# WHMDDON NEWS JUNE 2025



www.whaddon.org

#### FROM THE EDITOR

Apologies to anyone who has been trying to contact the Parish Clerk. There has been a typo in the email on the "advertising in the newsletter" item. This has now been corrected.

As always we would love to hear from you with ideas and suggestions to make this newsletter even better, along with any articles about your personal interests or hobbies that you would like to submit for future publications.

This issue we will be featuring some ideas about how we might consider gardening in these challenging times, along with some seasonal favourite recipes.

We are all on our individual journeys of improving biodiversity in our communities and our gardens. Encouraging each other might help us to make even more of a difference.

The deadline for submissions for the next edition is 16th August. Contact Viv at newseditor@whaddon.org

Should your organisation meet after this date please let me know and I will do my best to accommodate you.

#### DATES FOR YOUR DIARY

4th June	Coffee Morning	18th June	Coffee Morning
6th June	Beer Festival	20th June	Slice of Price Pizza at
7th June	Beer Festival		Golf Centre
	Whitsun Folk Evening	2nd July	Coffee Morning
8th June	Beer Festival	12th July	Whaddon Fete
	BBQ at Golf Centre	14th July	PC meeting
	Whitsun celebrations	16th July	Coffee Morning
8th June	Pentecost Service 12	6 <sup>th</sup> August	Coffee Morning

20th August Coffee Morning

9th June PC Meeting

15th June Wimpole picnic

#### **VILLAGE HALL HIRE**

Special rates for those within the village. Ideal for birthday parties and most functions.

Village rate £9 per hour

Non- village rate £15 per hour

Please contact

whaddonhalltrust@whaddon.org



#### PARISH COUNCILLORS

Will Elbourn Chairman Deborah Townsend Vice Chair Anita Birch Councillor Ben Fairclough Councillor Councillor Ioanna Hart **David Short** Councillor Nigel Strudwick Councillor Angela Culver Parish Clerk/ Finance Officer

All Parish Council Enquiries should be made to the Parish Clerk

Tel 07565 381203 whaddonparishcclerk@outlook.com

#### **WHADDON NEWS**

#### **ADVERTISING RATES**

Single / Four issues

Quarter page £10 £32

Half Page £15 £48

Full Page £25 £80

Contact Parish Clerk- Angela Culver

whaddonparishcclerk@outlook.com

BIN COLLECTION DA	TFS	
Thursday 5th June		Thursday 12th June
Thursday 19th June		Thursday 26th June
Thursday 3 <sup>rd</sup> July		Thursday 10 <sup>th</sup> July
Thursday 17th July		Thursday 24th July
Thursday 31st July		Thursday 7th August
Thursday 14th August		Thursday 21st August
Thursday 28th August		

#### WHADDON NEWS

### Whaddon Whitsun celebrations, 7-8 June 2025

Saturday 7 June

Folk evening, Whaddon Village Hall 19:00-2300 Folk music, ceilidh dancing and Morris dancing, and a performance of the unique Whaddon Whitsun song! Tickets £16 Adults £14 concessions, to include all food and drink.

Sunday 8 June

10:15 Whitsun processions around Whaddon with Morris dancing at six locations by five different Morris teams

12:30 Pentecost service at St Mary's church Whaddon, with Morris dancing in the church and singing of the Whitsun song

13:30 to whenever: Dancing at the Whaddon Golf Centre

Friday 6-Sunday 8 June: Beer Festival at Whaddon Golf Centre

Full details and information about the event <a href="https://www.whaddon.org/whitsun">https://www.whaddon.org/whitsun</a>
Contact whitsun@whaddon.org, phone 01223 207434

#### Helen and Nigel Strudwick





#### **Whaddon Golf Centre**

## **Real Ale Festival**

Friday 6th June until 10pm Saturday 7th until 6pm Sunday 8th

Morris Dancers and BBQ from 1.00pm on Sunday 8th

Course & range open as usual Allwelcome

Church Street, Whaddon, SG8 5RX www.whaddongolfcentre.co.uk



#### WHADDON NEWS

#### WHADDON VILLAGE FETE Saturday 12th July 2025



Plans are now well advanced for this year's Village Fete. Like last year, there will be a selection of craft stalls, bar, food, afternoon teas, children's games, produce show and auction, plus lots more, and we look forward to an enjoyable afternoon for villagers and visitors alike.

Please note the new timings for this year's Fete, which will open at 1:00pm and close at 4:00pm.

We also have a **COLOURFUL** theme for the Fete this year, and are encouraging everyone to come in colourful clothing!

A reminder that entries for the produce show need to be dropped off between 9:30am and 11:30am on the morning of the Fete; judging will then commence promptly at 11:45am. In recent years the number of entries from children has been a disappointment, and we would like to encourage more village children to use their talents and submit entries in one or more category.

Also, a request for **raffle** and **tombola prizes**. These can be dropped off in advance at either the Golf Centre or Spring Cottage, Bridge Street. On the day, we would be grateful for donations of **cakes** and **plants** to help stock the cake and plant stalls.

Delivering a successful fete will require the input of a significant group of helpers. Assistance will be needed in setting up the fete on the evening before, setting up and running stalls on the day, and then clearing everything away afterwards. The committee are extremely grateful to all those who have already expressed a willingness to help, but many hands make light work and it would be much appreciated if more villagers might consider lending a hand.

If you are able to get involved with this year's fete, please contact any member of the fete committee listed below.

Fete Committee: Anita and Jonathan Birch, David Grech, Lorna Green, Deborah Townsend, Caroline Trotter, David Short.

