

Happy
**New
Year**
2020

Red2Green News January 2020



Happy New Year from everyone at Red2Green. We had a jolly Christmas season that was full of fun and games, Christmas jumpers and an elf named Star (his adventures filled our social media feed!). Looking back over 2019 so much has happened at Red2Green and we are excited about what 2020 will bring. **Watch this space!**

Have you been to see the changes at the Café and the garden yet? It has taken on a vintage tea-room feel, with furniture donated by the local community and upcycled by our learners. We still need teacups, but not saucers, if you have a vintage teacup you don't need then we'd love to take it off your hands.

Our new head chef, Pauline, updated the menu to include bacon baps (with bacon from Hurrells butchers of Burwell) and each week specials including a daily soup and cake options get e-mailed out – to join the mailing list see our website.

Our learners have been enjoying learning new skills at the café and would love for you to come and try their cooking. Gluten Free and Dairy Free options are available.

We are still recycling lots through the terracycle scheme including crisp packets, flexible cleaning packaging and baby food pouches. These can be dropped off at the café.

The Red2Green Community Café on Lode Road, Bottisham is open Tuesdays and Thursdays 10am-3pm.

We want to be able to recycle more and so we are fundraising to buy bins that can be stored outside and then you can drop your recycling off at your convenience.

To donate go to: www.justgiving.com/campaign/GreenAtRed2Green



A HAPPY NEW YEAR TO ALL OUR READERS



Welcome to 2020, a new year, but will it be the same as last year.

We might now be getting away from the indecision and arguing that was the hallmark of the Brexit debate before the election, but I have no doubt that we will be chewing the issue over for a long time to come.

I hope you had a great Christmas. I also hope that if you did, you were able to spare a thought for those who may not have been so lucky. There are thousands, indeed millions of people who are less than happy with their lot, and who may be lonely or hungry or stressed in their lives. We should spare a thought for them as well.

Lots of activities went on in Bottisham over Christmas and I hope you took advantage. Don't bleat if you missed it, because the information was right here.

I have, in the recent past, been involved with the charity 'Red 2 Green' and I must highlight the changes that have taken place at the 'Red 2 Green' community café, which adjoins the village college (but is a separate entity). This charity in itself does amazing work for its clients but they now are fulfilling another role. There has long been comment and a desire in Bottisham to have a coffee shop/ tea room where one could call in for a cuppa and a chat with friends. Well look no further than the article on the inside cover of this month's magazine. From bacon baps and coffee to soup and a light lunch, they seem to be making a great effort. While there you can buy veg, preserves and plants. Their planted baskets in the spring are great value.

In addition, they are looking to expand the recycling process for those things that others don't do. Crisp packets and baby food pouches. They deserve our support.

I challenge the BVC, The Village Shop, The Bell and The Social Club to get on board and collect their inevitable pile of crisp packets to give to R2G to raise money for them (and lighten their waste bin!)

At the start of another year we all think about making New Year resolutions. Give up this, that and the next thing. Lose a stone (or 2!) in weight. Have one less glass of red with your dinner. If you have made them in the past, how many did you keep?

In a way that is not the point. It is the realisation that we can 'start anew', change direction, grasp the nettle, whatever.

It's as simple as deciding to do something and get on with it. We are all guilty of putting off today what we 'might do' tomorrow. Just get on with it.

(continued on page 2.)

(continued from page 1.)

There are lot of things in the New Year copy of your village magazine to be getting on with. There are many activities which advertise in The Cresset and organisations which you can get involved with. There are also many trade adverts with people happy to help you get those things done which you have been putting off.

No so excuses. Start the year off as you mean to go on with a can do attitude, not a 'missed the boat' attitude.

There, I have got my monthly lecture down and hope you can relax and enjoy the rest of the month reading the many articles in your January edition of The Cresset.

AWRABEST !!

Peter Walker, Your Editor

Bottisham Library

Our book sale at the recent BCSASC craft fair raised a modest £50 but did ensure a turnover of books that have been on sale at the Library for a few months. The books unsold on the day were passed on to Newmarket Hospital and the Arthur Rank Hospice. Thanks to the many donations we receive and which are presently stored, we shall soon be able to refill the sales shelves in the Library for you to come and buy only 50p for a paperback and £1 for a hard back.

We are presently sorting our Large Print books and those no longer needed will be donated to Hilton Park in the New Year. This will make more room for additional adult fiction books.

The Lego Club which meets on the first and third Saturdays and the **Rhyme and Storytime** session on 2nd Saturdays both starting at 10.30 in the Library will continue in the New Year.

We are hoping to encourage new members and borrowers in 2020. We need to keep our visitor numbers at high levels to comply with our agreement with the Public Library Service. We are fortunate to have such excellent facilities and range of books. I know that there are several book clubs around and that plenty of you share books one with another so no shortage of readers but

Please come and see us. Make it one of your new year resolutions

There is a separate advert for our 5th Annual Library Quiz on 8th February.

Please support us. It is our major fundraising event

Sylvia Overton



Copy deadline for next issue is 14 January.

Please send material to the editor at BottishamCresset@gmail.com

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Bottisham WI

Simon White the rose specialist from Peter Beales Nursery near Attleborough demonstrated to a full house the making of Christmas wreaths, a round one and a cross. This is a hobby for him and last year he made over 200 of them to order or for sale at Beales. He uses moss from Thetford Forest (legitimate purchase) and buys variegated holly from the National Collection of Holly grown at How Hill in Norfolk. He decorates the wreaths with artificial flowers, pine cones and ribbon bows. He is a good speaker and we were amazed that the charge for each wreath he makes is only £8!

We filled 19 Christmas boxes with suitable gifts (and paid transport costs of £95) for needy children in Eastern Europe and many members bought items of Christmas food and chocolates for those in Cambridge less fortunate than our members.

We shall be visiting the Recycling Centre at Waterbeach on 14th January 10-12am and having afternoon tea at Bedford Lodge on Wednesday 4th March. Members please contact Jenn White on 811600 if you wish to attend.

