Help Them Read

Being able to read is one of life’s most important skills but, staggeringly, around one in four children leave primary school unable to read well. Learn how YOU can boost a child’s life prospects by supporting their reading development.

PARISH COUNCIL VACANCIES
JOIN STILTON PC AND HELP YOUR COMMUNITY

MOBILE AGAIN
MOBILE LIBRARY SERVICE RESUMES

HEARTS OF OAK
WHERE WOULD YOU LIKE TO SEE AN OAK TREE?

SUPPORT THE POPPY APPEAL
LOCAL FUND-RAISING EVENTS TO SUPPORT THE BRITISH LEGION

INCORPORATING FOLKLORE, FOR READERS IN FOLKSWORTH AND THE SURROUNDING VILLAGES
Grey Bin Days:
Mon 5th, 19th October; 2nd November

Garden Bin Days:
Fri 2nd, 16th, 30th October

Recycling Bins:
Mon 12th, 26th October; 9th November

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

www.huntingdonshire.gov.uk/bins

Alconbury recycling depot requires booking. To book a slot, go to www.cambridgeshire.gov.uk or call 0345 045 5207
As we’ve said before, positive thinking and common sense go a long way to overcoming challenges like Covid-19. And we see many signs of SCAN readers doing just that.

GROWING POPPIES
First of all, well done to our Folksworth readers for rallying behind the RBL Poppy Appeal by organising fund-raising events for it. See the ads in this issue. So even if you can’t get hold of a poppy this year, you can still make a generous donation and have fun at the same time!

MACMILLAN EVENTS
No doubt many of you have organised unusual ‘Coffee Morning’ events that we promoted last month. We can’t wait to hear what you did and how much you raised! So be sure to tell Tianda Woolner or Mary Croll.

DINE IN - HELP OUT
The Chancellor’s initiative to help the restaurant trade seems to have been a huge success - at least for us diners! As you’ll see from the ad in this issue, Bash at the Angel Spice has been inspired to offer his profits during October to the local NHS Trust to support their Covid-19 work. So if you enjoy a good curry - and who doesn’t? - book a table Sunday to Wednesday and do yourselves and the community some good.

THANKS FROM YVONNE
And talking of the NHS, Yvonne and John Warner want not only to thank the many well-wishers who offered support following Yvonne’s recent stroke, but also to praise the professional care received during her seven weeks in hospital. She is now at home and making a strong recovery.

MOBILE LIBRARY
We’re delighted to learn that the popular mobile library service has now resumed. More information about this on page 26. The same schedule as before will operate, but note that it will NOT stop at Stilton School for the time being.
Stilton Memorial Remembrance
REMEMBERING INDIVIDUALS

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

Evans-Evans, Rowland Gwyne
Died 2\textsuperscript{nd} October 1944

Islip, Charles Cuthbert
Died 4\textsuperscript{th} October 1918

Herbert, Charles
Died 9\textsuperscript{th} October 1917

Herbert, Reginald
Died 9\textsuperscript{th} October 1917

Allen, Herbert William
Died 22\textsuperscript{nd} October 1917

Hillier, A
Died 26\textsuperscript{th} October 1917

We will remember them

Thanks from Yaxley Foodbank

I wish to thank you all for helping the Foodbank with your donations since March. During lockdown the need became urgent and greater. Thanks also to NISA for providing a basket for their customers to be able to donate food items while shopping.

The need is still there and will continue, especially as the furlough scheme is being brought to an end.

The Foodbank provides a healthy, balanced diet for each family. As we run out of specific items, they are listed each week on the Church website and on Facebook.

The collection point in the Church porch is now open every Wednesday between 2 and 4 pm. I will collect items if you wish.

Thank you for your continued support.
Pearl Reed (01733) 241114
Advert omitted
Parish Council News
LATEST ON VILLAGE AMENITIES

Parish Council Vacancies

Stilton Parish Council currently has vacancies for two councillors. We are looking for villagers who are interested in Parish Council work and keen to help the people of Stilton to improve their quality of life in accordance with the Council's vision as well as working to maintain and enhance the village's public amenities. Those interested should contact the Parish Clerk at clerk@stiltonparishcouncil.org or via the post box outside the Parish Room in Church Street.

Under-12's Playground

As part of its efforts to find an area for the under-12's playground, the Parish Council made a pre-planning application to use the Glebe area on Church Close (one of the Parish Council's three short-listed sites). In his reply, the District Council's Senior Development Management Officer (DMO) said he considered the impact upon nearby listed buildings (the church) was harmful. The District Council's Conservation Officers had stated ‘the siting of a children's playground in this location would be out of keeping with the existing character of this location and the addition of play equipment would change the existing natural open space and setting of the Listed Building’.

