

I C E N E

B U L L E T I N

www.ickletonvillage.co.uk

DECEMBER 2013

Editor:

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Distribution:

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**All contributions please to 10 Brookhampton Street
Deadline for next Icene Bulletin 16th December**

Thank you to all contributors this month.

Recreational facilities Suggestions are welcomed by the Parish Council for using £12,000 of Section 106 developer contribution funding to be spent on outdoor play and sport facilities including Play Area equipment. Please get in touch with the Parish Clerk.

New village website For the time being please continue to access the website via the address at the head of this page - i.e. www.ickletonvillage.co.uk.

Village shop postal service The post office in Great Chesterford has now closed. Our own post office in the Ickleton shop, offering the same range of postal services, is open 9 am - 1 pm Monday to Friday.

Your health This month there is a further plethora of advice and information from the NHS and other sources, all edited on to page 10 which you may like to keep for reference.

A Happy Christmas and New Year to all our readers.

Editor

PARISH COUNCIL

Refuse Collections during December and beginning of January 2014

| | | | |
|----------------|-------------|---|---|
| Monday | 02 December | - | Green and Blue Bin |
| Monday | 09 December | - | Black Bin |
| Monday | 16 December | - | Green & Blue Bin |
| Monday | 23 December | - | Black Bin |
| Tuesday | 31 December | - | Green and Blue Bin - please note change of day |
| Tuesday | 07 January | - | Black Bin - please note change of day |

Bins must be placed out by 7am on designated day of collection. Lids on the bins should be closed.

Recycling Centre Thriplow off A505. Opening hours: Every day 08.00 – **16.00 hours** during winter. Over Christmas the centre will close at 1pm on Christmas Eve. Closed Christmas and Boxing Days. They will reopen on 27, 28, 29, 30 & 31st December as normal. They will be closed on New Year's Day, then back to normal. Tel: 01223 839001.

Ickleton Parish Council wish everyone a Happy Christmas and a prosperous New Year.

Ickleton Parish Council

Extracts from the Meeting held on 20 November 2013:

CCC Proposed 20mph Speed Limit – Following further discussions with County Council Highways Officials the Parish Council is putting in a bid for funding from the County Council for 2014/15. We have

also been advised, following changes within Cambridgeshire Police for liaising with local communities on traffic management issues that we should have discussions with the officers now in place about our proposals.

CCC Local Highways Improvements 2013/14 – A design for a traffic calming feature involving narrowing the carriageway on Duxford Road has been finalised and should be installed by the end of the current financial year.

The Project Engineer is finalising a design involving a build-out (similar to those at Duxford), which will be situated just outside the current location of the 30mph signs in Frogge Street.

CCC Highways repairs – As far as is known all reported potholes have been repaired. Repairs to the footpath between Abbey Street and Birds Close should have been completed. The broken-up footpath at the end of Frogge Street is scheduled to be repaired. Brookhampton Street from Cemetery corner to the level crossing is to have its white lining renewed next April to emphasise that this is partly a single carriageway road and it is necessary to give way to oncoming vehicles.

SCDC – Our District Councillor Mick Martin informed us that the streets had been swept for leaves in accordance with a timetable, which had been put in place before the leaves actually fell! A second collection has been put in place, but any urgent problems relating to roadsides and gutters can be reported to SCDC.

Mill Lane Level Pedestrian Crossing: The Clerk had reported the uneven surface to Network Rail who, Tim Pavelin reported, had rectified the situation.

Copse Tribute to Ron Coulson – Sian Wombwell reported that the trees had arrived together with canes and spirals. It was agreed that Councillors would meet in the field behind the Cemetery on Sunday 8 December at 9am to plant the trees. WE WELCOME ANYONE FROM THE VILLAGE TO COME ALONG FROM 9AM ONWARDS AND JOIN US IN PLANTING THESE 140 SAPLINGS.

Planning application(s) received from SCDC:

Tim Pavelin declared an interest and did not take part in the discussion of the following item:

S/2292/13/FL – Single Storey Extension – 28 Church Street, Ickleton, CB10 1SL – Heddon Management.

After discussion, the Councillors voted 1 For, 6 Against and 1 Abstention. Recommendation of the Parish Council: Refuse

SCDC Planning Appeal – S/1220/13/FL – Two-Storey Rear Extension – 18 Birds Close, Ickleton – Mr & Mrs E Farrow – Appeal dismissed.

