Great Shelford VILLAGE NEWS

SEPTEMBER 2022

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GREAT SHELFORD

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GREAT SHELFORD PARISH COUNCIL

greatshelfordparishcouncil.gov.uk

SUMMARY FROM THE UNADOPTED MINUTES OF THE COUNCIL MEETING ON 15 JUNE 2022

REPORTS FROM COUNTY AND DISTRICT COUNCIL MEMBERS

A report from the County Councillors was made available before the meeting. County Cllr Milnes noted that he repeatedly shares the views of the Parish Council with the relevant bodies.

Discussions were had on the new retirement village proposed for Stapleford off Haverhill Road and Hinton Way. It was noted that the original plans did not have crossings on the busway but that the Greater Cambridge Partnership is now considering bridges and/or underpasses as the Country Park has to be of benefit to neighbouring villages.

The emerging local plan for the Greater Cambridge Shared Planning Authority was discussed as new proposals and land allocations have been added. District Cllr Fane noted that though the deadline for submissions has passed, anyone can add a site to the plan up to the date when the Planning Inspectorate looks at it. District Cllr Fane noted that current Council members do not intend to look at any sites proposed after November 2021.

District Cllr Fane noted that his report had been circulated to members and includes a section on Zero Carbon Grants available via the District Council. The District Council is also looking to help those who may be facing problems in winter this year due to energy inefficiency.

Parish Council members felt that South Cambridgeshire District Council is not listening to its residents, especially in respect to the East West Railway. It was asked how Great Shelford and other parishes can get their points of view across.

NB The full County and District Councillor reports can be found on the Parish Council website at *https://www.greatshelfordparishcouncil.gov.uk/minutes-agendas/full-council-documents/*

REPORTS FROM COMMITTEES AND WORKING GROUPS

Cllr Disley had sent in a report from the Traffic and Transport Infrastructure Working Group (TTIWG):

• A formal monitoring of traffic passing along Church Street / High Street took place in the first week of July (undertaken by Intermodal) and an analysis of speed and volume is in process. A short preliminary report is due within the next few weeks prior to suggestions for improvements.

1

- The local police constable has been invited to visit Church Street at school drop-off time to observe and comment. Enforcement of an improved parking plan will be a critical element.
- The Local Highways Officer (County Council) has suggested the addition of new gullies to help avoid rain splash against the listed properties in Church Street and will finance a temporary road closure in the autumn this may be an opportunity to undertake more trial measures and analysis?
- TTIWG drafted a response from the Parish Council to the Greater Cambridge Partnership New Road Classification survey, noting concern about traffic displacement from re-classified roads between Great Shelford and the city centre.
- TTIWG are drafting a response to the Local Transport and Connectivity Plan. (LTCP) Consultation, which needs to be promoted on the Parish Council website with a reply by 4 August.
- Two parents from the primary school have offered to liaise with parents, staff and children to help inform TTIWG and the Neighbourhood Plan. The first initiative would be organising a day where all year groups consider the local built and natural environments and what changes they may like to see. The Head has agreed to have an 'off-curriculum' day and GSPC will be asked to help develop the agenda and suggest acceptable outcomes.

Ongoing concerns about the facilities being taken away from the Scout and Guide groups continue to dominate discussions about Wheelscape. It was noted that though it is cricket season, football players were training on the Rec and as it was so busy, there was nowhere for the Scouts to go should they need the space. It was agreed to defer this discussion until the September meeting.

COUNCIL ADMINISTRATION

The Chairman reported on how well the Parish Council stall at the Feast had been received by residents. Comments raised by residents have been collated and circulated to all members. It was agreed that these comments would be allocated to the relevant committees.

The Clerk noted that progress had been made on items on the Business Plan. The application for the Local Council Award Scheme had been sent in; paving around the Pavilion is underway; CCTV quotations are being sought; advice is to be sought from riverbank specialists; and work is under way with residents on wildlife enhancements for the village.

COMMUNITY MATTERS

The Clerk had met with representatives of the Free Church who would like to bring the Christmas Carol event back into the centre of the village this year. It was agreed to support the organisation and to donate £500 towards the event.



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Cllr Watson noted that he had walked the permissive path from Church Street to Hauxton Mill with the new Public Rights of Way (PROW) Officer, who is very supportive. In order to keep the permissive path open, a sum of £1,000 per year, for 25 years, has been requested from the Parish Council towards the upkeep of the path, which is carried out by the tenant farmer. It was noted that it is possible that this path could be considered a 'lost footpath' and this should be investigated. It was agreed to commit to £1,000 expenditure for the next 25 years, that Cllr Watson would speak to the PROW officer and that there would be an investigation to see if the path is a 'lost path'.

Cllr Watson noted that the OASISS group wants to help the Ukrainians in the area to learn English and will be looking for venues for lessons. It was agreed to support OASISS's proposals for teaching the Ukrainian refugees.

FINANCE

Members considered the grant application from Active with Parkinson's Cambridgeshire for their work with Parkinson's patients. It was agreed to provide a grant of $\pounds 300$ to the project.

Representatives of the Shelford and Stapleford Youth Initiative thanked members for their support during 2021/22, and explained that their work has grown: there are now five youth workers and they don't just work from the youth building. The grant request is for 25% of their core activities, which is 17% of the total budget for the year. 25% of the attendees come from Great Shelford. Other parishes have been approached for help, including Sawston, Little Shelford and Stapleford. Money to help with their activities also comes from other institutions, churches, donations and County and District Council grants. It was agreed to provide a grant of £17,500 to the charity.

Full copies of the minutes of the Parish Council and Planning meetings can be viewed on the Parish Council website *greatshelfordparishcouncil.gov.uk/minutes*

PARISH COUNCIL & COMMITTEE MEETINGS IN AUGUST

Planning Committee Cemetery & Allotments Planning Committee Full Council 5 September 7.30pm 14 September 7.00pm 19 September 7.30pm 21 September 7.00pm Pavilion Pavilion Pavilion Pavilion

Meetings may be adjourned for up to 15 minutes when the public can ask questions and put forward points of view related to business on the agenda or for items they wish to raise for future agendas. No decisions can be made in this section of the meeting.

PLANNING APPLICATIONS PARISH COUNCIL COMMENTS

22/02225/HFUL	64 High Street	Home office.	
Application supported.			

22/02793/FUL	The Kings Orchard	Erection of a new six bedroom		
	Kings Mill Lane	dwelling in the place of an		
		existing dwelling and a		
		detached single storey pool		
		house and pool.		
It was felt that there was not a sufficient traffic management plan for				
construction operatives on Church Street. Members also expressed grave				
concerns that the house is not in keeping and the developers have not				
considered the effe	cts it will have on trees in the	he area.		

They requested that the application should be taken to the Planning Authority's Planning Committee for consideration.

22/03107/PRIOR	185 Cambridge Road	Single storey rear extension.
Application suppor	ted.	

