

Kingston Parish & Church Magazine



May 2021

Village Diary

With the partial lifting of Government restrictions, the Village Hall can now host outdoor events and a Pub Night was held on April 17th. For other Pub Night dates see inside.

Advance Notice: The Kingston Orchard Tea Party is scheduled for 10th July to coincide with the Church Gift Day

Wheelie bin collection dates

Thursday, 6th May

Blue and Green bins

Wednesday, 12th May

Black bin

Wednesday, 19th May

Blue and Green bins

Wednesday, 26th May

Black bin

Editorial

Many congratulations are in order.

Congratulations to Peter Stokes for his many years of unstinting effort as the Parish Clerk and congratulations to Mimi Wheeler for being appointed his successor.

Congratulations to Joeeta Murphy for completing her fund-raising challenge featured in last month's magazine.

Congratulations to Joan Reynolds for her 90th birthday celebrations and thanks to all her friends in the village who signed her giant card.

Congratulations to all those who have made Kingston a food mecca. The fish and chips van and Angie's Kitchen are great additions to village life. John Easy's Facile Pizza, of course, is an outstanding mainstay of Kingston's culinary treats. Hopefully our patronage will be sufficient to retain all these services.

Congratulations to all those who joined in the Litter Pick on Saturday, April 24th It's always good to see so much support for such community activities.

And, finally, congratulations to Jacqui Smith (cover) and Heather Ginn (inside) for submitting the wonderful photos that grace this issue of the magazine. They've both captured Kingston in all its springtime glory.

Peter Holly pjholly45@gmail.com 01223 264 556

Vicar's Letter

Some of our familiar sayings are about predicting the future – “Red sky at night, shepherds’ delight” – but “ne’er cast a clout ‘til May be out” points the other way. It’s a saying to remind us of our unpredictable Spring weather, but also of the wider point: the future is largely unknown.

Some of Jesus’ sayings point in the same direction – “do not worry about tomorrow, for tomorrow will bring worries of its own. Today’s trouble is enough for today.” But this doesn’t mean that Jesus had no longer term view – the Bible also reminds us that “with the Lord one day is like a thousand years, and a thousand years are like one day.”

We have to live with the tension of preparing for an unknown future – whether it’s getting ourselves vaccinated, deciding when to cast a clout, or whatever else.

But in this year of dealing with the unknowns of Brexit, covid, and all the more local and personal issues, we must not forget the ever growing problem of climate disruption. This is no longer a threat – it’s a certainty. We can’t predict which days in May we will need our ‘clouts’, but we know there will be fewer and fewer of them.

Only immediate changes on a global scale, all the way from individuals to governments and multi-national businesses, have a chance of avoiding catastrophe. There will be costs, and it is we in the rich world who must bear the greatest share.

These aren’t just questions of science or economics: they’re questions of theology. Creation belongs to God, and on God’s scale, each of us is only here for a fleeting moment. We are briefly lent our world, and like any good borrower we must take care of it so as to hand it back in good shape.

And Jesus is clear that “from one to whom much has been entrusted, even more will be demanded.” (Luke 12:48) Making the necessary changes isn’t up to “them” – it’s up to us, and it’s time to get started. As another future-looking saying has it, “a stitch in time saves nine.” What will you do today to make a difference?

Revd. Steve Day

HRH Prince Philip, Duke of Edinburgh 1921 – 2021 RIP

To mark the death of HRH Prince Philip Duke of Edinburgh, the Union Flag was raised on the village green on Sunday 11th April and flown at half mast until Sunday the 17th and on both these the days the church’s tenor bell was tolled 99 times.

Church services for May

Sunday 2nd May Holy Communion 8.30am

Sunday 16th May Family Service 10.30am

Sunday May 30th TRINITY SUNDAY Team Worship at Holy Trinity, Elsworth 10.00am

Masks must be worn in church.

ZOOM Chapel:

Morning Prayer (Mon – Sat) at 8.15am possibly not Bank Holiday

Bible Study on Wednesdays at 7.30pm

Compline on Thursdays at 9pm

Telephone service on Mondays at 5.00pm possibly except Bank Holiday Monday

For further information and the Zoom link see www.papworthteamchurches.org

The church remains open on Wednesdays and Saturdays.