#### WHADDON FETE - PRODUCE SHOW RULES

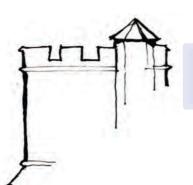
- Entries must be booked in from 9:30 11:30am on Saturday 12<sup>th</sup> July. Judging will begin at 11:45am. Please ensure your entries are present for booking in well before judging begins
- All entries must be presented on a plate, paper or otherwise
- Vegetables may be cleaned and onions tied down
- Entry 50pence for each entry
- All fruit, vegetables and other entries to be sold at auction (3:30pm) in aid of funds. Please remove exhibits by 3:00pm if you do not want them included in the auction.
- The JIM LAW MEMORIAL SHIELD will again be awarded for 'Best in Show' to any one entry in any Produce or Flowers class worth of the title.
- The MARIA MOULD CUP will be awarded for 'Best in Show' to any entry in either the Handicrafts or Photography class worthy of the title.

# CHILDREN'S CLASSES 8 Years and Under A colourful painting A model made from Playdough, Clay or Plasticine

9 - 12 Years Something baked An animal made from fruit or vegetables

#### 13 - 16 Years Something baked An original piece of artwork

Details of Show Produce categories were delivered to each household at the end of April. If anyone has mislaid their leaflet and would like a reminder of the adult categories, copies will be displayed around the village the week before.



#### ST MARY'S CHURCH WHADDON

#### **CHURCH SERVICES**

1st and 3rd Sundays Morning Prayer 9.30 am

2<sup>nd</sup> and 4<sup>th</sup> Sundays Holy Communion 9.30 am

5th Sunday Joint Service with Bassingbourn 9.30 am

N.B. 8<sup>th</sup> June Pentecost service 12 noon

#### **Church Wardens**

Karen Coningsby Peter Haselden

Peter Haselden has been newly appointed as Church Warden, replacing David Grech who has now resigned from the position.

#### CONTACT DETAILS FOR REV HELEN ORR

Tel: 07761 241190 Email: Vicar@whaddon.org

My days in the parishes are Tuesdays and Thursdays and weekend services



#### Work to St Mary's Church

Every five years Ely Diocese pay for the fabric at St Mary's Church to be inspected by an architect or surveyor. Our last Quinquennial Inspection took place in 2024 and the executive summary stated:

'Most of the church is in good condition, but there are various areas that need attention, particularly to the external pointing. South aisle west buttress B12 is a particular concern, along with low level stonework on the north aisle.'

The PCC is therefore currently fundraising to address these two specific areas of work identified in the report. We are very grateful to Nigel Strudwick for his informative and entertaining talk on Ely Cathedral which took place in March and raised £350. Thanks also to all villagers who supported that event.

Our next fundraising event will be something a bit different; our church is not the only St Mary's Whaddon in England, and Jenny and I had planned a sponsored walk from St Mary's Whaddon in Buckinghamshire to St Mary's Whaddon in Cambridgeshire. The walk (via the Greensand Ridge) is 60miles and we were hoping to undertake it over 5 days in June. As Jenny has unfortunately injured her ankle I will be undertaking it alone. Should anyone wish to sponsor me I have set up a JustGiving page at <a href="https://www.justgiving.com/crowdfunding/st-marys-whaddon-to-st-marys-whaddon">https://www.justgiving.com/crowdfunding/st-marys-whaddon-to-st-marys-whaddon</a>

#### David Grech



Route of sponsored walk

#### NATURE NOTES JUNE

If spring begins with the elder leaves breaking, then summer begins with elderflower, now in full throttle (spoiler alert: summer ends with elderberries). Notice the heady-sweet smell of elderflowers when walking along hedgerows. Always look up into the skies when you hear the urgent alarm call of a swallow. They have the acutest eyesight for a

predator.

The two times I have seen a merlin over my house has been thanks to our resident swallows vociferously and courageously chasing them off.

#### Merlin catching Dragonfly

I have never seen a swallow catch a butterfly on the wing. Have you? You would think a butterfly would be such easy prey. It is not as if butterflies are inedible. In our church, there were often butterfly wings on the floor, which were a give-away for the presence of bats, which nip off the butterfly wings before swallowing the body. Merlin also catch both butterfly and dragonfly on the wing, picking them out of the air with a claw, before delicately consuming the insect in bite-sized chunks.

And do swallows hunt honey bees? Swifts can often be seen above beehives, however, David Lack's "Swifts in a Tower" reviews the findings of swifts shot (I know!) and dissected for evidence of honey bee predation. Apparently, swifts will only take the stingless drone (male) bee, which doesn't make honey. It is impressive that they make the distinction (albeit, the drone is slightly larger than the worker bee).

Hot summer afternoons, I find, can often have the soundscape of monotony, with no cadence to capture your heart, as in spring, when the warblers are... well... warbling. Now, however, the chiffchaff is incessantly chiff.. chiff.. chaff'ing; the greenfinch's distinctive wheeze is irritating; the coo of the wood pigeon can seem endless, and the yellowhammer's "Little bit of bread and no cheese" is repetitive. According to Miriam Darlington, the yellowhammer's call may have inspired Beethoven's opening bars for his Symphony No. 5 in C minor (you know the one... "Da-Da-Da-Daaah).

#### NATURE NOTES JUNE Continued

The name, *Yellowhammer*, comes from the Anglo-Saxon Yellow ammer, meaning yellow bunting, but they are also called the scribble lark, or scribe, because their off-white eggs are scribbled in purplish-brown.



It is well worth a visit to our Clunch pit wood. You may be privileged enough to find a grass snake or a slow worm up there, and you can see butterflies such as the speckled wood (brown but speckly), the small heath (orangey-russet; usually sits with wings folded up); the meadow brown (larger, darker, with russet flashes underwing) and the marbled white (pied).

