Volunteering for your community is worthwhile and fulfilling. There are now vacancies for a School Governor in Folksworth and Parish Councillors in Stilton. Read more inside and apply today!

**Lighting-Up Time**
Phil Shailer’s Xmas lights will shine again

**Remember**
Details of Stilton and Folksworth Remembrance Services

**Farewell Roy**
A moving tribute to Roy Thickpenny

**Comfort Food for Autumn**
A tasty and filling Harvest Casserole

Incorporating folklore, for readers in Folksworth and the surrounding villages
Grey Bin Days:  
Mon 2nd, 16th, 30th November; 14th December

Garden Bin Days:  
Fri 13th, 27th November; 11th December

Recycling Bins:  
Mon 9th, 23rd November; 7th December

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

www.huntingdonshire.gov.uk/bins

To book a slot at Alconbury recycling depot, go to 
www.cambridgeshire.gov.uk or call 0345 045 5207

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Right now, many of us are getting a bit stir-crazy for some normal entertainments but, sadly, restrictions look like getting worse before they get better.

Almost all of November’s organised fireworks events have been cancelled (with the local exception of Peterborough which is holding a drive-in display on the Showground on Nov 7th). So many readers may be considering a traditional small-scale display in their back garden.

But why not consider teaming up with your neighbours to organise a single event with some bigger and better fireworks than you might have otherwise? Just remember the usual safety procedures - especially if you use bigger fireworks than normal.

AN ANGEL INDEED

As you’ll recall from last month, the Angel Spice volunteered to donate part of its October dining-in profits to the East Anglia NHS Trust. And you didn’t disappoint! All your dedicated troughing of delicious curries raised the creditable sum of £500, to which Bash added a further £601 from the business. Our MP Shailesh Vara visited the Angel Spice to express his appreciation and Bash wants to thank everybody who - er - stepped up to the plate to support his initiative. Well done everybody!

LIGHTING-UP TIME

We could all do with some seasonal cheer, so it’s good news that Jackie & Phil Shailer will once again be doing their amazing Christmas lights on North Street. The lights will be switched on at 18:00 on the 1st December and run between 17:00 and 22:00 each day until the end of the month.

Unfortunately, due to Covid restrictions there won’t be the usual grand switch-on event, but there will be a raffle, for which tickets can be purchased from the house ensuring social distancing is observed. The draw will take place on Sunday 20th December at 20:00; a list of prizes will be advertised and all prize-winners notified.

This year it is even more important to give Magpas Air Ambulance the much-needed support it deserves, as due to Covid it is down £3 million on previous years.

Collection boxes will be available for donations or you can post any through the letterbox. Please stay safe, observe all the required Covid rules and we hope that you enjoy the lights and that they bring you some joy and happiness in what has been a very different and difficult year for everyone.

Christmas wishes to you all.
Jackie and Philip
SKATE PARK AND BARN CLOSE PLAY AREA

As many will have noticed, our Skate Park is now open again, following the maintenance work recommended by the Royal Society for the Prevention of Accidents (RoSPA). To comply with government guidelines we have displayed large banners providing advice on usage regarding Covid-19. To ensure social distancing is maintained, we are asking for a maximum of six people in the park at any one time and please remember to wash your hands if you touch the railings!

The Barn Close play area has remained closed until recently due to a surprising shortage of bark! RoSPA had recommended maintenance work including topping up the bark levels around play equipment. Hopefully, by the time you read this the play area will have extra bark and will be cleaned up ready for opening again. As for the Skate Park, Covid-19 guidelines should be observed and we will be displaying notices to remind users of the government advice.

The Parish Council would like to thank all residents for their patience while these works were carried out.

STILTON PAVILION

At the time of writing the Pavilion is still open and able to host small private events such as christenings, baby showers and any celebration where your guests are able to be seated. This is on the basis that social distancing is observed, that people remain in their groups of six (family bubbles) sitting at tables and do not move around too much. Recent events have been very successful. Guests were provided with pre-prepared food and drinks using disposable cups, cutlery and plates. These were on a separate table for each guest table to collect. This ensured the necessary social distancing.

