 7:30-9:30pm 4th Tuesday in month |
| | Paperrafting | Alternate Sundays 10:00am |
| | Indoor Bootcamp | 10am-noon, 2nd Monday in month |
| | Dance lessons | 5:30 - 6:30pm |
| | Mobile Library (Folksworth) | 3:00 - 6:00pm |

| **OTHER** | Mobile Library (Stilton) | 3:00 - 6pm (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 |

Are we up to date? Tell SCAN!
<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 join Stilton or Folksworth Rainbows, Brownies or Guides, please visit: www.girlguiding.org and click on 'Get Involved.'

As per fixtures

<table>
<thead>
<tr>
<th>WHERE</th>
<th>WHO</th>
<th>CALL</th>
</tr>
</thead>
<tbody>
<tr>
<td>Stilton Pavilion</td>
<td>Mrs Croll</td>
<td>229130</td>
</tr>
<tr>
<td>Folksworth Village Hall</td>
<td>Jackie Stanbridge</td>
<td>07724 171158</td>
</tr>
<tr>
<td>Stilton Church Meeting Room</td>
<td>Pat Maltman</td>
<td>242229</td>
</tr>
<tr>
<td>Stilton Church Meeting Room</td>
<td>Sylvia Ward</td>
<td>242457</td>
</tr>
</tbody>
</table>

St Mary Magdalene | Revd Richard Gibbs | 248701 |

St Mary Magdalene | Revd Richard Gibbs | 248701 |

See notice boards or Stilton Group of Churches’ Facebook for details

<table>
<thead>
<tr>
<th>WHERE</th>
<th>WHO</th>
<th>CALL</th>
</tr>
</thead>
<tbody>
<tr>
<td>Stilton Church Meeting Room</td>
<td>Irene Goldsmith</td>
<td>244229</td>
</tr>
<tr>
<td>Stilton Church Meeting Room</td>
<td>Pat Maltman</td>
<td>242229</td>
</tr>
<tr>
<td>Stilton Church Meeting Room</td>
<td>Nigel Rosbrook</td>
<td>246396</td>
</tr>
<tr>
<td>St Mary Magdalene</td>
<td>Revd Richard Gibbs</td>
<td>248701</td>
</tr>
<tr>
<td>Stilton Church Meeting Room</td>
<td>Pat Maltman</td>
<td>242229</td>
</tr>
<tr>
<td>St Mary Magdalene</td>
<td>Stuart Reed</td>
<td>241114</td>
</tr>
</tbody>
</table>

Stilton Church Meeting Room | Olive Main | 241206 |
| Stilton Pavilion | Vicky Leschallas | 07919 053140 |
| Stilton Pavilion | Frances Ellis | 07714 773528 |
| Folksworth Village Hall | | |
| Stilton Pavilion | Louise Knox | 07957 983950 |
| Stopston | Steve Ambler | 242156 |
| Stilton Pavilion | Scott Sherrington | 242409 |
| Folksworth Village Hall | | |
| Folksworth Village Hall | | |
| Stilton Pavilion | Brian Bowen | 241310 |
| Stilton Pavilion | Brian Appleyard | 244642 |
| Stilton Church Meeting Room | Sue Gibbs | 07709 938122 |
| Stilton Church Meeting Room | Sue Gibbs | 07709 938122 |
| St B’s Hall, Yaxley | Sue Gibbs | 07709 938122 |
| As per fixtures | | |
| 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 |

15am; Th 7:30-8:30pm

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 |
What would you do to improve health services in Cambridgeshire and Peterborough?

The NHS is developing a local plan and needs your help.

How would you make it easier for people in our area to look after their own health and wellbeing?

#WhatWouldYouDo

Have your say at
www.healthwatch.co.uk/what-would-you-do
T: 0330 355 1285
e: enquiries@healthwatchcambspboro.co.uk

what would you do?
It's your NHS. Have your say.

Registered Community Interest Company 08516179
Why Eggs, Eggsactly?

EASTER TRADITIONS

Easter is the first festival of the Christian year, marking the crucifixion and resurrection of Jesus. Customs and traditions have grown around it; special foods are still cooked: hot cross buns, simnel cake and easter eggs are the most obvious.

