

News & Views

THE COMMUNITY NEWSLETTER FOR PAPWORTH EVERARD

SEPTEMBER 2021

1750 COPIES DISTRIBUTED MONTHLY

ISSUE No. 09-21



CJRaj

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News Update

Barons Way Wood

Following a cyclical tree survey Papworth Trust carried out essential safety works to over 130 trees in Barons Way Wood during July 2021. This involved the felling of several trees and removing of deadwood. All of the material was left on site and recycled for habitat for birds and insects.

Tenant Involvement

During August all Papworth Trust tenants were sent information about ways they could get more involved by joining our formal panels or a Digital Forum. Information about these roles can be found on our website at www.papworthtrust.org.uk/tenant-involvement where you can also complete an expression of interest form. If you would like more information or just to have a chat about these roles contact Tracey Croucher on tenantengagement@papworthtrust.org.uk or 0330 678 0008 (option 2).

TPAS Award

Papworth Trust are excited to announce that we have been shortlisted for a TPAS (Tenant Participation Advisory Service) National Award! TPAS are England's leading Tenant Engagement Experts who promote, support and champion tenant involvement and empowerment in social housing. You can find out more information about TPAS and see the official 2021 shortlist on their website at www.tpasawards.org.uk.

Time for Tenants

"Time for Tenants" is an opportunity to speak to one of Papworth Trust Executive Team directly about something that is important to our housing tenants. The sessions take place on the last Wednesday of the month between 6pm & 8pm via zoom video call. For more information or to book a slot email Tracey Croucher on tenantengagement@papworthtrust.org.uk.

BIN COLLECTION DATES

| | | | |
|-----------------|---|---|---|
| Thu 9 Sep 2021 | ✓ | | |
| Thu 16 Sep 2021 | | ✓ | ✓ |
| Thu 23 Sep 2021 | ✓ | | |
| Thu 30 Sep 2021 | | ✓ | ✓ |
| Thu 7 Oct 2021 | ✓ | | |
| Thu 14 Oct 2021 | | ✓ | ✓ |
| Thu 21 Oct 2021 | ✓ | | |
| Thu 28 Oct 2021 | | ✓ | ✓ |
| Thu 4 Nov 2021 | ✓ | | |

Please Note: dates highlighted in red denote different collection day

CONTACT DETAILS NEWS & VIEWS

www.newsandviewspapworth.co.uk - janetpendrill@gmail.com



News & Views - Papworth Everard

Editorial deadline for next edition is 23rd September

Front Page Image: St Peter's Church Papworth - Roy CJ



Nature Diary

September

by Holly Blue

September by *Helen Hunt Jackson*

*The golden-rod is yellow;
The corn is turning brown;
The trees in apple orchards
With fruit are bending down...*

What to see and hear in September....

Tawny Owls

Who has heard the Tawny Owl this year? He starts calling at dusk, and continues on and off for most of the night, only stopping at daylight. I would love to find him and watch him.

The home territory of a Tawny Owl is usually established in late Autumn, but the Papworth one seems to have a started early. The territory covers about 30 to 50 acres and is defended throughout the winter until breeding time in the Spring. Maybe we could encourage the land owners to erect some owl boxes to encourage him to stay. Tawny Owls are on the amber list so anything to help them would be good.

Jay



We have a couple of Jays in the Papworth Woods. Jays are widespread in the British Isles and doing well. They are our shyest species of crow, spending most of their time moving quietly around the trees where they hunt out nests of eggs and recently fledged young birds. But all this changes between September and November. As late summer turns to autumn, the birds start amassing hoards of acorns and other nuts and seeds to see them through the winter. Not only do they spend longer on the ground foraging, they also fly to and fro to bury their treasure. However, not all the acorns are found again, which means some of them are left to grow into Oak Trees. They can be easily spotted by their white rumps and loud calls earning them the old name 'screamer of the woods'.

Hobby



September is your last chance to spot this bird of prey as they will soon be Africa bound until next spring. They specialise in catching dragonflies, swallows, martins and swifts, none of which can be found in the UK in the winter. Your best bet to see these birds locally before they start to leave is RSPB Fen Drayton Pits or RSPB The Lodge Sandy. It can be quite breathtaking to see them swoop and dive after their prey.

Red Fox



Foxes are opportunists, they do not waste any time in searching out the late summer, or early autumn, fruit bounty; they will happily feast on blackberries, low hanging apples, pears or plums.

