

SCAN Stilton Community Association Newsletter

Issue 419 Apr 2020

Now reaching 3500 people every month

We'll Get Through This !

LOCAL CLOSURES

DETAILS OF LOCAL
SERVICES AND
EVENTS SUSPENDED

BE A BRICKLAYER

BUY A 'BRICK' FOR
THE STILTON
PLAYGROUND

MUG CAKE

EASY RECIPE FOR
THE KIDS TO MAKE

SPOT A FLYCATCHER

SUMMER WILD BIRD
SURVEY

P4

P17

P16

P8



KEEP
CALM
AND
WASH
YOUR
HANDS

The current public health emergency may be very disruptive, but it's bringing out the Blitz spirit as residents look out for each other.

Information in here was current as we went to press, but events are fast-moving, so watch for breaking news on TV, radio and digital channels.

INCORPORATING FOLKLORE, FOR READERS IN FOLKSWORTH AND THE SURROUNDING VILLAGES

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email: scan1@stilton.org

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www.clanpress.co.uk

Grey Bin Days:

Mon 6th, 20th April;
 4th May

Garden Bin Days:

Fri 3rd, 17th April;
 1st May

Recycling Bins:

Mon 13th, 27th April;
 11th May

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

As of Sunday 22nd March,
 bin services are unchanged.
 For latest situation visit:
www.huntingdonshire.gov.uk

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The Parish Pump Local News

We'll Get Through This !

WITH A LITTLE HELP FROM OUR FRIENDS...

The current public health emergency is evolving on a daily basis - way faster than monthly **SCAN** can keep up with - so readers need to keep alert for up-to-date news. But here is some basic advice:

ONLY ACT ON AUTHORITATIVE ADVICE

This means information published by the government, the NHS and official public bodies (including our Parish Councils). NOT random bloggers on social media!

IF YOU DO CATCH IT...

Stay at home! If you have internet access, visit the online 111 service on www.nhs.uk/coronavirus. Use this if:

- you feel you cannot cope with your symptoms at home
- your condition gets worse
- your symptoms do not get better after 7 days

Only telephone 111 if you cannot get help from the online service.

KEEP YOUR DISTANCE

The virus is spread mainly by personal contact / proximity, so 'social distancing' will go a long way to avoiding becoming infected and to slowing the spread of the

virus. There is no cause for panic; just follow published advice about minimising your risk of infection.

LOOK OUT FOR OTHERS

You've probably got friends or neighbours who might be lonely, elderly or vulnerable, so reach out to them to make sure they're safe and have what they need. Perhaps you can do a bit of shopping for them, leaving it on their doorstep to avoid contact.

There's some really helpful information on page 8.

KEEP ACTIVE

While you're avoiding socialising for a while, try to avoid going stir crazy by finding things to do. Ideal time to do some gardening or decorating!

If you feel the need for some exercise, why not go for a walk? You can easily avoid getting close to other people and there are plenty of footpaths around the area. DON'T join a mass gathering in Ferry Meadows!

WATCH FOR SCAMS

There are reports of villains doorstepping elderly people, offering to do their shopping and running off with their cash or card. Be extra alert! To report a fraud or a scam: ActionFraud.police.uk or phone 0300 123 2040.

Upcoming Events

All planned events have been cancelled in light of public health advice.

If you are - or were - organising a one-off event in the next few months and want us to publicise your arrangements for it, please contact the Production Manager (01733) 244140 or email to scan1@stilton.org

SCAN Delivery

So far, our printer's service is not being affected; the only danger is if any of our loyal band of volunteers may be unable to distribute their round. There is little risk of infection from handling printed material, so if anybody would like to volunteer to be an 'emergency paper boy' for **SCAN**, just contact us. Or, if you know your local distributor socially, ask them if you can help them.

We would also like to deliver a few copies every month to Yaxley Library, but don't have a regular deliverer there. If you are in Yaxley on a regular basis and could call in at the library for us, please get in touch.

Be a Bricklayer

BUY A BRICK FOR THE CHILDREN'S PLAYGROUND

There's a lot of momentum behind the children's play area project - see page 6 - and some very successful fund raising. But we need more! So why not immortalise your contribution to the community by having your name etched on a wooden 'brick' displayed in the entrance of the pavilion? You'll be in good company!

Bricks cost £5 each (more if you like!) and 100% of all money raised will go towards the new play area. Payment can be by cash or cheque (payable to Stilton Parish Council). Just contact Parish Councillor Phil Shailer at 81 North Street, or email him at phil.shailer@stiltonparishcouncil.org.