Our next meeting is on Tuesday 21st January 2020 at Queens Court at 7.30 pm.

The speaker is **Alison Giles** who will be telling us about the **Burwell Museum**.

Annual membership is due on that date and is £43. Visitors and new members are most welcome.

Sylvia Overton

Services in the Anglesey Benefice in January

Wednesday 1st	8 pm	“C by C” (Short candlelit meditative service) at Bottisham
Sunday 5th	8 am	Holy Communion (BCP) at Swaffham Bulbeck
	9.30 am	Follow the Star service in Quay Village Hall
	11 am	Follow the Star service at Bottisham
Sunday 12th	9.30 am	Holy Communion at Swaffham Bulbeck
	11 am	Family Holy Communion at Lode
Sunday 19th	8 am	Holy Communion (BCP) at Bottisham
	9.30 am	Holy Communion at Quay
	11 am	Family Service at Swaffham Prior
Sunday 26th	9.30 am	Children’s Church at Lode
	9.30 am	Morning Worship at Quay
	11 am	Holy Communion at Swaffham Prior



HAPPY NEW YEAR EVERYONE!

I wonder what this year has in store? Of course the answer to that question is multi-faceted... what is ahead of us on a personal level; what will affect our communities; what events will shake our nation or cause our nation to celebrate; what will have more of a global impact for good or ill.

Following on from last month’s article ‘Living the questions’, I’d like to pose two more for us to ponder at the beginning of this new year.

1. In a world of constant and instant distractions (oh the irony, a text message popped up on my screen and distracted me mid-sentence!), how present am I to what is happening right here and right now? Am I here at all?

I try, but often fail, to be ‘fully present’ when with another, or when doing something, in order to reflect the value of that person, task or opportunity. Someone once said, ‘speak in a way that others will want to listen to you, listen in a way that others will want to speak to you’. I’m really going to work on this, starting with switching my digital devices off one day a week, so my time with the family is not unnecessarily interrupted, so the people closest know they have my full attention. What can you do to be more fully present to those around you?

2. How critical are you? It’s easy to be critical of what is going on around you, at work, home, church, community or society in general, and to grumble about the

shortfalls to anyone who'll listen. It's a much harder, but much more impressive thing, to be a person of blessing and to be an agent of transformation marked by love, joy, peace, patience, kindness, generosity, faithfulness, gentleness and self control.

Ok, first thing to say, offering a critique is not always wrong, but I would suggest that being known as a 'critical person' is not a great legacy to leave. Often leaders are able to see shortcomings and areas for improvement, but how those things are communicated is so important. Never put an issue, or situation before the people involved. Listen well to those people, consider the person you are being critical of. Your criticism may well be valid, or it may not, others may share your perspective, or they may not. Some things have a greater significance than others (I write this a day before the general election!), but the way we conduct ourselves, our values and character, have the potential to transform situations and lives. Let us be loving, joyful, peaceful, kind, generous, faithful, gentle and self-controlled ... I'm going to work on this as well!

Thanks for reading, and for the encouraging messages I've had from readers who appreciate my ramblings - you are welcome at RENEW Church, anytime.

Revd. Alan

RENEW Services for January 2020

Sunday Morning worship is held at Bottisham Primary School

The services begin at 10.30 am

Croissants and drinks are available from 10.10 am.

Everyone is welcome to all our services

We have activity groups for children and young people

For more information about any of the activities of RENEW Church please contact:

Rev. Alan Brand on C.812558. Email: alan.brand@renewchurch.org.uk

Or visit our website at www.renewchurch.org.uk

A Thank you from the Anglesey Benefice

The Anglesey Benefice would like to thank everyone who has supported us during the last few months with giving so generously to the food bank which is delivered regularly each month to Open Doors in Newmarket.

Whilst most of us live and eat quite comfortably it is good for us to recognise that for some this is not the case, during term time some families depend on school dinners to feed their children but when the school is closed this is not an option and can be quite stressful, so your food donations are and have been really appreciated.

Please continue to support this worthy cause, we would also like to thank Bill at our Local village shop for supporting this worthy cause and allowing us to have a box in there for food donations, these are collected along with the church donations at the beginning of each month.



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The Proposed Retirement Village at Bottisham Meadows

Our priority at Bottisham Medical Practice is to provide high quality of care to all our patients.

Nursing Home patients can have complex and unpredictable medical care needs and deserve a high level of medical care. We are concerned by the impact the proposed Retirement Village at Bottisham Meadows will place on our limited resources, to the detriment of our existing patients.

We have a small practice population of less than 6000 patients (the 'average' GP Practice has over 8000 patients), with a high ratio of doctors to patients. Despite our small list size, we already provide Primary Care services to a disproportionately large number of frail, older patients, which has an enormous impact on the limited resources we have available. In addition to looking after a high number of elderly patients living independently and within supported housing schemes, we also provide GP services to the residents of Hilton Park Care Home (one of the largest nursing homes in the East of England) and Queens Court (a large residential and dementia care home). There is no current explanation of what additional resource would be available to us to provide the care residents of Bottisham Meadow Nursing Home would require.

We very much value the services we offer to our patients and hope that we can sustain these in the future. Wherever possible, we are trying new ways of working to make ourselves increasingly available to our patients (e.g. online appointment bookings, extended opening hours to include early morning GP surgery appointments evening telephone appointments), and to accommodate the needs of our elderly patient population (e.g. volunteer transport scheme, and prescription delivery services). We fear, however, that the sudden expansion in our practice population associated with the planned Retirement Village will create an additional demand for services which we are unable to resource.

We oppose the development as we anticipate we will not receive the additional resources we will require to provide the medical services these patients deserve without compromising the existing quality of care we can offer. We strongly urge our patients join us in voicing their opposition.