In September, the adults and cubs have nearly finished growing their new thicker winter coats. The juveniles have now also grown close to adult size. Competition between the young foxes, and also the young and adult foxes can become quite fierce. The resulting scuffles can be very noisy with rivals chasing each other and squaring up to each other, sometimes onto their hind legs. So listen out.

Papworth Surgery Patients' Link News

Closure Notice

Please note the Surgery will be closed for essential training on Thursday, 9th September 2021 from 08.30 to 14.30.

For URGENT medical assistance please call 111. For a life threatening medical emergency please call 999.

Patient's Link Annual General Meeting

A date for your diary! The AGM will be on Tuesday, September 21st at 7.30pm in Papworth Village Hall and will include a presentation by Leonnie Barlow on "Mental Health Support Networks". All are welcome to attend without fear of being asked to take on any responsibilities. Just come and enjoy the evening.

Update on Covid 19 vaccinations for 16-17 year olds

(Updated 17th August 2021)

16 and 17 year olds can now attend any mass vaccination walk in centre to be immunised. Details of your nearest vaccination centre can be found on the NHS website.

Teenagers within three months of turning 18 can book their vaccine appointment online through the National Booking Service or by calling 119.

Currently 16 and up to 17 3/4 will only be offered one jab. Anyone over 17 3/4 will be offered 2 jabs. It may be decided later to second jab over 16 and 17 year olds.

Update on Covid 19 vaccinations for 12-15 year olds

(Updated 10th August 2021)

Children aged 12 to 15 who are clinically vulnerable to Covid, or live with adults who are at an increased risk of serious illness, will be contacted by the NHS and invited to book their jabs in the coming weeks.

Self-isolation and treating symptoms of COVID 19

(Updated 9th August 2021)

See links about staying at home (self-isolation) and treatment for you and anyone you live with.

<https://www.papworthsurgery.nhs.uk/wp-content/uploads/sites/687/2021/08/C1370-Suspected-Coronavirus-COVID-19-important-information-to-keep-you-safe-at-home-leaflet-August-2021.pdf>

<https://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-and-treatment/how-to-treat-symptoms-at-home/>

INFORMATION REGARDING COVID

POSITIVE PREGNANT WOMEN

(Updated 8th August 2021)

We are seeing a large increase in women, who have not been Covid 19 vaccinated or have had only one dose, requiring critical care support. There seems to be reluctance in the uptake of Covid vaccination in pregnancy! Please be aware of the latest Covid 19 vaccination advice.

<https://www.rcog.org.uk/en/guidelines-research-services/coronavirus-covid-19-pregnancy-and-womens-health/covid-19-vaccines-and-pregnancy/covid-19-vaccines-pregnancy-and-breastfeeding/>

Papworth Surgery Patients' Link 2021 Annual General Meeting Tuesday, September 21st at 7.30pm in Papworth Village Hall

Agenda

1. Welcome and any apologies for absence
2. Chairperson's Review
3. Treasurer's Report to include 2019 and 2020 accounts
4. Appointment of Independent Accounts Examiner
5. Election of Committee
6. Presentation by Leonnie Barlow, "Mental Health Support Networks"



Working across Cambridgeshire, Peterborough and South Lincolnshire

followed by a Question and Answer Session

The evening will close with a raffle for Patients' Link funds.



PAPWORTH EVERARD PARISH COUNCIL REPORT

Parish Clerk: Sarah Cruse

Telephone: (01480) 830360

E-mail: clerk@papwortheverardpc.org.uk

Things have been quite quiet over the summer for the Parish Council as it does not hold any meetings in August.

Work however has been continuing and we are pleased to say that the outdoor gym equipment has been installed at the Wood Lane end of the Playing Field.

It's great to see the equipment is already being used.

We are still waiting for 3 items of equipment which have been delayed at the factory, but we are anticipating these being delivered and installed by mid-September.

Next month we'll publish more about what has been installed and how it can be used to help you get fit !

Village Hall Bookings

After operating under various lockdowns and social distancing restrictions over the past 18 months, we are delighted that the Village Hall is now fully open and taking bookings again.

Are you thinking of holding a Christmas party, or have a celebration coming up ? Perhaps you're looking to start up a regular meeting or hobby group and need somewhere to hold it ?

The Village Hall is a great venue for all types of events from children's birthday parties, fitness classes and fashion shows to conferences, meetings and training courses.