The BIG Conversation

RESULTS FROM CAMBS & PETERBOROUGH CCG SURVEY

TRAVEL

Regular readers may recall a news item asking for residents to respond to a survey by the Cambs & Peterborough Clinical Commissioning Group. Around 6000 people responded and the feedback was excellent. They've now published the results, so here follows a summary of what people said:

70% of people would be happy to travel a little further to be seen more quickly by specialist services, depending on the severity of their condition and how far they would need to travel.

USE TECHNOLOGY MORE

79% would like to be able to access healthcare services faster via technology.

LIVING A HEALTHY LIFE

People were asked if the NHS should set targets to improve their own health, such as stopping smoking, losing weight or drinking less, before planned operations.

GET TOUGH ON MISSED APPOINTMENTS

72.5% think that the NHS should be tougher on people who miss appointments. Some even suggested charging.

77% agreed but wanted support to achieve this.

PRESCRIBE LESS

93% of people think that the NHS should only prescribe medicine that cannot be easily bought over the counter. A common view was: 'People should only in exceptional cases be prescribed things that are otherwise easy to buy and inexpensive.'

FIND OUT MORE

You can find out more about these results by reading the full BIG Conversation feedback report on the NHS website at: bit.ly/NHSBigConversation

USE THE RIGHT SERVICES

88% of people agreed that using the right NHS services at the right time is important and that people should either be redirected or turned away from A&E departments to other services if they didn't have an urgent or emergency need.

To **SCAN's** untutored eyes, these responses look like a lot of common sense - for example, GP surgeries are already offering more and easier online access - so we hope many will influence the CCG's planning processes. The CCG emphasises that this wasn't a formal consultation, so they won't be making any big changes without once again consulting their users - ie us.

73% would like one place to contact for advice that could also book you an urgent appointment at the right place.

Stilton Culture

The Play's The Thing A NEW PLAYGROUND FOR STILTON

Stilton Parish Council's Playground Sub-committee met recently to discuss proposals for a new playground. It was particularly pleased to welcome a councillor from Ryhall Parish Council which is currently installing a new playground in their village. The sub-committee was provided with much useful information and advice, especially with regard to funding and planning its playground area. Its members appreciated the need for Parish Councils to share information and gain from one another's experiences.

The sub-committee also discussed the latest draft of a report on possibilities for locating a new playground. Additional information for this report was being gathered through questionnaires distributed through the school and the village playgroup; the sub-committee was especially grateful to all who replied and provided useful information for the report. Sub-committee members agreed on changes to be made to the report and recommended that the amended report

be forwarded to the Council's Amenities Management Committee for consideration at its March meeting.

VILLAGE SAFETY SURVEYS

In recent weeks the Parish Council has commissioned surveys of the village graves and village trees. This was to ensure that there were no hazards to members of the public, by identifying any problems and getting these fixed. A number of gravestones presented some risk and the Council is taking steps to ensure that they are made safe. Trees throughout the village have been assessed and one tree near Ermine Crescent is being removed.

A recent meeting with a representative of Cambridgeshire County Council's Highways Department flagged up the need for renovating road markings and signs throughout Stilton. A number of items needing attention were agreed and the County Council will start work on renovation in due course.

Stilton Stumblers Spring / Summer Itinerary



5 Apr	Grantham Canal	19 Apr	Upton / Sawtry / Giddings
3 May	Manton / Rutland Water	17 May	Lyddington

This itinerary is subject to change or suspension in light of public health advice

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!

Parish Council News

WORKING FOR A BETTER STILTON

Coronavirus Crisis

The Parish Council held its regular meeting on 17th March in the shadow of the government's recommendations for reduced personal contact and minimized gatherings. Fortunately, Stilton Pavilion main hall was available for the meeting so participants were able to sit more than two metres apart from one another throughout the entire meeting! Parish Council Members agreed to a much reduced agenda so time could be spent discussing how the needs of villagers during the crisis might be met.

Several villagers attended the meeting specifically to find out what was being done and how they might help the vulnerable. They were invited to take part in the Council's discussions on coronavirus action.

The meeting recognized that local knowledge to identify the vulnerable was invaluable but, in addition, a more general approach throughout the village would help identify all vulnerable households, be they elderly or young families.

Drawing on experience from other parish councils, it was agreed that a leaflet be produced by the Parish Council. Councillors, whose email addresses and telephone numbers are in the public domain, would act as contact points for both the vulnerable and those volunteering to help (see page 8). A list of those requiring support and those willing to help will be put together so that we can cover the whole village and

ensure that no-one is forgotten at this difficult time.