NOTE

The *Great Shelford Village News* is published by the Editorial Committee, whose members are delighted to receive the many regular and occasional contributions that make it all possible. The Committee accepts such contributions in good faith, but cannot take responsibility for the accuracy of information contained therein. The views expressed are those of the contributors and do not necessarily reflect those of the Editorial Committee. The Committee, of necessity, reserves the right to amend or reject items, for a variety of reasons. In these cases (unless the changes are minor), every reasonable effort will be made to contact the contributor to obtain agreement.

Editorial Committee



PARISH COUNCIL NEWS

As I write this school holidays are in full swing. There is a buzz around the village as residents enjoy the sunshine.

Memorial Hall

Since the beginning of this month, Great Shelford Parish Council has been managing the Memorial Hall along with the other facilities it owns (thanks once again to the Community Association for all their work over the years). We have enabled calendars to be viewed online so that you can check to see if the hall or other facilities are available before you make a booking. We are also in the process of setting up the booking forms online so that these can be completed without having to wait for the office to be open.

Our Memorial Hall is an old building and there are areas we would like to consider improving including the energy efficiency, toilet facilities, etc. We want to understand what our residents and regular hirers want from the hall so that we are providing a facility fit for the community it serves. We would ask, therefore, that you complete the survey and spread the word.

Please visit our Memorial Hall page on the website for more information. *https://www.greatshelfordparishcouncil.gov.uk/memorial-hall/*

If you wish to book any of our facilities, please contact Jenny Eldridge on *office@greatshelfordparishcouncil.gov.uk*.

More Trees in the Village

You may be aware that Great Shelford Parish Council declared a Climate Emergency earlier in the year. We are working on an action plan to help us reduce our carbon emissions and look at other ways to have a positive effect on our sustainability and resilience. We would love to plant more trees in the village, though perhaps when cooler but we have only limited space available on our public land which does not affect the highway. If you can think of anywhere that might be suitable to plant some trees, please do get in contact with the office: *clerk@greatshelfordparishcouncil.gov.uk*

Shoppers' Bus – Update

Last month we told you that we would be trialling running the Shoppers' bus on a Monday morning for the month of August. This month we want to confirm that it will run also throughout the month of September. So please do look out for the CL Travel bus and catch a lift by waving it down on its route. The service is free of charge and can take a maximum of 16 passengers.

Local Council Award

Great Shelford Parish Council has recently attained the *Foundation Level* of the Local Council Award Scheme. The achievement recognises that we achieve good practice in governance, community engagement and council improvement. It also means that we go above and beyond our legal obligations, to help our community improve and develop.

Our next task is to seek Quality Status which means that we want to improve even further. I want to thank all our councillors and staff for their hard work to make this happen.

Don't forget to get in touch with us should you have any relevant concerns. Our telephone number is 01223 616622 and Libby will be available to help during office hours (please leave a message outside of these times or email). Councillors have emails too, which can be found on the website. If you do email a Councillor we ask that you copy in Libby.

Malcolm Watson, Chairman

SHELFORD SCHOOL

REMEMBERING MR STARLING

Following the report of Ken Starling's death which appeared in the February edition of the GSVN, a former pupil whose own children now attend Shelford School suggested setting up something in school to remember Mr Starling.

To that end School Council members were asked to canvas their fellow classmates on what would be a) a fitting memorial for Mr Starling and b) of benefit to pupils now and in the future.

The suggestion that won the most support was a friendship bench for the playground. It will be a special place where children may go when they want someone to talk to and will be made of wood to recall Mr Starling's passion for carpentry.

A bench has now been made by a local carpenter and will soon be decorated with designs suggested by the children.

If you would like to make a contribution towards the cost of the bench please make cheques payable to 'Shelford School' and forward them to The Treasurer, Shelford School Support Fund (SSSF) c/o the school office.

Alternatively, direct payments can be made to the SSSF – account number 00811386, sort code 20-17-19.

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GREAT SHELFORD PARISH CHURCH

www.stmarysgreatshelford.org

News from St Mary's Church

A friend described the 'new normal' after the pandemic to be nothing of the kind. 'It is like getting into a different car where things are in different places.' The world has changed and we have changed. When we make a rapid transition, such as we all have, we dip into a u-curve of thoughts and feelings. We mourn the loss of the old certainties; we try to



make sense of what has happened as well as begin to try to reimagine the future ahead. Then we begin to emerge in a new place. We are in this process as individuals and as a church too.

I came across a helpful phrase recently; it's 'post traumatic growth'. This is the stage beyond the acceptance of what has happened as we seek to draw out new meanings from it. By choosing our responses in the light of new meaning we can become different, stronger and more resilient. This is growth. The end point of our pandemic transition is not the acceptance of a new normal, but a post pandemic growing. In the church we are trying to do this by being proactive in our care for people and in our thinking ahead to the kind of people and community we want to become. From this has come a willingness to work with other partners and an openness to new ideas of what we can do together.

This month two new ventures are beginning for children and young people. For young people we are planning a monthly service and discussion group. This has been initiated by a young person in St Mary's. The programme of topics for discussion will be generated by those young people who come and they will be involved in the worship. There will be refreshments too.

For younger children and their families and those who enjoy being outside, an exciting new joint venture with the Free Church is starting this month on 25 September. Outdoor Church will include both a service and activities. It will alternate between the grounds of the two churches and the first will take place behind Cara coffee. We hope that children and their families will join us.

Revd Dr Julie Norris, Associate Priest

From the Registers:

Marriage Blessi	ng: 27 August	Peter and Beth Duncan
Funerals:	12 July	Richard George Wade
	19 August	Anne (Topsy) Parker
	25 August	Margaret Elizabeth Gwendoline Pryor

September Services

You will receive a warm welcome at any of the following services. These are all going to be held in church except for the Zoom services.

Sunday 4 September (Twelve after Trinity)

8am	Holy Communion (BCP 1662)
10am	Family and Holy Communion
6.30pm	Zoom service

Sunday 11 September (Thirteen after Trinity)

8am	Holy Communion (BCP 1662)
10am	Parish Communion
6.30pm	Zoom service

Sunday 18 September (Fourteen after Trinity)

8am	Holy Communion (BCP 1662)
10am	Parish Communion
6.30pm	Zoom service

Sunday 25 September (Fifteen after Trinity)

8am	Holy Communion (BCP 1662)
10am	Parish Communion
6.30pm	Zoom service

Holy Communion (BCP 1662) is a spoken service in traditional language with a short sermon. Parish Communion is our usual main service with music, sermon, children's activities and Holy Communion.

Family and Holy Communion Service on **4 September.** For this service we are bringing the altar down into the Nave to make it more visible for those who are newer to it. There will be a short address which will be accessible to children, young and older people. We welcome children and don't want parents to worry about them if they move or speak in the service. Contact Gillian Pett *gillian.pett29@gmail.com* for details.