If you would like to discuss hosting a small event at the Pavilion, please email the Pavilion Administrator at: pavilion@stiltonparishcouncil.org. Should we have to cancel due to stricter Covid-19 measures being brought in by the Government, then any deposit paid will be refunded.

REMEMBRANCE SUNDAY AND POPPY APPEAL

As a reminder to you all Remembrance Sunday this year is the 8th November. Richard Gibbs, our vicar, will be holding a service at Stilton's new war memorial at 10:45 am; Steve Ambler and some of his musicians will attend. A risk assessment will be implemented and Covid-19 guidelines applied for the service. We encourage all to attend this very important occasion to remember all our local heroes who paid the ultimate price for our freedom today. There will also be a Remembrance service on Wednesday 11th November at the war memorial, once again gathering at 10:45.

Like so many things this year, the Poppy Appeal has had to adapt to the threat of Covid-19 and The Royal British Legion is
asking the public to support them like never before, because every poppy counts. To support our Armed Forces Community, they have created a poppy template that can be downloaded from their website with the option to donate as well. Just pop over to www.britishlegion.org.uk/ to download your poppy template.

Are you up for the challenge of seeing Stilton windows full of red poppies this year? It's a great opportunity too for children to make their own window poppy.

**OAK SAPLINGS**

Our oak saplings will be delivered soon. Please let us know if you have ideas for planting any of them. You are welcome to plant them on your own land or make suggestions for planting on public land.

**PARISH COUNCIL VACANCIES**

We still have vacancies for enthusiastic parish councillors. We know there are people out there who really care for our village and we'd welcome them on board to help us with our work. Parish councillors make recommendations on planning applications, help decide how the rates are spent for the benefit of the village, work to preserve or improve our community's facilities and develop ideas for future village projects. If you are interested please ask the clerk (clerk@stiltonparishcouncil.org) for further details and an application form.

**THE NEW PLAYGROUND - UPDATE AND FURTHER QUESTIONS**

At an Extraordinary Meeting the Parish Council decided to look in more detail at siting the new playground on the green space in Gala Close. In particular, we are concerned about the cost implications at a time when Covid-19 is putting financial pressures on councils at all levels. Further work on costs in relation to the Council's budget will take place in the coming weeks to decide on a way forward.

Quite a number of questions were put to the Council at the meetings held with residents from Apreece Way and Gala Close. Some of these were answered in the FAQ published in September's **SCAN**. More specific questions, some of which were emphasized in follow-up emails, are being answered in a document that will be circulated to local residents and made available on our website. As other questions arise we will update our website to ensure everyone is kept informed of the latest developments.

**COUNCIL MEETINGS AND ZOOM**

Since lockdown earlier in the year, the Parish Council, like many others, has held its meetings remotely using Zoom. While this has some disadvantages, it has proved extremely useful for maintaining communications between councillors at their regular Parish Council and committee meetings.

The Parish Council is always keen for members of the public to attend its meetings, not only to listen to what is discussed, but also to present their views to Council when asked. This too is possible using Zoom. Our agendas (published on the website and on the village notice boards) provide the necessary links for you to join meetings. The Clerk (clerk@stiltonparishcouncil.org) also provides the necessary information.
The disadvantage of publicising the Zoom link widely is that it is open to abuse. Some individuals can log in to meetings and attempt disruption. Multiple logins of such disruptions, often using false names and email addresses, can prevent meetings from working effectively. One of our Parish Council meetings had such an attempted hijack. Fortunately, the Clerk was in a position to shut out the hijackers so the meeting could continue. However, we would not want to shut out legitimate members of the public, so it is always best to let the Clerk know that you are attending. That way you won't get shut out unintentionally!

**Stilton Memorial Remembrance**

**REMEMBERING INDIVIDUALS**

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

**Sharpe, Herbert**  
Died 2<sup>nd</sup> November 1914

**Prior, David Thomas William**  
Died 11<sup>th</sup> November 1917

**We will remember them**
Roy Thickpenny
A TRIBUTE BY STEVE AMBLER

Roy Thickpenny, for 50 years one of Folksworth's most endearing residents, died aged 77 on 11th October after fighting a long and serious illness. Born in Holbeach, he went to Spalding Grammar School and then trained as a Quantity Surveyor. But his great passion was athletics, being a very good long-jumper and hurdler.