The Planning Inspectorate – Appeal by Heddon Management Ltd. in progress – site at Land to the West of 20 Church Street, Ickleton, CB10 1SL.

SCDC Planning Application – S/1799/13/FL – Part One and a Half, Part Two Storey Side Extension – 28 Church Street – Planning application withdrawn.

Wellcome Trust has donated 150 chairs, which have been collected and are available for village use. These are in temporary storage and if anyone has any ideas of a permanent storage home or the community uses to which the chairs could be put, please contact the Clerk.

Section 106 Money: There has been no response from the village regarding our request for ideas for the Play Area and forming a Focus Group.

Frogge Street – Clearing of ditch – Councillors were pleased that the ditch had been dug out. It was understood that a lot of rubbish had also been removed. The spoil has been left adjacent to the ditch in accordance with normal practice and will soon be covered with fresh vegetation.

Jocelyn Flitton (Parish Clerk) ☎ 530407 josflitton@tiscali.co.uk

TELEPHONE NUMBERS

| | | |
|-----------------------|-------------------------|----------|
| Medical Car Scheme | John and Sue Fowler | ☎ 531779 |
| Village Hall Bookings | David and Jean Whitaker | ☎ 531287 |

| | | |
|--|----------------|--------------------------|
| Neighbourhood Watch | Glynis Hammond | ☎ 07918 647504 |
| | | glynis.hammond@gmail.com |
| Police (reporting a crime non-emergency) | | ☎ 101 |

CHURCH NOTICES

| | | |
|------------------|---|--|
| Priest-in-Charge | Rev Dr Jessica Martin | ☎ 01223 832137 hinkledux@googlemail.com |
| Churchwarden | Rosemary McKillen (plus one vacancy) | ☎ 530475 |
| Prayer Ministry | Monica Lilley | ☎ 530224 |
| Lay Ministers | Julie Baillie | ☎ 530684 |
| | Judith Wright | ☎ 530740 |

Services for December

| | | |
|--------------------------------|--|-----------------|
| Friday 29 th Nov to | Big Crib Exhibition at St Peter's Church Duxford | DUXFORD |
| Sunday 1 st Dec | | |
| Sunday 1 st | 8.00 am Holy Communion (BCP) | DUXFORD |
| Advent 1 | 10.00 am Parish Eucharist with Sunday School | ICKLETON |
| (Year A begins) | 6.30 pm Evensong (BCP) | HINXTON |
| | | |
| Sunday 8 th | 8.00 am Holy Communion (BCP) | HINXTON |
| Advent 2 | 10.00 am Parish Eucharist with Sunday School | DUXFORD |
| | 5.00 pm Taize service | ICKLETON |
| | | |
| Sunday 15 th | 8.00 am Holy Communion (BCP) | ICKLETON |
| Advent 3 | 10.00 am Morning Prayer | DUXFORD |
| | 4.00 pm Christingle | ICKLETON |
| | 6.30 pm Carol Service with Brass group | HINXTON |
| Tuesday 17 th | | |
| <i>O Sapientia</i> | | |
| Sunday 22 nd | 8.00 am Holy Communion (BCP) | HINXTON |
| Advent 4 | 10.00 am Morning Prayer (CW) | DUXFORD |
| | 4.00 pm Christingle at Duxford St John | DUXFORD St J |
| | 6.30 pm Service of Nine Lessons and Carols | ICKLETON |
| | | |
| Tuesday 24 th | 4.00 pm Christingle | HINXTON |
| <i>Christmas Eve</i> | 11.30 pm Midnight Mass | DUXFORD |
| | | |
| Wednesday 25 th | 9.30 am Festival Eucharist | HINXTON |
| <i>Christmas Day</i> | 10.00 am Festival Eucharist | ICKLETON |
| | 11.00 am Family Service | DUXFORD |
| | <i>No evening service</i> | |
| Thursday 26 th | St Stephen | |
| Friday 27 th | St John the Evangelist | |
| Saturday 28 th | Holy Innocents | |
| | | |
| Sunday 29 th | 10.30 am Joint Eucharist | DUXFORD |
| Christmas 1 | | |

Coffee Mornings - at the church

Coffee mornings are now once month – on the **first Tuesday - 3rd December** 10.00 - 12.00.