There is also a small seminar room on the first floor which is ideal for committee style meetings, crafting groups or informal meetings.

If you are looking for a venue to hold your event, or perhaps your employer needs somewhere for an annual

conference, training event, social gathering or regular off-site meetings, why not get in touch and see what we can offer?

Booking enquires can be made by completing the enquiry form on the Village Hall and Amenities page on the Parish Council website (<http://papwortheverardpc.org.uk/amenities/>) where you will also find the tariff of charges, or by emailing the Bookings Clerk, Clare Taylor (villagehall@papwortheverardpc.org.uk). A message can also be left via the Village Hall's Facebook page or by calling the Bookings Co-ordinator on 07841014414.

Paddling Pool – Summer 2021

The paddling pool closes for the summer on Sunday 5th September after 7 weeks of use over the school summer holidays.

We would like to thank Will Hoy, Fraser Botting and Rahul Chavda for all their work in keeping the pool clean and the water safe for everyone to enjoy. Thanks also to Mark Honeywood for helping to prepare the pool and training the guys to use pumps and testing equipment.

It's not a small job, as the pool has to be vacuumed to remove debris for around two hours a day and the water treated and tested 3-4 times a day and the pump filters flushed and cleaned – in addition to maintaining the general area. The guys have been out in all weathers ensuring the pool is safe and clean for our children to use - and have done a fantastic job !

The paddling pool is a great asset to the village - if you have any ideas or suggestions to make it even better for next year, we'd love to hear from you !



Papworth Surgery

Feedback: We are thrilled to have been voted one of the top 10 best surgeries in Cambridgeshire following the results our patient feedback survey. We are really proud of the work we do at Papworth and this is reflected in our results (a full breakdown can be found on our website). This is a huge achievement and we are grateful to all our staff for their hard work and dedication. We welcome your feedback so please do stay in touch.

Decorating: Papworth surgery has been undergoing a makeover in recent weeks. We are in the process of painting all the walls and replacing all the floors. We are also installing more air conditioning units to help make the surgery more comfortable in hot weather. This is a huge undertaking, which hopefully won't cause too much disruption to the normal running of the surgery. We hope you like to surgery's new look!

Appointments: We have unprecedented demand for appointments at present as the huge pressure on General Practice, triggered by the pandemic, continues. We are constantly reviewing the way in which we work to find the best solutions for this. Each day half of our appointments are "pre-bookable" i.e. can be booked in advance online or on the phone. We usually have plenty of pre-bookable appointments available within the following 7-10 days. The other half are reserved for medically urgent problems i.e. those that must be seen the same day. If your problem is not medically urgent then please do not book these slots. Please book an upcoming pre-bookable appointment instead. Our medically urgent appointments are released at 08:30 and 1:30 each day. Please be kind to our receptionists who are working very hard in exceptional circumstances.

Flu: Our seasonal flu vaccinations will begin in September and

continue throughout the Autumn and Winter. Everyone over 50 years or with underlying health conditions is eligible and we will be sending invites. We are holding Saturday clinics on 25th September, 16th October and 6th November. Please do book in for your jab. For those who have mobile phones, please ensure we have an up to date number as we will send you a text with a link so that you can book into a flu clinic directly.

Covid: Covid remains a significant risk and continues to have an impact on all our lives. For the safety of everyone you must wear a face covering when attending the surgery, unless you are exempt. Anyone 16 years or over who is yet to be vaccinated for covid, please book a slot at a local vaccination centre by calling 119 or booking via NHS online. I'm afraid there is still no announcement from the government about how at risk 12-15 year olds will be vaccinated, as this cannot be done at the local vaccination centres. We have a list of those who need vaccination and will be in touch as soon as we hear. The plans for covid vaccination booster jabs are also not finalised. Please note however, that these will be provided by local vaccination centres and not by the practice or the Primary Care Network (PCN).

Staff: We are delighted to announce that our new Nurse Practitioner Cara Garney will be joining the practice in September. She is hugely experienced, especially in chronic disease management, and will be taking over from Claire Hodge in leading the diabetes clinics. Dr Coulson will be returning from maternity leave in early October.

Patient's link: Our Patient's Link Group Annual General Meeting (AGM) will be held on Tuesday 21st September in Papworth Village Hall at 7:30. The evening will be a chance to meet members of the group (which is open for all patients to join) and committee appointments will be made. In addition Leonnie Barlow is going to give a talk about Mental Health Support Networks. It should be a really interesting evening so do come along if you're free.

