

# THE Cresset

May 2020



*"Early morning ewe on the Devil's dyke"*

News, views and what's on, in and around Bottisham

### GREETINGS FROM THE BUNKER!

Welcome to this smaller than normal online edition of your village magazine. Not many events to report on, as there are no clubs and groups operating. The social Club has had to close and I for one look forward to the time when it reopens. I can only for now imagine how good that first pint of IPA will taste like! When it does re-open, I hope we will all support it, not forgetting all the other organisations that will also look for our support to get back on their feet.



Meanwhile, I hope you are coping with these extraordinary times. From those who are furloughed to the kids staying at home from school and their parents. From the isolated pensioners, to the people who are having to cope with losing their jobs and to those whose businesses have had to close.

On the one hand the situation is bleak even dire, but on the other there are glimmers of light at the end of what could be a very long tunnel. They say that out of every problem there comes a solution and I am confident that there is a solution and we will find it.

I say we, when I have to admit that the science involved in this is out of my grasp and so I have to accept what the boffins are telling us. I just wish sometimes the media would do the same thing and not question and counter every statement as if they know or could do better.

I also applaud our wonderful front-line workers and while top of that list are the doctors and nurses working in the harshest of conditions at the very sharp end of Covid-19, there are thousands of other jobs being done which should also be recognised.

All these other essential jobs that give the workers a greater level of exposure to the virus. Shop workers keeping us supplied with the essentials, and the workers in the whole supply chain.

The bin men who continue to clear our rubbish and handle everybody's bin. (We have stuck a thank you note to the top of our wheelie bin a couple of times, one on the green and one on the blue.) For everybody involved in maintaining life as we like it, I say thank you.

When this is all over, it is clear that life will be different and our outlook on life will not be the same. I for one believe that may be in a better way.

How great it would be to have a friendlier more caring society who live in a less profligate way and have renewed and invigorated intent to look after our world and all that surrounds us.

Closer to home, for me the jobs that I have been ignoring for yonks are finally being addressed. (Well the easy ones anyway!) The Garage is tidier, the greenhouse has had a spring clean and the garden is remarkably tidy.

Speaking of gardening and plants, that is a business that I feel great concern for. Not so much the big mail order companies who will be feeling the benefit, but the smaller local wholesale growers who will have spent weeks and a lot of financial investment in sowing and planting their year's trade before this began, to then be unable to sell on to the shops, market traders and public. I envisage a massive waste of plants and spoilage. I fear some businesses will never recover. The list of concerns is huge. Charities, small businesses, self-employed and the hospitality industry will be affected for years.

However, for now, take care, stay safe and look after yourselves. I will conjure up another corona special soon.

*Peter Walker, your editor.*

**PS. If you read this, pass the word on that it is available to read online at [www.bottishampc.co.uk](http://www.bottishampc.co.uk) and follow the link.**



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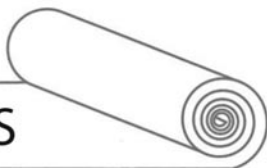


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## SUMMER FIRE SAFETY

As the weather brightens up and the sunshine starts brightening our weeks we welcome the longer, brighter nights and the opportunity to enjoy summer days and nights in the garden.

We would urge residents to think twice before lighting a garden fire and consider the impact it might have.

Lighting any kind of fire poses risks. Having a bonfire in your garden might seem a good idea to get rid of waste from a clear out, but these can easily get out of control. It could also aggravate health conditions for neighbours, particularly if they are isolating due to COVID-19 symptoms.

When powering up your BBQ's and putting out the garden furniture for the summer season, be sure to take note of our top tips below to ensure you have a fun and safe summer in the garden.

- **Never leave it unattended**
- **Keep children, pets and garden games well away from the cooking**
- **Make sure the BBQ is well away from your fences or hedgerows**
- **Don't use petrol to get it going!**

For the latest news, incidents and safety advice, or to contact us, log on to [www.cambsfire.gov.uk](http://www.cambsfire.gov.uk). Sign up to email alerts and find us on Twitter, Instagram, YouTube and Facebook.

Please do not reply directly to this email. If you wish to get in contact, please email [pressoffice@cambsfire.gov.uk](mailto:pressoffice@cambsfire.gov.uk).

## TEST YOUR SMOKE ALARM!

Did you know that you should test your smoke alarms at least once a month? Or that you should have smoke alarms on every floor of your home? Or that Cambridgeshire Fire and Rescue Service do free home visits to make sure your home is fire safe?

Visit this website for helpful tips and advice: <https://firekills.campaign.gov.uk/>

It only takes one accident to start a fire. Fire kills. Let's prevent it.

## SIGN UP TO RECEIVE THE LATEST NEWS AND SAFETY ADVICE FROM YOUR FIRE SERVICE

Want to get all the latest news, safety advice or vacancies delivered straight to your inbox? Choose what you want to hear about, and update your subscriber preferences at any time. Sign up to our mailing list at: [bit.ly/CambsFireBulletins](https://bit.ly/CambsFireBulletins).

## GET THE CALL - BECOME AN ON-CALL FIREFIGHTER

Cambridgeshire Fire and Rescue Service is looking to recruit more on-call firefighters to help serve local communities across the county.

CFRS is looking for men and women from all backgrounds to become on-call firefighters and provide emergency cover from either their home or their workplace.

