

SouthCambs

Magazine

www.scambs.gov.uk/coronavirus

Winter 2020



Support for residents

See page 5

Go green, save money

See page 6

Supporting local businesses

See page 14

Cambridgeshire's first all-electric bin lorry

Plus: Health and wellbeing | Recycling and waste | Planning | Environment |
Democracy | Transport | Keep caring | Competition



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PROJECTS4 ROOFING

Hello

Welcome to the winter issue of South Cambs Magazine

Thank you to every one of our residents and businesses for diligently following the guidelines to help prevent the spread of coronavirus over the past eight months. We really do hope that by continuing to work together we will manage to prevent an influx of patients with Covid into our hospitals, which are focusing on treating those patients who were not able to get treatment during the first lockdown. It is, however, vital that if you need medical help or treatment you still contact your GP, or go to A&E if it is an emergency.

I'd like to remind you that there is lots of support at hand for those who are in difficulty. Please turn to page 5 for the latest information about financial support, and page 15 for Business Support. Don't forget that your District Councillor is always here to help you no matter what the problem is. Contact details for all our councillors are on our website.

You can also let us know if you need other practical help, or know someone else who does. Just visit: www.scambs.gov.uk/coronavirus-help

If you ever need to know the latest information about the pandemic, how to stay safe or when to get a test, the best

place to check is always the Government website:

www.gov.uk/coronavirus

We know it is incredibly difficult being restricted during another lockdown, and especially for those who are having to close their businesses for a second time. We remain hopeful that at the end of the four week lockdown we will be able to look forward to a Christmas which includes spending time safely and healthily with our loved ones.

Whatever the situation in December, I'd like to encourage you to support all of our local businesses which have worked so hard during this tough year, and on page 14 there is information about a new directory with information about local businesses and what festive offers they have and can provide online.

I wish you a safe winter and a happy Christmas break when it arrives.

Cllr Bridget Smith

Leader

South Cambridgeshire District Council



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communications@scambs.gov.uk



03450 450 500

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South Cambs Magazine

Enquiries should be directed to:

Editor: Gareth Bell

Editorial: Tom Horn and Hannah Coetsee

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

E: communications@scambs.gov.uk
T: 03450 450 500

Design: Danielle Harrington

Advertising:

Charlotte Dyason
Media Shed Ltd, 58 High Street,
Maidstone, Kent ME14 1SY

E: charlotted@media-shed.co.uk
T: 0203 137 9119

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Contact us

The best way to find up to date information about how Council services are currently impacted is via our website.



www.scambs.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   @SouthCambs

✉ Email or call

Benefits:	benefits@scambs.gov.uk	03450 450 061
Building Control:	buildingcontrol@3Csharedservices.org	0300 772 9622
Elections:	elections@scambs.gov.uk	03450 455 214
Environmental Services:	env.health@scambs.gov.uk	03450 450 063
Fraud:	fraud@scambs.gov.uk	03450 450 061
Housing:	duty.housing@scambs.gov.uk	03450 450 051
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Rents:	rents@scambs.gov.uk	03450 455 216
For all other enquiries:	scdc@scambs.gov.uk	03450 450 500

Write

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

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- Visit www.scambs.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.scambs.gov.uk/contact-us

Are you struggling financially?

Support for residents affected by the pandemic

£500 support for people told to isolate by NHS Test & Trace

A Government package offers self-isolation payments of £500 for people who have been asked to isolate by NHS Test & Trace. The eligibility criteria is listed on the website. People not eligible for this scheme should still contact us as they may be eligible for a separate discretionary payment of £500 to support self-isolation.

Information about both schemes, as well as an application form, can be found online.

➔ www.scambs.gov.uk/coronavirus/self-isolation-payment

Paying rent, Council Tax and business rates

We know things are tough for everyone right now, but the money you pay for your rent, Council Tax or business rates funds vital services for everyone, so if you can afford to pay, please do.

If you are struggling to pay us, please let us know as soon as possible – the sooner you contact us, the more options there will be available to you. We are here to help.

Help with your rent

The Council administers a Discretionary Housing Payment scheme which can help people who receive Housing Benefit, or the housing element within Universal Credit. If you receive either of these, and the amount you receive does not cover your full rent, we may be able to help you.

If you are a Council tenant or pay rent to a social landlord, and do not receive Housing Benefit or the housing element within Universal Credit, you can apply for a one-off payment from a Hardship fund.

➔ www.scambs.gov.uk/benefits/hardship-fund

✉ benefits@scambs.gov.uk

☎ 03450 450 061

The sooner you contact us, the more options there will be available to you. We are here to help.

Help with your Council Tax

We offer payment plans through until March 2021. If you usually pay your Council Tax over 10 months, you can choose to pay over 12 months instead, reducing the amount you pay each month.

Alternatively, if you are on a low income, even if you are working, you may be able to claim Council Tax Support, which would reduce the amount you are asked to pay.

It is also possible for eligible residents to receive a one-off payment from the Hardship fund, which would reduce the amount you were asked to pay for 2020/21.

➔ www.scambs.gov.uk/apply

✉ revenues@scambs.gov.uk

☎ 03450 450 064

Help with your business rates

We can extend your instalments through to March 2021. We also have a number of discretionary reliefs available to help reduce your bill.

➔ www.scambs.gov.uk/business-rates-reliefs

✉ NNDR@scambs.gov.uk

☎ 03450 450 064

Ask us for help if you've lost your income



Government funding for a greener, warmer home

Government funding is now available to make your home more comfortable and energy efficient, helping you to do your bit to move to net zero carbon by 2050 while saving money on your household bills.

The Government's Green Homes Grant scheme could fund improvements to reduce your energy use and lower the amount of carbon dioxide your home produces.

- If you're a homeowner (including park homeowner on a residential site) or a residential landlord, you could receive vouchers to cover two-thirds of the cost of improvements, up to a maximum of £5,000.
- Residents receiving certain benefits may be eligible for vouchers covering 100 per cent of the cost of the improvements, to the maximum value of £10,000.

The scheme opened in October 2020 but is only open for a short time: you must redeem the voucher and ensure improvement work is completed by 31 March 2021.

You can find out how to improve the energy efficiency and heating in your home from Simple Energy Advice. Visit the website to check what energy efficiency or low carbon heating improvements may be best suited to your home.

➔ www.simpleenergyadvice.org.uk/energy-efficiency/home-improvements



Simple Energy Advice
GOVERNMENT ENDORSED ADVICE

What improvements can be funded?

The vouchers must be used to install at least one 'primary' measure.

Primary measures



Insulation (examples include wall insulation, under-floor insulation, loft insulation, roof insulation, insulating a park home)



Low carbon heat (examples include installing an air source heat pump, ground source heat pump, solar thermal, biomass boiler, or hybrid heat pump)

If you install at least one primary measure, your voucher can also be used to help cover the cost of 'secondary' measures too.

Secondary measures



Windows and doors (such as draught proofing, double/triple/secondary glazing, energy efficient doors)



Heating controls and insulation (such as hot water tank thermostat or insulation, or heating controls: appliance thermostats, smart heating controls, zone controls, intelligent delayed start thermostat, thermostatic radiator valves)

Act now to access this funding before the deadline.

For full information please visit the Government information pages online.

➔ www.gov.uk/guidance/apply-for-the-green-homes-grant-scheme



Need inspiration?

Cambridge Carbon Footprint's Open Eco Homes provides virtual tours of energy-efficient Cambridgeshire homes.

If you would like a greener, warmer home and could do with some inspiration and local know-how, why not take advantage of the virtual tours of local energy-efficient homes made available by Cambridge Carbon Footprint?

They are free and offer excellent local advice from householders and experts.