Church Notices

St Peter's Church Services

| | |
|--|---------------------------------------|
| 5th September - 10.00 Team Zoom Service | 3rd October - 10.00 Team Zoom Service |
| 12th September - 10.30 Holy Communion | 10th October - 10.30 Holy Communion |
| 19th September - 10.30 Family Harvest Festival | 17th October - 10.30 Family Service |
| 26th September - 10.30 Holy Communion | |

Harvest Festival

Sunday 19th September will be our Harvest Festival at St Peter's Church, starting at 10.30. Everyone is welcome to come to this family service to give thanks for God's goodness and to celebrate the beauty and productivity of our world. It will also be the opportunity to bring along suitable (non perishable) gifts for the local Food Bank. There will be refreshments after the service

Roman Catholic Mass

(Latin Rite)

Every Saturday at 5.00 pm

Please consult our parish website for other times and more information

www.stmichaelrc.org



As time goes by Nigel di Castiglione . . . Team Rector

Sometimes we think 'Where has all that time gone?' whilst for many a gradual resumption of 'normality' seems to have taken for ever.

As we bump into friends and family again, we may notice how one person has aged, others have changed their hair style, another has put on/lost a lot of weight and so forth; whilst there have to be conversations, perhaps tears in the mix, about the 'life-events' – weddings funerals and the like severely constrained by 'lockdown' regulations.

Some in England dubbed July 19th 2021 'Freedom Day' but with it comes the question "What is freedom?" The answer is more complex than we might prefer; for example, to wear or discard a face mask is about more than what makes me feel safe and comfortable, and just as much to safeguard others I mix with.

"Freedom" is a particularly strong motif in the Christian tradition. A careful study of the Bible reveals this freedom is found in and modelled supremely by Jesus. As a result it is always purposeful, facilitates mutual flourishing and serves the common good.

One of the features of such freedom is that, by and large, with increasing maturity comes ever-increasing displays of the wise and effective use of our capacity to make choices and exercise influence around others. More simply, growing older can be about becoming better!

A benefit and challenge of the pandemic has been that many have been given time to redeploy; because we weren't driven by routines (often good and essential ones) we had grown accustomed to over many years. We are now at the point of being able to ask ourselves "What have I learned . . . what should be different moving forward . . . am I better as a person or have I wasted this once-in-a-lifetime opportunity?"

There are some things we can never go back to; most poignantly, the funeral of a loved one we were not able to attend. Will I live with regret, anger, disappointment or remorse and adopt a 'victim-mentality'; or (as a sign of growing maturity) realise I am designed to live just one day at a time, end each day having refused to 'let the sun go down on my anger' and make sure I do not ignore the inner prompting (what some call the "whispers of heaven") to do something NOW, not procrastinating until another day what can be achieved today?



Hilton Methodist Church

We are very pleased to announce that Hilton Methodist Church will be re-opening for worship on Sunday, September 12th., having been closed since March last year.

The arrangements for September and October are:-

- September 5th 10:00am Service on Zoom
(The link may be obtained from Sandy Monk; Tel. 01480 830273)
- September 12th 10:00am Ms. N. Gordon
- September 19th 10:00am Mr. D. Moorman
- September 26th 10:00am Mrs. L. Charlton
- October 3rd 10:00am Fr. R. Randall
- October 10th 10:00am Rev. D. Colley
- October 17th 11:15am Rev. N. Witham and Rev. D. Busk - United Service, Harvest Festival
- October 24th 10:00am Local Arrangements
- October 31st 10:00am Rev. S. Baker-Maher

We regret that there will be no refreshments after the services nor regular coffee mornings for the time being.

Varrier Jones Social Club



Well, here's hoping that by the time you read this we will have had our first Meeting on the 3rd September with hopefully, lots of friends both old and new attending. Unfortunately, at the time of writing, we have not now got any entertainment for that Meeting

but I am sure Jennie will have worked her magic and arranged something for us to enjoy – maybe even Eddie on the Bingo, which in itself is always entertaining.

A full write up, with pictures, will follow in the next Issue.

Future Programme

2nd October: Start Time: 12.30 for 1pm Fish & Chip Lunch - Entertainment: Peter Day, Juke Box Legend, if you weren't at the last Meeting and

would like to order Fish and Chips for this day, please contact Eddie or Audrey, numbers below.