These views reflect some of the comments received from residents replying to the Council's leaflet on its short-listed sites. Taking all these into account, the Parish Council has decided it will not consider the Glebe for the children's playground, but it may consider a more appropriate development for this area in the future.

APREECE WAY AND GALA CLOSE

At the time of writing the Parish Council was preparing to make decisions on its site for the new children's playground. As noted in September's SCAN, the leaflet circulated by the Council provided more than 100 replies with widely varying views and suggestions. These have provided the Council with much useful information for future development of green spaces in the village. Meetings have also been held with residents living near the Apreece Way and Gala Close sites. These too were very helpful and identified potential problems that the Parish Council would need to address should one of those sites be chosen.

At its regular September meeting (on the second Tuesday of the month) Council agreed that it would soon be in a position to make a decision on choosing a site. An extraordinary meeting was planned for late September when it was hoped that decisions could be taken. By the time you read this we hope that Stilton will have some news on the way ahead. Please visit www.stiltonparishcouncil.org for the most up-to-date information.
Playing Field
FUTURE DEVELOPMENT

Some replies to the village leaflet suggested that the playing field would be better suited for the under-12's playground. As announced in September's SCAN, Councillors looked again in more detail to decide on the suitability of the playing field site. The original report had stressed the limited space available for the playground (a fenced area of about 400 square metres is required). Councillors considered a number of additional factors: the children of Stilton Primary School Council support a playground near the centre of the village to which they can walk; walking distances between the playing field and the rest of the village are significant (more than a mile to the northern end of the village); playground providers draw attention to the Royal Society for the Protection of Accidents (RoSPA) recommendation that playgrounds for young children ‘must be easily visible to ensure children’s social safety and reduce vandalism’ (the nearest house is 300 metres from the playing field).

The Parish Council has therefore decided not to pursue the option of placing the playground for the under-12’s on the playing field. We will, however, make recreational facilities available for older children and adults on the playing field as soon as funding permits. The full report, adopted by the Parish Council to support its decision, can be viewed on the Parish Council website www.stiltonparishcouncil.org/news/new-playground-update.

Oak Saplings

We are acquiring 70 oak saplings this autumn and we need to find ‘homes’ for them all. The Parish Council will be planting some around the Pavilion and playing field, but please let us know if you have more ideas. Remember, planting on verges and other green spaces may be limited by those owning the land. We'll keep you informed when saplings become available and planting can begin.

Parish Phone Box

Planning permission has been sought to remove the phone box in the centre of Stilton. The Parish Council is aiming to adopt the phone box and make it available as a village amenity, though we understand that this is not a quick or easy process.

Keep Up to Date

See more information on the work of the Parish Council on our website, www.stiltonparishcouncil.org, or on Facebook.

Contributors!
We want your material!

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

For Folklore, email to Sarah Abbott at abbottssarahj@hotmail.co.uk or call her on (01733) 247275

Be sure to tell our advertisers you found them in SCAN!
Stilton Church of England Primary Academy
‘Flourishing Through Friendship’
Reception 2021 Initial Information Evening
Wednesday, 14 October 2020 4pm and 6pm
Booking Essential - (01733) 240480
Our school is going from strength to strength!

With fantastic KS2 SATs results for our Yr. 6 children and a ‘Good’ result from our Church inspection, we are proud of our school and warmly welcome prospective families for the next academic year.

‘Pupils know that they are unique and special.’
‘Pupils know how they can make a difference to others in school.’
(SIAMS inspection 2020)

Please call the school office to book a place for one of the meetings.

We have vacancies in some other year groups. Please telephone (01733) 240480 for more information.
Volunteers needed to listen to children read in local primary schools after lockdown

Our reading volunteers are going to be desperately needed following the Coronavirus pandemic. Thousands of children won't have had enough reading practice during lockdown. In a normal year, one in four children leave primary school unable to read well. Most children will have missed a term of school, so the reading gap is now even wider. Children who struggle with reading are more likely to live in poverty and be unemployed as adults.

Schoolreaders needs more volunteers in your area to support children's reading and prevent them falling further behind. If you want to make a difference to a child's life, apply to become a Schoolreader.

No qualifications are needed; just a love of reading and some spare time each week.

"In a normal year, one in four children leave primary school unable to read well.

JOIN US! - You can make a real difference to a child’s life

To join us, please visit the website www.schoolreaders.org/volunteer-application-form or call 01234 924111 for further information.

