

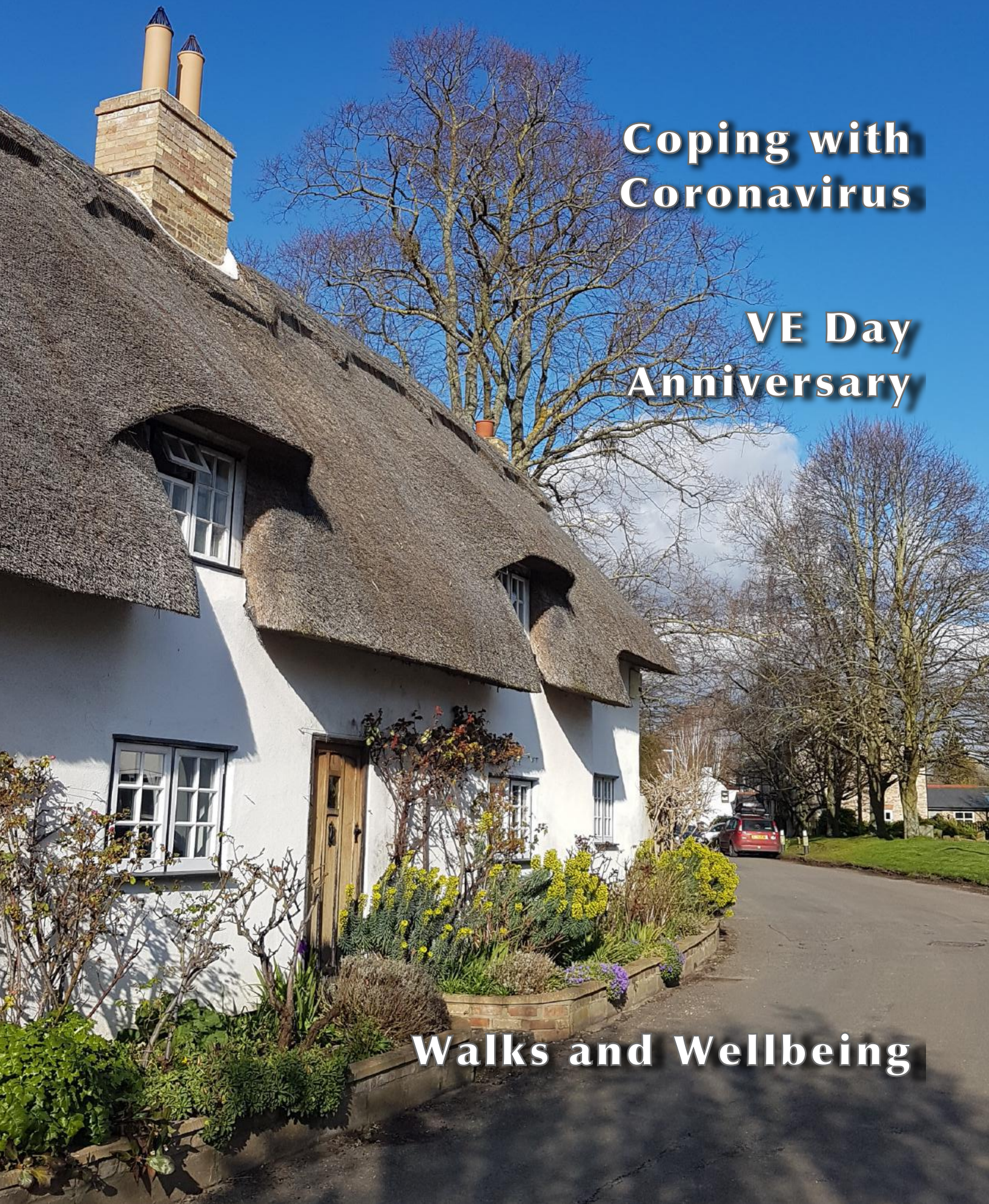
Oakington & Westwick Journal

April/May 2020

**Coping with
Coronavirus**

**VE Day
Anniversary**

Walks and Wellbeing



Not a lot! Many of the gatherings listed here may not take place because of social distancing guidelines. Please contact the organisers to check.

Mon	Good Exercise , 7–8pm. Pavilion	concessions. Simon – C 236 945
Tue	Cubs , 6–7:15pm. Pavilion, £30 per term. Jo Mowatt – cubs@oakingtonscouts.org.uk	Fri Beavers followed by Scouts . £30 per term. More info: contact Lou Ellis – lou.ellis@oakingtonscouts.org.uk
Wed	Vikings Football Club , 5:30–7pm (U15s) & 7–8pm (adults). Rec' Ground. oakingtonvikings@yahoo.com	Sat Yoga , 10–11:30 am. Pavilion
Wed	Yoga , 7:30–9pm. Pavilion	Sat Vikings Football U5s Training , 10–11am. MUGA. James Wilson – oakingtonvikings@yahoo.com
Fri	Over 55s Fitness , 10–11am. Pavilion. £4.50/£3.50	

Fri	3 Apr	Minibus to Bar Hill , 9:30am. To book ring Teri Seaber – 07711 531004
Sat	4 Apr	Repair Café , 10am–2pm. Cottenham Community Centre Coffee Shop. circularcambridge.org/
Mon	6 Apr	O&W Parish Council , 7:30pm. Pavilion. All invited. Clerk: Laura Lawrence – oakingtonnpc@btinternet.com
Mon	20 Apr	Annual Parish Meeting , 7:30pm. Pavilion. All invited. Clerk: Laura Lawrence – oakingtonnpc@btinternet.com
Tue	14 Apr	Tuesday Talk & Tea , 2:45pm. Pavilion. "Singing for Fun". Joan Pettit

Fri	1 May	Minibus to Bar Hill , 9:30am. To book ring Teri Seaber – 07711 531004
Sat	2 May	Repair Café , 11am–2pm. Storeys Field Centre, Eddington. circularcambridge.org/
Mon	11 May	O&W Parish Council , 7:30pm. Pavilion. All invited. Clerk: Laura Lawrence – oakingtonnpc@btinternet.com
Tue	12 May	Tuesday Talk & Tea , 2:45pm. Church Hall. Dragonflies. Joan Pettit
Fri	22 May	Country Dancing , 8–10pm. Histon Methodist Church Hall. £1.50/50p. Kathryn Coles – C 233 191

BIN DAYS	Thu 2 Apr, Sat 18 Apr, Thu 30 Apr, Fri 15 May, Fri 29 May	Black bin
	Thu 9 Apr, Fri 24 Apr, Thu 7 May, Thu 21 May	Blue bins ONLY



There is a **DEFIBRILLATOR** at the pavilion (hanging outside the patio doors). If you come across someone who has had a cardiac arrest, call 999 and start CPR, while sending someone to fetch the defibrillator – open box, take out defibrillator, shut box (alarm goes off), open defibrillator and it talks to tell you what to do.