Church cleaning

1 st Sunday	Peter and Suzy Stokes
2 nd Sunday	Donal and Monica O'Donnell
3 rd Sunday	Peter Reynolds
4 th Sunday	Janet Clear
5 th Sunday	Linda Rimmer

Church flowers and brasses

2 nd May	Janet Clear
9 th May	Miki Ellar
16 th May	Henrietta Burbidge
23 rd May	Joan Reynolds
30 th May	Kay Forsythe

Easter 2021

Many thanks to all those who decorated the church for Easter. We are grateful to The Revd Rodney Holder for coming out from Cambridge once again. The service was well attended. Sadly, Covid regulations proscribed hymn singing, but Patrick and Kathryn Daily played piano and flute: our thanks also to them.

MARK STEELE

ALL FORMS OF GENERAL BUILDING RENOVATION
AND DECORATING WORK CARRIED OUT

07831 550189

or

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Orchard End Church Lane
Kingston Cambridge CB23 2NG







Plant and Book Sale

Saturday 1 May

Crossways Cottage drive and garage on Field Road

10am until we are sold out!

Jonathan (Tan) and Rachel (Hooper) have been busy growing things during lockdown. We now have a range of cacti and vegetable seedlings for sale. Also, there will be a book stall with a range of books from Rachel and Jill's spring cleaning. All proceeds to cover seed/compost costs and then pocket money for Jonathan and Rachel.

			
<p>Cacti and houseplants</p>	<p>Vegetable seedlings, including courgettes, borlotti beans, squashes, broad beans, daikon/mooli, potatoes, globe artichokes and more</p>	<p>A wide range of vegetable seeds</p>	<p>Also books! (mostly not about plants)</p>

Jo Murphy's Charity Walk

Jo has now completed her fund-raising challenge and has sent in the following final report:

I am thrilled to let you know that I have successfully completed the 10,000 steps a day in March challenge for Cancer Research UK and got the badge to prove it. It was tough going on days when the weather was particularly bad, but it has been fun. In total, I have walked 135 miles during March averaging 10k steps a day and raised over £700 which is amazing! Thanks again to all those who have sponsored me. If anyone else would like to sponsor me there is still time - please visit my just giving page at the link below:

<https://fundraise.cancerresearchuk.org/page/jos-walk-all-over-cancer-fundraising-page-924>



**Joan Reynolds on her
90th Birthday**



From Joan Reynolds

Thank you to all my friends in Kingston for the lovely flowers and birthday card on the 21st April - much appreciated. Love, *Joan*.



Joan front row centre – trainee nurse at King's College Hospital, London, 1950

Pub Nights

The next Pub Night is Saturday, 1st May and the next one after that is Saturday, 5th June. In future, pizzas will be available on a bi-monthly basis, which means no pizzas on 1st May and pizzas available on 5th June. On 1st May no doubt Angie's Kitchen will be on site.

East West Rail and Kingston

The latest stage of the public consultation process began on 31 March and the public can submit responses until 9 June. The consultation pack has been sent by EWR to each household in April, giving full details of the latest proposals and information on how you can respond. It can also be downloaded here:

<https://eastwestrail.co.uk/consultation>

In summary, there are five possible track alignments in our section of the route corridor between Cambourne and Cambridge. **Three have a station south of Cambourne and would take a southern route along the valley of the Bourn Brook between Kingston and Toft, within 350 m of our church.**

However, from our point of view, the promising news is that the other two possible track alignments are away from Kingston and are described by EWR as "emerging preferences". These have a station just north of Cambourne and the track takes a northerly route to the A428 to Childerley Gate, before turning south to pass between Toft and Comberton, skirting Little Eversden and on to near Harlton and Haslingfield.

Small-scale plans are shown in the consultation documents and we have attached an enlarged sketch of the alignments, as they relate to Kingston. The comparative environmental impacts of the alignments in relation to noise, landscape, heritage etc are set out on the document and the sensitivity of Kingston and its surrounding landscape is recognised.

Having the station to the north is supported by Cambourne Town Council. Various pressure groups, supported by our MP, have campaigned for an entire northern route connecting with the Cambridge North station. EWR rejected the latter option as too expensive and incompatible with the eventual goal of creating a freight line from Harwich and Felixstowe.

Kingston Parish Council and many residents have previously written in support of the northern route and also supported the Wildlife Trust in their efforts to prevent a railway beside the Bourn Brook. What we seem to have now is a compromise that

provides Cambourne with a station to the north and EWR with a direct connection to Cambridge South station.