➡ <http://openecohomes.org/autumnseason>

There is also a library with information about dozens of homes featured in previous years' Open Eco Homes tours. You can search these for specific technologies including details of local suppliers.

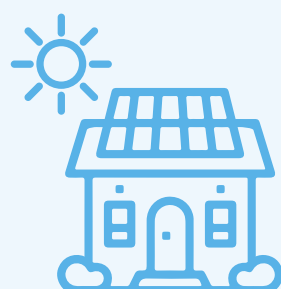


FREE
for residents

Do you need help to heat your home this winter?

Fuel poverty bites harder each year with rising energy costs. We know this year will be even tougher for many residents as people's financial situations may have worsened due to the pandemic. People will also have needed to use the heating for longer each day while spending more time at home.

We are always looking for ways to tackle fuel poverty and provide debt advice for our residents and we are pleased to announce the introduction of LEAP, the Local Energy Advice Partnership scheme.

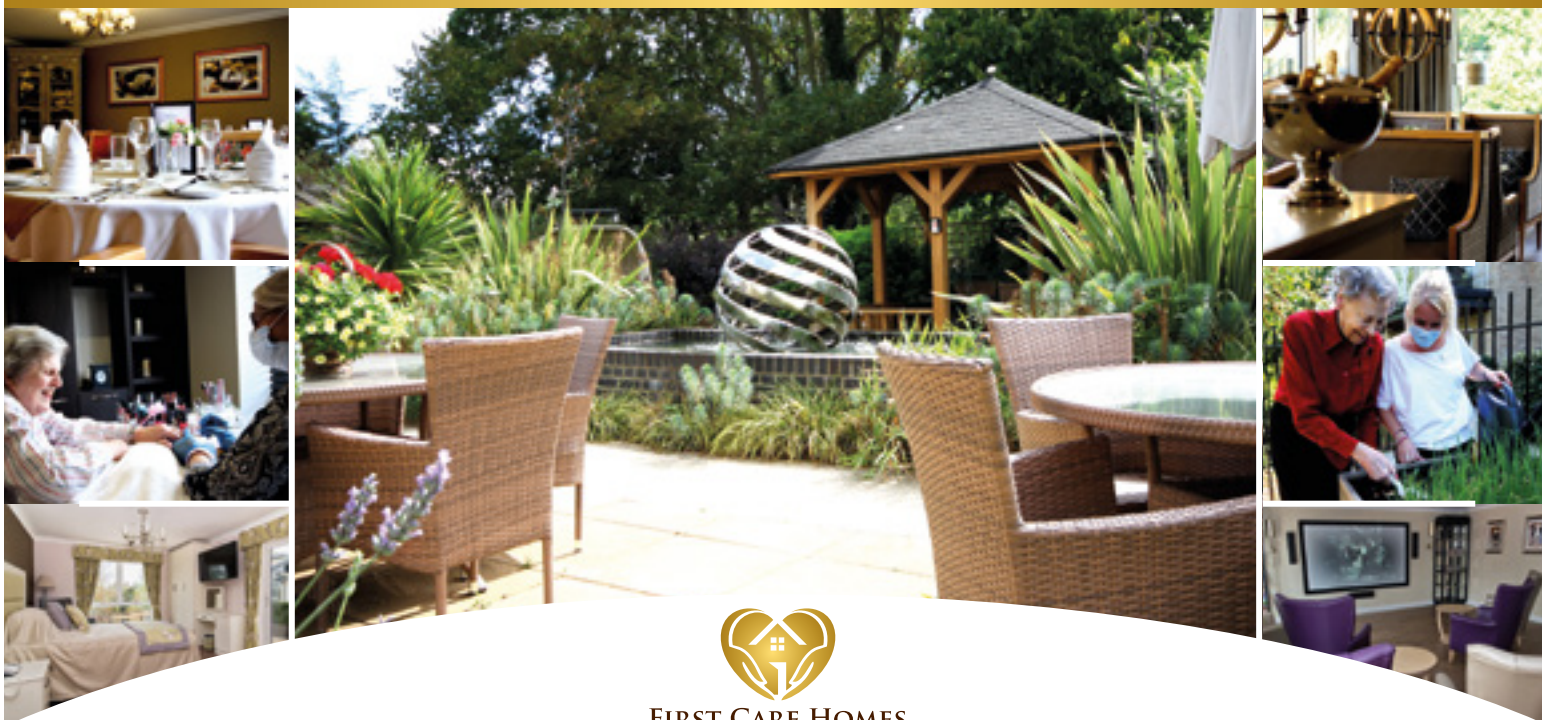


LEAP is a free advice service offering:

- energy saving advice
- debt advice
- free LED bulbs, radiator panels and draught proofing (including fitting for disabled customers)
- help to understand tariffs and meters, and to find the cheapest energy tariffs (saving an average £250 per year)
- referrals for funding for home improvements such as loft insulation (even in rented accommodation we can partially fund improvements)
- free replacement fridges, freezers, washing machines and electric cookers (if over nine years old and broken, through the HEART scheme)
- to register residents for a Warm Home Discount (£140 off their electricity bill), a Social Water Tariff, and Priority Services Register.

All residents in South Cambridgeshire are invited to use the free advice service to find the support you need.

➡ <https://applyforleap.org.uk/apply> ☎ 0800 060 7567



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We have a fabulous offer for you, a choice of 3-weeks respite care for the cost of 2 OR 4-weeks respite care for the cost of 3. Great offers to suit your needs.*

*This offer is only valid until the end of the year 2020, residents must be admitted before the end of 2020.

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 - Weekly visits now inside the home
- Regular Themed Events / Entertainment
- Weekly Wellbeing Classes & Film Screenings in our Cinema

Showrounds or Zoom virtual tours are available upon request, please call 01223 551 200 or email customerrelations@cambridgeshirecarehome.co.uk and speak to Yvonne Quigley, Customer Relations Manager, to make a booking.

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2ND – 27TH DECEMBER

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Is your home flood proof?

There are precautionary measures residents can put in place to prepare for unexpected flooding

Lead Cabinet Member for Environmental Services and Licensing, Cllr Brian Milnes, cautions:

“Flooding can be costly, so it makes sense to be prepared. By the time the weather worsens and flood water starts to rise, damage becomes inevitable if you haven’t taken precautions. It is impossible to completely flood proof your property, but there are precautionary measures you can and should put in place now.”



Advance preparations

What you can do to prepare for future flooding:

- check flood risk levels in your area: www.gov.uk/check-flood-risk
- purchase sand bags and other flood protection equipment. Check out local builders’ merchants or see companies such as Flood Sense (info@floodsense.co.uk or 08081 972 753) and Multi-flood Solutions (info@multifloodsolutions.co.uk or 01584 819 233). The Council does not endorse a particular product or supplier

- ensure you have adequate buildings and contents insurance. Taking photos may also help with insurance claims
- consider installing floodgates to protect doors and garages, and airbrick covers where they are at ground level
- plan your escape route and prepare an emergency kit with important numbers, insurance policy details, first aid kit, torch and water. Keep irreplaceable items and documents in a sealed bag ready to grab.



When flooding is imminent

Remember to:

- act early. Don’t just hope for the best as floodwater can rise rapidly
- check local radio and television stations for updates
- move your car to higher ground
- move people, pets and valuables to a safer place, such as upstairs
- pack essentials in case of evacuation – medication, clothing, toiletries and items for children
- turn off mains power and water
- pop a sandbag in the toilet to prevent sewage back-flow
- shut and lock windows/doors
- empty freezers/fridges where possible and leave their doors open
- leave the area if instructed to by emergency services
- do not attempt to drive or walk through flooded areas – water may be deeper than you think, hiding exposed man holes and obstructions.