Happy 100th Birthday



Pat Few celebrated her special birthday on 2 March - Oakington's oldest resident!

QUIZ – Spot the Location!

Oakington in the late 19th/early 20th century. But where?



Answer to quiz in the last Journal: *in front of Lodge Barn in High Street*

STOP PRESS. Bus services have been reduced due to coronavirus. The Citi 6 is now hourly. Busway services are running an enhanced Sunday timetable.

Cover photo: Jan Zelnick

Living Locally - Very Locally!

Life has changed quite unbelievably – even after some of the articles for this Journal were written. More may have changed by the time it's delivered!

But one thing doesn't change: the amazing community spirit in Oakington and Westwick. It has been overwhelming in the past few days to see dozens of people offering to help

however they can. For example, getting shopping, or making contact with those feeling isolated. Caring and creative ideas abound. As other challenges become clearer, we will all continue to support each other.

Get in touch (see back cover) if you need anything. Keep safe and well.

Irène Butlin & Jenny Prince, Editors



Managing our Mental Health and Wellbeing during Coronavirus

The Journal is published on behalf of the Oakington & Westwick Community Association, to inform residents about events, activities and issues in the parish. It's delivered free to all residents and is funded by advertising, the Parish Council and the Community Association.

Journal Team: Jenny Prince & Irène Butlin (*editors*), Jane Goodyer (*distribution manager*), Geoffrey Butlin (*adviser*), Ranko Pinter (*chair*)

Send contributions to
oakwestjournal@gmail.com
or phone: 233510 (Jenny)
or 234383 (Irène)

DEADLINE FOR JUNE/JULY
ISSUE:
Tuesday 19 May

To advertise in the Journal,
please email
oakwestjournal@gmail.com

Adverts	For 1 year	One off
Business card	£69	£16
¼ page (portrait)	£102	£27
½ page (landscape)	£198	£48

Adverts for the next issue must be received by **12 May**.

Inclusion of an advertisement does not imply endorsement by the Oakington & Westwick Journal of the product or service advertised.

With the Coronavirus outbreak and recent guidelines around social distancing and isolation, the next few weeks are going to be challenging for all of us. It will be more important than ever that we come together as a community to guide and support each other. It is important to remember to take care of our minds as well as our bodies.

It is understandably a worrying time, and it is quite normal to feel worried, anxious and isolated. This is especially common when we feel we don't have control over what is going on. There are a number of things we can do to manage these feelings and look after our mental health and wellbeing.

Limiting Exposure to News – If watching the coverage of Coronavirus is causing you to feel stressed and concerned, then it's important to limit your exposure. Cut back on watching the news and following changes on social media.

Reliable Sources of Information – There is a vast amount of information out there which is constantly changing, and this can be confusing and anxiety provoking. It's important to look at reliable information, such as the NHS and Public Health England (www.gov.uk).

Communication – Human connections are vital for our mental health, and the way we are able to communicate is going to change. We may have to limit face to face contact, but we can still stay in touch. Make sure you stay connected through phone calls, texts, WhatsApp, Facetime and Skype. Consider contacting and supporting vulnerable and isolated people at this challenging time.

Healthy Eating – Eating a balanced diet with fruit and vegetables will keep our immune system boosted. Eating regularly and choosing foods that release energy slowly will help to keep our sugar levels and our mood balanced.

Exercise – There is strong evidence that exercise is good for our physical and mental health. We can exercise outside, in the garden or even inside following a guide online. It is important we build exercise into our day if we can.

Getting Outside – Light, and green space has a positive effect on our wellbeing. We can use our gardens, sit by the window, get fresh air and light, and get out for walks if appropriate.

Hobbies and Learning – We can use this opportunity to do things we don't always have the time to do. Explore our favourite hobbies or learn to develop new skills, such as cooking, being creative or tackling DIY or garden projects.

Changing our Mindset – Rather than thinking about what we can't do, think about what we can do. This can help us gain some control over the situation and change our mindset. We can also change our mindset by changing our attitudes. We can try lowering our expectations around what we were hoping to do over the next few months and accepting that things are going to be different and challenging.

If you are extremely concerned about your mental health or anyone else's over the next few months, it's really important to reach out. Phone the NHS First Response team on 111 option 2, or the Samaritans on 116 123, or text SHOUT on 85258.

Looking after ourselves and our community will make us stronger.

*Claire Harris
Mental Health and Wellbeing Specialist, Promote Mental Health, and OWN volunteer*

Parish Councillors

Chair: Stephen Moore

Vice-Chair: Tony Starling

John Bailey

Geoffrey Butlin

Julie Grove

Luis Navarro

Ranko Pinter

David Reeves

Lis Warboys

Email address for all councillors
oakingtonnpc@btinternet.com

Parish Website

www.oakingtonandwestwick-pc.org.uk

Correspondence to the Council should be addressed to the Clerk:

Mrs Laura Lawrence

Email: oakingtonnpc@btinternet.com

Post: 4 Meadow Farm Close

Oakington CB24 3AS

Phone: 01223 232398

District Councillors

Sarah Cheung Johnson – 01954 489089

cllr.cheungjohnson@scambs.gov.uk

Alex Malyon – 01954 202859

cllr.malyon@scambs.gov.uk

County Councillor

Oakington, Westwick, Longstanton,
Northstowe & Over

Peter Hudson – 07518 417432

peter.hudson@cambridgeshire.gov.uk

VILLAGE INFORMATION

Pavilion Booking Administrator

Tony Leadley – 07936 024587

oakingtonpavilion@gmail.com

Neighbourhood Watch

Jillian Wilkinson – 01223 233 585

oakwestnhw@gmail.com

Oakington & Westwick Neighbours (OWN)

07902 111786

OWNeighbours@gmail.com

Oakington Primary School

Office – 01223 232328

office@oakington.cambs.sch.uk

Village Shop

Raj & Kanwal Sanghera - 01223 232327

From our Parish Council chair

Thank you to all the people who attended the Northstowe Matters meeting on 5 March. Around 100 villagers packed into the Pavilion to hear Homes England's plans for the final phase of Northstowe which will come right up to Oakington and Westwick. Just how close, is a matter of some concern!