Our **Zoom Service** is a time of reflection following a variety of different styles; email *revjulienorris@gmail.com* to request the link.

Young People Service and Discussion group 18 September 5pm in St Mary's Church. The discussion this month will be 'Is the Christian Faith relevant in modern times'. For details contact *Rowan.staines@gmail.com* or *revjulienorris@gmail.com* **Outdoor Church 25 September in the afternoon**. This is a new monthly joint venture with the Free Church for children and adults who would like to have a less formal, active based, usually outside, experience of worship. This month it will take place at the back of Cara Coffee. Contact Gillian Pett *gillian.pett29@gmail.com* or *diana@shelfordfreechurch.org.uk* for details.

Food Box: We continue to supply a small number of tins, dried produce and other staples such as boxed milk in the Friendship Box in the porch of St Mary's Church. The tins of meat, microwave rice and milk go quickly from the box. Please can you consider putting in a tin. This is a friendship box. Those who give and those who receive wish each other well. We all benefit from this friendship.

Pilgrim Group: We start to meet again 12 September at 2pm. We begin with a session on Mark's Gospel. Then we will look at aspects of Luke's Gospel using material called 'Mapping Luke.' We will be meeting in the Community Room at St Mary's Church. Please come along.

Vacancy: St Mary's is still in vacancy. The process is moving forward towards the appointment of a new incumbent. We are very grateful to visiting clergy who step in to assist us.

Harvest Festival: Please note that 2 October is our Harvest Festival at St Mary's. The 10am service will be a Family Holy Communion Service.

For more information about Great Shelford Parish Church

visit our website: www.stmarysgreatshelford.org

Associate Priest : Revd Dr Julie Norris 01223 871807 or email: *Revjulienorris@gmail.com*

Parish Administrator : Katharin Page 07710 518220 Or email *pagekatharin@gmail.com*

St Mary's Great Shelford is a Registered Charity, No. 245456

OCTOBER ISSUE OF THE VILLAGE NEWS

The deadline for copy for the next issue of the *Great Shelford Village News* is Friday 16 September and it should be available on Friday 30 September, with subscribed copies delivered shortly thereafter.



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SUMMER OF DISCONTENT

It is late in the evening as I type this, wearing a sleeveless summer dress and sitting here with the doors and windows wide open, my lawn the colour of breakfast cereal. The Met Office has estimated that the recent heatwave was made 10 times more likely because of climate change and when mentioning this, the BBC team received hundreds of abusive tweets or emails questioning their reports and telling them to 'get a grip', as temperatures hit 40 degrees C.

A few months ago I took part in 'The Big Plastic Count'. As someone who actively chooses to minimise plastic usage, I discovered that my family still got through 88 pieces of plastic, much of it single use, in a week. UK households throw away almost 100 billion pieces of plastic every year and only 12% of this is recycled in the UK. Instead, our government ships more of our waste overseas where it's often dumped or burned.

War in Europe, the economic repercussions of Covid and a crisis in our government have conspired to produce a cost of living crisis the likes of which most people have never before experienced, with many facing a choice between eating and heating.

With such huge and frightening issues, it's tempting to become despondent and give up hope. When governments do not keep the minimal promises they make it seems we can do nothing against such big problems. Yet we believe that our God cares deeply about his creation and not being able to do everything is not an excuse for doing nothing. The Christian writer N.T. Wright says,

'Virtue is what happens when someone has made a thousand small choices requiring effort and concentration to do something which is good and right, but which doesn't come naturally....Virtue is what happens when wise and courageous choices become second nature.'

So how to make those small choices? At GSFC, we are committed to becoming an Eco Church and are working towards our silver A Rocha UK award for churches who want to demonstrate that the gospel is good news for God's earth. We'd love to share lots of our practical ideas with you and with that in mind are holding our second Eco Fest on Saturday 10 September. This will be in partnership with another 2G3S Repair Café, which we anticipate being even more successful than the last. There will be opportunities to browse stalls from a host of local sustainable producers, sample home-made soup, find out how to swap baby clothes, enjoy crafts with children and recycle small electrical appliances to name just a few of the choices on offer. Do come along and share in our small steps towards being part of caring for God's creation. 'Though the fig tree should not blossom, nor fruit be on the vines, the produce of the olive fail and the fields yield no food, the flock be cut off from the fold and there be no herd in the stalls, yet I will rejoice in the Lord; I will take joy in the God of my salvation.' Habakkuk 3:17–18

Liz Jenkin, Elder, Great Shelford Free Church

FREE CHURCH ACTIVITIES IN SEPTEMBER

Sunday Services

Sunday 4 September – morning service at 10.30am

Sunday 11 September – evening communion service at 6.30pm

Sunday 18 September - Café Church and Harvest Thanksgiving at 10.30am

Sunday 25 September - morning service at 10.30am

Regular activities

Community Café restarts on 5 September. Monday mornings, 10–12 noon. Everyone is welcome

Little Steps toddler group restarts on Wednesday 7 September, 10–11.30am, for parents and carers with toddlers up to 3 years old.

Tiny Toes support group for parents with babies up to one year old restarts on 7 September. Every Wednesday 1.30–3pm.

To register your interest in a place for one of the Wednesday groups please contact *administrator@shelfordfreechurch.org.uk*

Special event

Saturday 10 September - Eco Fest and Repair Café, 10am-2pm (see cover)

Great Shelford Free Church and St. Mary's Church Great Shelford are pleased to announce a new collaborative venture.

Open Space

A place for families to have fun and explore faith together outdoors.

There will be activities to do, things to discover, games to play and opportunity to share and grow faith with one another. Refreshments will be provided.

The events will take place on the fourth Sunday of each month, 3–4.30pm

25 September - behind Cara Coffee

30 October - in St. Mary's churchyard

 $27 \ November - behind \ Cara \ Coffee$

If you're a family with school age children come and join us and find out more.



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GRANTA Medical Practices

FLU CLINICS 2022

Now that we are all socialising again and there are questions about lower levels of immunity since lockdown, it is really important to get your flu vaccine. We now have the dates of our clinics, which are as follows:

- Saturday 24 September Sawston Medical Practice, CB22 3HU
- Saturday 1 October Linton Health Centre, CB21 4JS
- Sunday 2 October Market Hill Surgery, SG8 9JN
- Saturday 8 October Shelford Health Centre, CB22 5FY
- Sunday 16 October Linton Health Centre, CB21 4JS
- Sunday 16 October Barley Surgery, SG8 8HY
- Friday 21 October Sawston Medical Practice, CB22 3HU
- Saturday 22 October Shelford Health Centre, CB22 5FY

All clinics will run from 8.30am to 4pm. Please phone for an appointment.