On-call firefighters are a vital part of our Service and community. They respond to a wide range of incidents, from fighting fires, attending road traffic collisions, animal rescues to supporting other emergency services. In addition to responding to emergency incidents, our

on-call firefighters support their communities by providing information and advice on a range of community safety topics.

They receive an annual wage to reflect the time they commit to being available plus additional payments for attending incidents and drill nights (one evening a week for two hours).

It's a hugely rewarding role, and we hope to encourage members of the community from all backgrounds to get in touch and find out more about becoming an on-call firefighter.

**Visit [www.cambsfire.gov.uk/oncall](http://www.cambsfire.gov.uk/oncall) for more information.**

For more information or to get in touch contact us at [firefire@cambsfire.gov.uk](mailto:firefire@cambsfire.gov.uk) or on 0800 9179994.

Like us on Facebook for regular updates [www.facebook.com/cambsfrs](https://www.facebook.com/cambsfrs) or follow us on Twitter @cambsfrs.

## *Red2Green News*

In these unusual circumstances that we are all in, we have had to find a new way of working at Red2Green. Like all cafes, at the time of writing, the community café is closed. We are still managing to tend to the 2000 plants that we are growing ready to sell to the community. At the beginning of May we plan on selling them with socially distant deliveries to doorsteps. See [www.red2green.org/garden](http://www.red2green.org/garden) for details on the plants that we have to sell, prices and how to order. We are also planning to sell a few of the plants through a kerbside display and honesty-box at our Lode Road, Bottisham site.

Our work with adults with learning disabilities and autism has taken a different shape. What we do on a day-to-day basis is normally a social space and classed as non-essential, so having closed our site and started working from home, we are currently sending activities to our learners through the post and e-mail.

We have had a quick learning curve on how to run our organisation online (for some this really was a first) and now hold our staff meetings through the internet. We have had lots of fun with virtual backgrounds and dressing up for our meetings, from homemade moustaches through to 1980s outfits! Photo proof is on our social media pages, check it out.

We have also managed to start up an online version of our Aspirations service for adults with autism. This is proving to be of great benefit to our learners, giving them access to their tutors and other learners.

We know that at this challenging time, the financial situation for some is difficult. However, if you would like to support Red2Green so that we can continue our work, then there are a few ways that you can do this, the first three at no cost to yourself:

- If you shop with amazon, use [www.smile.amazon.co.uk](http://www.smile.amazon.co.uk) and set Red2Green to be your chosen charity. Amazon then donate 0.5% of what you have spent to us!

For other shopping sign up with [www.thegivingmachine.co.uk](http://www.thegivingmachine.co.uk) and set Red2Green to be one of your charities. Download their app and extension for your browser, and then do your online shopping through this. The browser extension will remind you when a shop you visit could give us a donation. Each day you can also press the 'daily donation' button, and we receive money without you doing any shopping!

- Tell your friends about Red2Green and get them to do the above two things
- Buy your plants from us (see link above) and get your neighbours to buy their plants from us.
- Donate at [www.justgiving.com/red2green](http://www.justgiving.com/red2green)





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Although, the coronavirus is causing death and disruption across the whole world, we have been hugely heartened locally by all the people who have come forward to help in their community – thank you to everyone who is volunteering, our local pubs and shops who are working to keep us supplied with food and medicine, and to everyone who is allowing their neighbours to support them to stay at home and protect themselves and the wider community.

All of us owe our thanks to the staff of the NHS and care workers who are working through this crisis to treat the sick, care for people and maintain maternity services. As well as showing our appreciation by clapping on Thursday evenings, we can give money to support them, for example through NHS Charities Together - <https://www.nhscharitiestogether.co.uk/>.

We also owe our thanks to other workers who are continuing to work – everyone keeping food supplies going and food shops open; public transport staff; Council staff and the refuse collectors. These workers, together with NHS staff are disproportionately low paid, immigrants or Black Asian and Minority Ethnic British citizens. People who in better times were too often taken for granted, refused pay rises, or told to ‘go home’. We hope their service to us all in these difficult times will be properly recognised when the virus is brought under control.

East Cambs District Council staff are working to deliver services, from housing through planning and licensing. The refuse team are collecting all our rubbish, including green bins, as usual. Grants have been paid to local businesses who have had to close during the crisis. Now the government has changed the law to allow decisions to be taken at remote meetings, plans are being made to allow meetings. The first such meeting was Planning Committee which met remotely on 20 April. We are pressing for other Committees and Full Council to follow so that we can ensure services are maintained and that preparations are made to ensure local residents are supported through the crisis and supported back to prosperity when the lockdown ends.

We are always happy to be contacted by phone or email – [john.trapp@eastcambs.gov.uk](mailto:john.trapp@eastcambs.gov.uk) 01223 812120 – [charlotte.cane@eastcambs.gov.uk](mailto:charlotte.cane@eastcambs.gov.uk) 07976 607512, [m.me/charlottecanelibdem](https://m.me/charlottecanelibdem). Contact us about anything – we may not always have the answer or be able to help you ourselves but we will do our best to find someone who does know and can help. We are also holding remote councillors’ surgeries every Tuesday between 6.30-7.30, you can book an appointment with us at by emailing John.

We will have a virtual meet your Councillor on 19 May from 7.30, using Zoom. If you want to join us for a general chat, just follow this link – <https://us04web.zoom.us/j/74880586863>.

