

YOUR LOCAL INFORMATIVE MONTHLY GUIDE

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ISSUE 171  
JANUARY 2020

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## LETTER FROM THE EDITOR:

I'm sure that many of you can remember the millennium celebrations and how much we heralded the dawn of a new century. It seems incredible that we are now twenty years into the 21st century; a fifth of the way through already. It would be interesting to analyse what advancements have been made in the last two decades - perhaps you the readers can tell us what you think are the major changes and are they for the better or worse? Our January edition marks the first magazine of the new decade and we feature Kitchen Culture from Great Staughton who offer a bespoke kitchen service. We have another competition from Stageworks Musical Theatre Company with a chance to win tickets for their production of Half a Sixpence. Beacon Wealth Management give advice on long term financial planning for care in the future while Beacon Wealth Legal feature specific advice on family law. All the usual feature are there for you to enjoy too. Happy New everybody.

*John*



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## Opinion: Could do Better? Believe It

Even the most disinterested observer must have noticed that the world of television is changing beyond all recognition. When I was a teenager there were just three channels to choose from and you could only watch programmes at the time they were broadcast. Now, there are hundreds of channels, +1 channels and any broadcaster worth their salt has a catch up on demand service, so you can watch what you want when you want.

Perhaps the biggest change has been the rise of online subscription services such as Netflix and Prime. What started out as the online version of a video rental store has become much, much more. These channels are now creating compelling television with the production values, special effects and scripting to put Hollywood and the established programme makers to shame. And all this is available for less than the price of the TV Licence.

It's easy to forget that there is a subscription TV service that has been around for years - Sky. I must confess that I've never felt the urge to subscribe to Sky, partly because of the exorbitant cost, partly because I don't want a dirty great satellite dish stuck on the front of my house, but largely because they've never broadcast anything I particularly want to watch. But now that has all changed.

I'm a lifelong devotee of Formula 1, much to the despair of my wife, daughters and even the dogs, who miss out on walks and attention while I indulge my addiction. Until this year, I've been able to get my regular fix of Formula 1 courtesy of Channel 4 but now, thanks to Bernie Ecclestone's relentless desire to become a billionaire, the TV rights have been flogged to Sky and the limited highlights offered by Channel 4 are no longer enough to satisfy my cravings. In an effort to keep up with the times, Sky now offers something called NowTV which is a kind of pay as you go, online version of their regular subscription service. Armed with a NowTV stick, I am able to mainline an entire race uninterrupted. Am I happy? Not really.

Let's start with the stick, which is about as intuitive as learning quantum mechanics. I am regularly to be found shrieking at the TV because the race starts in five minutes and it insists on showing me test cricket or rugby league... or maybe nothing at all because the signal's gone dead. Then there's the cost, an exorbitant £10 per race or £15 if you want to watch the qualifying as well. I can get two months' worth of Netflix for that kind of money. To add to my woes, you have to watch the race live, not when it fits in with your busy Sunday schedule; fine if it starts at a civilised time but you have to get up at five in the morning if the race is in Japan or Australia.

Perhaps the worse element of Formula 1 on Sky is the quality of the coverage. The director doesn't seem to understand the concept of a motor race and is usually showing slow motion footage of a backmarker at the point Verstappen is making a heroic overtaking move to take the lead of the race. Even if he is showing the overtaking move, the commentators will manage to inject as much excitement as if they were watching an over 80s crown green bowling tournament. The pundits are an assortment of Brit ex-Formula 1 drivers, but I'm sorry to say they really should have stuck to the day job. Oh, and when I'm paying to watch something, I don't expect to have to watch adverts too.

I can see what Sky are trying to do; they outbid everyone else for sports coverage rights and expect the likes of Lewis Hamilton and Harry Kane to provide the content. But just throwing money at something rarely works. I'm going to have to change Sky's strapline to "could do better."

*Howard Clemmow*



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## LOCAL MEMORIES: The Gaspers

### By Penny Young

I first began smoking when I was 13, at the start nicking Dad's unfiltered 'Players', which were horrible and left bits of tobacco in your mouth, and smoking them out of the bathroom window. I do not know who I thought I was kidding!

I then progressed to buying packets of ten No.6, which cost 10 and half pence, post decimalisation! Indeed, it was standing in a queue to buy a packet, which led to my first warning that 'cigarettes are bad for your health'.

The date is etched on my brain, 16th December 1972. It was our school rehearsal for the Nine Lessons and Carols and I was doing a reading. I still love this reading today; Isaiah 9:6-7 "For unto us a Child is born, unto us a Son is given". Everything was running late and by the time we were allowed to go, it was going to be a race to catch the school bus from the Bus Station in Bedford. I ran from St Cuthbert's Church, along Mill Street and down both arcades and got there with time to spare - or so I thought. The 152 bus was in its bay, but there were still a couple of minutes to spare and it never left on time anyway, so I stood in the queue at the kiosk to buy the ciggies; it was my turn to buy for us gymslip smokers! I did not even get to the front of the queue before I saw, out of the corner of my eye, the bus starting to pull out. Well, if I missed this bus, the cigarettes would not have time to kill me, Mum would kill me first!

I ran after the bus but unfortunately, as the doors were at the front, I had more ground to make up before I could press the outer door-opening button. Luckily it worked, the doors swung open and I clambered onto the platform, with my school bag, an overnight bag, as I had been babysitting the night before, and a lever arch file containing all my schoolwork. The bus was still moving and of the four things that needed to get on the bus, two made it and two did not. In slow motion, the lever arch file and me fell back off the bus and I watched as first the bus crushed my file, before it then drove over my leg. I do not remember it being excruciatingly painful, which surely it must have been, I just remember everyone screaming on the bus and the driver finally stopping. I clambered up, getting a good telling off from the driver and, trying to make as little fuss as possible, ran upstairs clutching all my battered belongings. A seat had been saved for me on the top deck at the front and I slumped onto the seat, desperate to look at my leg. There seemed surprisingly little damage. I do not recall much blood. My tights were shredded and everything looked black from the tyre marks.