*The GP Partners
Bottisham Medical Practice*

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Our full range of evening courses for January 2020 is now available on our website: www.bottishamvc.org/adultlearning

NEW COURSES INCLUDE:

Design your Own Garden / Italian Spring on the Table (Cookery)
Patchwork and Quilting (Mornings) / Practical Woodwork and DIY for Beginners
Stained Glass / Tango Salon Dancing – Beginners
Vegetarian Indian Cookery (February start) / Creating Glass Jewellery (March start)

Saturday Workshops on 29th February include:

Cook with Your Kids / Digital Desktop Photography (Still Life)
Glass Bracelets, Rings and Brooches / Plant Propagation Workshop
Stained Glass Colourful Suncatchers / Vegetarian Indian Delights (Cookery)

Would you like to suggest a course?

We are always looking for new ideas, so if you would like us to provide a course which is not offered, or you have skills you would like to teach to adults, please let us know.

www.bottishamvc.org/adultlearning; Tel: 01223 811372 email: adultlearning@bottishamvc.org

**Facebook: [BottishamAdultCommunityLearning](https://www.facebook.com/BottishamAdultCommunityLearning)
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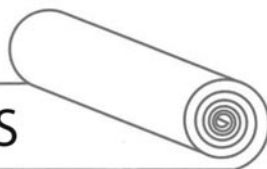


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At our meeting in December we welcomed another new member. Neil Winkcup, who resides in Ancient Meadows, became our final 12th parish councillor and we look forward to working with him.

Mathew Shuter, our County Councillor, continues to look into the flooding in the High Street/Lode Road and Tunbridge Lane. The drains have recently been jetted out but, as this has been ineffective in preventing flooding, it suggests the drains may have collapsed. He hopes to have a survey of the drains carried out shortly. He commented that the drains had not been surveyed since the 1970's. Our roads have recently been swept, but will have to be done again after the recent leaf falls.

We will soon receive delivery of some posts to put on the 'triangle' to prevent vehicles parking on the grass. The barrier and tree work on the A1303 will start soon. As no one seems to know, we are assuming the holes that have already been dug along this road are part of these improvements.

A new bench has been purchased and installed to replace the old broken one outside the village shop.

We have received a letter from an ex-East Cambs district councillor, Peter Cresswell, regarding the continued closure of the waste and recycling centre in Depot Road, Newmarket. He intends to submit a public question regarding this at the next full council meeting and asks for parish councils to write in support of this. All agreed that many people might use it when they shop in Newmarket – and it would bring business to the town. So it was agreed that we should write in support of the proposal.

Both the County Council and East Cambs District Council have declared a Climate and Environment Emergency. The County Council are now developing a Climate Change and Environment Strategy and Action Plan. They are launching a consultation and would like Parish Councils to review it and provide feedback. The Consultation is available from 20 December 2019 to 31 January 2020. Someone from the Strategy Team will be attending our meeting on the 6th January to discuss this further.

The Parish Council do not normally meet developers prior to submission of an application. However, given the scale of the proposal, Council recently agreed to meet Axis Development to review their retirement homes proposal. The scale has been reduced to 170 homes (down from the original 250) and some other modifications made following feedback from residents. Parish Council has always strongly defended our Green Belt. The National Planning Policy Framework indicates limited development of affordable housing (which was supported off of Bell Road), to meet local needs, may not be inappropriate on Green Belt. However exceptional circumstances would need to be demonstrated to justify building of a retirement village. We are currently unconvinced that this applies in this case. When the full plans are submitted we will have a consultation with residents. We expect this to be January/February. It should be understood that Axis Development is a land promotion and development company, and any subsequent development would be built and managed by a specialist retirement operator.

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Planning Notes

19/01179/FUL, First Copy Corp Ltd, 187 High Street, Erection of four dwellings, NEW APPLICATION

19/01509/VAR To vary condition 13 of appeal decision notice for 18/01631/FUL for change of use for part ground floor from restaurant into residential forming one dwelling including associated works to car park/amenity areas NEW APPLICATION

19/01574/VAR Former police station, Bell Road, To vary condition 1 (approved plans) of approved 16/01464/FUL for redevelopment of former police station, construction of 9 no.flats NEW APPLICATION

19/01577/OUT Site N.E. of 32 Tunbridge Lane, Outline application for the erection of up to 2 no. dwellings together with associated infrastructure and landscaping with all matters reserved NEW APPLICATION

19/01613/FUL 6 Cedar Walk, Proposed new ground floor rear extension, 1st floor extension and new entrance porch to front NEW APPLICATION

19/01334/FUL 51 High Street, Home office APPLICATION APPROVED BY ECDC

19/01442/VAR Land rear of 8 Lode Road, Variation of condition 1 (approved plans) of decision notice 16/00416/FUL for detached three bed one and half storey dwelling APPROVED BY ECDC

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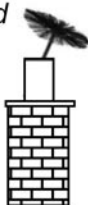
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A New Year dawns, life goes on and, now that Festivities are becoming memories, EAAA continues to evolve and develop its life-saving capabilities across our region, particularly toward “24/7”. We are grateful for the generosity demonstrated by so many over the twenty years that EAAA has been operating. Thank you to Lanfranco, the AA and many others who conspired to get us ‘off the ground’.

We shouldn’t forget that other air ambulance services also continue to serve their respective populations across the land – a highly cooperative and ‘seamless’ service

Anglia 1 and Anglia 2 appear to have a free rein to fly across the East of England helping to save lives, but winter brings a different set of challenges to our experienced pilots. Despite the poorer weather and shorter days, small aircraft, gliders and drones are still likely to be taking to the skies – so who takes priority in the air? Flying under an alpha call sign (the equivalent of a “blue light” in the air), EAAA will always take precedence over other aircraft, with the exception of less manoeuvrable hot air balloons and gliders. With the larger airports in the region (Luton and Stansted) as well as the US airbases at Mildenhall and Lakenheath, and EAAA’s local airports at Norwich and Cambridge, radio contact is made with the relevant Air Traffic Control towers to ensure clearance is granted. Our pilots are given immediate priority over all other flights, ensuring our crews can fly to the patient as quickly as possible. One area of increasing concern is the number of drones being spotted in the skies in both rural and urban areas. Sometimes flying at over 1,000 feet, drones can cause a problem for our helicopters in terms of their height and proximity, as well as the unknowns – the experience and expertise of the operator. Flying a drone or a model aircraft is a very enjoyable leisure activity, but if you are the operator, please be aware of the safety rules and regulations surrounding their use.