The Principal Planner for South Cambs was also there to reassure us that he would be scrutinizing the plans and wanted to hear our concerns. I was most impressed by the questions and the very civil atmosphere amongst most of those attending, given that many people are extremely concerned about the possibility that Oakington and Westwick might be swamped by Northstowe.

We learnt quite a few new things which we will need to pay great attention to when planning permission is requested. Let me point out three important issues which emerged.

First, the ex-Tomato Farm site will not have housing built on it but will (partly?) be used for a **large flood attenuation pond**, which should see the end of flooding at, and around, the Crossroads. This is a fantastic victory for us, which we have been demanding for some considerable time. Although there is no promise when the work will be done, we shall be pursuing this.

Other information on flood issues was less reassuring, with plans for surface drainage from approximately 3,500 houses to flow down the drainage ditch beside Longstanton Road and on, through culverts, to Oakington Brook. We are very unhappy with this and will continue to raise the issue with the planner.

Next, we found out that the second Northstowe access road will come onto Dry Drayton Road immediately adjacent to the Business Park. This is not good, as we can expect a large increase in traffic emerging from this road and running through Oakington. We will be opposing this with some vigour.

Finally, the extent of the green separation between Northstowe and our village was discussed, with many of us feeling that the separation - varying from 100 metres down to approximately 60 metres in some places - was inadequate for us to maintain the sense of a separate village.

The results of the Governance Review were also released in early March. The conclusions were to be submitted to the Civic Affairs Committee of South Cambs Council on 3 March with the excellent news that all three options, likely to go forward to the next Consultation round, stated that the green separation should stay in the Parish of Oakington & Westwick. Victory! Well, not quite. The day before the meeting, and weeks after the closure of the consultation, Homes England put in an objection and claimed that the green separation should be included in the new Northstowe Town Council. I am pleased to report that the Committee rejected this. However, Round 2 of the consultation will include the possibility of redrawing the boundaries. Expect a challenge from Homes England.

Some areas of the village need a little sprucing up and we are focusing on Stocks Green, the Recreation Ground and the Cemetery. Trees have already been planted on the **recreation ground** and we aim to make this a place for people of all ages to enjoy. We have recently cut back much of the growth of brambles on **Stocks Green** and we will be putting up new fencing, renovating the track and laying new grass. As for the **Cemetery**, this is where we need your help. We are clearing the paths and cutting back the trees and have repainted the gates. But, we need a bench for people to sit on and remember their dear departed. Would someone offer to donate the bench please, maybe in memory of a loved one? That would be wonderful!

You may not know, but we have an **emergency plan**, should any unforeseen event happen in village (we are, by the way, using this as part of our response to the coronavirus). We need a new **coordinator**. Please help. Contact me.

Lastly, I would like to announce our very own **Banksy** in the village. You may have noticed new double yellow lines on Days Meadow. Very impressive but totally unauthorized. Feel free to park on them.

Please keep safe and well and think of others who may need your help.

Dr Stephen Moore - oakingtonchairman@gmail.com

From our District Councillors

Oakington and Westwick will remain as a separate parish under proposals put forward by the Council following the first stage of the consultation for the Community Governance Review. The Council has been undertaking this review to look at whether the boundaries or governance arrangements for the parishes of Longstanton and Oakington should change with the growth of Northstowe.

Over 430 responses were submitted in the first phase of the consultation. We would like to thank all residents who took the time to fill out the questionnaire. We know that many of you found this confusing and we have been working with the Council to ensure this is clearer in the next phase.

The second phase of this consultation launched on 15th March with three options chosen. Importantly, none of these involve creating a 'super-parish' or merging the parish of Oakington with Northstowe.

You can view full details and maps for the three options via <http://bit.ly/NorthstoweABC>. The three proposals are:

Option A - All phases of Northstowe create a new parish. Oakington & Westwick remains its own parish with the boundaries highlighted by Oakington Parish Council to include the green separation land. Longstanton Parish would remain the same up to the roundabout separating Station Road and the B1050 towards Willingham. Land north of the Guided Busway will go to Willingham Parish.

Option B - As above but land north of the Guided Busway to go to Northstowe.

Option C - Only Northstowe phases east of the B1050 would go to create a Northstowe Parish. Longstanton Parish would retain all land to the west of the B1050 which would include Northstowe Phase 3b and the first set of houses built in Northstowe, the Bloor homes.

As District Councillors we were happy with the Committee's recommendation that these options go out to further consultation. We do not support option C, but as this was a preference given by some residents in Longstanton, it has been included.

A series of consultation events and presentations had been planned but these have had to be cancelled due to the current situation with Covid-19 and this phase of the consultation period has been extended. This Council is currently seeking legal advice from the Government on whether the review can be extended further. Up to date information will be provided on the South Cambs website via <http://bit.ly/NorthstoweABC>

Please do contact us directly if you would like to discuss this review or any other issue.

*Sarah Cheung Johnson
Alex Malyon*



From our County Councillor

Cambridgeshire County Council (CCC) has set a balanced **budget** with an increase of 1.59% on Basic Council Tax. The 2% ring-fenced Adult Social Care is the same as every year, until the government comes up with a new funding solution.



The budget includes:

- £16 million into a new capital environmental pot to invest in the total decarbonisation of the council by 2025
- £8.5 million extra per year to children's services as part of the best start in life strategy
- £800,000 per year extra into social care
- £200,000 extra into the Local Highways Improvement scheme, bringing the total spend up to £882,000 this year
- £6.336 million extra towards highways this year, plus extra £4million in 21/22, extra £5million in 22/23 and extra £6million in 23/24
- £5 million fund to support delivery of community capital projects

Over £10 million has been generated per year from commercial activity that can go straight into providing services. Relocation of HQ and putting County Council officers into the communities they work for will generate over £40 million over the next few years.