Please also keep in touch with family and friends by ‘phone, email and social media. It’s important that we keep up our social links. Please make sure you care for yourselves and your families and neighbours and follow the Government Guidance at - <https://www.gov.uk/government/topical-events/coronavirus-covid-19-uk-government-response> and NHS guidance at <https://www.nhs.uk/conditions/coronavirus-covid-19/>

There is much to see and do in our gardens and on our daily exercise, with nature changing daily as Spring develops. Charlotte works for the local Wildlife Trust, who have some great ideas for how to enjoy nature under the current restrictions - <https://www.wildlifebcn.org/explore/connecting-nature-home>.



## ***News from Bottisham Medical Practice Patients' Participation Group***

**Practice Information:** In these difficult and changing times please check the Practice website for up to date details of how it is working to enable us to make the best use of the service. See message below regarding use of the dispensary and medication delivery.

**Help to Ease Pressure on the Practice:** Think carefully before contacting the surgery and be clear what the problem is. It helps if you write down your symptoms before phoning so that you remember everything.

**Expect** there to be a wait before the phone is answered, your patience is appreciated.

**Grateful Thanks:** To Meeting Point, Bottisham, for their generous contribution to the purchase of the Doppler Machine

**Walks for Health:** These are cancelled for the time being.

**Next Patient Participation Group Meeting:** To be arranged in due course.

*Bottisham Patients' Participation Group*

### **IMPORTANT: Message from the Practice:**

Bottisham Medical Practice Dispensary has been experiencing unprecedented demand on its service along with resource issues due to the current Coronavirus pandemic.

We are having to make some significant changes to how we work in order to continue to provide this essential service to our community and ensure we are keeping both patients and staff as safe as possible.

The turnaround time with immediate effect for repeat medications will now be 5 days.

The dispensary will continue to deliver repeat medication to the Post Offices and ask those patients who are currently registered for this service to continue to use. The delivery to the Post Office will continue to be every Friday. Those patients who are having to shield and are recorded as having Post Office deliveries will automatically be changed to a home delivery. This then means we have capacity to deliver all other prescriptions direct to patients' homes with the help of some local volunteers. If you are not in when we attempt to deliver we will leave a note requesting you to pick up your medication from the practice.

Help us to help you by only ordering what you need off your repeat prescription. Please do not stockpile your medications, it is not necessary. Please do not chase up your repeat medication unless it has been more than 5 days from request.

All urgent acute prescriptions will need to be picked up from the practice after 5pm that day. All non-urgent acute prescriptions will need to be picked up after 2pm the following day. The GP will advise on whether it is an urgent or non-urgent prescription and when to pick it up. Please do not come before this time as it will not be ready. If you are shielding or self-isolating and are unable to leave the house to collect this you will need to arrange for a friend or family member outside of the household to pick up on your behalf or contact a volunteer in your area who will be able to help. This dispensary will be open from 2pm to 5pm each day for acute medication collections and those repeat medications where you have not been in to receive delivery.

If you are shielding or self-isolating and you are having difficulties getting the help you need, please phone the practice and ask to speak with our Social Prescriber who will be able to help get you the help you need.

The practice is still providing GP services and we would like to remind people, who have any acute conditions which are of concern, to still contact the practice so we can review and refer where appropriate, ensuring you are getting the medical attention you need.

We would like to say a huge thank you to all those who are volunteering their services to help the practice as this is the reason it is possible for us to offer a delivery service.

Lastly, we would like to say a huge thank you for all the donations of PPE and small luxury items of chocolates and plants to the practice, we have been touched by your generosity and apologise we have not able to make a personal written thank you to individuals. It is hugely appreciated by all the staff and has really helped in maintaining staff morale at this challenging time. We really appreciate how lucky we are to work in a community with such a cohesive and proactive local support network. The community is doing an amazing job of looking after each other.

**With best wishes to you all during these difficult times. Stay safe.**

*Rowena Pilsworth, Practice Business Manager  
And all the Partners and Staff at Bottisham Medical Practice*

## ***Lung Breathing***

Doctor at Queens Hospital in the UK advises on potential lifesaving corona virus breathing technique – YouTube

A good idea to do this regularly now so that lungs are better prepared. Also getting breathless by running or exercising for even a few minutes everyday can help prepare the lungs. In the unfortunate event that any one of us gets infected, then doing this regularly will help prevent pneumonia setting in. <https://www.youtube.com/watch?v=HwLzAdriec0>

## ***Letter***

**I have received this letter from Christine Bryant our past Chair of Parish Council**

“There are no Parish Council meetings happening at the moment but with my impending relocation to Ely, I have had to resign from the PC after many years. Would you kindly include what follows in the next edition of The Cresset - whenever that is!

With my move to Ely at the end of April I will no longer be living in Bottisham and, therefore, I cannot continue to be a parish councillor. I would like to thank all parish councillors, both present and past, for their help and support over the years and particularly when I was Chair of the Council.

I would also like to extend my thanks to those County and District Councillors who have been unstinting with their help and advice over the years. Without these people, and the parish councillors, the job would have been so much more difficult.'

*Many thanks - C*

# M&P

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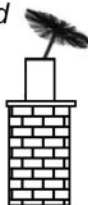
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# ***Mental health resources to access from home***

## **WHAT TO DO IF YOU OR SOMEONE ELSE IS IN CRISIS**

### **WHAT IS A MENTAL HEALTH CRISIS?**

**You, or someone you know, might be in crisis if:**

- You are thinking of hurting yourself or suicide seems the only option
- Someone you know has made threats to hurt you or someone else.
- You are experiencing extreme distress that seems overwhelming.