Registered Charity: 1159157

Tel: 012345 924111
www.schoolreaders.org
Folklore News & Info for Folksworth, Morborne & Washingley Folk

Hall’s Well
LOTS GOING ON AT OUR REFURBISHED VILLAGE HALL

FIRST AID AT FOLKSWORTH SCHOOL

Here at Folksworth School, we pride ourselves on preparing our children for life - equipping them with the wide variety of knowledge, skills and behaviours which they may need. However, as many of us know, 'life' does not always go smoothly. Therefore, part of our preparations needs to include what to do when things go wrong.

This term, our Key Stage 2 children are learning First Aid skills in association with St John's Ambulance. Covering topics such as basic life support, bleeding, choking, helping with asthma and how to deal with emergencies, the children are enjoying some very practical lessons!

VILLAGE HALL NEWS

Folksworth village hall is a member of ACRE (Action with Communities in Rural England), writes Sarah Abbott, Treasurer. Since March they have been providing us with advice and detailed guidance relating to managing our hall during lockdown, and more recently on reopening whilst ensuring our volunteers and users are safe. There has been a huge amount of documentation to read and digest; paperwork to be completed; new procedures to be put in place and a rigorous cleaning routine to be implemented. Without the hard work of our Chair (Annie Blair), our Booking Clerk (Joy Blythe) and our cleaner/handyman (Chris Blythe) it would not have been possible to re-open the hall. We truly appreciate what they have and continue to do for all users.

Our newly renovated village hall was put to good use in August and September, writes Andy Goodfellow.

The first event - a coffee morning - took place on 29th August, with all proceeds going towards our local First Responders. Several villagers contributed their ‘Bake Off’ skills with some delicious cakes and biscuits, so a big thank you to them.

A huge thank you too to the members of the Parish Council and Joy & Chris Blyth, who gave up their Saturday morning for this
event to happen. An astounding £160 was raised. So again, many thanks to all those who came along.

The annual Book Fayre and Art Exhibition was held on the 12th September. The new community room and car park were put to good use as we could serve refreshments while ensuring that everyone was socially distanced. £392.70 was raised on the day, which goes towards further improvements to the village hall.

Thank you to everyone who donated books and/or came along on the day, and to the catering team who provided delicious cakes. Sarah and Stephen continue to raise funds selling books on-line. We will provide a further update next month.

**LOOKING AHEAD**

The advice from ACRE is that community facilities following COVID-19 secure guidelines can host more than six people in total, but no one should visit or socialise in a group of greater than six when attending an event or activity. So we are planning to run two Coffee Mornings and a Quiz in the coming months. See the ads in this issue, but please check with the organisers before coming to the hall in case the rules change.

Two more Coffee Mornings are planned:

**Saturday 31st October**

Proceeds to the Farming Community Network. This charity helps farmers and their families with practical and pastoral help through difficult times. As we live in a farming community this is a very apt organisation to raise funds for.

**Saturday 7th November**

Proceeds will go to the Royal British Legion Poppy Appeal. As reported last month, there won’t be as many opportunities to buy your poppies this year, so this event is a great way to support the Poppy Appeal.

**Quiz Night**

We will be holding a quiz on Saturday 7th November; proceeds from ticket sales will go to the Royal British Legion Poppy Appeal. Profit from the bar will go to the Village Hall improvement fund. (Due to Covid 19, we won't be offering food, so bring your own nibbles!)

The maximum number of people who can attend the quiz is 30 and to ensure social distancing we will be selling tickets for tables that can hold from 2 to 6 people. To comply with the law the maximum number of people on a table is 6 and all from the same household or bubble.

We anticipate that more than 30 people will want to attend the quiz. To be fair to everyone, we will be selling tickets from 5th October, by which time you will have received SCAN. Tickets cost £5 per person. After 5th October, please call Stephen or Sarah Abbott on 247275 to book a table.
FOLKSWORTH ART CLUB

Members were very pleased to exhibit some of their paintings at the Book Fayre on 12th September, which was very well attended.

Many of us have been painting at home through lockdown and we are looking forward to starting back in the improved Village Hall on 1st October - subject to the new Covid 19 laws allowing us to do so! At the time of writing we are uncertain as to whether we can meet so do please call Cherry to confirm before coming to the hall.

Painting is enjoyable and we all benefit from the advice and comments of the other friendly Club members from beginners to the more experienced artists. So if lockdown has sparked your artistic interest, then please contact Cherry Hadley on (01733) 244258 for further information about the Club.

