

Sawston Scene

VOLUME 51 ISSUE 1 April-May 2020

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First of all, to anyone who is reading *Sawston Scene* for the first time, welcome! We are your award-winning village magazine, produced and delivered by volunteers for the last fifty years – coincidentally, this is our anniversary issue. To our regular readers, thank you for your support; we'll sort out those subs forms another time.

To those who delivered issues, a massive thank you. We took advice about how to do it safely from two local scientists, Dr Catherine J. Merrick and Dr Ben Grimshaw, and I am hugely grateful to them for sharing their expertise so generously at a time when everything was going crazy this week.

Editing the magazine has been an upsetting task as report after report listed cancelled events that I knew had often meant months of preparation. Underneath it all I could feel the tremors of everything shifting: people losing their jobs, businesses losing their customers, the village in upheaval. I cried, often.

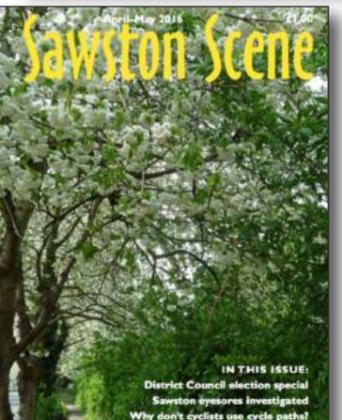
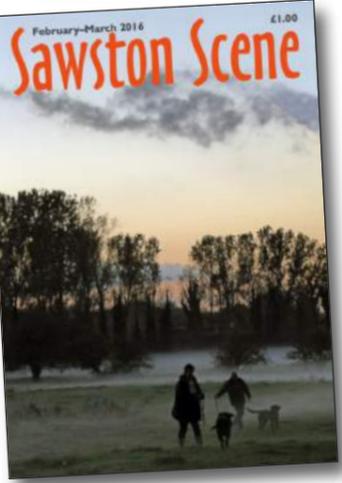
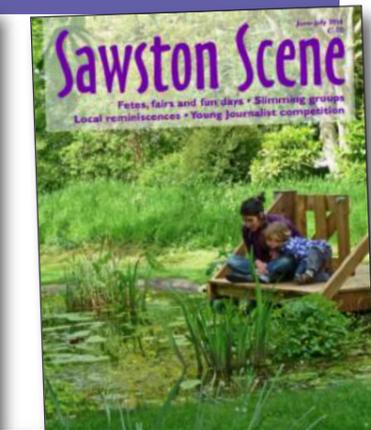
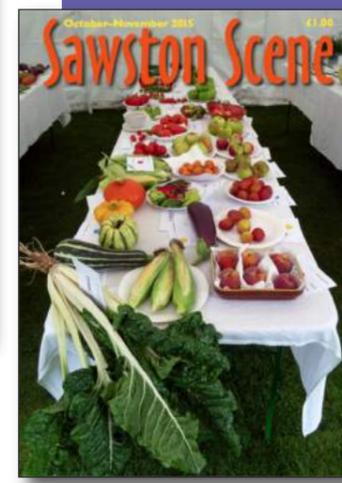
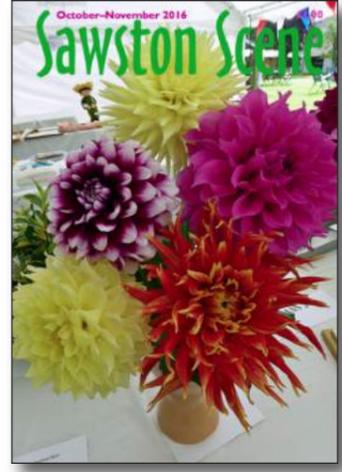
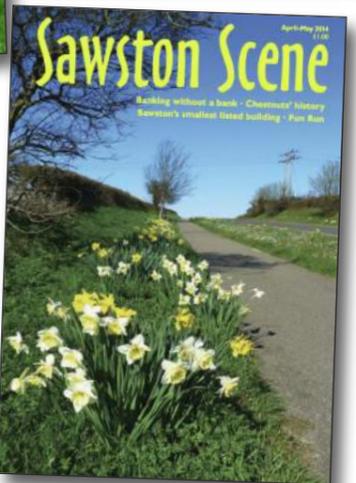
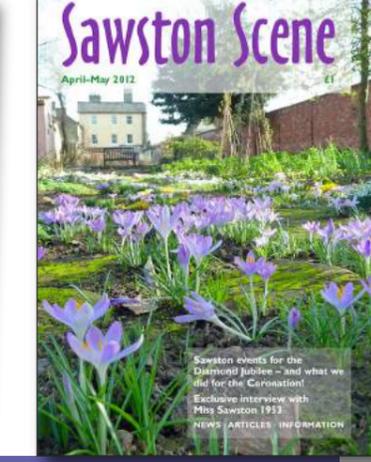
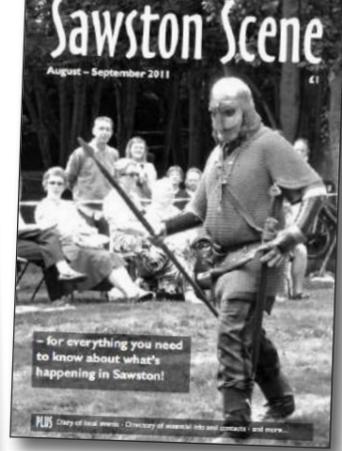
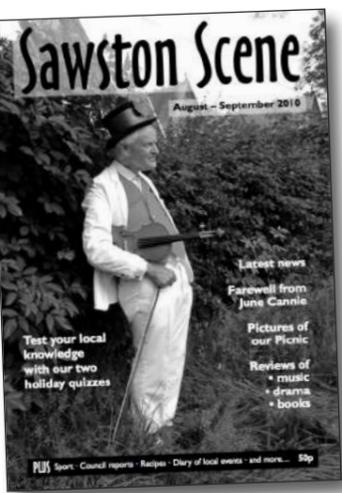
Sawston Scene will do absolutely everything it can to help this village get back on its feet. But I know that you, reader, will be doing what you can too. We may be thinking that it's too soon and for now we need to look after ourselves. But... back in January I had a phone call from a reader. "I've got a story I want to tell you," a lady said. She told me her name but said she didn't want it printed. "It was my ninetieth birthday so I'd dyed my hair the brightest pink you ever saw in your life. I've never had so much fun or so many kisses!

"Anyway, I went to buy a lottery ticket at the Spar and as I was searching in my bag for some change they said 'Don't worry, it's paid for.' There was a man behind me and unbeknownst to me he had paid. I flew out of the door, but there was nobody in sight. It was one of the nicest things that's ever happened to me!"

And it's one of the best phone calls I've ever had. The man who bought that lottery ticket spent just £2, and made that lady so happy she wanted to tell the village. So. No act of kindness is too small. In fact, the small acts get us into practice for the bigger acts. What will get us through these next months is kindness. Please, please, let's all try to be kind.

Beck Laxton
EDITOR

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In this issue, amid much else, we say farewell to our utterly fantastic Pictures Editor, Ann Redshaw. More than anyone else, she has transformed the way *Sawston Scene* looks. She's taken beautiful photos for our covers and taught other people how to take them too. She's persuaded many, many Sawston children to pose beautifully and got permission from their carers for them to feature on our pages. She's been a regular at village events trying to work out how to make a field full of people look interesting. Behind the scenes, she's converted thousands of colour photos into black and white, and learned the black arts of photo editing, right from our first issue where she moved a hook out of someone's head. She's also been a wonderful investigative journalist, delving into village issues and finding out facts from the people who actually know them – in this, we hope (once she's had a break) she will continue. We are hugely grateful to her for all she has done.

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Deadline for June-July 2020:
Sunday 17th May

To find out how to send in an article, put an event in the diary, or advertise, go to
www.sawstonscene.org

Readers' letters

SCENE MEMORIES

I became involved with *Sawston Scene* years ago doing collating by hand going round and around the table in the room we used at the Free Church.

Jean Osborne got me involved. It was a nice group of volunteers and we all got on very well. We certainly got a lot of exercise but it was fun. I also did some delivering of the magazine at one time. I think I only stopped after moving to Stapleford.

I still enjoy *Sawston Scene* and I look forward to my copy coming through the door. Long may it continue – I know a lot of hard work goes into it. *Muriel Orchard*

THE JOY OF COLLATING

My wife, Jeannette, and I, have been involved with the *Sawston Scene* since the very early days but were not quite founder members!

We were both on the committee involved in collating and, in my case, using Letraset (rub-down dry transfer letters) onto the typed masters to provide headings and add character to the magazine.

An anecdote from the very early years relates to a young lady on the committee (who I shall call Karen) who went touting for people to help with collating. Our neighbour at the time (who I shall call John) told me of his excitement on being asked if he was interested in what he had heard as 'copulating' having never heard the term collating. He was soon made to understand!

I was editor for just one year which I enjoyed but soon discovered that when the rest of the editorial committee went home it was down to me to tie everything together! I

couldn't cope for more than a year with a young family and career to attend to as well. So well done to you for enduring the last ten years!

However, we have stayed as worker bees for the rest of the first fifty years of the magazine, acting as local distributors around where we live.

We have watched the *Scene* blossom and grow under a number of editors, notably Jean Osborne (still active on the committee – well done, Jean) and yourself (and Yasmin) over the last decade.

The *Sawston Scene* is a well established (and award-winning) contributor and resource for the local community and we are proud to be part of its history and delighted with its ongoing success. Well done and many congratulations to all involved. *David and Jeannette Warner*

FORMER EDITOR

It is difficult to comprehend that fifty years have passed since the first issue in April 1970.

All the aims and hopes of that first issue, and much more, have been achieved. This is due to the many dedicated, talented, and imaginative people who have worked so hard through the years to keep the magazine going. They have developed it into the professional and interesting magazine it is today, in 2020.

A very big thank you to everyone – and very best wishes for the future. *June Thomas, Editor 1970 to 1971*

EGGS FOR ADDENBROOKE'S

My son Max Mckenzie and his brother Harley are collecting Easter eggs in again for the children at the

cancer ward at Addenbrooke's where Max was treated for a brain tumour. They are also collecting in anything for the amazing doctors and nurses at Addenbrooke's that work do hard especially at this time! We will



collect and deliver in a safe way. Our contact number is 07799 063122. *Rachel Mckenzie*

THREE CHEERS

A welcome sight for those residents



who use Princess Drive! *Irene Gruby*

GRANTA MEDICAL PRACTICES

Dr James Morrow, Managing Partner, 16th March 2020:

CORONAVIRUS (COVID-19) UPDATE

Unfortunately the number of people affected by the coronavirus causing Covid-19 is increasing rapidly and this new virus is taking a foothold within our community.

At Granta Medical Practices we have a dedicated Covid emergency team who are meeting daily to discuss how we can continue to provide the best possible care for our patients. As a practice we are fortunate in having both multiple sites and a large team of people, including those with experience of managing this sort of situation. This gives us options for delivery of care that are not open to many practices during any epidemic.

UP TO DATE INFORMATION:

At a national level the Public Health England website: www.gov.uk/government/organisations/public-health-england and NHS UK website: www.nhs.uk/conditions/coronavirus-covid-19/ provide up-to-date information about the national situation and plans, and health advice.

At Granta we will be keeping our website www.grantamedicalpractices.co.uk updated regularly to reflect the local situation and our actions at Granta, along with our social media accounts. We may also use SMS messaging to mobile phones to communicate any urgent messages. Please let us know if you have changed your mobile number or have one you haven't told us.

PRIORITISATION

The current evidence is that for the vast majority of the

population the Covid-19 virus is a mild illness which can be safely managed at home with rest, paracetamol and fluids just like a normal flu-like illness. However, for those with significant other medical problems and for the elderly it can be more serious.

With this in mind we have postponed all face-to-face GP appointments and some routine nurse appointments. This is for both our patients' safety and the safety of our staff. Instead we are offering an enhanced telephone service from clinicians. If you would like to receive a phone call please ring 0300 234 5555 (8am to 6pm, Monday to Friday) or contact us with non-urgent queries by email on capccg.covid19.gmp@nhs.net. We will still see patients where it is clinically essential, after we have done a remote assessment. We are working hard to make sure that those who are housebound will continue to receive their medications.

As a community we can help each other – both by following the advice given and by helping look after those who may need help within our communities. If you are able to volunteer to help out in your immediate area, please email your details to granta.socialnavigator@nhs.net

PRACTICAL ADVICE

First and foremost is the need to wash your hands on a regular basis – warm water and soap for at least twenty seconds. This alone will help slow down the spread of the virus and help protect you, your family and our community.

Bag your used tissues, and note that green bins are cancelled. See page 38 >>

SAWSTON COVID-19 MUTUAL AID

We are a group of people in Sawston who want to help during this difficult time: perhaps doing and picking up shopping and prescriptions or supporting with a friendly voice over the phone to those experiencing difficulties through self-isolation.

We are not a replacement for any medical advice or any healthcare needs but a friendly group of people who care about our neighbours. We will do what we



can to support you through these challenges.

You may see a flier through your doors in the coming days or have had one already, probably with #ViralKindness at bottom right.

Please contact the person named on the leaflet and we will contact our group of local neighbours to help provide what you need.

Stay safe and stay well.

Contact the number you have or 01223 562 871 if you haven't or email coronavirussawston@gmail.com

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Coronavirus: official advice

The NHS in Cambridgeshire and Peterborough and Public Health England (PHE) are well prepared for outbreaks of new infectious diseases. The NHS has put in place measures to ensure the safety of all patients and NHS staff while also ensuring services are available to the public as normal.

The country is moving into the 'Delay' stage of the response to coronavirus.

STAY AT HOME IF YOU HAVE EITHER:

- a high temperature – you feel hot to touch on your chest or back
- a new, continuous cough – this means you've started coughing repeatedly

Do not go to a GP surgery, pharmacy or hospital.

You do not need to contact 111 to tell them you're staying at home.

Testing for coronavirus is not needed if you're staying at home (also called self-isolation).

HOW LONG TO STAY AT HOME

- If you have symptoms, stay at home for 7 days
- If you live with other people, they should stay at home for 14 days from the day the first person got symptoms
- If you live with someone who is 70 or over, has a long-term condition, is pregnant or has a weakened immune system, try to find somewhere else for them to stay for 14 days.
- If you have to stay at home together, try to keep away from each other as much as possible.

USE THE NHS 111 ONLINE CORONAVIRUS SERVICE IF:

- you feel you cannot cope with your symptoms at home
 - your condition gets worse
 - your symptoms do not get better after seven days
- Only call 111 if you cannot get help online.

As this is a fast-moving situation, you should stay up to date with the latest NHS guidelines or ask a friend or neighbour to phone you if they change.

From the UK government at www.gov.uk:

The advice for anyone in any setting is to follow these main guidelines.

The most common symptoms of coronavirus (COVID-19) are recent onset of a new continuous cough and/or high temperature.

If you have these symptoms, however mild, stay at home and do not leave your house for 7 days from when your symptoms started. You do not need to call NHS 111 to go into self-isolation.

If your symptoms worsen during home isolation or are no better after 7 days, contact NHS 111 online. If you have no internet access, you should call NHS 111. For a medical emergency dial 999.

Wash your hands more often than usual, for twenty seconds using soap and hot water, particularly after coughing, sneezing and blowing your nose, or after being in public areas where other people are doing so. Use hand sanitiser if that's all you have access to.

To reduce the spread of germs when you cough or sneeze, cover your mouth and nose with a tissue, or your sleeve (not your hands) if you don't have a tissue, and throw the tissue in a bin immediately. Then wash your hands or use a hand sanitising gel.

Clean and disinfect regularly touched objects and surfaces using your regular cleaning products to reduce the risk of passing the infection on to other people.