One of my friends, who lived in Bolnhurst and got off the bus first, was instructed to get home as fast as possible and ring my Mum, to ask her to pick me up at the end of Hatchet Lane, where we lived in Stonely, as I was not sure I would be able to walk back to the Farm.

The next morning, the leg was duly inspected, and it was pronounced that I was fit to go to school. However, as the day progressed at school, the leg became more and more painful and the knee had swollen to the size of a melon. Mum got the phone call from the school; you need to take your daughter to hospital. A&E did not believe that I could possibly have been run over by a bus, I surely would not be able to walk, but the x-ray proved that yes, the bus had indeed gone over my leg, as they could see the tyre marks deep into the flesh. Incredibly nothing was broken, so no further action, just an impressive crepe bandage from thigh to calf.

A few days later, we went on our annual Christmas Holiday to the Waverley Hotel in Clacton-on-Sea. Dad was also crippling around, as he had recently had his varicose veins out and was similarly bandaged from groin to ankle! In fact, one of the guests remarked to Mum that what a shame it was that her daughter had inherited leg problems from her father - Mum was able to put her straight!

The leg continued to trouble me for many months, involving numerous trips to the hospital to have the swollen knee drained of blood coloured fluid and terrible pus when it all became infected. The knee to this day still bears the scars and is completely numb, which I guess is whilst nothing was broken, all the nerves around the knee were crushed.

Back to the subject of this tale; I continued smoking, on and off, for many years, until around 2006 Dad made a pact with me that he would stop smoking if I did. Dad only smoked when he went racing or shooting, but at shooting, especially if there was a card school into the early hours, he could smoke 20 fags in a day, whereas I was only ever a light smoker, 5-6 a day. I lasted for about 18 months this time, before I fell off the wagon again, much to Dad's dismay. "I stopped, I can't see why you can't, you need to show a bit of backbone!"

I finally stopped, for good, I thought, in March this year. I had a terrible bout of flu and just knew that it would be crazy to smoke again. I did not miss it, no cravings; I was free of this noxious weed at last.

Then came the cancer diagnosis and too many sleepless nights reading too many scary websites (which I had been told to avoid) and I thought of driving to the all night garage to buy a packet of cigarettes. But a friend with duty frees gave me a packet and I was back on them again.

A visit to my daughter and grandchildren changed all that. I was having a quick puff before the children came home from school one day and my daughter said, "Mum you need to pack that up, do you know what Edward said to me?" (I had taken the three grandsons to Butlins for the week, just days after my diagnosis, I could not let them down, despite the hospital needing me for this test, that test, scan etc.)

Edward told his Mother, "I am so proud of Nannie for giving up smoking. When we were at Butlins, we passed the smokers corner and Nannie said that she was so pleased that she did not have to go and stand in that horrible place to have a cigarette, ever again. I am so proud of Nannie!"

*Out of the mouths of babes....*





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Alex  
Adeyemo  
Head of  
Family Law  
Department

# Domestic Violence

## What you may not know

**Domestic violence is a very difficult subject to talk about, especially for those who are suffering abuse and for the people around them who suspect it.**

For the most part it is the label of domestic violence that is the most difficult; this is because it seems a very big label to attach to a situation and once it is identified it has multiple ramifications.

We have put this short article together to try and identify this issue, in hope to reach those who are suffering but are unsure of what can be done.

Firstly, let's start with what domestic violence is:

### Definition

Domestic abuse is an incident or pattern of incidents that can include (but are not limited to) the following behaviours:

- Coercive control (a pattern of intimidation, degradation, isolation and control with the use or threat of physical or sexual violence)
- Psychological and/or emotional abuse
- Physical or sexual abuse
- Financial or economic abuse
- Harassment and stalking
- Online or digital abuse

Regardless of gender, ending a relationship, even an abusive one, is rarely easy. It becomes even harder if you've been isolated from friends and family,

threatened, manipulated, and controlled, or physically and emotionally beaten down.

Here are some of the legal actions that can be taken in these circumstances:

### Non-Molestation Order - also known as injunctions

This is an order that a judge can grant to stop or prevent a person from abusing, harassing, pestering, using or threatening to use violence against another person in any way.

The order can specifically include children and can have an "exclusion zone" which means that an alleged perpetrator can be excluded from certain places, such as the street or area in which the victim lives or the school which their children attend.

### Occupation Order

This is an order that a judge can make to declare who has the right to occupy a property.

An occupation order may be used as a complementary order to the non-molestation order or as a stand-alone order.

This is a very broad and complicated area of law; one which a short article cannot cover entirely.

**Here at Beacon Wealth Legal, we have the expertise to assist with domestic violence matters; please do not hesitate to contact our Family Department on 01480 377377 or email Alex at [aadeyemo@beaconwealth.co.uk](mailto:aadeyemo@beaconwealth.co.uk)**

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# SHOULDA, WOULD, COULDA

## What would you say to your future self?

*Listening to Beverly Knight singing it made me think, what is it I "shoulda, woulda, coulda" have done but didn't?*

*But if I had, how would(a) life have been different? And could(a) I have really done it? I won't know because maybe I perhaps should(a) at least tried.*

Financially I couldn't have started saving earlier, I was in a pension scheme and paying AVC's (Additional Voluntary Contributions) at the age of 20. I paid into ISA's as soon as I could and cleared my mortgage by not going too big, too quickly.

*Regrets? I have a few, but then again too few to mention, and I'm not a jealous guy of what others have achieved.*

**So what would your financial should(a), would(a), could(a)'s look like?**

If you were talking to your younger self what would you say? Would it be "don't worry, it all turns out ok"? Or would it be "don't waste so much, save, you'll wish you had"?

And how about the opposite, what would you say to your older self? Would it be "sorry if you don't have a lot of money, but you had a good time getting there"?

Or would it be "your comfortable lifestyle comes because I realised

early on I needed to save"?

### Care Fees

Where ever you are on life's journey, you know you want to be comfortable in old age and secure in the knowledge you won't have to worry about care fees.