CCC have agreed to invest £28m in the freehold of the high tech Evolution Business Park, off Milton Road, Impington. With an annual return on a £28m investment of 5.7%, the

deal would generate an income equivalent to what the council currently spends to fill 34,000 potholes!

Over 7000 tons of carbon reduction measures have already been delivered and further work on schemes will increase this to 16,000 tons within 2-3 years.

Smoking rates in the county are down, teenage pregnancies are down and our childhood obesity rates are among the best nationally. Still more to do, though.

Top 15 for adult social care. CCC and Peterborough City Council are in the top 15 strongest performing councils in adult social care, highlighted in IMPOWER's latest productivity index. The highest performing councils have all been able to achieve greater than average outcomes from a less than average spend per head. This means that users of social care in their local areas are getting better outcomes at the same time as the council is making best use of public funds.

A planning application for a facility which will **showcase heritage and archaeology** at Longstanton and Northstowe, has been submitted. The project is a partnership between Highways England, Homes England and CCC, with support from the Longstanton & District Heritage Society. This new building could be an educational resource for all the local area. The plan is to not only showcase the amazing exhibits discovered, but tell the story of archaeology and the crucial role played by RAF Oakington as an operational military base. The plan is for the County Council to run the building which sits on Homes England land with initial funding coming from the A14 Legacy Fund.

Peter Hudson

Environment Action Group (EAG)

Back in January we reviewed our project list and aims for this year, and decided that **Flood Mitigation** is still our top priority. We also hope to pursue our **Information Boards** project (jointly with the History Society) and the **Open Spaces** project to enhance the area around the recreation ground (joint project with the Parish Council). We also aim to continue our **Footway Sweeping** work and the **Oakington & Westwick in Bloom** initiative.

However, our climate change subgroup, led by John Terry, will not be continuing under the EAG, as we felt that this work would be best carried out by a separate group in the village (see John's Climate Change article on page 19).

Regarding flood mitigation, our Flood Mitigation Group (FMG), led by Andrew Dennis, is still awaiting information on what the Northstowe developers (Homes England) plan to do with the land that they recently acquired and whether they plan to use all of it for flood mitigation ponds. We understand that some of the land at the Tomato Farm



will be used for this purpose, but not how much. We also continue to monitor and argue against Homes England's plans to channel some water runoff from Northstowe towards Oakington via the Longstanton Road ditch system, and to push the Environment Agency to carry out necessary maintenance and improvement work on the section of Oakington Brook downstream of the Cambridge Road bridge. Together with our District Councillors, the FMG has

also been pushing South Cambridgeshire District Council to carry out de-silting and CCTV surveying of the piped sections of Longstanton Road ditch system, and we hope to see this work undertaken shortly.

In March we also began a project with the Parish Council to carry out clearing and tidying work at **Stocks Green**. The first day of work saw an enthusiastic team of volunteers cutting down the brambles and overgrown vegetation. Watch this space!



Stephanie Smith

Transport Action Group

Bus News. There have been a few changes to the buses serving Oakington and Westwick recently. Firstly, the Citi6 service is now running two all-electric buses as a trial. As the buses currently have a range of only 160 miles, the Citi6 route length and the half hourly service was chosen as the optimum



conditions. The buses are very quiet when running and provide information about all the approaching stops on the route at appropriate times.

We've lost the bus stop in Water Lane near the traffic lights so the first stop in Water Lane is at the junction with High Street. For the last couple of months the hourly Citi5 evening buses from Bar Hill have been routed through Water Lane, High Street then back towards the Crossroads for the inbound journey to Cambridge.

On the busway there are 18 additional buses to increase frequency and capacity, 12 of which can carry 100 passengers each.

Environmental Impact Reduction. At the recent Climate Change drop in session TAG presented the following checklist to help you minimise your environmental impact and reduce fuel consumption:

- **Avoid using cars for short journeys** – combine trips or, alternatively, walk, cycle, or take a bus.
- **Care for your vehicle** – check tuning, tyre pressure, brakes and fuel consumption – regular servicing helps keep your car efficient and saves fuel.



- **Lighten up** – roof racks add drag, and other unnecessary weight increases fuel consumption.
- When your tyres need replacing consider **low rolling resistance** replacements – ask your tyre fitter for advice.
- **Drive gently** – racing starts and sudden stops increase fuel consumption. Use higher gears when traffic conditions allow.
- **Steady your speed** – at around 50mph (80 kph) emissions will be lowest, rising dramatically above 70mph (110 kph).
- **Switch off when stationary** – if stuck in traffic or stopping more than a minute. Idling engines make sitting in jams even more unpleasant. Do not run the engine unnecessarily – drive off soon after starting (in some areas it may be an offence to leave the engine running).
- **Be considerate of those around you** – reduce the volume of your car stereo and avoid sounding your horn or revving your engine.
- **Air conditioning** and on-board electrical devices increase fuel consumption – only use them when really necessary.
- **Share your journeys** – go shopping with friends or neighbours, take a colleague to work, or join a car share club. (Once we are clear of coronavirus!)
- **Investigate alternatives** – If you're looking for a new car there are several different technologies and fuels available; existing cars can also be adapted to give off lower emissions.

If you have comments to make on any of these topics, would like more information or wish to be involved with TAG, please get in touch with the Chair, by email: owcp.tag@gmail.com or by phone: 07807184691

Jim Bryant, Transport Action Group Chair

CA reflections

At the recent AGM three of us stood down from the Committee and I'd like to thank Roger Duthie and Celine Pinter for all their help over the last two years.