At the current time and based on our understanding of what is known of COVID-19 and other similar respiratory viruses, it is likely that older people and those with chronic medical conditions may be vulnerable to severe disease. As more information emerges, recommendations may change.

PLEASE NOTE

These pages were edited on Sunday 22nd March 2020 then printed on 23rd to 25th March. By the time you read this, things may have changed. Please try to keep up to date while staying safe. See page 5 for websites to look at or phone:

To put you in touch with your neighbours

Sawston Mutual Aid: 01223 562 871

Local council members for help and advice

Brian Milnes, South Cambs District Council:

07971 886113

Clerk of Sawston Parish Council: 01223 832470

Chair of Sawston Parish Council: 07940 859660

Coronavirus: your questions answered

All the information below is gathered from reputable sources such as the World Health Organisation (WHO) and other scientific groups around the world. More data are being generated every day, so the numbers and information below are the current best estimates, and may change over time. Please refer to the WHO for the latest information.

Dr Catherine J. Merrick, Senior lecturer at Cambridge University, Department of Pathology

Dr Ben Grimshaw, Research Scientist at Kymab Ltd

What are we doing to develop new drugs against coronavirus, and how quickly?

Developing a brand new drug to combat any human disease is a long and expensive process. It needs many rounds of safety and efficacy testing called 'clinical trials'. These are crucial because unsafe drugs can have devastating consequences – just remember thalidomide in the 1950s and 60s. However, we might not have time for this whole process when facing COVID-19. So instead, scientists are mainly concentrating on trying out existing drugs that might work in this new context. We already know that they are safe and effective against other infections, so we have a head-start on the testing – but can they help us with COVID-19? Clinical trials are still required, giving these drugs to a large number of infected patients to see if they can reduce disease symptoms, and whether there are any bad side effects.

Two main candidates at present are a group of 'anti-virals' developed for infections like HIV, and a drug called chloroquine that was once widely used against malaria. Clinical trials on both of these, and others too, are underway right now – for example, the UK-based company Synairgen have just announced that they intend to start a Phase II clinical trial imminently, using a drug that was previously tested in asthma patients with viral respiratory infections. We should have results from all these trials within a few months. Nobody is expecting a miracle cure, but we do believe that some of the drugs might reduce the symptoms.

A word of warning, though – if you have these drugs at home, or are trying to buy them online against a possible COVID-19 infection, this would be 'off-label self-prescribing': it is a potentially dangerous risk to take any drug until there is solid medical evidence that it really works against this disease!

Finally, it might be possible to develop sophisticated new drugs called 'antibody therapeutics' against COVID-19. Biotechnology companies are working to test antibodies

from patients who have recovered from an infection, or even to synthesise new antibodies in the lab, to see if they are able to fight off the infection in patients whose own bodies cannot do so effectively.

How soon can we hope to have a coronavirus vaccine?

With previous disease outbreaks, it has taken a long time to start developing new vaccines. First, scientists must gather enough information about a disease, and sequence the genome from any new virus. For COVID-19, the virus was identified and sequenced extremely quickly, so vaccine design and testing has already begun. A company in the USA (Moderna Therapeutics) created a possible vaccine just forty-two days after the COVID-19 genome was published, with the aim to start testing this in humans in April. There are more than thirty companies and academic institutions around the world investigating possible vaccines, and a lot of collaboration between companies.

The aim is to make a vaccine as soon as possible. Sir Patrick Vallance (the government's chief science adviser)

“Those studying coronavirus are the only laboratories in Cambridge that have not shut down.”

has said that a timeframe of twelve to eighteen months is “not unreasonable to assume”, but some companies have ambitious aims to have a vaccine even sooner than that. Nevertheless, it is vital to test any new vaccine for its safety and possible side-effects, usually in animals before humans, and this process cannot safely be truncated.

If a vaccine is found, one major obstacle facing the world will be the ability to make enough of it to vaccinate enough people to provide general protection against the virus. So, when we get to the point of having an effective vaccine, it is likely that governments will choose to vaccinate vulnerable people and key workers first, before the general population, since demand will initially be higher than supply.

What are local and national scientists doing to help?

The Cambridge area has a large population of scientists associated with Cambridge University and with local science and technology firms. Many of us are now confined to our homes because our workplaces are closed, but we are far from idle! Biologists with suitable training are offering their services to Public Health

England to expand the virus testing programme. Engineers are working on accessible, open-source designs for manufacturing respirators. Logistics experts are trying to organise all the offers of help into workable teams. And of course, those who can work directly on studying coronavirus – developing candidate vaccines or drug treatments – are still at work: these are the only laboratories in Cambridge that have not shut down.

The outbreak of COVID-19 has drawn together scientists and companies in a way we haven't seen before. Where normally companies might compete to be the first to discover a new treatment, all the leading scientists have been working together on COVID-19 to tackle the outbreak. The BioIndustry Association (BIA) in the UK is one example where scientists from across the country have been brought together, driving efforts to develop vaccines, antibodies and other treatments. New testing methods now being developed will be faster and more reliable, to give a more accurate picture of how the virus is spreading through the population. Other barriers, such as the ability to make large amounts of a drug/vaccine in a short space of time, are also being investigated.

Is this really 'the Chinese virus', as President Trump has been calling it?

Viruses have no race or nationality, so this designation is basically meaningless. In fact, the World Health Organisation advises against naming any new diseases via geography or nationality, to avoid stigmatising one group of people. (An example would be the obsolete 'Spanish flu' of 1918: that virus probably didn't actually originate in Spain but instead in the USA. The Spanish were not to blame for the pandemic. Yet the name stuck.) This new coronavirus did apparently originate in China, probably jumping from a bat into another

mammal and then into humans, but such problems are not unique to China. They can happen anywhere when people encounter animals. The Ebola virus emerged in central Africa – possibly from a bat, but no one is certain – while the MERS virus emerged in the Middle East, where it circulates in camels. For all we know, the next emerging virus could appear in a British farm, but it would probably be unhelpful to name it 'British flu'!

Can my pets catch the virus, and can they spread it?

There has been one instance of a dog being infected in Hong Kong, but to date there is no evidence that a dog, cat or any pet can transmit the virus that causes COVID-19. It is mainly spread through droplets produced when an infected person coughs, sneezes, or speaks – so to protect yourself, clean your hands frequently and thoroughly. However, the WHO continues to monitor the latest research on this and will update us as new findings are available.

It does seem likely that this virus came originally from animals, but these are unlikely to be domesticated pets. The genome sequence information that we have from the COVID-19 virus allows us to trace back where the virus may have originated, and current information is that sometime in the 1970s to 80s, the virus was transmitted from bats to another (as yet unknown) non-human species. It was then passed on to humans sometime between October and December 2019 (the first case was reported by the WHO on 8th December 2019).

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ADDENBROOKE'S HOSPITAL

All non-essential face-to-face outpatient appointments and planned procedures and operations will be postponed.

This is effective from this Friday 20th March 2020, and will last for a period of at least three months.

We appreciate that this is unwelcome news. We would like to reassure you that you will remain in your current pathway for your appointment, and that you will not be asked to go back to your GP to get re-referred once normal service resumes.

We will update you when we can to let you know when your appointment can be rescheduled.

If you have not heard anything from the hospital regarding your appointment you should still come in.

Urgent and emergency cases and cancer treatments will be carrying on as normal.

A spokesperson for the Cambridgeshire and

Peterborough Clinical Commissioning Group said: “As part of our preparations for an increase in coronavirus cases, we need to ensure that we have as many beds available as possible across Cambridgeshire and Peterborough to care for patients with severe respiratory problems when the number of infections peaks.

“Therefore, in line with well-established plans for situations like this, we are now suspending all non-urgent elective operations and outpatient treatment from 20 March for at least three months, with some other procedures likely to be rescheduled before then so we can train our staff and adapt certain areas.

“Urgent and emergency cases and cancer treatments will be carrying on as normal, but we know many people waiting for treatment will be disappointed or worried, and we will be contacting everyone affected as soon as possible.”

Coronavirus: myth-busting

For the benefit of readers without internet access, here is advice from the World Health Organization website at www.who.int

Does the new coronavirus affect older people, or are younger people also susceptible?

People of all ages can be infected by the new coronavirus (2019-nCoV or CoV-2). Older people, and people with pre-existing medical conditions (such as asthma, diabetes, heart disease) appear to be more vulnerable to becoming severely ill with the virus. WHO advises people of all ages to take steps to protect themselves from the virus, for example by following good hand hygiene and good respiratory hygiene.

Are there any specific medicines to prevent or treat the new coronavirus?

To date, there is no specific medicine recommended to prevent or treat the new coronavirus (2019-nCoV). However, those infected with the virus should receive appropriate care to relieve and treat symptoms, and those with severe illness should receive optimized supportive care. Some specific treatments are under investigation and will be tested through clinical trials. WHO is helping to accelerate research and development efforts with a range of partners.

Do vaccines against pneumonia protect you against the new coronavirus?

No. Vaccines against pneumonia, such as pneumococcal vaccine and Haemophilus influenza type B (Hib) vaccine, do not provide protection against the new coronavirus. The virus is so new and different that it needs its own vaccine. Researchers are trying to develop a vaccine against 2019-nCoV, and WHO is supporting their efforts. Although these other vaccines are not effective against 2019-nCoV, vaccination against respiratory illnesses is highly recommended to protect your health.

Are antibiotics effective in preventing and treating the new coronavirus?

No, antibiotics do not work against viruses, only bacteria. The new coronavirus (2019-nCoV) is a virus and, therefore, antibiotics should not be used as a means of prevention or treatment. However, if you are hospitalized for the 2019-nCoV, you may receive antibiotics because bacterial co-infection is possible.

Can eating garlic help prevent infection?

Garlic is a healthy food that may have some antimicrobial properties. However, there is no evidence from the current outbreak that eating garlic has protected people from the new coronavirus.

Can spraying alcohol or chlorine all over your body kill the new coronavirus?

No. Spraying alcohol or chlorine all over your body will not kill viruses that have already entered your body. Spraying such substances can be harmful to clothes or mucous membranes (i.e. eyes, mouth). Be aware that both alcohol and chlorine can be useful to disinfect surfaces, but they need to be used under appropriate recommendations.

Can regularly rinsing your nose with saline help prevent infection with the new coronavirus?

No. There is no evidence that regularly rinsing the nose with saline has protected people from infection with the new coronavirus. There is some limited evidence that regularly rinsing nose with saline can help people recover more quickly from the common cold. However, regularly rinsing the nose has not been shown to prevent respiratory infections.

Are hand dryers effective in killing the new coronavirus?

No. Hand dryers are not effective in killing the 2019-nCoV. To protect yourself against the new coronavirus, you should frequently clean your hands with an alcohol-based hand rub or wash them with soap and water. Once your hands are cleaned, you should dry them thoroughly by using paper towels or a warm air dryer.

Can an ultraviolet disinfection lamp kill the new coronavirus?

UV lamps should not be used to sterilise hands or other areas of skin as UV radiation can cause skin irritation.

Taking a hot bath does not prevent the new coronavirus disease.

Taking a hot bath will not prevent you from catching COVID-19. Your normal body temperature remains around 36.5°C to 37°C, regardless of the temperature of your bath or shower. Actually, taking a hot bath with extremely hot water can be harmful, as it can burn you. The best way to protect yourself against COVID-19 is by frequently cleaning your hands. By doing this you

eliminate viruses that may be on your hands and avoid infection that could occur by then touching your eyes, mouth, and nose. These viruses are highly sensitive to detergents, such as those

- **DO** talk to others using technology available (WhatsApp/Zoom/Skype/phones/FaceTime etc)
- **DO** offer help if you're able to (Sawston Mutual Aid group)
- **DO** ask for help if you need it
- **DO** get fresh air, even if it's just going out into the garden.

in soap and in the powder/detergent used for washing machines, so washing your hands with soap, and washing your clothes/bedding with your usual detergent and settings (no need to increase the temperature) is the most effective way to protect yourself and those around you.

not ill or looking after someone who is ill then you are wasting a mask. There is a world-wide shortage of masks, so WHO urges people to use masks wisely. WHO advises rational use of medical masks to avoid unnecessary wastage of precious resources and mis-use of masks. 📞

JHC is taking measures to ensure the wellbeing of its staff and visiting clients and stakeholders during the current health emergency, and we are monitoring these daily. At the time of going to press the charity is operating a normal service but please check our website regularly for updates. Telephone appointments will be made available in future, if required.



John Huntingdon's Charity
www.johnhuntingdon.org.uk
01223 492 492
office@johnhuntingdon.org.uk

VISITING JHC IN PERSON

If you need to speak to one of our advisers or wish to visit the JHC offices for any other reason but feel unwell, especially if you have been to an infected area or have been in contact with someone who has, you should stay at home and telephone us on 492492 instead.

It is very important to check www.nhs.uk and www.gov.uk regularly for the latest medical guidance.

FOOD AND CASH DONATIONS

We are anticipating increased demand locally for help from our foodbank and welcome your donations of non-

perishable foods and household items with some urgency. If you're able to add a couple more items to your regular shop to help ensure JHC has enough stock to maintain this important service for local people in real need we'd be very grateful.

We can also accept donations of money to help those locally in this difficult time. Cheques can be made payable to John Huntingdon's Charity, and we can accept bank transfers: please contact us for details. We will distribute funds to

local people who come to us facing hardship.

Donations of food or cash can be delivered to the JHC offices at 189 High Street, Sawston CB22 3HJ during our normal opening hours, and there are drop-off points at Footprints Café in Sawston Free Church, St. Mary's Church and in the Sawston Co-op. However, this is being reviewed on a daily basis so best to telephone or check the website first. The distribution of food bags to those in need is at JHC. If you know of someone who needs a food bag, please get in touch.

Jill Hayden, Charity Manager 📞

Please be assured that we are monitoring Public Health and Government advice daily and are responding accordingly.



We are likely to be delivering our services differently in order to reduce the risk of infection and spreading the infection. You will be kept informed of any changes that affect you.

We are supporting thousands of older people (and the number is rising) and must prioritise those who are considered to be at higher risk, namely those with conditions such as cardiovascular disease, chronic

respiratory diseases and diabetes.

We must also prioritise those who do not have any external support (such as family, friends or neighbours supporting them).

If you think you may have the virus and have symptoms of high temperature, cough, shortness of breath, please let us know.

If you have been advised to self-isolate and need extra support from us please contact us:

PHONE 0300 666 9860

EMAIL infoandadvice@ageukcap.org.uk

Fifty years of

SYD Sawston Youth Drama



A short history of Sawston Youth Drama... SYD started life as Sawston Youth Centre Drama Group in 1968, with students from the local village college joining together for improvised drama sessions. In 1970 the first major musical – *Oklahoma!* – was performed. For the next twenty-eight years the group worked hard to produce shows and give the young people of the community something rewarding and exciting to do.

In 1998 the group became Sawston Youth Drama with the input of a youth committee and a new production team. SYD blossomed and along the way we formed new groups to cope with the increasing demand. SYD Juniors were born in 2004, putting on their first show – *The Young Ones* – in 2005, while SYD 7s were launched in 2009 and performed *Ocean World* the same year. To cater to adults we launched Sawston Theatre Company, then called SYD Seniors, with a concert in 2009. In 2011 we renamed the main SYD group SYD Seniors to avoid any confusion between one group and the whole company.

Now in our fiftieth anniversary year we are working with around a hundred and forty young people and have built a team of around thirty leaders who give up their time voluntarily. Since those founding days SYD has seen over a thousand young people through our doors and onto the stage. For some, SYD is about performing. For others, a place to be with friends. For all of us, though, SYD is something very special.

Here is what our current directors have to say about their individual groups and about their time at SYD.