Looking after pets

Have pet carriers and emergency pet food ready. For horses and livestock, maintain a list of those who could help move larger animals to safety, fit extra gates for emergency access and attach your contact details to them so you can be contacted quickly.

The Council has a limited supply of emergency sand bags and sand bag alternatives available, but these can take some time to be delivered and would be prioritised for our most vulnerable residents. In emergencies, this service can be accessed from 8am to 5.30pm, Monday to Friday, by calling 03450 450 063. Outside these hours, please call Floodline on 0345 988 1188 for advice. If there is an imminent risk to property or person, contact the emergency services.

Find more advice on our website.

➡ www.scambs.gov.uk/flooding-preparation

One of the UK's first electric bin lorries arrives

Our Shared Waste Service with Cambridge City Council recently took delivery of its first electric bin lorry. The Dennis Eagle eCollect is one of the first vehicles of its type operating in the UK.

It marks the start of a drive to replace all the Greater Cambridge Shared Waste

Service's collection lorries with cleaner electric or hydrogen vehicles as their existing trucks come to the end of their working lives. The eCollect has five specially designed battery packs storing 300kWh of energy and capable of supplying 200kW of power to electric motors, making it substantially quieter than existing bin collection vehicles.

Our Lead Cabinet Member for Environmental Services and Licensing, Cllr Brian Milnes said:

"We are committed to playing our part in the battle to combat climate change and being green to our core is a central part of our business plan. Taking delivery of our very first all-electric bin lorry is another exciting milestone for us on that journey. It not only makes environmental sense but is a financially sound thing to do as we expect the lifetime cost of the new electric lorry to be no more, if not cheaper, than a diesel one."



Cllr Brian Milnes (left) with Cllr Aidan Van de Weyer (right)

Streetlight upgrade to reduce energy use and cut parish bills

We have started work to replace 1,800 streetlights across South Cambridgeshire with low energy LEDs, to cut energy bills, reduce light pollution, and improve lighting in 84 of our villages – in line with one of our four Business Plan priorities of 'Being green to our core'.

A rolling programme of work will see a £1.38million investment enable us to replace all the standard streetlights we are responsible for with low energy LED versions, including replacement columns where required. The upgrade work is

expected to be completed in March next year.

Consistent with most streetlights across Cambridgeshire, which are provided by Cambridgeshire County Council, the lights will be dimmed by 40 per cent, giving a 60 per cent light output between 10pm and 6am.

We are upgrading the streetlights we are responsible for maintaining, but parish councils pay the electricity bills for these streetlights; the bills will come down because of this investment, saving parish councils money.

You can find more information about the project, including a map showing where our streetlights are and a schedule for when the work is taking place in each village, on our website:

➡ www.scambs.gov.uk/LED-streetlights





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Winner of the Red Dot and Good Design Awards, **Stylish** is one of the slimmest (189mm deep) wall mounted units on the market and achieves the best in comfort, energy efficiency, reliability and control.

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The Coanda effect: optimises the airflow for a comfortable climate

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Smart control: STOP PRESS All Stylish units now include Flash Streamer Virus Killer technology!!

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See our renewable energy website www.tcrec.co.uk

Also -see www.tcrec.co.uk and look at Air Purification
to see our PureAir video



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Enjoy the festive season safely

South Cambridgeshire businesses are working hard to offer Covid-secure ways to enjoy the festive season safely

As we head into the festive season, we know lots of people may be preparing for a different sort of Christmas this year. At the time we went to print, we were in the middle of the second national lockdown. But South Cambridgeshire businesses have been doing their best to bring some festive cheer within the new guidelines, which we hope will give residents some ideas about how to enjoy the season safely.

Find out what's on offer in South Cambridgeshire

We have created a local business directory to help you find out more about what local businesses are offering. Included in the listings will be details of Covid-secure measures that the businesses have put in place, as well as other useful information such as upcoming special promotions or being able to order online or use a click and collect service. It is hoped that the map will be a go to resource to help residents support local business in the run up to the festive period and beyond.

➡ www.scambs.gov.uk/local-business-directory

Sweet Tea, Sawston

As well as the usual homemade treats for sale, head to Sweet Tea cake and coffee shop this month for one of their famous Christmas baguettes, with homemade stuffing, crispy bacon and cranberry sauce, and turkey supplied by local Sawston butcher B Searle & Sons.

You can also enjoy festive flavoured coffees such as pumpkin spice, cinnamon or gingerbread; or try a mint flavoured Duchy hot chocolate topped with cream and marshmallows. All Sweet Tea's wares are available to take away and can be ordered in advance for collection.



Backstitch, Burwash Manor, Barton

Whether you're looking for gift ideas, last minute stocking fillers, or ribbons to enhance your gift wrapping, fabric and haberdashery store Backstitch has lots of inspiration on their website. Gift ideas include kits to get creative making all sorts of things from felt animals to cross stitch bookmarks.

There's an option to order supplies in advance and come along to the store to collect, as well as purchasing directly from the website.



The Retreats, Burwash Manor, Barton

Why not treat a loved one to a gift card? The Retreats also stocks a range of products ideal for Christmas gifts – such as the *Sperience Cinnamon & Ginger Scrub* – available for purchase via the website.



What support is available for your business?

Supporting South Cambridgeshire businesses is going to be key to ensuring our area's health after the pandemic

Our experienced Business Support Team is working flat out to provide support and guidance on survival mechanisms ranging from diversifying your business to going digital, as well as looking at inventive ways to adapt business models to maintain loyal customers and reach new ones.

Financial support

The team continues to help eligible businesses access funding. From rates holidays or reductions and grant and loan opportunities, to offering alternatives for those companies which would otherwise slip through the funding net, the team can facilitate help for companies relocating to the area, accessing local Enterprise Zones or entering the Visitor Economy.

Guidance

New training initiatives are underway, and the team has just produced a digital marketing guide which is free to use, to encourage companies to think about trading online or making the most of the opportunities to publicise your business via platforms such as Facebook, Instagram or LinkedIn.

Signposting

The team can also help you navigate council departments with enquiries on everything from licensing to liaising with parish councils; harnessing and benefitting from green energy; apprenticeships; and establishing relationships with support organisations and partner agencies.

Newsletter

The regular business e-newsletter is full of essential information, whether it be Covid-related, preparing for Brexit or changes closer to home. Anyone not yet on the mailing list can sign up at openforbusiness@scambs.gov.uk.

What's next

A schedule of webinars is set to focus on procurement, building control and planning. The team will also partner with local business organisations such as the Chambers of Commerce and Federation of Small Businesses to run local events.

Lead Cabinet Member for Business Recovery, Cllr Peter McDonald, said:

"We established our Business Support Team following the first lockdown and team members were able to allocate grants totalling £24,177,500 to over 2,000 local businesses to help them through the first wave of the pandemic.

The team is perfectly placed to continue helping our business community through this winter and into recovery in the spring.

We can really help make a difference and I urge any local businesses who have not yet done so to get in touch with us. It's a free service and open to all."



Get in touch to find out more

🖱 www.scambs.gov.uk/business ✉ openforbusiness@scambs.gov.uk 📞 01954 713 465

WHAT A DIFFERENCE A DAY MAKES

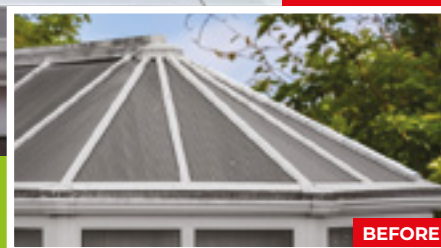
"It's the best home improvement we have ever made. Our conservatory is now our dining room in the garden."

