

# SouthCambs

## Magazine

[www.scambs.gov.uk/coronavirus](http://www.scambs.gov.uk/coronavirus)

Summer 2020



Young resident thanking our bin crews  
- more on page 17

### How to keep fit at home

See page 8

### Looking after your wellbeing

See page 9

### Three cheers for community volunteers

See page 22

Plus: Help for residents | Support for businesses | Recycling and waste | Planning



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# Hello

## Welcome to a slightly different edition of South Cambs Magazine

In this shorter issue than usual we are focusing on news that we think will help to inform or uplift residents.

Since all of us were asked in late March to stay at home, in order to protect the NHS, much of life as we knew it has changed.

As a result, community volunteers, parish councils and our district councillors have all put in an incredible amount of time and effort to look after vulnerable members of our communities, ensuring everyone is able to access food and medicine. On top of that, people across the district have been adapting to working from home, contacting family, friends and neighbours over the phone or online, and keeping in touch with those who are at risk of feeling isolated.

Our businesses have also been under immense pressure in the last couple of months – supporting these businesses is a priority for us as we continue to navigate the new landscape – and I am so impressed by all of those who have adapted to meet new challenges already. To those that are still under pressure, please see page 6 for support.

Of course, there are also those among our residents and colleagues who are not staying at home, because the work they do requires them to be at the front line, supporting people in hospitals, homes, schools, supermarkets, prisons; or those in the police or fire service, or collecting our bins, and much more.

To all of these groups, we can't thank you enough. It has been heart-warming to see everyone coming together and playing their part. Please find over the following pages some information about ongoing support that is available to residents and businesses, as well as some pages of 'thank you's' from residents to community groups, and to our bin collection crews.

My most important message for readers is to please contact us if you need support. Whether you are a resident, are worried about someone, or running a business – we are here to help.

### Cllr Bridget Smith

Leader

South Cambridgeshire District Council



**The next issue of South Cambs Magazine will be delivered between 25 August and 5 September.**

For all delivery enquiries please contact Smart Distribution on [scdc@smartdistribution.co.uk](mailto:scdc@smartdistribution.co.uk) or 0800 6444 011.

**For a large print copy please contact:**



**[communications@scambs.gov.uk](mailto:communications@scambs.gov.uk)**



**03450 450 500**

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When you have finished with this magazine, please recycle it in your blue bin.

# Contact us

Following government guidance in March, the main Council office was closed to visitors. We would like to remind all residents that the best way to find up to date information about how Council services are currently impacted is via our website.



[www.scams.gov.uk/coronavirus](http://www.scams.gov.uk/coronavirus)

## Social media:

We also regularly post updates on our social media channels. You can follow us for information or get in touch on:

  South Cambridgeshire   @SouthCams

## Email or call:

Benefits:	<a href="mailto:benefits@scams.gov.uk">benefits@scams.gov.uk</a>	03450 450 061
Building Control:	<a href="mailto:buildingcontrol@3Csharedservices.org">buildingcontrol@3Csharedservices.org</a>	0300 772 9622
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For all other enquiries:	<a href="mailto:scdc@scams.gov.uk">scdc@scams.gov.uk</a>	03450 450 500



## Write:

South Cambridgeshire District Council, South Cambridgeshire Hall, Cambourne Business Park, Cambourne, Cambridge, CB23 6EA

## To make a payment

- Visit [www.scams.gov.uk](http://www.scams.gov.uk) and click on the 'Pay for it' button
- Call our automated payment line on 03450 455 218

You can also pay using a payment card at any Post Office or Pay Point outlet

To request a Direct Debit form or a Post Office payment card, call 03450 450 064.

## Putting residents first

### If you phone us we will

- resolve your enquiry as quickly as possible
- provide voicemail if the person you need is unavailable
- answer your phone message within three working days

### If you write to us we will

- reply to your letter or email within 10 working days

### If we write to you we will

- write in plain language
- arrange for translation, large type, braille or audio tapes upon request

### If we visit you we will

- carry identification that you can check with a phone call to our contact service on 03450 450 500
- arrive at the time we say we will, or give you as much notice as possible if we have to change the time

### If we get it wrong we will

- apologise if we have made a mistake or failed to meet our standards
- acknowledge your written complaint within three working days
- reply in full to your complaint within 10 working days

## Tell us how we're doing

We're proud of what we are trying to achieve and recognise we can always do better. To help improve our services, we need your feedback. Whether it's a compliment, a general comment or a complaint, we want to hear from you.

[www.scams.gov.uk/contact-us](http://www.scams.gov.uk/contact-us)



# Do you need support during the Coronavirus outbreak?



Let us know if you are worried about a resident who may need help

🔍 [www.scambs.gov.uk/coronavirus/i-need-help](http://www.scambs.gov.uk/coronavirus/i-need-help)

📞 03450 455 063 (Monday to Friday, 8am to 5.30pm)  
01954 713 398 (7 days a week, 8am to 8pm)



## Find the help that suits you

### The Countywide Hub

If you are shielding and need support, the Countywide Hub, run by Cambridgeshire County Council with support from volunteers, is your first port of call. The Hub can help you with food parcels, medicine and keeping you connected.

✉ [communitycv@cambridgeshire.gov.uk](mailto:communitycv@cambridgeshire.gov.uk)

📞 0345 045 5219

### South Cambridgeshire District Council Hub

For residents not on the shielding list but who nevertheless need some support with errands or keeping in touch, your local parish council or District Councillor will be able to connect you with the community groups that are coordinating support in your village.