The cakes are always delicious.

All welcome. These are friendly social occasions for all ages – from toddlers to the tottering!

Books - at the church You can donate and/or buy books – in the church entrance. Proceeds to church funds.

Food Bank - at the church

Donations of food to help people in need. Leave in the church at any time. The following are particularly welcomed:

Tinned sponge puddings; long life fruit juice cartons; UHT or powdered milk; granulated sugar 500g; pasta sauces in jars; jams; snack bars, sweetie and crisp treats.

All will go to the Cambridge City Food Bank.

News from the Rectory

I am really noticing this year how dark it becomes in winter, and how important it is to make light. We are lighting fires in the evenings (at last we have had the chimney swept, and it looked as if every bird in Duxford had dropped a few twigs down there), and are looking out our string of white lights to hang on the rose bush at the front of the Rectory.

The Christ child is born at the darkest time of the year. Just as everything in the world looks at its dreariest, we celebrate new life, the birth of a baby. It is a way of saying that out of every blasted hope, and out of every loss, comes a hope that springs up like the dawn after a long night. What that means personally is different for every family, but it tells us that there is a light for every dark situation, and a transforming renewal out of every ending.

Our marking of this season of renewal will begin with our Advent parish Eucharist on 1st December at 10 am – with, appropriately enough, a baptism! Our Christingle will be on 15th December at 4.00 pm in the church, and is always great fun – and we will again celebrate every child baptised during 2013 by lighting candles for each of them. The Service of Nine Lessons and Carols is on 22nd December at 6.30 pm, we have Midnight Mass in Duxford at 11.30 pm on Christmas Eve.

The Christmas Day communion service will be at 10.00 am and will last no longer than an hour – so that everyone can get back in time for their Christmas lunch without the turkey being completely frazzled!

A very, very happy and blessed Christmas to everyone in Ickleton.

Jessica Martin

Christingle Service in Ickleton Church Sunday 15th December at 4pm

The Christingle service always proves to be one of the most popular of the year so do come and join us. This is not just a service for children, many adults confess to rather enjoying it too! As I write this fireworks are going off and lighting up the night sky. During the service we'll be thinking about a different kind of light as our Christingle candles remind us that Jesus called himself 'The Light of the World' and we hope to bring a little of that light in to all our lives as we wait for Christmas Day.

This year's service will be the usual mix of readings, carols and hymns both old and new. I'm delighted that Sarah and Simon Fawcett have very kindly agreed to carry on the tradition of hosting refreshments at Norman Hall straight after the service. Everyone is very welcome, even if you can't make the service. A collection will be taken for the Children's Society, a charity that works to help disadvantaged children and young people in Britain.

Could you help us make the Christingles too? We will be assembling around 100 Christingles at Jess Bloomfield's, 60 Frogge Street on **Saturday morning 14th starting at 10.00 am.**

Many hands make light work, so if you can join this year's team please let Jess know on 530300 or contact Luciana Ferreira Day on lucianafday@gmail.com. It takes about 2 hours but you don't have to stay for the whole time. Plenty of chat and an early glass of mulled wine are also guaranteed!

And finally if you can't make the 15th there are two more opportunities to attend a Christingle service in our parishes at Duxford on 22nd December and Hinxton on Christmas Eve.

Mandy Jeffery

Church Gift Day - Thank You

An enormous thank you to all who gave so generously at our Gift Day on the 16th November. It was particularly appreciated since so many other major appeals were going on at the same time. If you weren't able to be there on the day and would like to contribute, donations can be left at 5 Priory Close or Thistledeew Cottage, 15 Mill Lane.

Rosemary McKillen (Churchwarden)

Christmas Cards

This year's card is from a beautiful drawing, by Christina Taylor, of Ickleton church in the snow, surrounded by a border of holly with a robin looking on. Reactions from parishioners show that it is the most popular of all our annual Christmas cards so far.