As this will be my last update, I thought I'd reflect on my time with the Community Association. Three years ago, I was asked to be Temporary Chair and three months turned into three years! Over that time, we have:

- Reviewed and updated the CA Constitution and drawn up Terms of Reference for the CA Sub-Committees
- Expanded the Journal, with its own team
- Run three successful Village Days
- Taken on the Village Bonfire and Fireworks three years
- Organised a Spring Market for two years, and tried an Autumn Market last year
- Arranged a Village Christmas Tree with Carol Singing for two years
- Taken on Crossways Community Space, with the Crossways team facilitating a range of activities
- Started a monthly Community Pub night
- Strengthened links with the Parish Council and local businesses



A 'Thank you' gift

The pub hosts the Village Market, the Christmas Tree and Carol Singing, and the Community Pub Night. The pub also provided the bar for the Village Day last year, and helps with the BBQ for Bonfire Night. The Village Shop and pub sell tickets for the Bonfire and Fireworks, and we run an annual 'We have a great village shop' campaign. We have a link Parish Councillor and are part of the Parish Council's Emergency Plan. We are grateful for the grants we have received from the Parish Council. We have strengthened our links with the Primary School - the children built a fantastic guy for the bonfire.

Everything we do relies on all the people in the village who contribute their time and energy. I would like to thank everyone who has helped with our activities. We now have a reserve of around £4,500, which will safeguard the Association through unforeseen events.

Below is a summary of income and expenditure for 2019, which shows a small loss overall. This was covered by money raised in previous years. The income from the Village Day was affected by very hot weather, and in the opposite way, the takings on Bonfire Night were affected by poor weather.

	Income	Expenditure	Surplus
Journal	£3,338	£3,656	-£319
Village Day	£2,981	£1,912	£1,069
Bonfire Night	£1,961	£1,912	£49
Markets	£182	-	£182
Crossways	£60	-	£60
Insurance	-	£702	-£702
Miscellaneous	23	£583	-£560
Total	£8,545	£8,765	-£221

Jo Mills

Crossways anniversary and exhibition

Just as we planned to announce our expanded range of activities in the Spring we are having to close on account of the Corona crisis. However, we remain optimistic and are already looking ahead to better times.

Once we can open again we plan to re-open with a celebration of the first anniversary of Crossways as a community hub run entirely by volunteers - it opened last year, 25 May 2019. We plan to mark the occasion with an exhibition of historic photographs of the village - including Crossways House itself as a pub and a village shop - hosted in partnership with the History Society and the Village Archive Group. In the meantime, if you have any historic photographs that you like to be included, please contact Sarah Harrison of the Village Archive on archives@oakingtonhistory.co.uk or Adrienne Chaplin on crossways.ca@gmail.com

Adrienne Chaplin

New CA Committee

At the recent AGM the following committee members were elected for the year ahead:

Ranko Pinter (*Chair*) Adrienne Chaplin (*Vice Chair*)
 Irène Butlin (*Secretary*) Liz Davies (*Membership Sec*)
 Arthur Sillett Jillian Wilkinson
 In addition Bernard Yates was co-opted as *Treasurer*.

After moving into the village almost five years ago, both Celine and I have found Oakington, with its village life and community spirit, a refreshing change from our previous home. We have both got involved in various volunteering activities. For my part, I am keen to help the village community spirit to thrive and to prosper, and I see the Community Association as a body that can play an important role in achieving that.

The newly elected Committee is fortunate to have taken over an organisation that is, thanks to the previous administration, in a healthy financial situation.

Event Cancellations: With the disruption of the Corona virus, regrettably we have had to cancel the **Spring Market**. Also, the **Village Day 27 June** will in the first instance be postponed but may be rescheduled in the autumn.

While we are scuppered from arranging our usual activities, we'll join with other groups and individuals and help people in the community where we can.

Ranko Pinter

Food Bank in Village Shop

The current situation may adversely affect some families causing severe financial difficulties. We have set up our own mini food bank. If you feel that this would help you, please contact Ben Phillips on benp@standrewsoakington.co.uk or **07342 945373**

Oakington & Westwick WI

Oakington and Westwick WI meetings have so far been showcasing our own Village Talent in every month this year! No, NOT a Calendar.....instead some diverse and very interesting talks. In January our own Ellen Chew enthralled us with her 'Tales of the Orient' about life and customs in her native Singapore. Next up was our very own star of the small and big screen, Gerry Westoby, who also 'lifted the curtain' on the loves and influences of his formative years, his sporting and acting achievements and his first hand impressions of a number of celebrities with whom he has worked. A very different curtain was lifted by Gavin Guy in our March meeting...this time, the far more secretive world of Drugs. His 'presentation' on Drugs Awareness was precisely that....a presentation! Members were allowed to 'sniff' but NOT 'snort' an amazing array of substances, belonging to all drug classes, which are 'dealt' for a high price on our streets today. His talk was a real education and each of us walked away from the evening having become drug handlers. Yikes. Whoever said the WI are just Jam and Jerusalem?

In the light of the dramatic developments in the fight against coronavirus, we are suspending forthwith our monthly meetings and events on a month by month basis. Please watch for updates, including on oakfolk, and keep safe.

Helen Williams C 232614, helenwilliams5@outlook.com



1st Oakington Brownies

We're having to take some time out from Brownies because of the Coronavirus but hope to be back having fun together soon!

Although our term has been cut short, we've had some fun! We hope these pictures of our Brownies' pancake decorating cheer everyone up!

We have spaces, so we'd love to see some new faces in Brownies – if your daughter is aged 7–10, she would be very welcome to come and join us and you can get in touch with us on oakingtonbrownies@gmail.com, or go ahead and register your daughter for Brownies at www.girlguiding.org.uk.

Anne Christie



Oakington Singers

Fauré Requiem

The UK Government has announced new measures around Coronavirus and has advised against all non-essential social contact. We have taken the decision therefore, to postpone the recital of Fauré's Requiem on Monday 6 April, to later in the year.

The Choir will also be suspending weekly practices for the foreseeable weeks.

Please look out for notices and information about our future programme of events, when we can resume.

Thank you for your support.



Elaine Bailey

Tuesday Talk & Tea

Normally, we would love to welcome you to enjoy tea and chat at St. Andrew's Church Hall second Tuesday of every month at 2.45 pm. Yearly subscription £12 with £3 every month towards speaker and tea costs; first visit free.

In January and February we viewed old businesses on Cottenham High Street and reminisced over old cookery items and recipes. Very entertaining afternoons!