If you don't know who your local District Councillor is, you can always find their contact details by visiting [www.scambs.gov.uk/district-councillors](http://www.scambs.gov.uk/district-councillors) and clicking on 'Your Councillors' – including our newest District Councillor for the Whittlesford Ward, Cllr Richard Williams.

We can also help you to find local support, and have a small supply of one-off emergency food parcels and essential baby supplies.

✉ [duty.communities@scambs.gov.uk](mailto:duty.communities@scambs.gov.uk)

📞 01954 713 398

### Health

For the latest guidance: [www.nhs.uk/coronavirus](http://www.nhs.uk/coronavirus)

Please don't delay seeking help for urgent conditions, or when long-term conditions deteriorate:

📞 999 for medical emergencies

🔍 [www.111.nhs.uk](http://www.111.nhs.uk) for medical advice

🏠 GPs are open for business, with initial appointments conducted online

### Finances

- Step Change debt charity 🔍 [www.stepchange.org](http://www.stepchange.org) and Citizens Advice 🔍 [www.citizensadvice.org.uk](http://www.citizensadvice.org.uk) will offer advice about what support may be available

- You may be eligible to apply for Universal Credit 🔍 [www.gov.uk/apply-universal-credit](http://www.gov.uk/apply-universal-credit)

- Disability Cambridgeshire 🔍 [www.disability-cambridgeshire.org.uk](http://www.disability-cambridgeshire.org.uk) provides advice to disabled people, older people, their families and carers

- Emergency food provisions: 🔍 [www.scambs.gov.uk/food-support](http://www.scambs.gov.uk/food-support)

### Wellbeing

- The NHS #EveryMindMatters campaign is all about looking after your mental wellbeing 🔍 [www.nhs.uk/oneyou/every-mind-matters](http://www.nhs.uk/oneyou/every-mind-matters)

- The Prince's Trust offers support for young people 🔍 [www.princes-trust.org.uk](http://www.princes-trust.org.uk)

- The Care Network Cambridgeshire 🔍 [www.care-network.org.uk](http://www.care-network.org.uk) and Age UK Cambridgeshire 🔍 [www.ageuk.org.uk](http://www.ageuk.org.uk) offer help particularly for older people

- Cambridgeshire and Peterborough Domestic Abuse and Sexual Advice Partnership 🔍 [www.cambsdasv.org.uk](http://www.cambsdasv.org.uk) offers support to people at risk of domestic abuse, as does Cambridge Women's Aid, including how to make a safety plan for your family 🔍 [www.cambridgewa.org.uk](http://www.cambridgewa.org.uk)

[www.scambs.gov.uk/coronavirus](http://www.scambs.gov.uk/coronavirus)

# Local businesses adapt to life in lockdown

### Histon Produce

"The day Boris Johnson announced all schools would close, we were sitting on £25,000 of fresh stock, intended for hundreds of them. Demand for our business all but vanished overnight," explains Mark Channell of Histon Produce.

Faced with the prospect of furloughing staff and stock going to waste at the fruit and vegetable wholesale firm, Mark was keen to keep going to cover business costs and support the local community. He decided to adapt the business to do home deliveries, providing essential food supplies to vulnerable residents over 70, people having to self-isolate and key workers.

Instead of supplying large orders, the team adjusted to small purchases, publicising via a new Facebook group, rearranging the assembly line to meet social distancing rules, setting up a system for smaller payments, and distributing order forms. In 48 hours they were inundated with calls and when we went to print, 25 staff and volunteers were working flat out to deliver 200 orders a day, five days a week within a 10 mile radius of Over.

They were also packing up to 1,100 boxes a day for the Operation Shield relief effort in Hertfordshire.



Histon Produce food boxes ready for distribution

### Firms forge ahead in ventilator challenge

Engineers in South Cambridgeshire have been working day and night in a marathon effort to rapidly develop and manufacture new ventilators to tackle COVID-19.

The different devices, developed by Sagentia in Harston, TTP in Melbourn and Cambridge Consultants at Cambridge Science Park, have passed stringent Government-backed clinical tests and were due to be reassessed at the time of going to print.

### Harvey & Son

Meanwhile, Jo and Robert Harvey of Harvey & Son, a 90-year-old family nursery at Little Shelford, usually sell plants, fruit and vegetables at Cambridge market. They had put their stall on hold before lockdown out of concern for the wellbeing of their elderly mothers.

Diversifying the business, they set up a website to sell plants to families with home-schooled children, to help them learn how to grow. With lockdown arriving, the difficulty in customers collecting orders posed a new logistical challenge, while new enquiries mounted as other outlets were closed.

After a temporary suspension of orders to tackle the backlog, the business returned to taking fresh requests from customers. While Robert continues to tend to thousands of plants, Jo leads on sales, collections and deliveries.



Harvey & Son adapting to do local deliveries

The Government has introduced systems to help businesses and self-employed people to quickly and easily determine what financial support is available to them during the Coronavirus pandemic.

- Support finder tool: [www.gov.uk/business-coronavirus-support-finder](https://www.gov.uk/business-coronavirus-support-finder)
- Business Support Hub: [www.gov.uk/coronavirus/business-support](https://www.gov.uk/coronavirus/business-support)

We also have a Business Support team that is working incredibly hard to provide local businesses with tailored guidance. If you have not found the support you need via the Government, please get in touch with our team. We are here to help. For regular local updates and guidance please sign up to our Open for Business e-newsletter by emailing the team.