We will be vaccinating:

- All children aged 2 to 3 years on 31 August 2022
- People aged 65 years and over (including those becoming 65 by 31 March 2023
- Patients aged from 6 months to less than 65 years of age in a clinical risk group such as asthma, COPD, chronic heart problems, and diabetes. If you are unsure if you fit into an 'at risk' group please ask
- Pregnant women (including those women who become pregnant during the influenza season)
- Household contacts of immunocompromised individuals, especially those for whom continuing close contact is unavoidable
- Those in long stay residential care homes
- Those who are carers
- Those with a learning disability

The government are also extending the cohort to include those patients 50 years old and over with no underlying health conditions. However, these patients will be vaccinated later in the programme, most likely November time.

The vaccines we are using this year are:

For the 2 to 3 year olds – *Fluenz nasal spray*. This should arrive in time for us to vaccinate in our planned clinics.

For 18 to 64 year olds – *Flucelvax* and *Supemtek*. These are both egg-free and provide a better immune response than the traditional egg-based vaccines used in previous years.

For 65 years old and over – *Fluad* (adjuvanted quadrivalent). This vaccine contains an immunity boost.

COVID BOOSTERS

We are hopeful that we will be able to give the Covid autumn boosters at the same time as the flu vaccines. We will keep you updated with any developments.

Please do not hesitate to contact us if you have any queries.

Sandra East. sandra.east@nhs.net, T. 0300 234 5555

'FREE TO FEED' LAUNCHED IN SOUTH CAMBRIDGESHIRE



'#FreeToFeedCP' is a new breastfeeding campaign that has just launched across South Cambridgeshire. It aims to encourage and normalise breastfeeding in public, help those who breastfeed and/or pump to feel relaxed and increase their confidence.

Breastfeeding has amazing health benefits and all families should feel 'Free To Feed' in public anytime, anywhere.

This community initiative encourages local businesses and venues to sign up and pledge to be a '#FreeToFeedCP' location, where breastfeeding, feeding families and their little ones are openly welcomed to visit, especially if they need a safe space when out and about.

If you know a business or a venue that is not yet a '#FreeToFeedCP' location, please encourage them to sign up! For more information, please visit: *www.bit.ly/freetofeedcp*.

This exciting campaign is being piloted in South Cambridgeshire by:

NHS Cambridgeshire and Peterborough Infant Feeding Team, South Cambridgeshire District Council

GREAT SHELFORD

SEPTEMBER

STAPLEFORD GRANARY MUSIC . ART . CULTURE

Friday 9 September | 7:45pm Light & shade in this exquisite programme of music by Mozart, Schubert, Tomkins, Evans & Schumann

Gesualdo Six

Friday 16 September | 7:45pm The evolution of the Italian Madrigal including music by Monteverdi, Palestrina & Marenzio

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Mark Crooks Quartet

Sunday 18 September | 12:00pm Four virtuoso musicians performing jazz standards, swing & bossa nova classics

Gemma Rosefield, cello & Nicola Eimer, piano

Sunday 25 September | 12:00pm Brilliant & contrasting pieces for cello & piano by Chopin, Mendelssohn & Janáček

Laura Jurd - The Big Friendly Album

Friday 30 September | 7:45pm Big friendly tunes & grooves-a-plenty from Laura Jurd & her brass-fuelled party band



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Cordelia Williams, piano

20







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COUNTRY MARKET

August felt like a holiday month. We missed some of our regular friends but were pleased to welcome folk on holiday in the area. Now we are moving into September which is one of the months when we expect to find the garden section very well stocked if not overflowing.



We can bake cakes, we can knit and sew but without rain some garden stock just doesn't grow. So disappointing for our growers that some crops and plants have really suffered as a result of the dry spring and summer. Most of the colourful late summer garden flowers will be sorely missed this year. But, we must remain positive. At the moment salad crops, courgettes, squashes and marrows are plentiful along with some plums and varieties of freshly handpicked cooking and dessert apples are now coming into the market.

Do remember that we are geared for local deliveries if you are unable to come into the market. To order, please phone 01223 843946 or email *dorothy@woodlandsroad.plus.com*

For the latest market news, follow us on Facebook:

https://www.facebook.com/gtshelfordmarket and if you would like to join us as a producer then please talk to us. We are a social co-operative market and not individual stall holders. Small amounts of produce will always be welcome. Come and have a look around, a chat and a coffee with a home-made cookie.

We always look forward to seeing you on Wednesdays from 9 to 11.30am in the Memorial Hall.

Dorothy Doel

CARPET BOWLS CLUB

Great Shelford Carpet Bowls Club is starting up after the summer break on Thursday 8 September at 7pm.

We are a small friendly club so if you want to come and try something new and have some fun and gentle exercise come to Great Shelford Memorial Hall on a Thursday evening and have a go. You will be most welcome.

> Wendy Seekings (Secretary) Tel 01223 843416



Based at The David Rayner Centre at Scotsdales Garden Centre, Shelford

OPEN DAY Saturday 17th September 10am - 4pm

Drop in to see our great facilities where we offer free support, therapies and social activities for families living with cancer.

- Try reflexology or massage taster
- Or perhaps a little yoga or dance
- Talk to some of our specialists about our support groups and Macmillan self management courses
- Hear about fundraising events and volunteering for your friends and colleagues





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Date	Event	Time	Place
7, 14, 21, 28	Country Market (page 23)	9am-11.30am	Memorial Hall
8, 15, 22, 29	Carpet Bowls (page 23)	7pm	Memorial Hall
9	Twinning Association Wine Tasting (page 33)	7.30pm	Free Church
11	Fun Run (page 40)	10.30am	Recreation Ground
21	Engage Talk (page 29)	2–3.30pm	Library

DIARY SEPTEMBER 2022

J	BIN COLLECTIONS Black bins Blue and green bins	Tuesday 6 & 20 September Tuesday 13 & 27 September
	POST BOXES Coppice Avenue, Mill Court (Hinton Way), Library, Old Vicarage, Church Street, High Green bus stop, Stonehill Road, Macaulay Avenue. The latest collection from the Post Office is currently 4.45pm Monday to Friday, 11.30am Saturday.	
POST OFFICE Rogal Mali	POST OFFICE The Post Office is at Kash Stores, 35 Hinton Way. Open Monday–Friday 9am–5.30pm, Saturday 9am–1pm. Items that Royal Mail is unable to deliver (too big, signature required, etc) will be returned to the Royal Mail Depot in Clifton Road for collection, or redelivery arrangements made.	
	LIBRARY Monday 3–7, Tuesday 10–1 & 2–5, Wednesday 10–1, Friday 10–1 & 2–6, Saturday 10–1.	

READER'S LETTER THE RECREATION GROUND

The National Playing Fields Association recommends an area of 1.6 hectares per 1000 head of population for sport and recreational purposes. The population of Great Shelford is probably in excess of 4,000. The area of the Recreation Ground is approximately 4.5 hectares which indicates that it is too small for a village of the size of Great Shelford.