Mike Millis,
Middleton On Sea

**SUBSIDIES
AVAILABLE**

*Quote Ref
SCB1120

LATER THAT DAY



BEFORE

There are many reasons to change your conservatory roof with Green Space UK

INSTALLED IN 1 DAY

"What a difference a day makes as the saying goes, and yes, that's all it took to install."

Mr & Mrs Barber, *Wells*

WARMER IN WINTER

"There is no doubt that the conservatory is much warmer than previously, and no, the room is not darker either!"

David Birch, *Chichester*

USABLE ALL YEAR ROUND

"The conservatory is now used throughout all seasons of the year and is far more comfortable to sit in whatever the weather outside."

Mr & Mrs Gibson, *Portishead*

MOULD & CONDENSATION

"This is the best thing we have done in this house. Used to run with condensation and now zero."

Karen Thomas, *Chippenham*

COOLER IN SUMMER

"You could have fried an egg on the table in there in the summer, I now look upon the conservatory as a new room. It is quiet, restful and cosy."

Carol Doyle, *Surrey*

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"I've already turned the underfloor heating down. Lovely job guys, thank you!"

Anne Bird, *Bristol*

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Mr & Mrs Bailey-Webb, *Warsash*

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A chance for your community's voice to be heard during local developments

Residents in Sawston, Swavesey, Caldecote, Hardwick and Barrington will have a new opportunity to talk to the Council and developers as work on local developments is planned

In these five villages, where significant housing growth is planned over the next five years, we will be hosting quarterly 'liaison meetings'.

The liaison meetings will be attended by local District Councillors, Parish Councillors, developers, staff from South Cambridgeshire District Council, and a community representative. The purpose of the meetings will be to:

- mitigate any construction-related concerns that attendees may raise related to the development as it progresses
- agree and deliver support measures to help welcome and orient new residents.

These liaison meetings are one way we plan to regularly meet with communities which have new developments. The community representative will be able to identify any potential issues with the group so that solutions can quickly be put in place to prevent or minimise impact on the community.

Liaison meetings have previously been trialled in Cottenham, which has produced a number of benefits for the community:

- coordinating roadworks scheduling to reduce impact on residents
- construction dust being watered down

- influencing Section 106 agreements, which set out what community facilities and infrastructure developments must incorporate
- adoption of new infrastructure – a recent example includes attenuation ponds
- ensuring multiple developers collaborate on providing walking links between neighbouring sites
- production of a community directory for new residents – other ideas would be welcome in each village.

These villages were chosen based on a range of criteria: there are multiple developers, a high number of homes planned, or the new homes increase the size of the village by 15 per cent.

The first of these quarterly liaison meetings have already taken place in Barrington, Caldecote, Sawston and Swavesey. The first meeting for Hardwick will take place in 2021.



Community representatives

A community representative needs to be selected for each village. If you live in one of these villages and are a voice for your community, please get in touch with your local District and Parish Councillors for more information, or email the team.

✉ duty.communities@scambs.gov.uk

“The liaison meeting was useful because it deals with communication around the delivery of development projects as they are happening. In my role, I deal with 22 different district and borough councils in the planning process.

South Cambridgeshire is the only council where significant efforts have been made on post-planning liaison in this way. All too often the planning stops, and the construction starts – and that is where communication can break down.”

Robert Eburne, Planning Director at Bloor Homes Eastern

A photograph of a kitchen before renovation. It features yellow cabinets, a black countertop, and a tiled backsplash. The counter is cluttered with various items like a scale, papers, and a bucket. A window above the sink shows some potted plants.

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that fits on
TOP

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Greater Cambridge Local Plan: First Conversation and Call for Sites update

First Conversation feedback

We had an amazing response to our 'First Conversation' consultation on the Greater Cambridge Local Plan in early 2020, and we have now published all the responses and sites suggested to us. Over 9,000 pieces of feedback were received – thank you to everyone who took the time to participate.

Once adopted, the Local Plan will set out where development in Cambridge and South Cambridgeshire is allowed to happen, and what it should include – such as homes, business space, community facilities, shops, leisure facilities and green spaces. It will guide how development should help address current and future environmental, social and economic issues and help people to lead happy and healthy lives.

The First Conversation took place in January and February and was a key step in the rigorous process of developing the new Local Plan, which will be the first joint Local Plan between Cambridge City and South Cambridgeshire District Councils. It included a 'call for sites' and 'call for green sites', where anyone could suggest land for development or for green space.

We had far more development sites suggested than we will possibly need for development in the new Plan, and we are doing a very rigorous assessment of which sites

will be most suitable, guided by the 'big themes' for the Plan, such as climate change, which you told us you strongly supported.

You can read all the comments and view an interactive map of the sites suggested online:

➡ www.greatercambridgeplanning.org/localplan

You can also watch a webinar on our YouTube channel @SouthCambsDC.

The next public consultation stage will be the Preferred Options public consultation, planned for autumn 2021. In the meantime, the Councils are working on evidence that will inform the plan, alongside reviewing the comments and testing the sites received through the consultation.



Thank you for joining the North East Cambridge Area Action Plan consultation

Thank you to everyone who commented on the draft North East Cambridge Area Action Plan during our consultation over the summer. We received over 3,000 pieces of feedback – a really fantastic response – and we are now collating and reviewing all the comments received to consider what changes should be made.

We consulted on our vision for North East Cambridge, which is for an inclusive, walkable, low carbon new city district with a lively mix of homes, workplaces, services and social spaces, fully integrated with surrounding neighbourhoods. We ran eight virtual Q&A events on key consultation topics over the consultation period, and these are all available to watch on our YouTube channel @SouthCambsDC.

We will keep you updated on next steps. In the meantime, please visit our planning website for more information.

➡ www.greatercambridgeplanning.org/nec

HEALTHY START FOOD VOUCHERS

The Healthy Start scheme is designed to help pregnant women and children under four, who are in low-income families, eat healthily.

With Healthy Start, you get free vouchers every week to spend on milk; fresh, frozen and tinned fruit and vegetables; fresh, dried and tinned pulses; and infant formula milk. You can also get free vitamins.

You CAN spend your Healthy Start vouchers on:

- liquid cows' milk (e.g. pasteurised, sterilised, long-life or UHT)
- plain fresh, frozen or tinned fruit and vegetables
- fresh, dried and tinned pulses, including lentils, beans, peas and chickpeas
- infant formula milk (labelled suitable from birth and based on cows' milk).

You CAN'T spend your Healthy Start vouchers on:

- milk that has any added ingredients or flavourings like chocolate and sugar
- soya and rice milk
- follow-on formula
- fruit and veg that has added ingredients like salt, oil or seasoning, e.g. oven chips, battered onion rings or salad with dressing.



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For more information visit
www.healthystart.nhs.uk

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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.scambs.gov.uk/bins

Reminder: your last green bin collection before they switch to monthly will be between 7-18 December. Fortnightly collections resume between 1-12 March.