The “emerging preferences” would be 2.4 km (1.6 miles) from Kingston at their closest points and the track would almost certainly be in cutting as it descends from 72 m at Childerley Gate to 19 m at the Bourn Brook. There would have to be a road bridge between Toft and Comberton, as level crossings are no longer an option for new lines.

If you support the “two emerging preferences”, please take this opportunity to do so, or pass your concerns about the southern alignment to the Parish Council who are preparing their response. Among other things we will be asking EWR for their assessments of noise levels and impacts on roads, landscape, heritage and wildlife and their mitigation proposals. We will also use this opportunity to press the case for electric rather than the planned diesel trains.

This report was prepared by Paul Wright for the Parish Council.

THANK YOU, PETER.

You may have read in last month’s magazine that Peter Stokes has retired as Clerk to Kingston Parish Council with effect from 1st April. Peter has carried out this role for over twenty years and we have been so fortunate to have received the benefit of his expertise for so many years.

He has guided so many Parish Councillors through a maze of ever-changing legislation, regulation and technology. We have all appreciated his calm and efficient manner and the secure knowledge that everything is done correctly.

So, on behalf of current and past Parish Councillors and indeed all our community thank you Peter for your dedication to this role. Hopefully when restrictions allow, we can all thank you personally.

I hope that Peter will now enjoy a little more free time but I know that when the call goes out for volunteers to help with Village events Peter will, as always, be first to come forward.

I also would like to thank Mimi Wheeler for taking the baton from Peter. We are so pleased that the new Parish Clerk is from our own community and with Peter’s guidance and support over the overlap period we look forward to a seamless handover.

James Clear

Chairman Kingston Parish Council

Here is some useful information published by South Cambs District Council on the current Covid situation, with some links to various local services and helplines.

As the Government's cautious road-map out of lockdown continues, people's health, safety and wellbeing remain of paramount importance. While infection and death rates are decreasing, transmission of Coronavirus is still an extremely serious threat and we all have a role to play in doing our utmost to stop its spread.

This can best be done by continuing to take precautions against catching or transmitting the virus and closely **following the Government's rules** for each step of its COVID-19 Response Spring 2021 roadmap out of the current lockdown for England.

This means continuing to abide by the guidelines for social distancing by:

- Washing your hands regularly and for at least 20 seconds;
- Covering your face in enclosed spaces (especially where social distancing may be difficult and where you come into contact with people you do not normally meet);
- Staying two metres apart where possible, or one metre with extra precautions in place.
- It is also essential to stick to the rules around travel and holidaying.

Our Council team **continues to provide essential services** and support to the residents most in need in our district. They are working in conjunction with many dedicated volunteers who have played a crucial role in helping this work and we are immensely grateful to them.

Residents who need to carry on self-isolating during this time can rest assured that all the support previously available will continue, **including financial help**.

Our **Reopening the High Street team** is supporting local small to medium businesses as they reopen and work towards recovery. This includes helping them to carry out comprehensive COVID-19 risk assessments to keep customers and their workers safe; providing signage and aiding the implementation of the two-metre rule in the workplace; and advising on cleaning, handwashing and hygiene procedures in line with current guidance.

As more Government financial packages are announced for the business sector, our Business Support Team is also there to support the recovery and help struggling firms to **access much-needed Government grants** to address some of the financial impact of the lockdown and to fund recovery activities. We are also offering support and grant aid to local communities to get voluntary projects and services back on track after months of lockdown.

Everyone across the district is working extremely hard to put plans into place for when affected services are able to gradually and safely welcome everyone back. Until then, please continue **follow the guidelines** to help protect the NHS and our families, friends and colleagues. By keeping infection rates low, we will all be able to get back to doing the things we love sooner.