The Parish Council concluded its discussions by unanimously adopting a policy on infectious diseases that provided a way for the work of the Parish Council to continue without holding meetings. This is by delegating special authority to the Clerk to act on behalf of Council with appropriate consultation with Members of the Council. The Parish Council then activated the policy whereupon, under its terms, the meeting was suspended. While the policy remains activated no public meetings (e.g. Parish Council or Committee meetings) are to take place and the use of Council premises (the Parish Room and the Pavilion) shall cease being used for meetings, classes and recreation. A copy of the policy may be found on the Parish Council website.

VE DAY STREET PARTY

Closure of the Pavilion means that the VE Day Street Party will almost certainly be cancelled. At the time of writing, increasing numbers of public activities are being suspended, so we're not hopeful, but there will be a statement in next month's **SCAN**.

Helping Each Other

LET'S ALL CHECK ON OUR NEIGHBOURS

Over the coming weeks and months, some of Stilton's community will need to self-isolate. So let's help each other, as best we can, to get through this period of anxiety, uncertainty and potential loneliness.

Please think about the needs of your neighbours, especially - but not exclusively - the elderly and vulnerable. Give them a call or knock on their door to check they're OK. Make sure they have food and other essential items; check whether they need help with shopping and make sure they have your phone number(s).

We thought it would be nice to follow the initiative started in other parishes to spread kindness and offer help to those who may not like to ask for it. The "cut-out card" opposite may be useful to offer help to a neighbour whom you may be concerned about.

If you are self-isolating and do not have help from anyone else, please contact one of your Parish Councillors and we will find a way to get help to you.

We understand that both Nisa and Halls are offering free deliveries.

Parish Councillors' contact details:

Julianne Lawrence	clerk@stiltonparishcouncil.org (Parish Clerk/Responsible Finance Officer)	07856 061747
Mark Angus	mark.angus@stiltonparishcouncil.org	07946 133673
Sue Ayres	sue.ayres@stiltonparishcouncil.org	07941 186816
Keith Bull	keith.bull@stiltonparishcouncil.org	07484 863226
Dee Darnell	dee.darnell@stiltonparishcouncil.org	07806 833555
Vicky Dorling	vicky.dorling@stiltonparishcouncil.org	07824 663116
Barry Gilden	barry.gilden@stiltonparishcouncil.org	07926 887215
John Leonard	john.leonard@stiltonparishcouncil.org	07966 563262
Olive Leonard	olive.leonard@stiltonparishcouncil.org	07817 257281
Phil Shailer	phil.shailer@stiltonparishcouncil.org	07946 134509

Hello

If you are self-isolating, I can help - *for free!*

My name is:

I live locally at:

My home phone is:

My mobile phone is:

My email is:

If you are self-isolating due to Coronavirus, I can help with:

- Posting mail
- Picking up shopping
- Urgent supplies
- Or just a friendly phone call



Just call, text or email me and I'll do my best to help!

Coronavirus is contagious. Let's spread only kindness! Items should be left on a doorstep. Please protect yourself and others by ensuring that nobody enters your house while you are self-isolating. Thank you!

Use this handy card to offer help to a neighbour.

Community Spirit

As we go to press, we're hearing about more and more instances of villagers rising to the occasion and helping each other.

Linda Angus writes to tell us about a WhatsApp Group in Willow Close to ensure all the neighbours have the food, medication and support they need. An 86 year old in Fox Covert has been given a list of people in his Close he can call on for help.

No doubt there are many other such informal support networks popping up around the village; we'd love to hear about these and how well they work.

Reader Debbie Kelly wants to send a big thank you to all of the staff at Nisa for their hard work keeping the shelves filled for the community. Her husband works at Sainsburys so she knows better than most how hard supermarket staff are working to try to keep things going. (And *you* can help by not panic buying!)

Well done Stilton! How lucky we are to be part of such a warm and supportive community.

If you want to publicly thank a neighbour for their help and support in these trying times, just send us the details.

Silent Spring

OUR MONTHLY CONCERTS SUSPENDED

It is with great regret that I have to announce - unsurprisingly - the cancellation of at least the next two concerts at the Stilton Pavilion, which is closing until at least the end of April. I feel very sad for our musicians who will not now be earning and have a very uncertain time ahead of them. Hopefully when things return to normal I will be able to re-schedule the lost concerts on a fortnightly basis for a while. This would be dependent on the availability of both the artistes and the Pavilion.

In the meantime, may I wish you all freedom from this dreaded virus and hope that if you are unlucky enough to succumb that you make a quick recovery. I will keep you posted as to when we can recommence our monthly music afternoons.