Some of our customs are not of Christian origin, particularly the gift of eggs around the Spring Equinox, which has long represented new life. Christians adopted the practice, adding the idea that an empty egg symbolized the empty tomb. Also, early Christians coloured eggs red to represent Christ’s blood.

Also, Easter comes at the end of Lent when fasting and forbidden consumption of eggs would be celebrated. Now they could be decorated and given as gifts.

In the 18th century fake eggs would have little presents hidden inside and by the 19th century cardboard eggs would be elaborately decorated.

The first hollow dark chocolate eggs were made by J.S. Fry & Son in 1873 and soon became popular. The decorations served to hide imperfections in the finish. Milk chocolate soon became popular and is still the best-selling product. Each year we Brits eat 90 million Easter eggs!

COLOURING EGGS

An easy, not too messy activity for making your own decorated Easter eggs.

Hard boil or blow out eggs and put carefully in a pan so they are covered with cold water which is brought to the boil. Cover, and turn off the heat. The eggs should sit in the water for 20 minutes, then run cold water over them until the shells are cool enough to handle.

In a cup mix together ½ cup of water at room temperature (warmer than the eggs) one tablespoon of vinegar and several drops of food colouring. Place the eggs in the coloured water for around five minutes (depending on the depth of colour required) then blot dry with kitchen paper.

Hard boiled eggs should be kept in the fridge if you intend to eat them. The blown shells will keep for several months.

Onion skins will dye eggs yellow, as will turmeric; red cabbage gives a greeny-blue tint and beetroot a deep red.

As always, Google is an invaluable friend for ideas.
Surviving a Blackout
HOW NOT TO BE CAUGHT OUT BY A POWER CUT

Our electric grid is pretty reliable, but the occasional power cut is inevitable for many reasons, not always predictable. So here’s some sound advice from UK Power Networks. How prepared are you?

- **Keep a torch handy**
  Safer and more convenient than candles!

- **Have a CORDED landline phone**
  Cordless phones won’t work during a power cut, so if that’s your only phone you won’t be able to report the fault - or call the emergency services. The phone network has its own backup power supply.

- **Call it in**
  UK Power Networks may not always be aware of some very local power cuts, or the extent of ones they do know of. Call 105 or 0800 31 63 105 free. Keep this number in your phone’s Contacts list.

- **Don’t open the fridge or freezer**
  Keep them closed and the food will survive perfectly well for the duration of the average blackout.

- **Stay warm in winter**
  Close all windows and doors and keep some warm clothes handy.

- **Be able to find things in the dark**
  Keep essentials such as the emergency torch, door keys, your mobile etc somewhere where you can find them.

- **Have a reserve power pack** for your mobile. And keep it charged up!

- **Consider signing up for the Priority Services Register**
  This is especially helpful if loss of electrical power could cause you physical distress, for example if you rely on a piece of electrical medical equipment. If you do sign up for this, be sure to keep your registered details up to date.

- **Be aware**
  There’s loads of useful advice on UK Power Network’s website: www.ukpowernetworks.co.uk

Avoid a Burn-Out

Cambs Fire & Rescue are once again running a campaign of FREE Business Seminars aimed at helping smaller businesses to minimise their fire risks.

There are about 165 fires a year in business premises and many cease to trade as a result. So take advantage of this service now.

Call 01480 444 500 or book online at www.cambsfire.gov.uk.
Come and join us at the Asda Community Room for NEW Social Befriending group for adults with autism and their families and carers

The NAS are coming to Peterborough with a new social befriending group for autistic adults and anybody you wish to bring along for support. The sessions will provide information and advice for you as well as a place for you to meet, socialise and exchange ideas.

The sessions are free, bookings are not required. Please come along and share your experiences, interests and concerns.

The first half of the sessions will follow a format of friendly conversation and an overview of NAS services. During the second half, we will be available to organise, manage and play various board games, which you are welcome to join in with or just relax in our company.