 Green bin  Black bin  Blue bin  Change of date

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

December

 7  14  21  30
Wed

January

 6  12  18  25
Wed Tue

February

 1  8  15  22

MONDAY B -

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

December

 7  14  21  30
Wed

January

 6  12  18  25
Wed Tue

February

 1  8  15  22

TUESDAY A -

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

December

 1  8  15  22  31
Thur

January

 7  13  19  26
Wed Thur

February

 2  9  16  23

TUESDAY B -

Barrington, Foxton, Melbourn, Meldreth, Shepreth

December

 1  8  15  22  31
Thur

January

 7  13  19  26
Thur Wed

February

 2  9  16  23





WEDNESDAY A -

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

December

 2  9  16  23

January

 2  8  14  20  27
Sat Thur Fri

February

 3  10  17  24


WEDNESDAY B -

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

December

 2  9  16  23

January

 2  8  14  20  27
Sat Fri Thur

February

 3  10  17  24

THURSDAY A -

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

December

 3  10  17  24

January

 4  9  15  21  28
Mon Sat Fri

February

 4  11  18  25



THURSDAY B -

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

December

 3  10  17  24

January

 4  9  15  21  28
Mon Sat Fri

February

 4  11  18  25

FRIDAY A -

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

December

 4  11  18  29
Tue

January

 5  11  16  22  29
Tue Mon Sat

February

 5  12  19  26

FRIDAY B -

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

December

 4  11  18  29
Tue

January

 5  11  16  22  29
Tue Mon Sat

February

 5  12  19  26



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

What goes in your blue bin?

Yes

Recycle

✓ Clean ✓ Empty ✓ Don't bag it



Cardboard



Paper & magazines



Tins, cans & foil



Aerosol cans



Wrapping paper
(except foil/plastic)



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

- ✗ Black bin bags or rubbish
- ✗ Nappies, tissues, kitchen paper, wipes & sanitary waste
- ✗ Polystyrene
- ✗ Glasses, flat glass or glass dishes
- ✗ Mirrors, Pyrex, plates/crockery

The following can be recycled elsewhere – check our website.

- ✗ Clothing and textiles
- ✗ Food, liquid or garden waste
- ✗ Wood, plasterboard & DIY waste
- ✗ Furniture or electricals
- ✗ Scrap metal e.g. pans
- ✗ Hard plastics e.g. bucket
- ✗ Crisp packets



What goes in your green bin?

Yes

Compostables



Cooked/uncooked food waste (including meat, fish and dairy)



Untreated wood and sawdust



Garden waste



Christmas trees
(cut up, with lid closed)

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
- ✗ Used paper tissues and kitchen paper (during the pandemic)



What goes in your black bin?

Yes

Reduce

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



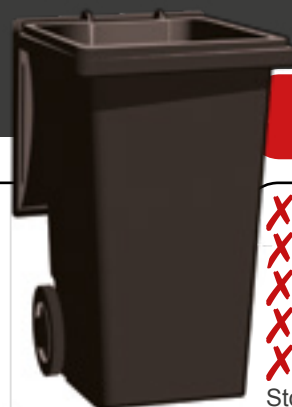
General rubbish

including nappies, wipes, sanitary waste, polystyrene, broken crockery or glassware (wrapped), tissues and kitchen paper (due to Covid19 we have changed our advice on tissues and kitchen roll used for cleaning. These should be put in your black bin at the moment).

No

- ✗ Rubble/bricks
- ✗ Soil
- ✗ Very heavy items
- ✗ Electrical items
- ✗ Batteries

Store these items to take to Household Recycling Centres at Milton or Thriplow.



Don't let Christmas cost the Earth

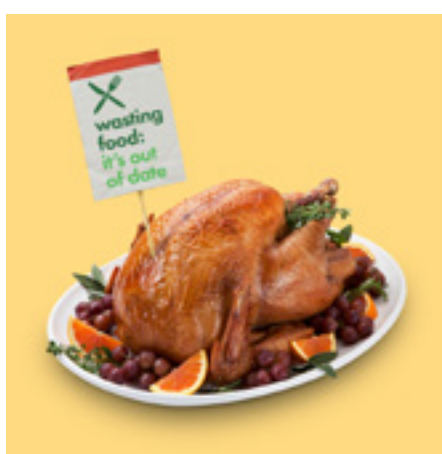
Our desire to make the festive season feel as special as possible can mean we end up being more wasteful than we might like

But, as our awareness of our impact on our planet grows, more and more of us want to do everything we can to avoid unnecessary waste. So where can we start?

Food for thought

If none of us threw away any food on Christmas Day, it would do the same for climate change as planting over half a million trees!

When food is wasted, valuable resources like water, land, energy and labour that are needed to produce it are also wasted. By making some of the changes outlined on this page, you could make sure none of your food is wasted this Christmas.



1. Make friends with your freezer. You're likely to have more leftovers at Christmas, and that can be a good thing, providing you with quick, fuss-free meals over the festive season. Now is the time to use up things you have in your freezer to make space for turkey or roast potatoes. Use the Food Storage A to Z at www.lovefoodhatewaste.com to check how to freeze and defrost different foods safely.
2. Get creative. Find inspiration online to transform your leftovers into tasty meals – just enter the ingredient you need to use up in the recipes section at www.lovefoodhatewaste.com
3. Make a plan and write a list. If you're not a list person, how about snapping a 'shelfie' of your fridge and cupboards before you shop, so you don't buy more than you need?

When you've used up or frozen every scrap of edible food, don't forget to put the bones, peelings or skin into your green bin. Then they can be composted into soil-improver, spread on farmers' fields and used to grow more food, starting the cycle again.

Please note that office closures to prevent the spread of Coronavirus mean that we are unable to sell paper kitchen caddy liners direct at the moment. You can search online for 8-litre paper food waste bags or simply use old sheets of newspaper or other gloss-free paper, or put the waste directly into the bin.



‘If none of us threw away any food on Christmas Day, it would do the same for climate change as planting over half a million trees!’



Top tips for green gifts

Fix it

Does your loved one have a favourite item that is broken? Why not get it fixed as a gift (think Repair Shop)? You could get favourite boots re-soled, a clock mended or jumper darned.

Go pre-loved

Great quality lightly-used children's games, building blocks and books can be found at charity shops, as well as on Gumtree or Facebook marketplace.

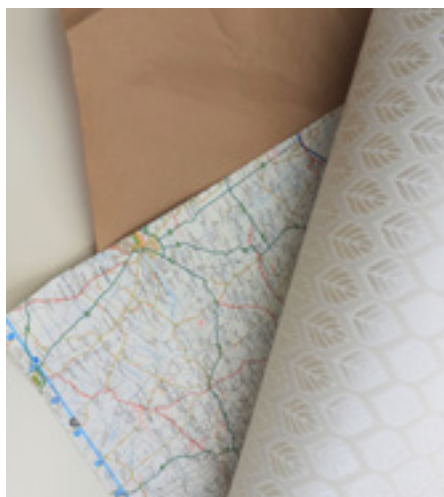


Think bio

Things that grow (like seed balls), dissolve (bath bombs) or are eaten (chocolate coins) make great low-waste stocking-fillers.

It's a wrap

Think outside the box and use old road atlas pages, leftover wallpaper or magazines for wrapping small gifts.



Christmas 'Treecycling' scheme

Volunteers from Arthur Rank Hospice Charity's Christmas tree recycling scheme, sponsored by Cooke, Curtis & Co and Cyber Business Growth, will collect trees from postcode areas CB5, CB21, CB22, CB23 and CB24 in January in exchange for donations to the Hospice.

After costs, 90 per cent of the money collected will go to the Hospice which provides essential support and end of life care to adults living with an advanced serious illness or other life-limiting condition. The remaining 10 per cent will be donated to The Rotary Club of Cambridge to be distributed amongst further local causes. Last year over £36,000 was raised through the scheme. The trees will be chipped for mulch or composted at local sites.

Visit the website to find out more, register for collection, or volunteer as a tree collector. Registrations will close at 10am on Tuesday 5 January 2021.

➡ www.arhc.org.uk/tree-recycling

☎ 01223 675 888



Recycling for businesses

Did you know that as well as collecting waste and recycling from homes, Greater Cambridge Shared Waste Service collects from businesses?