Next to the clunch pit wood is our wellhead spring and I have often wondered why there were so few minnows and stickleback in the pool there (and correspondingly rare sightings of the kingfisher). Many of the "Spot-on" flea and tick protection for dogs, contains Imidacloprid and Fipronil, which were banned in farming 10 years ago as too toxic, particularly to aquatic invertebrates. Perhaps the accumulation of dogs swimming in the wellhead spring has had an effect on the invertebrates and, in consequence, the fish that feed on the insect life in the water. In October 2023, over twenty NGOs', including Wildlife Trusts, RSPB, Rivers Trusts and Angling Trusts, signed an open letter to Government calling for action. In this letter they pointed out that and I quote: "A single dose on a large dog of the neonicotinoid Imidacloprid - commonly found in tick and flea treatments - is enough to kill millions of honey bees". Which, if true, is guite startling (speaking as a beekeeper). But what to do about it? Apparently, one can switch to tablets and also make sure dog poo is bagged and disposed of appropriately.

Horsetail ferns, or mare's tail, is now showing its feathery stalks. They are all but impossible to eradicate from your garden because their roots, the rhizomes, can grow 2 meters deep underground. They also produce spores rather than seeds and are one of the oldest plants on earth, certainly predating the dinosaurs. Those characteristic spiky brushes are high in silica, which reduces water loss, and protects the plant from grazing, because it is so rough, which is why they were used to clean pans and bowls before plastic brushes and brillo pads were invented. Interestingly, our hens like to eat the shoots of horsetail, but it is toxic to them in quantity,

#### NATURE NOTES JUNE continued

causing weight loss, diarrhoea, and loss of muscle control. Horsetail contains the enzyme thiaminase which destroys vitamin B1 in the body, particularly thiamine, which plays an important role in turning our food into energy and keeping our brains healthy.

Speaking of poisons, *Hemlock* flowers at this time of year. It is the UK´s most deadly plant and the one that Socrates was forced to drink upon his death sentence in 399 BC. Found alongside water, it smells of mice and has hairless stems with purple blotches. Beware. It may look like cow parsley or wild carrot but its purple blotches on the stems and shiny leaf tell it apart.





The strawberry moon is on 11th June. And finally, a collective noun to warm your hearts: for ladybirds, it is a "loveliness"!

#### **Perry Littleboy**





Opportunities to enhance ecology and biodiversity

Opportunities to reduce our carbon footprint

#### Plant-based diets and the environment

#### Sue Sentance

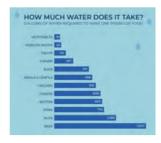
In this issue, we thought we'd look at how what we eat can have a positive impact on the environment. There's been quite a lot of research reported in the media in recent years about the ways in which transitioning to a plant-based diet can significantly reduce our water footprint, mean more food can be produced from less land, and contribute to a reduction of greenhouse emissions.

#### What does the research say?

A recent study published in Nature Communications in 2024 1 examined vegan, vegetarian and flexitarian diets and found that diets rich in plant-based alternatives substantially reduce greenhouse gas emissions (30-52%), land use (20-45%), and freshwater use (14-27%), with the vegan diet showing the highest reduction potential. The study also highlighted that plant-based diets can meet most nutritional recommendations and may even improve the intake of certain nutrients, such as iron and fibre. Another study published in 2020 found that vegetation regrowth could remove as much as 9 to 16 years of global fossil fuel CO2 emissions, if demand for meat were to drastically plummet in the coming decades along with its massive land requirements. That much CO2 removal would effectively double Earth's rapidly shrinking carbon budget. 2 Finally, the World Wildlife Fund (WWF) emphasises that increasing our consumption of plant-based foods relative to animal-source foods will reduce the pressure on biodiversity.3

So there are lots of positives to choosing plant-based alternatives to meat and dairy.

As shown in the following chart, food needs different amounts of water to grow. Growing vegetables uses the least amount of water, and is also an efficient use of land. Research suggests that if everyone shifted to a plant-based diet we would reduce global land use for agriculture by 75%. This large reduction of agricultural land use would be possible thanks to a reduction in land used for grazing and a smaller need for land to grow crops.



[image taken from: https://www.forksoverknives.com/wellness/vegan-diet-helps-environmental-sustainability/

#### Plant-based alternatives

Many people are starting to have some plant-based meals and finding that there are lots of choices. Switching just one red meat meal to a plant based meal per week can significantly reduce your carbon footprint and potentially reduce UK greenhouse gas emissions by 50 million tonnes, according to The Ecologist. This is equivalent to taking 16 million cars off the road or reducing the UK's total greenhouse gas emissions by up to 8.4%

Alternatives to meat and fish include beans and legumes, nuts and seeds, as well as soya-based foods such as tofu and tempeh. Some people worry that they might be short of protein, but there can be plenty of protein in plant-based meals. The BBC Good Food website describes some of the best sources of protein from plant-based alternative 6 shown in the table, which includes seeds, nuts and tofu. Foods with more than 15g protein per 100g include pumpkin seeds, chia seeds, cashew nuts, tofu and peanuts.

#### A personal plant-based perspective

I thought I'd finish this article with my own perspective. For me, it's been relatively easy to switch to a completely plant-based diet (in 2021) as I'd been vegetarian since 1981, so I was only giving up dairy and eggs. I have found that I can always find options in restaurants (in the UK – can be more tricky in some other countries) and that the major supermarkets stock vegan alternatives that used to be only found in health food shops. It's easy to find vegan/vegetarian recipes online and there are lots of cookbooks around. I use nutritional yeast and yeast extract to make sure I have sufficient B12, vegetable oil or chia seeds instead of egg in cooking, and oat milk and cream instead of the dairy versions. Obviously this isn't for everyone, but I'd definitely recommend giving a more plant-based life a try!