There will be time at the end of each session for any support needed from the NAS Peterborough. We will show you the site and help you feel welcome. Refreshments provided. The room and toilets are situated on the first floor next to the cafe with stair and lift access to the room. (The dates below are all Fridays)

DATES FOR 2019: 1st Feb, 1st March, 5th April, 3rd May,
7th June, 5th July, 2nd August, 6th Sept

Time: 12-2pm

Venue: Asda Community Room, Asda Superstore West Rivergate Shopping Centre Peterborough PE1 1ET

Car parking is available on site with car parking passes which are provided in the room. The Asda community room is in the centre of Peterborough, 10 minute walk from Peterborough train station, with many buses available from Queensgate bus station to Asda superstore. It is sited on Viersen Platz just off Bourges Boulevard northbound (A15) in Peterborough city centre

FOR FURTHER INFORMATION PLEASE CONTACT NAS PETERBOROUGH BRANCH ON
EMAIL: Peterborough@nas.org.uk WEB: naspeterborough.webeden.co.uk
Stilton & District
Gardening and Natural History Group
Tuesday April 16 at 6:30pm

The Churchyard as a Nature Reserve

A nature walk round the churchyard to find out what is there - plants, trees, birds, small mammals (not so small muntjac deer!). There are said to be rare mosses and lichens so we hope to find those as well.

Everyone is welcome to come along, especially if you have some knowledge/interest in wild life to share with others.

Afterwards, tea/coffee and cake in the Church Meeting Room.

£1 members £2 non members
Children free

For more information ring Olive Main (241206)

EVERYONE WELCOME
Gardening in April
FEEDING YOUR PLANTS

Fertilizers supply nutrients to improve growth and yields and to correct deficiencies. They have no effect on soil structure and fertility and are not a substitute for soil conditioners such as compost, manure or mulches. A wide range of fertilizers are on sale in the garden centres, so here is an easy guide to help you choose.

N + P + K = SUCCESS

Fertilizers provide three major nutrients:

Nitrogen (N) for healthy leaves
Phosphorus (P) for root growth
Potassium (K) for flowering and fruiting

The NPK ratio is on the product package

There are two main types of fertilizer:

Inorganic - synthetic or naturally occurring minerals. Examples are Growmore, Phostrogen, Miracle-Gro and Tomorite. They are more concentrated and faster acting than organic fertilisers.

Organic - derived from plant or animal sources and include bone meal, poultry manure pellets, liquid comfrey.

USAGE

Whichever you choose -

- Always wear gloves; do not handle directly.
- Always read the instructions and measure the dosage.
- Feed plants with the right feed at the right time.

Otherwise you could be wasting your money, and time, and even damage the plants. What do you hope to achieve?

ROOT GROWTH

To establish new plants and trees, work bone meal into the top layer of soil and water it in. Add mycorrhizal fungi as well. Fish, blood and bone also helps good root growth.

ESTABLISHED PLANTS

Growmore contains the three main plant nutrients in equal proportions so feeds all parts of the plant. This means better crop yields, healthy foliage, more flowers. It can be worked into the soil or used as a top dressing. Use every 4-6 weeks from March to October. Organic alternatives are chicken manure pellets and, for flowers, liquid seaweed.
News from Rwanda

By Dr Chris Grant - retired Partner of Yaxley Group Practice

Sue and I have just returned from another trip to Rwanda with Dr Richard Trounce and his wife Carrie. We have been supporting the work of a local charity, called Mission Possible UK (MPUK), in the south-western corner of Rwanda, on the edge of Lake Kivu that separates Rwanda from the Democratic Republic of Congo (DRC).

The main focus of our activity was on a small island in Lake Kivu called Ishwa, where we were tasked with providing water filters and hand-washing stations for the households of two of the four villages on the island (more will follow as funding allows). Currently, the only water supplies on the island are either directly from the lake or from a couple of boreholes - all of which are contaminated and are sources of infection. The water filters provide clean drinking water without the cost of firewood to boil the water and have been shown to dramatically reduce the rate of stomach infections in the community.
In all, we gave training to 220 households on health & hygiene and care of the water filters, visiting a number of households afterwards to reinforce their use of the filters.

Whilst on the mainland we also visited a church and village supported by St Peter’s Church, Yaxley. After the church service, Sue and Carrie taught a group of about 60 teenage girls and young women about feminine hygiene, providing them with packs of reusable feminine hygiene materials. This is a significant issue for school-age girls in rural Rwanda, who often can't afford to buy menstrual products and who consequently can miss three or four days of school every month.