- [www.scambs.gov.uk/business-coronavirus](https://www.scambs.gov.uk/business-coronavirus)
- ✉ [openforbusiness@scambs.gov.uk](mailto:openforbusiness@scambs.gov.uk)

Support is also available from the Combined Authority's Growth Hub, including free one-to-ones.

- [www.cpcabusinesssupport.co.uk/growth-hub](https://www.cpcabusinesssupport.co.uk/growth-hub)



# Our roots are in your community

OPEN

We are still open for business during Coronavirus outbreak but are working differently to protect our team and clients. To get in touch please ring or email

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# Stay stronger for longer, at home

**Our Let's Get Moving team works with Forever Active to offer residents opportunities to improve their health.**

Jane Jones from Forever Active explains some simple exercises people can do at home: **"Simple strength and balance exercises twice a week are proven to keep you stronger for longer so you can enjoy life to the full. It's important to keep moving and try to do something active every day. Our super six exercises are proven to halt and reverse the decline in muscle, bone and balance, keeping you stronger for longer."**

## 1 SIT TO STAND



Sit up tall near the front of your chair. Place your feet slightly back and hip width apart. Lean forward slightly and stand up - using your hands on the chair if needed. Stand tall then step back until your legs touch the chair. As slowly as you can lower your bottom back into the chair - using your hands on the chair if needed.

**Repeat 10 times.**

This will strengthen the muscles in your thighs and bottom.

**How can I make it more challenging?**

When you can do this with ease, try using your arms less, and work towards not using them at all.

## 4 HEEL TOE STAND



Stand tall with your feet hip width apart. Hold on for support if needed. Place one foot in front of the other so that your feet form a straight line. Look ahead and balance for 10 seconds - without holding on if possible. Take your feet back hip width apart. Repeat with the other foot in front.

**Repeat twice on each foot.**

This will help to strengthen your ankles and improve balance.

**How can I make it more challenging?**

Try to use support less and hold the position for longer.

## 2 HEEL RAISES



Stand tall with your feet hip width apart. Hold chair as support if needed. Slowly lift up your heels, keeping the weight over your big toes. Try not to lock your knees. Aim to lift for a slow count of three and lower for a slow count of five.

**Repeat 10 times.**

This will help to strengthen your ankles.

**How can I make it more challenging?**

Try to use your support less.

## 3 TOE RAISES



Stand tall with your feet hip width apart. Hold on for support if needed. Slowly lift the front of your foot so that the weight is back in your heels. Try not to stick your bottom out. Aim to lift for a slow count of three and lower for a slow count of five.

**Repeat 10 times.**

This will help to strengthen your ankles and shin muscles.

**How can I make it more challenging?**

Try to use your support less.

## 5 HEEL TOE WALKING



Stand side-on to your support. Walk 10 steps forward placing one foot directly in front of the other so that your feet form a straight line. Look ahead and aim for a slow steady walking action. Only hold on if you need to. Take your feet back to hip width apart before turning and slowly turn towards your support.

**Repeat the steps in the other direction.**

This will help to strengthen your ankles and improve balance.

**How can I make it more challenging?**

Try walking backwards.

## 6 ONE LEG STAND



Stand close to your support and hold on. Balance on one leg, keeping your supporting leg straight but your knee soft. Stand tall and look ahead. Hold for 10 seconds. Repeat with the other leg.

**Repeat twice on each foot.**

This will help to strengthen your ankles and legs and improve balance.

**How can I make it more challenging?**

Try to use your support less and hold position for longer.

**For more information or support on keeping active at home, please get in touch with Leah Collis who runs our Let's Get Moving programme on 07508 020 678 or email [leah.collis@scambs.gov.uk](mailto:leah.collis@scambs.gov.uk)**



# Mindfulness at home

Good mental health helps us relax more, achieve more and enjoy our lives more.

Before the pandemic, our Let's Get Moving team established weekly Mindfulness in Nature walks at Milton Country Park and Wandlebury Country Park, led by Psychologist and Meditation Teacher Carolyn Pallon.

Mindfulness is another way that many people care for their mental health, and Carolyn has shared some tips on starting to practise mindfulness at home.



## Carolyn explains:

“Most of us, through no fault of our own, have forgotten the art of just being here, right now, in the present. It sounds simple, but for most of us it takes some training to remember how to do that. Mindfulness gives an opportunity to be more aware, and to make choices that support our wellbeing.

You can practise right now. Just pause and give yourself a moment to work through each of these questions:

- 1 How does your jaw feel? Is it clenched, or relaxed?
- 2 Can you release tension in your face?
- 3 Can you start to feel the sensations of breathing? Put your hands on your stomach and close your eyes – is there a gentle rise and fall? Can you keep your attention on your breathing, beneath the stream of your thoughts?
- 4 Can you just listen to the sounds around you? Your own breath, sounds from further away? And with them, just relax. Not trying to hear, but just noticing what's around you, and what thoughts come and go, but not getting caught up with them.
- 5 The aim is not to clear your mind of thoughts, but to be less interested in them, to tune in to what else is there. Can you become aware of something other than these thoughts that can bring some peace, joy, curiosity or calm?

Since writing this in mid-April, things may have changed, but when it's safe to do so I will be glad to run the Mindfulness in Nature walks again. Walking in the company of others and appreciating the beauty of nature are simple pleasures that make it easier to notice how often we are lost in our thoughts, missing what's actually here in the present, right before our eyes.

In the meantime, I encourage everyone to find some time to practise being mindful, and making sure to find some moments of peace amid the crisis.”