SYD SENIORS AGE 14–18 (YEARS 10+)
Gareth Furbank (SYD 7s founder and director 2009–15, SYD Juniors director 2016–19, SYD Seniors director 2020) writes... For the last forty-nine years, SYD Seniors has been ‘the flagship of youth entertainment’ as we used to say. From *Oklahoma!* in 1970 to *Annie* in 2019, the group has grown and evolved in myriad ways but never lost sight of

what matters the most – the enjoyment of the young people we work with. For half a century SYD Seniors have entertained the people of Sawston and surrounding villages, fostered talents and developed skills, built friendships and given those who are now professional performers their first taste of the spotlight. We look back and reflect on the successes of years gone by and aspire to take the group even further.



Now in the fiftieth Anniversary year it is a privilege and an honour to take the helm of this great legacy on, directing Seniors for the first time. Having founded SYD 7s in 2009 with Jackie Green and James Camp, then taking over SYD Juniors from Adam Bonner in 2016, I have worked hard to develop SYD as a group and always been overwhelmed by the enthusiasm and professionalism of the cast and production teams alike.

This year we perform *The Young Ones*, a fitting production for this special year – a story of plucky youngsters who meet at a youth club with a passion for performance and music, taking on society through the power of musical theatre. The passion of the characters in the show and their love for their youth club is indeed appropriate as it echoes the heart of all the young people



we work with today and have since 1970. Sawston Youth Drama is not just a musical theatre group. SYD Seniors is not just the flagship of youth entertainment. This is something special, and we will keep that flag flying for the next fifty years too.

SYD JUNIORS AGE 12–14, (YEARS 8 AND 9)
Adam Bonner, SYD Juniors founder and director 2005–15, SYD Seniors Director 2016–19, SYD Juniors Director 2020 SYD Juniors is a testament to the popularity of musical theatre among young people and the safe, creative, supportive and nurturing environment that has been developed at SYD through the hard work and dedication of so many people. As a former member and performer in SYD Seniors, I witnessed first-hand the rapid transformation that the group went through due to the increased popularity and accessibility of musical theatre. It was becoming more and more difficult to select shows and give opportunities to all of our members and so SYD Juniors was born!

Launching SYD Juniors with my friend and fellow SYD member Sam Billing, supported by Mark Long, was such a thrill and meant that we were able to work with and impact more young people, tailor our directing to better suit their experience, push the boundaries on show selection and raise the bar in nearly every area of SYD, from set design to sound, costumes to lighting, directing and of course performance quality.

SYD Juniors is the jewel in the crown, where as a leader you have the pleasure of watching our

young members start to truly discover themselves and grow in confidence. Having launched SYD Juniors in 2005 and more recently (since 2016) directed SYD Seniors, I am absolutely delighted to be returning to SYD Juniors this year to support our newest leadership team in continuing to make the jewel shine bright!

SYD 7S AGE 11-12 SCHOOL YEAR 7
Jackie Green, SYD 7s founder and director 2009 – present

SYD 7s is now going in to its twelfth year and is now an established part of the SYD family and the SYD calendar. As a group, SYD 7s has probably undergone more changes than the other groups as it has



grown and developed over the years. Our very first production was a semi-devised piece called *Ocean World* and was performed in the Henry Morris Hall – a steep learning curve for all involved and a great way to kick things off. We then discovered our beloved ‘Disney Junior’ range of musicals that seemed a perfect fit for our group and we have performed many of the well-known Junior versions of the shows including *Alice in Wonderland*, *Mulan*, *Lion King* and *Aladdin*.

Over the years, we have developed a series of musical theatre introductory workshops that take place over the first term, focusing on all aspects of musical theatre from singing and dancing to acting and improvisation to



costumes and make-up. The second and third terms are spent auditioning, rehearsing and performing our chosen show and year by year the production values have gone up and up. We started off back in 2009 with no set or costumes – we now have a dedicated technical team, stage crew and costume and make-up department that produce the most wonderful sets, lighting and costumes. All this makes for a truly professional experience for our youngest performers, giving them a great foundation for then going on to perform with SYD Juniors and Seniors.

SAWSTON THEATRE COMPANY (STC) 18+

Dawn Furbank, SYD member 1976–96, STC member 2010 – present

The idea of an adult group for SYD leaders, past members and other interested people was discussed off and on for a while before eventually STC was formed in 2009. The primary aim of STC was to have a sustainable group that gave opportunities to adults in the area, while supporting SYD and raising some much-needed funds for the group. We put on our first full production in 2011 and further

shows and concerts over the next five years. Unfortunately due to commitments by many of the leaders, the group has not performed for a couple of years. However, we are thrilled to now be able to put on a concert of songs from past SYD shows to kick off the celebrations for SYD's fiftieth anniversary year.

My own involvement with SYD started when I performed in *Fiddler on the Roof* in 1976 and I went on to perform in many productions, coming back to be in *Follies* in 1996. When STC was formed it seemed like coming home to be able to perform again on the Marven Centre stage. I'm not sure why it has such a pull over me or many other leaders who have performed elsewhere as well – it certainly can't be the smell of the building we all know and love! Our rehearsals can be hard work but are filled with laughter and there is a tremendous camaraderie between the members. The opportunity for all of us to perform as an extension of SYD is a real privilege and knowing that we can help the group by raising extra funds hopefully means the group will be here for many years to come. 🍏

It seems difficult to think a long way ahead now writes **MANDY TODD**, but like preschools around the country, we at Pippins were about to start offering sessions for children who are eligible to start in September 2020. If your child is about two years old, now is a good time to start thinking about their preschool.



www.childcarechoices.gov.uk for more information

after children turn three years old – every child is entitled to this. Younger children may be eligible for funding from age two. Many are also eligible for more than fifteen hours of funding – visit

on childcare costs, and we can chat about how many hours are available. If you need to pay for sessions, then we currently charge £16.50 per three-hour session.

WHY PRESCHOOL?

What does 'going to Pippins' mean for children? At Pippins, we accept children aged two years and six months up to just before they go to primary school (if you need childcare for younger children, you need a nursery or childminder). At this age, most children are ready to play away from home for a few hours – and they learn such a lot through play. Communicating, sharing, counting, colours, reading, role play, running, dancing, singing, eating new food, gardening... it's all go!

Staff help children to develop their understanding of the world around them, and work towards a successful start at primary school. At Pippins, we try to offer as broad an experience as possible for our children – this year, we've introduced outdoor Forest School sessions. The joy the children have got from playing in the trees is astonishing – and they're so much more confident at using their bodies to move around. We have weekly sports and Musical Bumps sessions too – last week, a child listened to a CD and recognised correctly that a violin was playing!

It's amazing how happy children are to try new food when they see their friends having some. At Pippins, children bring in fruit and veg to share in the morning. Last week, one child pointed at a pineapple and said "What's that?" When we explained it was pineapple, he said he wasn't sure about pineapple but agreed to have a little try. "Okay, I'll take just the one piece so that there's some left for my friends."

WHEN SHOULD I APPLY?

Most preschools keep a waiting list – so you can sign your child up from a few months old, if you'd like. It's best to enquire about signing up before they turn two, as otherwise you may find that there aren't any spaces. But it's worth enquiring at any age – often a preschool will be able to find a space for older children, as we all want to help make sure children are ready for primary school when that time comes.

HOW MUCH DOES IT COST?

It might not cost you anything at all! At Pippins, we accept various forms of early years funding; Funded 2s, extended entitlement, childcare vouchers... The government pay for fifteen hours per week from the term

CHOOSING A PRESCHOOL

Does your child have to go to the primary school next to their preschool? No, it's entirely up to you which primary schools you put on the application form. Like most preschools locally, we have a team of parents and grandparents who form the committee which oversees Pippins, much like the governing body at a primary school. Pippins staff make sure that parents are part of life here at Pippins – we know that you are your child's first teachers!

One parent told us: "As a former childcare professional, I am very picky about who looks after my child. The Pippins staff are outstanding! From before my son even started attending Pippins, I felt like all of the staff were so interested in getting to know him as an individual, and working with me to make sure he felt confident and happy from his first day. Now, I can't get him to leave at the end of the day!" Another parent said, "My son is more confident, more physically able and much more social and vocal since his time at Pippins. You've been so kind and encouraging to him. We are all so grateful to all of you at Pippins and thank you from the bottom of our hearts."

WHEN ARE YOU OPEN? WHEN CAN I VISIT?

Like most preschools, we're usually open for 38 weeks a year during school term-time only. Children can attend from 9am to noon, or noon to 3pm, or 9am to 3pm.

CORONAVIRUS UPDATE

Like all educational settings, we are awaiting further instruction from the local authority as to what form Pippins will be operating in the foreseeable future. As advised by the Government, we will do all we can to stay open, in some form, for the children of key workers, others in the frontline services and children with certain needs. We will keep you updated by email and will also put any information on our website and Facebook as soon as we know more. To clarify, this means that from Friday 20th March, Pippins will be closed until further notice.

Once everything has settled back to normal, you'd be very welcome to bring your child in for a visit – at Pippins, every day is an open day! Thank you for all your support in this very challenging time for us all. 🍏



Following the most recent Government announcements we have taken the difficult decision to cancel all of our groups from centres and outreach venues. We have taken this step to protect you and your families, and our staff teams and to prevent the spread of infection. For now, our doors will remain open for pre-arranged appointments and individual callers.

We recognise how important it is that families and community members can continue to access information and vital social support during this time. Our teams are still available to support in a variety of ways; we will use social media to provide information updates and welcome you to contact us on: 01954 284672

For families receiving one to one support our staff will be in touch to discuss the help you may need.

Please do not hesitate to contact us if you need our support. *Sally Stephenson*

Tina Spencer, Head of nursery, recently celebrated being one of the first people in the



county to achieve the new Level 3 qualification for those working with children with Special Educational Needs and Disability (SEND). Tina was already the designated Special Educational Needs Coordinator and took the qualification to develop her role within the nursery.

Through undertaking the course, Tina was pleased to also be able to enhance the team's understanding and awareness of working with SEND children. It was important to ensure we were all working together for the best interest of the child and families involved.

"I now understand how early identification of needs, together with appropriate support, can help children who have Special Educational Needs or disabilities to achieve and thrive leading to good transitions in life," she says.

Tina created a booklet explaining the SEND process to share with staff, parents and carers, as often people are not knowledgeable about the support available and the process involved. The staff have been trained to create clear Individual Child Plans with short and long term targets all of which are shared with parents and carers.

Having a child's additional needs already identified helps to ensure a smooth transition from nursery to school. And doing the course will help us help ensure the children achieve the best possible outcomes in their learning and development. *Vivien Rowell*





**Sawston
Village College**

The school is now closed for normal business until further notice. From Monday 23rd March, as outlined in the government's guidance, the school will only open for vulnerable children and those children of key workers where it is absolutely necessary to send them into school. No other pupils

should attend school and should instead stay at home completing work online as set on ShowMyHomework each day (from Tuesday 24th March; work on Monday will be generic tasks).

It is important that as few pupils as possible are in school to protect the safety of staff and pupils while the school remains open. All pupils attending must be agreed in advance with the school. It is also essential that no other pupils visit the school or are seen near the school – waiting outside the school gates on New Road, at any point during the extended school day, 8am to 6pm. Children should be at home.

Parents have been informed of these details via email (in-touch messages).

Please do not come on to the school site unless it is essential.

ARTS AGREEMENT SIGNED

We further confirmed our commitment to the arts recently when Arts Council England and Anglian Learning signed a formal agreement, and we are now the only trust in the country to have such a partnership.

At the launch event, pupils from across the trust were able to showcase their artistic talent before the formal signing of the Memorandum of Understanding undertaken by Darren Henley, Chief Executive of Arts Council England, and Jonathan Culpin, Anglian Learning's CEO, who said: "This demonstrates our commitment to working with arts and heritage partners in designing a culture-rich curriculum that enables all pupils to advance their creative skills and literacy regardless of their background or starting point."

Sawston Village College, like all trust schools, recognises that arts and culture play a significant role in the lives of children, supporting their personal development and progression into adulthood. This partnership will help us to promote the arts and create further opportunities for all pupils.



TECHNOGNITION WEEK

As part of Techognition Week, the science technicians submitted a poster made by some science classes recognising the excellent work they do, and were



then delighted to win a plaque for the Prep Room door, one of only five winners recognised in this way.

Technician Mrs Kerr said, "It is lovely to be recognised in this way and to feel valued as part of the team. We all love being part of the Science department."

HAIRDRESSING COMPETITION

Well done to the Year 11 Hairdressing pupils, who recently took part in a competition between themselves to create an image of beauty as part of their course work. They set themselves very high standards, and all

produced outstanding work, focusing on diverse themes, such as Carnival, Flowers, and Grease. A lot of effort went into all their creations, from preparation, mood boards to their overall design. They should all be very proud of their achievements.

Mrs Arnold, Cover Supervisor

FIRST LEGO LEAGUE COMPETITION

We went to the Cambridge

University Department of Engineering to take part in the first Lego League competition. When we arrived at the department we saw how many people we were up against, and it was a bit terrifying as there were lots of people there with t-shirts, hats and costumes to support their teams. We could see immediately that we definitely had a long way to go if we wanted to win the competition.

The robot we designed went on a mission, a mission to get as many points as possible to help us win. We started the day in a small base where we prepared our robot and got team Benny ready for the run. Our first round was okay and the second round was good. After the second round we had quite a while to wait so we had some lunch. After our lunch we had our third round, which was okay. After the third round we had our Innovation Project which was where we did very well after discovering that the Box Mission took very little time and got a huge number of points for a task that was easy if done correctly. We got over 90 points. After that we had to present our Innovation Project.

While we were busy coding we were also tasked to create a project that might help the world in the future. For our innovation project we chose to create a better way for storing bikes. However, we discovered Japan was already working on a similar prototype design, and so we had to make ours

totally unique. To achieve this we took a look at what the Japanese hadn't done and worked around that. In the end, we created a fully sustainable and awesome project, including our own working model/prototype. During the competition we made a presentation, which was pretty successful, and I am proud to say we all contributed. Although we did not win an award for the best presentation, we did win two medals for our contribution and we also won the selfie contest! How phenomenal!



this project that will not only help us to do better next year but will also help us generally. For example, we learnt about how to function in a competition environment. It was a challenge, and next year in this and in any other competitions we compete in we will be able to perform better.

Leah Benjafield, Toby Cockerill, Isaac Dean, Stuart Holland, Oscar Horton, Finlay Rae, and Matthew Ranasinghe, Years 7-10

In these truly extraordinary circumstances, we are enormously proud of the tremendous efforts of our staff to remain open over the last few weeks at Sawston Village College.

It has been necessary to respond to ever-evolving government announcements and a rapidly changing situation. However, at every turn, staff members have provided pupils with as near as normal routines as possible. We have done all that we can to keep our pupils reassured in a calm and safe environment with an unstinting focus on learning.

That our pupils have risen to the challenge -with maturity, sensitivity

and due respect to the national emergency- shows the remarkable potential of our pupils and your children. We could not be more proud of their core values, their sense of community and their compassion for others. Each day we have been reminded of why we do our jobs: to encourage, to motivate, to inspire, to excite, to prepare and to serve the citizens of tomorrow.

For now, we move into the next phase of school provision. For the foreseeable future, we are open only to the children of emergency key workers and the most vulnerable children. Even for these pupils, we remain open only for those for whom there is no alternative. It is

vital that we minimise the risk to staff and pupils who do attend and therefore we sincerely request all parents and carers to do the right thing and to keep children at home.

We will also be hosting Icknield Primary School on our site; at times like these, it is so important that we work together as a community.