However, 14th April (Pavilion, 'Singing for Fun') and 12th May (St Andrews Hall, 'Dragonflies') are booked BUT in light of the "C" virus this could change.

Take good care of yourself and connect with neighbours.

Joan Pettit (chairperson)



Country Dancing

Meets in Histon Methodist Church, High Street, Histon, CB24 9JD, one Friday a month, 8–10 pm. Adults £1.50, accompanied children: 50p.

We will not be meeting in April, but Jane and I hope to see you on the following Fridays: 22nd May, 19th June and 17th July for more evenings of fun, friendship and dancing. (Please ring Kathryn Coles on C 233191 to check these are going ahead.) The music is provided by our 'resident' band and we have a different caller each month. All ages and abilities are catered for and soft shoes or trainers are the recommended footwear. You don't need to bring a partner with you as we all dance with each other. See you there.

Kathryn Coles



Oakington & Westwick History Society

In view of the developing coronavirus situation and medical advice we have decided to suspend all History society meetings until September.

We hope you all keep well.



David Williams

Oakington Garden Society

Meetings and sadly the plant sale in May will be suspended until September – in the case of the plant sale until next summer.

Julie Grove

Note: The Garden Centre (and Olive Tree Café) remains open and can deliver anything they sell – so no excuse for not getting on with your sowing and planting while confined to quarters!

Editors



Oakington & Westwick Table Tennis Club

Table Tennis sessions on Tuesday nights at the Sports Pavilion have been suspended for the time being. We will let you know when we are up and running again.



For more information contact Gillian L'angellier on 234758.

Mick Dorling

Oakington & Westwick Short Mat Bowls Club

The Oakington and Westwick Short Mat Bowls Club has decided to follow the advice of the Cambridgeshire Short Mat Bowls Association and Government advice ("everyone should avoid social contact...") to suspend Thursday bowls sessions until further notice. We will let readers know when the situation changes.

Dawn Stokes



Cambridge Ten Sing

Ten Sing is an informal YMCA performing arts group, run for young people (aged 11–18), by young people, with singing, dance and drama. No audition - participation is more important than ability.



As you can imagine, just like the rest of the world at the moment, we have had to make some tough decisions with Ten Sing and our activities. We decided to postpone the Annual Concert to later in the year, London Marathon has been postponed and our weekly sessions have had to stop for the moment so we can all keep ourselves, and others, safe.

But our clouds have some silver linings. Marathon already has a provisional date of 4th October, so we have that to look forward to, and then we are looking at doing our Annual Concert in July if things are calmer; I don't think we have ever done a summer concert, it gives us lots of time to practise more, and who knows, we might even do it outside! I am also working on keeping the group together online, so we can support each other; I have already seen online choirs being formed so I think Ten Sing should join in.

I hope everyone stays safe and we are thinking of everyone out there. If you know of anyone who would like to join Ten Sing when we restart, please get in touch. See you all soon!

*Terry King, Ten Sing Administrator
Jking47@aol.com, 07880 697230*

Oakington & Westwick Neighbours

Community has never been so important

No-one can be unaware of the Covid-19 (Coronavirus) crisis as it dominates news bulletins on radio, TV and social media.



OWN has been considering how we can best help residents who are most at risk, or who need to self-isolate to limit the spread of the virus. Following a meeting between OWN, the Parish Council, Community Association and representatives from the village churches a leaflet to advise local residents how they can help, or who to contact if they find themselves needing support, is being delivered throughout Oakington and Westwick. Residents are encouraged to contact your neighbours and people you know to offer support. This may be with shopping, posting a letter, and collecting prescriptions or urgent supplies. Or it may simply be a phone call for a chat and reassurance. OWN can help with co-ordination, but it is up to us all to be good neighbours.

What many of us are probably unaware of is the scale and complexity of online and telephone scams. OWN organised and ran a Scam Awareness and Online Safety session on Saturday 29 February which was excellent and informative. The session covered topics such as how to protect yourself online by using stronger passwords stored in a password manager, and how to recognise fraudulent activity. You may think you are not at risk, but being better informed will make sure that you do not become another statistic. Fraudsters netted over £80,000 in Cambridgeshire in January 2020. A repeat session is planned, so get in touch (owneighbours@gmail.com) to express your interest now.



On a lighter note, our Beetle Drive took place at the Pavilion on Saturday 8 February. Unusually the weather was glorious, but this didn't stop a good group of us competing to be the best throwers of dice, and drawers of beetles! As ever there was plenty of cake; and an extensive raffle, thanks to generous donations, rounded off a fun afternoon.

The Mental Health First Aid training day due to take place on 21 March has been postponed. The Big Lunch is scheduled for Sunday 12 July, but any changes will be publicised in due course. Despite the sometimes alarming headlines, life goes on and Oakington and Westwick Neighbours aims to help and support all those who need it in our locality. Community has never been so important.

Jo Bryant



Oakington Primary School

We are delighted to say that following a recent SIAMS (Statutory Inspection of Anglican and Methodist Schools) inspection, the school has been **graded as**

Good across all areas. We were very pleased with the comments and recognition in the report which can be viewed on the school website - www.oakingtonprimary.co.uk

We were recently visited and thoroughly entertained and inspired by the author (and comedian) James Campbell. His energetic and hilarious workshops set the foundation for some super writing and a fantastic World Book Day when children came to school dressed up as their favourite book characters. We have recently purchased new playground toys and equipment for the children to enjoy, and, following weeks of wet weather, our caretaker has finished extending the patio area in the playground, giving a larger hard surface area for the children to play on.

Our new format parents evenings held all together in the school seemed to go very well and we received lots of positive feedback from the parents. We are pleased to welcome two new members of staff – Chrissy Childerley works as a Teaching Assistant in Maple and Selena Pratt joins as a lunchtime supervisor.

Nathan Clark, Headteacher

Neighbourhood Watch

Beware of telephone fraud!

Recently I received a call from a man claiming to be from BT, telling me there was a problem with my router and that he would fix it for me. My router is unreliable, so I went along with the long process he led, downloading programs onto my computer, until he said I was due a refund. He asked me to set up my card reader and to type in various codes, which I stupidly did, until I became suspicious and terminated the call.

I rang my bank, who said the accounts had been emptied! Fortunately my bank has refunded the money, but this was a scam which could take any of us in.