### **Who can help in a mental health crisis?**

Call 111 and press option 2 for the First Response Service - a 24-hour service for people in a mental health crisis. This service is for anyone, of any age, living in Cambridgeshire and Peterborough. Specially-trained mental health staff will speak to you and discuss with you your mental health care needs – instead of you having to go to accident and emergency departments of local acute hospitals.

If you are over the age of 16 you can access the Sanctuary in Cambridge or Peterborough - People in crisis across the whole of Cambridgeshire and Peterborough will be able to access Sanctuary support. Staffed by mental health charity Mind in Cambridgeshire, the Sanctuary offers people practical and emotional support between 6pm and 1am and is accessible by referral from the First Response Service.

**Call your local GP if you are concerned about your mental health and you feel unable to cope. Some websites and apps which may be helpful to cope with isolation, anxiety and stress are on the following pages.**

### **GENERAL MENTAL HEALTH SUPPORT:**

**<https://www.headspace.com/>**

Mindfulness for your everyday life

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**<https://www.keep-your-head.com/>**

Keep Your Head brings together reliable information on mental health and wellbeing for children, young people and adults across Cambridgeshire & Peterborough. Recourses for child and adult mental health

**<https://moodgym.com.au/>**

Moodgym is like an interactive self-help book which helps you to learn and practise skills which can help to prevent and manage symptoms of depression and anxiety.

**<https://www.moodcafe.co.uk/free-online-behavioural-therapy.aspx>**

Free Online Cognitive Behavioural Therapy

**<https://www.bemindfulonline.com/>**

The clinically proven online mindfulness course for better mental wellbeing

## **SPECIFICALLY FOR CHILDREN AND YOUNG PEOPLE:**

**[www.Youngminds.org.uk](http://www.Youngminds.org.uk)**

Information and resources for children, young people and families who suffer with mental health problems. Helpline. Signposting for support. Educational materials.

**[www.Kooth.com](http://www.Kooth.com)**

Online counselling and support for children and young people.

**[www.Youngminds.org.uk](http://www.Youngminds.org.uk)**

Information and resources for children, young people and families who suffer with mental health problems. Helpline. Signposting for support. Educational materials

**[www.Stem4.org.uk](http://www.Stem4.org.uk)**

A charity that promotes positive mental health in teenagers and those who support them through education, resilience strategies and early intervention. Provided digitally through education programmes, apps, website and mental health conferences.

**[www.Getconnected.org.uk](http://www.Getconnected.org.uk)**

Free, confidential helpline for young people. Volunteers available 24/7 to offer support on a range of issues eg self-harm, bullying, drugs etc.

**[www.Moodcafe.co.uk/for-children-and-young-people/relaxation-for-children.aspx](http://www.Moodcafe.co.uk/for-children-and-young-people/relaxation-for-children.aspx)**

A website with helpful relaxation exercises for children with anxiety

**[www.cool2talk.org](http://www.cool2talk.org)**

A safe space for children aged 12+ years to have their questions answered accurately, and can access online counselling.

## **APPS TO HELP WITH MENTAL HEALTH:**

**<https://www.nhs.uk/apps-library/>**

A website to find apps recommended by the NHS

**<https://www.nhs.uk/apps-library/be-mindful/>**

Be Mindful is an online course for reducing stress, depression and anxiety. It guides you through the elements of mindfulness-based cognitive therapy (MBCT).

**<https://www.nhs.uk/apps-library/chill-panda/>**

Learn to relax, manage your worries and improve your wellbeing with Chill Panda. The app measures your heart rate and suggests tasks to suit your state of mind. Tasks include simple breathing techniques and light exercises to take your mind off your worries.

**<https://www.headspace.com/headspace-meditation-app>**

Headspace: Mindfulness and meditation. There is a kids section.

**<https://www.calm.com/>**

Calm: Mindfulness and meditation. There are different age-specific sessions.

**<https://www.nhs.uk/apps-library/calm-harm/>**

CalmHarm: An app designed to help people resist or manage the urge to self-harm. Private and password protected

**<https://safespot.org.uk/>**

Safespot: A helpful app (and website) designed to help young people cope and manage stressful situations. Personalised coping plan.

**<https://www.happi-me.info/>**

HappiMe: HappiMe is a free app that helps to raise self-esteem, self-confidence and happiness levels in children and young people by teaching them about the power of thinking positively and how to choose a more helpful way of thinking.

<https://www.nhs.uk/apps-library/big-white-wall/>

Big White Wall is an online community for people who are stressed, anxious or feeling low. The service has an active forum with round-the-clock support from trained professionals. You can talk anonymously to other members and take part in group or one-to-one therapy with therapists.

<https://www.nhs.uk/apps-library/thrive/>

Thrive helps you prevent and manage stress, anxiety and related conditions. The game based app can be used to relax before a stressful situation or on a more regular basis to help you live a happier, more stress-free life.

*Document prepared by Dr T Keith  
Bottisham Medical Practice*

**Please do not suffer in silence and if you are struggling with your mental health and feel you need more help than the above websites can offer please call your GP or 111 option 2 if in crisis**

## *Anglesey Group Mothers' Union*

Sadly, all our meetings and events are cancelled for the foreseeable future. The Mothers' Union has produced a website page with a variety of resources to help everyone pass the time whilst we are experiencing social distancing or self-isolation.