The price is £5 per 10, all proceeds to Ickleton church. The cards are available now and a sample can be viewed in the church. Please contact: **Colin Hayes, Durhams Farmhouse, Butchers Hill**
☎ 530373 cjf.hayes@btopenworld.com

Christmas Lights

Our lights will be on again this Christmas for charity. Please come along and bring the children. Our charity this year is The British Heart Foundation. Please put donations through the letter box. Lights will hopefully be on by **1st December from 4 pm till 9 pm each night.**

Happy Christmas from **Carol and Barry Turton, 17 Birds Close.**

CONCERT - Duxford Saturday Workshop Choir and Friends

Sunday 8th December 7.30 pm in Ickleton church

Enjoy a programme of sacred pieces, carols and other music, and there will be some audience carol singing. Do come and join us for a relaxed and friendly evening!

£5 at the door – includes a drink and mince pie afterwards.

Linda Whitebread

CAROL SINGING round the village Tuesday 17th December

All welcome – young, old and in-between. We simply sing together from carol sheets with the words and you just follow the leader et al! Bring a torch.

Also – to knock on doors and collect – if you prefer not to sing!

Start **6.00 pm** at Grange Road/Coploe Road corner. For latecomers joining we proceed via Birds Close, Back Lane and the Closes, then back to Abbey Street...etc.

The collection this year will be in aid of the charity OWL "Opportunities Without Limits" which is based in Sawston. OWL helps young people with disabilities in Sawston and the surrounding area to learn new skills. They run a training unit with a wide choice of activities including a bike refurbishment and resell shop on the London Road Industrial Estate, and the OWL Café attached to Sawston Free Church

After the singing - refreshments at Penny and John Williams, 10 Brookhampton St.
Pit stop half-way chez Rosemary and Colin Hayes, Butchers Hill.

Any questions - contact **John Williams** ☎ 530463 or icene@newinnhouse.co.uk

Christmas Concert in Hinxton Saturday 14th December 6 pm

The Friends of Hinxton Church in conjunction with the choir 'In Voco Parentis' - King's College Choir School parents and friends, plus a recorder group and a Kings College organ scholar playing the organ Mulled wine and mince pies in the interval.

£8 for adults and £5 for under-15s. ☎ **530360** or email: virginiamwalker@btinternet.com

Virginia Walker

THANKS

Cambridgeshire Historic Churches Trust "Ride, Stride or Drive" on 14th September

Many thanks to those who waited in the church porch to meet and greet visitors – Dawn Bradley, Ursula Laederach Baumgartner, Jan Livingstone, Helen Royce and especially Neil McKillen who set up and cleared up. Sadly only three people visited but they were very appreciative of the refreshments and of the people who greeted them. Better luck next year perhaps.

Hilary Rule, P.C.C. Secretary

CONGRATULATIONS

To **Jean and David Whitaker** who celebrated their Golden Wedding anniversary on 12th October.

Hilary Rule

Apologies from the Editor - the above two items should have been in October's issue.

THANKS and GOOD WISHES

To **Sally Pearce** who is retiring after 10 years at the village shop and will be greatly missed. We thank her for all her good help and wish her all the best for the future.

Dilip and Sunita Odedra

THE CHESTERFORDS, ICKLETON AND HINXTON W.I.

The meeting held on 20th November was well supported despite a cold and wet night. Three new members were introduced by the President Jenny Palmer.

Claire Schneider gave an interesting talk with slides about her life as a scientific saleswoman travelling all over Europe and the Far East. Claire has lived life on the edge during her career abroad but clearly loves every moment of it.

The next meeting on 11th December will be the Christmas Party with members providing the food.

Cynthia Rule ☎ 530294

ICKLETON SOCIETY

New Year's Day Walk, plus lunch.

By popular demand we are once again organising a shortish walk on New Year's Day followed by a light lunch of soup, scones, mulled wine and soft drinks. This is free to members and non-members alike and any visitors who may be staying with you that day and we hope you'll come along as it is always an enjoyable social event.

Meet at the **Village Green (Church Street) at 11 am.**

Dogs and children are very welcome (dogs on a lead please) and the first part of the walk will be suitable for pushchairs. If you can help out by providing soup or scones or helping in the kitchen, please contact **Madeleine Smith ☎ 530179.**

Christmas presents We still have some **Ickleton tea towels** for sale featuring pictures of the village. There is a choice of colours – maroon, blue or green. The quality is excellent and they are fantastic value at just £4. Packs of 4 **greeting cards / notelets**, each with a different photo from the village archive, cost £4. The **Ickleton Chronicle** is still for sale at £12 and our **CD "On Your Doorstep – Ickleton Remembered"** is just £5. Why not put in an order now? Contact me or any member of the Committee. We are very happy to show you any of the items before you buy.