#### Finally, this link takes you to my favourite recipe for vegan chocolate brownies! <a href="https://www.bbcgoodfood.com/recipes/vegan-brownies">https://www.bbcgoodfood.com/recipes/vegan-brownies</a>

- 1 https://www.nature.com/articles/s41467-024-45328-6
- 2 https://www.sciencefocus.com/news/global-vegetarianism-could-undo-16-years-of-fossil-fuel-emissions
- 3 https://planetbaseddiets.panda.org/actions
- 4 https://ourworldindata.org/land-use-diets
- 5 https://theecologist.org/2019/june/07/swapping-one-meal-day
- 6 https://www.bbcgoodfood.com/health/specialdiets/best-sources-protein-vegans

#### **BUG HOTEL**

Over the May Day Bank Holiday weekend a Bug Hotel, planned by Sustainable Whaddon and built by Chris Selway, was assembled on the Recreation Ground against the railings to the churchyard. Many thanks to everyone who gathered fir cones, wood, moss and airbricks, but the biggest thanks must go to the children who so enthusiastically filled the frame of the Bug Hotel with all these materials attractive to wildlife. They even helped a snail to become the first resident.

Jenny Grech on behalf of Sustainable Whaddon



The next meeting of Sustainable Whaddon is on Wednesday 18th June 7.00pm at 114 Bridge Street. Anyone is welcome to attend. You can get in touch with the group at sustainablewhaddon@whaddon.org

#### WIMPOLE HALL

For the fourth year running National Trust venue Wimploe Hall are inviting the people in the locality to join them for a community picnic. People are invited to bring some food and enjoy it on Church Field opposite the Stables.

Those taking part will be given free entry to the whole estate – Gardens, Farm, House and Parkland – during opening hours on the event day- Sunday 15th June. Proof of address will need to be shown on arrival at the Welcome Centre.





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#### SHRED THE SHIRES

A Wheely Good Time Came to Our Village! From Friday, 2nd May to Monday, 5th May, Whaddon hosted "Shred the Shires", a unique and family-friendly event celebrating the increasingly popular sport of Onewheeling. Shred the Shires is a not-for-profit event organized to promote the enjoyment of Onewheeling and build a strong sense of community.

Winners of the mens events came from England, Portugal and USA- womens top 3 were from Scotland, England and Belgium. Under 14's were from England and Holland. A truly international event. One which the village hopes will return again.

Mark Coningsby www.shredtheshires.co.uk



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Bere	Burgh	Clare	Croft	Deal
Drum	Elcho	Flint	<b>Floors</b>	Fraser
		0	8	Bere Burgh Clare Croft Drum Elcho Flint Floors

**CASTLES** 

Piel

**Tower** 

Gylen Hay **Hever Holt** Kendal Leod **Muncaster Oer** Maol Mey Moy Red Raby Rait Star Sween

Udny York

WORDSEARCH 301

If you would like the solution to this puzzle please email the editor.

# Orchard Surgery - your local friendly surgery

Orchard Surgery in Melbourn has been in the village since 1991, and has been a major part of the community.

We have 4 partners, 3 salaried GP's and 2 registrars, along with 2 nurses and 3 health care assistants. We also have 1 practice manager, 1 deputy practice manager, 2 pharmacists, 2 pharmacy technicians, 5 dispensers, 6 reception staff, 1 secretary, 1 work flow co-ordination and 1 driver.

The surgery supports the following villages in the area: Melbourn, Meldreth, Shepreth, Fowlmere. Thriplow (village only), Barrington, Orwell, Whaddon, Kneesworth, Royston and Bassingbourn, and is committed to providing a welcoming, supportive environment aimed at providing professional health care support to all our community.

#### **Appointments:**

Over the last few years -post COVID - there has been a surge in demand to see a Doctor, and at Orchard Surgery we are no exception. In order to handle this demand we offer "on the day" appointments, with a few available to book in advance. The "on the day" appointments are for issues that need to be seen on the day, and once the appointments have gone, you will be placed on the triage list for the Duty Doctor to review. We will also send you a small questionnaire as you book your appointment, for you to fill in, so you can provide us with as much information about your condition so the Doctor is able to triage appropriately. If your issue is not urgent or does not need to be seen on the day, then please ring the surgery after 10:00 am. We now offer a call back system, which enables you to hang up but remain in your position in the gueue, and the surgery will ring you when you reach the top of the gueue.

We understand that appointments are hard to get, however, there are a number of issues that can be seen by your local pharmacist. They include:

- sinusitis.
- sore throat.
- earache.
- infected insect bites.
- impetigo.
- shingles.
- uncomplicated urinary tract infections in women.

Please consider whether you can be helped at your pharmacy, before calling to obtain an appointment.

#### **Blood tests:**

Patients often ask to have their blood test taken at the surgery. Unfortunately, we can only provide blood tests for our patients who are over 70, vulnerable, monitored because of their medication, and those with long term conditions such as diabetes. All other blood tests will need to be taken either at the hospital, if instigated by them, or at the Newmarket Road Park & Ride. Blood test appointments are available through the PCN extended access in an evening or weekend, but this may be at another surgery for example at Comberton Surgery. This is a step we have unfortunately had to take due to the lack of funding we receive from the government.

#### Dispensary and medication queries:

Our Dispensary staff work very hard to ensure that you obtain your medication in a timely manner. In order to help us with that, please ensure that you allow enough time for your prescription to be actioned. Please request your medication at least 7 days before you need it. We often get asked by patients why the medication that has been prescribed by a hospital is not yet ready.

This may be due to the fact that discharge letters, identifying your change in medication, may take up to 7 days to come through to the surgery, after which they need to be sent to the GP to view and action. Until we receive those, we are unable to action any changes. You should be provided with 2 weeks' worth of medication from your hospital. If you have any queries about your medication, then please ring the surgery between 10 and 12:45 AM and between 3 and 5 PM, using option 2.