For more information on our mindfulness in nature sessions, please get in touch with Leah Collis who runs our Let's Get Moving programme on 07508 020 678 or email [leah.collis@scambs.gov.uk](mailto:leah.collis@scambs.gov.uk)

**While we adapt to new situations and challenges during the pandemic, the NHS is encouraging all of us to take care of our mental health.**

You can find help on the Every Mind Matters website ranging from tips on coping with worry about Coronavirus, to supporting children and looking after your mental health at home.

[www.nhs.uk/oneyou/every-mind-matters](http://www.nhs.uk/oneyou/every-mind-matters)

# Waste – and reducing it – during Coronavirus

Implementing social distancing to keep our crews safe means having fewer people in each collection truck, but the waste service still managed to maintain a full blue and black collection.

Although green bin collections were suspended as a result, they were re-introduced during May.

The best way to find out the latest information about any of our services is to check our website.

**Q** [www.scams.gov.uk/coronavirus](http://www.scams.gov.uk/coronavirus)

To help us to focus our resources and alleviate any ongoing strain on the service, please remember to:



Keep hold of bulky items or clothes that you are planning to get rid of. Store them safely, clear of entrances, and without creating trip or fire hazards. Try and stagger your visits to Household Recycling Centres to ease the pressure on volume and staff



Continue to wash and squash your blue bin recycling where possible – this helps to maintain hygiene for those working in sorting facilities and saves space in our collection lorries – which can impact how much we can collect during a round



Clean your bin handles and wash your hands before and after putting your bins out for collection (and keep a distance of two metres from crews)

## Making the most of your food

As we all try to shop less often, we understand the need to avoid wasting food more than usual. There are many ways to stretch meals a bit further, and to avoid throwing food away, whether cooked or raw.

**Here are a few useful tips to make the most of your food.**

## Plan meals

Meal planning and portion control are simple ways to make sure you use all the ingredients you've bought and don't cook more than you need. Plan meals with items that need using up first, to avoid them going off, and arrange your fridge in a way that anything with an earlier use by date is at the front. You could also visit Love Food Hate Waste's online portion calculator to find out how much to cook:

[www.lovefoodhatewaste.com/portion-planner](http://www.lovefoodhatewaste.com/portion-planner)

## Store foods for longer

The average UK fridge temperature is set too high, at 7°C, meaning food and milk perish far quicker than necessary. Set your fridge to below 5°C so your milk and other food items last up to three days longer. Make optimal use of your freezer if you have one too. If you can't use it before it's past its best, most food can be stored in the freezer to use at a later date.

## Use up leftovers

Whether it's last night's dinner heated up the next day, or a selection of odd vegetables in the fridge made into a nice soup, there are plenty of ways to stretch leftovers into more meals. You could consider sharing recipes with others and vice versa, as this is a good way to work out how to use and combine ingredients that you might not normally think to – adding variation at the same time.





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# Bin collection calendar



Bins must be put out by 6am on your collection day. Close lids fully. Please report missed collections between 3.30pm on collection day and 3.30pm the next working day. For advice on how to leave out extra recycling for collection and other policies, see [www.scams.gov.uk/bins](http://www.scams.gov.uk/bins)

■ Green bin
 ■ Black bin  
■ Blue bin
    Later collection date

Put your green bin out fortnightly. We guarantee to collect it once a month, but may be able to empty it more often. Find your guaranteed collection date at [www.scams.gov.uk/binday](http://www.scams.gov.uk/binday)

## MONDAY A -

Balsham, Carlton, Cherry Hinton, Fulbourn, Great Wilbraham, Horseheath, Little Wilbraham, Six Mile Bottom, Stow-cum-Quy, Teversham, West Wickham, West Wrating, Weston Colville



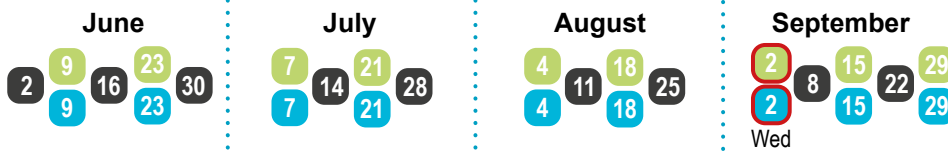
## MONDAY B -

Babraham, Bartlow, Castle Camps, Great Abington, Hildersham, Linton, Little Abington, Pampisford, Sawston, Shudy Camps, Whittlesford



## TUESDAY A -

Duxford, Fowlmere, Great Chishill, Great Shelford, Harston, Hauxton, Heydon, Hinxton, Ickleton, Little Chishill, Little Shelford, Newton, South Trumpington, Stapleford, Thriplow & Heathfield



## TUESDAY B -

Barrington, Foxton, Melbourn, Meldreth, Shepreth



## WEDNESDAY A -

Abington Pigotts, Barton, Bassingbourn, Grantchester, Guilden Morden, Harlton, Haslingfield, Litlington, Orwell, Shingay-Cum-Wendy, Steeple Morden, Whaddon, Wimpole



## WEDNESDAY B -

Arrington, Caldecote, Comberton, Coton, Croydon, Gamlingay, Great Eversden, Hardwick, Hatley, Kingston, Little Eversden, Little Gransden, Longstowe, Madingley, Tadlow, Toft



## THURSDAY A -

Bourn, Boxworth, Cambourne, Caxton, Childerley, Conington, Croxton, Elsworth, Eltisley, Graveley, Knapwell, Papworth Everard, Papworth St Agnes