“The coronavirus lockdown created serious waste problems for the Orchard Tea Garden, not least because of the waste the public left behind as they came from playing near the river and walked through our premises. The flexible and highly responsive approach adopted by Greater Cambridge Shared Waste Service to our needs was of considerable help and makes them the ideal partner of choice for dealing with commercial waste.”

*Charles Bunker,
the Orchard Tea Garden*

We are proud to be the greenest local choice for commercial recycling, food waste and rubbish collections.

Lower emissions

The service has a fleet of new, fuel-efficient vehicles, including one fully electric lorry. Our local depot, sorting and disposal facilities mean materials are transported as few miles by road as possible, reducing our – and your – carbon footprint. The depot even has solar panels to generate its own renewable energy. Food waste is processed into soil-improver, used by local farmers.

Real, local environmental benefits

Profits from the service are reinvested into local Council

initiatives that benefit the environment, such as community litter-picks, fly-tipping removal and recycling education campaigns.

Supporting local businesses

We support businesses wanting to reduce their overall waste with audits to identify what can be recycled – which saves money too.

Our collections are flexible, as frequently as seven days a week where needed, with a range of container types and sizes available to suit your business.

Find out more about how we can help your business manage your waste and recycle more.



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Upcoming elections for South Cambridgeshire residents

Residents across South Cambridgeshire are set to take to the polls in the spring

Several different elections are scheduled to take place on the same day: 6 May 2021.

Voters from across the district will be able to vote:

- for their Cambridgeshire County Councillors
- for the Mayor of the Cambridgeshire and Peterborough Combined Authority
- for a new Police and Crime Commissioner. This election was originally planned for May 2020, but was postponed because of the pandemic
- and in some district council and parish council by-elections, and neighbourhood plan referendums.

It is difficult to know at this point how the Covid-19 pandemic might affect these polls in the spring, but we will continue to review our processes between now and then to make the experience of voting in a polling station as safe as possible.

As ever, anyone who has concerns about voting in person can choose to vote by post. If you think this may suit you, you do not need to wait until nearer the time to apply for a postal vote. You can apply to do so now. If you apply to vote by post, your ballot papers will be sent to you around 10 days before the election. You will not then be able



to vote in a polling station if you have applied for a postal vote.

Before you are able to make your application to vote by post, you must first be registered to vote. You are more likely to be unregistered if you have moved recently or if you live with a big group of people.

If you aren't registered you can register online.

➡ www.gov.uk/register-to-vote

You can also download a postal vote application form as part of your registration. Remember, you do not need to register again if you know you are already registered.



How to apply to vote by post

- Visit www.scambs.gov.uk/elections and head to our 'Voting by post or proxy' page
- Download, print and complete a postal vote application form
- Scan and email it to us elections@scambs.gov.uk
- Alternatively, if you are not able to download a form, call us on 03450 455 214 and we will send one to you

Find out more about the elections taking place on 6 May 2021

➡ www.scambs.gov.uk/elections

Working to make travel safer

In the initial stages of the pandemic, travellers were urged not to use public transport and, as a result, car use increased as the first lockdown eased

Across the world there were reports of bluer skies and cleaner air in the spring, but our emissions quickly returned to pre-pandemic rates.

We know the virus hasn't gone away, and it is important to always follow the guidance to reduce the spread. At the time of going to print, we were under a national lockdown during which people should only leave their homes for permitted reasons such as going to school, or to work if you can't work from home.

Operators now have more information and are better equipped to make travel on public transport safer for those who need to use it even during lockdown, as well as for everyone else once lockdown ends.

Here we set out what is being done locally to increase the safety for travellers using trains, taxis, buses and community transport during the ongoing pandemic.

In addition to these measures, it is everyone's responsibility to follow the latest Government guidelines to help reduce the spread of the virus, including regular hand washing, wearing face coverings and leaving plenty of space between you and other travellers.

What you can do to help



Plan ahead

- Check websites for the latest information before travelling
- Consider travelling outside peak periods if possible, when services may be less busy
- Book tickets online where possible, or use contactless, smart tickets or apps



Consider others

- Do not travel if you have any symptoms of Coronavirus
- Make sure you wear a face covering throughout your journey, unless you are exempt
- Try to keep two metres away from anyone else in the queue
- When boarding, stand well back to allow anyone alighting to do so with plenty of space
- Travel side by side, or back to back, rather than facing others
- Make sure to cover your mouth and nose with a tissue or the inside of your elbow if you cough or sneeze



Stay safe

- Wait for the next service if you feel you cannot safely distance from others; be prepared to queue or take a different entrance or exit if busy
- Avoid consuming food or drink, and touch as few surfaces as possible
- Use hand sanitiser where provided, consider bringing your own, and clean your hands for at least 20 seconds as soon as possible after your journey
- Follow any staff advice to ensure your safety



Trains

Local train operators are working hard to make travel by train safer:

- using 'fog cleaning' on trains, proven to help stop the spread of the virus
- regular cleaning throughout the day, focusing on touch points like buttons, handrails and door handles
- using markers and reminders to encourage social distancing in queuing systems and on trains
- making audio and visual announcements at stations to advise of any on-the-day crowding
- introducing more trains and extra carriages to create extra room to help with social distancing.

'It is everyone's responsibility to follow the latest Government guidelines to help reduce the spread of the virus'



Taxis

You must wear a face covering when using taxis or private hire vehicles and drivers will be entitled to refuse to accept anyone not doing so.

There may be a variety of different measures in place to help protect drivers and passengers, so please follow the advice of the operator and driver. You may want to check before travelling whether your taxi or private hire operator has put any additional measures in place.

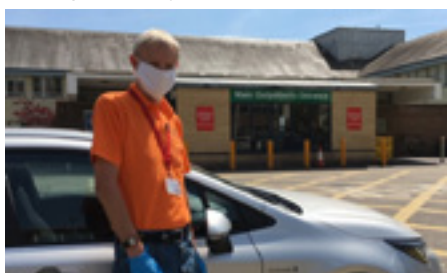
This may include sitting in the back seat furthest away from the driver, using contactless payments or paying online in advance.



Buses

Bus companies are helping to protect customers by:

- providing drivers with protective screens – they don't need to wear a face covering unless they leave the cab to help a customer
- signposting which seats can be used and which kept clear to enable distancing
- cleaning regimes being enhanced with daily deep cleaning and intensive touch point cleaning during the day



- apps which provide live tracking and easier journey planning
- allowing contactless payment
- not giving change, to minimise cash handling; any money received above the cost of a journey is donated to charity.



Community transport

Royston & District Community Transport

Royston & District Community Transport offers a private car service for people living in Royston and the surrounding villages who cannot use public transport, and the operators have taken substantial measures to make journeys safer:

- requiring drivers and passengers to wear masks
- asking passengers to sit in the back seat furthest from the driver
- taking one passenger, only to be accompanied by a carer if necessary
- drivers use a cleaning regime between trips and sanitise hands regularly, and immediately after touching frames or wheelchairs
- cars will be ventilated as appropriate (air conditioning to circulate air from outside, or open windows)
- customers are asked to put money in an envelope and leave on the back seat for the driver to collect.

☎ 01763 245 228

9am to 3pm, Monday to Friday

🖱 www.roytrans.co.uk

The Royston & District Community Transport team is very grateful for volunteer drivers who have been working throughout the pandemic to support customers during lockdown, including 15 new drivers who volunteered at the end of March. A group of volunteer drivers also telephoned their entire client list to check on their wellbeing.