After hanging up his track shoes Roy turned to coaching, becoming one of the best pole-vault coaches in the UK. In 2011 he was recognised for his services to athletics when he became England Athletic, East, Voluntary Coach of The Year and was runner-up nationally. Over the years he coached many English Schools Athletics Championship medallists and introduced hundreds of children to his sport whilst coaching at the Peterborough Embankment Track for our two local athletic clubs.

In the late 1990s he leapt into the realm of the self-employed by starting his own 'Athletics In Schools' business. He provided local after-school athletics sessions and ran very successful summer schools. After about eight years he retired - but spent even more time at the track coaching!

Roy leaves a daughter, Rachel, now the editor of Landscape Magazine, and his son Robert, who followed in his footsteps to become UK under-17 pole-vault champion in 1992 and now a high-profile coach/educator relating to fitness and conditioning. Roy was devoted to his two grandsons - Beckett and Josh - who have lost their 'Super Grandad'.

I first met Roy in 1982, digging a hole on the village field to make a long-jump pit for the school - what else! We found a great deal in common and became great friends. He encouraged me to take up athletics again and mentored me when I became a coach. I still use the knowledge he passed on to me in my current table-tennis coaching. Together with Roy and Kate Croll we founded the Stilton Cub Pack. He coached our cross-country team that won the district championship two years running; the first by such a considerable margin that the organisers thought we had cheated! We were a very small cub pack but packed a punch at running - most of it due to Roy's great strength at motivating young people.

We will miss seeing Roy driving to the track with his vaulting poles on the car roof. But what will not disappear is the loving legacy he has left to his family, friends and the athletics community.
At Folksworth School we often talk to our children about the importance of community, the need to help others and to celebrate the ways in which we all have different talents and skills. Well, now it is your turn!

We are looking for a Governor to join our team. If you are someone who feels passionate about helping young children to learn, grow and flourish in a Christian environment, you may be just the person we are looking for. You do not need to come from an education background, in fact it is actually better if you bring business skills with you, such as HR or finance. You will join our strong team of existing Governors, and help us all to provide the highest standards of education and care that we can for our children.

If you would like to find out more about how you can help shape the future of this thriving school, please contact chair@folksworth.cambs.sch.uk or call us on (01733) 240562.

We look forward to hearing from you,
FOLKSWORTH PRESCHOOL
APPRECIATE AUTUMN

Autumn is truly here with us and already our children have settled into preschool life beautifully. The children have been fascinated with the changing seasons, making kites on windy days and building homes for hibernating mammals. As we move into November we will come together during remembrance to reflect and remember those who sacrificed their lives for us all. During our walks around the village we have been noticing nature's changes, as we get ready for the coming winter.

We still have a few sessions available, so please contact us on 07542 172075 if you wish to discuss a place.

ART CLUB RETURNS!

And our new Covid-19 regime is working well in the Village Hall. Several of us haven't painted since lockdown started and are very happy to be back. Even with social distancing in place, painting together gives us the opportunity to exchange ideas and develop new skill which helps to improve our standard of painting.

If you feel inspired, we are always happy to welcome new members - Folksworth Village Hall, Thursdays from 12:30 pm to 4:30 pm. Call Cherry Hadley on 244258 for further information.

CARPET BOWLS

Carpet bowls has returned to the village hall on Mondays at 7:30pm and attendees report they are able to have fun and socially distance. Please call Chris on 241938 if you would like to come and give bowls a go.

VILLAGE HALL

We are delighted to welcome Andy Goodfellow as a Trustee and Member of our Management Committee. There is a lot of activity behind the scenes in running a hall (especially with all the Covid regulations) and it's definitely a case of many hands make light work. If you would like to get involved, please contact Annie Blair on 243463

We have received very detailed guidance from ACRE (Action with Communities in Rural England) on what events can be run in village halls and guidelines on how to do so safely. Things may of course change but at the time of writing we are planning several events. See the ads in this issue.

