

**Welcome to our Autumn edition of the Queen Edith's Community Newsletter. There are lots of exciting events taking place in the ward over the next few months. We hope to see you there.**

**Please note that the event that was due to take place on 10th September has been merged into the Wellbeing event on 5th October. This will be a longer event with much more on offer.**

## *Ideas for future Community Events*

2012 will see two historic events taking place – the Queen's Jubilee and the Olympics. If you would like to get involved in planning some exciting events for people in your area then do get in touch with the Queen Edith's Forum. We have grant money available and people who can help you organise your events.

Please contact: Lorna Brown, [Lbrown@queenedith.cambs.sch.uk](mailto:Lbrown@queenedith.cambs.sch.uk)

## *What's On in Queen Edith's?*

- **3rd September** - Jumble Sale at St James' Church, Wulfstan Way, 2pm in aid of the local Focus newsletter.
- **24th September** - Antiques Open Day (see poster on page 3), 12-5pm, St John the Evangelist, Hills Road
- **26th September** - South Cambridge Area Meeting, 7.30pm, Cherry Hinton Village Centre. Open to all.
- **5th October** - Cambridgeshire Celebrates Age event at Queen Edith's Chapel (see below)
- **7th November** - South Cambridge Area Meeting, 7.30pm, Cherry Hinton Village Centre. Open to all.
- **5th October Queen Edith's Health and Wellbeing Extravaganza**
  - Queen Edith's Chapel, Wulfstan Way. 8.30am – 5.00pm.
  - Come along to find out more about living an active, happy and healthy life. Programme of talks, information and demonstrations, singing workshop, exercise, plus flu jabs for patients of Queen Edith's Medical Practice. Light refreshments.
  - For more information: Barbara Green, QEMP 01223 247288 or Caroline Biggs [caroline.biggs@cambridge.gov.uk](mailto:caroline.biggs@cambridge.gov.uk)

# CELEBRATES AGE



# 2011

## What is - Cambridgeshire Celebrates Age?

Cambridgeshire Celebrates Age (CCA) is a partnership involving older people, local authorities, NHS Cambridgeshire, voluntary agencies, housing associations and community groups working with and on behalf of older people. It aims to promote and encourage activity around the International day of Older people on 1st October.

Events and activities are held all over Cambridgeshire.

CCA has become extremely successful over the past 6 years. In order to develop and enhance the programme, this year we'll be focusing on accessibility.

We will be working with groups such as CAMTAD and CAMREAD and others in the community to reach and involve all the community.

There will be two types of programme this year. A countywide programme for one-off and special events during October, plus separate listings for each local area, showing activities that happen throughout the year.

We welcome new ideas from local people and organisations who would like to become involved in the programme.

For more information please contact:  
 Sally Roden **01223 420309**  
 City Council website: [www.cambridge.gov.uk](http://www.cambridge.gov.uk)  
 or from sally.rodan email: [sally.rodan@cambridge.gov.uk](mailto:sally.rodan@cambridge.gov.uk)

## Exercise groups at Wandelbury Country Park Healthy Walks

Walks for all abilities. Suited to those new to exercise or returning to a more active lifestyle.

Day: Thursdays  
 Time: 9.50am (for 60 minute walk)  
 10.15am (for 30 minute walk)

Cost: No charge, £2.00 parking fee  
 Contact: Janet Cornish **01223 243830** x 202  
[enquiries@cambridgeppf.org](mailto:enquiries@cambridgeppf.org)

## Nordic Walking

Nordic walking is a walking session using poles. It is ideal for those with arthritic or neurological conditions that make unsupported walking difficult. It is also an ideal session for those who would like upper body toning in addition to the benefits of normal walking.

Day: Wednesdays  
 Time: 1.00pm – beginners and those with restricted mobility  
 2.00 – those used to go for a walk  
 3.00 – advanced group  
 Cost: £5.00 plus car parking fee  
 Contact: Oliver Gynn – International Nordic Walking Instructor **07947835522**



## Your City Ranger

I am John McAspurn the City Ranger that covers the Trumpington area. The role of the City Ranger is to help keep Cambridge a Clean, Green and Safe place for the residents and visitors to Cambridge. I patrol the Queen Ediths area (along with Trumpington and Cherry Hinton) dealing with aspects such as street repairs, abandoned vehicles, derelict cycles, bins left on streets, waste education (correct usage of bins etc), fly tipping, fly posting, grounds maintenance issues and any other issues that may arise. Anything that I can deal with I will but a lot of my role involves liaising with different bodies to remedy issues. These include other City Council departments such as City Homes South, Waste and Fleet, Streets and Open Spaces, Environment and Planning, plus the County Council (Highways Department), and Tree Surgeons, Police, Councilors etc.