Care fees have been a topic of conversation and a great concern of most for many years and once again were focused upon in last years election campaigns. Would(a) you want to rely on what the government promises for your care fees or should(a) you take action yourself while you could(a)?

We can't change the past, but the future hasn't started. So if, in the future, you were looking back in 10 or 20 years to today, what would you think you shoulda, woulda, coulda have done?

Unless your finances are already sorted, I would suggest speaking to Beacon could have been one thing you could(a) have done, so stop the future regrets, think about the future now and perhaps see if Beacon should(a) be a part of it.

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## A New Year and new warning about self-assessment scams Eileen Le Voi, Safe Local Trades

WITH the New Year comes a clean slate, business goals, resolutions and of course – filling in those self-assessment forms.

The January 31 deadline is approaching fast, and in the run up, HM Revenue and Customs is warning millions of self-assessment customers to be aware of fraudsters.

Worryingly, over the last year, HMRC received nearly 900,000 reports from the public about suspicious HMRC contact either through phone calls, texts or emails.

More than 100,000 of these were phone scams, while over 620,000 reports from the public were about bogus tax rebates.

Fraudsters use a range of techniques to scam cash from hard working individuals, with some of the most common including phoning taxpayers offering a fake tax refund, or pretending to be HMRC by texting or emailing a link which will take customers to a false page, where their bank details and money will be stolen. Fraudsters are also known to threaten victims with arrest or imprisonment if a bogus tax bill is not paid immediately.

However, help is at hand. HMRC operates a dedicated Customer Protection team to identify and close down scams but is advising customers to recognise the signs to avoid becoming victims themselves.

It is worth remembering that genuine organisations like **HMRC and banks will never contact customers asking for their PIN, password or bank details.**

Customers should **NEVER** give out private information, reply to text messages, download attachments or click on links in texts or emails which they are not expecting.

Customers are urged to take action by forwarding details of suspicious calls or emails claiming to be from HMRC to [phishing@hmrc.gov.uk](mailto:phishing@hmrc.gov.uk) and texts to 60599. Customers who have suffered financial loss should contact Action Fraud on 0300 123 2040, or use their [online fraud reporting tool](#).

Tax is automatically deducted from most UK taxpayers' wages, pensions or savings.

Where tax is not automatically deducted, or when people or businesses have earned additional untaxed income, they are required to complete a Self-Assessment tax return each year.

To check to see if you need to complete a tax return, go to

<https://www.gov.uk/check-if-you-need-tax-return>



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## An Estate Agent's Christmas Carol

*Paul Kinally from Peter Lane & Partners makes no apology for repeating a heart-warming Christmas story.*



Scrooge had been trying to sell his house all year - but to no effect. He was fed up with cold winters and longed to move to Spain where he had found a villa at a knockdown price being sold by a motivated seller. Now it was Christmas again and there was still no sign of a buyer for his own house. Scrooge hated Christmas.

Bob, at the local estate agent, Cratchit and Co, had almost given up on ever selling the house. Scrooge was far too mean to put the lights on inside or light the fire to make the house look cosy and inviting. Instead it was unwelcoming and cold. He refused to let people see the house when they wanted to and only allowed viewings when it was convenient for him. The few offers he had received he had treated with derision - even though the asking price was really far too high - which put everyone off taking it any further. Scrooge was even insisting that any buyer would have to purchase, at extra cost, the threadbare carpets and even some wet logs at the end of the garden which he described as firewood.

That night Scrooge had three disturbing dreams. The first vividly showed him what life had been like before he had become so mean and his wife had left him. The second dream showed Christmas dinner at his estate agent's house. It was a jovial family affair with Bob, his wife and their small son, Tim, all enjoying themselves. But slowly the scene changed to illustrate what life would be like if Bob couldn't sell any houses and had no money. The third dream showed Scrooge's grave. He had died an embittered old man who had never sold his house or moved to sunny Spain.

Waking up in his bed Scrooge realised that wasn't too late. He raced round the house putting lights on and setting the fire ablaze in the living room. He then rushed down to see Bob at Cratchit & Co, and told him to reduce the price immediately and to tell everyone that he would heartily entertain any reasonable offers. Scrooge even told Bob that he would increase the commission if the house was sold quickly.

So Scrooge did sell his house and moved to Spain where he enjoyed many long years in the sun. He even married an attractive lady he met in a local tapas bar. Scrooge never forgot to send Bob a Christmas card, as without all Bob's tenacity, forbearing and hard work he would never have had his new life.

The moral of this story is to be as accommodating with potential buyers as possible and always try and find an estate agent like Bob. **Peter Lane & Partners in Kimbolton** is just such a firm as Cratchit & Co. Call us - we might change your life.

**If you are thinking of moving, contact Paul Kinally on 01480 860400 or [paul.kinally@peterlane.co.uk](mailto:paul.kinally@peterlane.co.uk)**

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# What's in a Nursery Rhyme?



From the moment they are born, children learn sounds by listening to people speaking around them and developing an ability to tune into their environment. Singing nursery rhymes will help them to hear rhymes and to tell the differences between sounds and how to say them. Experts in literacy and child development have discovered that if children know eight nursery rhymes by heart by the time they are four years old, they are usually among the best readers by the time they're eight. Singing together with your child gives great opportunities for interacting. It's always fun when the adult stops singing and gives the child the opportunity to finish the word at the end of each line in the song! The repetitive nature of nursery rhymes means that children are able to predict or guess what words will come next, meaning that they don't have too much information to remember. Singing nursery rhymes and action songs can help children to develop their attention and listening skills, essential skills that underpin language development. They are a powerful learning source in early literacy and enable children to become interested in the rhythm and patterns of language. Many nursery rhymes are repetitive which can support the development of memory.

Rhymes are great for increasing vocabulary. In order to develop their phonological awareness, children need to be repeatedly exposed to spoken language and nursery rhymes provide the perfect way to do this.

Physical participation in action songs encourage children to develop their fine and gross motor control skills as well as balance, coordination and the skills needed to follow simple instructions.

Counting songs e.g. "Ten Fat Sausages" help to develop a familiarity with number sounds and words in a way that is fun and interesting to a young child. This provides the foundation for crucial numeracy skills and awareness.