#### My Chart:

We are aware, that many of you have access to MyChart, and often will receive your results through there. Unfortunately, the Surgery does not have access to MyChart, which is why sometimes you as a patient may get the results before we do. Our GP's are unable to action anything from those results until we receive the information through a discharge letter, so please do bear that in mind.

#### Shared care agreements:

In the climate of underfunding, we are unable to enter into a shared care agreement with any private providers. If you choose to go private, and are issued with medication by the private consultant, you will need to continue to pay privately for your medication through your private provider. We will only be able to take over the care if you have been seen through the NHS. Our GP's are more than happy to refer you to an NHS provider if you so wish.

#### **Veteran Practice:**

We have recently registered as a Veteran's practice, if you are a veteran, than please do let the receptionist

know. It will enable us to signpost you to specific support should you need it.

#### Park Run Practice:

The surgery is committed to the health and wellbeing of the community, and for that reason we have signed up as a Park Run Practice. We want to promote a healthy lifestyle through social and physical activity. We also work very closely with the Melbourn HUB, providing various clinics there, such as blood tests, cervical screening and medication reviews, along with providing Physio appointments.

Should you have any queries about any of our services, then please do look on our website - Orchard Surgery - for further information, or ring the receptionists on 01763 260220

We welcome any constructive suggestions on how to improve our services, and should you wish to contact the surgery with some of your ideas, then please do contact us through email at <a href="mailto:contact.gorchardsurgery@nhs.net">contact.gorchardsurgery@nhs.net</a>

This leaflet has been produced by Orchard Road Surgery in response to requests made by Nigel Strudwick on behalf of Whaddon Parish Council.

We have set it in the middle of the Whaddon Newsletter so that it can be removed and kept for future reference for those of us who attend this surgery, or for new villagers looking for a GP practice.



#### 01223 207325

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Newspapers



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email: admin@mothergoosepreschool.co.uk or

phone: 01223 208527.

#### Annual Parish Meeting (APM) Monday 28 April, Village Hall, 19:30pm

The Annual Parish Meeting (APM) was held on Monday 28 April. This is a brief report on it, and a PDF of the slides used will be found on the village web site: https://www.whaddon.org/parish-council-files/APM-presentations/APM-all-slides-2025.pdf

The following is a very brief summary of the principal items that were given as verbal/written reports only.

- 1. Parish Council: readers will find quarterly reports on PC activities in the Whaddon News by Anita Birch and Lee Ginger, and those are not repeated here.
- 2. Cllr Susan van de Ven attended on behalf of SCDC and CCC at what was her last official activity with Whaddon, as she was not going to stand at the May election. Her annual report is on the village web site (https://www.whaddon.org/parish-council-files/SCDC-CCC-councillor-reports/County-Council-Annual-Report-2025.pdf), and she spoke of some of this, and also mentioned the difficulty the local councillors have had in meeting Anglian Water about local drainage issues.
- 3. Will Elbourn reminded everyone about the history of the Palmer Trust and how it has changed. Anyone seeking small grant support from it should follow the information on the village web site.
- 4. A written report from Malan Peyton was read on Neighbourhood Watch / Policing. She concentrated on the recent thefts in the village from outbuildings and vehicles and repeated the police advice of tagging items in a way in which they can be identified and using multiple layers of security, gates, locks, lights, cameras and so on. I added a slide on the seasonal problem of hare coursing, and some links to county police statistics of local and South Cambridgeshire crime figures.
- 5. A written report from David Short was read out. Speedwatch: it has restarted for the year, with a session every fortnight. Data from last year suggests 11% of cars are over the limit. A1198 Mobile Vehicle Activated Signs (MVAS): there are issues with finding a suitable MVAS since battery changing next to such a busy road (10–20,000 per day) is not very safe, and no solar-powered one has the ability to handle so many vehicles. So we may have to use mains power and this brings in all sorts of

associated costs and problems. The PC hopes in the meantime we can erect more MVAS in the village itself.

I would like to thank all our speakers, and especially those from outside the village. We thank Susan van de Ven for all that she has done for the village, and wish her well in her "retirement". We are also very grateful to Captain Todd Martin for coming over from the Barracks/MRTC and we very much look forward to continuing our mutual relationship with our very important neighbour.

#### **Nigel Strudwick**

#### The Whaddon village email list and web site in 2025

As a number of families have moved in and out of the village in the last year or so, I just wanted to summarise what we have in Whaddon for communication.

Email list: this is probably the most immediate way of finding out what is going on in Whaddon. All you have to do is send an email to emaillist@whaddon.org asking to be added to the list, and I will gladly do so. There are usually no more than three to five messages in an average week, and I promise not to clog your inboxes with messages.

- The Parish Council sends round not just information relating to council meetings, but also very timely public service announcements—the usefulness of it was demonstrated when we were all restricted at the height of Coronavirus;
- The Village Hall Trust announces its public events;
- The Churchwardens send round weekly news and information about St Mary's;
- And lastly, we have heard about villagers announcing items for collection, Teddy bear hunts, Halloween pumpkin competitions, various jigsaws, or asking for recommendations, and also messages about lost and found pets and keys.

Emails from the Whaddon email list come from emaillist@whaddon. org. As the one who runs the list, I respect everyone's privacy, and individuals are only on the list because they have given me their explicit permission to be contacted for the purposes of village—wide emails ONLY. Remember, you only have to drop me an email to be removed and I will do it immediately.

Don't forget that we also have the web site (<a href="http://www.whaddon.org/">http://www.whaddon.org/</a>) and Facebook (WhaddonCambs for the village and StMarysWhaddon for St Mary's Church). Ideas and especially contributions for both would be welcome!

#### Nigel Strudwick

#### **GARDENING**

This new space is a chance to share snippets or longer articles about things that have been successful for you. Gardening is a huge subject covering growing flowers, fruit and vegetables or just making our gardens look amazing, and of course we are all on our individual journeys of thinking more about the environment as we plan and work our magic. Whether it's about facing the challenges of going peat–free, or being willing to be a bit less tidy and a bit more friendly to wildlife, this is our opportunity to encourage each other.