If you would like further information about these 'Your Kind of Music' concerts, please contact me in one of the following ways: telephone 01480 474282 or 07918 602600, email tony.oliver5@btinternet.com

Tony Oliver

Stilton Memorial Remembrance

REMEMBERING INDIVIDUALS

This month, the memorial flag will fly at half-mast for the following individuals:

Ray, Arthur

Died 5th April 1945

Houghton, Richard

Died 10th April 1917

Clark, Ernest William

Died 16th April 1918

Freeman, Cecil

Died 23rd April 1917

Hobbs, William

Died 23rd April 1917

Islip, Hubert

Died 23rd April 1917

Wells, George Albert

Died 23rd April 1917

Willis, Frank

Died 24th April 1918

Herbert, Albert

Died 26th April 1915

Pause a while as you pass by and reflect on their sacrifice.

We will remember them

From the Pulpit

News from Stilton
Group of Churches

Suspended Services

A STATEMENT FROM REVD RICHARD GIBBS

Dear Friends

You may already have heard that our national leadership has instructed that we are to suspend all public worship in our churches. We are also no longer to visit anyone over the age of 70 in their homes and to restrict physical proximity in general if possible. This also means we can have no further formal groups meeting for the time being.

So we are obliged to have no public worship in our churches. I received a request to consider possible worship outdoors, which I have followed up but this won't be possible I'm afraid. I will see what we are advised or whether we are free to make a local decision. Weddings, funerals and baptisms can still take place subject to agreement.

It all sounds like things are stopping. Of course, in some ways that's true. But in fact it's only half the truth. Cutting out one thing can mean allowing other things to flourish with the renewed energy of time and space.

There are many ways in which life is about to become much more difficult and frustrating. However, I'm also really excited about the potential for a new focus on quiet, reflection, prayer and resting in God's word. Life at least for me can be way too busy to allow enough of that and I'll make the most

of this opportunity. We'll also have more time to listen to one another and learn more about each other. That's got to be good too.

With my team, I am in the process of drawing up a draft plan to help us respond most effectively to our situation. There's no point in offering something you don't want, so we need to do some talking to people and discerning. Our first collection of thoughts is in our April Link newsletter delivered on 21st March. I'll certainly be in regular communication through Facebook and by as many means as helps. We will use our noticeboards to communicate too, so if you're passing, have a look to see if there's anything new.

Be assured of the prayers of all our churches at such an important time.

**Stilton Church
Coffee Morning**

**SUSPENDED UNTIL
FURTHER NOTICE**



Hooray for Ray Ray

In March, Folksworth Primary School celebrated World Book Day (WBD), and once again the children (and staff!) excelled themselves with their costumes. From the 'Beast of Buckingham Palace' to the 'Very Hungry Caterpillar' it was great to see so many book characters lifted off the page and brought to life.



It has also been a very busy time for Ray Ray - our 'Pets as Therapy Read2Dog'. The children love to read to Ray Ray and benefit tremendously from his calm and non-judgmental presence. He has helped lots of children gain confidence in their reading, and even speaking in front of groups of people too. His regular sessions within school are always popular, as was his costume for WBD!

Thank you Ray Ray - you really are helping us to inspire a love of reading in all our children.

Folksworth Preschool

What a fabulous (World Book) day! Our visit from Joanne Hutchinson, who read her new book 'OG', was amazing. The children loved the book, commenting on the illustrations and talking about the characters and books they recognised. Everyone looked spectacular in their costumes and enjoyed sharing their books from home.

Ladies Circle

At our AGM, our Co-ordinator, Phyllis Hope, announced her retirement from the role she has held for many years. The group thanked Phyllis for all her hard work. Our new Co-ordinator will be Karen Mason.

Last month we welcomed Barbara Cousins who gave a very interesting talk on Being a Vegan.

Sadly, current circumstances mean that we must suspend our monthly meetings until further notice. We hope this disruption will not last too long and look forward to resuming our friendly get-togethers as soon as possible.

Village Hall News

The extension has been completed on time and within budget! We now have dedicated children's toilets; significantly improved toilets for adults; lots more storage space for the many groups who use the hall, and a new community room. The design means that both the main hall and community room can be used at the same time whilst still complying with safeguarding regulations for children. Details of costs and all the grants we managed to obtain will be published on our website, together with hire rates.

'The new community room is a huge boost to the village and we appreciate the hard work of the Village Hall Committee in making this happen' says Parish Councillor, Andy Goodfellow.