The land was purchased by the Parish Council in 1921 when the recreation facilities for the smaller village were very poor but it was probably adequate in those days. Notwithstanding, the ground has been developed to accommodate football pitches, a cricket pitch, tennis courts, children's play area and a bowling green. The Memorial Hall was built during the late 1940s to accommodate village uses and a separate Scout and Guide Hall was added later.

Several years ago it was observed that the children's play area needed improvement and under the auspices of the Parish Council Playscape was started to design and carry out improvements. These are now complete and are impressive compared to what was there before.

Playscape has now been extended to cover the whole Recreation Ground and has listed 9 phases where changes are indicated. One of these changes is in phase 6 which is the proposal for 'a low level hard landscaped area designed by skateboard specialists for both learners and more experienced to practice their skills.' This is located on the grassed area between the Scout and Guide Hall and the tennis courts.

Bearing in mind the restricted size of the Recreation Ground in terms of the size of the village and the principle that it is for everybody in the village it is questionable that every area should be reserved for some particular game. Also, the area has been used by the Scouts and Guides in association with their hall ever since it was built. Additionally, it enjoys easy access to Woollards Lane and is a valuable amenity being the only free area not allocated to a sport and which can be enjoyed by everybody.

David Coggins

EDITORIAL NOTE

Further details of the plans for the Wheelscape – phase 6 of the Playscape project – can be found at *https://shelfordplayscape.org/phases/06-wheelscape/*

Iree







The Plough Food vans Mon-Wed 5pm-8pm Home made pizzas & burgers Thurs-Sat Live Sports | Darts | Pool Table Tel: 01223 847986

LIBRARY UPDATE

SUMMER READING CHALLENGE: thank you to everyone who has taken part in the Summer Reading Challenge this summer – we hope you had fun! The official finishing date is 3rd September, but you can keep going until Saturday 10 September. Please make sure our staff know that you have finished. **The awards ceremony is at 4pm on Friday 23 September.**

STORYTIME Great Shelford Library's Storytime for ages 0–4 years will be back in September on the first and third Tuesday each month. Sessions will run from 10.30–11am and there's no need to pre-book. (term time only).

BIG BOOK SALE: The Friends of Great Shelford Library would be pleased to receive donations of books in excellent condition for their sale in the library during Libraries Week in October.

DO YOU NEED HELP WITH BASIC COMPUTER SKILLS? Please speak to staff at the library, as we can arrange for you to have a short one-to-one session with our Digital Buddy volunteer. We can also help with bus pass applications and renewals. Sessions are on Tuesdays and by appointment only.

POP IN AND CHAT: there will be another supportive get together for parents and carers of children with additional needs on Wednesday 14 September from 1.30–2.30pm. Children are very welcome too. Please pre-book a place: email: *childandfamilysouth@cambridgeshire.gov.uk*. Or phone 01954 284 672.

ENGAGE TALK: Wednesday 21 September from 2–3.30pm. A talk by Kate Armstrong, author of *An Unexpected Journey*, about the life of an officer's wife in the dying days of the Empire. Please pre-book in the library or via *cambourne.referral@cambridgeshire.gov.uk*. Donation of £2 appreciated.

CONTACT DETAILS:

Email: *Cambourne.referral@cambridgeshire.gov.uk* Telephone: 0345 045 5225. Web *www.cambridgeshire.gov.uk*

Great Shelford Library opening hours:

Monday Tuesday Wednesday Thursday 3–7pm 10am–1pm and 2–5pm 10am–1pm Closed Friday Saturday Sunday 10am–1pm and 2–6pm 10am–1pm Closed





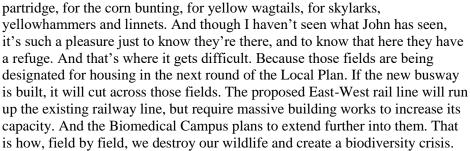
DEATH BY A THOUSAND CUTS

I love nature, but, just at the moment, I'm finding it hard to feel cheerful. We are warned that we are suffering a biodiversity crisis – or, in layman's terms, more and more of the creatures we love are at risk of dying out. Bird 'flu is ripping through the seabird colonies in the North Sea, colonies which already had their troubles. And here in Shelford we seem to be in the middle of a drought – barely a drop of rain, through April, May, June or July. August isn't looking good either. What price tree-planting – billed as our great salvation – if there's no rain? And what about our local rivers and streams, which are emptying by the day? So where does hope lie?

Well, after reading Duncan Grey's review (in the July Village News), I hastened to buy a 'A Haven for Farmland Birds', by local man John Meed. John is one of many volunteers who do Breeding Bird Surveys for the British

Trust for Ornithology. His patch covers the arable fields between Granhams Road and the Addenbrookes site. To look at, the area is nothing much. Intensively farmed arable land, bounded on the north by the hospital site. Alongside it run the railway and busy cycle track, which means lots of human disturbance. And then, on the remaining two sides, are busy roads. And yet, the author tells us, it really is quite special. You only have to look. Up until now, I have looked, but obviously not hard enough, or so I discover.

The area is a haven for the increasingly rare grey



But John Meed has done something important. He's told us that those fields are worth fighting for, and, to an extent, given us ammunition to fight with. We are already fighting those incursions, but knowing how valuable those fields are gives us a reason to fight harder. So let's carry on with our opposition and fight for those birds and all the other wildlife that lives alongside them.



Meanwhile, another bird species in Shelford is having its troubles. For years we've had house martins in the village. There have always been at least a couple of nests in Woollards Lane and every year the martins have raised two broods of chicks. By the end of August there would be a small and joyous crowd of them flying above our heads, the air full of their gentle twittering as they obligingly hoovered up the biting summer insects.

Not this year. Both nests have, for some reason or other, come down and the birds haven't nested there. But no matter, because, across the fields of Rectory Farm are some ugly brick barns – Westfield Farm Barns. In the open fronted one is a lively nesting population of swallows and house martins. Throughout the summer, they fly above the fields of Rectory Farm, swallows flying low and fast, the martins a bit higher and slower, their different calls lighting up the afternoon.

But there's a but. In 2021 permission was granted – in the Green Belt – to replace the barns with a house. The ecology officer noted, at the time, that no ecological assessment had been submitted and recommended one should be requested. I can't see that it was. But permission for the house has been granted. So that's it. That's how much the planning system cares about our declining species. Once the builders arrive, the barns will be demolished. The martins and swallows will return from Africa and find their nesting site has gone. In December 2021, house martins were added to the IUCN Red List. If you're on the Red List, it means you're in trouble – of 'highest conservation concern'. In blunt terms, they're at risk of extinction. Swallows are on the Green List, which suggests they are recovering. Even so, there are far fewer in Shelford than there used to be.

So this is how I'd like to suggest that we, as a village, do something. I've asked the Parish Council to consider whether it might be possible to site martin nesting boxes on the front of the Memorial Hall. And I'd like to ask you, as householders, to look at your house and see if it might provide space for a nesting martin.