The Voluntary Network

This service operates Monday to Friday, assisting those in the surrounding villages to access Haverhill, or to attend hospital appointments further afield, such as West Suffolk Hospital and Addenbrooke's. Measures adopted on the Network's minibuses include:

- all vehicles being fitted with driver screens
- all passengers being pre booked, and vehicles having seating plans to maintain social distancing
- strict cleaning regimes
- all drivers and passengers to wear face masks, and use hand sanitiser as they board.

☎ 01638 664 304

🖱 www.thevoluntarynetwork.org



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After a busy day of bargain hunting you can relax in our newly renovated Joan's Coffee Shop, where we sell delicious cakes, hot food and coffee. Don't forget our community and coffee shop are dog-friendly, with beautiful gardens perfect for walking your four-legged friends.

How to find us:

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Health and wellbeing in South Cambridgeshire

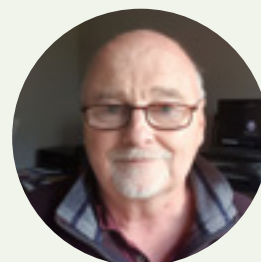
In July a new position was created on South Cambridgeshire District Council's Cabinet (the group of nine councillors who set the strategic and political direction of the Council)

The new post is Lead Cabinet Member for Community Resilience, Health and Wellbeing, and has been filled by Cllr Bill Handley.

As part of his role Cllr Handley will work to achieve our commitments to support communities that create opportunities for health and wellbeing, alongside supporting parish councils and community groups as they respond to the ongoing pandemic.

With individuals more likely to be adversely affected by Covid-19 if they have underlying health conditions, such as high blood pressure, diabetes and heart disease, it's never been clearer how important it is to improve access to healthy activities, and to continue to work with communities to build resilience to protect and care for our most vulnerable residents.

Find out more by checking out the health and wellbeing part of our website: www.scambs.gov.uk/sport-health-and-wellbeing



Inclusivity in South Cambridgeshire

Black History Month 2020

October was Black History Month and 2020 is an important year marking 150 years since Black men gained the right to vote.

In July, the Council committed to marking Black History Month each year. Taking place in October, we partnered with Cambridge African Network to create a schedule of free events and activities to learn more about Black history.

The resources are all still available online and all are welcome to find out more.

➡ www.scambs.gov.uk/bhm

Highlights

Throughout the four weeks, colleagues learnt about some key historical figures. Olive Morris and Connie Mark were involved in the UK's Civil Rights campaigns; David Cemetson and Lilian Bader paved the way for Black people in the British Armed Forces; Sam King and Mona Baptiste were part of the Windrush Generation; Olaudah Equiano was enslaved and later an autobiographer and abolitionist; and Albert Gordon became the first Black pub landlord in Cambridge.

The book recommendations for the month were *Natives: Race & Class in the Ruins of Empire*, by Akala; and *Me and White Supremacy: How to Recognise Your Privilege, Combat Racism and Change the World*, by Layla Saad.

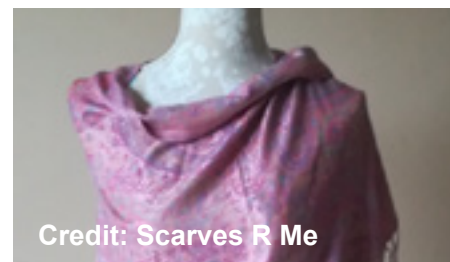
Recommendations for some informative viewing included BBC2's *Black & British: A Forgotten History* with historian David Olusoga; Channel 4's *Unremembered - Britain's Forgotten War Heroes* with David Lammy MP; The Guardian's *Black Sheep*; and Netflix's *BlackKkKlansman*.

We also celebrated some local businesses run by Black people.

You can find links to visit Tumi's Creations; Scarves R Me; Ntsama's Chilli Oil and Sauces; Rock of Virtue Eat Out; and Dukels on our website.



Credit: Tumi's Creations



Credit: Scarves R Me

LGBT+ History Month

As we look ahead, we are starting to plan LGBT+ History Month in February to help raise awareness of the issues this community faces. If you would like to plan something in your community, please visit www.lgbtplushistorymonth.co.uk to find free resources.

Inclusivity at the Council

Find out more about our commitment to equality and diversity for all.

➡ www.scambs.gov.uk/equality-diversity-inclusion



Healthy You is the new kid on the block



Healthy You is a new service for everyone across Cambridgeshire and Peterborough wanting to improve their health and wellbeing.

In South Cambridgeshire, this replaces Let's Get Moving Cambridgeshire, which supported residents to be more active and make lifestyle changes.

The service provides:

- information and support for individuals who want to be more physically active, as well as access to local opportunities
- new sport and physical activity opportunities developed to ensure there is something for everyone
- help for individuals and families that need support with eating healthily and maintaining a balanced diet
- a comprehensive schools programme to encourage healthy eating and active lifestyles for children.

Leah Collis is our district coordinator leading on Healthy You; providing support to individuals, communities, clubs and other organisations in order to develop accessible opportunities and engagement in physical activity.

For more information about support to get more active

✉ leah.collis@scambs.gov.uk

☎ 07508 020 678

Support is also available to help you quit smoking or lose some weight, or to have a FREE NHS Health Check

☎ 0333 005 0093

🖱 www.healthyyou.org.uk



Healthy You

WARBURTON HOUSE

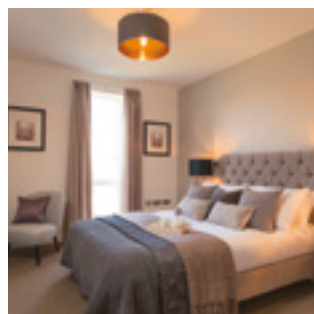
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It's an honour

A host of people from Cambridgeshire featured in the Queen's Birthday Honours 2020. We wanted to shine a spotlight on those who made the list from South Cambridgeshire

George Devine BEM

George earned his British Empire Medal for services to the community of Fen Ditton during Covid-19.

George was the main lead for the community response in Fen Ditton, which you may have read about in our summer issue of the magazine.

The group organised cake deliveries to older residents and key workers; an Easter egg delivery to children (via Easter bunnies, pictured); a swap shop; and for a fruit and veg van and a baker's food van to come to the village.

George was also keen to create a virtual quiz night, a 'phone a friend' scheme and a virtual bridge club!

Elizabeth White BEM

Elizabeth (known as Libby) earned her British Empire Medal for services to the community of Longstanton during Covid-19.

Libby was the main contact for the community response in Longstanton co-ordinating requests for help with a large number of willing volunteers (over 100), ensuring that all the shielding and vulnerable residents were aware of the support available.

Libby said: "Longstanton volunteers have been instrumental in ensuring the safety and wellbeing of our residents during the first lockdown. I could not have provided the support without their willingness to help, sometimes in urgent cases."

Martin Frost CBE

Martin Frost is the co-founder and director of Impington-based CMR Surgical. He was made a CBE for services to robotics, having helped the company take its Versius surgical robot into hospitals around the world, including the NHS.

Donna Lynas MBE

The director of Wysing Arts Centre, from Waterbeach, Donna was made an MBE for services to the arts.

Carrie Anne Philbin MBE

The director of educator support at the Raspberry Pi Foundation, Carrie Anne has been made an MBE for services to education. Carrie Anne, from Great Cambourne, has helped to teach children and teachers how to code in the Python and Scratch programming languages using Raspberry Pi computers.

Dr Sharyn Bord BEM

The Cambridge Dive Team president, from Impington, Sharyn Bord earned a British Empire Medal for voluntary service to diving in Cambridgeshire.



Easter Bunnies in Fen Ditton

BRACKENBURY MANOR, HISTON

This delightful development is situated close to the Village Centre of Histon. Built to a high standard by Bovis Homes Ltd in 2007, it comprises of 46 one and two bedroom lifestyle apartments. It is surrounded by landscaped gardens and has ample car parking. The owners enjoy an active social calendar. The Manager who is on duty between 9am and 5pm Monday to Friday, welcomes visitors to view the development.