#### Dead-Hedging by Nikki Cross

In 2022 I observed that the box hedge, which serves to partition my garden into smaller sections, appeared significantly distressed. It seemed to have been afflicted by an insect that created cobwebs and stripped the branches bare. Contrary to my initial suspicion of a large spider, the culprit was a caterpillar, an issue that had affected numerous gardens nationwide. Initially, I hoped the caterpillar would relocate the following year, but unfortunately, it did not.

Contemplating the removal and replacement of the hedge, I happened upon a programme that altered my perspective. Instead of completely removing the hedge, the program suggested transforming it into a "dead-hedge". This ingenious idea inspired me to adopt the same approach, presenting a simple yet brilliant method to recycle within my garden.

Utilising the upright trunks of the privet hedge, I meticulously pruned some of the lower horizontal branches and added additional vertical stakes at regular intervals, creating a series of upright supports. I then began weaving the removed branches between these supports, layering branches from the autumn pruning, and incorporating thinner branches as well.

An old rambling dog rose was pruned and integrated into the dead-hedge, preparing it for new spring growth. The dead-hedge now serves as a composting structure for branches of all sizes. As the branches, bark, and twigs decompose, their nutrients are recycled back into the soil, reducing the need to chop branches small enough for the green bin and providing

shelter for wildlife. I have since implemented this method in other areas of my garden, planting another rambling rose, although honeysuckle or clematis would also be suitable alternatives.

This process is straightforward, quick to execute, and eliminates the need to cut branches into smaller pieces for optimal use of the green bin, saving both time and energy and adding to the echo system. Creating my very own Tangled Bank and bug house.







I get a weekly email from a collective called **Rural Sprout**. They are group of passionate gardeners and homesteaders from all walks of life sharing their expertise. One idea I will definitely try this year is getting more of a harvest from a simple crop like radishes.

"When planting radishes consider not harvesting them all. The ones that are left will go to seed. On the journey they will produce lovely flowers that will attract pollinators to the area, and then they will produce small pods. These pods are edible if picked early. Too late and they become too fibrous." Viv

#### A website worth exploring is Earthed.co

Earthed is a charity and a nature skills platform that exists to make every river, city, farm and balcony burst with life. Here you can learn skills from our nature teachers, celebrate traditional knowledge and those who hold it and take part in community activities across many topics and terrains.

I have been working through one of the many free courses. "Building biodiverse gardens". It goes against everything I have ever done, but it's certainly food for thought. Viv

#### RECIPES

Please send in your favourite family recipes. We're kicking off this edition with two of mine and Paul Evans' Nettle soup. We're really looking forward to trying some of yours so please share them. We'll try to keep it seasonal.

#### Viv's favourite Rhubarb and Almond cake.

This is more of a pudding really and lovely served warm with some creme fraiche.

Growing rhubarb is easy once it's established, and means that it can be picked and cooked straight away avoiding any loss of flavour. If you don't grow it yourself watch out for offers on Whadsapp.

400g (2-3) sticks of rhubarb- the fresher the better- cut into 2cm chunks.

200g golden castor sugar

2 tbsp apple juice

150g softened butter

2 beaten eggs

75g SR flour

½ tsp baking powder

100g ground almonds.

25g flaked almonds

Soak the rhubarb chunks in the juice and 50g of the sugar for 20 mins.

Beat the butter and the remainder of the sugar until light and fluffy.

Add the beaten eggs a bit at a time, then fold in the ground almonds, baking powder and flour.

Stir in the rhubarb along with the juice. (Don't worry if it goes a bit sloppy).

Spoon the mixture into a greased, lined springform tin. (23cm diameter) and roughly level it. Sprinkle the flaked almonds over the top.

Bake at 190 degrees for 25 minutes then lower heat to 180 and continue to bake for a further 20 minutes, or until a skewer comes out clean.

Cool in the tin.

Rhubarb juice can damage baking tins, so it's best to remove the cake as soon as it is cooled. Springform tins are easiest for this as the cake is very soft. When we moved to Whaddon the garden had several fruit trees. We had never had more than a postage stamp for a garden, so picking our first fruit was a delight and made me want to try and make some jam. This recipe was my first attempt and quite the loveliest flavoured jam I have eaten. My husband Andy has a severe reaction to citrus so I omitted the lemon which meant it came out even runnier than the recipe said it would. Delicious on freshly baked bread.

#### Pear and Ginger Jam

Makes 2 lbs jam

2 lb pears
4 oz preserved stem ginger
2 lb sugar
½ pint water
1 oz fresh root ginger
luice of 2 lemons

Peel, core and chop the pears. Cut the preserved stem ginger into small chunks. Put all the ingredients into a preserving pan and stir over a gentle heat until the sugar is dissolved. Bring to the boil and boil rapidly for about 10 minutes, stirring occasionally, or until setting point is reached. Remove the piece of root ginger.

Lift out the fruit with a slotted spoon and place into warmed jars.

Rapidly boil the syrup to reduce for a few more minutes, then pour over the fruit. Leave to cool. Cover and seal when cold.

#### Paul Evans - Nettle Soup

Did you know nettles are full of vitamins, minerals and antioxidants. A real super food and they make a great, cheap and very simple soup.

You just need an onion, a stick of celery, a couple of potatoes and a carrier bag of nettles (the younger the better). Fry the onion, add the celery stick and then approximately a litre of stock, add the nettles- removing any woody stalks and boil until wilted and tender. Liquidise and serve with crusty bread. This recipe will serve 2/3 people

You might want to add some cream or a carrot or a leek or a tablespoon of tahini when cooking or just experiment with various combinations.