We were delighted when Carol Mellows responded to our “Gifts in Wills” campaign in the Christmas 2018 edition of Lift Off. EAAA patient Carol had been airlifted to hospital in 2008 – she had broken her neck when a gust of wind blew her and her instructor off-track during a parachute jump for a breast cancer charity at Old Buckenham Airfield. She was inspired to get back in touch and, with her daughter Rosie, visited us in Norwich earlier last year. Carol said “The air ambulance crew literally saved my life! I had fractured and dislocated my neck and was turning blue. Their quick actions and very careful handling have enabled me to make a 97% recovery. I now love cycling and hill walking”. Rosie added “Thank you so much for showing us around yesterday, it meant so much to my mum and me, you were all so lovely! Thank you all for being part of the team who help save lives just like my mum’s! You are all so appreciated!”

If you are thinking about leaving a gift to EAAA in your Will please contact Conor McGeown – conormcgeown@eaaa.org.uk

Michael White



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Bottisham and District Gardening Club

Tim Fuller from Plantsman's Preference told us about the various ornamental grasses and showed slides of the many varieties he grows and sells. We all knew the various stipa family which are notorious for self- seeding and will last for three to four years but attractive with their wavy fronds in the winter months and Pampas Grass. True grasses have similarities to cereals, sedge grasses are evergreen and there are also rushes which are good for wetter gardens. Not all need to be grown in sunny conditions but they are interesting plants which provide interest throughout the year. His nursery at South Lopham open from March to October also sells unusual perennials and hardy geraniums. Well worth a visit.

Our next meeting will be on **Tuesday 28th January 2020 when Nigel Start** will be telling us about **"A History of Gardening in England"**

We meet in the Poppy Room at the Club and start at 7.30 and new members and visitors are most welcome.

Sylvia Overton

BOTTISHAM LOCAL CHARITIES TRUSTEES

- Local Charities can offer support to people with a minimum of two years residence in the village.
- If you receive additional state benefits for pensions, housing or disability you may be eligible for help with household bills.
- If you are starting a course of HIGHER EDUCATION you can apply for help with buying text books and equipment.
- If you are starting an APPRENTICESHIP you can apply for help with buying tools, text books and equipment.

FUNDS ARE AVAILABLE and IT'S WORTH APPLYING

GILES BREAM PENSION FUND

Applications are also invited from widows or widowers to receive a quarterly cash pension from the above charity. Applicants must have lived in the Parish of Bottisham for at least seven years.

Please contact the clerk to the trustees for an application form. All applications will be treated in the strictest confidence.

For further information or an application form
e-mail the Clerk - Samantha Bramley bottishamlocalcharities@gmail.com or
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WEBSITE- www.bottishamsocialclub.co.uk

The website now has details of all beers being sold with the guest beers regularly updated. If you haven't previously been in the club have a look at the website then come and give us a try. Membership is only £20 per year.

Take a look at the website calendar for future events.

WHAT'S ON

JANUARY 4th, FAMILY SNAIL RACING- 4PM TO 7PM

This event was very popular last time we held it. Both Children and adults loved it.

JANUARY 13th AGM

Please come along to have firsthand update on how the club is doing.

SATURDAY 14th MARCH - LOADED DICE.

In aid of this year's chosen charity, The Teenage Cancer Trust. All door proceeds to be given to the charity.

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31 Downing Close Bottisham Cambridge CB25 9DD Tel. 01223 812063

Bottisham Adult Learning Association (BALA)

After a successful Autumn Term, we are looking forward to next term.

Starting on Thursday 9th January there will be a course on 'Famous Russian Women in History and Culture' presented by Marina Burrell. This is a ten week course held at the Bottisham Sports and Social Club in Downing Close from 10.00 to 11.45.

The cost will be £45 for members and £50 for new members (this includes £5 joining fee).

New members are always welcome. Please contact Ann at meadeann7@gmail.com for further information.

Helen Cole

D.K.TILL & SON IN LAW

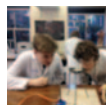
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Happy New Year to all! It's time for making your New Year Resolutions so why not find out how to keep your family safe in your home.

At Cambridgeshire Fire and Rescue Service, we are encouraging people to make four New Year's Resolutions for 2020 to keep your families and homes safe from fire.

- Make sure you have a correctly fitted working smoke alarm on every floor of your house and test it weekly – involve the children in this to ensure they are aware of what the smoke alarm does, what the alarm sounds like and what it means if it goes off;
- Check older relatives and friends have a working smoke alarm and test theirs regularly – you may support older relatives and friends with transport and shopping but may overlook the crucial role of a smoke alarm. We can provide testing sticks to help older less mobile people to test their alarms without overreaching or hurting themselves;
- We also offer Safe and Well visits to those that are eligible which covers a far wider range of areas than just fire safety. Find out if you are eligible for a Safe and Well visit by contacting us on: 0800 917 9994.
- Escape Plan: Make a fire escape plan so you and all of those in your home know what to do in case a fire breaks out in the home.

Do you live within five minutes of your local fire station?

If so why not make your resolution this year to join us as an on-call firefighter. If you are over 18 and have a good all round level of fitness you can apply to join your local station and respond to emergencies in your spare time. Visit www.cambsfire.gov.uk/oncall.

For more information or to get in touch contact us at firefire@cambsfire.gov.uk or on 0800 9179994.
Like us on Facebook for regular updates www.facebook.com/cambsfrs or follow us on Twitter @cambsfrs.

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Anglesey Group Mothers' Union Report

Our guest Speaker in November was Rob Needle, The Children's Society (TCS) Ambassador for Ely Diocese. To begin with Rob told us about how on retiring from the police force he became involved with TCS. Feeling there was a need to promote this national charity working to support the country's most vulnerable children and young people. His bringing this to the attention of the Bishop of Ely led to Rob being appointed Ambassador for the Diocese.