<https://www.mothersunion.org/resources-support-us-challenging-times>

*Blessings from the Anglesey Group to all readers*

## *The late Martin Ibbitt*

Lynda, Fleur and Matthew would like to thank all who attended Martin's funeral and wake and who sent, flowers, cards and letters at this very sad time. The sum of £905 was raised to support The Oncology Endowment Fund 9056 at Addenbrooke's Hospital. All the money will finance research which Martin would have wanted - thank you.

Lynda appreciates all the support she has received from friends and neighbours at this time.  
*Regards Lynda*





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## *Transport Matters, even now*

As I write we have had 3 weeks of lockdown due to the Coronavirus 19. Buses still travel regularly past my house but there is seldom anyone on them – perhaps at times a solitary passenger. Sometimes they are Park and Ride buses, as I understand that some sites are closed. Once it was a single decker. If people are still able to travel to work, they may feel safer in their cars and some car parks are now free. My son in London soon gave up trying to use the packed Tube. We are to keep 2 metres apart. I feel that this situation will in future years be seen as an historic event. Will it be studied in schools in history, geography or science? A GCSE subject in 30 years' time?

People try to compare it to living during the time of WW2. It is very different. No lockdown then. I was born in 1936. My mother and I lived at Broadstairs in Kent. It soon became apparent, as the planes zoomed over from Germany and also our own planes down from Suffolk and Cambridgeshire, that this was not a safe place. We moved to stay with my grandparents in Barking, east London.

My father was in Maidstone, an essential worker with the Gas Board but also a member of ARP and up on roofs reporting things. Transport ran as usual. My mother always enjoyed the no. 25 bus of London Transport and we were sitting on one going into the centre of London when the sirens sounded. She hadn't really yet begun to appreciate the seriousness of the war and when the driver pulled over and told us to disembark she refused to listen and said she had paid the fare and wished to be taken to our destination. We were removed firmly and escorted with others to the nearest London underground station for shelter as the siren meant that planes were approaching and ready to bomb us. I must have been about 4 years old but I can remember it.

I can also remember nearly being sent off as an evacuee. We were on a London railway platform where they were assembling children. My mother was checking train times and she turned round to see me being herded off with the other children standing there. She managed to reclaim me!

We moved round the country by bus or train – High Wycombe, Hauxton and then Royston, where we saw the end of the war. I enjoyed saying 'got any gum chum?' as I walked to school past the American soldier sentry by the camp and also the street party we had as the war in Europe ended. The transport from Hauxton wasn't as good but we got a lift to Cambridge on a coal delivery truck. I needed glasses and a visit to a dentist. I know they were both in Newnham but not sure where. From Royston my uncle who lived in Elmswell, Suffolk and worked there for Tate and Lyle, the sugar company, used to collect me when on a delivery with his lorry and bring me home again after a few days holiday with him and my aunt. I used to play among the sacks in the depot with two other children. Like so many people, including some present Bottisham residents, we breathed a sigh of relief when it was getting back to some sort of peacetime normality and we went from Royston to Leigh on Sea. The buses were run by Southend Borough Council and it was a good service.

The Issuing of ration books lasted until 1953, I think. I can remember going to the Co-op with them. I had penfriends through my grammar school and Marie-Henriette visited from

Paris in 1952 and Inge from Neustadt an der Weinstrasse in 1953. They came by boat and trains. I also visited them in the same way.

During the war we could be out and about and using public transport but now we can't unless we have an essential job or hospital visit.

I had a very happy Shearing's coach break to Newquay in Cornwall for the weekend of the 13th-16th March 2020. As the driver dropped me off in Cambridge as the last passenger, he was upset and said that that was it. He probably no longer had a job. As well as the pain and suffering, the financial consequences of this pandemic are awful. How will we stop more people continuing to bring the disease to this country and how is everything finally going to be paid for?

*Keep safe. Keep well. - Paddy James*

## *Jolley Old World*

### **CORONA - OF THE FIZZY POP VARIETY...**

I aim to keep this contribution relatively light-hearted but not before condemning those in the media spotlight that have seemingly graduated from the University of Hindsight. Rather than constantly criticise and pass judgement on individuals let's just get behind the effort of all those who will collectively steer this country toward what are undoubtedly better times ahead. "It is easy to be wise after the event." - Sir Arthur Conan Doyle.

Now, how many of you remember Ted Norton? Ted was a real 'Botsam' character who loved to converse on matters of the past in so far as it affected the village he loved. He wrote many articles - some gracing the pages of the Cresset well over thirty years ago. But being the fortunate keeper of some of Ted's musings - acquired after he departed this world in 2014 after a well-rounded life of around 100 years - I've been going through some of his 'stuff' on various facets of local history and tales from local characters. In fact I came across Ted's diary he kept as a lad in 1929. For 19th April (the day I'm penning this) he wrote; "We had Peggy 4 years". Can anyone remember who Peggy was - a pet may be? I also found this clipping of his that offers an insight into the contribution 'scholars' at the Village College made to self-sufficiency during the 40s and 50s;

"Mr Ted Norton was the College's first gardener whose efforts in the magnificent herbaceous border drew appreciative comments from visitors who used to tour the county to see the famous village colleges. Before he retired in 1952, Mr Norton grew vegetables for the College kitchens, and older boys helped him with the pigs, which were kept for bacon. He also encouraged the pupils to keep bees in the grounds. Villagers came from afar to purchase his surplus vegetables; even Henry Morris (the inspiration behind the 'cradle to grave' community concept of Village Colleges) bought his vegetables every Saturday morning from the College."