Children may be able to relate nursery rhymes to their own everyday experiences and will enjoy sharing these moments e.g. a trip to the park with Nana to feed the ducks (Five Little Ducks).

The act of singing a rhyme or doing the actions encourages children to express themselves in a creative way and to find their own personal 'voice'.

A child's language at age two predicts how well they will do in reading, maths and writing when they start school. Please introduce nursery rhymes to your child and sing them at every opportunity. There are of plenty examples online if you have forgotten them, so give it a go!

Joanne Cox, Manager, Inn Farm Private Day Nursery & Pre-school, Knotting Road, Melchbourne, Beds  
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'Booking with a Travel Agent does not mean that a customer has to compromise on price or flexibility' says Paula 'We always have access to a wide selection of current offers and enjoy close working relationships with airlines and suppliers which ensures our quotes are always competitive.'

Oundle Travel offers a Honeymoon Registry Service for couples looking for a Wedding List with a difference why not ask your guests to contribute towards your dream Honeymoon, please contact them for further details.

Early booking will be key in 2020 and with this in mind Oundle Travel present five of the best for the year ahead !

### **Canada**

Mighty mountains, uncountable lakes and magnificent scenery, why not board the board the Rocky Mountaineer in Jasper and finish your journey in Vancouver, transfer to Vancouver Island by Sea Plane and see the Bears in Tofino, your list could be endless !

**Best Time to Visit – June through to September or Ski in the winter months !**

### **Japan**

Visiting Japan is like stepping into another world, travel with an open mind and discover this amazing country by rail in 2020. Board the Shinkansen (The Bullet Train) which allows you to see more of the country en route to your final destination, its eco-friendly as well !

**Best Time To Visit – March for the Cherry Blossom or October for the Maple Leaf.**

### **Portugal**

First you loved Lisbon and then you visited Porto, in 2020 it's all about going beyond these cities to the lesser known areas like the Alentejo region which is edged by better and less crowded beaches than those in the Algarve or why not tour the vineyards of northern Minho on a short break.

**Best Time To Visit – June or September, October is perfect for an off season break too.**

### **South Africa**

South Africa packs in a lot, from vibrant cities and vast vineyards to national parks where Lions and Leopards roam to the stunning Garden Route with Whale Watching along the way you will not be disappointed and with its friendly latitude you will avoid any jet lag !

**Best Time To Visit – November through to May.**

### **Cuba**

See this Caribbean gem before it changes forever, stay in Havana the islands captivating capital combine with a private guide to the dappled colonial town of Trinidad and still have time for some Salsa and beachside Mojitos.

**Best Time To Visit – November through to April and escape the British Winter !**



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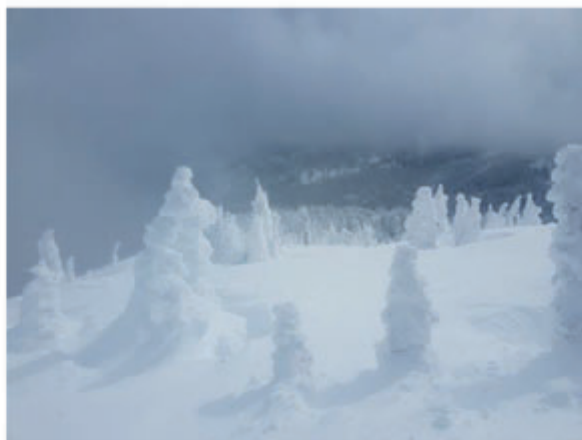
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## Recipe: Wild Mushroom, Parsnip and Sprout Mac and Cheese (serves 4)

This hearty winter warmer is perfect for a lazy Sunday veg out or as an easy dinner.

250g Wild Mushrooms (cleaned)  
 2 Large Parsnips  
 250ml Milk  
 8 Brussel Sprouts, blanched (with a pinch of bicarb of soda)  
 300g Fresh Macaroni  
 200g Reggiano Parmesan  
 Salt/Pepper  
 50g Chopped Chives  
 50g Butter

Start by making a parsnip puree. Peel the parsnips and slice lengthways into quarters so you can cut out the stalks. Place in a saucepan and pour over the milk, topping up with a little water if there isn't enough milk to cover them. Cook until soft, then place in a food mixer and blend until smooth. Season with a little salt and pepper.

Add the butter and a splash of oil to a non-stick pan. Once the butter starts to foam, add the mushrooms, sauté for one minute and set aside. Meanwhile, take the blanched sprouts and slice to about 3mm thick.

Bring a large pan of salted water to the boil, add the macaroni and cook until soft, then drain in a colander. Just before serving, place the parsnip puree into a saucepan big enough to hold all the macaroni. Warm it until hot, add the macaroni and stir into the puree until it is well covered. If the puree becomes too thick, add a little milk. Place the macaroni into four warmed serving bowls. Warm through the wild Mushrooms and add the sprouts, seasoning if necessary. Spoon the mushrooms and sprouts over the four dishes, then sprinkle plenty of grated Parmesan on top. Finish with the chopped chives and tuck in!

*Mark Osborne*



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## *Fitness: Don't let Winter be a Downer!*

The weather is doing its worst, the nights have drawn in and the shortest day of the year on December 22<sup>nd</sup> is barely more than a week behind us. Many of us will be recovering from the Christmas festivities and nothing could be more appealing right now than to hibernate under a warm blanket with the heating on full blast... but, I must urge you to NOT give up on your fitness routines!

We need to stay fit and healthy physically and counter those extra calories consumed in colder weather, including all that heavy winter food and all those extra indulgences consumed during the festive season.

It's also important for our minds as well as our bodies to have that crucial time out, to mentally recalibrate after all the fuss and excitement. Don't forget, this month will feel that much gloomier if all your hard work over the last few months has unraveled from having a December hiatus. You may find yourself right back at ground zero, starting from near scratch again - it's so easily done! Now is the time to get right back into the groove and continue to commit to your ongoing fitness schedule.