Saturday 7th November
Coffee morning in aid of Royal British Legion Poppy Appeal

Saturday 7th November
Quiz in aid of Royal British Legion Poppy Appeal

Saturday 6th December
Christmas Fayre

The Christmas Fayre is a great opportunity to purchase stocking fillers from local people. Entrance is free and there is no charge for stall holders (although donations to the Village Hall Improvement Fund are always welcome). Please call Sarah Abbott on 247275 to book a table.

To book either the hall or our new community room please call Joy on 241938.
As the situation with COVID-19 continues to change our daily lives and guidance from central government 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. Currently, our area is within the lowest level of restrictions - rule of 6 and pubs and restaurants closing at 10pm - but this can change rapidly and it’s important to know exactly what can and can't be done. Obviously, the guidance on hand washing and social distancing remains.

The community Facebook page is an important tool in keeping people talking and sharing information and we will post any changes on the website as and when we receive them together with any information we feel might be useful. Please get in the habit of checking the site daily as things can change quickly.

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. We want to be ready to offer help where needed. If you feel you might need any assistance at all this coming winter, please contact me.

Parish Council meetings continue to be held remotely via the Zoom platform. Recently, 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.

You may have noticed that the Parish Council noticeboard on the Village Hall has been removed. A replacement was ordered but because of the insulation to the refurbished hall it is too heavy to mount on the wall. It has been decided to modify it to allow erection on the grassed area near the pond. It was felt this was a good site as many people visit the pond. The responsibility for the pond remains with Cambridgeshire County Council which is in the process of ordering new signage. Please do not feed the ducks on the pond as this encourages rats. Please also warn any young members of your households who fish there to be extremely careful as the water is very deep in the middle.

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 and take plenty of hand sanitiser with you.
There is one small rubbish bin which is emptied regularly but it would be a great help if those using the playing field could take their rubbish home with them. Dogs, either on or off the lead, are not allowed on the field.

The new website is a work in progress and current the 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

The Parish Councillors continue to do 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 officially over hedges and trees can be maintained. If there are any on your property which are overhanging the footpath or making it narrower than usual could you please remedy this. We often receive complaints from parents pushing pushchairs and people using mobility scooters that they are unable to get past.

Council is not permitted to organise an official litter pick but would encourage all residents to keep an eye on their own areas. Many of you are already doing this and we are very grateful.

Jackie Stanbridge
Clerk to the Council/RFO
07724 171158

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FOLKSWORTH, WASHINGLEY AND MORBORNE VILLAGE HALL

**XMAS FAYRE**

SATURDAY 5TH DECEMBER
FROM 11 AM TO 3PM

With cake, home cards and bags, books for Christmas, art from our local group and more. Refreshments available

Admission FREE - and no charge to stall holders
(although donations towards village hall improvement fund appreciated)

Please call Sarah Abbott on 247275 to book a table
Remembrance
GIVE THANKS FOR ALL WHO SERVE

Twelve months ago, as churches, we were hugely appreciative - even taken aback - by the noticeable rise in the number of people attending Remembrance Services. You may have noticed that, in general, festivals develop year on year and our concern is increasing for the sacrifice of war and the connection our villages have with those who gave their all for us.

During 2020 we have repeatedly taken time to give thanks to others who serve their country (the word 'serve' is a really telling term used for those who joined the armed forces too). This has been undertaken in the face of an invisible enemy when NHS workers and those in the caring professions have been going to work during severe lockdowns to make sure vulnerable people have the help they need. They were of course joined by those in essential services such as shops and food banks. When restrictions reduced from their height in the Spring, it was easy to forget how much of a burden was laid on those who did all these things for us. Many were on something like the minimum wage too.

Perhaps this year, we will feel an even greater sense of appreciation, and even awe, for those who serve through taking risks and making sacrifices for others. The story of the cross of Jesus is one that never seems to run out of perspectives from which the story can be told. It's also true that our lives in their harshest expressions can help us to make a connection with Jesus' experience. It's an honour then, to be involved in our villages’ expressions of this thankfulness on Remembrance Sunday. You would be very welcome to join us on 8th November at the service times below. Please also take note of the essential precautions we should all observe to keep one another as safe as possible.