The RSPB website *https://www.rspb.org.uk/* gives all you need to know on where to place boxes, on how to attract martins and on nest boxes for them, including how to make your own. More information and suggestions can be found from the organisation, House Martin Conservation UK & Ireland – *https://housemartinconservation.com/* – or just Google 'Attracting house martins'. It would be great to help out these modest little birds.



- · Naturopathy and Nutritional Therapy
- Life Coaching/Positive Psychology







Shelford Twinning Association

Wine Tasting Evening with 3 course meal

Friday 9th September @ 7.30pm

Great Shelford Free Church Ashen Green, Great Shelford CB22 5EY

Tickets: £15 per person

An entertaining, fun and non-competitive evening tasting a range of wines. including sparkling wine, 2 whites, 2 rosé, 2 reds from around the world.

The tasting (accompanied by appetisers) will be followed by a main course, selection of cheeses and a dessert accompanied by a glass of wine of your choice from those tasted



(no previous knowledge of wine required ... see which you like best.... and have fun!)

NB: Wines tasted will not be for sale There will be a raffle



All welcome – members and non-members. Please invite your friends!

This is a very popular event ... make sure you reserve your tickets by Wednesday 7th September • By phone/text Colin Jefferson: 07957465033

• By email: colin@frenchfrogs.net

Please advise when booking if you have any dietary requirements

Payment for the event at the door



DUXFORD SATURDAY WORKSHOP IF YOU LOVE MUSIC...

...and would like to learn to play an instrument, play alongside others, or sing in a choir, you'll be **hugely** welcome to come

and join in the delights of **Duxford Workshop** at Duxford Community Primary school, which is held on Saturday mornings during school term time.

Registration for 2022–23 is on Saturday, 17 September 10–11.30am. If you love music, do come along to see what 'Workshop' can offer you.

Duxford Saturday Music Workshop holds group tuition sessions, where adults and children from Year Five onwards can learn to play an instrument. There is also a junior music group for children from Year 1 upwards, as well as classes for adult beginners and groups both for 'improvers' and for competent players.

Our members include adults who have always wanted to learn an instrument but haven't had the opportunity, alongside those – so many of us – who 'haven't played for donkeys' years...' but would like to get back into playing music again.

In addition to the tuition classes, Workshop also has ensembles ranging from recorders, strings, jazz and wind bands, to folk fiddlers, ukulele players, guitarists, an adults' community choir and a full orchestra – offering so many opportunities – all for you!

A registered charity, Workshop is all about having fun by learning and performing together in an enjoyable and supportive environment. Indeed, some of our members find it so enjoyable that they have been coming along since the last century! So do come and find out why we love Workshop so much – and see what **you** can achieve!

Even if you don't have an instrument of your own, don't panic – we have instruments for rental on very reasonable terms so will be happy to help you out if we can.

Registration morning (Saturday 17 September 10–11.30am) is held at Duxford Community Primary school, St. John's Street, Duxford; term begins the following week, at 9.30am on Saturday 24 September.

For more information, please see our website at: *http://duxfordsaturdayworkshop.org.uk*

Peter Howarth, Duxford Workshop Management Team

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LITTLE SHELFORD MEMORIAL HALL QUIZ EVENING



This will take place on Saturday 24 September 2022 for teams of up to 8 people in Little Shelford Memorial Hall.

A fish/chicken and chips supper (or vegetarian alternative) will be served and there will be a licensed bar.

The quiz will start promptly at 7.30 pm (doors open at 7 pm) and cost £12.50/head to include supper.

To register a team, please contact Sarah Coppendale at *coppendales@btinternet.com* or ring 842498 for an entry form.

Entries accepted on a first come, first served basis as tables are limited and need to be received by Monday 19 September so that the food order can be finalised.

Thank you!

Open Cambridge 9 - 18 September



Culture lovers can look forward to the return of Open Cambridge, which boasts a cracking series of walks, talks, tours and online events.

The aim is to celebrate the heritage, community and history of one of the world's most iconic cities

For full details of the programme of 100 free events visit https://www.opencambridge.cam.ac.uk



THE PAROCHIAL CHARITIES FUEL POVERTY – THEN AND NOW

Trustee Keith Sugden has been trawling through our archives

In 1889 the charity distributed 85 imperial tons (86 metric tonnes) of coal to 118 Great Shelford residents. When you consider the maximum gross weight of a vehicle allowed on today's roads is 44 tonnes I think you will agree 86 tonnes is one heck of a lot of coal.

Bearing in mind the population then of Great Shelford was 1,020 spread across 238 households, this means that half the households in the village received fuel relief from the charity. Given that many of the recipients were agricultural labourers, the figures reflect the depressed state of British agriculture in the late 19th century.

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TOTA TOTAL WI	LNUMBER OF REAL	84 Tons, 18 Cwc

Alas fuel poverty continues to this day. Villagers experiencing hardship may wish to contact our partner, John Huntingdon's Charity in Sawston, who can provide advice on benefits, housing, homelessness and small debts. Their services are free of charge and confidentiality is assured.

APPLICATIONS OPEN FOR OUR NEW ALMSHOUSES

We are pleased to announce that applications for our 21 new almshouse properties open on 1 September.

Great Shelford residents on low incomes and in housing need are invited to apply and we welcome applications from individuals, couples and families.

Sited at the end of More's Meadow and available for occupation from early next year, the new homes are designed for independent, low-cost living.

Our residents pay a monthly maintenance contribution which we set at 50% of the rental rate for similar private property in the village.

Application forms may be downloaded from our website – *gspc.org.uk/housing* and are also available from our partner JHC at:

John Huntingdon's Charity 189 High St Sawston CB22 3HJ office@johnhuntingdon.org.uk 01223 492492

JHC can also provide assistance with completing the form.

Applications should be submitted to JHC by 30 September 2022. These will be processed confidentially by JHC and then assessed anonymously by Parochial Charities trustees. Shortlisted applicants will be invited to attend an informal interview.

Typically, a successful applicant will be eligible for a property with one bedroom per:

- adult couple (regardless of marital status)
- other adult aged 16 or older
- two children under 16 and of the same sex
- two children under 10
- other child

old Rews

Extracts from the Great Shelford Chronicle 1774–1868

Compiled and republished by Anne George, Glynis Trundle, Margaret Ward and Alan Bullwinkle, 1993

13th September 1851

- ACCIDENTAL FIRE On Tuesday last, about 5 o'clock, a fire broke out on the premises of Mr. Clark, farmer, of this place. It appears that some children belonging to a cottage contiguous to the farm got hold of some Lucifer matches, and while playing with them near to the trefoil stacks, set fire to it, and the flames very soon communicated to the buildings around.
- The Shelford engine was speedily at work, and the villagers exerted themselves in the most praise worthy manner. It was soon apparent that nearly the whole of the building was doomed to destruction; efforts were therefore made to save the furniture and effects of the cottages and very soon they were brought out and deposited on Mr Headly's grass-plot.
- A telegraph message sent to Cambridge, speedily brought the Royal Farmers', The Phoenix and the Norwich Union engines, but owing to the shortage of water they were of very little use. Fortunately the wind was in a very favourable quarter, or a large barn and several stacks, situated at the end of the yard would have fallen prey to the flames.
- The following property was destroyed: 24 acres of straw, 12 acres of barley and nearly all the farming implements belonging to Mr R.W.Maris, the whole of which was insured in the Norwich Union; the dwelling house and buildings, the property of Mr Humphreys Green de Freville, all of which were destroyed; they were insured in the Sun Office; the straw and implement belonging to Mr Clark, the tenant, were also insured in the Sun Office. It is estimated that the damage done will amount to nearly £2,000.