If you don't already have a regular fitness and wellbeing routine and you have the very noble plan to get it going this month, perhaps as one of your New Year Resolutions, may I submit for your consideration the question - why wait? Don't delay, start right now while the iron of intention is still hot?! You'll be so glad you did. Don't forget, this is not just the start of a New Year, it is the start of a new decade. You need to smash through the initial pain barrier and get on your way. Just a thought, this year, why not keep up your fitness regime right through the summer holidays and even the festive period.

I wish you all a very prosperous (and fit) 2020!

*Kirsty Green*



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## Volunteering on Huntingdonshire's Countryside Sites

Volunteering is one of the most rewarding things you can do with your spare time and it makes a world of difference to the local community.

Last year volunteers worked over 3500 days on Huntingdonshire District Council's Countryside sites which include Paxton Pits Nature Reserve (St Neots), Hinchingsbrooke Country Park (Huntingdon) and Holt Island Nature Reserve (St Ives), among others.

These amazing volunteers carry out a wide range of indoor and outdoor roles which include:

Practical Conservation • Events • Outdoor Education • Site Checks  
Hinchingsbrooke Country Park Café • Wildlife Surveys • Paxton Pits Visitor Centre

If you would be interested in finding out more about the current volunteering opportunities, we would love to hear from you.

There are many different reasons why people choose to volunteer. It can range from loyalty to a particular cause, giving back to the community or simply as a way to fill spare time. Whatever their reason, people experience many benefits from volunteering: connecting with others and making friends; a sense of wellbeing and fulfilment; an improvement to their physical and mental health.

Recently our volunteers told us why they enjoy volunteering so much:

"Every week is different, the company is fantastic"

"I just love it!"

"The look of wonder on the faces of the schoolchildren"

"It gives me confidence with people and hope for the future"

"Always learning something"

"The sense of community"

"My favourite job"

"We love the park and all the people involved in making it a special place"

On our Countryside sites we wouldn't be able to achieve nearly as much without our volunteers but we really need even more people to help.

If becoming a volunteer for HDC's Countryside Service is something you are interested in or if you have any questions about volunteering opportunities, please get in touch with Robyn Staddon (Volunteer Co-ordinator) on 07704 019620 or by email at [Robyn.Staddon@huntingdonshire.gov.uk](mailto:Robyn.Staddon@huntingdonshire.gov.uk).

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International company inspires students to global careers

A senior leader from London and Oxford based international company Nielsen has gone back to the classroom at her old Huntingdon school to inform students about career opportunities in international trade and commerce as part of the national education charity Future First's 'Commerce in the Classroom' initiative.

Jane O'Brien, Sales Operations Director at Nielsen, spoke to Year 12 students at Hinchingsbrook School as part of the scheme designed to inform students about careers in global businesses and international trade and encourage them to consider jobs in this growing sector.

Jane spoke to the students about her career progression and how supply chains are affected by external events. The students also had an opportunity to ask questions about the job possibilities open to them should they choose to work in an international company. Jane was joined by Robert Peters, Senior Research Analyst at Ambrey Risk, who also discussed his career path with the students.

Under the programme funded by the Commercial Education Trust, employees working in international trade and commerce, from interpreters to market analysts, linguists to civil servants, volunteer to go back to the classroom in state schools and colleges in Sussex, Norfolk and Cambridgeshire. These are areas where the government feels social mobility is low and the programme informs students about the wealth of jobs available and the skills they need to succeed in such fields.

Jane said, 'It was a pleasure to return to my old school and talk to the current generation of students about careers in international business and commerce. The students were so engaged and interested and I hope I was able to prove to them that there are so many amazing opportunities in this growing sector and different journeys towards an exciting and challenging career. The Commerce in the Classroom initiative is a valuable way to broaden their work horizons and show them what is possible. Who knows, they could be the talents of the future.'

The Commerce in the Classroom initiative builds on Future First's work in more than a thousand state secondary schools and colleges across Britain enabling them to harness the talents and experience of alumni to support students as relatable career and education role models, work experience providers, mentors, governors and fundraisers. The charity's vision is that every state school or college should be supported by a thriving, engaged alumni community which helps it to do more for its students.

Natalie Marshall, Head of Innovation and Learning at Future First said, 'International commerce is a rapidly growing sector which offers a wealth of interesting opportunities students may not know about. Young people cannot be what they cannot see and talking to those working in the field will expose current students to the range of job opportunities available internationally and dispel misconceptions about who can succeed in them. Hearing first hand success stories from staff in companies like Nielsen shows what can be achieved through hard work, regardless of a student's background and upbringing.'

**Picture captions:** Nielsen Sales Operations Director Jane O'Brien (left) with a student at Hinchingsbrook School and Natalie Marshall, Future First Head of Innovation and Learning (right).

## Medium Sudoku

		4	1	3	7			
	1		9		6		5	8
		8			2	4		3
1	3						8	2
7		2	3			6		
6	2		5		3		7	
			4	6	9	8		

### How to play

Fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through to 9, with no repetition!

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## Let There Be Light

I think it's safe to say that, for the majority of us, venturing down the garden path after dark (particularly on a cold, wet January night after a hard day at work) is something that happens only once in a blue moon(!). Garden parties and barbeques aside, anything beyond the back door is the domain of the night creatures, either imagined or real, or, even worse, things that go bump! Our vivid imaginations are such party poopers in this respect because, trust me, gardens really do come to life when the lights go out; plants take on a whole new persona and the creatures that have been waiting for us to sit down on the sofa and turn on the TV come out to play.



Ironically, while we're busy watching David Attenborough sneaking through some suburban housing estate showing us a frolicking family of badgers, the very same scenario is probably unfolding right under our noses... or it could just as easily be Mr Fox and his tribe of cubs or the amazing Mr Hedgehog. To be honest, with today's technology, you can actually stay curled up on your sofa in comfort while watching the antics of any visitors to your garden – a simple camera system and a careful feeding regime will allow you to produce your very own wildlife show. If you're really lucky, you might even get to see an otter and deer are becoming a common sight around our gardens these days – much to the chagrin of gardeners who might prefer to see them as a tasty casserole ingredient instead.