A large part of my role deals with getting residents, shops, landlords etc to deal with issues that are their responsibility - correct usage of bins, keeping bins off the street, keeping vegetation within their boundaries etc.

To contact the Ranger service call 458282 and if there is an issue you would like to discuss with me leave your contact number and I will get back to you.







## Homerton Children's Centre

runs regular Drop-in Groups through the term times.

During the Spring and Summer holidays phone the Centre for their holiday programme on **01223 508766** or email [office@homerton.cambs.sch.uk](mailto:office@homerton.cambs.sch.uk)

### From September come and join us at:

#### Play and Learn Mondays 9.45 – 11.15

For the under 5's including babies run at The Centre St. Paul's on Hills Road. Lots of opportunities to learn through play, have fun and for parents and carers to have a sociable time.

#### Messy Play Tuesdays 9.15 – 11.00

A group suitable for the under 5s with plenty of creative and sensory experiences taking place indoors and out.

#### Play & Learn Every other Wednesday 10.00–11.30

For the under 5's including babies run at The Bowling Club on Brooklands Avenue. Lots of opportunities to learn through play, have fun and for parents and carers to have a sociable time.

Fun with music Every other Wednesday 10.00 –11.30

For under 5's including babies run at The Bowling Club on Brooklands Avenue. Phone the Centre to find out which week this session is taking place.

#### Baby Owls Wednesdays 1.00 – 2.30

A post natal support group where babies can play whilst parents and carers can chat with each other along with a regular talks from visiting health professionals.

#### Friday Friends Fridays 9.15 – 11.15

For under 5's including babies. Lots of opportunities to learn through play, have fun and for parents and carers to have a sociable time. Activities take place indoors and out.

#### Sat Dads 1st Saturday of every month 9.30–12.00

A drop-in where all fathers, male carers, grandfathers and their under 5's are welcome. We play in the wonderful outside space of Homerton Nursery as well as indoors.

#### We also run regular courses

Please phone the Centre to book on our regular courses:

#### Baby Massage

Next course begins September 14th and runs for 5 weeks. These courses run right through the year during term times.

#### ESOL for beginners

Next course 22nd September and runs for 8 weeks not including half terms. It is free and open to all beginner English language learners. We welcome mums, dads and grandparents' too! These courses run right through the year during term times.

#### ESOL advanced.

Next course 20th September and runs for 8 weeks not including half terms. It is free and open to all English language learners who are at an intermediate or advanced level. We welcome mums, dads and grandparents' too! These courses run right through the year during term times.

#### Parenting courses.

We run regular parenting courses throughout the year. These are free and suitable for all parents. Contact the Centre to find out the dates for the following courses:

123 Magic – 4 sessions run through the 123 Magic DVDs with group discussion

Raising Children – 10 sessions for mums and dads focusing on developing parenting skills

Raising children for Dads – As above but run in the evenings

CARE – Particularly suitable for those with under 4's sharing parenting strategies

#### Back to work course

Run in the summer term, free and suitable for all those wishing to build their skills at writing CV's, gain interview practice and develop confidence in returning to work.

Homerton also run special events

Our next special event will be our family festival to be held on Saturday 8th October. The theme will be around storytelling and there will be plenty of fun activities for all families with under 5's to join in with.

Contact Homerton for further information on **01223 508766** or email: [office@homerton.cambs.sch.uk](mailto:office@homerton.cambs.sch.uk).

Saturday September 24<sup>th</sup> 12.00 to 5.00pm  
St. John the Evangelist, Hills Road, Cambridge

### Antiques Open Day

To raise funds for the Church of St. John the Evangelist  
Five local antiques experts will be present

Please bring portable items or photographs of large items for expert advice and valuation.