The charity was founded in 1881 by Edward Rudolf, a Sunday school teacher, and its' partnership with the church has been of central importance ever since. Their work is entirely in the UK and involves direct work with runaways (5,000 a year), advice, counselling, training for professionals, sexual exploitations, inappropriate relationships, initiation into gangs and child exploitation. There are 166,000 young carers in England, and the charity try to give young carers a voice and support to make beneficial changes for themselves and their families. In 2018 1,860 unaccompanied child refugees entered Britain from Syria and Afghanistan. TCS does all it can to support these youngsters who have fled from troubled areas where their lives are at risk. General campaigning takes place to address situations where children are in distress or suffering through personal circumstances. This may be benefit delays, bereavement, fire damage, or a broken boiler in their home.

Rob is manager of The Children's Society bookshop in Sawston, which is highly successful in raising funds for the charity. He attends St. Andrew's Church, Stapleford, and in 2016 St. Andrew's became the first church in the UK to enter into a partnership with TCS. During the year they pray for TCS, hold fund-raising events, publicise TCS campaigns, hold village weekends and organise an advent challenge.

More information can be found on the TCS website <https://www.childrenssociety.org.uk>

Copies of our programme for 2020 are now available in all five parish churches. To begin our programme Reverend Roger Bowen will lead our New Year Communion Service on Thursday 16th January. Our meetings take place on the third Thursday of the month at 2.30pm in Lode Chapel. All are welcome to come and join us.

Copy deadline for next issue is 14 January.

*Please send material to the editor
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**Saturday 6th June 2020
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All organisations from the village and surrounding villages are
welcome to take part in the event.

It is again intended to be a fund raising/showcase event for the
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Any funds raised are to be kept by your organisation.

If you would like to have a stall or pitch, to share your ideas,
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Urgent Concerns for all Patients of Bottisham Medical Practice

Plans are due to be submitted for a development of 170 new dwellings to be sited in a "Retirement Village" in Bottisham adjacent to Hilton Park. This is a major concern for our Medical Practice.

This development will have a huge impact on our Medical Practice as it will bring to Bottisham in excess of 250 extra residents of an age when they already or will shortly need a great amount of care. The practice already attends patients at Hilton Park, where they treat around 150 very ill and elderly patients, and also the residents of Queens Court Care Home so that an extra 250 people of an older age group will put an enormous additional workload on our medical staff. Their current patient load in the community is already weighted to the upper age bracket.

We are currently fortunate in having excellent healthcare from Bottisham Medical Practice. If this new development goes ahead it will present a great threat to the standard and availability of our primary care and lengthen waiting times for appointments.

You can register your objection by writing to: Steve Gilson, Chairman of Bottisham Patient Participation Group at Bottisham Medical Practice, Tunbridge Lane Bottisham CB25 9DU

You are urged to do so before it is too late.

News from Bottisham Medical Practice Patients' Participation Group

Red Bucket Appeal: Thanks to all who attended the second Saturday 'flu clinic and supported the tombola and cake sale. We raised £116 towards the purchase of the Doppler Machine.

Walks for Health: The next walks with our accredited walk leader Steve Gilson start at 11.00 am from the surgery car park on 15 and 31 January, 12 and 28 February 2020. Do join Steve for a walk he would be delighted to see you. Walks from Anglesey Abbey continue on Thursdays at 10am from the reception area.

Next Patient Group Meeting: Next meeting will be Thursday 23 January 2020 at 6.30pm at the surgery.

We wish you all a Happy and Healthy 2020.

Bottisham Patient's Participation Group



Copy deadline for next issue is 14 January.

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ADVICE ON USING EMOLLIENTS SAFELY

It's really important that those who use emollients, those who care for people who do, and healthcare professionals are aware of the potential fire risks involved.

While emollients are safe to use and a very effective treatment for many conditions, it's really important those who use these products take particular care near naked flames, especially smoking materials, cookers and heaters.

Emollients are moisturising treatments applied directly to the skin to soothe and hydrate it. They are used by people of all ages, from babies to the elderly, and can be used to prevent or treat dry skin conditions like eczema, ulcers, psoriasis and nappy rash. Emollients come in a variety of forms, including lotions, sprays, creams, ointments, bath oils and shower products as well as soap substitutes.

While emollients are safe to use and a very effective treatment for many conditions, it's really important those who use these products take particular care near naked flames, especially smoking materials, cookers and heaters.

The risk of fire is greater when emollients are applied to large areas of the body or when dressings, clothing and soft furnishings become saturated with emollient which leaves a flammable residue on the fabric, that can then be easily ignited.

If you use emollients regularly, it is very important that you follow this guidance to ensure you are kept safe whilst using these products:

- **Keep away from fire, flames and cigarettes** when using any type of emollients (both paraffin-based and paraffin-free)
- **Change clothing and bedding regularly** (preferably daily). Emollients soak into fabric and residues build-up which can increase the fire risk.
- **Wash fabrics at high temperatures.** It will reduce the build-up of emollients but does not remove it entirely.
- **When applying emollients**, take care to ensure that it does not soak into seating, soft furnishings and bedding. This is especially important if you spend extended periods in a bed or armchair due to illness or impaired mobility.
- **Tell your relatives or carers about your treatment.** Make sure they are aware of the fire risks. Those who care for you can help to keep you safe by understanding and reducing the related risks. The outer packaging and product containers of your emollients should include a warning about the fire hazard.
- **Tell your doctor, nurse or pharmacist if you normally smoke.** They will be able to offer you help and advice to stop smoking.

Cambridgeshire Fire and Rescue Service is committed to supporting the safety and well being of residents in all of the communities that we serve. For more information on keeping safe around the home, or to book a Safe and Well visit, please go to www.cambsfire.gov.uk/safeandwell, or call **0800 917 9994**.