## THURSDAY B -

Bar Hill, Dry Drayton, Fen Drayton, Girton, Lolworth, Longstanton, Northstowe, Oakington, Over, Swavesey, Westwick



## FRIDAY A -

Cottenham, Histon, Impington, Landbeach, Orchard Park, Rampton, Willingham



## FRIDAY B -

Chesterton Fen, Chittering, Fen Ditton, Horningsea, Milton, Waterbeach





## What goes in your blue bin?



**Yes**



### Recycle

- ✓ Clean
- ✓ Empty
- ✓ Don't bag it
- ✓ Cardboard
- ✓ Paper & magazines
- ✓ Tins, cans & foil
- ✓ Aerosol cans
- ✓ Glass bottles & jars
- ✓ Cartons
- ✓ Plastic pots, tubs, trays & bags
- ✓ Plastic bottles
- ✓ Shredded paper (in envelope or clear sack)

### Occasional extra recycling

One clear sack and/or a bundle of cardboard that would fit in an empty blue bin can be left next to your bin for collection, providing the crew has sufficient space on the round. Or order an additional blue bin for free via our website.

**No**



- ✗ Batteries should be placed in a clear bag and attached to the handle of your blue bin, not put inside
- ✗ Black bin bags or rubbish
- ✗ Nappies, tissues, kitchen paper, wipes & sanitary waste
- ✗ Polystyrene
- ✗ Glasses, flat glass or glass dishes
- ✗ Mirrors, Pyrex, plates/crockery
- ✗ Food, liquid and garden waste

Store clothing, furniture, electricals and other bulky items such as scrap metal and hard plastic to take to Household Recycling Centres.

## What goes in your green bin?



**Yes**



### Compostables

- ✓ Cooked/uncooked food waste (including meat, fish and dairy)
- ✓ Untreated wood and sawdust
- ✓ Garden waste

Avoid generating excess garden waste. Why not start a compost heap?

**No**



- ✗ Plastic & plastic bags
- ✗ Compostable bags e.g. Biobags
- ✗ Nappies, wipes and sanitary waste
- ✗ Soil or stones
- ✗ Painted or treated wood
- ✗ Cat or dog waste
- ✗ Plant pots and seedling trays

## What goes in your black bin?



**Yes**



### Reduce

Please try to reduce other rubbish that cannot be recycled or composted

- ✓ General rubbish including nappies, wipes, sanitary waste, polystyrene, broken crockery or glassware (wrapped) used paper tissues and kitchen paper

**No**



- ✗ Batteries
  - ✗ Rubble/bricks
  - ✗ Soil
  - ✗ Very heavy items
  - ✗ Electrical items
- Store these items to take to Household Recycling Centres at Milton or Thriplow.



## Safe disposal of waste during the Coronavirus pandemic

If you have symptoms, all personal waste such as used tissues and disposable cleaning cloths must be:

1. Placed in a plastic bag and tied when full, and then placed in another plastic rubbish sack and tied
2. Stored securely, separate from other waste and communal areas, for three days
3. After three days, placed in your black bin

## Not sure if it can be recycled?

Check the 'What goes in which bin?' page on our website, [www.scambs.gov.uk/bins](http://www.scambs.gov.uk/bins) for hundreds more items

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## Reuse and repair

Does being at home more give us an opportunity to reduce waste going to landfill?

**Most of us are already now habitual recyclers, but more and more people are waking up to the need to reduce what we throw away too – often by opting for reusable items or repairing things that are broken, instead of buying new.**

### Reuse it or lose it!

At a time when we're all trying to stay at home, reusing items can help limit shopping trips, and save money. Here are some suggestions of things you might want to try.

### Nappies and wipes

Washable nappies are often dismissed as a lot of hassle, which is understandable when you have a new baby. But modern cloth nappies are easy to use, and after a pre-wash can be added to your other laundry. Washable wipes are even easier – they are just little flannels – instead of chucking in the bin, chuck them in the wash! Find a simple guide at:

[www.scambs.gov.uk/washablenappies](http://www.scambs.gov.uk/washablenappies)

**Switching just one nappy a day to a washable one saves 365 disposables from landfill every year**

### Menstrual products

Growing numbers of people are switching to washable period pants, pads or menstrual cups. Find out about the different options at: [www.trialperiod.scot](http://www.trialperiod.scot)

### Cloths

How about switching from disposable cleaning wipes to washable cloths and a spray cleaner? Use once, and add to your next load of laundry.

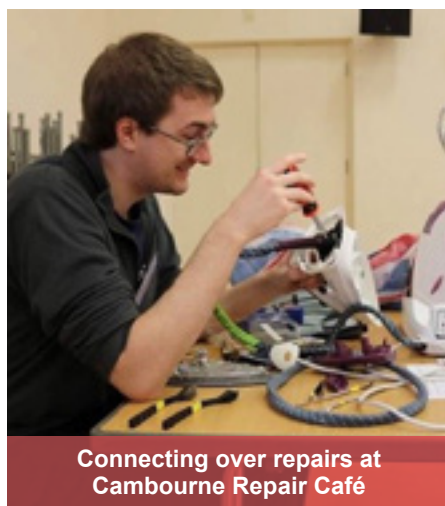
### Love Your Clothes

[www.loveyourclothes.org.uk](http://www.loveyourclothes.org.uk) has tips and videos on how to repair, refashion, and properly wash and store clothes to keep them looking good for longer.