Spying on the critters while keeping warm and dry has a certain appeal, but you can't really have a proper "In the Night Garden" experience without pulling on a coat and getting out there among it. Pale, luminescent flowers start pumping out heady perfumes to attract moths, which are then scooped up in their hundreds by bats. One of my star plants of last year was *Nicotiana sylvestris* – an imposing plant with white tubular flowers and a lovely nocturnal perfume – irresistible to both moths and humans. It looks beautiful in the soft glow of some subdued garden lighting and attracts more insects and bats than Count Vlad himself! Other purveyors of perfume that deserve a place within sniffing distance of the garden path are *Stocks*, especially the (nearly) perennial *Evening Primroses*, and of course *Jasmines* and *Honeysuckles*. The Victorians used to create Ghost Gardens made up almost entirely of white flowered plants that take on an ethereal appearance at night. I can imagine that with the fertile Victorian mind these places must have been really magical (if somewhat discombobulating!) – particularly when you add in the cries of foxes, grunting of copulating hedgehogs and the occasional scream from an owl!

If you are redesigning your garden, then I think it is essential to consider some form of artificial lighting. The benefits of adding practical and functional lighting for paths, drives and entranceways speak for themselves – but it is also worth considering the artistic effects you can achieve. You can illuminate virtually anything – ponds, seating areas, flower borders or individual features such as trees. Even the light fittings themselves can be decorative – as long as you avoid the tacky plastic versions frequently found at petrol stations. Technology now allows for virtually any effect or colourway and the permutations are endless but, please remember, when it comes to garden lighting, less is more; dazzling halogen lamps should be strictly for deterring burglars and the in-laws. With some subtle low level lighting in your borders, you can create a truly magical effect and really add a new dimension to your garden – just do some research before you take the plunge or take some "sage" advice from someone who has experience in lighting.

Finally, I'd like to wish all my readers (?) a Happy Horticultural New Year!

*Jonathan Wild*

*Garden Designer, day and night!*



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## Gardening Guru: Prunella's Corner

Happy New Year, I hope you are all looking forward to another gardening year (one that maybe isn't quite so unusual would be good). Unfortunately January could still be the coldest month, it is after all only just winter - although there are always some highlights in the garden such as tree trunks, coloured stems and twiggy shapes. There should be some colour about with early snowdrops and winter flowering shrubs, most of these are scented too, which is a bonus if you are out. This is the month to take stock of the garden, plan for the year ahead. With the garden at its barest now is perfect for seeing what you need to do and what plants to get. A winters day spent ordering new plants, seeds and bulbs is a job well done.

Most jobs this month will be maintenance, such as repairing fences, supports, gates etc. Garden tools will benefit from some care, sharpening and oiling mainly. Tidying up sheds and greenhouses are a great job for a sunny but cold day, if you have stored tender plants check them over regularly for any signs of mould or pests. Normal gardening is of course still possible if the weather is fine, weeding and pruning. Try not to be too tidy though, leave areas for insects to shelter in.

Vegetable beds can be dug, and planned for the new season, there might still be some vegetables like carrots and parsnips which will happily stay in the ground ready for digging up. Broad bean seeds can be sown now. Winter is the best time for pruning fruit trees, so keep standard and espaliered apples and pears in good shape.

Plants for colour and scent at this time of the year include Mahonia, Viburnum, witch hazel. Other flowers are the hellebores, which will be looking great (cut off the leaves to show off the flowers, new ones will then have space to grow) and cyclamen. Snowdrops should be on their way up, and there are even some varieties that will be out now.



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## Bystander Community Page



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**Happy New Year to all! It's time for making your New Year Resolutions so why not find out how to keep your family safe in your home.**

At Cambridgeshire Fire and Rescue Service, we are encouraging people to make four New Year's Resolutions for 2020 to keep your families and homes safe from fire.

- Make sure you have a correctly fitted working smoke alarm on every floor of your house and test it weekly – involve the children in this to ensure they are aware of what the smoke alarm does, what the alarm sounds like and what it means if it goes off;
- Check older relatives and friends have a working smoke alarm and test theirs regularly – you may support older relatives and friends with transport and shopping but may overlook the crucial role of a smoke alarm. We can provide testing sticks to help older less mobile people to test their alarms without overreaching or hurting themselves;
- We also offer Safe and Well visits to those that are eligible which covers a far wider range of areas than just fire safety. Find out if you are eligible for a Safe and Well visit by contacting us on: 0800 917 9994.
- Escape Plan: Make a fire escape plan so you and all of those in your home know what to do in case a fire breaks out in the home.

#### Do you live within five minutes of your local fire station?

If so why not make your resolution this year to join us as an on-call firefighter. If you are over 18 and have a good all round level of fitness you can apply to join your local station and respond to emergencies in your spare time. Visit [www.cambsfire.gov.uk/oncall](http://www.cambsfire.gov.uk/oncall).

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Our customers, Mr & Mrs Y had already been to a well-known national retailer and found a kitchen within their budget. They felt pressurised by sales staff offering an array of discounts that seemed too good to be true but held firm and took some time to consider their options. They were recommended to visit us by a previous customer.

Mr & Mrs Y walked into our Great Staughton showroom fearing they would see their dream kitchen but it would simply be out of their price range. They found a kitchen style that exactly fitted their brief as well as alternative products that would enhance their design. After a measure up and quote they came back to the showroom for the big reveal!

The customers were delighted with the design and pleasantly surprised that our kitchen prices were in fact on par with the big retailer – despite the 'once in a lifetime, never to be repeated, mega sale'. When all hidden costs from other quotes were considered, it turned out that we were more than competitive.

However, it was more than just the cost. Our customers were also put at ease by the joined up process of our tradespeople and the flow of work. They liked that our fitters only work for us. That the electricians, plumber, plasterer and floor layer slot into the fit schedule each week. And that everything was included in the quote.