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Happy New year to you all! I hope you have had a good Christmas with not too many problems with public transport due to strikes or congestion on the roads. We are not alone in these problems as France has also had strikes causing severe problems. There are promises by the parties for much money for local buses and trains but that remains to be seen. Stagecoach has plans for improved services to the guided busway in response to the consultations. Better capacity, improving frequency, easier journey planning, better value tickets and safety assurances. They hope to introduce a 5-minute frequency during peak times by Spring 2020. Using an updated App. people will be able to track their buses as they travel along the route. Users will also be able to view live times and buy mobile tickets. They think that the Family Dayrider Plus tickets offer good value. They are looking at altering the overall ticketing structure across the East. Ref. safety they continue to offer great driver training and improving their communication with the public.

To date I have not heard of any changes to the times of our local buses. These are usually featured in the local papers if they happen and I put new timetables in Bottisham Post Office and the shelters in Bottisham. We are having problems with the A1303 shelters. Vandalism or accidental damage? We keep finding the timetable holder off the wall and timetables on the floor. The holders just have a glue background – we can't screw them onto a plastic wall. I am contacting Nigel, the excellent Stagecoach chap. Our Parish Council Clerk has been able to organise a waste bin for the new shelter as there was rubbish just being left on the floor.

There have been financial problems with the Wrightbuses – Boris Johnson's Routemasters when he was mayor of London. Mr. Bamford of JCB diggers has come to the rescue. He is looking to the future – hydrogen? If it went battery electric another Enfield power station would be needed. It will be called the Bamford Bus Company but he will retain the use of the Wrightbus marque. He is proud that it is a British owned bus manufacturer – the last one.

People's daily commute time has gone up due to congestion. All this causes pollution and now we are told that London Underground has pollution levels 15 times higher than at street level. Victoria and Northern lines are the worst due to the depth of the tunnels and ventilation is limited due to the fact that lines are mostly below ground. There is due to be a month of rail strikes as talks have ended in failure – it is a question of guards on the trains being kept - not to have just driver only trains. The RMT union has a £42 million war chest available. The SW region will be affected. I write this in December so we will see what actually happens. Travellers are demanding refunds as there have been over 160 days of rail strikes in the last 4 years. The new trains will have CCTV in the driver's cab so that he can check the closure of the doors but that doesn't help in cases of emergency among passengers. SW have said they will keep guards to check tickets and assist passengers when elderly or disabled. The French strikes affect Eurostar. It is suggested that to assist punctual train departures the train doors should be shut 2 minutes early. Network Rail says



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continued from page 37

that train delays are out of its control – bad weather, track faults and signal failures. One single incident can spread failure throughout the region. On a positive note, there have been great improvements locally to the Ipswich-Cambridge line which stops at Newmarket and Dullingham stations. Rail users in Newmarket were surprised when a new train turned up on the busy line replacing the overcrowded ones where people had to stand for their journey even in the toilets and schoolchildren were among those left standing on the platform as the overcrowded trains pulled out. Brand new 3-carriage Greater Anglia trains are now in operation.

First Group and Trenitalia have taken over the running of trains on the West Coast line under the name Avanti. Rail fares are to increase in the New Year by 2.7%.

In a bid to cut flying and the pollution, people are increasingly using sleeper train services – the Night Riviera from London to Penzance has had an increase in use of more than 25% and on the Caledonian sleeper from London to Scotland the increase has been 27% per year. It does take more time but it is environmentally friendly and more convenient than flying – none of the airport problems and no hotel costs. The trains can have private cabins with en suite showers and lavatories and wifi and charging points for mobile devices.

Until February 2020 there will be Art on the Underground by the artist Larry Achlampong at 70 locations throughout Westminster stations regarding the African continent and uses their colours of green, black and red – see art.tfl.gov.uk. London Transport Museum is recommended for a visit. There are also vintage bus tours of the West End.

Rail info: 03457 48 49 Traveline: 0871 200 22 33

Happy travelling! - Paddy James

BOTTISHAM BOWLING CLUB



**Saturday 18th January 2020
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Dear Editor

Attached are two Photographs of the Former Golden Ball Pub. The first shows my Great Grandfather Frederick Reeve in his Carriage Known as a "Fly".

Along with being licensee of the pub he used to run a taxi service. He would convey persons to and from the village to Cambridge and Newmarket. He would be particularly busy on race day at Newmarket.

The second photo is of the 1950 dart team. My Grandfather John Reeve was then the Licensee and is pictured in the photo.



Regards Philip Rowe

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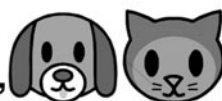
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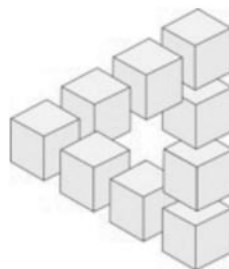
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Thoughts of a Sports Nut

Firstly, a happy New Year to you all. May you win more than you lose, be up more than you're down, may you have joy more than the blues, and smile more than you frown. (*Anon*).

Some readers may know that the Bottisham England supporters ignored the warnings of the Foreign Office and travelled to Kosovo in November for England's final Euro 2020 qualifying match in Pristina. And I am so glad, even proud, that we did. This was more than a football match for the hosts, it was an event of immense importance: to be able to entertain their beloved English on an equal footing, as a new, free country; and they went to enormous efforts to welcome us and thank us for our country's support and protection during the civil war of 1998-99 which resulted in their eventual achievement of independence from Serbia (something which the UK was the first nation in the world to recognise). We were overwhelmed by "Welcome & Respect" messages on banners, bunting, T-shirts and signs everywhere, and locals were almost queueing up to introduce themselves, drink with us, and talk to us as "brothers".

It is difficult to do justice to the Kosovans in a few words here but there was a very special atmosphere in Pristina, quite unlike anything we have experienced anywhere else in the world. You could almost reach out and grab a handful of pride and happiness in which these generous people, mostly ethnic Albanians, brutalised on and off for 750 years under first Ottoman, then Serbian rule, celebrated their freedom every day. The city itself has a kind of shabby charm – a bit scruffy as you might expect, and wages are low, but no-one was complaining about working hard to rebuild their infrastructure and their culture – exemplified by the magnificent new Cathedral dedicated to their national heroine, Mother Theresa. The fact that England won the football 4-0 was insignificant to them... far more important was the statement that they were now established as a peace-loving, independent, European country and they implored us to remember them and spread the word when we returned home. So, we're doing our best!