Quite a poignant memory at this time - will we see a return to these days or may be something similar I wonder? It's said that history has a habit of repeating itself...

Anyway one such article of Ted's that may have appeared in the Cresset many years ago was in what manner Bottisham Pubs were 'educational' and provided past times, usually for the men of the village. This memory and others could be of interest to a number of you and

may be worth a second airing. Ted wrote:

“Many old customs have changed over the years and Pubs are no exception, more so in villages than in towns I suppose. Many had gone before I was old enough to use them, but I still remember quite a few. You wouldn’t expect to hear the landlord read to you on a Sunday lunch time, but this was still going on at ‘The Golden Ball’ and in ‘The Anchor’ into the 30s. When he had his customers settled the said landlord would chose certain articles from the Sunday paper. This probably dated back from the days when many couldn’t read or write and was still carried on years later. When I first played darts you never asked the winners what they were drinking unless it was in a match with strangers. A quart of mild was bought in with half pint glasses, and the losers paid and poured out offering a drink to the winners and scorer first. Should the score be equal at any time during the game the scorer had an extra drink. Among the old men, if they were pals they preferred drinking not from a quart jug, but pouring from one into glasses. Two old fellows were still doing this right up to the end of their time. They had their own jug at ‘The Swan’ and another at ‘The Anchor’. Should an acquaintance come in unexpected the one already in sip would offer his mug, and should it be almost full say “Take the top off”. If on the other hand it was only half full he would say “Drink deep owd Met”. A crafty way of getting it filled I suppose by the newcomer. To refuse any of these offers could offend. And hygiene wasn’t thought of.”

Ted has also written quite a colourful history of the many pubs that once stood along the High Street which I’m happy to repeat it of interest. Meanwhile keep fit and healthy but above all: Stay Home, **protect our NHS and Save Lives**.

**“Prosperity is not without many fears and distastes, and Adversity is not without comforts and hopes”.**

Francis Bacon – 15th century philosopher and statesman.

## *Anglesey in Stitches*

While we are unable to meet in person, Anglesey in Stitches knitting and crafting group is meeting by Zoom on odd-dated Tuesday evenings (8pm) and even-dated Thursday afternoons (3pm).

**Our May meetings are:**

**Tuesday 5th May, 8pm**

**Tuesday 19th May, 8pm**

**Thursday 14th May, 3pm**

**Thursday 28th May, 3pm**

The group draws its membership from the Anglesey villages of Lode with Longmeadow, Stow cum Quy, Bottisham, Swaffham Bulbeck and Swaffham Prior and anyone is welcome to join us whether or not you would normally be free to meet at these times.

We work on our own projects and are also joining in with the Anglesey Benefice quilt project and with making scrubs for local hospitals and care homes. If you would like to join us, please email Clare Wilkes ([clarewilkes33@btinternet.com](mailto:clarewilkes33@btinternet.com)) and say whether you would like to join on Tuesdays, Thursdays or both.

## *Thoughts of a Sports Nut*

With our ever-resourceful editor having invited contributions to an online, lockdown edition of the Cresset, I find myself bereft of any meaningful current sporting stories. So, in between lengthy bouts of gardening, decorating and cycling, I have, like many people been toying with quizzes and various hypothetical challenges such as picking teams of all-time favourite sportsmen. If you're in a similar frame of mind, here are a couple of brain teasers for you to get stuck into... both football related, I'm afraid!

**The first task is to pick the best football team you can think of from the world's players under the following rules:**

1. Must include 1 GK, 3 or 4 Defenders, 3 or 4 midfielders, 2 or 3 forwards to make up the 11.
2. Must have played professional football in your lifetime.
3. No two players can be the same nationality.
4. No two players can ever have played for the same club (even at different times).

**The second task is to fill in the blanks in the following story with names of English or Scottish League football teams. I've given you the first one to demonstrate how it works.**

The sun shone BRIGHTON the day we set sail for the \_\_\_\_\_  
in a ship with a \_\_\_\_\_ riddled with holes. We sailed down the river  
which \_\_\_\_\_ to the sea. We waved to the fair maiden leaning against  
the \_\_\_\_\_. The \_\_\_\_\_ was made up of Scots, Irish and  
others of the \_\_\_\_\_ races. The exception was the cabin boy  
named \_\_\_\_\_ whose job was to \_\_\_\_\_ the boilers. He  
was illiterate, but won our \_\_\_\_\_ with his \_\_\_\_\_ efforts  
to improve his \_\_\_\_\_. He was sent to \_\_\_\_\_ by the  
villains on board, who had brought their \_\_\_\_\_ of weapons. They  
were a rowdy lot and, when drunk, they did in fact \_\_\_\_\_ furniture.  
The voyage made my \_\_\_\_\_, who had not had a holiday \_\_\_\_\_  
too long. We landed \_\_\_\_\_ in the day on the \_\_\_\_\_ of the  
island, below where the locals \_\_\_\_\_ their dead. We crossed a stream and  
entered a dense forest where the \_\_\_\_\_ roamed freely. We \_\_\_\_\_