We also visited a new soccer project for the young men of the locality. Proper footballs are expensive in Rwanda and they often play with homemade ones. We were able to present each of the teams with a new football and pump, which were received very enthusiastically!

**A NEW LEASE OF LIFE**

When we visited in 2014, the Yaxley surgery and the Patients' Association kindly donated the ultrasound machine which was due to be updated. Sue and I took the opportunity of visiting the clinic and maternity unit, where to our delight we discovered that the machine was still working perfectly. In fact, the midwife described to us how only three days before our visit the machine had saved the life of a mother and her unborn baby. Apparently, the mother turned up in early labour, not having had her antenatal appointments. She was scanned and found to have a problem where the placenta was covering the neck of the womb. This blocks the birth of the baby and often causes fatal bleeding during labour. The early discovery enabled her to be transferred to the nearest hospital where she had an emergency caesarean section.

The director of MPUK and Bishop Nathan Amooti from South-West Rwanda will be joining us at St Peter’s on Sunday 19th May for the 11:00am service. All who are interested in the work in Rwanda are welcome to attend.

**Monthly Closure**

The Practice will be closed on the following Wednesday 17th April.

Emergency Telephone (01733) 240478.
ParkRun Practice

We have now been officially accredited as a ParkRun Practice - you will see posters up in our waiting room promoting the local ParkRun at Hinchinbrooke Park.

**WHY JOIN PARKRUN?**

- Friendly, enjoyable 5km events every Saturday morning
- Fun for all the family - buggies and dogs welcome
- 2km Junior ParkRuns - every Sunday morning
- Free and easy to take part - no need for special equipment or clothing
- Improve health and fitness - be active in the open air
- Be part of a community - make new friends and socialise
- Develop new skills - opportunities to volunteer
- Build confidence - track progress and achieve new goals

So join the ParkRun Family - Walk, Jog, Run, Volunteer - it's up to you!

Register today at parkrun.com

Practice Premises

Taking into account recent and likely future expansion of the village we are currently exploring the possibility of extending the surgery to provide additional patient consulting rooms.

This will be the subject of our forthcoming patient survey and we would encourage as many patients as possible to complete the survey for us. The survey will be sent out automatically to patients who have signed up to be part of our Patient Reference Group or to automatically receive our newsletters electronically (if you have not done so already, details of how to join both of these groups are on our website.) The survey will also be available via our website and hard copies will be available in the waiting room.

Best Regards,
Mrs Claire Wright
Practice Manager
As we’ve observed before, scammers never give up and their methods get ever more sophisticated. But there’s one common thread: they like to target the elderly or vulnerable. So here’s some simple advice to help you avoid being taken.

**REJECT UNEXPECTED OFFERS**

If you're contacted out of the blue about your pension, chances are it's a risk of scam. Be very wary of free pension review offers.

**CHECK WHO YOU ARE DEALING WITH**

Check the Financial Services Register (www.register.fca.org.uk) to make sure that anyone offering you advice is FCA-authorised. Be aware of fraudsters pretending to be from an FCA authorised firm. Use the contact details provided on the FCA register, not the details they give you.

**DON'T BE RUSHED OR Pressured**

Take your time to make all the checks you need even if this means turning down an ‘amazing deal’. Be wary of promised returns that sound too good to be true - they usually will be.

**GET IMPARTIAL INFORMATION AND ADVICE**

The Pensions Advisory Service (www.thepensionsadvisoryservice.org.uk) provides free and impartial information and guidance.

If you are over 50 and have a Defined Contribution pension, Pension Wise offer pre-booked appointments to talk through your pension options. Visit their website: www.pensionwise.gov.uk

If you opt for a financial advisor be sure that it is regulated by the FCA. Never take investment advice from the company that contacted you or an advisor they suggest as they could also be part of the scam.

You can do worse than keep an eye on the business press and personal finance news such as the Daily Mail’s weekly feature. Whenever there is a new or even proposed change being discussed about pensions this gives the scammers an opportunity to foist on you a clever deal to avoid whatever penalty there might be. Being informed and wary is always your best defence.