6th November: Start time 1pm for 1.30pm - Entertainment: Steve Perry, Songs from 20,30,40 & 50s

3rd December: Start time - 12.30 for 1pm – Christmas Lunch - Entertainment: Barry Peters

Please watch out for the Posters in case of any Changes. If you have any questions, please do not hesitate to call either Audrey on 01480 831053 or Eddie on 01480 830338 (for either number if no answer please leave a message or name and number and you will be called back)

So, why not come and join us? Make some new friends or catch up with some old ones for an afternoon of entertainment and chat. Meetings are held on the first Friday of each month. Normal start time is 1.30pm in The Studio, Pendrill Court. Admission is £3 for Members, £4 for Visitors. The Annual Membership is only £5. Where else could you get anything like this for the price?



The Day Centre Opened again Tuesday 24th August!

We are delighted to report that the Papworth and District Day Centre has now opened. It was wonderful for the clients and volunteers to meet each other with lots of catching up and chatting.

We started the day as usual with tea and coffee, followed by the morning's activities of dominoes and knitting. We had a toast of sherry to celebrate our re-opening.

We had a lovely lunch of sausages and mash with loads of onion gravy followed by a coconut and jam sponge with custard.



We were delighted that Dr. Cronk, our Chair of the Trustees, came to visit. We asked him if he could find us some more clients. You can be referred to the Day Centre via your G.P or alternatively, you can telephone Jennie or Eddie (both pictured) for more information.

In the afternoon we had a few rounds of bingo, followed by a couple of light hearted quizzes.

The details of how the Day Centre runs are as follows:

The cost is £13 per day including tea and coffee and a delicious two course meal cooked by our resident chef, Jane. We meet every Tuesday between 10am and 3pm in The Community Centre, The Close, Papworth Everard. The Centre is fully wheelchair accessible. Transport is available in certain cases.

If you would like to find out more about the Day Centre, why not call the following? We would love to hear from you.



Contact: Jenny on (01480) 492697 or Eddie on (01480) 830338 for further details:



Please ring for more information



Papworth Craft Group

Unfortunately, the hope that meetings could resume at the beginning of August was dashed because of current Health and Safety restrictions at Papworth library. As things stand, there are only 16 people allowed in the library at any one time. The Health and Safety officers are due to reassess the ventilation in the library very soon, as of the last week in August. The aim is for meetings to resume sometime in September. There will be an announcement on the Papworth Everard Living Facebook page. Hopefully, anyone who has friends in the Papworth Craft Group with no access to the Internet can pass on the announcement.

It is now well documented that handcrafts have enjoyed a resurgence in popularity during the pandemic. Take cross stitch, for example. With time on their hands, surfing the Internet and falling down rabbit holes, some discovered the 'FlossTube' channel on YouTube. Cross stitchers have been sharing their passion for this handcraft for some years on FlossTube. Anyone can 'broadcast' on a FlossTube channel. It seems that the FlossTube phenomenon has led to people resuming their passion for cross stitch. For those new to cross stitch, who have been bitten by the bug, there are a multitude of 'modern' patterns that are more relevant to younger stitches - Harry Potter, Star Wars characters, subversive sayings and much, much more. Younger people want to stitch pieces that reflect their interests, and one place to find a wide variety of patterns to buy from sellers worldwide is the online site Etsy. Stitchers are able to make contact with stitchers from all over the world through Facebook and Instagram.

A Call for Hats, Gloves and Scarves

Our stash of yarn is now very substantial, plenty for anyone who would like to either knit or crochet hats, gloves and scarves for charity. With the chill of autumn just around the corner and winter beyond, these basic garments would be most welcome to those in need. The pattern is entirely your choice, as is the size, for adults or children. Alternatively, perhaps you have the odd spare moment to knit or crochet squares for blankets? Squares should be 8 x 8 inches or 20 x 20 cm (all ends sewn in, please). If you would like some yarn from our stash, please contact Rosalind Parnell at parnellrh@aol.com. Squares can be brought to meetings in Papworth Library once sessions resume.

The Papworth Craft Group is a community project, hosted by Papworth Library. The library is a wonderful resource, but it needs



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10.00 to 13.00 & 14.00 to 17.00

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www.cambridgeshire.gov.uk/leisure/libraries

people to use it. Rural libraries are always vulnerable to the threat of closure. Footfall counts and Papworth Craft Group members contribute to that. Choose some books, read the newspaper and join the Papworth Craft Group!