Whilst the England cricket team struggled to take wickets on the lifeless, flat pitches in the mini Test series in New Zealand, it was at least a relief to see the batsmen – especially Joe Root – showing something of a return to form. We didn't really learn too much from this 0-1 loss, other than the urgent requirement to find a replacement for the absent James Anderson, whose sparkling career is surely coming to a close despite his inclusion in the Winter Tour squad; but what we do know, is that we'll need to be considerably more intelligent with bat, ball and captaincy, if we are to succeed this winter in South Africa and next summer at home against the West Indies and Pakistan. Get 'em to pitch it up, Joe!

Talking of a return to form, Anthony Joshua duly regained his four World Heavyweight titles in December, comprehensively outpointing Mexican Andy Ruiz who had sucker-punched him to defeat six months ago. Ruiz had certainly enjoyed his "15 minutes of fame" on top of the world and it showed in his body shape. I wouldn't exactly describe Joshua's hit-without-getting-hit strategy as "genius", as he did himself, but there was a calm

(Sports Nut continued on page 49)

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(Sports Nut continued.)

professionalism in the way he went about his business and Ruiz was gracious enough to recognise AJ as the better fighter. I can't see our boy getting the better of Tyson Fury or Deontay Wilder, though, can you?

In the meantime, the Premier League has been embarrassed further by new CEO David Pemsel resigning his position before actually starting the job (scheduled for February 2020), due to "media disclosures" concerning his private life. The shambolic recruitment process, which has taken 18 months already since Scudamore's retirement, has been overseen by Chelsea chairman Bruce Buck in his capacity as chairman of the PL's recruitment and nominations committee. He emphasised Pemsel's "straightforward style and personal integrity" as his candidate's decisive qualities, but he was clearly unaware of Pemsel's propensity for sending unwelcome texts to a young lady who suffered the misfortune of working with him previously! You couldn't make it up, eh!

Don't you sometimes wish that professionals at the top of the sporting pyramid could operate with the same dedication and integrity towards their cause as the thousands of volunteers at the foundation of grass roots sports? I was privileged to spend some time recently with one of these extraordinary people who quietly gives up many hours of her time for the benefit of amateurs in two completely different fields. Beryl Barrett's main concern at the moment is the continued survival of the Bottisham & District Darts League, of which she is Chairman. Like many sports, darts is suffering from a shortage of participants and organisers and Beryl hopes that, among my Nutty readers, there may be a few interested parties who would like to throw a few arrows on Tuesday evenings.

There are currently eight teams playing out of Bottisham, Fulbourn, Lode, Six Mile Bottom, Swaffham and Teversham. There are two seasons per year – Summer and Winter Leagues – and each team plays each of the others home and away. Anyone who fancies joining a team, or even forming a team, for a bit of social fun and friendly competition: please contact Beryl Barrett (League Chairman) on 01223 811115 or John Lee (League Secretary) on 07850 756158.

And who knew that Beryl is also one of the best cricket scorers in Cambridgeshire? Scoring for Cambridge St Giles CC, Cambridge University, Cambridgeshire Girls, and in midweek for Swaffham Bulbeck, Beryl also tutors for the Cambs Umpires & Scorers Association! I tell you, this remarkable lady is a bundle of energy that puts the armchair (and keyboard!) warriors to shame. Take a bow, my friend. And if there are any other unsung heroes – or heroines – out there, hiding their light under a bushel, then please follow Beryl's example and let me know what you're up to.

TTFN - Gerry Daish



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IT'S NOT ALL AS IT SEEMS...

Happy New Year to all and may it be a year that blossoms. Now, I don't know whether you make New Year wishes but my wish for 2020 is that the social media driven toxicity in our society will be absorbed back into the lamp along with the nasty genie from which it came - a devilry never to be released again.

So what do we do when things go wrong – well, we certainly don't blame it on the 'boogie' anymore. Goodness that dates me! Now call me naïve if you will for in my humble opinion if you concrete over land that once absorbed water - through a process known as permeation – then surely the water has to go somewhere else. And that somewhere else is into drains that feed streams that flow into rivers that meander down to the sea. And then we wonder why streams over flow, rivers burst their banks and tides are getting higher.

Locally we had flooding in Lode Road the likes never apparently seen before. Is it just a coincidence then that the college playing fields on Lode Road now 'sport' a nice new coach and car park? Where does the water run-off now go that was once absorbed into the ground? Yes, you've got it. Into existing drains and culverts which unsurprisingly can't cope.

So, what a folly it is to build on floodplains like Fishlake, in Yorkshire! The clue, as they say, is in the name. It's no accident that the Yorkshire village at the epicentre of November's floods is called Fishlake. And as the people of Fishlake will testify, to build on what were Greenfield sites in a known flood risk area is a recipe for disaster. Yet this is precisely what has and is happening all over the country. And, as the king who sought to hold back the tide demonstrated, defiance of the waters tends not to end very well.

Nevertheless hundreds of homes are being approved by planning chiefs each year in spite of official objections from Water Management Consultants and the Environment Agency. Even the country's supposedly protected Green Belts, including our own here in Bottisham, are under unprecedented threat with thousands of new homes planned for East Cambs alone. And Bottisham, because of its rural location close to Cambridge and its near proximity to major road and rail networks, is a major development target.

There has been no shortage of warnings, of course. Only recently, Hannah Cloke, professor of Hydrology at Reading University, said: 'We have to stop building on Greenfield sites otherwise this relentlessness to build new homes will only increase flooding'. And in a report published by the Chartered Institution of Water and Environmental Management it says, "We recognise the urgent need for...new homes but it is pointless to build in a way that creates flood risk for the future." So for those amongst us who would have us believe that flooding is the sole consequence of the 'XR prophecy' well, please forgive the cynicism...