FOLKSWORTH LADIES CIRCLE

Unfortunately, due to the Government's Rule of Six, the Ladies Circle meetings have been cancelled until further notice. We had a very good response from our members when we proposed restarting our meetings in September, so we are very disappointed to have to cancel. As soon as the situation improves we will resume our meetings and welcome everyone back, hopefully with some new members to join us. In the meantime if you'd like to know more about the group, please contact Karen Mason on 07980 262253

Around the Parish

FOLKSWORTH & WASHINGLEY PARISH COUNCIL REPORT

As the situation with COVID-19 continues to change our daily lives and government guidance is altered to reflect this, it has been good to witness the community spirit which has grown in the parish. People are taking care of each other and doing what they can. The community Facebook page is an important tool in keeping people talking and sharing information.

In these uncertain times the message from the Parish Council remains the same: stay safe and follow the national guidance. We are aware that central government is looking ahead to the winter and putting plans in place for whatever might occur. Fingers crossed, there won't be a second wave of this pandemic but if there is, we'd also like to be ready to offer help where needed. If you feel you might need any assistance at all this coming winter, please contact me as I'm compiling a list.

Especially as lockdown measures ease and those shielding return to the community, it is important to remember that attention to social distancing and hygiene are maintained and where possible enhanced. Face coverings are mandatory now in all shops, churches, and supermarkets unless you are exempt from wearing one.

Parish Council meetings continue to be held remotely via the Zoom platform. The recent ruling by national government allowing these remote meetings to take place has been
extended to May 2021. The Agendas go onto the noticeboards and website in the usual way and there is a link on the Agenda to allow you to sit in or take part in the Open Forum section of the meeting. If you have any issues to raise but are unable to sit in on a meeting please let me know in advance and I will ensure they are discussed.

The Playing Field is open and the play equipment available for use, except for the small playhouse. The outdoor exercise equipment can also be used but please be aware of social distancing guidelines on all equipment and take plenty of hand sanitiser with you. Council has complied with the guidelines for reopening but cannot monitor the area 24/7 and must rely on those using the equipment to do so responsibly with respect for others.

Barbecues are not permitted on the playing field. There is one small rubbish bin which is emptied regularly but it would be a great help if playing field users could take their rubbish home with them. Dogs, either on or off the lead, are not allowed on the field.

The new website’s history section is being developed. If you have any ideas for other pages or would like a link to your organisation, please get in touch. The website address is: www.folksworthwashingley-pc.org.uk

Parish Councillors continue their quarterly maintenance walks to identify areas needing attention. In between these if there is anything you see that needs to be looked at, such as potholes, raised drain covers, overgrown hedges etc, please let me know.

As the nesting period is now over hedges and trees can be maintained. If any on your property are overhanging or restricting the footpath could you please remedy this. We often receive complaints from parents pushing pushchairs and mobility scooter users that they are unable to get past.

Council is not permitted to organise an official litter pick this month but would encourage all residents to keep an eye on their own areas.

Your Parish Council is keen to ensure that all its residents are safe and supported during this time. 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. The following can provide details of all support available in the parish:

The Folksworth Facebook pages, www.facebook.com/Groups/Folksworthc19/

www.facebook.com/Groups/Folksworth

www.facebook.com/FolksworthandWashingleyPC and the Parish Council website, www.folksworthwashingley-pc.org.uk If you 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:

Calling your Parish Council helpline, 07724 171158, or emailing to: clerk@folksworthwashingley-pc.org.uk

Jackie Stanbridge
Clerk to the Council/RFO
07724 171158
Hello everyone, writes Revd Richard Gibbs.

I've been listening to the sounds of harvest machinery coming off the fields near us for some weeks now. Perhaps by the time SCAN hits your mat the whole harvest will be in.

Every year in late September and early October we gather in our churches for Harvest Festival. With Harvest being a time of thankfulness, it is also a time of generosity as historically people have been most able to give at a time of greater supply.

This year, we would like to encourage anyone who is able to consider making a Harvest gift. Many of you will know about the foodbank run by St Peter's Church in Yaxley. Our local ‘activist’, Pearl Reed, explains more about how to support them:

Since the lockdown, Yaxley Foodbank has been very busy. Our group of churches has donated a tremendous amount of food to help those in need. Many thanks to all of you who have supported us so far. Each family in need receives enough food for a healthy, balanced diet.

But the need is still there and will continue, especially as the furlough scheme is brought to an end. This year, more than ever before, I encourage you to bring canned food or non-perishable food as your Harvest gift.