God bless,
Richard

Folksworth St Helen's Churchyard
9:45am

Stilton Stilton War Memorial
10:45am

● We recommend you wear a face mask
● Please do not mix households
● Please keep at least 1m apart
● We are not currently able to sing, though we will have traditional Remembrance hymns.

Please be aware I am writing this article about Remembrance on 12th October!
## SERVICES TIMETABLE

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**Family = Family service**<br>
**HC = Holy Communion**<br>
**MP = Morning Praise**

**Remembrance start times and locations as shown above**
Every poppy counts

Can’t find a poppy on sale?
Go to www.britishlegion.org.uk - make an online donation and download a printable poppy. Show our heroes that you care!
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
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<td>&lt; To join Stilton or Folksworth Rainbows, Brownies or Guides, please visit: <a href="http://www.girllguiding.org">www.girllguiding.org</a></td>
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<td>&lt; Mat Pilates</td>
<td>M 6:45-7:45pm, 8-9pm; T 6-7pm; W 9:15-10:15am</td>
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<tr>
<td></td>
<td>&lt; Chairobics</td>
<td>Tue 11am-12:30pm; Thu 10:30am-12noon</td>
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<tr>
<td></td>
<td>&lt; Chairobics</td>
<td>2:30pm</td>
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<tr>
<td></td>
<td>&lt; Stilton United FC</td>
<td>3:00pm kick-off</td>
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<tr>
<td></td>
<td>&lt; Taoist Tai Chi</td>
<td>7:30pm</td>
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<tr>
<td></td>
<td>&lt; Folksworth Art Club</td>
<td>12:30-4:30pm</td>
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<tr>
<td></td>
<td>&lt; Folks worth Ladies' Circle</td>
<td>7:30-9:30pm Friday 4th Tuesday in month</td>
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<tr>
<td></td>
<td>&lt; Yaxley Flower Club</td>
<td>3rd Thursday, 7:30pm</td>
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<td></td>
<td>&lt; Stilton Stumblers (walking group)</td>
<td>Alternate Sundays 10:00am See info in this issue</td>
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<tr>
<td></td>
<td>&lt; Mobile Library (Stilton and Folksworth)</td>
<td>4th Wednesday in month</td>
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<tr>
<td></td>
<td>&lt; Age Well Club</td>
<td>9:30 - 11:45am</td>
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<td></td>
<td>&lt; 'Chatterbox' Carers' Support Group</td>
<td>2nd &amp; 4th Mondays, 2-4pm</td>
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<td>&lt; Music &amp; Spoken Word Social Group</td>
<td>2nd &amp; 4th Fridays, 1:30-3pm</td>
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<tr>
<td></td>
<td>&lt; Sawtry Vintage Club</td>
<td>10am - 2:30pm</td>
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<tr>
<td></td>
<td>&lt; Sawtry Friendship Club</td>
<td>10:30am - 1:30pm</td>
</tr>
</tbody>
</table>
### WHERE

| Stilton Church Meeting Room | Michelle Pratt | 07906 114942 |
| Playgroup                  | Leslie Kirk   | 247682   |
| Stilton Pavilion           | Rebecca Mills | 07498 528393 |
| Folksworth Village Hall    | Nikki         | 07542 172075 |

### WHO

| 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 |

### CALL

| 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

**Stilton Pavilion**

- Rusell Leigh: 07805 350389
- Vicky Leschallas: 07919 053140
- Frances Ellis: 07714 773528
- Louise Knox: 07957 983950
- Steve Ambler: 242156
- Scott Sherrington: 242409

**Stilton Church Meeting Room**

- Sue Gibbs: 07709 938122
- Sue Gibbs: 07709 938122
- Terry Baker: 07756 778154
- Varies: 07597 613392
- Cherry Hadley: 244258
- Karen Mason: 07980 262253
- Yvonne Wagstaff: 243370
- Shirley Gregory: 246209

**Folksworth Village Hall**

- Brian Bowen: 241310
- Brian Appleyard: 244642
- CareSasco Centre: 07751 798287
- CareSasco Office: 01487 832105
- Vicki: 01487 832105
- Pat: 01487 832105

### Meet at the Pump

- Miranda: 07751 798287
- CARESCO Centre: 01487 832105
- Vicki: 01487 832105
- Pat: 01487 832105

### tombola?

**See advert in this issue**

**Austen Hall, Main Street, Yaxley**

- Miranda: 07751 798287
- CARESCO Centre: 01487 832105
- Vicki: 01487 832105
- Pat: 01487 832105

### Stilton Church Meeting Room

- Michelle Pratt: 07906 114942
- Leslie Kirk: 247682
- Rebecca Mills: 07498 528393
- Nikki: 07542 172075

Be sure to tell our advertisers you found them in **SCAN**!
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
We must keep on protecting each other.