Hopefully, when the October News & Views pops through letterboxes, the Papworth Craft Group will once again be up and running!

Stay safe and well and have a happy September

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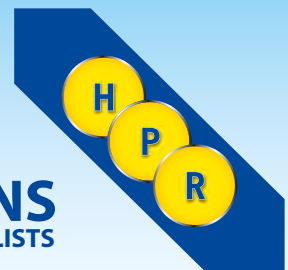
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theWI Papworth Everard INSPIRING WOMEN Womens Institute

Celebrations were the order of the day when we met for the first time since lockdown restrictions were lifted. We arrived, armed with chairs, food and drink for a Picnic in Papworth Park on Saturday 31st July. Around 20 ladies gathered to enjoy a lovely afternoon, with lots of chatter and catching up with what had been going on during lockdown. Celebration



cupcakes were enjoyed by all to finish off the afternoon and all agreed it was great to get back to some kind of normality after such a long period of time.

We look forward to meeting 'inside' for our first Members' evening on Wednesday 15th September at the Studio for a Social Evening giving all a chance to enjoy the company of others.

Please bring along any crafts or makes/bakes or ideas that have come during Lockdown to share with us all.

Remember the date: Wednesday 15th September 2021
New members/visitors welcome



LADIES OF PAPWORTH WE NEED YOU!!

Our WI has been active in the village for over 15 years during which time, apart from making many friends and learning new skills, we have, among other things, raised funds for the Papworth Hospital, Pendragon School, the Papworth Scouts and Guides, the Elderly and many other such good causes in the Community.

Over the years we have enjoyed many great speakers, had wonderful demonstrations, fun craft evenings, Christmas parties to name but a few and hopefully will continue to do so in the future.

Naturally we have found the last year a most difficult one due to the pandemic but have managed to continue our meetings on Zoom, albeit some of our members do not have access to the internet. Our choir, Lyrical Voices, have continued also to meet on Zoom weekly to sing along to a variety of music which has been most uplifting.

We now find we need new members to enable our Institute to continue with confidence into the future. Although our membership continues to maintain a healthy number, we are finding that we need new blood to take an active role and move us forward into 2022 and onwards in order that certain Committee members can stand down and take a bit of a back seat after giving several years of service.

We propose starting our face-to-face meetings again in September. We meet on the third Wednesday of the month at 7 for 7.30pm in The Studio in Papworth (next to the library)

Do come along – our first date is Wednesday 15th September – we look forward to seeing you.

If you have any questions or would like to know more, then please tel: Pat on 01480 350355 :email pat@woodpecker6.co.uk, or Joan on 01480 839230:email home@ejtomkinson.eclipse.co.uk





Blasters Update

Preparations are well under way for the 2021/22 Season, and we are looking forward to getting started with matches in a few weeks. We have had a fantastic response to our Development Squad for U5 and U6 age group, and thanks to enough volunteers coming forward we have two U7 teams. We also have volunteers to coach an U8 team and training will start shortly for that age group. We can only accommodate more children with more volunteers, so if you are interested in coaching please do get in touch.

Existing parents will have noticed that the registration process has been less smooth this year due to the FA implementing a new system which is somewhat temperamental! Thanks to everyone for your patience and cooperation.

Trophies will be handed out at home games during September, and although it's not possible to have a full presentation event in the next few months we hope that we can have another social event early next year if restrictions are fully lifted.

Good luck to all our players and coaches for the new Season.

Papworth Blasters Committee



Cambridge Country Club

welcomes guests to the newly opened 5 luxury complex*

Following extensive multi-million pound renovations, Cambridge Country Club officially opened on 1st September 2021 and is now welcoming guests to the luxurious complex boasting extensive dining, health and wellness facilities.

The Gym boasts state-of-the-art equipment with designated areas for functional fitness, cardio and strength workouts. With two studios set up for spin and dedicated classes, two swimming pools and a multidisciplinary team it is the ultimate facility for all fitness needs.

Indulge in luxury in The Spa with 7 treatment rooms, Himalayan salt spa, rainforest shower, relaxation room, steam room, sauna and use of the pool. A range of beauty treatments and products by Elemis and Gerrard International are on offer, with tailored spa packages available, making it the perfect pamper. The London Dermatology Centre™ is also coming to Cambridge, as founder Dr Sunil Chopra BSc, MBBs, MRCP will be bringing his wealth of expertise to the inhouse clinic based at the complex.