This can be brought to Stilton church on any of the following occasions:

- Wednesday 30th September, 2-4pm or any Wednesday afterwards at the same time
- To the Harvest Festival service at Stilton on Sunday 4th October at 11:15am

If you need items collected, please contact Pearl on (01733) 241114.

Your gifts are very much appreciated.

Our schools are being invited to support the foodbank specifically, so we hope to keep pace with increasing demand.

At the same time, many charities working with vulnerable people both at home and abroad have had an incredibly difficult year. Fundraising events have been cancelled and vital projects aimed at lifting people out of poverty will have been cut. To respond to this we have decided to invite financial gifts as well. These can go to any of our churches, and will be shared between four national charities:

- Christian Aid
- Tearfund
- Church Mission Society
- CPAS
Donations can be brought to your Harvest Festival or normal Sunday Service, or given directly to the Treasurer or Churchwardens of your church.

Happy Harvest Time everyone!
Richard and Pearl

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Family = Family service
HC= Holy Communion
MP = Morning Praise

* This service will be held outdoors at the church
** Remembrance start times and locations are to be agreed
For those of us who never thought you could make *anything* palatable out of a pumpkin, Izzy proves us wrong with a really exciting way to use the flesh and seeds in an autumn classic.

**YOU NEED**

- Olive oil
- Two onions, chopped
- Two garlic cloves, chopped
- 700g of pumpkin flesh (24 oz)
- 120g of red lentils (4 oz)
- A small bunch of thyme
- One litre of stock (two pints)
- 60g creme fraîche (two oz)
- One teaspoon of nutmeg or cinnamon
- Salt and sugar to season

**THE HALLOWE’EN MAGIC**

Heat some oil in a large pan. Fry the onions until softened and starting to turn golden. Stir in the garlic, diced pumpkin flesh, lentils and thyme, then pour in the hot veg stock. Season, cover and simmer for 20 minutes (until the lentils and vegetables are tender).

Meanwhile, wash the pumpkin seeds, remove any flesh still on them, then dry with kitchen paper. Heat a teaspoon of oil in a non-stick pan and fry the seeds until they start to jump and pop. Stir frequently, but cover the pan in between to keep them in! When the seeds look nutty and toasted, add a sprinkle of salt and a pinch of sugar, and stir well.

Blend the cooked pumpkin mixture until smooth, then add the creme fraîche and blitz again. Add the spices and taste for seasoning.

Serve with a spoonful of crème fraîche, a few thyme leaves and the toasted seeds sprinkled on top.

Sounds fantastic - and a great way to make the most of the hallowe’en pumpkin!
QUIZ NIGHT

FOLKSWORTH VILLAGE HALL

SATURDAY 7TH NOVEMBER

7:30PM FOR 8PM START

Proceeds to the British Legion Poppy Appeal

- Tickets £5 per person
- Tables of 2 to 6 people who are from the same household or bubble
- Total numbers limited to 30 people
- Profit from bar sales go towards the Village Hall Improvement Fund
- We are unable to serve food - bring your own nibbles

Call Sarah or Stephen Abbott on 247275 from Monday 5th October onwards to book your tickets and tables
### M T W T F S S

#### WHAT

- Toddlers' Dance
- Playgroup (Stilton)
- Stay & Play
- Pre-School (Folksworth)
- Parish Council (Stilton)
- Parish Council (Folksworth)
- Sewing Group
- Friday Social Group
- Holy Communion
- Holy Communion (BCP)
- LinCup (Café style worship)
- Stilton Group Service
- Linking Hands (mums)
- Crossover (Y6)
- Men's Prayer Breakfast
- Holy Communion (soup lunch)
- Prayer Focus
- Christian Congregation in UK
- Zumba
- Pilates (Stilton) - over-50s
- Pilates (Stilton)
- Pilates (Folksworth)
- Clubbercise
- Stilton Table Tennis Club
- Stilton Carpet Bowls Club
- Folksworth Carpet Bowls Club
- Peterborough Opera Group
- Band
- Yoga
- Mat Pilates
- Chairiosics
- Chairiosics
- Stilton United FC
- Taoist Tai Chi
- Folksworth Art Club
- Folksworth Ladies’ Circle
- Yaxley Flower Club
- Stilton Stumblers (walking group)
- Mobile Library (Stilton and Folksworth)
- Age Well Club
- 'Chatterbox' Carers' Support Group
- Music & Spoken Word Social Group
- Sawtry Vintage Club
- Sawtry Friendship Club