Do NOT give any bank details to anyone over the phone, or use your card reader.

Jillian Wilkinson, Neighbour Watch Co-ordinator



Village Shop Offers Free Delivery

to the elderly and vulnerable (from Oaky Folk)

During the present Covid-19 crisis there will be a number of residents self isolating. We are offering a free delivery service for all essential household items.

Deliveries will occur the day after placing your order. Payments made via card over the phone.

Oakington Village Stores and Post Office – C 232327

Humpty Dumpty's Wall

On Saturday 28th February we held the **Humpty Dumpty Pre-school** jumble sale and we raised over £600. We would like to thank all of those who made jumble donations and who volunteered their time to help with setting up and clearing down on the day.

If you visit the Humpty Dumpty Pre-school Facebook page you can see some pictures of the jumble sale in action. If you have not already visited our Facebook page please do take a look and give us a 'like' – Laura and the team post regular updates of what the children have been up to.



An exciting announcement for the Pre-school is that Kids R Us, a local holiday and after school club provider, are looking to run a **holiday club for children** aged 3 – 12 years in the pre-school building. This will provide care during the holidays for local parents and will also provide additional income for the Pre-school which will be a great asset. See advert on page 18. You can register your interest in the holiday club by emailing: office@kidsrusoosc.com

Finally and on a more serious note, parents of children attending Pre-school will know that we had scheduled an EGM (Extraordinary General Meeting) on Tuesday 17th March which unfortunately had to be postponed due to the most recent Covid-19 government advice. The EGM was called because we currently don't have an active chairperson and the situation is so serious it may affect the future of the Pre-school. We will look to re-schedule the meeting and will keep journal readers updated.

Sarah Stokes



Benefits To Us All

There is little doubt that we all feel better when we have contact with nature. There is a lot of research that supports the idea that well-being and mental health can be improved when we interact with the natural environment.

There are many techniques to help improve our mental health, including talking therapies, mentoring, drugs and physical exercise. In addition, there's a lot of research data that supports the idea that contact with many aspects of nature benefits mental health, sometimes in dramatic and unexpected ways.

Some of the work underlines that if individuals are stressed, an encounter with most unthreatening natural environments will have a stress reducing or restorative influence, whereas many urban environments will hamper recuperation.

This research suggests that we can all feel better for a walk among the trees, hedgerows and fields around the village.

Northstowe meeting, at the Pavilion, 5th March

Homes England announced some positive news about the design of natural areas of Northstowe, explaining a desire to take nature into the new town and not just on its periphery. The principle recognises that we all need nature.

David Attenborough has been underlining this approach



over the last few years. "By joining up wild places and creating more access across the UK, we would improve our lives and help nature to flourish – because everything works better when its connected." He is arguing for human connectivity in communities, but also links with the natural environment and especially for wildlife corridors, so wildlife species do not become isolated and extinct. He believes it is vital to allow species to move about so they

can adapt to habitat change caused by climate change. Species need to reallocate if they are to avoid extinction. There is no doubt that hedges, woodland, roadsides and water courses play an important role in connectivity.

Is this a call for us to consider connectivity in Oakington, and should we include the proposed green space between Oakington and Northstowe?

Painted Ladies

You may remember in the September 2019 Journal Nature Notes we mentioned Painted Ladies, the butterflies that visit the UK in a series of life cycle hops across Europe. Early in the season, numbers on the continent were massive and so record numbers were expected here. The big butterfly count, organised by Butterfly Conservation, did confirm that the Painted Lady outnumbered other species in the UK, but did not hit the record numbers expected.

John Terry

No Planet B

'You will die of old age; your children will die from climate change'.

This was on one of 38 posters created by children at the Primary School following an assembly addressed by the Environment Action Group (EAG) on climate change. This fitted well with a curriculum subject called 'life in the freezer'. The posters were judged by visitors at the **Climate Change workshop, entitled 'There is No Planet B'** held on 19th February. It was organised by the EAG who were most grateful to Nathan Clark, Headteacher, for his cooperation, and to all those who helped to make the event work in such a positive way.

The aim was to offer visitors options to change lifestyles to reduce carbon use. Everyone was offered hot or cold drinks and a leaflet explaining the various displays. Some put their lifestyle to the test and had their Carbon Footprint measured using the WWF Carbon Calculator.

The science of climate change was explained with posters and the other displays covered home heating, transport and food. Cambridge Sustainable Food brought up-to-date figures on the Carbon Footprint of different foods. Beef now scores higher than lamb but vegetarian food is way lower than meat. One message is that we should all reduce our meat consumption.

The transport displays, organised by the Transport Action

Group (TAG) included information about the new electric buses and were complimented by displays by Cambridge Electric Transport who are keen to set up in the village. A children's table offered those on half-term a chance to produce more artwork with a climate theme. We have a few workshop leaflets over so please contact James Youd or John Terry for copies.

What next?

We believe for the Climate Change Action Group to flourish and grow we need new members and to separate from the EAG. If you have interest in joining, at any level of commitment to suit you, please contact John (johnterry23@hotmail.co.uk).

SCDC Zero Carbon Community Workshop

Our Oakington workshop got a brief mention at this event on 7th March. We attended this workshop and learnt about our district council's aims to reduce carbon in every department, including electric refuse and recycling lorries. We heard about the new grants to be offered to village groups to reduce carbon from June 2020, and from the villages that took advantage of the £210,000 grants last year. The projects included woodland planting, electric trikes, a solar farm, a repair cafe and ground source heating. There are nearly forty groups in the district and a real desire to link to compare ideas.



John Terry

Scavenger Hunt

Get out and about around the village as a family or on your own. Here are clues for a 'Scavenger Hunt'. Work out the route from the clues. Each clue gives you a word. Take the initial letter of each word. Rearrange these letters to reveal the answer.