regardless and eventually met a group of \_\_\_\_\_ dressed in  
\_\_\_\_\_ green. After a day's journey we caught some black fish in a  
\_\_\_\_\_ and tried to get milk from a herd of cows, but they objected to  
having their \_\_\_\_\_ (sorry about this one!) At last we came to our  
destination, the home of the Hawaiian monarch, the \_\_\_\_\_. She greeted  
us with a friendly \_\_\_\_\_, but was obviously upset, as her  
\_\_\_\_\_ had been smashed when the \_\_\_\_\_ fell down.  
While her \_\_\_\_\_ was being built she had to live in a sumptuous  
\_\_\_\_\_. When we found the treasure, we put the \_\_\_\_\_ the ship,  
determined to put \_\_\_\_\_ it straight in the \_\_\_\_\_ when  
we got home. That night we ate some \_\_\_\_\_ cake and some \_\_\_\_\_  
buns for tea, also some \_\_\_\_\_ which made us feel ill.

*This is just for fun... compare with your friends or family or, if you feel so inclined, share your answers in a future Cresset and I'll do the same.*

In the meantime, let's hope that the poor old footballers don't suffer too much financial hardship by sacrificing some wages in the interests of keeping backroom staff, and even clubs themselves, solvent! But I fear the sporting landscape, like much of life generally, will have a somewhat different look and feel once we get back to competitive action. Sadly, I doubt we'll see much, if any, of it this year though.

**Keep well everybody.**

*TTFN - Gerry Daish*



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**I have been sorting through my WI papers and files during this time of isolation and thought this would appeal. In that we are all indoors we should find this an amazing way out as we reach for the skies. I heard this at an Annual General Meeting of the WI long ago at the Albert Hall. I was due to go again this year but!!!!**

*Sylvia Overton*

## THE CAITHNESS SELF-LIFT CHAIR

The Bower in Bexhill-on-Sea provides a quiet life for people who are shattered after years of mortal strife.

A care home for the elderly, where no-one seems to care and recently a test-bed for the Caithness Self-Lift Chair.

The patron and the matron, one a major, one a nurse think old ladies are appalling, and old men even worse.

They need helping, they need lifting and there isn't cash to spare.

So they've swopped a girl called Tricia for the Caithness Self-Lift Chair.

The old folks at the Bower all liked Tricia - she was nice, she listened to their stories, though she'd heard them once or twice - And now she's gone, the lounge is quiet.

The inmates sit and stare until suddenly a noise comes from the Caithness Self-Lift Chair. Mrs. Mould's forgetful, sad and paranoid and moody -She hates that Richard Madeley and she can't abide that Judy.

But suddenly she's flying in a shower of underwear propelled across the ceiling by the Caithness Self-Lift Chair.

The others watch her progress - as her mighty knickers snag on the sharp undusted antlers of a taxidermied stag. They exchange conspiring glances - can they do it, do they dare?

For the Bower bought a dozen of the Caithness Self-Lift Chair.

They open all the windows, move the chairs across the floor,

Apart from one that Mrs. Thomas jams against the door. Each one sits and faces freedom, and says a silent prayer - "Lord, carry me away now on my Caithness Self-Lift Chair.

One by one the chairs spring into life, and pensioners are hurled across the cliffs of Bexhill to return to the real world.

Mrs. Roberts' chute has opened, she has landed on the beach

She is joined by all the others, they enjoy a wine gum each - they unfold their pack-up Zimmers, and they turn to face the Bower

And they shout out "Sod off, matron!" in a voice of awesome power.

The inmates of the Bower, free from care and free as air

Unchained from sheltered living by the Caithness Self-Lift Chair.

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As for very many people and organisations the church has had to adapt and find new ways of being a church family and serving others during lock-down. Our buildings have had to close to conform to the measures to stay home, save lives and protect the NHS but the church community remains open, active and prayerful.

Although I am not a great expert with technical innovations we have embraced Zoom, an internet-based way of sharing meetings and documents with groups of people and for a number of weeks now we have held services on-line using this new technology.

It has been a steep learning curve and we have had to spend time teaching one another how to work computers and i-pads so that as many as possible can join in. Sadly, there are some who don't have the internet or whose hearing is too poor to join us even so and we miss them and try to keep in touch by phone. As you can imagine this new venture has precipitated some humour. The Church Times cartoon last week was on "backgrounds for broadcast from the clergy study". It's possible on Zoom to have set pictures as a background which means you can be in a scholarly study with lots of neat rows of books, an artistic study with lots of imaginative art work, a spiritual study with lots of aids to prayer and worship...or you can just be in the real life study or kitchen and go for the realistic perhaps rather messy natural background. None of new things we are learning might be what we would want or had planned for but it is what we can achieve and develop at this moment. It has enabled many to celebrate the most important festivals of the Christian calendar including Palm Sunday, Maundy Thursday, Good Friday and Easter Day. We have even found ways of sharing coffee together after the service although we have to make our own coffee now!

We have been praying for all key workers who are serving others and who put themselves at risk in doing so and for all those who are ill or grieving. If you have anyone you would like us to pray for please do ring or e-mail. It is one small thing we can do for others whilst at home.