To access advice and support see <https://www.scambs.gov.uk/coronavirus/>
For more information on the Government guidelines in the COVID-19 Response Spring 2021 roadmap, see <https://www.gov.uk/coronavirus>

Useful links:

Government Coronavirus restrictions: www.gov.uk/coronavirus

South Cambridgeshire District Council Coronavirus information:
www.scambs.gov.uk/coronavirus

Information on financial support to self-isolate: www.scambs.gov.uk/isolation

South Cambridgeshire District Council's Reopening High Streets Safely Team:
www.scambs.gov.uk/business/coronavirus-information-for-businesses/reopening-the-high-street

Support for local businesses:
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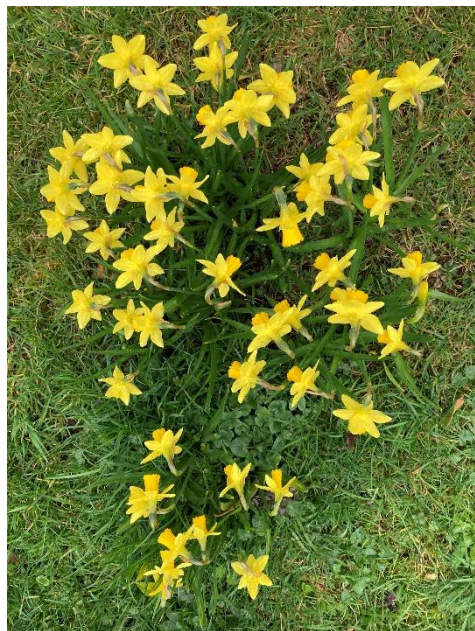
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Book of the Month

“The Thursday Murder Club” by Richard Osman

This huge best-seller by TV personality, Richard Osman, is a crime novel which, in the opinion of this reviewer, doesn’t quite make the grade. Set in Coopers Chase Retirement Village in the wealds of Kent and built in the grounds of a former convent, two murders rock this quiet community and two parallel murder inquiries ensue, one naturally enough by the police and the other by the members of the retirement home’s Thursday Murder Club. These investigations are sometimes separate and apart and sometimes connected, but it always feels as though the amateurs are one step ahead of the professionals.

The four current club members are Elizabeth, the team’s erstwhile leader, Joyce, Ron and Ibrahim. They meet every week in one of the activity rooms in the village’s ample facilities and pore over documents pertaining to previous murders that remain unsolved. They have access to papers, photographs, etc. related to these “cold cases” because a former member, Penny, had been a police officer. As Joyce admits, Penny wasn’t supposed to have the files, but “who was to know? After a certain age, you can pretty much do whatever takes your fancy. No one tells you off, except for your doctors and your children.” The four super-sleuths are all nearing the age of 80, but shouldn’t be written off as intrepid investigators.

The book starts well. Osman’s trademark quick-wittedness and sardonic humour are well to the fore and all the four main protagonists are introduced to us. We learn that Ron is an ex-trade union leader who is a bit of a rough diamond with a heart of gold (his son is a famous former boxer who is being lined up for a stint on “Dancing on Ice”). Joyce – whose commentary extends throughout the book – is a former nurse. When asked what she used to do she initially demurs but then says that she had been a nurse and a mother – “nothing much really.” Not to be written off as a ditzy, self-deprecating older woman, it transpires that her insightfulness is only matched by her loyalty to the indefatigable Elizabeth. Joyce is the glue that holds the team together. Elizabeth has an interesting past. She was once some kind of MI6 officer operating in Eastern Europe during the Cold War. As Joyce remarks,

I’m not supposed to say what Elizabeth used to do for a living – suffice to say though, that murders and investigations and what have you wouldn’t be unfamiliar work for her.

Elizabeth does, however, admit to being well-used to “interviewing” detainees and her concomitant dislike of using strong-arm tactics, much preferring to sit back and wait for the suspects to start talking.

Ibrahim is neat and tidy, fastidiously so, well organized and very conscientious when it comes to recording and logging the detail of their cases. He also does Pilates and keeps himself in trim, believing that he looks much younger than his actual age (80).

These characters are introduced to us in some detail until the real murders take over. One man murdered is the co-owner of the retirement village; the other is the main owner, Ian Ventham, but not before he had to face a public meeting called to discuss his projected expansion of the village. There he had to face the scorn of Ron, the former “rabble-rouser” trade unionist well used to facing down “establishment” figures. “Red Ron” had been his nick-name and his rebellious exploits likened to those of Arthur Scargill. He is not to be messed with – especially when he is wearing his favourite West Ham shirt – as Ian Ventham discovers to his cost. But the owner doesn’t live long enough to rue Ron’s smarting attack and his murder triggers the investigations that compile the rest of the novel. When the police are called in, we first meet Donna – a junior police-woman who Elizabeth, having already met and liked, engineers being put on the investigatory team. We also meet Donna’s boss, Chris, who is a likeable, but lonely middle-aged man, always promising himself to go on a diet and smarten himself up. He clearly hasn’t given up the prospect of finding a partner.