From all the staff at Sawston Village College, we send our very best wishes to every person and family in the community. As the great writer Maya Angelou said: "You may not control all the events that happen to you, but you can decide not to be reduced by them".

Jonathan Russell, Principal, Sawston Village College

It was fifty years ago today...

The four women who started Sawston Scene with the April-May 1970 issue. From left to right: Jean Osborne, June Thomas, June Hoar and Cathy Odell.



Please enjoy reading about recent trips and workshops from our Year 2 and 3 children at the Bellbird... Do you know about the Great Fire of London? Read on to find out how year 2 children became history experts with Master Tailor who taught us the Great Fire of London story and where it all started.

Nancy Bayliss (Year 2, Goldfinches Class):
On Monday 24th February, Master Tailor from History of the Page, came in to help year 2 understand how people put out fires in 1666.

First, I went to the perfume shop where I smelt and chose some herbs. I crushed them and then put them on a silky piece of fabric. I poured the crushed herbs into the silky fabric, made it into a little bag and I smelt it. It smelt so tantalising! I thought it smelt like hot cross buns because I had put cinnamon in it.

Next I was given a card that said I had a pretend sore throat. I went to the pretend doctors where she gave me some thyme to crush and to put into a silky bag. It was great fun and the perfume smelt very strong.

Later on, we went to the ink making stall which was really fun. We used charcoal and gum to make ink and we mixed it with a quill feather. I dipped the quill feather in the ink and wrote on parchment paper.

Next we went to the pretend doctors again with a headache and this time I was given lavender.

Smoke then secretly blew out from under a chair but it was just a smoke machine. Master Tailor pretended it was fire and we used pretend leather buckets to put it out.

Next I went and wrote my name on leather and traced over it by bashing nails with a hammer. At the end I had traced over my name with dots so I hammered dots with a nail.

After that we went outside our classroom and Master Tailor started his story and then it was playtime.

After playtime I went to make a candle by putting string on a hook and dipping the string in hot wax until I was happy with it.

After lunch Master Tailor finished his story and we told our own story. History off the Page were AMAZING!

Ethan Collins writes about a trip to Colchester Zoo...
In the morning, when I woke up, I felt really excited because I knew me and my class Doves were going on a school trip to Colchester Zoo. I quickly ran out of the house in my school clothes and ran to school. When we got to school we had to wait for the coach to arrive. We went on the first day back after half term. We went to Colchester Zoo to learn more about the rainforest. It took us an hour and thirty minutes or more to get there but me and Kailon were playing the I-spy game on the two layer coach. My mum's group was Chloe, Miley, me and Kailon. We sat on the top and it was really fun.

When we arrived at Colchester Zoo I noticed a shiny, silver sculptured giraffe. Then we got out of the coach and walked under a canopy thing, then we met a woman called Britt. She took us to a room then our class Doves sat on some bee and ladybird pillows. When we came in the room there was a fake monkey hand, real skins of different cats and a skin of an anaconda. I learnt toucans eat fruit and macaws or parrots eat nuts. I also learnt that anteater's saliva is sticky like glue. I enjoyed the talk because I knew most of the questions and it was super interesting. On the way to lunch we saw some piranhas, a scary king vulture, an orange tiger that walked right up to me, a long greenish black Burmese python and a light green iguana camouflaged to plants. Also we saw beady owls.

At lunch outside we saw stripy zebras, adorable elephants and some dark grey rhinos. We were eating near smelly giraffes and colourful birds, also we saw slow turtles.

After lunch, we walked to something like a cave and we saw a golden headed tamarin lion monkey and a great sun bear. I measured him to me and he was taller than me. I and my class walked into a bit where we saw a tank of sea lions in an oval thing over our heads. My mum's group and the other groups calmly walked to the orangutan cage but Mr Orangutan had his back facing us so we only saw his back. Before we saw the orangutan we saw some Dory fishes swimming in a colourful rainforest plants. Our class went outside when we were walking by we also spotted some penguins diving into the cold water. Finally we walked by a café and near the café you could just about see a greyish wolf relaxed behind a tree.

The trip was exciting and I wish I can go to Colchester Zoo again one day. The best thing was everything because I love animals so, so much! 🐾

Sawston Church Institute *snooker and billiards club* est. 1887



members to remove all the old framework and tiles. One full skip later,

Originating from 1887, the institute (in Sawston high street, on the corner of Shingay Lane) was the first of its kind in England, and has been maintained and refurbished over the years mainly by club members.

In January of this year the old smoke-laden main room ceiling framework and tiles were replaced, which has considerably improved the appearance and warmth of the club. In 2019 member Mike Finch obtained a quote from a former work contact Harvey and Son of £4,200 total, to replace the ceiling.

The club then approached Sawston Parish Council, Huntingdon Charity, and South Cambridgeshire Community Chest requesting donations towards the cost, but were delighted to receive the total amount after several communications between the sponsors and the club.

Sawston Church Institute then made out a plan of work and requirements, and set a date in January for club



and the ceiling was ready, cups of tea deserved by all! Contractors Harvey and Son came in and renewed the ceiling with a new framework and insulated tiles, which have improved the look and warmth of the main room.

Representatives of the three sponsors were invited to view the results of their donations. The club have four full-size tables and compete in the Cambridgeshire leagues with three snooker and two

billiard teams during the winter season September to April. Membership is available at £20 a year, and table time costs £3 an hour. See the DIRECTORY! 🐾

Can flycatchers be spotted?

Spotted Flycatchers – have you got this increasingly rare bird breeding in your garden? Let us know!

In recent years many Cambridgeshire community and parish newsletters, magazines and websites have helped with a county-wide survey of Spotted Flycatchers. These are attractive little migrant birds which are summer visitors to village gardens and churchyards. Although they breed with us, they spend up to nine months of the year travelling as much as 16,000 miles a year between here and their wintering grounds in Southern Africa – Angola and Namibia. This is an increasingly dangerous journey for them, and sadly they are in deep decline. Widespread losses amounted to a 50% decline during 1995 to 2010, continuing an 90% decline since 1970.



Only a few hundred pairs remain breeding in Cambridgeshire, but most villages still have a pair or two; they rarely breed out in the wider countryside. We are continuing our work to find and monitor nesting pairs. It's almost certain that there are many additional pairs out there of which we are not aware.

Do you have flycatchers in your garden? Will you see one this year, or have you in recent years? The few

that remain are here from mid-May to September. And there's lots more to read about our project and Spotted Flycatchers in general at bit.ly/SpotFly

Please email spofl@cambridgebirdclub.org.uk with any sightings. 🐾

In response to the rapidly changing COVID-19 pandemic, the Wellcome Genome Campus has closed all but essential functions.

Public events both on and off campus have been suspended, which unfortunately means that both the Campus Open Saturdays and the Hinxtion Hall Memories project – and the upcoming face-to-face

WELLCOME GENOME CAMPUS

CONNECTING
SCIENCE

events linked to that – will no longer be taking place.

Since the Hinxtion Hall Memories meeting in Hinxtion Village Hall on

Wednesday 25th March has been cancelled, we would love people to contact us with their memories instead – connectingscience@wellcomegenomecampus.org or 01223 494896.

Sawston Scouts

On the 28th February 2020, Sawston Scouts went on a winter trip to Ipswich, reports **BLAKE WOLLSTON**. Even though the weather was very bad on some days, that didn't stop us from having a brilliant time! We did activities such as night hikes, indoor games, skimming stones, a beach hike, crazy golf, wasting our money at the arcade, extreme frisbee, cricket, football and swimming! I thought the place that we stayed was great and the food that the leaders cooked had tasty vegetarian alternatives.

On Friday, everyone arrived at St Mary's Hall and got into the minibus. We had already dropped off our belongings the night before so that they went in a separate vehicle. We chatted and listened to the countless requests from random people for certain songs on Radio 2.

Once we got there, we opened the two glass doors and were shown to the boys' room. We moved out the chairs and tables and brought in the green, scratched mattresses. Next, we walked into the main hall and formed a horseshoe. Skip divided us up into three groups: Prats (my group), Cretins and Rubbish. We formed our new patrols and were told that we could earn points (and lose points!) to win prizes at the end of the camp. Also, we were introduced to a highly fashionable item: the Pineapple Hat! If you were naughty, you had to wear it until somebody else deserved it. Although it looked majestic, it was uncomfortable and it always slipped off! After the flag was finally pulled down, we played some indoor games. At about eight o'clock, we had tea, then put our hiking shoes on, to get ready for our night hike.

After forty-five minutes of trudging through the thick mud, passing endless freight trains and walking over a long bridge, we came to the pub. Skip asked if we wanted lemonade or diet coke. Since it was eleven o'clock by now, I stupidly asked for diet coke before quickly realising that I wouldn't be able to get to sleep! After chatting to Harry and Charlie about random philosophical things, we hiked back to the minibus and drove home.

When it was almost midnight, we ended the day by forming our new patrols and saluting the flag. We quickly brushed our teeth and went to bed. We waited for what felt like hours, then we finally turned our torches on and got out our secret stash of sweets. There were chocolate buttons, Moams, Wagon Wheels, Haribos, Tanfastics and more. We were careful to not eat all of them, otherwise there would be none left for tomorrow night!



“We all had pretend mythical names: I was called Barry.”

In the morning, we got up and had breakfast. I had rice-crispies that barely filled me up so I had a bowl of cornflakes. After everyone was in the hall we had baked beans and sausages... Quickly, we got dressed, put on our shoes and ran through the battering rain into the minibus. The weather was so horrendous, we had a brisk stop off at the beach and I found a nice shell.

We stopped outside the arcade, near a massive fountain, and had a look at the useless games. We walked further in and saw there was a magical crazy golf track! I found a good, yellow golf club and a neon purple ball. I was in a group with George, Magnus, and Harry. We all had pretend mythical names: I was called Barry (very magical). After waiting for the group in front, we started the tracks and Harry did the scoring. I started off in the lead, but near the end trailed behind all of the others massively; ending up being the second-worst in the patrol!

By the time we had got out, the clouds had made way for the sun, its beam glistening in the fountain. We walked along to the beach. Me and my friends skimmed stones and the girls went into the sea. I tried to make a boundary from the tide by digging up rocks, but in the process, got my shoes soaking! We walked along by the tide towards the fish and chip restaurant. We entered and sat down upstairs. A man with a strong Turkish accent asked for our orders. I quickly glanced at the cheapest option on the menu and asked for some lemonade with it. He brought up our drinks and then disappeared before anyone could say thank you! After chatting for a while, he delivered our food and we said thanks. I had a bowl of macaroni cheese, mushy peas and garlic bread. After we all finished paying for our meal one by one at the counter, we ran into the main square and played some games.

Next, we hiked back to the arcade! With our leftover money (£2), we wasted it on some arcade games. One of my friends went on an 18+ gambling machine and won hundreds of tickets – however, he had to wear the Pineapple Hat. I found a game where you had to throw rapidly re-appearing rings onto bowling pins. I swapped my several tickets for tokens and, just before we had to go, my friends and I put our money together. In the end though, I didn't get anything, while my friends bought a light-up shark and unicorn!

When we got back, we played several indoor games and ate tea. We played random games for hours when the adults were chatting before we got into our patrols and signed off. Since we were so tired from the jam-packed day, we went to sleep almost instantly, forgetting about the sweet banquet.

In the morning, we got up, went into the breakfast hall and had a lovely English breakfast. Sanjay cooked me an interesting bacon alternative that I had never tried before. The leaders noticed that outside, it was a brilliant day for games. Therefore we quickly went into the main hall, saluted the flag and Sanjay updated us with the scores of each patrol. Next, we ran outside with our trainers on. When I tried to through a frisbee to my friend, I managed to spectacularly curve it onto

the roof. After making a huge effort trying to save the frisbee, we knew it was a goner. I ran towards the playing field, where everyone was playing cricket. After, we played games like extreme frisbee, rounders, rugby passing skills, table football in real life and... the egg games. This was where you had to throw the egg to the opposite person and then take a step back! The silhouetted egg flew gracefully through the air; getting larger, and larger. It smacked onto my right glasses frame which knocked into my eye and then it cracked, leaving a distinct trail down my shoulder. Soon after, when we where rugby passing the egg in a circle, my friend hit me hard with another egg in exactly the same place as before.

After lunch, we climbed into the minibus and drove to the leisure centre. After messing around with the vending machines, we got changed and went into the pool. Every twenty minutes, there was a wave simulator. We played man-hunt and every now and then went into the massive hot tub. Before we knew it, it was time to go, so we collected our stuff and went back into the minibus. Since we had already packed, we only needed to bring our swimming kits on the way back to Sawston.

Overall, I really enjoyed the winter camp. It was jam-packed and non-stop full of exciting things! 🌀

A breath of life...

Breathing is an unseen aspect of Tai Chi. We can live for days without food and water but not more than a few minutes without air.

A mindful breath brings attention into the deepest, most intimate places within ourselves. It also brings good air and vibrant chi IN and sends bad air and bad chi OUT. The breath helps integrate the body with the mind, and with the key Tai Chi concept of relaxing.

Tai Chi breathing is usually done in a good standing posture. It can also be performed seated. The main focus on posture is to keep the back straight and push the bottom of the spine gently down. The masters ask you to imagine that you are being dangled from heaven by a string of pearls coming from the crown of your head.

Breathe slowly and gently in through the tip of your nose; take the flow of breath down the back of your throat and down the front of the spine past the kidneys and all the way down to the bottom of your trunk. Gently allow the new air to push out the belly, keeping it relaxed – the top of the chest usually sinks slightly during this action. Keep on filling up the bottom of the trunk. As more air gently arrives, it fills up the trunk climbing higher. As it reaches the top of the trunk the upper chest lifts a little higher. Imagine you are breathing into the shoulder muscles and the muscles at

the top of the arms, even up the neck and to the chin.

Imagine that you are a balloon gently self-inflating. You might become aware that there is a lot more space in your lungs than you have been using generally. Think about it.

This is a long – slow – gentle -breath.

Now we have to think about breathing out.

YES... we still have to think about it.

As your inbreath comes to an end, you may realise that although you have breathed in without tension, you may now feel there is some tension, as if the air wants to get out. DO NOT HOLD YOUR BREATH.

We generally spend a longer time breathing out than breathing in but there is no need to count. Just allow your natural body rhythm to settle into a cycle which will be individual to you.

Gently release the tension and allow the air to come up through the centre of your body and out through the tip of your nose or through slightly parted lips.

Allow all the air that wants to come out – to come out, without trying to cram more in at the same time as breathing out. Breathing is a natural cycle, so let one event come to an end before the next one starts.

Continue the mindful breathing at your pleasure. Most people get benefit from a five to ten minute session two or three times a day.

Dan Downey is an Advanced Instructor with the Tai Chi Union of Great Britain, and a Level One instructor with the Deyin Taijiquan Institute (GB) 🌀

CORONAVIRUS CHANGES

SHOPS

BOOTS

25 High Street, Sawston
Opening times now 10am to 4pm, closed 1pm to 2pm. Over 70s only 9am to 10am.
Our aim is to keep everyone safe. Prescriptions are taking longer to process due to demand. Those in vulnerable groups should send in a representative to collect prescriptions, so as to not put themselves at risk.

BOSWELL'S BAKERY

67 High Street, Sawston
Now offering a free home delivery service to help people who may otherwise struggle to get fresh bread and so on. Please let us know if there is anything else you require that we stock and we will do our very best to accommodate you. Call 832393.

CO-OP

Chief Exec Debbie Robinson:
"We are working hard with our suppliers to make sure that shelves are regularly restocked; as a community retailer we know how important it is for everyone to have access to good quality food and vital essentials. To make sure that there are enough items for everyone, we have also placed a temporary limit of two on all items to help maintain stock levels. We are asking our customers and members to be considerate to others at this uncertain time and shop responsibly. We are in daily contact with our colleagues and suppliers to ensure our excellent hygiene standards are maintained."