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For more details, contact Jean Clark 01480 890033 [robnjeanclark@tiscali.co.uk](mailto:robnjeanclark@tiscali.co.uk)

**Riseley Babes & Tots**, Term time Tuesdays 9:30-11:30, Riseley Village Hall (please ring bell), first time free, Olivia Dawson, 07554 662991, [Oliviazi@hotmail.com](mailto:Oliviazi@hotmail.com)

**Jo Jingles Music & Movement Classes**, 6mths-5yrs, Thursday mornings, St Mark's Church, Brickhill, Thursday

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St Neots Toy Library's - Mon to Thurs 8.45am - 4.30pm, Fridays 8.45am-1.00pm. At The Butterfly Children's Centre, next to Winhills School and The Eatons Children's Centre next to Bushmead School. Telephone Lyanne 01480 358350/Jaci 01480 358340.

**Rhyme time** - rhymes and stories for babies and toddlers aged 0 - 2 years. St Neots library. 2 sessions 10am & 11.15am

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**Keysoe Playgroup** – Keysoe Village hall , Thursdays 9-11.15 , £2.00 per family, healthy snacks, hot drinks included plus beauty treatments for mums, cake sales and lots of entertainment for your little darlings! Call Anna on 07789 510864 or just come and join in. Holiday sessions also.

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#### **Ballet Classes-The Villager Dance Group:**

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### Young People's and Children's Organisations

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**Little Staughton Guides, Little Staughton Brownies, Bolnhurst Rainbows**

**1st Kimbolton Scout Group** Contacts, Mark Field, 07788 350680, Pete Kirton, 07761 0450617

**KC Cougars Football** (under 7's - under 16's) Gary Haliday 01933 626120

**Performing Arts Group**—Stageworks Studios, St Neots. Dance, drama and singing classes for ages 3+. 01480 223331

**The Villager Dance Group**-Dance Classes from age 3 at the Riseley/Bletsoe Village Hall -Contact--villager702@gmail.com, 07557 538185

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Inn Farm Priv. Day Nursery	07802 826798, <a href="http://www.innfarmdaynursery.co.uk">www.innfarmdaynursery.co.uk</a>
Piglets Pre-School, Gt Staughton	07759382575 <a href="http://www.pigletspreschool.org.uk">www.pigletspreschool.org.uk</a>
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Mondays- Gt Staughton Village Hall

Kimbolton Senior Citizens lunch club (Thurs, 12noon) Mandeville Hall, **Buckley/Hellett** 01480 861540/860735

St Neots and District U3A

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Catworth Quilters Group

Ellington Neighbourhood Watch

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Whist Drives, Ellington

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Neighbourhood Watch Gt Staughton

Kimbolton Flower Club

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Save the Children Fund

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Tilbrook Village Link

Churchwarden, All Saints' Church

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Gt Staughton WI

Pertenhall WI

May Parker 07724043941

St Mary's Afternoon WI St Neots

Kimbolton & district Royal British Legion

Kimbolton Castle Rotary Club

Ellington Village Club

St Neots Model Railway Club

Cancer Research UK, Relay for Life

The Villages Gardening Club

Probus Club

Civil Service Retirement Fellowship

Hunts Phil Orchestra & Chorus

Secretary: Belinda Moore, [info@huntsphil.org.uk](mailto:info@huntsphil.org.uk), Orchestra: Winnie Choy Winters, 01480 407624

Carpet Bowls, Catworth

Huntingdon Hockey Club, Kimbolton

Action for Asperger's

Mandeville Hall, Kimbolton, bookings

**Annabelle Blackham**, 07527 741495

**Sheila Crook** 01480 399816

**Barbara Cawdell** 01832 710404

**Pam Wardle** 01832 710324

**Rick Wilcox** 01480 890902

**Mike Keeble** 01480 860855

**Jackie Woods**, 01480 890279

**Steve Sherratt**, 01480 891418

**Bob Jewell** 01480 861259

**Frank Backhouse**, 01480 861167

**Carol Grundy** 01832 710339

**Nora Butler** 01480 861007

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**Huw Nadin** 07411 134696

**Vanessa Petrie** tel.no 01480 453929 mobile 07500752407

**Lionel Thatcher** 01480 861877

**Diane Caress** 01480 861433

**Ken Laffin** 01480 860513

**Mary Foster** 01480 861594

01480 444500

**Mary Jordan** 01234 376383 email [lspecclerk1@gmail.com](mailto:lspecclerk1@gmail.com).

**Diane Robins**, Tel: 01234 376676

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**Christine Hayes** 01480 860519

Christine.Hayes@StowLonga.org.uk

**Sid Lowings** 01480 860918

**Pauline Swinden** 01480 509043

**Christine Shiner**, 01480 860888

**Lionel Thatcher**, 01480860055

**Sally Thatcher** 01480 860055

**Mavis Campion** Tel 01480 860477

**Ann Bentley** 01480 891628

**Margaret Sare** 01480 860963

**Alison Gladstone**. 01933 563064

**May Parker** 07724043941, [mayp.at.home@gmail.com](mailto:mayp.at.home@gmail.com)

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**Chris Davies** 01234 376542

**Sue Rice** (Chairperson) 01480 896139

**John Kneeshaw** 01480 454927

**Mina Raass** 07707 605728

**Jan Roche** 01832 710561 [janetroche0@gmail.com](mailto:janetroche0@gmail.com) Kimbolton

**Joan Stainer** 01480 860683

**Gordon Handley**, MBE, 01480 811598

Choir: **Ann Briar**, 01480 861611, [secretary@huntsphil.org.uk](mailto:secretary@huntsphil.org.uk)

Orchestra: Winnie Choy Winters, 01480 407624

**Marge Baker** 01832 710145

**Lucy Lumbers** 07867 590335

[HuntingdonHockeyClub@gmail.com](mailto:HuntingdonHockeyClub@gmail.com)

[www.actionforaspergers.org](http://www.actionforaspergers.org), Elaine Nicholson

07367 783886



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# Listings of Businesses in Our Area

## Accountancy & Bookkeeping

K.E Wilson, Tel: 01480 860688, p.19

## Antiques & Restoration

Williams Antiques, [www.williamsantiques.co.uk](http://www.williamsantiques.co.uk), p.38