Please contact Rose Woodley on 01223 232 330 for further information.



DARWIN MANOR, CAMBOURNE

Ideally positioned in the Centre of Cambourne, with excellent access to all shops and local amenities, including the Health Centre and Library. Darwin Manor has 32 one and two bedroom apartments surrounded by gardens and gated car parking.

The Managers are available Monday to Friday between 9am and 1pm and would be pleased to show visitors the spacious owners' lounge, guest suite, grounds and available apartments.

Please contact Suzanne Lane or Elaine Russell on 01954 710 020 for further information.



CAVENDISH COURT, CAMBOURNE

This full service development benefits from a central location in Cambourne. It was built to a high quality by Bovis Homes Ltd in 2003 and comprises of a mixture of 48 one and two bedroom apartments.

It is staffed 24 hours 7 days a week and owners enjoy a range of services including a restaurant, owners' lounge, hobbies room, guest suite, lovely gardens and gated parking.

The Management Team welcome viewings.

Please contact Chris Morris or a Duty Manager on 01954 714 406 for further information.

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Keeping healthy and well during the first lockdown

A journal entry from Histon resident, Barbara

23 March

Lockdown.

No more walking netball. How am I going to keep fit and be part of a team?

I have a very bad back – thanks to an arthritic knee. Physio appointment at Dynamic Health for Friday, will it go ahead?

Already have a septic big toe, not good news for a diabetic. But the diabetic practice nurse at the surgery got that under control with antibiotics. So, soaking my foot in hot water and sitting with a hot water bottle, feeling pretty fed up!

27 March

Physio appointment went ahead, but over the telephone. Very supportive and sent exercises. I am not very good at motivating myself on my own to exercise! The physiotherapist suggested walking poles, which I have. So, I went out walking. I'll go either early morning or early evening as I feel embarrassed walking with the poles. I walked just over 2,000 steps. My back ached.

Lizzie from my Milton walking netball group has contacted Nadine at Headstart sports injury and performance clinic in Milton and organised Zoom classes. I've signed up for weekly low impact strength and movement classes on Mondays, and a back strength and stretch class on Tuesdays.

Early April

Gradually sometimes taking paracetamol and sometimes wearing a heat pack belt, I have begun to walk further.

12 April

A lovely walk on Easter Sunday in the spring sunshine. I always need a rest afterwards. Walking on your own is lonely, but I need to persevere. I miss being part of a team. Nadine from Headstart has been a life saver. I feel safe doing the Zoom classes because Nadine can see how I was doing. It is hard, but I persevere. I am glad to have someone there.

May

Met a friend for a socially distanced walk and have been on trips to Anglesey Abbey. My back is still too painful to practise shooting goals! But Dynamic Health are very supportive. I'm gradually building up to 10,000 steps.

June

My son in law has put up his swimming pool and heated it! Using the pool alone due to social distancing – what bliss floating outside in water over 30 degrees! Back improving.

July

Now I'm able to swim in the sea and walk without poles!

September

I have used a kayak in the sea!

October

I've returned to walking netball! Two sessions a week. I cannot believe it. Back at Milton and Sawston – oh, to be with fellow netballers once again.



Back and knee not cured, but liveable. But while playing netball I don't notice the pain because it's great to be part of a team again (even if they are socially distanced from me)! I'm so grateful to Helen and Carolyn for getting walking netball going again.



Coronavirus hasn't gone away

South Cambridgeshire residents are urged to remain vigilant and considerate

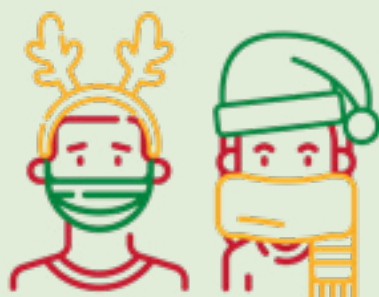
At the time of going to print, lockdown is due to end on 2 December, but we do not yet know what restrictions may need to be in place after this period to continue to suppress the virus and protect the NHS from being overwhelmed.

If we are once again able to visit loved ones, eat out and go in person to the shops, there's no doubt that we will still need to follow the Government guidelines to keep ourselves and our loved ones safe. We cannot afford to become complacent in South Cambridgeshire, and it is everybody's responsibility to slow the rate of infection.



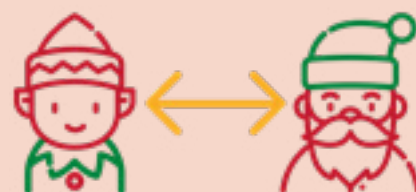
Hands

Make sure you wash your hands frequently with soap and water for 20 seconds or more. Where hand washing facilities are not available, use hand sanitiser.



Face

Unless you are exempt, you need to wear a face covering in all places that the law says you must, and any other enclosed spaces where it would be difficult to maintain distance from others.



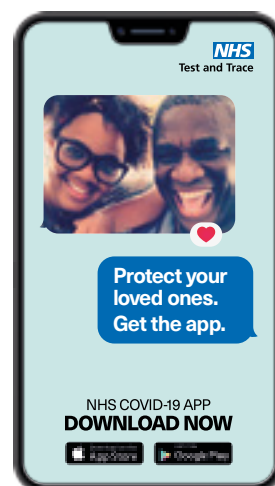
Space

Ensure you always maintain an appropriate distance from anybody outside your household or support bubble. Be considerate when out and about, and make sure that you leave enough room for others.

Once lockdown is eased, we will want to make sure that South Cambridgeshire is a safe place to live. By following these guidelines, we'll be able to ensure that we protect the most vulnerable of our residents, whilst still being able to support our local economy to recover.

In addition to following the hands, face, space guidance, please download the NHS Test & Trace App on your mobile. This app helps to protect you and others. The app will alert you if you have come into contact with someone who has tested positive and advise you what to do – this in turn means that you will have a better idea of your risk of passing the virus on to your loved ones.

You can also report any symptoms through the app and log any recent test results. When out and about, look out for the NHS QR code posters that businesses are required to display.



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To be in with a chance of winning, just answer the following question:

Anyone can register to vote by post. We have a number of elections due to take place in South Cambridgeshire on 6 May 2021. From what date can residents register to vote by post?

- a) Any time – it's never too early
- b) 6 January 2021
- c) 6 April 2021

You can enter the competition online at www.scambs.gov.uk. Click 'Apply' and then select 'Readers' competition'.

Don't have internet access? You can enter by post. Send your name, address and telephone number, along with your answer to the question, to:

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Closing date for entries is 5pm on Monday 11 January 2021.

Terms and conditions are available at www.scambs.gov.uk/t-c or can be requested by calling 03450 450 500.

Winners will be notified by Friday 15 January and announced in the spring issue of South Cambs Magazine.



Winner's spotlight

Congratulations to Nikolay Sirotinin who was the winner of the competition in the previous issue of South Cambs Magazine. He won an annual Cambridge Past, Present and Future membership to Wandlebury Country Park.

Nikolay said: "I just find there's no better remedy for a stressful work day than a walk in the woods. I'm also a bit of a wildlife nerd, so seeing birds, insects, spiders etc. really helps take my mind off things."



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Unfortunately the ADC Theatre has had to cancel performances set to take place between Thursday 5th November and Saturday 5th December due to the national lockdown. We hope to be able to re-open our doors in December, but the ADC receives no government or University funding and will therefore be losing money during this period. If you are able to support us during this difficult time, please consider making a donation by visiting adctheatre.com/donate

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