HANDS

FACE

SPACE

STAY ALERT › CONTROL THE VIRUS › SAVE LIVES
Every Mind Matters

The past few months have been hard on everyone, including children and young people. As a group, young people are currently reporting higher levels of stress and anxiety than the adult population, and their parents and carers are understandably concerned.

That's why in September, Public Health England (PHE) launched the next phase of the Better Health - Every Mind Matters campaign, designed to support children and young people's mental well-being.

Try the NHS free mind plan quiz now www.nhs.uk/oneyou/every-mind-matters/your-mind-plan-quiz/ and discover simple steps to look after your mental well-being. Or use the QR code below.

Practice News

We sadly say goodbye to our Lead Nurse/Advanced Nurse Practitioner, Kerry Gardner, who has been promoted to Chief Nurse for the whole of Lakeside Health Group. We thank her for her excellent contribution to our Yaxley site and wish her well in her exciting new role.

We welcome our new Nurse Practitioners, Susan Holland and Nicola Blake.

Lung Cancer Awareness Month
HOLD YOUR #HEADHIGH

Lung Cancer Awareness Month takes place every November in the UK.

The aim of the campaign is to encourage people displaying the common symptoms of lung cancer, such as a persistent cough, breathlessness or unexplained weight loss, to contact their GP. Is this you? Or your partner? Don’t hesitate!
Pancreatic Cancer Awareness Month

Raising pancreatic cancer awareness can be done as an individual or group all year long, but it is especially important during Pancreatic Cancer Awareness Month in November.

It is a time of the year when we have the most voices speaking about out pancreatic cancer. Learn more about ways you can participate so you can help us raise awareness and funds during November.


Monthly Closure

The Practice will be closed for Clinical Governance purposes between 12:30pm and 4:00pm on Wednesday 2nd November. Emergency Telephone is (01733) 240478.

Stilton Stumblers

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

Covid-19 mitigations mean that all walks are local, starting and ending at the Pump. Meet for a 10:00am start.

<table>
<thead>
<tr>
<th>1st November</th>
<th>15th November</th>
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<tbody>
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<td>29th November</td>
<td>13th December</td>
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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!
Tulip Mania
TIME TO GET THOSE BULBS IN!

Planting tulip bulbs during November and December reduces the risk of a nasty fungal disease known as 'tulip fire' which makes the leaves look scorched, writes Pat Maltman. The fungus is less likely to spread when the soil is colder.

Many modern hybrids won't flower a second year, so if you want perennial tulips you need old-fashioned 'heritage' varieties. Darwin and Triumph tulips will come back if planted deeply enough. For a Darwin tulip anything with 'Appledoorn' in its name is good. Many species tulips will return - clusiana hybrids such as 'Peppermint stick' and 'Lady Jane' will come back year after year, as will the dwarf batalinii hybrids including 'Bright Gem', 'Salmon Gem', 'Bronze Charm' and the slightly taller 'Honky Tonk'.

Planting deeply is the key. Even 8 to 10 ins (20 - 25 cm) is not too deep. If you plant too shallow the bulb will simply split off daughter bulbs which won't flower for years, and the mother bulb will be so small it won't flower again either. (In the tulip fields of Holland bulbs are planted shallow so as to produce new bulbs.)

Planting deeply also deters squirrels, mice and rats, which like nothing more than eating fat, juicy bulbs. Last year I planted up a large strawberry pot with about 75 crocuses, 5 to each side hole and some in the top. But I didn't raise the pot up, so after two days not a single crocus remained!