MERLIN MICA

HARDWARE
85 High Street, Sawston
Card payments only; no cash until further notice. Restricted

number of customers in the shop at any one time. We thank you for your cooperation in helping us to stay open.

POST OFFICE

Nick Read, Post Office CEO:
"At the moment, the majority of our branches are open as usual and our supply chain is running as normal. Our priority is to keep our customers, postmasters and colleagues safe and healthy. We have advised everyone working in our branches to practice good hand hygiene and we ask that our customers do the same, as well as maintaining a sensible distance between other customers and our colleagues."

SPAR

52 High Street, Sawston
For elderly and vulnerable residents of Sawston who are self isolating: free delivery service for all essential household items. Possible delivery times between 10am and 2pm (will be extended if required) for orders placed the day before. Pay by cash or bank transfer. Where possible some basic items such as pasta, toilet rolls and hand wash will be held back for people most at risk. Please all be mindful and patient as suppliers may become limited or unavailable for a period of time. We also provide a daily newspaper delivery service. Contact us on 01223 832202 to place orders.

MEALS

BALABAN KEBAB

Link Road, Sawston
The Kebab Van will only open on Thursday, Friday, Saturday. We do take cards. Using gloves and distance between customers.

BRICKHOUSE COFFEE SHOP

Link Road, Sawston
Order on the phone for pick-up. Phone 07909 617613
Monday - Saturday 10am to 4pm, Sunday 9am to 3pm.
Takeaway food or drinks in boxes and cups from a very clean kitchen. No sitting inside. Please pay by card.

CHEQUERS

Pampisford
Take away menu, free delivery in Sawston and Pampisford for orders over £10.
During the day we will deliver to key workers, a priority and to local businesses. Evening deliveries we will again deliver to key worker and to your homes. Our drivers will follow recognised

FISH'N'CHICK'N

36 High Street, Sawston
Takeaways only. No more than three customers in the shop, marshal on the door. Card payments where possible; cash with a heightened hand washing and sanitising procedure before handling food. Call 01223 832230 to speak to duty managers in charge on the day.

KAZ'S INDIAN & BANGLADESHI RESTAURANT

84 High Street, Sawston
We are open for takeaway service. And inside our Collection point we made a barrier and ask customer to keep distance when they come to pick up their takeaways. Now is the time to pull together as a community. Please support Kaz's and other

and fight for our survival and we need your support.

NAVIGATOR

Little Shelford
www.thenavigator-thelittlearkmobile
Delivery every other Tuesday to Sawston and Pampisford, £2.50. Call 01223 843901 or order through Just Eat: www.just-eat.co.uk

SWEET TEA

Open for takeaways only. Phone 01223 833992 to place an order to pick up or deliver. Will deliver to Sawston and Pampisford on Tuesday and Wednesday evenings. Dinners from noon.

THREE TUNS, GREAT ABINGTON

Free delivery up to five miles. Also beer and wine to your door. Call 01223 562871 or see www.thethreetuns-greatabington.co.uk. Complete adherence to Government WHO guidelines. We are

ANYBODY FITNESS

See www.anybodyfitness.co.uk for times and prices.

ANYBODY FITNESS

See www.anybodyfitness.co.uk for times and prices.

See www.anybodyfitness.co.uk for times and prices.

BACK 2 NOW, SAWSTON

Why not use this time at home to collect your photos and videos? Put all your happy memories on to a slideshow DVD or convert from camcord to HD video on to DVD. Message me for a price.

BACK 2 NOW, SAWSTON

Website www.Back2Now.co.uk

CAMBRIDGE CITY

Shopping or food collection service. Call us when your delivery is ready and we will collect. Normal fares apply - £5 in Sawston. Call 832832.

CAMBRIDGE SOLICITORS

Meetings by video link (Skype, WhatsApp and FaceTime) or by phone. We are happy to send and receive correspondence by email. www.cambridgesolicitors.co.uk 01223 842211

CHART GLASS

I will be working and happy to help you. We are self-isolating; can speak on the phone rather than face to face. We will follow all the procedures they may wish me to take.

JAZZERCISE

Classes are temporarily suspended but we'll be back.

KIL MOTORS

we are following strict sanitisation procedures and can also take payments over the phone. Please ring or book online for your service or MO941444

MOORE'S PLUMBING AND HEATING,

I am washing my hands up to my elbows before and after each job and using anti-bacterial gel as well, I keep 2m away from all customers and use boot covers in properties gloves and mask for the elderly and vulnerable.

OMEGA CLEAN

Technicians are fully trained in control and as we operate a steam generating powerful truck-mounted cleaning system that vents its exhaust outside we have the safest and most effective solution. Working in this environment. We also have equipment that can disinfect small and large areas. All treatments at present can only be used for control and odour eradication as nothing as yet has been proven to kill Covid 19.

PUMPFIT EXERCISE CLASSES

Private Facebook group to do exercise videos at home. www.facebook.com/groups/551675672119495/?ref=share

SAWSTON DRY CLEANERS

31B High Street, Sawston
Offering delivery service. Call 835572 for enquiries.

RAF STORR, SWIFTSWING

As we will can longer visit you, we will set up a remote connection if you have internet access; if not, talk on the phone to try to find a

charge. We will visit client's premises only in exceptional circumstances; for example if the client is disabled (but nobody in the household has coronavirus symptoms) and needs internet access to be able to summon help. Call 07802 366134.

SCUSEME

We want to be able to help anyone with any trade-related problem they may come across in the home while in a confined situation. With access to over a hundred local tradespeople, wherever possible, we can talk through solutions and if necessary we will send a local tradesperson to help you who is 100% compliant with the coronavirus recommended guidelines. Email questions to help@scuseme.co.uk

SECOND CHANCE PC LIMITED

Unit 5, South Cambridgeshire Business Park
Repairs and servicing of Mac computers with precautions in place. As used by Sawston Scene.

SKY BLUE EDUCATION

Online tuition for primary and secondary English, Maths and lots more at a discounted rate of £15 or £20 a week. Where I can, I will give free support to any local families experiencing financial difficulties. £15

package includes access to activities and resources via Google Classroom with individualised feedback, marking and email support. £20 package also includes a weekly Skype. Further details at www.facebook.com/skybluesawston or email skybluesawston@gmail.com.

TIM PHILLIPS ACCOUNTANTS

Please see www.tpaccounts.co.uk/Coronavirus

T WHITE ELECTRICAL SERVICES

Open as usual, but if you suspect any symptoms please let us know asap so we can reschedule your appointment. We are taking the necessary precautions as advised by the health organisation and NHS.

WHITE LION PUB

Winner of CAMRA's Dark Ale Pub of the Year 2020 this week. Beers to take away, served from the back porch to keep distance. Call 01223 565580. Containers coming later in the week but will fill customers' own containers. ☺

This was the information we had at the end of the day on Sunday 22nd March. Some of it is now out of date.

Please sign up for the Sawston email by clicking on The Sawston email at the Sawston Scene website and entering your details and we will send out a weekly newsletter telling you what has changed - or it might be more often if important things change.

If you know someone who can give us first-hand information who we might not be in touch with, please ask them to email me their updates: editor@sawstonscene.org or they can call 01223 562871.

Here is the latest information from the government (www.gov.uk/coronavirus);

Coronavirus (COVID-19): what you need to do

STAY AT HOME

- Only go outside for food, health reasons or work (where this absolutely cannot be done from home)
- Stay two metres (six feet) away from other people
- Wash your hands as soon as you get home

ANYONE CAN SPREAD THE VIRUS.

The single most important action we can all take, in fighting coronavirus, is to stay at home in order to protect the NHS and save lives.

Beck Laxton
EDITOR
Sawston Scene

Stay at home. Protect the NHS. Save lives.

the **SAWSTON** email

A free weekly update on what's happening in Sawston during the coronavirus pandemic

SIGN UP NOW AT www.sawstonscene.org/the-sawston-email

DIRECTORY

2G3S: greengroupssss@gmail.com or 843438.

Sawston Adult Education at SVC
www.sawstonadulted.org 712424 /
community@sawstonvc.org

Army Cadet Force, Sawston platoon
(boys and girls 12½ to 18):
sawstondetachment@yahoo.co.uk

Link **Badminton Club**
linkbadminton@virginmedia.com

Racketeers **Badminton Club**
http://cloudbuchanan.wixsite.com/racketeers

Barn Art Society Geoff Morgan:
geoffhill30@gmail.com / 501430

Beavers (boys and girls 6 to 8) Gita Mistry:
835276 / gita_mistry@hotmail.co.uk

St Mary's Society of **Bell Ringers** Samantha
Gorman: 01638 572077 /
sawston.bellringing@gmail.com

Sawston **Book Group** Kieran Cooper:
562871 / kieran@kierancooper.com

Sawston **Bowls Club** Chris Glasbey: 833700
/ clubsec.sawstonbowls@btinternet.com

1st Sawston **Brigades** (girls and boys year 2
to year 10+) Lucy McGregor: 977371 /
1stSawstonBrigades@sawstonfreechurch.
org.uk www.1stsawstonbrigades.org.uk

Brownies (girls 7 to 10) Clare George:
clare.george@btinternet.com / 835646

**Cambridge PPF (Past, Present and
Future)** www.cambridgeppf.org
bookings@cambridgeppf.org / 243830

Cam Sight www.camsight.org.uk
Sally Nott: 420033 / sally.n@camsight.org.uk

Challis Trust Challis House, Challis Garden
www.challistrust.org.uk Rosie Phillips: 560816 /
chair@challistrust.org.uk

Children's Centre 01954 284672 or
ChildAndFamilyCentre.South@
cambridgeshire.gov.uk

Stapleford Choral Society
www.staplefordchoral.org.uk Adam Pounds:
843468 / adam.pounds54@btinternet.com

Christ Church South Cambs Events
Flo Menzies: 07932 626547 /
admin@christchurchsouthcambs.org

Sawston **Church Institute** Colin Denny:
832800 / c.denny226@btinternet.com

Sawston **Cinema** www.sawstoncinema.org.uk
Lesley Morgan: 712825 /
cinema@sawstonvc.org

The **Company of Musicians** Beck Laxton:
562871 / beck@companyofmusicians.com

Sawston & Babraham **Cricket Club** Ian
Reeves: sawstonbabrahamcc@talktalk.net /
07799 657263 sawstonbabraham.play-

cricket.com

Cubs (boys and girls 7½ to 10½) Sharon
Richards: sawstoncubs@hotmail.co.uk

Duxford Saturday Workshop (all ages)
www.duxfordsaturdayworkshop.org.uk
Arwen Gilbert: 07918 165450 /
director@duxfordsaturdayworkshop.org.uk

Cambridge **Flower Club**. Val Davey:
valerie.davey3@gmail.com or 512701.
Sawston Girls **Football Club**
www.pitchero.com/clubs/sawstongirlsfootballclub
Graham Pearl: 07813 690153 /
graham.pearl@outlook.com

Sawston Rovers **Football Club**
www.clubwebsite.co.uk/sawstonroversfc

Sawston United **Football Club**
www.sawstonunitedfc.teamexpert.co.uk

Friends of Sawston Library (FOSL)
www.sawstonlibrary.org.uk Yasmin Emerson:
yasmin@sawstonlibrary.org.uk / 360934

Friends of St Mary's Beck Laxton:
fosm@sawston.org / 562871

Fun Run and Walk www.sawstonfunrun.co.uk
Gerry Holloway: 07769 502903 /
gholloway9@hotmail.co.uk

Whittlesford **Garden Club** Terry Hopkins:
tga.hopkins@gmail.com / 840596

Greener Sawston
Yasmin Emerson: greener@sawston.org

Guides (girls 10 to 14) and **Senior Section
Guides** (girls 14 to 26): Jane Woodstock:
ray.woodstock@ntlworld.com / 565674

Cambridgeshire **Hearing Help**
www.cambridgeshirehearinghelp.org.uk 416141 or
enquiries@cambridgeshirehearinghelp.org.uk

John Huntingdon's Charity
www.johnhuntingdon.org.uk Jill Hayden:
830599 / office@johnhuntingdon.org.uk

Sawston **LetsRunGirls**
groups.runtogether.co.uk, Jane: 07813 169996 /
letsrungirlscambridge@gmail.com

Mothers Union Mary Richmond:
maryc.richmond@yahoo.co.uk / 832841

Pampisford Society Aureole Wragg:
aureolew@gmail.com / 830811

Sawston **Photography Group** Ronnie
Booth: toastmaster1@me.com / 07789 223464

**RAF Air Cadets, 2461 (Sawston)
Squadron** (boys and girls 12 to 17)
www.aircadets.org Commanding Officer:
2461@aircadets.org / 834585

Rainbows (girls 5 to 7) Clare George:
clare.george@btinternet.com / 835646

Rotary Club of Cambridge Sawston
www.sawstonrotaryclub.org.uk

Royal British Legion Kevin Swann: 565178

/ kevin.swann@ntlworld.com

Sawston **Rugby Club**
www.pitchero.com/clubs/sawston / 07835
302407 / paul.clerk@outlook.com

The **Sawston email** Beck Laxton:
thesawstonemail@sawston.org
www.sawstonscene.org/the-sawston-email

St Mary's Church Hall 837298 /
hallbookings@stmaryssawston.org.uk

St Mary's Church Office 837298 /
stmaryssawston@btinternet.com

Saturday Morning Cycle Ride
7am from Free Church car park.
Find us on Facebook.

Scouts (boys and girls 10½–14)
Neil Reid: neil.reid@outlook.com /
07721619187 www.1stsawston.org.uk

Sawston **Scrabble Club** Janet Lewis:
lewis.87@btinternet.com / 834283

Sawston **Sports Centre**
www.sawstonsports.com 712555 /
info@sawstonsports.com

Stapleford Choral Society
www.staplefordchoral.org.uk 07804 308042

Cambridge **Stroke Group**
07707 887913 /
info@cambridgestrokegroup.co.uk
www.cambridgestrokegroup.co.uk

Whittlesford **Tennis Club** Janet Martin:
835028 / whittlesfordtennis@gmail.com

U3A (University of the Third Age)
www.u3a.org.uk Valerie Pletts: 570627

Sawston **United Youth Football Club**
Sue Lester: sal555@hotmail.co.uk

Sawston **Village History Society**
Liz Dockerill: lizdockerill@btinternet.com /
835127

Pampisford **Women's Institute**
Jean Osborne: 832472 /
alan.jean@osborne57.plus.com

Sawston **Women's Institute** Anne Nunn:
anne.nunn@btinternet.com / 832913

Sawston **Youth Drama (SYD)** (girls and
boys 11 to 18) www.sawstonyouthdrama.com
Gareth Furbank:
gareth@sawstonyouthdrama.com

Sawston **Youth Group** (girls and boys 6 to
18) www.syg.org.uk Paul Whitmell: 07721
300194 / paul@syg.org.uk



CHALLIS TRUST The Mary Challis House and Garden

For this special fiftieth anniversary issue, it has been fascinating to look back at articles about the Challis Trust going way back to its inception. *Sawston Scene* has always been very supportive of the trust, providing a platform for reporting progress in the house and garden, and publicising our events and exhibitions. Regular visitors will know much of the background but it is well worth relating it again.

A brief history of the Challis family in Sawston appeared in the February–March 2014 issue:

“The first Challis to settle in Sawston was Thomas Challis (1754–1816). He was a farmer, co-founder of the Congregational Church, and the father of ten children. One of his sons, Johnathon, married a daughter of James Everard of Pampisford and received a property in Sawston known as Monk's Orchard from his father-in-law. It was his son, Arthur James, who developed the orchard, now the Mary Challis Garden, and built the family house at 68 High Street in about 1850. He was Mary Challis's grandfather and he and his son Alfred were auctioneers and clerks to the Parish Council.