What's New on the Web Site <http://www.ickleton.org.uk/gallery/main.php> or from the village website.

New photos are of the recent Ickleton Past and Present event and copies of photos and documents brought along to Show and Tell. These include the Over Sixties trip to the Lake District, photos of Cecil Vincent, Ron Coulson, Soole and Human families, items from David and Jean Whitaker's scrapbook about their furniture making business, cushions and a rug embroidered by Hedley Igglesden's aunt, Hedley as snooker champion, Ickleton school infants, and others.

Rachel Radford ☎ 530994

Great Chesterford and District Gardening Society

The November meeting was a talk by garden designer Helen Riches entitled "Opening for the Yellow Book" - a great insight into the preparations involved in preparing to open a garden to the public. It brought back memories to some Ickleton members who opened their own gardens earlier this summer.

The Christmas meeting of the Garden Society will take place on the **4th December at 8 pm** (The Chapel, Carmel Street, Great Chesterford), and will be a talk by Peter Jackson of Scotsdales – on the theme of 'Plants with Winter Interest'. Christmas refreshments will also be served, so do join us. Members and non-members most welcome.

Catherine Cocks ☎ 531125

OVER SIXTIES

The next meeting - on **Wednesday 4th** - is the last of the year. Starting again in mid-February.

ICKLETON THEATRE GROUP presents

JOHNNY COPPIN - 'ALL ON A WINTERS NIGHT'

A feast of songs, carols, stories and folklore

**Saturday 7th December
7.30 pm at the Village Hall**

We are delighted to announce that on Saturday 7th December Johnny Coppin will be performing in the Village Hall as part of his Christmas Tour.

Johnny is one of England's finest singer/songwriters, and will be presenting a rich mix of traditional carols and new songs, together with stories, superstitions and folklore from all over the UK and beyond.

He will be supported by Paul Burgess (violin & recorders) and Mick Dolan (guitars). It promises to be an excellent evening - not to be missed!

TICKETS £12 (Concessions £10) from COSTCUTTER VILLAGE SHOP or Pam Fearn ☎ 531916 email: pam@cmws.co.uk or Jocelyn Flitton ☎ 530407 email: josflitton@tiscali.co.uk

ICKLETON FOOTBALL CLUB

The club has its home pitch on the recreation ground and currently plays in the Cambridgeshire 1B league.

Most league matches take place on Sundays. If you are interested in playing or other involvement, please contact Steve Jenkins.

Steven.Jenkins@hexcel.com

SHORT MAT BOWLS

On **Thursday afternoons at the Village Hall 2 - 4 pm**, and including tea. More players needed! Absolute beginners welcome.

Contact **Hedley Igglesden ☎ 530323** or just come along.

ICKLETON CRICKET CLUB - Race Night! Saturday 30th November from 7 pm at the Ickleton Lion

News of this may not be seen by readers before this issue is distributed, but just in case the details are:
8 races, a game of Heads and Tails. First race at 8 pm.

Please book a table for the curry part of the night.

Ickleton Lion 📞 530269

CHARLES COOPER 1942 – 2013

Charles died peacefully in his sleep, at home with Barbara, on 8th September. Born on 9th June 1942, he was a loved and loving man, who gave so much to others throughout his life.

Charles leaves his daughter Sarah and her husband Pete; son Ben and his wife Emily; son Sam and his recent bride Vanessa; and his grandchildren Henrik and Daniel – a precious legacy.

On the afternoon of the day of his death, the Red Arrows drew an enormous heart over their home as Charles lay surrounded by his adoring family. This was a fitting tribute for a wonderful man who will be so greatly missed.

Charles' funeral took place at Barton Glebe Lodge, followed by a woodland burial, with a New Orleans style jazz band, to celebrate his love of jazz and his love of life. We would like to thank friends and family for their generous donations to Charles' chosen charity for Medical Aid and Education in the slums of Nairobi.

Charles ran the Ickleton Judo Club for over twenty years, inspiring children and adults alike. As a talented artist and designer, he gave his skills generously to the village - designing the village sign, and producing numerous posters and illustrations for village organisations and events. His beautiful drawing of our church continues to raise funds for essential restoration work.