A few weeks ago, Monty Don on Gardeners' World was digging up self-seeded forget-me-nots from where he didn't want them to where he did want them - in bulb beds. I had already thought of this and left a patch of self-seeders to plant in the pots of tulips I'm going to plant in November so we won't have what looks like pots of soil with nothing planted in all winter. It does give you a feeling of self-satisfaction to have thought of it first!

The pond - oh dear! It now needs a lot of TLC. All summer it has had large cushions of pale green alga called Spirogyra, aka snot weed! We didn't net the pond last winter so the decomposing leaves at the bottom increased the nitrogen content of the water and everything just grew, encouraged by a very warm spell in late spring/early summer.

The pond plants always need thinning out at this time of year. We grow them, including the water lily, in pond baskets. They really don't need soil; just place the plant in the basket and cover with gravel to weigh it down. Water your pond plants before submerging them; it reduces trapped air bubbles and stops the plant popping out of its basket.
Harvest Casserole
SOMETHING HOT, FILLING AND TASTY FOR AUTUMN

Now’s the time to start enjoying comfort food again, so why not try Izzy’s tempting autumn casserole. Ideal for after fireworks!

YOU NEED
1 Butternut squash
2 Sweet potatoes
3 Cups of water
½ tsp salt
1½ Cups of couscous
5 Cooked sausages, sliced
1 Green bell pepper, chopped
1 Onion, chopped
2 Cups grated cheese

SIMPLES!
Preheat the oven to 350°F (175°C).

Place the butternut squash and sweet potatoes cut-side down on a baking sheet. Bake until softened - about 30 minutes. Cool until easily handled - 5 to 10 minutes. Scoop the flesh out of the skins and place in a 9x13-inch casserole dish.

Bring the water and salt to a boil in a small saucepan. Stir in the couscous and simmer over medium-high heat until the couscous is soft - about 5 minutes. Drain excess water.

Stir the couscous, sausage, pepper and onion into the casserole dish. Sprinkle mozzarella cheese on top. Cover the dish tightly with aluminium foil.

Bake in the oven until hot and bubbly - about 30 to 40 minutes.
Going Digital
CAMBRIDGESHIRE LIBRARIES PRESENT EngAge ONLINE

For a few years now many libraries have hosted EngAge; social events consisting of a speaker followed by Q&A and a cup of tea. Whilst COVID-19 restrictions continue we now bring you EngAge Online! These digital and interactive sessions temporarily replace EngAge events in libraries.

We have a variety of interesting speakers and topics to offer as part of this programme. For further information on upcoming sessions please visit: www.cambridgeshire.gov.uk/residents/libraries-leisure-culture/libraries/library-online

If you are interested in being in the audience for any of these events, please request your virtual ticket by sending an email to: volunteers@cambridgeshire.gov.uk

Simply choose the mobile library as a pick-up 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

Mobile Library Resumes

As we reported last month, the popular mobile library service has resumed, with shiny new vehicles.

It’s returning to its regular stops, but unfortunately access to the vehicle is limited to help keep staff safe and it will be providing books selected in advance.

Customers can pre-order books to collect from 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.

eLibrary

And don’t forget Cambridgeshire Libraries’ 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.

Also, don't forget our social media presence on Facebook, Twitter and Instagram, as well as our monthly eNewsletter.
Tune in to our online Storytime and Rhymetime sessions and you will 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 is now underway. 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

You can currently access the following:

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

Return items at any open library

Our IT facilities are 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, but exact change is needed.

The Library at Home Service has partially resumed and will resume the full service as soon as is possible.

**LOANS, RENEWALS, RESERVATIONS AND CHARGES**

At this current time all items borrowed are being issued for six weeks.

Reservation charges are currently suspended.

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**Joining and Using**

You can join the library online at: www.cambridgeshire.gov.uk/residents/libraries-leisure-culture/libraries or by phone on 0345 045 5225.

Yaxley Library

**REVISED OPENING TIMES**

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
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<tbody>
<tr>
<td>Tue</td>
<td>10:00 - 14:00</td>
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<tr>
<td>Thu</td>
<td>14:00 - 18:00</td>
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</tbody>
</table>

**Renewals & enquiries:**

(0345) 045 5225
www.cambridgeshire.gov.uk/library