NOTICE OF TEMPORARY CLOSURE

Having just completed this new extension and upgrade, we were planning a formal opening event. But due to the Coronavirus outbreak it is with great regret that the management committee has taken the decision to close the village hall until further notice. Hopefully, we will be able to celebrate in the not too distant future.

The safety and wellbeing of all users and volunteers is our number one priority at all times.

All regular users, groups, societies and private individuals who have hired the hall will be directly contacted and offered a refund and/or an agreement about future bookings. For all booking enquiries, please contact Joy Blyth on 01733 241928 or email her at cblyth47@outlook.com

We apologise for the inconvenience and the Trustees of the village hall would like to thank everyone in the community for their understanding and support.

www.facebook.com/FolksworthVillageHall/

Contributors !

We want your material!

For **SCAN**, email scan1@stilton.org or call Kelvin on (01733) 244140

For **Folklore**, email to Sarah Abbott at abbottsarahj@hotmail.co.uk or call her on 247275

Around the Parish

FOLKSWORTH & WASHINGLEY PARISH COUNCIL REPORT

CORONAVIRUS

The Council is receiving regular updates from both District and County Councils and will pass on new information concerning residents via the Facebook page which is directly linked to the website. Anyone with specific queries or worries should check the NHS online website or call 111.

Council has CANCELLED all meetings until June, including the annual Parish Meeting, originally scheduled for 5th May. The Saturday Coffee Mornings are also suspended and the planned Village Tidy-up is provisionally deferred until September.

Council has also distributed an information leaflet to all households in the parish.

UNAUTHORISED CLEARANCE OF HEDGEROWS/TREES

It has come to the Parish Council's attention that unauthorised clearing of trees and hedgerows has been carried out to the rear of property boundaries with a view to securing additional land and extending current Land Registry curtilage.

As people are often unaware of the proper procedure in these instances, and the possible penalties for not following it, I have been asked to explain that these actions cannot be undertaken without the proper permission from the relevant authority, which in this instance is Huntingdonshire District Council.

HGV ISSUES

The Parish Council has received the first set of proposals regarding the modification of the junction. The necessary works have been agreed but due to restrictions regarding removal of hedges/trees and nesting birds, works will not commence until September.

PUBLIC FOOTPATHS

A Definitive Map of all the paths has been received and is now on the website. I can email a copy to anyone on request. Council's plan is to eventually reproduce this for interpretation boards.

COMMUNITY ORCHARD

Cllrs Brown and Goodfellow and others are working hard on the newly developing Community Orchard next to the pond and have recently received some fruit trees for planting. If you'd like to be involved, please get in touch with them or me.

MEETINGS

In the absence of Council's monthly meetings, if I can help with anything at all, please contact me. We will provide updates in future issues of **SCAN** and via the village's website and Facebook page.

Jackie Stanbridge
Clerk to the Council/RFO
07724 171158

Coronavirus Actions

FROM FOLKSWORTH & WASHINGLEY PARISH COUNCIL

Dear Resident

Your Parish Council is keen to ensure that all its residents are safe and supported during the weeks ahead. We would encourage everyone to offer help to those who are self-isolating, especially the over 70s. A friendly call, help with shopping or collecting prescriptions and more may be welcomed, observing current advice such as keeping a 2 metre distance and hand washing as you go.

The Folksworth Facebook pages and the Parish Council website can provide details of all support available in the parish:

www.facebook.com/Groups/Folksworthc19/
www.facebook.com/Groups/Folksworth
www.facebook.com/FolksworthandWashingleyPC
www.folksworthwashingley-pc.org.uk

If you are someone who would prefer to receive regular updates via a notice through your door, please can you, or a friend, let us know your name and address by either of the following ways:

- Call your Parish Council helpline, 07724 171158. It's open 7am to 7pm. Outside these hours, please leave a message.
- Email: clerk@folksworthwashingley-pc.org.uk

In the same way please use these trusted communication routes to request help with:

- Shopping
- Prescription collection
- Any other questions, problems or concerns

Some of the best sources of COVID-19 guidance are available on the Public Health England, Department of Health and Social Care, and NHS England websites.

FACTS FROM THE WORLD HEALTH ORGANISATION

The COVID-19 virus spreads primarily through droplets of saliva or discharge from the nose when an infected person coughs or sneezes. So cover your mouth and nose with a tissue when you cough or sneeze. Then dispose of the used tissue immediately.

Avoid touching your eyes, nose and mouth.

Wash your hands frequently with soap & water, or use sanitiser gel.

Keep your distance from other people.

There are at present no specific vaccines or treatments for COVID-19

Can You Spot a Flycatcher?