**Extending the life of our clothes by nine months can reduce their environmental impact by a third!**

### Fix it

Take part in the #FixAtHome challenge, using free repair guides (for everything from phones to games consoles) at [www.ifixit.com](http://www.ifixit.com)



Connecting over repairs at  
Cambourne Repair Café

### Repair nation

With repair shops closed, and some of us having more time on our hands than usual, now might also be a great time to learn how to repair things or tackle the mending pile, and to avoid throwing broken items away.

### Front room Repair Cafés

Since May, residents have been able to get broken items seen by an experienced Cambridgeshire Repair Café repairer, without leaving the house! The 20+ Repair Cafés in our area have been playing a key role in pushing back against the throwaway society and now are adapting to working remotely.

Each Wednesday, their experienced repairers are on hand to advise the public on repairing most household items including bikes, toys, jewellery, tools, clothes, battery operated electricals and software issues. It's being done virtually using Zoom, and is live so residents can interact with their repairer.

Details on how to visit the Cambridgeshire Virtual Repair Café are at: [www.circularcambridge.org/events](http://www.circularcambridge.org/events).

The Cafés operate from 12.30pm to 2pm every Wednesday, and are free to visit. All are welcome.

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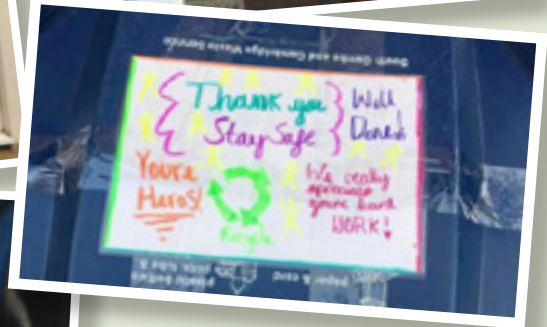
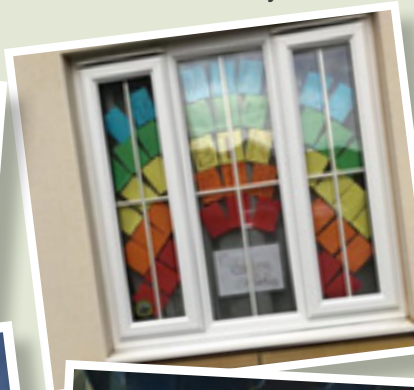
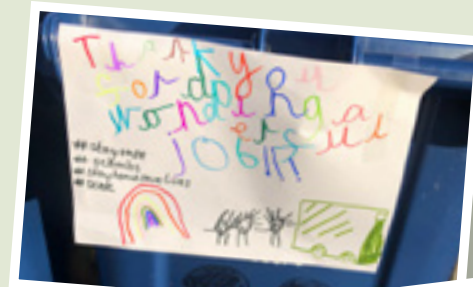
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## Thank you to our bin collection crews!

Our shared waste service with Cambridge City Council has adapted to new challenges during the outbreak. Despite a reduced number of staff, and needing to keep a safe distance when travelling, crews have been out collecting bins every day, and they are grateful for residents' support and understanding. We can all agree that their hard work, particularly under these circumstances, does not go unnoticed.

We have been overwhelmed by the positive comments and gratitude you have shown. As a huge thank you, here are some of your pictures and messages.



### Debt Ode to Our Refuse Collectors

I am so pleased you'll take my bin  
So that the contents held within  
You'll cart away inside your truck,  
And then, with just a little luck  
The empty cans and yogurt pots  
Will join with all my neighbours' lots  
And, when re-formed, new life  
will take,  
Since products new some folk  
will make.  
The paper, card and magazines  
Will, when reworked, show different  
scenes.  
You labour often long and hard  
To take away what we discard.  
It's good to see the work you do.  
Our grateful thanks we give to you.

© David J. Abson, April 2020

Our district councillors and other colleagues across the council have been working incredibly hard to continue running services as usual, albeit often remotely. In some cases, colleagues are doing new roles to support the community. So although the office has been closed to visitors, we are still here to help.

# Greater Cambridge Local Plan

Thank you for joining in with the ‘first conversation’ about the future of Greater Cambridge.

## What is the Greater Cambridge Local Plan?

Along with Cambridge City Council, we are developing a joint Local Plan, which will set out how the area will develop, where development will be sited, and how it will be designed, in our area over the coming decades.

Earlier this year we consulted with thousands of people about shaping the future of the Greater Cambridge area.

We are excited to have reached more people than ever before in this ‘first conversation’ – the first consultation as part of the new Greater Cambridge Local Plan. People across the Greater Cambridge area discussed the big themes and questions online and offline, and we’re now using this feedback to help develop the Plan for the next stages of community consultation.

We received over 6,000 comments online and by email, and spoke to hundreds of people at our pop-ups around the area. We reached out further than ever before via social media, with hundreds of people commenting on Facebook, Twitter and Instagram, and over 30,000 views of our YouTube videos. At the Big Debate event at the Corn Exchange we heard ideas from community groups including youth climate activists and inequality experts. There wasn’t a seat spare, but if you missed it, you can still view the whole event on our planning website under ‘events’.

Thanks to everyone who took part, we are getting a strong sense of the range of issues that you want to see the new Plan addressing.

## Infrastructure

Infrastructure was the theme that attracted the most interest, and lots of responses were given about how it should be provided.

## Climate change

Climate change prompted a huge range of views – from those who felt it was a high priority, to those who felt that other issues should take precedence. We are looking hard at how climate change can be addressed while also meeting other local needs.

## Building

We heard a lot about where to build and where not to build in terms of where you think new development should be located, and about densifying existing urban areas, and siting new development near public transport connections.