## Architects/Planning/Drawings

PJP Architects, 07801 054648, p.18

## Art, Framing, Artists, Crafts, Ceramics, Gallery

The Framery Ltd, 01480 860086, p.8

## Bathrooms/Bathroom Distributors

Grove Lane Bathrooms, 01480 437445

## Books

Christmas Present Idea, 01480 860202, p.43

## Building Services/Conversions/Interiors/Carpentry/

## Home Maintenance/Windows/Conservatories/

## Kitchens/Paving/Roofing

DAC Services, 01234 708738, p.2

GB Builders 01480 437511, p.34

General Handyman, 01480 217052, p.22

Handy Herberts, 01933 563365, p.35

Lee Property Developments, 01933 359780, p.34

J M Decorating & Property, 01480 812388, p.16

Kitchen Culture, 01480 861822, p.38, 39

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Roots & Newts, 01234 871896, p.39

Taylor Stilton, 01480 860047, p.9

The Home Handyman, 01480 861898, p.26

The Lightweight Roofing Co, 01480 778457, p.7

## Business Networking

Three Shires Networking, 07788 558964, p.27

## Childcare & Children's Services/Activities

Buckden Pre-School Playgroup, 07941 671999

Football Crazy Kids, 01933 357810

Football, KC Cougars, 01933 626120

Grafham Wildlife Watch, 01480 811075

Grasshoppers Pre-School, 01234 709221

Hail Weston Pre-School, 01480 214574, p.7

Inn Farm Private Day Nursery, 07802 826798, p.20, 21

Kimbolton Scout Group, 07920 195446

Kimbolton Youth Club, 07917 067472

Piglets, 07759 382575

Playtimes, 01480 890077

PuddleDucks Pre-School, (Kimbolton Primary

Academy) 01480 869370, p.6

Spaldwick Out of School/Holiday Club, 07758 364502

Stageworks, 01480 223331, p.9

Toad Hall Children's Nursery, 01234 378880

Treehouse Club, 01480 861519

## Computer & IT Services

Oxygen IT, 01480 390395, p.19

Pulse Digital, 01480 860142, p.34

## Counselling

Jill Dighton, 07925 852985, p.10

## Domestic Services

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Cleanrite, 01933 563365, p.30

Home 'n' Dry, Carpet Cleaning, 01487 840310, p.8

## Electrical Goods/Services (+ see Building services)

DAC Services, 01234 708738, p.2

Spaldwick Electrical, 07446 965998, p.4

## Estate Agents/Letting Agents/Property

Peter Lane & Partners, (01480 860400, p.48

Top Hat Projects, 07814 709320, p.31

## Financial Advisers & Financial Services

Beacon Wealth Management, 01480 869466, p.14-15

## Funeral Directors

Crowsons, 01832 272269, p.8

## Gardening/Landscaping/Design/Tree Care/Repairs

Eden Tree Specialists, 01234 960796, p.35

Handy Herberts, 01933 563365, p.35

Manor Farm Tree Care, 01832 293225, p.35

Roots & Newts, 01234 871896, p.33

Urban & Rural Landscapes, 01480 476808

## Garage Doors

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## General Stores/Farm Shops

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Top End Stores, 01234 376426, p.47

## Hall

Hall for Hire, 07920 195446, p.46

## Interiors, Curtains, Blinds

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Jessica Higgins Interiors, 01480 890196, p.16

## Music, Theatre, Singing, Entertainment

Instrumental Tuition: Carol John, 01234 708029, p.31

Owen Edwards Guitar, 01480 861174, p.39

## Pets & Petcare Services

Penhazy Parlour, 07774 519694, p.6

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## Photographic Services

Pulse Digital, 01480 860142, p.34

## Plumbers & Heating Eng. (+ see Building section)

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Hill Heating, 01480 890929, p.8

Hydroflow, 07917 176375, p.26

K Fisk Plumbing & Heating Ltd, 01480 861004, p.11

## Pubs, Restaurants & Hotels

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## Safe Traders

Safe Local Trades.com, 0800 014 1832, p.17

## Solicitors/Legal Services

Beacon Wealth Legal, 01480 219699, p.14-15

King Lawes Legal, 01480 860299, p.16

## Sport/Exercise Classes

RealFit Riseley, 07864 364037

## Storage

Storage: Jonathan, 07753 638948, p.46

## Therapists/Treatments/Beauty/Health/Wellbeing

Aliped Podiatry Clinic, 01832 710401, p.28

Beauty Crews, 07703299320

Courtyard Beauty, 01480 861575

Golden Way Reiki & Reflexology, 01480 861812, p.28

McTimoney Chiropractic, 01480 812179, p.31

The Close Health & Beauty, 07717 110807

Totally Polished, 07928 778457, p.5

## Travel

Oundle Travel, 01832 273600, p.22, 23

## Vehicle Services/ Vehicle Care/Cars/Transport

Robinsons & Robinson's Coaches, 01480 860581, p.3



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<b>Doctors</b> at Gt. Staughton	01480 860770	National Missing Persons	0500 700700
Out of Hours Emergency	0330 123 9131	National Rail Enquiries	08457 484950
NHS Direct	0845 4647	Samaritans	0845 7909090
NHS Cambridgeshire	01223 884 008	Childline	0800 1111
Patient Advice & Liason Service	0800 279 2535	Parentline	0808 8002222
(PALS)		AA Emergency Breakdown	0800 887766
Patient Advice & Liason Service	01223 884 418	RAC Emergency Breakdown	0800 828282
(PALS)		Electricity	0800 7838866
<b>Hospitals</b>		Locksmith	0800 3118117
Hinchingbrooke, Huntingdon	01480 416416	NSPCC	0800 800 500
Bedford	01234 355122	RSPCA	08705 555999
Addenbrookes, Cambridge	01223 245151		
<b>Police</b>	101 and ask to be put through to local police		
Crimewatch Management	01480 56111		
Street/Neighbourhood Warden	01480 396581		
Quitline (Smoking)	0800 002200		

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