Mary was the fifth generation of her branch of the Challis family to live in Sawston. She lived here all her life except for the short time she spent at Studley College for Women, in Warwickshire, where she took a BSc in Horticulture. She never married and, when she died in 2006, she had no close relatives and chose to leave her house and garden in trust ‘for the benefit of the inhabitants of Sawston and the neighbourhood.’ For this, we are profoundly grateful.”

The A M Challis Trust was established in 2007, following a preliminary meeting of volunteers early that year (reported in *Sawston Scene* April–May 2007) and they began the daunting task of restoration. The very overgrown garden was gradually cleaned up, trees felled, fences repaired, new beds laid out and old buildings removed – a huge achievement – leading up to the



formal opening in May 2009 (August–September 2009). Today, it is unrecognisable from earlier photos. A special mention must be made of the

immense contribution of Sue and Ray Reeve, who were instrumental in getting that early group of volunteers together to begin work on the garden. They are sorely missed and fondly remembered by all who worked with them.

The trust depends almost entirely on the rental income from its three properties on the High Street and welcome donations from visitors. This money has been used to renovate the Challis House, an undertaking that continued for nearly a decade! In the early years, there were serious concerns about the financial position of the trust, to the extent that consideration was given to

leasing the property to a developer, to convert the upper two floors to flats (*Scene* June–July 2009). Fortunately, this did not happen and the trust retained full control of the house, which has now been restored to a high standard and includes a Museum of Sawston as Mary Challis wished. Several exhibitions have been held, including the current one ‘Half a Pound of Tuppenny Rice...’ focusing on co-operative societies and shopping in Sawston over the years, and more are lined up for the future, although due to the coronavirus the museum is currently closed.

It is planned to hold an exhibition of old toys and games (up to the 1960s) later in the year. If you have anything of interest to lend or donate for this – Victorian dolls house furniture, metal animals, puzzles, games, Meccano and suchlike – please get in touch.

We had planned an exhibition about *Sawston Scene* in April–May to commemorate their fiftieth anniversary.

The current plan is that some of the articles from the archive that would have been displayed will instead be printed in the June–July 2020 issue. There have been regular reports on the trust in nearly every issue of *Sawston Scene* since 2009, written by either Sheila Blackwell or Marilyn Maunder up to 2015, then by myself from 2016. These

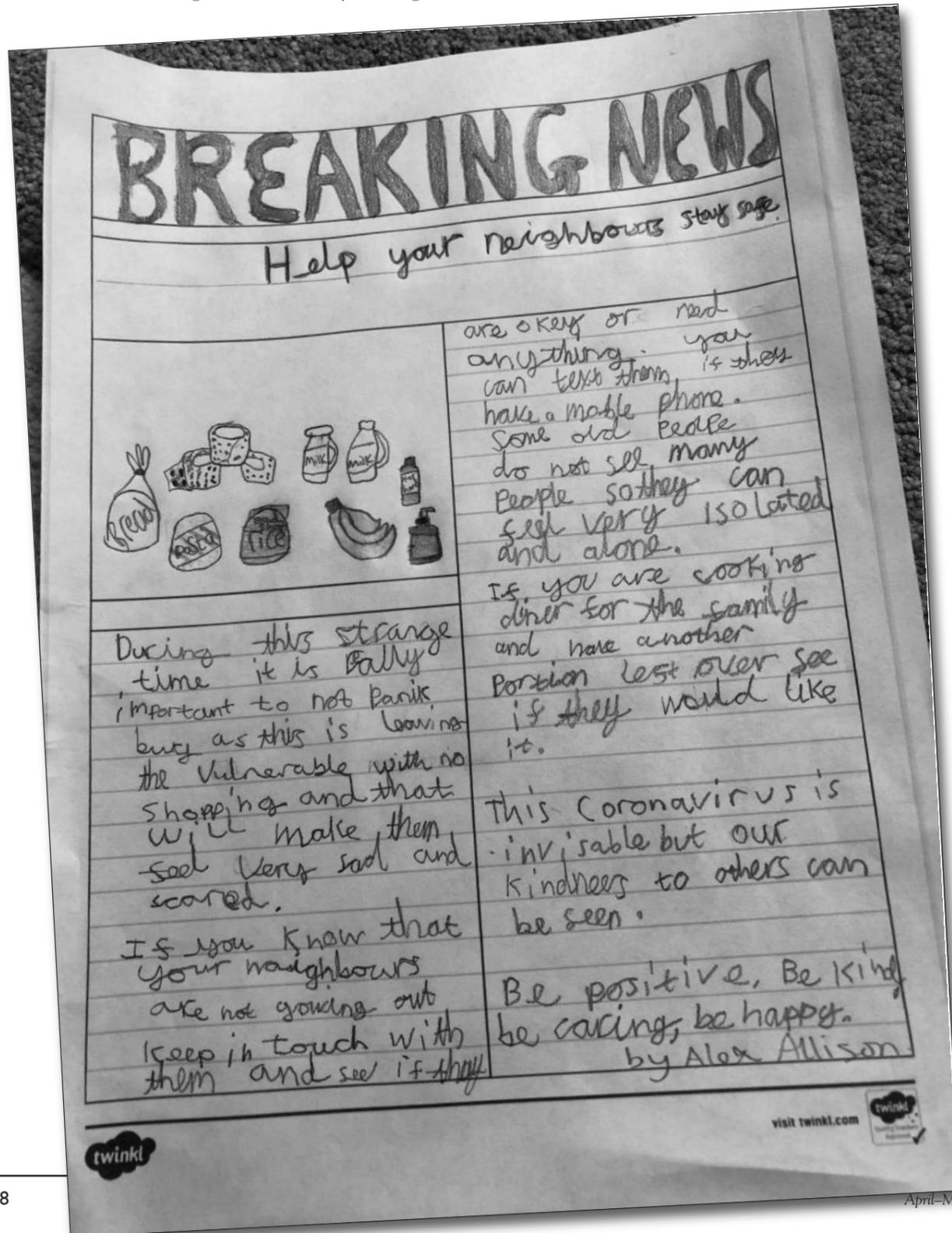
reports give an excellent account of developments accompanied by numerous photos of the garden and our events. We were especially pleased that the front cover of the first colour edition in April–May 2012 featured an image of the garden.

The trustees congratulate *Sawston Scene* on achieving fifty years of regular publications for the village and for the many awards it has won over the years for the quality of its content and editorial standards. Well done! We hope to continue our positive relationship with the magazine for many years to come.

Spring is rapidly approaching, with spring-flowering shrubs and bulbs coming into bloom early in the garden.

Daffodils are looking good now, and should last into April, followed by tulips and early summer herbaceous plants. It's a good time to visit. We shall soon be committed to regular grass-cutting and setting up for garden events.

Neither our popular Easter Saturday Children's Event nor our Anniversary Fete scheduled for Sunday 17th May will be held this year due to the coronavirus pandemic. We deeply regret having to take this action but it is for the benefit of all our visitors and volunteers. Sunday opening times will revert to 2pm to 4pm from Sunday 29th March when the clocks change to British Summer Time. *Mike Redshaw* 📞



SAWSTON CINEMA screenings are cancelled.

For updates see sawstoncinema.org or contact us at: cinema@sawstonvc.org or 712825. *Steve Williams*



Following Government advice and discussions with Jonathan Russell, the Principal of Sawston Village College, the local Rotary club has decided to postpone the 2020 Sawston Fun Run scheduled for Sunday 3rd May and has issued this statement: "While this will be a disappointment to the beneficiaries and many others associated with this community event, this decision will be of no surprise. However, we are

eager to provide an opportunity for community fellowship, especially after a period of loneliness for many, and to raise funds for those expecting to receive help.

"We are hoping to hold the event in October; the exact date will be announced as soon as agreement has been reached with the local authorities and others. We believe it will give everyone the opportunity to come together and show resilience after a period of sadness and isolation. We will announce the new date when more is known about public events, the responses from our partners and stakeholders. We hope everyone will continue to support us in all we do by re-organising the event." *Tony Collett*

Sawston Village History Society

The David Parr House at 186 Gwydir Street, Cambridge was the subject of an excellent talk by Tamsin Wimhurst at our January meeting, reports **JIM BUTCHART**.

David Parr's home was preserved by his granddaughter, Elsie Palmer, who moved there in 1927 at the age of twelve to live with her grandmother when her grandfather died. She continued to live there for over eighty-five years, during which time she married and raised two children, who still live near Cambridge.

David Parr bought the house in 1886. He was a working-class decorative artist who worked for the Cambridge firm of 'artwork men', F R Leach & Sons. He learned his trade there, painting houses and churches with designs by such renowned names as William Morris. Leach specialised in all aspects of church decoration from wall painting to altar hangings and stained glass. His work can be seen in Jesus and Queen's Colleges, in St Botolph's and All Saints' churches in Cambridge, St James's Palace in London, and all over the country.

Over a period of forty years, David Parr decorated his own home in the style he used during his working day, hand painting by candlelight. He kept a record of the work as it was done. In 1892 he installed an indoor toilet, which must have been a novelty at that time. In



1912 he inscribed "If you do anything, do it well" in his house, and his patterned hand painted walls are a testament to that maxim and the Arts and Crafts movement in general. What is unique is to find such skill and artistry in such a humble location.

The house was bought in 2013 and a charity was set up the following year. The first urgent job was to mend the roof as it leaked every time it rained, and this was made possible by a private donation. In 2016 a grant from the Heritage Lottery Fund enabled a two-and-a-half year conservation project to begin. The exterior brickwork had been re-pointed with cement, which had to be replaced with lime mortar. Where internal plaster had crumbled away due to the damp, it had to be replaced using original

materials. The next job was conservation and restoration of the decoration. The Hamilton Kerr Institute were called in to take pin-prick samples of paint used inside and outside of the house to analyse the paint and colours which David Parr used.

Some five thousand objects in the house had to be conserved before being put back in the house exactly where they had been. The garden had been overrun with

ground ivy which had to be killed by covering with black plastic after removing all surviving original plants. When the soil was clean it was replanted as near as possible to what David Parr had done.

This extraordinary house is now open to the public by arrangement for small groups of up to six. When Number 184 came up for sale, a private donation enabled it to be bought and a visitor centre created, with a flat above to produce additional income.

More information can be found at www.davidparrhouse.org; as we went to press, the Cambridge Design and Construction Awards announced the David Parr House as the winner in the Conservation, Alteration and Extension – Small category.

The speaker at our January meeting was Alan Osborne, telling us about Ada Lovelace, the world's first computer programmer, writes TONY MOSS.

Ada Lovelace was born Augusta Ada Byron on 10th December 1815, the only legitimate daughter of the famous poet, writer, peer and politician Lord Byron. Her mother was born Annabella Milbank, from a wealthy aristocratic family in County Durham. Ada was born within a year of the wedding, but by then her mother Belle was fed up with Byron's constant philandering and demanded an early divorce. Byron signed the divorce papers when Ada was only five weeks old. Unusually, Byron allowed his wife custody of Ada. Byron left England for Greece and his eventual death, when Ada was only four months old.

Belle was worried that Ada would inherit Byron's "moral deviations" and insisted she be brought up to study maths and science, rather than literature. In 1828, Ada was so intrigued by flight she wanted to fly herself. She studied bird flight and even constructed wings. She wrote and published a book at the age of thirteen called Flyology. Ada was very sickly as a child and spent two years in bed from 1829 to 1831: she used this time to study. In 1833, Ada at seventeen was presented at court and introduced to the great and good of London society – Charles Dickens, Charles Darwin, Charles Wheatstone and Michael Faraday. She also met Mary Somerville, a Scottish science writer and polymath, who became her tutor for a while. Mary Somerville and Caroline Herschel became the first two female members of the Royal Astronomical Society. It was Mary who introduced Ada to Charles Babbage (aged forty-two).

In 1834, Ada visited a textile factory and saw the mechanical loom invented by Joseph Marie Jacquard. It used lengths of punched cards with holes in them. By



'programming' the holes in the punch cards, you could produce woven cloth in a specified pattern. [Yasmin Emerson: *There is a fascinating Jacquard loom, complete with punch cards, in the Museum of Norwich. Once the crisis is over, it's worth a visit – there are hourly direct trains from Whittlesford to Norwich, and you can stroll through the cathedral grounds on the way to the museum.*]

At 18, Ada had an affair with one of her young male tutors. Ada had apparently inherited her father's passion for sexual encounters, and this was the first of many sexual liaisons and later extra-marital affairs. Her other passion in life was gambling, and she ran up huge debts. In 1835, she married aristocrat William King. He was a baron, so she became Lady King at nineteen. In 1838, Queen Victoria raised William to the peerage so Ada became Countess of Lovelace. Ada had three children by the age of twenty-four, but opted out of mothering and so her husband and various nannies raised them.

Babbage had written an article on a mechanical calculating machine he had invented, which he called the "Difference Engine". He managed to get money from the government to build a demonstration piece at one-seventh scale. It mainly added and subtracted. In 1833, Ada and her mother were invited to view the prototype just two weeks after their first meeting. Ada understood immediately how the Difference Engine worked and made many visits to Babbage. In 1840, Babbage gave a seminar at the University of Turin about a new improved version of his machine, which could do more complicated things, and he called it an "Analytical Engine". Ada spent nine months in 1842–3 translating the notes taken in French from the meeting. However, she added notes of her own which were three times longer than the original article. She realised the concept behind the machine made it capable of much more than handling data, but also "processing the data". In her day, this was revolutionary and visionary. She envisaged that by feeding in Jacquard type punch cards, you could "programme" the machine to perform extremely complicated functions. She explained in great detail that she understood how the new Analytical Engine differed from the Difference Engine. These notes contained the first algorithm or programme intended for a machine rather than a human. Her work then lay dormant for over a hundred years. Ada died of uterine cancer on 27th November 1852 at the age of thirty-six, after a long painful illness from 1851.

There are now several replicas of the Difference Engine (including one in the London Science Museum). Work is now being done on a replica of the vastly more complex Analytical Engine. We know that Alan Turing, of Bletchley Park fame, read her notes during the war, and they were re-published in 1953. In 1979, the USA Department of Defence named a new software language 'Ada' in her honour.

Lovelace – a daguerreotype by Antoine Claudet, 1843 or 1850

The British Computer Society award Ada Lovelace medals and have initiated an annual competition for women students in her name.

In February we heard about the Georgian Child Support Agency from Dr Samantha Williams, says Jim Butchart. Using London's few surviving 'bastardy books', Dr Williams showed us how the parishes of Lambeth, Southwark and Chelsea pursued the fathers of illegitimate babies. But London's parishes were inefficient at extracting payment from the fathers of bastard children compared with other areas of the United Kingdom. Only 20 % of unmarried fathers paid for their illegitimate children in London, compared with 80% in the West Riding of Yorkshire.

However, even where fathers did not pay, metropolitan parishes continued to support illegitimate children until they were twelve years old, at the charge of ratepayers. There was deep gender inequality in the severity of punishments handed out to unmarried

parents, with women sentenced, on average, to a year's hard labour for having children out of wedlock, compared with only three months for men.

What the archives show is that there was a very early version of the Child Support Agency in place in all towns and villages. Bastardy books must have existed in many parishes, but very few now survive. Of all first births, half were to pregnant brides and a quarter were illegitimate.

The Poor Law of 1576 formed the basis of English bastardy laws. Its purpose was to punish a bastard child's parents, and to relieve the parish of the cost of supporting the child. The poor sometimes ended up in prison for having children out of wedlock, with babies ending up in houses of correction with their mothers to avoid the parish having to pay for a wet or dry nurse. Children born outside of marriage were around twice as likely to die as those born to married parents – a trend that continued until at least the early twentieth century.