HELP TO MONITOR THIS ENDANGERED BIRD

For those of you ‘social distancing’ or self-isolating at home, here’s an engaging and useful activity that you can do from your back window.

Spotted Flycatchers are attractive little migrant birds which are summer visitors to Britain’s village gardens and churchyards. Although they breed with us, they spend up to nine months of the year travelling as much as 16,000 miles between here and their wintering grounds in Southern Africa - Angola and Namibia. This is an increasingly dangerous journey for them, and sadly they are in steep decline. Widespread losses amounted to a 50% decline during 1995-2010, continuing a 90% decline since 1970.

Only a few hundred pairs are known to remain breeding in Cambridgeshire, but most villages will still have a pair or two; they rarely breed out in the wider countryside. It's almost certain that there are many additional pairs out there of which we are not aware.

In 2017 Cambridgeshire Bird Club had very good results from an appeal for sightings of Spotted Flycatchers. A perfect example of Citizen Science! The project continues and they are appealing for readers to watch for these birds this year.

At the moment the birds are holidaying in South Africa but are expected to return to these shores in early May, staying here until September. They are very inconspicuous birds, which makes it all the harder for professional ornithologists to monitor their



A Spotted Flycatcher
Photo: Tom Reynolds

numbers. But we know many **SCAN** readers keep wild bird feeders in their gardens, making for ideal places to watch for our feathered visitors.

You can read about this project and Spotted Flycatchers in general at the Cambridgeshire Bird Club’s web page at bit.ly/SpotFly

So mark up your calendars for May to September and keep a sharp lookout in your garden! You can email information about your sightings to: spofl@cambridgebirdclub.org.uk.

Thought for Food



It's a Mug's Game

AN EASY-PEASY MUG CAKE TO MAKE WITH THE KIDS

With schools closing and families staying indoors more, the question is: how to keep the children occupied? Izzy to the rescue! Here's an easy mug cake recipe.

YOU NEED

- 4 tbsp self-raising flour
- 4 tbsp caster sugar
- 2 tbsp cocoa powder
- 1 medium egg
- 3 tbsp milk
- 3 tbsp vegetable oil or sunflower oil

Optional toppings:

- 2 tbsp chocolate chips, fruit, marshmallow, nutella, nuts.

SIMPLES!

Mix together the flour, caster sugar and cocoa powder in the biggest mug you have.

Add the egg and mix

Add the milk and oil and mix all together until smooth. Then add your chosen toppings.

In a microwave, cook on High for 1½ - 2 mins, or until the cake has stopped rising and is firm to the touch.

Izzy Can Help !

If you're self-isolating and finding it difficult to buy or prepare your meals, we remind you of Izzy Gibbs' cooked meals delivery service.

A Fine Dining trained chef, Izzy offers doorstep delivery of delicious and healthy home-cooked meals, made to order and affordably priced.

We've heard good reports of this service, so if it would help you cope with the current situation, why not give Izzy a call on 07947 572 696, or email her at izzy.gibbs37@gmail.com

where to do it and who to do it with !

	WHERE	WHO	CALL
	Stilton Church Meeting Room	Michelle Pratt	07906 114942
	Playgroup	Leslie Kirk	247682
	Stilton Pavilion	Rebecca Mills	07498 528393
	Folksworth Village Hall	Georgina	
	Folksworth Village Hall	Nikki	07542 172075
and click on 'Get Involved.'	As per fixtures	Glenn Woolner	07771 784643
	Stilton Pavilion or Parish Meeting Room	Julianne Lawrence (Clerk)	clerk@stiltonparishcouncil.org
	Folksworth Village Hall	Jackie Stanbridge	07724 171158
	Stilton Church Meeting Room	Pat Maltman	242229
	Stilton Church Meeting Room	Diane Glenn	07400 693351
	St Mary Magdalene	Revd Richard Gibbs	248701
	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		
	Stilton Church Meeting Room	Irene Goldsmith	244229
	Stilton Church Meeting Room	Pat Maltman	242229
	Stilton Church Meeting Room	Nigel Rosbrook	246396
	St Mary Magdalene	Revd Richard Gibbs	248701
	St Mary Magdalene	Stuart Reed	241114
	Folksworth Village Hall		
me.	Stilton Pavilion	Russell Leigh	07805 350389
	Stilton Pavilion	Vicky Leschallas	07919 053140
	Stilton Pavilion	Frances Ellis	07714 773528
	Folksworth Village Hall		
	Stilton Pavilion	Louise Knox	07957 983950
	Stilton Pavilion	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	Terry Baker	07756 778154
	Austin Hall, Main Street, Yaxley	Varies	07597 613392
	Folksworth Village Hall	Cherry Hadley	244258
	Folksworth Village Hall	Karen Mason	07980 262253
	Yaxley British Legion	Yvonne Wagstaff	243370
	Meet at the Pump	Shirley Gregory	246209
	Stilton Pavilion	Rachael Joyce	07789 292441
	Stilton Pavilion	DanceXcess	07768 435362
	See advert in this issue		
	Austin Hall, Main Street, Yaxley		
	CARESCO Centre	Miranda	07751 798287
	CARESCO Centre	CARESCO Office	01487 832105
	CARESCO Centre	Vicki	01487 832105
	CARESCO Centre	Pat	01487 832105