There the characterization ends and the plot takes over. And that’s the problem. According to the genre – crime fiction – the plot has obligatory tortuous and complicated twists and turns, some of which stretch plausibility to its limits. This labyrinthine plot not only dominates events but serves to disguise the humour which characterized the book’s opening. Maybe my problem with the book is the genre itself. As one reviewer mentions, it’s very much in the tradition of Agatha Christie and, in truth, I’ve never been a big fan of her writing. Kate Atkinson, however, whose books I always enjoy, raves about “The Thursday Murder Club”, so what am I missing? Another reviewer says it is “funny, clever, and achingly British”. Maybe I just like my crime fiction set in the bayous of Louisiana and written by James Lee Burke at the height of his game (see next month).

Peter Holly

Kwirky Korner

It’s definitely been a kwirky kind of month.

A woman found daffodils in her fridge which her husband had brought home thinking they were spring onions. In his defence, they were yet to bloom. In the meantime, thinking the spring onions had been ordered and paid for but not provided, the woman complained to Asda and got her money back.

Beware of going to supermarkets in Essex at the moment. In the Chelmsford Tesco some two-hundred “anti-maskers” gathered and made a nuisance of themselves, barging around the place and threatening other customers who were dutifully wearing their masks. Having disrupted the place, the protesters did their food shopping and dispersed, hopefully having rightly identified their spring onions.


One advantage of Covid and our precautions against it is that the flu' has been virtually eradicated. In the USA, one child has died of the illness this year, whereas the usual death-toll is around 200. Thank goodness for small mercies.

Another Covid-related story concerns the Italian mobster, Francesco Pelle, who has been on the run from the law for two years. Having caught Covid, he was rushed from his hide-out in Portugal to the nearest Covid clinic, identified, and rearrested.










What has happened to Tomasz Schafernaker, one of the BBC's weathermen? His bearded, shaggy-haired new look makes him appear somewhat Neanderthal. We all assumed that his look was as a result of the lockdown, but, no, he now says that it's a look he intends to keep. Mind you, this is the same person that, when appearing on "Would I Lie to You?", admitted that he had always thought that "sheep" and "lambs" were two different kinds of animals. And he was telling the truth! Maybe that's where he got the idea of going shaggy!

Talking of weathermen, if you remember Michael Fish you may remember when he and Mrs. Fish appeared on the programme "Mr. and Mrs." (I think that was the title), where the object was to see if, when asked the same questions, the husband and wife duo would give the same answers. In the case of the Fishes, when asked "what has been the worst thing that has ever happened to you?", he immediately responded by saying "when the central heating radiator leaked and slightly dampened a rug." When asked the same question, his wife gave exactly the same answer! Enough said. In 1995, the punk rock group Rachel and Nicki released a record titled, "I wish, I wish, he was like Michael Fish." We don't know who the "he" was in the song, but maybe they were talking prospectively about Tomasz Schafernaker. A new song might include the words:

Unkempt and dishevelled,
his hair needs a weed-whacker
That's why we truly love
Tomasz Schafernaker.



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In my early days as an Insurance Claims Handler I once received a Motor Claim Form from a policy holder who had only ONE EFFECTIVE EYE. He had been involved in a recent road accident and the form disclosed that some years earlier he had been convicted of a driving offence. As we had not been advised of this when he submitted his original proposal, I wrote for further details. Below is a VERBATIM copy of his reply.

"In answer to your letter I was convicted once for Dangerously Driving, Driving in danger of other peoples' lives, and assault and I was fined £10 and my licence was taken away until I had taken a driving test. This was about twenty years ago. The Police court was near Olympia in London.

I would like to explain how I was involved in this. I was going to Wimpys. (the builders) to their office in Hammersmith. I turned into Palace Fulham Road. I stopped to ask a newspaper vendor where Wimpys was. He directed me telling me to turn round and take a one way street. I turned round and someone called out. I stopped and a man came to the side of my car and told me I had nearly knocked him down. The road was very wide. He informed me that HE WAS PARTLY BLIND and I told him SO AM I and with that he PUNCHED ME IN THE FACE. I got out of my car and said do you know what you have done AND WITH THAT HE DREW HIS BRIEFCASE TO HIT ME AGAIN.