We are grateful for the many cards, letters and messages of condolence we have received following Charles' death and for the wonderful attendance at his funeral. The love and support are heart-warming and comforting at this painful time.

"It means that the woman has gathered the soul of the man into her soul and is keeping it warm in love and peace so that his body can rest quiet for a little time. That is a great thing for a woman to do."

Rebecca West

Barbara Cooper and Family

GRANT BUCK 1921 - 2013

Clare King, eldest of three daughters of Grant and Nancy Buck, has advised the death of her father on 17th November aged 92. His health had been failing for a while and he very much missed his wife who died earlier this year. Both will be remembered as residents of Ickleton for over twenty years until 1989, since when they have lived in Hadstock.

An obituary will appear in the next issue.

FOSTER CARERS

Cambridgeshire County Council is appealing for help from people who may consider being foster carers.

Foster Carers come from all different kinds of backgrounds. It may be that you have your own children or you may have worked with children before. You may have no experience of children or possibly considering a career change?

Every child is different so we need different foster carers. If you can offer stability, security and the positive experience of a loving family then we want to hear from you.

You might be:

- Married, in a civil partnership, single or living with a partner
- From an ethnic background
- In a same sex relationship
- In work, unemployed or retired

Recruiting local people will mean that children and young people can live in their own community, continue to attend the same school and maintain contact with their family and friends. We offer generous allowances including a start up package, 24 hr support and full training.

If you might be interested please contact **Tony Darnell, Manager Fostering and Adoption**
tonydarnell@cambridgeshire.gov.uk Tel: 01480 373568

WHITTLESFORD AND DUXFORD SCOUTS - A new Scout HQ

Help us build a new one - Adopt a Plank!

Founded in 1912 by Frank Brown and operating out of an old blacksmith's, the 1st Whittlesford & Duxford Scout Group has a long, long history. Over the years many thousands of children and young adults as well as leaders have benefitted from the activities, challenges and adventures as well as the friendships and fellowship offered to them through Scouting.

Our current Scouting HQ, already a second hand timber framed and clad building, was moved to its current location from Station Road in Whittlesford in 1989.

Since that time the Group has grown and with over 29 leaders and 130 young people in the Scout Group, an Explorer Unit of over 20 and a waiting list in excess of 20 we urgently need more space and better facilities *now*.

Our new Scouting HQ will be one that everyone associated with the Scout Group can be proud of and which will take us forward well into the 21st century.

For £10 you can adopt a plank, with your name (and up to 5 more names added for another 50p per name so your family members can be listed).

To arrange a donation please contact 1st Whittlesford and Duxford Scout Group for a form. Gift Aid can also be arranged if desired. Go to the website: **www.wanddscouts.org.uk**

Many thanks from **Steve Marshall**

WEA - Ickleton and Chesterfords branch

Next term's course - at Ickleton Village Hall

This Autumn we were enjoying an excellent course on "The Post War World" which attracted a good number of participants. With Stephen Corley, we were studying the years 1945-1975; the events, the power struggles and the people that have taken part in the course of history and in the building and shaping of our modern world.

The course inspired lots of questions and lively discussions. Unfortunately we were unable to complete the course due to Stephen's illness. We understand that he is on the way to a good recovery and have sent our very best wishes to him.

We look forward to more of the same opportunities in the forthcoming spring session Everybody is welcome to join us for the new course as below:

Birds for all Seasons The fascination of birds in Britain throughout the year. **Tutor - Brian Sawford**
Wednesday mornings at 10 am - **10 weeks from 8th January at Ickleton Village Hall.**

The first two sessions of the courses may be sampled for £4.53 each, to be set against the fee of £45.30 if continuing. Courses are free to those on certain benefits.

We are able to offer lifts between the villages. More information from **Margaret Beston ☎ 530454**

YOUR HEALTH

NHS EMERGENCY TELEPHONE LINE - “111”

The National Health Service has launched an emergency telephone number service: Dial 111 – it's that simple. Just like 999 but you are through to the NHS. It has just started in Cambridgeshire. Available 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones.

When to use it

- * you need medical help fast but it's not a 999 emergency
- * you think you need to go to A&E or need another NHS urgent care service
- * you don't know who to call or you don't have a GP to call
- * you need health information or reassurance about what to do next

For less urgent health needs, contact your GP or local pharmacist in the usual way.