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To enquire or book a showround call 01223 551 200 and ask for Yvonne Quigley, Customer Relations Manager.

2G3S

WHAT WE'VE BEEN UP TO

At the first Repair Café in Whittlesford, which was lively and very popular, we had an information stall and met up with their green group, Eco Whittlesford. We look forward to working with them in the future.

We held another Fruit and Veg Swap at the end of August. Looking at the apple crops around here this year, we should have been holding an Apple Fair!

The Book Club met in August, discussing 'A Bigger Picture' by Vanessa Nakate, bringing an African viewpoint to the climate crisis. Last time people read 'Doughnut Economics' by Kate Raworth – a thought provoking book, advocating a new kind of economics that doesn't just think of growth and GDP. It needs to value human wellbeing and fairness and we need to live within the planet's means.

FUTURE EVENTS

Monday 5 September 'Heat Pumps Explained' by Warren Pope, of Peterborough Environment City Trust. Johnson Hall, Stapleford, at 8pm, or by Zoom.

Repair Café at Great Shelford Free Church's Eco Festival, Saturday 10 September, 10am to 2pm. To book items in for repair and find out more see our website.

Our next Nature Walk, led by the very knowledgeable John O'Boyle, will be on Saturday 17 September at the Wale Field in Little Shelford from 2pm to 4pm. See our website for more details. For all our walks, sturdy footwear and appropriate outdoor wear are advised. These walks are intended to raise awareness of our local wildlife sites and are open to all, but it is important that you are aware that you attend at your own risk. We do not accept responsibility for any accidents or mishaps that might arise during the activity.

There will be a Social Cycle Ride on Monday 19 September, starting from Stapleford Pavilion at 10am. Join us for a leisurely ride on quiet roads and traffic free paths of around 20 miles, to include a coffee stop. Returning to Stapleford by about 1pm. To book email *greener@sawston.org*.

On Monday 3 October our conversation evening will be 'Low-Cost Energy Saving Measures' by Bart Hommels, who has retrofitted his own home and featured in Cambridge's Open Eco Homes.

OTHER NEWS

Cambridge Carbon Footprint have published a Climate Change Charter with Cambridge City Council. As part of this they have distributed a map of recycling/reusing/repair facilities in the area. You may be able to pick up a paper copy in the library, or look online at *cambridgecarbonfootprint.org/charter*.

There was an interesting article in the Guardian on 6 August about ways to prevent drought, apart from two minute showers, water butts, reusing washingup water to water your flowerpots, etc. For instance, beavers can be helpful in keeping a river's water on the land rather than it rushing down a river towards the sea. With all the projected housing development in the SE, the Government has to take action now to preserve our rivers and wildlife, keep our households supplied and keep our food growing.

If you wish to read further on environmental matters, two books were recommended in the Cambridge Independent's Summer Reads list: 'Sacred Nature: How We Can Recover Our Bond with the Natural World', by Karen Armstrong and 'Net Zero, Food and Farming' by an East Anglian academic, Neil Ward.

If you are interested in green matters and the environment at all levels (individual, local, national, international), send an email to *greengroupssss@gmail.com* to sign up for our newsletter, or to get more information about our meetings. We are a friendly group and welcome anyone who wants to come along. Also see our Facebook page and our website (type 2G3S into Google and you will find us).

Helen Hale

CAMBRIDGE FLOWER CLUB

We meet at the Memorial Hall, Mill Lane. Whittlesford CB22 4NE at 7.15pm for a demonstration with refreshments from 6.45pm.

New members welcome! Visitors pay £6.00

15 September	Visit to Easton Lodge Gardens, Gt Easton, Dunmow
20.0.1	

20 October Alan Smith demonstration 'Autumn Glory'

For more information about these meetings or to enquire about joining Cambridge Flower Club please phone Freda on 01223 891464 or email *fredaorgee@gmail.com*



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GOOD

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(term-time)

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or contact enquiries@rainbowshelford.co.uk

Tel: 07985 216603

Manager: Allison Tomlin

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SHELFORD FUN RUN SUNDAY 11 SEPTEMBER, 10.30AM

Registration is OPEN! Register now at www.shelfordfunrun.co.uk/sign-up

Our fast flat course on closed roads through Great and Little Shelford is perfect for experienced runners looking for a PB, first time runners and for families!

There will be a split start for the UKA registered 5k race and the 5k fun run, so that faster runners can get off quickly and fun runners and families can start at a more relaxed pace. Both the race and run are chip timed, so your overall time will not be affected by which group you start in.

Funds raised will go towards the Wheelscape – the next phase of the playscape project, A small, street style skate park designed by experts to be as inclusive as possible for all wheels: from bikes to boards, skates to wheelchairs.

Huge thanks...

We couldn't run this event without the generous support of our sponsors:

Bidwells, Level Up Gym Shelford, Wrenbridge, PillSorted, Gymbos, Zara, DayAccountants, and AngliEar Hearing and Tinnitus Solutions.

Get involved...

In training? Don't forget to share your pictures to inspire others on Instagram, Facebook or Twitter with the hashtags #ShelfordSelfie and #ShelfordFunRun.

And finally, if you can volunteer on the day to help set up, marshal or clear down, please email *funrun@shelfordplayscape.org*.

We can't wait to see you at the start line!

Please note: we will not be taking on-the-day entries this year so it is essential to register in advance. Last year's event was a sell-out!

The Shelford Fun Run Team

SHELFORD FEAST APPLY FOR GRANTS

The Shelford Feast seems long ago but The Bunch continue to work at it. We won't know how much money we have raised until late October but we have a deadline of **30 September** by which all grant applications must be received.

If you think your local good cause has a need for extra funds look at the Feast Grant Application Form at *https://www.shelfordfeast.co.uk/about.html* Scroll down to the last paragraph and choose either a Word or pdf version. Do please read the criteria carefully before submitting the form!

Duncan Grey, Secretary, Shelford Feast





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www.angliatreecare.co.uk Email: info@angliatreecare.co.uk

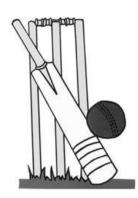
HOPEFUL BRIDGE CLUB JOHNSON HALL STAPLEFORD

Would you like to join a small friendly Bridge Club who play each week on Monday afternoons at the Johnson Hall 1.30–4.30pm?