#### WHEN

- 9:15am
- 9 - 11:45 & 1 - 3pm
- 9 - 10:15am
- 9:00am - 3:00pm
- 7:30pm 2nd Tuesday in month
- 7:30 - 9:30pm 3rd Tuesday in month
- 2:30 - 5pm
- 2 - 4pm
- 1st & 3rd Sun 11:15am
- 2nd & 4th Sun 8:00am
- 2nd & 4th Sun 11:15am
- 5th Sunday in month
- 9am
- 6 - 7pm in term time
- 8am 2nd Saturday in month
- 1st Wednesday 12:30-1:30
- 8am
- 6 - 8pm
- 7:15 - 8:15 Friday. All fitness levels; children welcome.
- 11:30am-12:30
- 10:00 - 11:00am
- 7:30 - 8:30pm
- 7.15 - 8.15pm
- 2pm Mon, 7:30pm Thu
- 7 - 9pm
- 8am 2nd Saturday in month
- 1st Wednesday 12:30-1:30
- 8am
- 5.30 - 7pm
- M 6:45-7:45pm, 8-9pm; T 6-7pm; W 9:15-10:15am; TH 7-8pm; F 10-11am; SAT 7-8pm
- Tue 11am-12:30pm; Thu 10:30am-12noon
- Tue 2-3pm
- 3:00pm kick-off
- 7:30pm
- 12:30-4:30pm
- 7:30-9:30pm 4th Tuesday in month
- 3rd Thursday, 7:30pm
- Alternate Sundays 10:00am See info in this issue
- 4th Wednesday in month
- 9:30 - 11:45am
- 2nd & 4th Mondays, 2-4pm
- 2nd & 4th Fridays, 1:30-3pm
- 10am - 2:30pm
- 10:30am - 1:30pm

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**To book:** Stilton Pavilion - 07 484 746894 | Folksworth Village Hall - (01733) 242291

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

- Stilton Church Meeting Room
- Playgroup
- Stilton Pavilion
- Folksworth Village Hall

### WHO

- Michelle Pratt
- Leslie Kirk
- Rebecca Mills
- Nikki

### CALL

- 07906 114942
- 247682
- 07498 528393
- 07542 172075

### See advert in this issue

- Austin Hall, Main Street, Yaxley
- CARESCO Centre
- CARESCO Centre
- CARESCO Centre
- CARESCO Centre

- Miranda
- CARESCO Office
- Vicki
- Pat

- 07751 798287
- 01487 832105
- 01487 832105
- 01487 832105

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**Tell SCAN about your activities!**

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

IN
FOLKSWORTH VILLAGE HALL

FROM 9:30 AM TO 11:30 AM

SATURDAY 31st OCTOBER
Proceeds in aid of
the Farming Community Network

SATURDAY 7th NOVEMBER
Proceeds in aid of
the Royal British Legion Poppy Appeal

Contact Joy Blyth on (01733) 241938
September’s Indian summer has been too good not to enjoy and it’s been great to see so many people out enjoying our many local footpaths.

Covid mitigations are proving a bit of a dampener on Stilton Stumblers’ normal schedule of pub walks, but that doesn’t stop them making the best of things and enjoying some healthy exercise and good company in the open air!

While one or two regulars have been absent while shielding themselves, a few new ones have joined this friendly group and contribute to its lively social atmosphere.

At present, walks are based from Stilton or nearby and don’t always include a pub, but it’s hoped to plan something like their normal walks once car sharing becomes possible again.

If you fancy a bit of local country strolling in good company, why not get in touch?

---

Stilton Stumblers

Taking Baby Steps!

Our resumption of our fortnightly Stumbles has proved a great success, with near record turnouts. Why not come and join us?

Covid-19 mitigations have now relaxed the limit on group size and we hope soon to be able to resume something nearer to a normal programme of walks. Except as noted, all walks start and end at the Pump, meeting at 10:00am.

| 4th October - start from Caldecote | 18th October |
| 1st November | 15th November |

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!
It’s that time of year when spiders come into our homes - or do they? Actually, they have probably been IN the house all summer and are now coming out to find mates.

There are loads of remedies to deter spiders - they are very sensitive to citrus and eucalyptus oils for example - but the jury is still out on bowls of conkers.

**GOOD GARDENING WEATHER**

Records show that there is more often than not a period of dry, calm weather starting around October 18\textsuperscript{th}, the feast day of gospel-writer and physician St. Luke. Not too hot but good gardening weather, so take full advantage!