1. Many turn to prayer at this uncertain time
A saint starts with this letter, now go to his home.
2. Head to the north, next door to the church
Which tree has a Villa? You might need to search.
3. Which boy's name adorns the pavilion sign,
Striped like a bee and 7 foot high?
4. With this next clue you will surely grapple
For it resides at the Baptist Chapel
The lower you go, a surname you'll see
Rhyming with 'hat' is what it will be.
5. Below the village sign that welcomes guests
With a plane and a plough upon its crest
Is the date 1865
And above that number before D lies....
6. With a red circle above the shop
Lie two words
The first letter of the second
Is where you must stop.
7. Another red sign you must find
Walk northwards and the path to Longstanton will wind
But be sure to stop before house 59
For there you will see a warning sign
(you need the first letter on the sign)
8. Those of you with an eagle's eye
When walking back, a blue sign will spy
A bike and hours of the day
And an arrow that points your way
(you need the first letter on the sign)

**Unscramble these eight letters and your target
Is something that's vanished from the supermarket!**

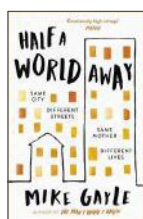
If you think you've got the answer, feel free to email
alice3000@mail.ru to check.

Book Corner

'Half a World Away' by Mike Gayle

This is such a wonderful book! A heartwarming emotional novel from the male and female perspective, about siblings that are separated when they are young and grow up leading completely different lives, who are then reunited as grown ups. The story is set in modern day London and the main characters are Kerry, a single mum who works as a cleaner and grew up in care from the age of ten, and Noah, who is a successful barrister and was adopted into a loving family at the age of two. I found it hard to put down!

Hanna Lumley



Garden Cuttings

The garden is bursting with life now, and many cuttings are ready for potting on, hardening off or planting out.

As the weather can be changeable, with cool winds and cold nights, young plants still need some protection. The tough plastic inserts inside cereal packets can come in handy, as they can be popped over pots and trays to give protection against fluctuating conditions.

Tomatoes are a favourite crop, and there is nothing quite like picking one fresh off the vine. One way to produce a few extra plants of a cordon variety is to let a couple of side shoots grow. Once they reach about 10cm, pull down gently at the base of the shoot and remove. Place the shoots into a clear water filled container. After a few days shoots will form, and then you can pot up as usual.



This will give you slightly later crops that may reduce blight and predator damage, as well as having a few extra plants to give away to friends, which is always nice.

Jan Zelnick

Board Games Chest

King of Tokyo

Roll over Godzilla - the monsters are in town! Take over the city, attack your opponents, save up for amazing super-powers, and pick the right moment to yield Tokyo when your strength is low. Big dice clatter across the table as you fight it out for world domination. This is a fun and very popular game with kids from around seven, but keeps us all entertained. Best with 3-6 players, and lasting half an hour - but players drop out as they "die" so with younger children you could at the first fatality declare the survivor with the most points the winner. The rules are straightforward, but the 'special power' cards keep it varied and interesting.

Jenny Prince



Norwegian Shrovetide Buns

- 200 g margarine (melted)
- 500 ml milk, warmed to 37 degrees (body temp)
- 1 teaspoon ground cardamom
- About 900g strong flour
- 25 g yeast
- 170g sugar
- 1 egg
- ½ teaspoon salt

Mix everything together for 4-5 minutes. Leave to prove for about an hour. After shaping into c 25 buns, leave to prove 15-20 minutes. (The dough is quite soft, so we may need some additional flour when shaping.)

Bake at 220 degrees for about 10 minutes. Serve with jam and whipped cream. (It is more practical to serve them as two halves.)

Irène Butlin





Lancaster Bomber and crew at RAF Oakington



Oakington Airfield Control Tower



Prime Minister Churchill watches a Short Stirling of RAF 7 Squadron taking off 6 June 1941 at Oakington

We'd like to start by saying thank you! We've had such a positive response to the Village Archive article in the last issue of the Journal.

We would like to **collect people's stories** and memories of what Oakington was like on VE Day 1945. Do you have any family recollections, diary entries or photos? Please get in touch!

You may have noticed that the WWII **Pillbox in Station Road** has recently been uncovered. The ambition was for it to be accessible for **VE75 weekend 8-10 May**. To this end we approached Homes England who have been very proactive in helping us achieve this. There have been many legal pitfalls along the way, but we are still hopeful of our ambitions and visitors will be able to visit this Type 22 Pillbox.



If you have anything to input, the archive team can be contacted at archives@oakingtonhistory.co.uk

Nick & Sarah Harrison



Type 22 Pillbox in Station Road, Oakington

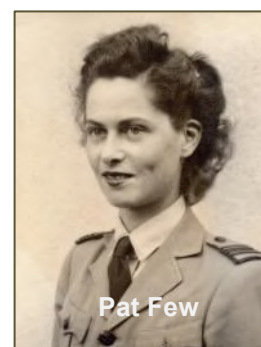


Yvonne Graves

VE Day Veterans

On 8 May 1945, the Allies accepted the surrender of Nazi Germany, bringing to an end six years of war. 75 years since Victory in Europe is to be remembered on 8-10 May right across the continent, even if the Coronavirus means some of the celebrations may be curtailed.

We are honoured to have two remarkable ladies who served in the war living in our community. **Patricia Few**, of Coles Lane, became a Flight Officer in the RAF and **Yvonne Graves**, of Westwick, a Sergeant in the Army.



Pat Few

Editors



Living in Oakington & Westwick through the Coronavirus Outbreak

Lots of people in the community are concerned about those who will be isolated, and have offered help. Several groups, led by Oakington & Westwick Neighbours, have got together to provide a central point of contact for everyone:

Leave a message on **07902 111786**
Email **owneighbours@gmail.com**
Get in touch via **Oaky Folk** facebook page

If you are **self-isolating or socially isolated** and would like:

- Shopping
 - ➔ Ring Oakington village shop on **01223 232327**
 - ➔ Place and pay for your order over the phone, and it will be delivered to your door by a volunteer
- A prescription picking up or pharmacy supplies
- Other practical help
- A chat or some company, on the phone or over the computer, if you're feeling down or lonely
 - ➔ Please ring/text/email/facebook OWN using the contacts above

If you would like to **offer help**, eg. delivering shopping from the local shop, fetching prescriptions, or chatting to someone who is feeling lonely or cut-off:

- ➔ Tell people you know nearby – maybe drop a note through their door
- ➔ Please ring/text/email/facebook OWN using the contacts above to add your name to the list of coronavirus volunteers