We are a group of mixed abilities and would welcome some new members (not beginners) starting on 5 September.

Enquiries please to the Secretary, Mrs Anne Datson 01223 812395 or locally to Janet Johnson 01223 847606.

GREAT SHELFORD CRICKET CLUB



There is not a great deal to report as at the time of writing there has only been one league match since the previous issue.

St Giles looked set for a good total until Theo Ball took 4 wickets and then Priten Patel took the last three in just four balls. 130 was well within range and we won by seven wickets with almost half the overs unused. So we still lie in second place and hence in line for promotion, but with two of the four remaining matches against the unbeaten league leaders, Barrington there is still a lot of work to do.

Earlier in the season our Under 10s completed their first season in a very creditable second place in their league; they showed great improvement through the season and won their last three matches. The Under 12s had some very challenging opposition but performed well and thoroughly enjoyed their cricket. Many thanks to the team managers and coaches, particularly Dave Berry and Jonathan Ede, for their hard work and encouragement to our youngsters.

Peter Ede (Chair)

TENNIS CLUB

MEET YOUR COMMITTEE

Up next in our Meet the Committee series, Sarah Richards, our Secretary and Welfare Officer.

Q: What's your name and where are you from?

A: My name is Sarah. I was born and grew up in Birmingham. After university I moved to Cambridge as a post graduate student in 2000 and stayed here. My grandparents lived in Great Shelford and, when I was small, I always wanted to live here. I still miss Birmingham though!



Q: How long have you been playing tennis?

A: I first started playing aged about 9. My tennis club was Edgbaston Archery and Lawn Tennis

Society – officially the oldest lawn tennis club in the world. I recently went back for a visit, and it is still exactly as I remember with beautifully kept grass and clay courts. I completely stopped playing after university, but I joined Great Shelford when my children started playing tennis and I started playing again myself in 2014.

Q: Why did you join the committee at the tennis club?

A: I love playing and watching tennis and my children have also gained a lot from coaching at the club. Like so many clubs, Great Shelford is run by volunteers and to be able to give some time and a voice on the committee is a privilege. It is important to me that, to be balanced, the committee represents a good cross-section of views from across the club.

Q: What's the one thing you want readers to know about you?

A: I am the club's Welfare Officer, which means that I am the first point of contact within the club for concerns about welfare, discrimination, poor practice or abuse. As a committee, we have a responsibility for promoting safeguarding and working to ensure that the club is a safe and inclusive environment.

Q: What's your guilty pleasure?

A: A cheeseboard, a glass of wine and a whodunnit murder mystery.

Q: If you really knew me you would know...

A: My favourite current tennis player is Simona Halep. I love how quick she is around the court and her tenacity to chase every ball down and I'll always be Team Nadal.



01223 624 573 talktobidwells.co.uk

ACTIVE WITH PARKINSON'S CAMBS THANKYOU

Active with Parkinson's Cambs (AWPC) would like to thank Shelford Parish Council for their generous donation in support of two specialised exercise classes, which are attended by some of their constituents who have Parkinson's Disease.

Parkinson's is the fastest growing neurological condition in the world and its symptoms can include tremor, rigidity, stiffness and slowness of movement, poor balance and co-ordination. Unfortunately there is no known cure (yet) but exercise can really help address the symptoms and is as important as taking any prescribed medication.

Classes are held in Sawston on Tuesday and Friday afternoons. Tuesday's class is Tuesday's class is based on Parkinson's Warrior exercises and Friday's is Nordic Walking for People with Parkinson's. Both classes are fun, enjoyable and motivational, led by Paul Goddard who has many years' experience as a neurological disease exercise instructor.

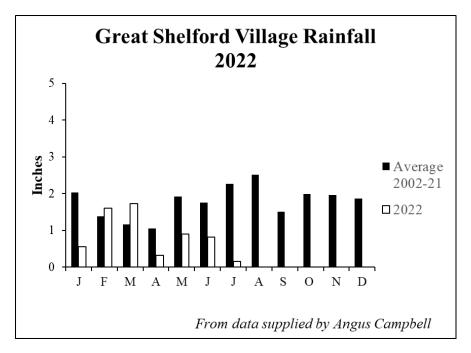


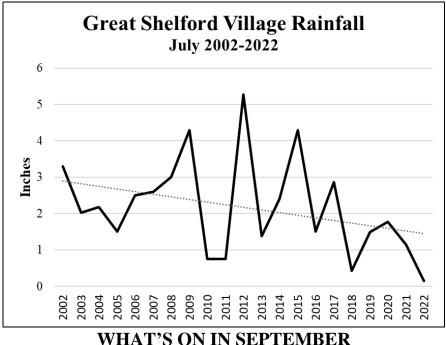
If you or anyone you know has Parkinson's Disease and would be interested in attending please contact Deb Liddington for further information

Tel. 0774 332 4288

Email *debliddington@btinternet.com*.

Deb Liddington Treasurer AWPC





A round up of what's on at some of the venues near us. For more information, times, ticket prices and bookings, please contact the organisation. This information has been taken from websites, can be subject to change and the event may already be booked.

CAMBRIDGE ARTS THEATRE		
20 - 24	The Importance of Being Earnest	
27 – 1 Oct	The Two Popes	
Telephone: 01223 503333 Web: www.cambridgeartstheatre.com		

SAWSTON CINEMA		
8		Much Ado About Nothing
Telephone: 01223 712825 Web: http://sawstoncinema.org.uk/		

MUSEUM OF ARCHAEOLOGY AND ANTHROPOLOGY

Daily (except Mondays)	COLOUR: Art, Science and Power	
	Pacific Currents: New displays from Oceania	
01223 3331516 Web: https://maa.cam.ac.uk/		

HOW TO CONTACT GREAT SHELFORD VILLAGE NEWS

We are pleased to receive articles, letters and notices for community events for consideration. Please send by email (preferably as a Word document), or send paper items, with contact details, to Judith Wilson, 11 Elms Avenue, Great Shelford, CB22 5LN. The copy date is usually the second Friday of the month. See the *Next Issue* box for next month's date.

For guidance, please note that an article of around 400 words, without a photograph, will fill a full page. Notices for events work best as a half page (half A5) in landscape format.

General enquiries and articles for publication:

01223 842553 gsvneditorial@gmail.com

Commercial advertisements

These are for a 12 month period, renewed in January. There is a waiting list. gsvnadverts@gmail.com

Subscriptions and online payment details

01223 842993 gsvnsubs@gmail.com

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	Joanne Staines	churchwarden@stmarygreatshelford.org 07790 415732
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Sawston Sports Centre	Sawston Village College	info@sawstonsports.com 712555
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Shelford Spokes Cycling Club	Brian Connellan	shelfordspokes@gmail.com 07941 574663
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Printed by E&E Plumridge Ltd, Linton

Earth image courtesy of NASA