Now is time to be buying and planting bulbs. Garden centres don't seem to stock the wide selection of bulbs that they used to, but for something a bit different you could always order bulbs on line. Thompson & Morgan, J Parker's, Broadleigh Bulbs and Avon Bulbs all sell a wide range of bulbs online, Sarah Raven offers sumptuous mixtures of tulips and one of my favourite suppliers is ‘Miniature Bulbs’. They stock a large range of daffodils as well as miniature varieties not widely available. Their prices are reasonable, too. I have not ordered from Peter Nyssen but they offer a wide range of bulbs at good prices.

Plant narcissi, irises, crocuses and most other bulbs as soon as you receive them, but leave tulips until November or December. The soil has to be cold for tulips - more hints on planting tulips in November SCAN.

One of my all-time favourites for this time of year is Cyclamen hederifolium. In all shades of pink and white, they look so delicate yet are totally hardy. The beautifully marked leaves follow in early spring and they will gently seed around. They do well under trees and dry shady places but will grow almost anywhere - even in gravel paths.

Talking of spiders, Kershaws were a company in Leeds who made optical sights for guns in both World Wars. Imagine you are a young technician turning up for your practical exam and being told to go out and collect spiders! That is exactly how it went. The fine wire they used for crosshairs in gun sights either kept breaking with the vibrations from the guns or oxidised or became very dusty. By WW2 this was a major problem. Then they discovered that in 1639 the first astronomical micrometer had used spider silk as crosshairs. So in the late 1930s they started collecting spiders from the North York Moors in matchboxes, placing them on metal frames and 'encouraging' them to spin silk. You will be pleased to hear they were ‘demobilised’ to the outside world afterwards!
DO YOU NEED HELP TO STOP SMOKING?

You are four times more likely to quit with help from the NHS.

If you have tried already to quit but been unsuccessful please try again as help is available. Visit http://smokefree.nhs.uk

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

SEIZE THE MOMENT

Public Health England has launched a major new adult health campaign, Better Health, to seize the opportunity for a national reset moment. Covid-19 has prompted many of us to reflect and think more seriously about our health. Visit www.nhs.uk/better-health/ for further information and support tools.

MONTHLY CLOSURE DATES

The Practice will be closed on the following Wednesday 21st October between 12:30pm and 4:00pm for staff training.

Emergency Telephone (01733) 240478.
Keeping Well

News from the Wellside Clinic
(01487) 830340 www.wellside.org.uk

FLU VACCINATIONS 2020

Flu Clinic for OVER 65's ONLY will be on the 3rd October.

Flu Clinic for THOSE IN AN AT-RISK CATEGORY AGED 18 to 64 and OVER 65's will be on the 10th October. This clinic does NOT include children who require nasal vaccinations.

Due to current Covid-19 restrictions these are all appointment bookings only so please telephone 01487 830340 to book your appointment. Please wear a face mask and do not turn up on the day without an appointment.

Please be aware that the car park will be closed during flu clinics as we will be using this space to operate a socially distanced queuing system. Staff will be on hand to advise you when you may enter the building and to direct you once you are inside.

This year, the following people are entitled to flu vaccination. Please do not book an appointment unless you fall into one of these categories:

- people living in long-stay residential care homes or other long-stay care facilities i.e. patients in residential, nursing and learning disability care homes
- people aged 65 years or over (including those becoming age 65 years by 31 March 2021)
- those aged from six months to less than 65 years of age, in a clinical risk group:
  - chronic (long-term) respiratory disease, such as severe asthma, chronic obstructive pulmonary disease (COPD) or bronchitis
  - chronic heart disease, such as heart failure
  - chronic kidney disease at stage three, four or five
  - chronic liver disease
  - chronic neurological disease, such as Parkinson's disease or motor neurone disease
  - learning disability
  - diabetes
  - splenic dysfunction or asplenia
  - a weakened immune system due to disease (such as HIV/AIDS) or treatment (such as cancer treatment)
  - morbidly obese (defined as BMI of 40 and above)
- all pregnant women (including those women who become pregnant during the flu season)
● people on the NHS Shielded Patient List for COVID-19 and household members of those on the NHS Shielded Patient List, or of immunocompromised individuals

● those who are in receipt of a carer's allowance, or who are the main carer of an older or disabled person whose welfare may be at risk if the carer falls ill

● all frontline health and social care staff including health and social care workers employed through Direct Payments (personal budgets) and/or Personal Health Budgets, such as Personal Assistants, to deliver domiciliary care to patients and service users.

All children aged two to eleven (but not twelve years or older) on 31st August 2020 will also be entitled to a nasal flu vaccination. We will invite patients in this group who are to be vaccinated in the surgery to attend in due course. Other patients in this age group will be due to be vaccinated at school.