I am sorry to say I HAD TAKEN ENOUGH AND BUTTED HIM WITH MY HEAD"

My claimant went on to say that after the case was heard he was told that his opponent was the brother of the POLICE SERGEANT BASED AT THE POLICE STATION NEXT DOOR TO THE COURT!

David Heath

Bus Times: Amendments

Park and Rides

To coincide with the re-opening of all non-essential retail, all 5 Cambridge Park and Ride services will return and will operate to the January 3rd timetable.

Buses will operate every 10 minutes daytimes and every 20 minutes after 18.00.

Route 4

Route amendment: Following the re-introduction of Park and Ride services, this route will no longer call into Madingley Road Park and Ride.

Route 18

This route will return to its January 3rd timetable and buses will operate every 60 minutes.



Papworth Team Ministry (C of E)

The Papworth Team Ministry Team Office:

Lower Pendrill Court
Ermine Street North
Papworth Everard
CB23 3UY

Email: papworthteamministryoffice@gmail.com

Web: www.papworthteamchurches.org

Our Team Administrator, Chris Westgarth, works in the office normally on Monday, Tuesday, Thursday and Friday mornings; serving the parishes of Bourn, Boxworth, Caxton, Conington, Croxton, Elsworth, Eltisley, Graveley with Papworth St Agnes, Kingston, Knapwell, Lolworth, Longstowe, Papworth Everard, Toseland and Yelling.

For enquiries about weddings, baptisms, funerals and general parish matters, please contact Chris (as above), visit the website or speak to one of our clergy...

> The Revd Nigel di Castiglione,
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> The Revd Stephen Day,
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Record Corner

Records have always come in different sizes but my favourites will always be 45rpm "singles". They are called singles but actually they are "doubles", with one track on each side. The so-called "A" side was the tune to be promoted and, hopefully, headed for the charts; the "B" side was supposed to be complimentary (if, for instance the "A" side was a serious ballad, the "B" side might be a frothy, up-tempo number) but, in reality, was often a throwaway track to make up the space.

Sometimes, however, when the "A" side failed to get any traction in the charts, the sides were reversed and DJs on the radio were asked to plug the original "B" side. A famous case of this happening was "Tequila" by the Champs, an infectious instrumental which became a big hit and is still played on TV adverts today. Other well-known examples were "Rock Around the Clock" by Bill Haley and "Save the Last Dance for Me" by the Drifters; both were slated to be "B" sides but these decisions were reversed prior to their release.

Starting in the later 1950s, however, especially when it came to prolific singers/songwriters, the two sides were just as strong as each other. For record collectors, these records are golden nuggets as they feature two tracks often of equal worth. Think about Buddy Holly's fabulous pairing of "Peggy Sue" and "Everyday" or Elvis Presley's "It's Now or Never"/"A Mess of Blues" combination. Then there's the Ritchie Valens 45 that had "La Bamba" on one side and "Donna" on the other. Priceless. My mother was able to swoon over RCA's pairing of "Catch a Falling Star" and "Magic Moments" by Perry Como and the double release of "Every Time You Say Goodbye" and "Manhattan" by Ella Fitzgerald. (OK, I liked them both too). Later in the '60s the Rolling Stones brought out "Let's Spend the Night Together"/"Ruby Tuesday" and the Beatles released a double "A" side record: "Penny Lane"/"Strawberry Fields Forever". Curiously the latter never became a no.1 as the chart compilers halved its sales numbers so both tracks ended up behind "Release Me" by Englebert Humperdinck. Artists like the Everly Brothers (one of my favourites will always be "('Til) I Kissed You"/"Oh, What a Feeling"), Roy Orbison, the Coasters, and the Drifters all produced recordings where the "A" and "B" sides were of equal worth. However, my favourite track pairing EVER was Lou Reed's "Walk on the Wild Side"/"Perfect Day", an amazingly brilliant pairing of two great tracks from his second solo album "Transformer". Clearly, I'm not the only enthusiast of this Lou Reed record as both tracks have stood the test of time with "Perfect Day" overtaking "Walk on the Wild Side" in terms of general popularity. Both tracks have been covered by other artists and currently on Spotify I'm playing three versions of "Walk on the Wild Side" by Suzanne Vega, David Ros (featured in a recent TV advert) and Albert Pla (a Spanish version titled "El Lado Mas Bestia de la Vida" which is

infectiously quirky) and Carla Bruni's recording of "Perfect Day". Her husband, Nicolas Sarkozy, might not be having such a great day at the moment, but his wife's recording is at the top of my pile.