The records show that although parish constables were actually quite skilled at finding fathers in the first place, they were pretty bad at getting the money out of them. Men could disappear easily, even in one case where one man fathered five illegitimate children, then left them and disappeared off to America. Lots of men defaulted on payments and ran away, but for those who remained, arrest warrants were issued and many were sent to prison to see if they could be squeezed. Many were literally put on the treadmill, most infamously at Brixton's House of Correction.

Attitudes towards the inherent shame of bearing illegitimate children waxed and waned over time, with post-Restoration attitudes softening as Britain underwent something of a sexual revolution in the late 1600s and early 1700s (the Foundling Hospital opening its doors in 1739). However, societal response to illegitimacy began to harden once more in the early nineteenth century.

The pursuit of errant fathers as a means of deflating local taxes was in place for centuries and until 1834, a father of illegitimate children was still responsible for paying for upkeep even if the mother married another man. Ⓜ



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A.A. Milne, Winne the Pooh

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SAWSTON



Timebanking is a way for people to help others in their community and be rewarded for it – in time. It is about building networks and bringing people together. Anyone can be a part of it. Everyone has something to give whether that be sharing knowledge, skills, interests or just having a chat. It could be looking

after someone's cat, washing a car, litter picking, teaching someone to bake, hemming someone's trousers, helping with some basic DIY or just providing companionship. We welcome everyone no matter age, ability, finances, mobility or if you only have a little time. We always need more people to be involved!

We are sorry to inform you that all Timebank events are on hold during this time. We will let people know when we are running groups and events again.

Monday coffee mornings had been going strong and we had some great events. In February we had a talk about scams. We looked at the different types of scams and how to spot and avoid them. Everyone took away some new information and will now be less likely to be fooled by scammers. In March we had a great board games evening. Thank you to East Roast Coffee and everyone who attended: we had a good turn out on such a miserable evening.



A recent project saw us making syringe driver bags to donate to a district nurse team at Cambridgeshire and Peterborough NHS Foundation Trust. We originally aimed to make 100 and so far have made 240! At the beginning of March, we had a celebration event to thank all those involved and pass over the bags.

We also had a seed swap and hope to do a plant swap nearer the summer – look out for information in the next edition.

Both Orchard House Care Home and Bircham House Retirement Living are signed up as organisational members and we are hoping to do some joint projects.

In the coming weeks, Sawston Timebank will be helping with supporting the local community efforts in Sawston to assist those in our community in self-isolation. Possible ways people can help are by doing some shopping for someone, collecting a prescription, walking a dog, putting bins out or having a friendly chat over the phone. **Please get in touch if you need any help or are willing to offer any assistance.**

Stay well and in the spirit of Timebanking, let's do what we can (safely) to help each other out.

Find out more about Sawston Timebank from Emma Fordham at timebank@sawston.org.uk or 07585 132213 or find us on Facebook.

We are all in uncertain times and the need to pull together has never been more important. Sawston and Pampisford RBL has many senior members and aware of similar non-members in the wider community. The need for contact during the period of 'self isolation' particularly for those on their own, by phone, is something we have put in place for our members. This is something we all have to be involved with. Please contact:

- Chair Mark Chennells on 01223 891817
- Secretary Kevin Swann on 01223 565178
- May Fowler on 01223 834392.

In this special edition of *Sawston Scene* we would like to acknowledge the hard work, dedication and commitment shown by Beck, Yasmin and the whole team of this award-winning publication. Its 50th Anniversary is a testament to its quality and longevity; many have enjoyed reading wonderful stories and articles

Sawston & Pampisford branch

THE ROYAL BRITISH
LEGION



about life in Sawston and the people past and present that have made the tapestry of life in this great village so interesting. We are grateful for some wonderful cover photos associated with the Legion too.

Branch Standard Bearers May Fowler, who also carries the Cambridgeshire County Standard, triumphed in the Regional Competition for East Anglia and Essex and will go forward to the national finals.

Some veterans may not be members of the Legion but are still recognised for the commitment they made to the Armed and Associated Military Service. If you would like to discuss having a Legion Standard present at a funeral service, contact May on 01223 834392.

The whole branch would like to pass on its sympathy to the family of Ken Jackson and his many friends in Sawston. Ken died in February; he will be remembered for his great compassion, care and thoughtfulness.

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Libraries

– from Monday 23rd March all library buildings will be closed. The service is working to create an alternative offer including:

- appointments to use IT for those who most need it
- a drop off / collection service for item reservations on an appointment basis, with items quarantined for 72 hours between loans – details to follow
- an increased Library@Home Service – using more staff and volunteers to drop off and collect books and other resources/services while maintaining social distancing (a doorstep service)
- an expanded assisted digital offer over the phone and

online –increasing the amount of online resources for people to borrow and enjoy and with more digital alternatives to group sessions including online activities e.g. storytimes for families to take part in. We will also use the Library Service infrastructure to support the new countywide co-ordination hub, with

- library delivery vans and mobile vehicles available to provide transport infrastructure for the distribution of essential goods and services to communities, care homes and individual housebound as required – mobiles already distribute batteries and are in discussion with food banks about deliveries
- library staff to be redeployed through the Hub in support of the interim service outlined above. ☺

LET'S RUN GIRLS have cancelled all running sessions for the next couple of months. However, we're proud that we've built up an amazing running community, which is still going strong. Even if you have never run with us, you are welcome to join in our Facebook group, where you'll get advice and support for safely staying active. www.facebook.com/groups/SawstonLetsRunGirls
If you don't have Facebook access and want to learn more about the group, please contact Jane on 07813 16996. We look forward to running with you soon!

WI Sawston

Our Sawston February meeting welcomed Mark Lodziak who gave an illustrated talk on the life of his grandmother. During the second world war she lived in Poland and then worked in Siberia with one of her three sons. She and her husband spoke a number of languages between them. He was a University Professor in Poland,



she a liaison officer between the British and the Poles. As it was our ninety-sixth birthday we celebrated with tea and cake – what the WI does best! *Anne Nunn* ☺

In January Colin Kirkland came to show us beautiful pictures he had taken on various bird-watching trips to Israel. He travelled to mountainous areas, deserts and fertile river plains. He stayed in a kibbutz which he found welcoming and comfortable as the areas were mostly off the beaten track. He mainly spent springtime leading guided tours to areas teeming with wild flowers and birds over wintering in Israel. He also visited several archaeological sites, as well as cities including Jerusalem.

February meeting was our AGM where the existing committee were re-elected with Sarah remaining president for the next year. After refreshments with cake and biscuits we spent the rest of the evening as social time with a few games.

Our April charity fund raising event, the Jazz Evening

WI Pampisford

with the Rocking Chair Band, was sold out yet again. Unfortunately this has been cancelled because of the virus situation – we are in the process of refunding ticket money. Our thanks to the ticket holders have kindly donating their money to the Arthur Rank Hospice. I will give the

amount raised in the next issue. However, we are planning to hold a charity coffee morning in Chapelfield Community Room in September virus permitting.

All our meetings are cancelled until further notice. All Federation events are cancelled as is the National AGM in London. Our group meeting planned by the Shelfords WI for April is not taking place.

If any members need help please contact me (see the DIRECTORY).

All at Pampisford WI wish the *Sawston Scene* a Happy 50th Birthday and long may it continue. *Jean Osborne* ☺

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Fond Memories of a Diary Editor

During my committee member days on *Sawston Scene* from 2001 until 2010, I spent three years as Diary Editor. My husband and I had introduced our family to community events from an early age which helped as I started my research.

To begin with, I collected as many leaflets as possible advertising local events, made visits to Tourist Information Centres, and, in fact, kept my eye open for anything going on in the area (not only Sawston) that might be of interest to our readers. I also contacted societies, clubs and organisations, either in person or by email, to enquire if they would like their events included in our diary. I gradually built up a database of interested parties who I would contact for information as I prepared for each issue. Busy people need a nudge now and then!

My diary pages not only included social activities but useful reminders of community dates: bin collections, blood donor sessions, housing advice, benefits surgeries and so on and, to begin with, school entries which were later detailed in the schools' page.

Once I had collated all the information I had gathered, I would type it onto a spreadsheet and forward it to Roy Warnes, the magazine's typesetter for many years. He was a great support and would reduce the font size slightly if necessary to keep the diary within the allocated pages. (I always seemed to have more entries than space available!) So as entries increased, Roy and I put our heads together to come up with a revised layout, which apart from making things look clearer, enabled the diary to be kept to three pages.

Yes, it was hard work, and frustrating at times when my enthusiasm would result in more pages being needed than available, but oh so rewarding! And with the bonus of meeting and dealing with so many interesting people! *Irene Gruby, Sawston Scene Diary Editor from June-July 2007 to April-May 2010*



The Diary Editor Goes Digital

We often say that those two pages in the centre of *Sawston Scene* cost more effort than any other two pages and end up looking as though they took no time at all!

When Irene stepped down from doing the diary pages, Denise Adams did it for a while, often adding local quilting events. Then it was Brian Watson: he was such a supportive member of the team that it was hard to think about finding a replacement when he died. Over the years that Denise and Brian ran the Diary, they gradually persuaded contributors to email us details of events. So, faced with no Diary Editor and no will to find a new one, the obvious thing was to find a technical solution. Beck and I spent a morning thrashing out how it would work, and then asked Chris Emerson, my husband, to build it – an online system to take the yawn-inducing slog out of assembling the dates.

Now, instead of cutting and pasting information from emails, we ask diary contributors to register on our website; they get a password and can then enter all the information about their events into pre-defined boxes. A little drop-down calendar means that they stand more of a chance of getting the right day and date; and the time box accepts descriptions in text, so that contributors can explain details of their event timing. I set a deadline, and then close down the site – after that, contributions can still be added but their details get emailed to me so that I can slot them in if there's time before we go to press.

Then I spend three to four hours going through the

entries: removing duplicates, checking information, trimming entries to be as short as possible depending on how many entries there are. I then send off the edited diary to Beck. She drops it onto her virtual page, and does exactly the same thing – checks information, looks out for duplicates, trims entries even more so they'll fit the page. We need those two pairs of eyes on it to get it all right – with a diary, even one wrong numeral can ruin someone's event bookings. The diary is almost the last thing to be typeset before we finish the Contents page, do our final checks, and send the whole thing off to our printer.

The system isn't perfect, and there's a list of things that Chris and I need to change when we can find the time. But even if it's not quite perfect yet, it's doing the job brilliantly for now. And because the computer saves us so much time by getting entries into our house style and putting everything into the right order, we've been able to push the diary deadline to the last possible minute – which gives more time for contributors to add their events.

We do recognise that some organisations are rather better at entering events than others - our system works well (possibly rather too well) for big charities who employ publicity officers. Some voluntary organisations just haven't got the available people. Perhaps it would be good if we had someone on the team looking out for events just as Irene used to...? *Yasmin Emerson*



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DISTRICT COUNCIL REPORT

Compiled from www.scambs.gov.uk/your-council-and-democracy/coronavirus-information by Yasmin Emerson

SCDC CORONAVIRUS INFORMATION

It is still business as usual at the council but we are asking customers to avoid visiting the SCDC offices in person wherever this is possible.

Our services that are impacted:

BINS

- If you're experiencing the main symptoms – a new, continuous cough and/or a high temperature – please be very careful when disposing of your personal waste (including used tissues and disposable cleaning cloths or wipes) at home. The advice for disposal of this waste is:
 1. It should be put in a plastic rubbish bag and tied when full
 2. The plastic bag should then be placed in a second bin bag and tied
 3. It should be kept separate from other waste in suitable secure place on your property for 72 hours before being placed in the black bin as normal

The principle behind this method is that after 72 hours outside the body, the virus is no longer viable. This approach will help keep bin collection crews as safe as possible.

Other household rubbish and recycling should be treated as normal.

- Green bin collections are temporarily suspended from Monday 23rd March. We hope them to continue from May but will keep you updated. Delivery of replacement or additional green bins is also suspended.
- The bulky waste collection service has been suspended until further notice.

HOUSING

- Home-Link: There may be fewer properties available to bid on than usual over the coming weeks, and it may also take longer for the relevant landlord to complete the shortlisting and letting process.
- Estate inspections planned in Sawston during April have been cancelled.

BUSINESSES (CORRECT ON 18 MARCH)

The Government has announced a series of financial measures to support businesses through the economic uncertainty caused by the coronavirus. This currently includes:

- a Statutory Sick Pay relief package for SMEs

- small business grant funding of £10,000 for all businesses in receipt of small business rate relief or rural rate relief
- the Coronavirus Business Interruption Loan Scheme offering loans of up to £5 million for SMEs through the British Business Bank
- a new lending facility from the Bank of England to help support liquidity among larger firms, helping them bridge coronavirus disruption to their cash flows through loans
- the HMRC Time To Pay Scheme
- a 12-month business rates holiday for all retail, hospitality and leisure businesses in England
- grant funding of £25,000 for retail, hospitality and leisure businesses with property with a rateable value between £15,000 and £51,000

We are waiting for further information from the government and will share this as quickly as possible at: www.scambs.gov.uk/business/coronavirus-information-for-businesses/

GUIDANCE FOR RESIDENTS

We understand that you may have concerns about the economic impact of the coronavirus. The Government has announced a funding package for local authorities to help the most financially vulnerable residents through this period, and we are currently waiting on further guidance.

If your income has reduced, you may be able to claim Universal Credit. You may also be able to claim for help with your Council Tax. You can find more support and advice for Universal Credit and employees, employers and businesses on the gov.uk website.

GUIDANCE FOR COMMUNITIES

- Advice: We have created some interim advice for communities wanting to support people who may need to be self-isolating, and distributed this to our parish councils and district councillors.
- Volunteering: If you are a local resident who would like to help support other residents or vulnerable people, there are community groups who will welcome your kindness. See our coronavirus volunteering page for full details of how you can help: www.scambs.gov.uk/your-council-and-democracy/coronavirus-volunteering

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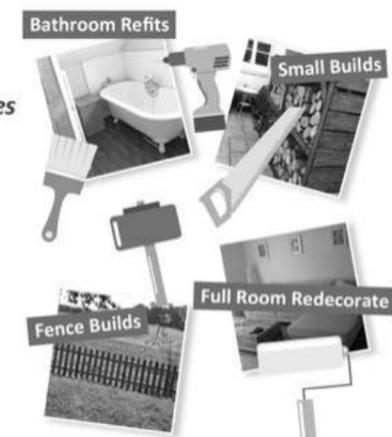


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ST MARY'S

In uncertain and troubled times, as the Covid-19 epidemic unfolds I want to

assure you that St Mary's as your parish church alongside our village's other churches will do all that we can to help you and to help you help others.

If you are alone and need support with a regular phone call, then you can contact the vicar on 01223 832248 or Sally Bard on 01223 501165 and we will try to help. From the Free Church please contact Maggie Jones on 01223 565637.

You can also catch up with news of church services and their times on our website or Facebook page. I am sorry that many of our popular shared meals and toddler groups are cancelled for the present, but this is purely to protect the vulnerable young and older folk who attend. As soon as we can, and the epidemic has passed, we will reopen both Refresh and Soup and Sandwiches.

Many church events will continue on line at www.stmaryssawston.org.uk and the church is open is open every day from 8am until 5:30pm for private prayer and as a quiet space. Please respect that space and especially space between others. We will try very hard to get our services online as soon as we can.

Work on our eco church development is going ahead with bird boxes in place in the old part of church yard and with the help of the parish council wildflowers are being sown and bug hotels built. Spring is coming, if you are awake early listen for the birdsong to begin the day.