Other events: A Prize Quiz : Expert's favourite objects: .....

Entry fee, including tea: Adults £ 2.50 Children 50p  
Valuation fees: £ 2.50 per single item: 2 items for £ 4.50  
3 items for £ 6.00: 4 items at £ 7.75 each

Cheffins are pleased to waive their selling fee for whatever part of the sale proceeds that are donated to the Church.

Sponsored by John Beazor Antiques and Cheffins.





## Cambridge Sofa becomes Cambridge Re-Use

After 23 years of service to the local community, Cambridge Sofa has changed its name to Cambridge Re-Use. The new name is a better reflection of the work carried out by the charity – selling a full range of furniture and electrical goods, and not just sofas. The change was marked by a ceremony earlier this year, attended by Cllr Sheila Stuart, Mayor of Cambridge, and Dr Julian Huppert, MP for Cambridge.

Cambridge Re-Use will continue its work of helping people on benefit or low income to furnish their homes at reasonable cost. The generosity of the general public in donating unwanted furniture and electrical goods enables the charity to give its customers choice, quality, and affordable prices. The charity prides itself on a dedicated team of over 30 volunteers who give their time each week to carry out the service.

To become a Cambridge Re-Use customer, come to the store off Cherry Hinton Road, and bring evidence that you are reliant on State Benefits, or that you are on a low wage. Also bring confirmation that you are in receipt of Housing / Council Tax Benefit.

Donations of unwanted furniture and working electrical goods are always welcome; these can be delivered to the store between 10.00am and 4.30pm Monday to Friday, or can be collected by arrangement.

The Cambridge Re-Use warehouse is at Unit H, The Paddocks, 347 Cherry Hinton Road, CB1 8DH, and the team can be contacted on **01223 576535**.

For further information contact:  
Alan Oswald, Chairman  
**01223 833759**  
**07968 307722**  
chairman@cambridgereuse.org.uk

## Recycling *Did you know ...?*

You can recycle white, coloured and brown envelopes in your blue bin, as well as ones with plastic windows! The windows are sieved out when the paper is pulped.

## Cambridge Carbon Footprint event

Would you like to make your home cosier and reduce your home energy consumption? Find out about food footprints and local, seasonal eating? Award-winning Carbon Conversations are six relaxed, enjoyable meetings to find out what you can do about climate change in a clear, practical way that takes account of your lifestyle. Several groups running in Cambridge in the Autumn - contact :  
Mary Geddes :mary.geddes@cambridgecarbonfootprint.org or phone **01223 659962**.

## Local History group

Do you have any old photos and/or memories of the Queen Edith's area? Then we would love to hear from you and include them in this Newsletter. Please contact:  
caroline.biggs@cambridge.gov.uk or ring **01223 471674**



## Area committees

Area committees are open to the public and include presentations by the neighbourhood policing team and other matters of local interest, for example, recycling changes and schools planning. At the meetings, councillors decide on planning applications and grants to local groups.

South area Committee grants are available for not-for-profit voluntary or community organisations (not including statutory bodies) or for groups of local residents in the south of Cambridge.

The money could be used to enable projects which provide services or activities to benefit people living in Queen Edith's, Cherry Hinton and Trumpington.

Groups must be volunteer led and have management structures in place, including a constitution and equal opportunities policy.

Previous funded projects include community events, equipment, running costs and coach trips. Applications should be made online via the Cambridgeshire Community Foundation's website ([www.cambscf.org.uk](http://www.cambscf.org.uk)) and if you would like to discuss a project or check your eligibility for City Council funding please call the Foundation on **01223 410535** to discuss. Application deadlines are published on the website.

Meetings for South Area are on:

Monday 26th September  
Monday 7th November  
Both starting at 7.30pm, at Cherry Hinton Village Centre.

ALL WELCOME

## Queen Edith's Forum

Queen Edith's Forum is an advisory and discussion group of people who live and work in Queen Edith's. The Forum meets regularly and is open to all those who have an interest in making the area a thriving place to live.

For more information please contact:  
Lorna Brown

*If you would like to contribute anything to the Winter Edition of the Newsletter please contact [Lbrown@queenedith.cambs.sch.uk](mailto:Lbrown@queenedith.cambs.sch.uk) by 25 October.*