ate? Tell SCAN about your activities!

241938 | Stilton Church Meeting Room - (01733) 241709 | Leave a LANDLINE number!

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



LAKE SIDE HEALTHCARE

(01733) 240478 www.yaxleygp.nhs.uk

A Big THANK YOU to the three lovely volunteers - Eric, Rob and Peter - from our Patient Participation Group (PPG), who gave up their spare time to promote Engage Consult and PPG in the Practice.



If you would like to contact us electronically to book appointments; get advice; request sick notes; have medication queries and more, please use Engage Consult. Visit our website www.yaxleygp.nhs.uk/ for more details.

Our first PPG AGM will take place on Tuesday 14th April 2020 at 6:00pm in the Health Education Room. All our patients are welcome to attend.

Stress Awareness Month

1st - 30th April

Stress Awareness Month is held every April to increase public awareness about both the causes and cures for our modern stress epidemic. Talk about stress and its effects, share your coping mechanisms and be nice to those who are stressed and anxious. The most crucial thing you can do when you are stressed or anxious is to make sure you are continuing to look after yourself. Make time to relax when you need to and learn to say no to requests that are too much for you. For more information take a look at the Stress Management Society Website.

World Health Day

7th April 2020

World Health Day marks the anniversary of the founding of the World Health Organisation in 1948. Each year a theme is selected that highlights a priority area of public health concern in the world. Check for updates on this topic on the WHO website under the 'Programmes' tab.

Diary Dates

The Practice will be closed between 12:30pm and 4:00pm on Wednesday 15th April for staff training. Emergency Telephone (01733) 240478.

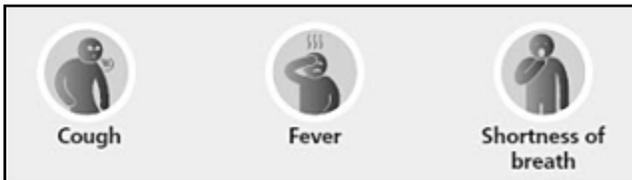


LAKE SIDE HEALTHCARE

CORONAVIRUS

If you have a new and continuous cough or a temperature (37.8 degrees or higher) then stay home and self-isolate for 7 days.

If you have these symptoms of coronavirus infection (COVID-19), however mild, do not leave your home for 7 days from when your symptoms started.



PLEASE DO NOT ENTER THE PRACTICE

Thank you

Find out more at www.nhs.uk/coronavirus

Don't Get Burned

FIRE SAFETY ADVICE FOR BUSINESSES

If you run any kind of business, you'll be having more to worry about than fire safety at the moment, but it's when we're distracted that we're most likely to have accidents. So Cambs Fire & Rescue have published some timely advice.

COMPETENT PERSONS

You **MUST** have an adequate number of competent persons to help in the implementation of preventative and protective fire safety measures. If you have absent staff you must still ensure that there are adequately trained staff on-site at all times, to ensure that fire safety measures are not adversely affected.

PROTECTION FROM ARSON

If your building is closed for an extended period ensure it is secure and continue with usual measures to prevent arson:

- **Any combustible materials should be removed from site or stored securely**
- **Rubbish is a potential fuel source so remove or store securely away from the premises**
- **Keep all entrances and exits of the building clear at all times**
- **Don't keep stock in excessive amounts.**

FIRE SAFETY TESTING

During this time you should continue to maintain and regularly test your fire safety provisions onsite (e.g. alarm test, fire drills).

EVACUATION PLAN

Make sure your evacuation strategy is suitable and that all staff - including temporary staff - are trained by doing evacuation drills to ensure it can be effectively achieved. It is important to keep fire exits clear and readily usable by everyone within your premises.

LONE WORKING

With a reduced work force there may be an increased likelihood of people working alone. You need to ensure that these people are provided with adequate warning in case of fire, so they do not become trapped.