## Public transport

Public transport is a key issue for many people – and although we are not the providers of public transport, we have heard how important it is for us to consider how we ensure jobs, homes and services are accessible to public transport, walking and cycling in planning future development.

## What happens next?

We are still completing the analysis of the consultation and we will publish a full report on our website when this is complete.

The consultation results are just part of a huge range of evidence and research that we are required to weigh up as part of developing the next stage of the Plan. We are commissioning and preparing studies on a huge range of topics, from housing to biodiversity, to inform the new plan. We will then be developing and testing scenarios for how the Plan can address the challenges and opportunities for Greater Cambridge, to inform the next stages of consultation when we will be asking for your views again.

We are learning a huge amount from everything we’ve done so far and will build on the fantastic level of community involvement we have had to date – thank you very much, to everyone who has shared their comments and ideas. If you want to be kept up to date with all the latest developments on the Local Plan, please register for email updates via our website.

Read more about the Greater Cambridge Local Plan and sign up for email updates at [www.greatercambridgeplanning.org](http://www.greatercambridgeplanning.org)



# A new vision for the north east of Cambridge

To the north east of Cambridge city centre, about a 15-minute cycle ride away, is a major brownfield site which has good public transport links.

**We have been working with communities and partners for over five years to think about the future of this site, and we are now getting ready to ask you what you think of our plans.**

The site we are talking about is 180 hectares of brownfield land between the A14 and the guided busway, which crosses the administrative boundary of South Cambridgeshire and Cambridge City. It includes proposals to relocate the Anglian Water Cambridge waste water treatment plant which will enable the regeneration of the whole area. The new, relocated facility will continue to provide vital services to Cambridge in a modern, carbon-efficient wastewater treatment plant which will be developed in collaboration with the community.

We are developing an Area Action Plan – a planning framework – for this area of North East Cambridge. The North East Cambridge Area Action Plan will set out what we want to achieve, and how. And not only on the brownfield land, but also in neighbouring areas – such as Cambridge Science Park – which have the potential to become more intensively used and more accessible through walking, cycling and public transport.

**The vision for North East Cambridge is to be an inclusive, walkable, low-carbon new city district with a lively mix of homes, workplaces, services and social spaces, fully integrated with surrounding neighbourhoods.**

## The Area Action Plan is being guided by the following principles:



North East Cambridge must respond to the climate and biodiversity emergencies and lead the way in showing how we can reach net zero carbon.



It must have a real sense of place – a lively, mixed-use, beautiful area which grows community and collaboration at every level.



It should be firmly integrated with surrounding communities – physically connected, and socially cohesive.



It must meet our needs for new homes and a full range of jobs for all.



It must be a healthy district where wellbeing, recreation and community safety are built into how it is designed.



We will put walking, cycling and public transport first, and discourage car use, as a key way to address climate change.

The Area Action Plan draws on consultations in 2019 and 2014, which showed us what our communities and partners want for the area. Alongside this we have undertaken a huge number of detailed studies on everything from biodiversity to noise and transport, to ensure that we are planning for a vision that can be practically achieved on the ground over the next 25 years.



## What happens next?

We want to hear what you think about how we have translated this work into a detailed plan and policies for how North East Cambridge will develop. We will be consulting later in the year and you will be able to find out more online as well as through our social media channels.

[www.greatercambridgeplanning.org](http://www.greatercambridgeplanning.org)

# Cambridge caterers work with volunteers to feed families during lockdown

**Hundreds of prepared, nutritious meals were delivered to residents in Melbourn and Meldreth during the first few weeks of a new partnership between local caterers and the Melbourn Coronavirus Community Response.**

Liz Young, a professional chef who now runs catering company The Modern Table, was offered funding from a private benefactor to put her skills to work to help feed local families who may be in difficulty due to the coronavirus pandemic.

The idea came to life with the help of many members of the local hospitality industry including Rosie Sykes, chef, author and writer; Jack van Praag, chef and owner of Jack's Gelato; Tom Morgan, chef; Marcus Edwards, owner of Albany Vinters; and Leo Riethoff, chef and founder of Steak and Honour.

To work out who to provide meals for, and how to distribute them, Liz contacted South Cambridgeshire District Council. Using existing networks and local knowledge, Melbourn Coronavirus Community Response was identified as a community group that would be able to rapidly respond to distribute the meals to residents in Melbourn and Meldreth.



The meals are now prepared in Steak and Honour's commercial kitchen in Cambridge, where they are portioned into family packs and cooled to be cold-transported to the Melbourn Community Hub kitchen. From here the team of Melbourn Coronavirus Community Response volunteers deliver them to families' doorsteps. The Council's Environmental Health team advised the group as they established the process, with food safety paramount throughout.

Liz, with another volunteer chef, Rosie Sykes, sources the ingredients and designs a varied menu that offers nutritious meals. The ingredients are donated by Cambridge Organic Food Company (COFco); Meadows, a small Newnham shop and supplier; and local wholesaler Fieldgate Nurseries. These are topped up using the generous funding from Liz's original benefactor, alongside support from the Melbourn Hub and Meldreth Coronavirus Community Support.

Cllr Jose Hales, District Councillor for Melbourn, said:

***"I feel really fortunate that this idea was brought to life in my village. The fact that our Hub's catering facilities have previously been approved by Environmental Health meant that we could offer to help without any delay, and our Coronavirus Community Response volunteers were eager to join this fantastic group of individuals from the catering industry to support our residents."***



"All credit to this group of catering professionals for making this happen, and to Council colleagues and Cath Sharman, who heads up our Melbourn Coronavirus Community Response, for bringing all the pieces of the puzzle together. The pandemic is putting pressure on families in so many ways and I'm pleased our residents are benefitting from these nutritious meals."