Enjoy Paul

#### **REGULAR ACTIVITIES AT THE VILLAGE HALL**

17.00-19.00	Knit and Natter
9.15-10.15 18.00-19.30	Yoga Dog Training
20.00-21.00	Table Tennis
10.30-12.00	Coffee Morning (1st and 3rd)
18.25-20.25	Pilates
19.15-11.30 17.45-19.15 20.00-22.00	Yoga Dog Training Royston and District Model Railway Club
	9.15-10.15 18.00-19.30 20.00-21.00 10.30-12.00 18.25-20.25 19.15-11.30 17.45-19.15



**LOUISE TRENWITH** 

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#### **Knit and Natter**



#### Mondays 5-7 at the Village Hall

Do you have unfinished projects in a cupboard? whilst knitting and purling?

Don't feel limited to knitting or crochet, we have needlework going on as well!

Come and join us!

Subs are £6.00 a month or £2.00 for a drop in if you can't make it every week.

We welcome all ages, under 18s are £2.00 a month.

If you want more info email Diane Faben <a href="mailto:edgescape: edgescape: edgescape: 200% a month.">edgescape: edgescape: edgescape:



Beautiful creation by the Knit and Natter group to commemorate the  $80^{\text{th}}$  anniversary of VE day.

# Table Tennis in the Village Hall Tuesdays 20:00 to 21:00

We have two table tennis tables and other equipment is provided. The cost is £2.00 per person per week. There are about half a dozen regular players.

Anyone who would like to join us are very welcome. An hour of fun and exercise and an opportunity to meet other villagers.

Those interested please contact Nigel Strudwick, ncs3@cam. ac.uk

#### **ROYSTON AND BUNTINGFORD HOME-START**

I'm absolutely thrilled (and just a tiny bit giddy) to introduce myself - I'm Angie Ward, the new Fundraising Lead here at Home-Start Royston, Buntingford & South Cambridgeshire. I've recently taken over the reins from the wonderful Tracy Aggett, who has officially retired her fundraising toolkit after years of dedicated service. Tracy's shoes are big ones to fill - but luckily, I love a challenge, a clipboard, and a good cause! I come with a strong background in community fundraising, event coordination, and making things happen with a smile and a spreadsheet. I've joined Home-Start because I passionately believe in the power of community, and the importance of giving families the support they need - when they need it most. I'm excited to use my experience to build even more fundraising magic and grow our wonderful volunteer network.

Warm wishes Angie

#### Next fundraiser for Homestart is a Bingo evening on 5<sup>th</sup> June



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#### **New Volunteer Teams Initiative!**

We're launching a fresh initiative to create Volunteer Teams—small but mighty crews who'll take the lead on running specific events. If you love organising, cheering people on, or simply want to do more, I'd love to chat with you about joining a team! Drop me a line at <a href="mailto:angie.ward@hsrsc.org.uk">angie.ward@hsrsc.org.uk</a> or contact me on my mobile 07736 825570. I'll bring the tea and biscuits.

Thank you, as always, for being part of this incredible community. Your time, support, and energy make all the difference – and we couldn't do it without you.

Let's make some memories (and some fundraising magic) together.





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#### Neighbourhood Watch in Whaddon

Whaddon has an active Neighbourhood Watch scheme, which is coordinated by Malan Peyton. Malan can be contacted on 07836 549871.

Dial 999 to report a crime in progress, or when lives are at risk.

For non emergency matters please consider using

www.cambs.police.uk/report or

web chat #safercambs to report a crime.

Both of these are likely to have a quicker response than calling 101.

The "WhaddsApp" group also works very well for immediate alerts to the village. The village remains a very safe community with very little crime.

Unfortunately one of the crimes we do see from time to time is hare coursing. Please dial 999 if you suspect that this is occurring but **do not approach** those involved.

#### CAMBRIDGE FIRE AND RESCUE

#### **Community Safety Notice**

#### Dangers of swimming in open water

Residents are reminded of the risks of swimming in open water as the weather warms up. Parents are urged to explain these risks to their children.

#### Points to consider:

- 1. Even if the air temperature is warm the water temperature can be as low as 4 or 5 degrees this time of year. This can cause your body to go into cold water shock and affect your breathing.
- 2. Open water can be deeper than expected, with unseen hazards below the surface (bicycles and shopping trolleys!).
- 3. There may be strong undercurrents, especially near weirs and locks, that could pull even the strongest swimmer under.
- 4. If you want to swim in the wild consider joining a group who swim in open water and do so safely, as part of a regular exercise programme or hobby.

#### Here are some useful tips:

If you get into difficulty in water lean back, use your arms and legs to stay afloat, and try and control your breathing. Once calm, either call for help or try and swim to safety.

Try and always go swimming with someone else and avoid swimming and alcohol.

If you see someone in trouble near water, immediately dial 999. Try and find something to throw to them to use as a float or to pull them in if they are near to the edge and it's safe to do so. Never try and carry out a rescue yourself, as you could put yourself in danger too. It is helpful to give emergency services a what3words reference. The app is free and can be downloaded onto any mobile device. It is always good to find out exactly where you will be swimming.

#### Think fire safety before lighting your BBQ

- 1. Never use a barbecue indoors or on a balcony
- Make sure barbecues are placed on level ground where they will not tip over.
- 3. Keep barbecues away from your home, sheds, fences, garden furniture, trees, shrubs and tents, and out of walkways
- 4. Keep children, pets, and garden games well away from the cooking area.
- 5. Don't drink too much alcohol if you are overseeing the cooking and never leave the barbecue unattended
- Follow the safety instructions provided with disposable barbecues and only use approved barbecue fuel or fire lighters – never use petrol or paraffin.