My favourite anecdote about the making of "Perfect Day" was when Lou Reed was asked to explain the drug references in the song. "What are you talking about?" he said, "the song's just about going to the park, drinking sangria, feeding the animals in the zoo, and going home. That's it."

As a postscript, please be aware that there is a new version of "Landslide", the song featured in last month's issue. This time it's by the up-and-coming English Country duo, Ward-Thomas and is full of lovely lilting harmonies. Well worth a listen.

Peter Holly

Do you have breathing difficulties?

Did you know singing can help?

Cambridge Singing for Breathing is now meeting online

Singing for Breathing is a friendly and fun way to get the best from your lung capacity, using breath and voice exercises, guided relaxation and singing

Thursdays 2.30 - 4.00 pm.

Weekly donation £0 - £3.50

Contact Kay Barrett for more information and Zoom link:

Mobile - 07845 726975 Email - singingforbreathingcambridge@gmail.com

Singing is a great way to improve the way you breathe and get the best from your lung capacity. The Cambridge Singing for Breathing group is meeting online, using Zoom, on Thursday afternoons, 2.30 – 4.00.

Kay Barrett has been leading the group for local community music charity Talking in Tune since May 2016.

She says:

You don't need any singing experience to take part. It's all about what it feels like, not what it sounds like. The camaraderie of the group, the guided relaxation, the breathing exercises and the singing are so much appreciated by everyone, and the health benefits transfer over into daily life.

The move to meeting online has worked really well for us. Singers can join from the comfort of their own home, even when they are feeling unwell.

You need to turn off your microphone when we sing together, but that can be very liberating! You simply copy what you hear the leader singing, call and response style.

We also make use of multi-track recordings, so we can continue to enjoy rounds and harmonies.

Do I have to pay?

Those who can afford it are invited to give a £3.50 donation each week, but this is not essential – we want everyone to be able to come.

Do I have to come every week?

We know that appointments, sickness, family commitments and such can get in the way! Just come when you can.

I have Long Covid, can I join?

The gentle pace and the breathing exercises and relaxation can be very beneficial, but do check with your doctor or respiratory physio, especially if your symptoms are severe. Do call Kay if you are unsure.

How do I join?

Simply contact Kay at singingforbreathingcambridge@gmail.com or call 07845 726975 for further information and to receive the Zoom link each week.

You can find out more at www.singingforbreathing.wordpress.com or <https://www.facebook.com/singingforlunghealthcambridge/>

Kay Barrett

April 2021

Church Without Walls

It was a great privilege for a church team to be invited into Bourn School to tell the children the Easter Story starting at Palm Sunday and ending with Easter Day.

6 stations were set up in the school grounds using whatever was available to us. The cricket pitch became the road to Jerusalem, the lunch tables in the playground were used for the last supper, and feet washing took place under a tree. The nature reserve was perfect for the garden of Gethsemane, the outdoor theatre for Good Friday and an Easter Garden was created in some shrubs.

The children were amazing at social distancing. Half a class came at a time and the one way system was adhered to. However what was more amazing was to hear just how well the children at Bourn School know the Easter Story and its significance.

Everyone was given a little carrier bag and collected a reminder from each station which they could take home and look at again. There were things to colour, things to bake, things to grow and a folding story book. They also received a Palm Cross and of course an Easter Egg!

We had a lovely sunny morning and thank you Bourn School for such a warm welcome.

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Appointments: 01954 719469

Emergencies: 01954 719313

Dispensary

Mon-Fri 8:30-1:00 & 2:00-6:00

01954 718101

www.bournsurgery.nhs.uk

Out of Hours NHS 111

Comberton Surgery Opening Times

tel. 01223 262500

Reception

Mon-Fri 8:00-12:30 & 1:30-6:30

(Out of hours for duty doctor's number
ring: 01223 262500 or 262579)

EMERGENCY 01223 464242

Dispensary

Mon-Fri 8:00-12:30 & 2:00-6:30

Sat 8:30-10:30 (Pre-ordered only)

& not bank holiday w/e)

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revdsmday@cantab.net
Rev Nigel di Castiglione (Team Rector) 01954 267241
nigel.dicastiglione@gmail.com or 0777 0697240
Rev Nigel Pearson 01954 719637

Churchwarden

Peter Reynolds

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