As I write it is the middle of Lent and our Lent course is continuing on line to open our hearts and minds to the needs of God's world as well as its beauty and wonder, and that points us forward to the wonder and beauty and hope of Easter day and there we learn of God's love shown through his son.

Please be assured of my prayers in the months to come, and please phone up for a chat or for prayer if you would like to. *Alan Partridge*

OUR LADY OF LOURDES

Due to the new development of the coronavirus pandemic, all public masses in England and Wales will stop from 20th March 2020 – until

further notice. At our church in Sawston, the 9.30am mass on Friday 20th March 2020 will be our last public mass until further notice. However, the church will be still open for private prayers as usual. I will continue to say mass in private for the parish and for your intentions. Please do not hesitate to contact me by phone or email if you need necessary sacraments.

Please be assured of my continued prayers for all of you during this

CHURCHES

testing time. With every blessing from your parish priest in Sawston – *John Minh*

Back in the summer of 2018 we told you about a partnership that our church community had formed with a charity called Hope into Action (HiA). Essentially the charity links with church communities to provide accommodation and support for vulnerable people. In particular HiA targets refugees, the homeless and those leaving prison. All have a common need – they lack networks of support and that is what the church communities can offer.

HiA secures its houses by means of 'benevolent investments' whereby individuals loan sums of money for at least five years with a 2% annual return. The collective sums are used to buy a house with the investors being proportional shareholders. The house is rented to HiA and so, as tenants move in, the partnership with the local church community begins (find out more about HiA at www.hopeintoaction.org.uk).

A dozen or so 'befrienders' have come forward from the church community to support the HiA tenants. Since the summer of 2017 when the project started the befrienders and, in a variety of ways, the wider church community have supported eight men who were previously homeless. Two are still being supported but, of the others, five have moved into their own accommodation and three are in full time work. Certainly the headline outcomes are positive but the journey can best be described as a roller-coaster ride of optimistic expectations, challenging situations and patient resilience.

Last year, buoyed by our modest successes, we began discussions with HiA to secure a second house in Sawston. The benevolent investment model managed to raise £300,000 in a relatively short time and a second house was bought early in 2019. HiA agreed that the focus of this house would be refugees and consequently we entered into discussions with Cambridge City Council, one of the local authorities that had entered into contracts with the Home Office to accept and support refugees from Syria.

In July 2019 a Syrian refugee family moved into the house. Their story of suffering and survival starkly personalises the bitter and ruthless conflict that has been taking place in Syria for the past nine years. The family lived in Homs, Western Syria, and had to flee when the civil war subjected their city to intense bombing. They walked westwards for a month until they reached the United Nations refugee camps in

Christ Church South Cambs (Evangelical) www.christchurchsouthcambs.org Tim Chapman: 830169 or tim@christchurchsouthcambs.org

Sawston Free Church (United Reformed – Methodist) www.sawstonfreechurch.org.uk Rev Bruce Waldron: 07814 920187 or revbruce@sawstonfreechurch.org.uk

Our Lady of Lourdes (Catholic church) www.ololawston.com Canon Hoan Nguyen: 832397 or cambourne.sawston@rcdea.org.uk

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Lebanon. There they lived for two years in squalid conditions and sub-zero winter temperatures until they were selected to be part of the UK's Refugee Re-Settlement Programme.

The family was overjoyed to arrive in Sawston, where they felt safe and supported. The family's four children range in ages from two to thirteen years and the local schools and nurseries could not have been more supportive. So too John Huntingdon's Charity that has provided advice and educational grants.

Sadly the conflict in Syria continues and the family's joy is tinged with guilt and deep fear as they worry about their relatives suffering under the onslaught in Idlib province. Such is the connectedness of our modern world that the mother can sit with her Sawston support group in the Footprints Cafe and 'Whats App' her own mother in Idlib city. All wave, laugh, and blow kisses, and then the Idlib grandmother pans her phone around to show the impoverished conditions and, on another occasion, records the intense bombing of the city.

When one sees the news reports from North West Syria showing the scale of human suffering and the utterly callous nature of the conflict there is a danger that the medium of television distances us from the horror. Our involvement with this one family has lifted and personalised our consciousness of the situation.

Sawston could and should be proud of the fact that a family fleeing from oppression and suffering feels so welcomed and at ease within its embrace. These small and often invisible acts of kindness are the unspoken prayers that can be so uplifting. *Kevin McMullen*

FREE CHURCH

It is with deep regret that the Elders of Sawston Free Church announce that we are suspending Sunday morning services as of now for the foreseeable future. We have taken this very difficult decision in response to the recent news on the development of the Coronavirus crisis. We have a large number of members who are considered vulnerable and therefore need to distance themselves from others to protect their own health and so we need to suspend all services and meetings.

However, Sawston Free Church itself is not suspended – we plan to keep in touch with each other whether it's by phone, skype, our website or Facebook. Resources are

becoming available to us in the absence of 'live' worship, and we will share more information on that with you very shortly. As ever, please call us or email if you need support or a chin wag or both.

We were expecting to have our usual events – Tea Dance, Collection outside the Co-op, and a Car Boot Sale – during Christian Aid Week in May. However, all these have had to be cancelled. We hope to organise them again when the coronavirus is no longer a problem. *Maggie, Mary, Yvonne, Sue, Anne, Mike*

CHRIST CHURCH SOUTH CAMBS

Christ Church held a ladies' clothes exchange at the end of February and as well as having a great social evening and coming home with a few fresh items for the wardrobe, the ladies heard about the great exchange in the story Jesus told about a lost son. In exchange for his pig-sty stained farm clothes he is given his fathers best cloak and gold ring. The sheer forgiving grace and exultant welcome home is the heart of the good news that can be heard at Christchurch Sunday by Sunday at the Village College lower school hall at 9.30am. All are welcome.

Christ Church have been working through the book of Deuteronomy on Sunday mornings and on the 8th March we heard Moses speaking to God's people. He commanded them, among other things, to look out for the weak and vulnerable. Deuteronomy 15: 10 Give generously to them and do so without a grudging heart; ... 11 There will always be poor people in the land.

That is a timely word for all who remain healthy and able to help in the coming weeks of Coronavirus restrictions when no doubt there will be an acute number of weak and vulnerable people needing help.

Tim Chapman 🙏



Sawston Sports Centre is closed until further notice. We have not taken this decision lightly but have taken into account the government's guidance on limiting non-essential social contact and protecting at risk groups. Also, in

line with the new health measures, staff absences are at a level where we cannot provide a safe environment.

We will rearrange any suspended courses, bookings and memberships in due course and will hold any payments received against these. If you have a birthday party booked, please contact the Sports Centre by emailing awilson@sawstonvc.org.

We will keep you updated on plans to reopen but we are sure you will appreciate that at the moment it is unclear when this is likely to be. For updates, please check:

- website: www.sawstonsports.com
- Facebook: www.facebook.com/SawstonSportsCentre
- Twitter: twitter.com/SawstonSports

Well, after last year being the warmest February on record, we all know that this year we've just had the wettest February for a hundred and fifty years. I was boasting in the last edition about our allotments being on chalk and draining well, but I was being optimistic – my plot has been pretty sodden for the whole month. It may well have been the windiest this year too, though I couldn't find any definitive records. I know that anything that wasn't tied down ended up on someone else's plot. I've managed to struggle on and get most of it dug over between downpours and have sown some early carrots, leeks, onions and radish in my raised beds. The broad beans I planted in January are well up and should follow on nicely from the autumn planting. And I've just put another row in to keep the supply going (last week in February).

Seasonal updates and recipes from ANDY JACKSON

Andy's Allotment

half to double the supply. If you cut four notches into the end of each of the halves (about an inch deep) and then fold the newly-created tabs into the centre, it makes a bottom for your pot. And the great advantage is that you can just plant the whole cardboard 'pot' straight into the soil, setting it just below ground level so that when you water, it will collect around the base of the seedling.

I also pollarded the hazel tree in my garden this January so I have a pile of small branches which will be great for supporting peas, beans and so on this summer. Hazel branches are very pliable and can be woven loosely to provide support for most things. We use them in the Challis cottage garden as a discreet way of holding up clumps of tall flowers

I've just harvested the first of my forced rhubarb and purple sprouting broccoli. The rhubarb makes a very delicate pink jam, and I used the broccoli as follows.



BRAISED PURPLE BROCCOLI

- 450g purple sprouting broccoli
- two tablespoons sunflower or groundnut oil
- two tablespoons toasted sesame oil
- five garlic cloves, peeled and very finely sliced
- one tablespoon toasted sesame seeds

1. Trim off any hard ends from the broccoli stalks as well as any very coarse leaves. Bring a large quantity of salted water to the boil in a saucepan and drop in the broccoli. With the lid on, quickly bring the water back to the boil, then remove the lid and simmer the broccoli for around two minutes. Drain thoroughly.
2. Mix the oils in a frying pan over a medium heat. Add the garlic and fry for two or three minutes, stirring constantly, until the slices are golden.
3. Throw in the broccoli and fry for two or three minutes, tossing frequently, until the stalks are piping hot and coated with the oil.
4. Sprinkle the sesame seeds over the top and serve hot. 🍴

I've been along to Waterbeach and stocked up on the free soil improver from Amey Cespa (on the right just by the entrance). I forgot to take a shovel with me last time, and had to scrounge one from a friendly security guard. I remembered this time, but someone had left a spade behind anyway. I can get the use of seven of those green paper caddy boxes we used to use to put paper in for the bin men. They're ideal for loading, unloading and humping around and just fit into the car with the back seat down. The improver was a bit damper than usual, so it weighed a bit more and left a 'rich' aroma in the car after I had unloaded it...

I've got a good stock of old toilet roll inners to use instead of plastic pots this year. I'll cut most of them in

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In the late 1960s there were no cafes in Sawston, remembers JEAN OSBORNE. The only place new mothers could meet was at the baby clinic where your babies were weighed and you could have a drink and buy things like NHS orange juice and virol (a malt extract). The friends you made met in each other's houses. Most mothers did not work until their children were at school.

Four young mothers, who lived on the newly built Woodland Road estate and were new to the village, realised that they did not know what was going on in the village. Over coffee one morning they decided that the village needed a village magazine. When they told the Parish Council of their plans they received a donation towards the cost of arranging a meeting. They delivered a handbill (typed by another member of their group) to every house in the village inviting everyone to a meeting at the Junior School (later to be named John Paxton School after Icknield Primary School was built). The head master of the school, Mr John, agreed to chair the meeting. The school hall was full of interested villagers and a number of people volunteered to help start the magazine.

The first meeting of the Editorial Board was on 4th February 1970 where all the jobs were delegated. June Thomas was the first editor, with Cathy Odell, June Hoar, Jean Osborne, Brian Finch, John Jones and Dr Bill Town as the first 'editorial board'. Others involved were typists (including Irene Gruby, still involved today), collators and distributors. Mrs Date drew the cover and Mr Burns sold copies and collected subscriptions. The post office still collects subscriptions today thanks to Danny and Meena.

The first issue was free to every house and sold at the price of 9d (about four new pence). Subscription was two old shillings (ten new pence). In 1971 decimal coins were introduced and the price became five new pence (5p).

In October 1970 the first annual public meeting was held at the village college. After this meeting ten more people joined the board: Ivy Baston, Susan Squires, Ron and Jeanette Newstead, Herbert Gray, Maureen Ball, Rev. Brian Sturtridge, and Rob Thomas. Subscriptions numbered 575 by the end of the year. The production cost of the first four issues was £124.19.1 (today's equivalent would be £1,946). Now our yearly production costs are more than £13,000!

Hand-written articles were sent to the typists who converted them into type on the correct size of paper. The editor then arranged them into pages. I believe the first issue was typed on to stencils and then run off on a



Roneo machine. Later issues were printed by lithography. This meant that the final draft of the magazine had to be typed on a IBM typewriter. For the whole of the first year, printing came up in the minutes as various places for lithography were tried.

Eventually in January 1971

Arthur Barwick offered to print the magazine at his place of work provided a method of making suitable masters was found. This was done at the Local Exam Syndicate by photographing the final typed copy to produce the master from which Arthur

could print. These two men agree to carry on indefinitely which happened until Arthur retired. Various sources were used to produce masters for Arthur to print. Then Gilbert Whiffen took over printing with Arthur producing the masters. Co-ordination of production was overseen by Rev. Brian Sturtridge until he moved to Cambridge in 1974. In the late 1970s Ken Bingham took over the printing at his place of work even when the company no longer did their own printing. Eventually the machines ceased to work and Ken gave up. Quite often when machines broke down the magazine ended up being duplicated. All this time we just bought the paper and paid for the masters. Then Chavelly Press (later became Acorn) took over but we had to pay! Now the magazine is printed by E. & E. Plumridge of Linton.

Top: Jeannette Warner, Martin Thurgood, Jean Osborne, Isabel Powell, Gayle Webb, Richard Maunder, Helen Sharpe, Fred West and Marilyn Maunder. Centre: Jean Osborne, Bill Town, Rod Griggs and Eric Jacobs. Bottom: Rod Griggs, Brian Sturtridge, Cathy Odell and Rob Thomas.

Fifty years old!

In 1975 Jenny Sturtridge did the final typesetting. Various others took over from her. As the magazine developed and we needed better copy we paid Roy Warns to do the final typesetting. Improvements included adding photos and later, occasionally, colour. When Beck became editor she also took on the typesetting. Now the final copy is sent in a PDF file direct to the printer.

In the early days the magazine was collated and stapled together at the Junior School; later it was at the editor's house; then at the sports pavilion; at Cramptons; and finally in the upstairs room at the United Reformed Church. In some venues we used collating boards with shelves which took the pages and an individual sat at each board. At the URC the pages were laid out on a table and collators walked round collecting pages and then gave them to someone to staple. Now the printer collates the magazine.

Delivery was organised initially by Cathy Odell until she moved to Yorkshire for her husband's job. She used to cycle round the village taking bundle to deliverers. Nowadays we get boxes of magazines and tie them up in bundles with a list attached for each deliverer, then take them to their homes. Originally lists were hand written but now are computer lists with road names and house numbers. The deliverer is also told the expected delivery date for the remainder of the year. Various committee members organised distribution, including Jeannette Warner, Jean Osborne and now Cheryl Ellis.

From top: Collating at the Free Church; Community Prize 1987; Beck and Yasmin collect the Cambridge Community Magazine Award for best front page in 2013; and for best low-frequency magazine in 2019.



The first public meeting was held in the village college walnut room. This was to get input from villagers on their ideas for future content. Also the accounts were published and an election to the editorial board took place. These meetings have taken place every year since at various venues. The first

ones were in late autumn, then they moved to the spring – this gave the treasurer time to get the December accounts audited for the meeting. A brief summary was printed in the magazine. We used to provide cheese and wine to entice people to come and as a thank you to all helpers who were invited to the AGM. Now the AGM takes place in the White Lion, still with free drinks and nibbles. Lately we have been holding a garden party as well as a thank you to volunteers.

In 1971 a constitution was written and approved at the Annual Public Meeting. In 1995 it was changed, to alter the number of people on the editorial committee from twelve

to a minimum of four and a maximum of ten. The magazine was to be informative; to promote community spirit within Sawston; and to be non-political, non-sectarian and non-profit making.

A diary was added to the first issue as a loose leaf. There has been one printed in the magazine ever since. The magazine has had many treasurers starting with June Hoar followed by a new one every couple

of years. Then from 1982 to 1991 Paul Whittle was in charge. Martin Doyle took over until 1999, Jean Osborne in 2000, Irene Gruby from 2001 to 2006, Richard Maunder 2006 to 2013 and Mike Tapson from 2013 to now. 📄