If a health professional has given you a specific phone number to call when you are concerned about your condition, continue to use that number.

For immediate, life-threatening emergencies, continue to call 999.

WHERE TO GO FOR HEALTH ADVICE AND SERVICE

Cambridgeshire and Peterborough Clinical Commissioning Group (CCG) are asking local residents to familiarise themselves with the range of local health services and which illnesses and injuries they can treat - as follows:

Pharmacies - Help with bugs and viruses, skin conditions, allergies, pregnancy testing and help with stopping smoking.

GPs - Help with back ache, ear ache, painful coughs, mental health conditions and any illness or injury that won't go away. Make sure that you have your doctor's number to hand. There's also an out of hours GP service which can be accessed by calling your normal doctor's number - you will be put straight through or hear a message with the out of hours service number.

Walk-in centre or minor illness or injury unit – these can help with minor burns and scalds, bites and stings, strains and sprains and minor eye or ear problems. There is one in this area: **Chesterton Medical Centre, 35 Union Lane, Chesterton, Cambridge Tel: 01223 883740**

At home - look after colds, coughs, sore throats, hangovers, tummy upsets, grazes....with a well-stocked medicine cabinet.

Dr Geraldine Linehan - GP in Cambridge and Chair of CATCH Local Commissioning Group said, "Winter brings more coughs, colds and flu, so it is a good idea to be prepared and to make sure you have a supply of remedies at home to help care for you and your family over the holiday period. If you need a regular prescription for a long term condition, please check now to make sure that you have enough to last you over the holiday season, and go to your GP or pharmacist to collect any prescriptions in good time before Christmas and New Year holidays."

For more information please visit www.cambridgeshireandpeterboroughccg.nhs.uk/choose-well

SAWSTON MEDICAL PRACTICE

Flu vaccination If you missed the vaccination deadline for flu, you can still have the vaccination privately for a small fee. Most pharmacies, including the one at the Practice, can do this for you.

Coughs and colds

- Make sure you drink plenty of fluids and keep well hydrated
- Get plenty of rest

Paracetamol and ibuprofen may reduce your symptoms.

The practice is closed over Christmas from 6 pm on 24th until 8 am on 27th December, and over the New Year from 6 pm on 31st December until 8 am on 2nd January. Out of hours contact 01223 464242.

The NHS website, www.nhs.uk, provides sound advice on a multitude of symptoms and problems.

ADVERTISING

£5 per eighth of a page per month

£10 per quarter of a page per month

£20 per half page per month

Email to vegboxes@aol.com for details

Copy required before 1st of each month for
Inclusion in next month's edition, please

Liz Goddard ☎ 531113

ICKLETON DIARY

| | | |
|-----------|------------------|--|
| NOVEMBER | | |
| Saturday | 30 th | Ickleton Cricket Club - Race Night From 7 pm Ickleton Lion |
| DECEMBER | | |
| Tuesday | 3 rd | Church Coffee morning 10.00 am – 12 noon |
| Wednesday | 4 th | Over Sixties 2.30 pm. Village Hall |
| | | Great Chesterford and District Gardening Society 8.00 pm Chapel, Carmel Street, Great Chesterford |
| Friday | 6 th | Mobile Library 12.45 pm bottom of Butchers Hill |
| Saturday | 7 th | Ickleton Theatre Group – Johnny Coppin 7.30 pm Village Hall |
| Sunday | 8 th | Tree planting From 9 am Field behind the cemetery |
| | | Duxford Workshop Concert 7.30 pm Ickleton church |
| Wednesday | 11 th | Parish Council meeting 7.30 pm Village Hall |
| | | W.I. meeting 7.45 pm Chapel, Carmel Street, Great Chesterford |
| Tuesday | 17 th | Carol Singing Round the Village - start 6.00 pm at Grange Road |
| JANUARY | | |
| Wednesday | 1 st | New Year's Day Walk 11.00 am from the Village Green |
| | | |
| Wednesday | 15 th | Parish Council meeting 7.30 p.m. Village Hall |

WEA course Wednesdays from 8th January 10.00 am Village Hall

Short mat bowls Thursdays 2.00 - 4.00 pm Village Hall