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David Mark

Mobile: 07563138547 Mobile: 07895530892

Email: Davidgreen610@vahoo.co.uk Email: Markgreen880@yahoo.co.uk

#### WHADDON PARISH COUNCIL MATTERS

#### Composition of the Parish Council

Since the last edition of Whaddon News the Parish Council (PC) has co-opted David Short to the position of Parish Councillor. David brings a wealth of experience to the position and has immediately taken the lead on all things MVAS (Mobile Vehicle Activated Signs) on behalf of the PC.

The PC also held their Annual Parish Meeting on the 12 May, 2025. This saw the resignation of Cllr Nigel Strudwick from the role of Chair. Cllr Strudwick will remain a Parish Councillor for the foreseeable future. Cllr Will Elbourn has been appointed into the position of Chair of the PC, with Cllr Deborah Townsend remaining as Vice-Chair.

The PC would like to thank Nigel for taking up the role of Chair, after the resignation of Lee Ginger last year, and for his continued service to the parish.

#### **County Council Elections**

The recent County Council elections saw the election of Cllr Adam Bostanci for the Division of Melbourn & Bassingbourn, into which Whaddon falls. The PC would like to welcome Cllr Bostanci and are looking forward to working closely with him, as we have with his previous post holder Cllr Susan Van de Ven. Susan remains District Councillor for Bassingbourn. In previous years, Susan has worked tirelessly on behalf of Whaddon in her role of County Councillor and she will be very much missed. The PC would like to thank her for her contribution and wish her every success in the future.

#### School bus pick up location

The BVC bus is now picking up students from the bus stop at the top of Bridge Street, rather than at a proposed changed location, which would have had our students crossing the road on a corner, which was deemed unsafe and unnecessary.

#### Progress from the publication of the Whaddon Parish Plan

The PC continues to consider items that were raised from the recently completed Whaddon Parish Plan, one of which was Housing. The PC are to invite a member of Cambridgeshire ACRE to a future meeting, to present information regarding completion of a future housing needs survey on their behalf.

#### Royal Mail delivery difficulties

Following reports to the PC with Royal Mail delivery difficulties into the village the Chairman wrote to Pippa Heylings MP, expressing our concerns. Royal Mail have indicated that they are currently discussing reductions in the service level for second class post with OFCOM. Anecdotally, it was felt that more recently Whaddon had been receiving more frequent deliveries once again.

#### Recent break-ins to outbuildings

Unfortunately, Whaddon has experienced a spate of break-ins, where large amounts of expensive tools have been taken. Residents have reported what they thought to be a slow and inadequate Police response. It was agreed that this issue would be raised at the next joint meeting with the local representatives from the emergency services. In the meantime, the PC request that all residents take all available precautions against theft, including marking of any tools/machinery.

Please feel free to contact the PC if you experience any crime and feel that your reporting hasn't had the appropriate response.

#### Overhanging trees in Bridge Street

The PC are currently responding to concerns from residents around the overgrowth from trees towards the bottom of Bridge Street. The overgrowth is currently impeding the movement of traffic along this stretch of road. The PC are currently in discussion with County Council to establish ownership of the trees with a view to having their crowns lifted and to remove any dead/diseased trees.

#### Volunteer required

Finally, there is a lovely little flower bed, to the left of the entrance to the Village Hall car park, that is on occasion a little neglected. Could you be the person to take ownership of maintaining this little bed on behalf of the PC? Rather like some of our valued residents that keep the pump area on Bridge Street in a lovely manner, this could be your chance. If you are interested in taking on this little patch of joy, please contact a member of the PC. We'd be delighted to have your input.

#### **Parish Council Meeting**

The next Parish Council meeting will be held on Monday 9<sup>th</sup> June 2025, in the Village Hall at 7:30pm. These meetings are open to the public, and indeed there is a standing agenda item, 'Public Participation', so please feel free to come along.

Thank you, Anita Birch

TRUST					
Jonathan Birch	Chair				
Karen Coningsby	Secretary				
Peter Haselden	Treasurer				
Gabby Van Poortvlie	t Member				
Claire Hales	Member				
Marine Boulter	Member				
Steve Coningsby	Member				
Terry Allison F	lolding Trustee				
Lee Ginger Holding Trustee					
Please send all enquiries to					
whaddonhalltrust@whaddon.org (including Village hall bookings).					

WHADDON VILLAGE HALL

# LIBRARY SERVICES Mobile Library- Meldreth Road 10.00 -10.30 Every 4th Wednesday Bassingbourn Community Library-The Old School Community Centre Monday 2-4.30pm Thursday 2-4.30pm 6pm-8pm Saturday 10-12 noon Refreshments available



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Cambridge 03448 487979 Royston 03444 111444

Age UK: 0300 666 9860 Mon - Fri 9am - 3pm

infoandadvice@ageukcap.org.uk

www.ageukcap.org.uk

**Councillors:** 

 County- Adam Bostanci
 07400 236329

 District- Jose Hales
 01763 221058

 Sally Ann Hart
 07791 233303

MP Pippa Heylings pippa.heylings.mp@parliament.uk

**Doctors:** 

Orchard Surgery, Melbourn 01763 260220

Granta-Royston Heath Centre 0300 2345555 opt 7
Granta- Royston Market Hill 03002345555 opt 5
Payria Sugram: 01763 243166

Roysia Surgery 01763 243166

Hospital: Addenbrookes 01223 245151

Police: Non emergency 101

Cambridge Fire and Rescue

(Home safety assessments) 01480 444500

Samaritans: 01223 364455 (charges)

116 123 (free)

**Transport:** 

 National Rail Enquiries
 03457 484950

 Myalls of Bassingbourn (Bus 17)
 01763 243225

 A2Buses (Bus 26)
 0800 001 6255

Stagecoach run P&R from Trumpington

**Utilities:** 

Anglian Water 03457 145145 Cambridge Water Co 01223 706050 Electricity Emergency/supply loss 08007 838838

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