Another phenomenon that carries cynicism is 'Black Friday' and I am so grateful that my own long held belief is now confirmed in a recent Which? report. Just one in twenty Black

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Friday deals are actually genuine and when the prices of eighty three items on sale were checked by Which? Magazine it found that nearly all were cheaper or available at the same price at other times of the year. Experts too warn that the move will backfire if shoppers simply move their present-buying habits earlier to take advantage of so called lower prices. And interestingly Black Friday and Cyber Monday have not typically generated higher sales overall. The Which? conclusion is that - 'It's all Hype'. Or as it was most succinctly put by Carole Midgley in The Times – "Black Friday bargains are 'a chamber pot full of bollocks!'".

Well, having moved conveniently on to use of language, try using the words nincompoop, pride, gay or even uppity in their proper context and see what happens? Yes, the 'Thought Police' will be there usually purporting to be acting on some offended persons behalf. But surely if some minority groups wish to appropriate, or possibly misappropriate, these terms for their own use well that's fine but when it comes to someone, a journalist in one instance, being reprimanded because the proper use of the word is considered offensive well this 'takes the biscuit' (can I say that?) 'Uppity' for instance is used in the UK in the context of social standing with no racial undertones whatsoever. Its use elsewhere in the world should therefore be of no consequence to its use in this country. I wonder just how long we have before 'pride' is misappropriated and subsequently redefined.

On a recent holiday we were treated to a number of presentations on sociology and criminology. Both were absolutely fascinating and rather than resolve issues, they left questions to be asked or points to ponder. One such topic was 'Eye Language' and how we use it to determine a person's emotion rather than demeanour.

We were given a sheet of paper with numbers 1 to 36 listed down the left side of the sheet and for each number we were given four differing choices of possibilities, e.g. alarmed or happy or ponderous or cynical. Then one by one thirty six pairs of eyes, only eyes, were projected. Each person had to tick which emotion of the four listed for that number they thought was being expressed. After viewing thirty six pairs of eyes came the scoring. No one achieved thirty six correct emotions. Most were around the thirty mark which was in the range of average. The age span of the audience was fifty and above. When this test was independently done some months earlier with fifteen to thirty year olds most scored a lot less than twenty. Can you suggest why?

"What the New Year brings to you will depend a great deal on what you bring to the New Year" - VERN MCLELLAN (AUTHOR).



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BOTTISHAM COMMUNITY LIBRARY ASSOCIATION

LIBRARY OPENING HOURS

Monday	Closed
Tuesday	3-5pm and 6-8pm
Wednesday	10-11.30am
Thursday	3-5pm
Friday	6-8pm
Saturday	10am-12noon

*Working in Partnership with the
County Library Service.*

Useful Information

Bottisham Website:	WWW.BOTTISHAMPC.CO.UK
Holy Trinity Church: Revd Sue Giles	812726
Roman Catholic Priest: Monsignor Eugène Harkness. Parish of St Philip Howard	01223 211235
RE:NEW/Lode Chapel: Rev. Alan Brand	01223 812558
Bottisham Surgery:	
Enquiries and Appointments	810030
Out of Hours only - Urgentcare Cambridge	111
Bottisham Library:	812354
Library hours: Monday Closed; Tuesday 3-5pm and 6-8pm; Wednesday 10-11.30am	
Thursday 3-5pm; Friday 6-8pm; Saturday 10am-12noon	
Cambridgeshire Police HQ:	01480 456111
Cambridgeshire Police: (NON-URGENT MATTERS) ring 101 - In EMERGENCIES ring 999	
Police community support officer Ann Austin PCSO 7353 at Ely Police Station ...Contact through 101	
1st Bottisham Rainbows/1st Bottisham Brownies: Kay Pearce	811055
Bottisham & District Gardening Club: Secretary: Julia Green	811467
Bottisham Bowling Club: Keith Gibson, Secretary	811049
Bottisham Carpet Bowls Club: Nora Watson	812121
Bottisham Community Primary School:	811235
Bottisham Cricket Club: Martin Wilson	07768 031979
Chairman: Will Allen	07801 580604
Bottisham Local Charities Trustees: Clerk - Coral Hatley	811457
Bottisham Pharmacy:	812321
Bottisham Pool Association: Manager - Jason Rye	811121
Bottisham Royal British Legion Branch: Secretary. Peter Walker	811402
Branch Chairman: Dave Frost	www.Britishlegion.org.uk/branches/bottisham
Bottisham Scout Group: Group Contact: Linda Jones	813040
Bottisham Community Sports and Social Club: Secretary Graham Darling,	
Bottishamcsasc@gmail.com	812063
Bottisham Village College, School:	811250
Evening Classes, Clubs and Youth Club Information	811372
Bottisham W.I.: Secretary - Jenn White • mrandjw@btinternet.com	811600
Bottisham Youth Football Club: Jim Tidewell	812591
Cambridgeshire County Councillor: Mathew Shuter	01638 508729
East Cambridgeshire District Offices:	01353 665555
East Cambridgeshire District Councillors: Charlotte Cane 34 Swaffham Road, Reach	07976 607512
John Trapp 104 Commercial End, Swaffham Bulbeck	01223 812120
Girlguiding Bottisham District: Cambs East County office • www.cambseastguides.org.uk	01223 813917
Parish Council Chairman: Jon Ogborn	07486 372780
Parish Council Clerk: Claire Fullwood	07914 219732
Queen's Court Day Centre:	811905
MP for Cambs South East Constituency:	
Lucy Frazer, House of Commons, London SW1A 0AA	
E. lucy.frazer.mp@parliament.uk W. www.lucyfrazer.org.uk	
Cambridgeshire Trading Standards Helpdesk:	0845 3030666
Saplings Preschool:	813226
Milton Road Tip: Apr to Sept - Weekdays 9.00am-8.00pm: Weekends 9.00am-6.00pm	860674
Oct to Mar - 9.00am-4.00pm	
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