In addition, the government have advised that there will be a second phase of vaccinations later in the year which will offer vaccination, subject to availability, to all patients aged 50-64. When we have more information regarding this we will share it with you.

**ONLINE CONSULTATIONS**

We are now offering an online consultation service called DoctorLink which you can access via our website. This is available 24 hours a day, 7 days a week. The symptom checker will ask you a number of questions to help to identify your problem. The outcome of your assessment will direct you to the right treatment, whether emergency care, your GP, nurse or self care. If your outcome indicates that an appointment is required you will be contacted by the Practice Team to arrange an appointment within the identified timeframe (as outlined in the outcome of your symptom checker).

*Best Regards,*  
*Mrs Claire Wright*  
*Practice Manager*
Mobile Again!
The Mobile Library Service Resumes

The mobile libraries returned to the roads of Cambridgeshire on 21st of September, headed by two brand-new vehicles.

The service returns to its regular stops, but access to the vehicle is limited to help keep staff safe so we will be providing books selected in advance.

Customers can pre-order books to collect using our usual reservation service: https://cambridgeshire.spydus.co.uk currently FREE of charge, or the new Select and Collect service which allows you to request a collection of books based on your tastes. Visit https://cambridgeshire-self.achieveservice.com/service/Select_and_Collect or call 0345 045 5225.

Simply chose the mobile library as a pickup point and order as far in advance as possible to ensure a selection is ready and issued for you to pick up from your stop (ideally a week in advance, but we will do our best with forms received after this).

If you have any queries contact the team - MobileLibraries@cambridgeshire.gov.uk

WELCOME BACK!

We are delighted to welcome customers back to Yaxley Library which will be open on Tuesdays 10am-2pm and Thursdays 2pm-6pm. Any changes will be advertised online: www.cambridgeshire.gov.uk/library

To use the library, you can currently access the following services:

- Reserve specific titles or to order a book using the Select and Collect service visit www.cambridgeshire.gov.uk/residents/libraries-leisure-culture/libraries or call the Customer Service Centre on 0345 045 5225. Both services are completely free to use. Customers will be notified when their books are ready to collect.

- Return items at any open library

- Our IT facilities are back up and available for 45-minute customer appointments, which can be made over the phone via the Customer Service Centre, or online.

- Printing facilities are available when using the computers - exact change is needed.

Whilst it's great to have our libraries open again, we appreciate that it is still short of the full offer customers are used to. We are keeping things under continual review and will resume the full service as soon as it is possible to do so safely.
The Library at Home Service has partially resumed and should resume full service shortly.

Meeting rooms, library events and activities will be reintroduced when it is safe to do so.

We cannot accept book donations at this time.

Loans, renewals, reservations and charges

All items borrowed prior to lockdown have had their due date extended until 30th September.

Reservation charges are currently suspended.

Joining the Library

Join the library online
www.cambridgeshire.gov.uk/residents/libraries-leisure-culture/libraries

To join by phone call 0345 045 5225

eLIBRARY

Cambridgeshire Libraries have a fantastic online offer; you can access eMagazines, eAudiobooks, eNewspapers to download, all FREE. You will find meditation, relaxation, gardening, cookery, as well as fiction for adults and children. Visit:
www.cambridgeshire.gov.uk/residents/libraries-leisure-culture/libraries/library-online.

And don't forget our social media presence on Facebook, Twitter and Instagram as well as our monthly eNewsletter:
www.cambridgeshire.gov.uk/residents/libraries-leisure-culture/libraries/library-news

Tune in to our online Storytime and Rhymetime sessions and see some familiar library faces! Staff are also taking to the internet with online craft sessions for children. Please spread the word by sharing on your own Facebook pages.

The Library Presents 'In Your House' Autumn Season of activities begins in October. The season includes outdoor performances, interactive installations in library windows, a radio play and lots of fantastic performances and workshops to enjoy online! We have theatre, music, dance, comedy, magic; workshops for families and adults - no need to look any further. All events have been carefully planned to keep audiences, performers and volunteers safe.

Be the first to hear details of the new Autumn Season of events by signing up to The Library Presents Newsletter, or like and follow @TheLibraryPresents on Facebook or Instagram. The programme is not only for the technology savvy; look out for arts in your local area too, like installations or activities by post. To keep up to date with what's on or to join the mailing list, visit www.cambridgeshire.gov.uk/arts

Yaxley Library

REVISED OPENING TIMES

Tue 10:00 - 14:00
Thu 14:00 - 18:00

Renewals & enquiries:
(0345) 045 5225
www.cambridgeshire.gov.uk/library
Advert omitted