FIRE RISK ASSESSMENT

It may be necessary to review your fire risk assessment during this time to ensure suitable and sufficient measures are in place.

SECURE BUILDINGS

Try to ensure premises are regular checked to ensure that security is not compromised, and identify any attempts of arson. Any issues should be reported to Crimestoppers on 0800 555 111.

BUSINESS FIRE SAFETY SEMINARS

Due to the current Coronavirus pandemic Cambs Fire & Rescue have suspended their business safety seminars until further notice.

From The Cabbage Patch

April in the Garden

NO EXCUSES IF YOU'RE SELF-ISOLATING!

We're currently lacking a regular gardening correspondent (any volunteers?) but as many readers will be keeping semi-housebound and looking for ways to keep sane, we make no apologies for lifting some timely advice from the RHS website. Here are their reminders for things to do in April:

1. Keep weeds under control. There are no shortcuts to this, unfortunately!
2. Protect fruit blossom from late frosts. You can get fleecy material from the garden centres that will protect delicate blossoms. Soft fruit like strawberries can be covered with a cloche.
3. Tie in climbing and rambling roses. Remove any dead or diseased growth and prune and tie in new growth where you want it to develop.
4. Sow hardy annuals, herbs and wild flower seed outdoors. Rake the soil and remove any weeds. Sow seeds as directed on the packet, then cover with a layer of fleece. (Anchor it down!) Keep the ground moist.
5. If you've got oranges, lemons or limes in containers, they're starting to wake up and feel hungry now. They like a high-nitrogen feed, so look for specialist fertiliser in the garden centre.
6. Houseplants too will be coming out of hibernation, so make sure the compost is kept moist. If they've been in the same pot a long time, this is a good time to move them to a larger pot with fresh compost.
7. Feed hungry shrubs and roses. Garden shrubs usually only need a light sprinkle of general-purpose fertiliser, but those in containers need feeding throughout spring and summer.
8. Sow new lawns or repair bare patches. You can either re-seed or, for a small divot, move a bit of turf from elsewhere in the garden. Lots of advice online about lawn care - more than we've got room for!
9. Prune fig trees. Always use sharp secateurs to make pruning cuts, just above and sloping away from a bud.
10. Divide bamboos and waterlilies. Cut to ground level any weak, dead, damaged or spindly bamboo canes and remove any debris at the base of clumps. Divide and repot waterlilies, giving a feed of specialist aquatic plant food.

The RHS website is the go-to resource for all things horticultural: www.rhs.org.uk Bookmark it now!



Maintaining a Service CAMBS LIBRARIES RISE TO THE OCCASION

As we go to press, the following information has been published by Cambridgeshire Libraries:

LIBRARIES ARE OPEN BUT...

Libraries are remaining open. However, we have put in place the following to support customers unable to attend and protect staff and users in light of Government advice in relation to Covid-19.

...EVENTS ARE CANCELLED

We are very sorry to announce that all events in Cambridgeshire Libraries have been cancelled from 17th March 2020. Events include The Library Presents arts activity, Business & IP Centre, Story and Rhymetime sessions and Assisted Digital.

In light of the announcements made by the government on 16th March about Coronavirus and to protect the health and wellbeing of our staff, volunteers, visitors and audiences, Cambridgeshire Libraries have cancelled all public events with immediate effect until the end of April. We will let you know about events beyond this date as soon as we are able to make an informed decision.

If you have pre-booked for an event please be aware that we hope to re-schedule events later in the year, or we are quite able and willing to offer refunds.

CHARGES AND DUE DATES

As of 17th March all library charges are now suspended and the due dates of items extended for at least until the end of April.

Finally, we are waiving the cancellation fee for any activities or room bookings in our library spaces during this time.

WATCH FOR UPDATES

These arrangements will apply at least until the end of April. We're currently not able to predict beyond that but we will share information as soon as we have it. We will continue to engage with our audiences and communities using our digital channels. Please keep looking on our website and social media.

This material was gleaned from the www.cambridgeshire.gov.uk/residents/libraries-leisure-culture/libraries/library-news website, so please look here for latest news about our library services.

MOBILE LIBRARIES

As we go to press, the popular Mobile Library service is still operating. Overdue charges have been suspended and the loan period extended.

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

Join today! It's FREE! Just bring ID
with your name and address.

Mobile Library

Route M24 - 4th Wednesday

Wed 22nd Apr

Folksworth
10:30 - 10:50am Elm Road

Stilton
09:30-10:15
Outside the school

3:10 - 4pm
Outside The Talbot

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