Find a fabulous array of dining options by Executive Chef Lee Scott. Choose from fine dining at the 5* restaurant Thyme, drinks and traditional food at the 19th hole in the Spikes Bar, or why not try The Lounge for coffee, a light, nutrition-packed lunch or indulgent afternoon tea?

Function suites are also available to hire for weddings, celebrations and corporate events accommodating up to 300 guests.

The Cambridge Country Club is now accepting bookings for all dining and events, including weddings and Health & Wellness memberships are also now available. For more information visit:

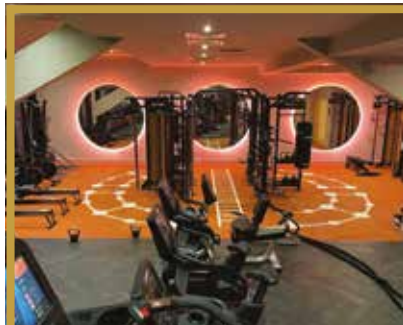
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PAPWORTH TENNIS CLUB

The Club is launching its autumn programme of activities starting with an Open Day on Sunday 5th September and a range of new coaching courses for every age and ability!

PAPWORTH'S NEW TENNIS COACHING PROGRAMME

All Enquiries to john@overandin.com 07926 073663

| Mini Tennis | | | | |
|-------------------------|--------------------|--------------------------------------|----------------|---|
| Mini Fun | Fri 3:45-4:30 | Free for members, £5 for non-members | Starts Sept 10 | Suitable for all mini players. Pay-and-play. No need to book |
| Mini Fitness | Weds 3:45-4:30 | £5 members, £7 non-members | Starts Sept 8 | Suitable for all mini players. Pay-and-play. No need to book |
| Mini Red Player | Tues 4:30-5:30 | £55 members, £75 non-members | Starts Sept 7 | For 8&Under players ready to compete |
| Mini Orange Transition | Weds 4:30-5:15 | £45 members, £58 non-members | Starts Sept 8 | For 9&Under players at improver level |
| Mini Green Transition | Tues 5:30-6:30 | £55 members, £75 non-members | Starts Sept 7 | For 11&Under players at improver level |
| Junior Tennis | | | | |
| Junior Club Night | Fri 4:30-5:30 | Free for members, £5 for non-members | Starts Sept 10 | For all junior players 11+. Pay-and-play. No need to book |
| Junior Improver | Sat 2:15-3:15 | £55 members, £75 non-members | Starts Sept 11 | For junior players 11+ learning to play full-court tennis |
| Junior Player | Mon 5:15-6:30 | £65 members, £85 non-members | Starts Sept 6 | For junior players 11+ able to play full-court tennis |
| Junior Player | Weds 5:15-6:30 | £65 members, £85 non-members | Starts Sept 8 | For junior players 11+ able to play full-court tennis |
| Adult Tennis | | | | |
| Adult Improver | Tuesday 9:15-10:45 | £9 members, £12 non-members | Starts Sept 7 | Pay-and-play. No need to book |
| Adult Beginner/Improver | Friday 6:30-7:30 | £55 members, £75 non-members | Starts Sept 10 | |
| Adult drills | Friday 7:30-9 | £9 members, £12 non-members | Starts Sept 10 | Pay-and-play. No need to book |

CLUB CHAMPIONSHIPS

For Club members, the annual Club Championships will take place over 2 weekends, on Sunday 19th September and Sunday 26th September. Any member, either adult or junior, wishing to enter should email john@overandin.com to confirm their entry into Singles, Doubles or Mixed Doubles competitions. For further details go to PTC's website www.papworthtennis.co.uk

OPEN DAY

SUNDAY 5TH SEPTEMBER

FROM 9 AM TO 1 PM, Papworth Tennis Club will be open for everyone to come along and try tennis for free!

Racquets and balls are provided

All ages are welcome!

For further explanation about the groups, please message John at john@overandin.com or message John on 07926 073663

Players are welcome to participate in more than one weekly session. New players must first take an assessment to ensure that they are placed in the group appropriate for them. Assessments are offered free of charge but must be booked in advance.

Places can also be booked after the start of term and new arrivals will be charged on a pro-rata basis. Courses run for 10 weeks. This allows for courses to be completed in case of bad weather cancellations.



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