For other groups, alternative sources of funding could be available, such as the Cambridgeshire Community Foundation Coronavirus Fund or the National Lottery's Awards for All fund. So if you are a chef, someone who has food to donate, or a community group that can help to get meals to families – email [duty.communities@scambs.gov.uk](mailto:duty.communities@scambs.gov.uk) if you'd like to discuss setting up a similar project.





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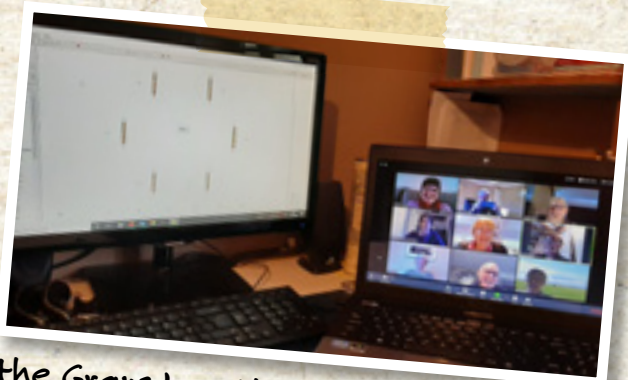
See our renewable energy website [www.tcrec.co.uk](http://www.tcrec.co.uk)



# Thank you to our parish councils and community groups

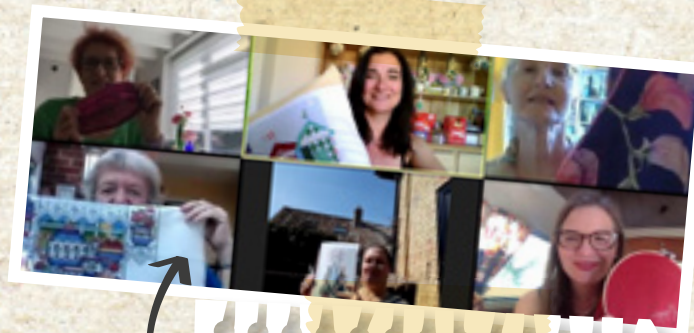
**We have been overwhelmed by the positive stories we have heard from the district. Thank you, thank you, thank you.**

Whether you've called someone to check they're OK, collected shopping or medicine, or done something a bit more 'inventive' (like some of the stories on this page), we are truly grateful.



**In the Gransdens the music hasn't stopped!**

Sheila and Phillip George, who run the church's choir, bellringing and ladies' singing groups, set up Facebook groups and Zoom calls to keep people connected – with content to keep folk engaged, online bellringing theory lessons, an app for ringers to ring together electronically, and a chance to chat and catch up.



"I've met more people through Zoom and it's been fun sharing craft projects. Some of us are getting involved in volunteer sewing bees for CommunityMasks4NHS, which is a big initiative in the village and beyond, that really helped to bring the village together."



**Volunteers in Haslingfield collecting prescriptions and food parcels from outside the Village Hall ready to distribute to residents around the village.**

**One Haslingfield resident has set up a Zoom Knit and Stitch group.**

One older sewing bee was so pleased to have discovered the group she emailed to say 'Bless you, you've made my day!'. The organiser of the Knit and Stitch group, Melissa Santiago-Val, is also involved in a project to make material face masks.

10 residents have made over 400 masks so far, and raised over £3,000 for NHS charities from people's donations.

Visit the group's Just Giving page for more information: [www.justgiving.com/fundraising/CommunitymasksforNHS](https://www.justgiving.com/fundraising/CommunitymasksforNHS)

Visit the group's Just Giving page for more information: [www.justgiving.com/fundraising/CommunitymasksforNHS](https://www.justgiving.com/fundraising/CommunitymasksforNHS)

## Community Response

The Histon & Impington Covid-19 Community Response group has set up a rainbow messaging system so that residents can alert their street volunteers when they need something, which has helped elderly residents in particular who have found it difficult to access their own finances during the crisis.





## Notes of thanks from residents in Milton and Waterbeach

"I would just like to express my thanks for your concern when visiting my address this week. It was an unexpected but much appreciated visit from you in your endeavour to ensure vulnerable members of the community are cared for at this difficult time. I am fortunate enough to have support of my family who are taking care of all my needs. Stay safe and take care."

"Thank you so much for the link. I joined the online Mass and was very happy! You were a great help in advising of the streaming, I had so many other things to think about, you helped me in 5 minutes!"

**Need support? Not sure who your local community group is?**

✉ [duty.communities@scams.gov.uk](mailto:duty.communities@scams.gov.uk)

☎ 01954 713 398



Paula and Pete were out early on Easter Morning delivering Easter eggs to all the children in Fen Ditton, properly dressed for the occasion.

With social distancing observed and careful consideration enabling safe distribution, recipients were extremely positive, with one little girl jumping with joy when she saw the two bunnies wandering past. Another day, one parent did his daily walk dressed as The Gruffalo, using the community WhatsApp group to let families know when to look out for him!



Fen Ditton residents had garden parties and a scarecrow competition, inspired by a scarecrow in a local field supporting the NHS.



Haslingfield residents ran a virtual sing-along.

Villages across the district planned different ways to commemorate the 75th anniversary of VE Day on 8 May.



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