Our reading last Sunday was about Jesus appearing to his friends who were hiding behind locked doors because they were afraid they too might be taken and killed. It spoke to where we find ourselves, perhaps not hiding in fear but locked down and unable to be with family and friends. Yet as the story reminded us, locked doors are no barrier for our God. He can move through any locked door, any barricaded heart, any walls created by fear or anxiety to reveal his love for people bringing them peace and hope. He did it for his first disciples as they mourned his death and he does it for us as we mourn for a lost way of life and for people we love. He is with us in lockdown, loving us and wanting to give us strength and peace for whatever the future holds. Our world may not return to how it once was just as the disciples never returned to their fishing or to learning face to face from Jesus. However, the global experience of a pandemic may help us to be more aware of each other's needs, maybe we will discover how to be kinder and more supportive of one other. It has already shown us how we might appreciate and value the care others provide. Through the restrictions we have been gentler with the natural world too and notice how it contributes to our health and well-being. We are recognising that our world is far more than a resource to exploit for our own ends. Lockdown has also precipitated lots of imaginative and creative ways of caring for one another

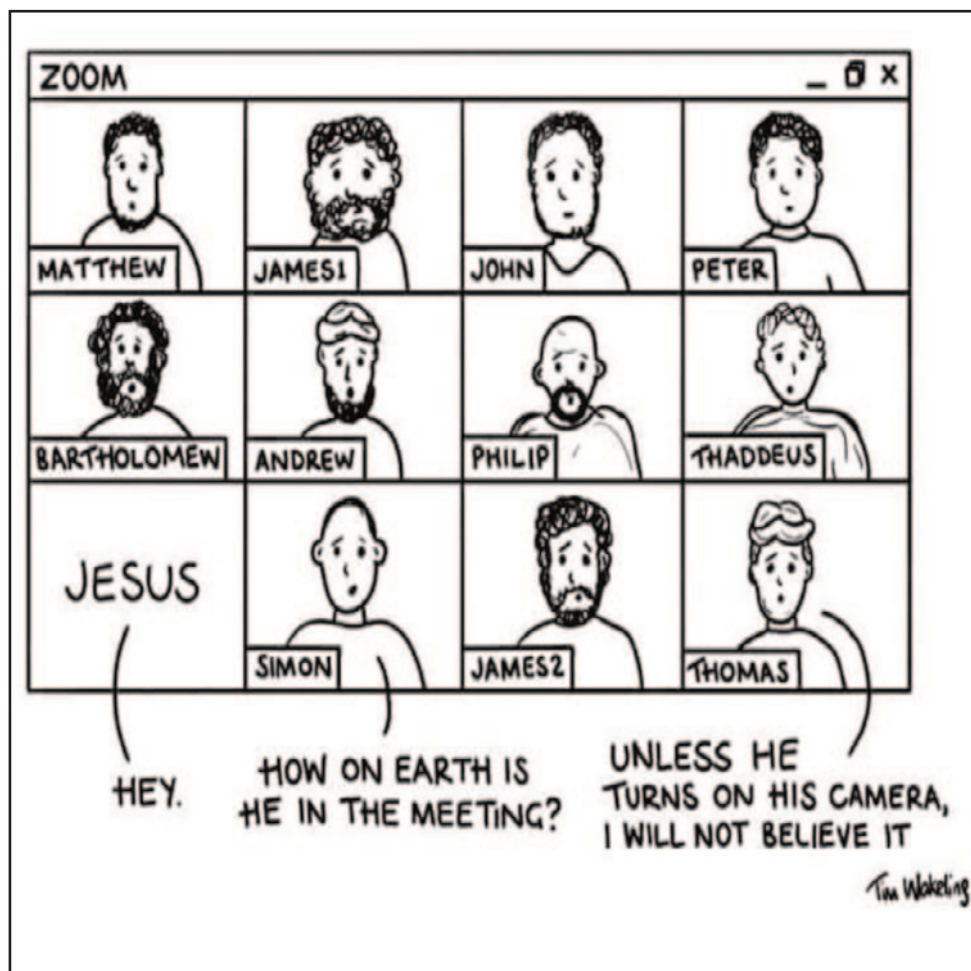
and staying in touch and this support and care is something to build on for the future.

If you would like to join us on Sunday morning please get in touch and we will send you a link for our reimagined worship. It would be lovely to welcome you from the comfort of your living room or kitchen.

The cartoon is based on the story we heard last Sunday adapted for our time. Thomas was not with the rest when Jesus first appeared to them behind their locked doors and he found it hard to believe until he saw Jesus for himself.

Stay safe and well and please do get in touch if you would like a chat, to join us in worship or if have anyone you would like us to uphold in prayer.

*Sue - suethevic@btinternet.com*





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please check website*

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## Bottisham Parish Council

### **CHAIR**

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### **VICE CHAIR**

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### **PARISH COUNCILLORS**

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HILDA BUCHANAN

LEE CHETWYND

LINO DI LORENZO

VICTORIA MARSH

PETER MARTIN

STEVEN O'DELL

BILL SUNNER

LAURIE VAN SOMEREN

NEIL WINKCUP

### **DISTRICT COUNCILLOR**

CHARLOTTE CANE

JOHN TRAPP

### **COUNTY COUNCILLOR**

MATHEW SHUTER

### **PARISH CLERK**

CLAIRE FULLWOOD

## **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: 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, Bottishamsasc@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 Tideswell	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. Oct to Mar - 9.00am-4.00pm	860674
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