

Abbey Action

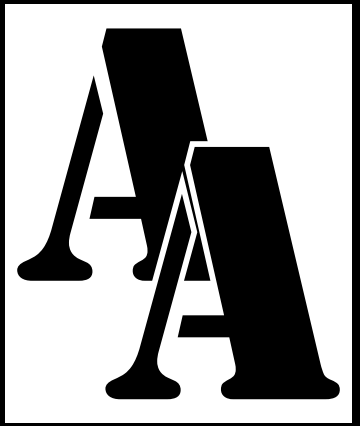
ABBEY COMMUNITY NEWSLETTER

The Community Newsletter for East Barnwell/Abbey

Spring 2010 Edition

Contact: Abbey Action, c/o East Barnwell Community Centre,
Newmarket Road, Cambridge, CB5 8RS.

Tel. (01223) 517259 Email: abbeyaction1@tiscali.co.uk



Know your local police team?

Introducing Cambridge City East Neighbourhood Policing Team that include officers that cover the Abbey area.

The team consists of Sergeant Mark Kathro, **Police Constables** Debbie Pearl, Julian Haynes and Andy Badcock, **Police Community Support Officers** Hoi Yee Ng, Mark Mitcham, John Ackerley, Amanda Turnell, Anthony Marriott, Michael Stribling, John Carter and Jenny Rouse.

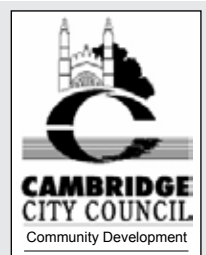
If you have issues you need to discuss or problems in your part of Abbey you can call 0345 456 456 4. See more details on page 6.

Beat Surgery

Our next beat surgery will be held on the 19th March between 7pm & 9pm at Tesco on Cheddars Lane. If you have any queries, questions or information you would like to give us then do come along.

Also in this
issue....

- Community action and grants – **page 2**
- Get Active in Abbey – **page 3**
- Local activities & events – **page 4**
- Community centres & facilities – **page 5**
- Information & advice – **page 6**



Working to bring local people and organisations closer together



Barnwell Road notice board

For over 10 years the City Council's Community Development department has supported a community project in the Abbey ward - the Abbey Action project.

The aim is to communicate what is going on in the area and to try to bring local people, groups and organisations closer together.

So much more can be achieved when people and groups work positively together, rather than on their own.

- **The Abbey Action group** provides an umbrella group for the area linking local residents who have an interest in their community with the ward councillors, local group organisers, church leaders and others active in the Abbey area. It meets a few times a year to discuss local issues, plan local events and meetings. Other residents are very welcome to get involved with the group – your ideas, local knowledge or practical help at events will all help.

The administrative duties are all carried out by Keith Jordan, the part-time community worker for the project, so you won't be asked to become treasurer, chairman or secretary! Our next informal meeting is on 11th May at Barnwell Baptist Church, at 6pm (best to call 01223 517259 or email abbeyaction1@tiscali.co.uk to confirm details).

- **Linking up groups and organisations working in Abbey**

Community networking meetings are held 4 times a year to bring community workers and other staff based in the

community together to make contact and try to make things more 'joined up'. Health workers, children & youth workers, local people who run clubs, Council staff working in the area, members of the police team, church representatives who run local activities for families at Christ the Redeemer and Barnwell Baptist church are some of the people who attend.

If you help run a local group or club you are welcome to attend the next gathering at Abbey Meadows Community Wing on 18th June.

- **Helping community groups, local facilities and services in Abbey**
 - local publicity through our newsletter, community notice boards, and community directory (in progress). Groups can send 5 – 6 posters for FREE local distribution on our notice boards.
 - promoting grants available for community groups (see opposite)
 - supporting local events (e.g. the annual Stourbridge Fair).
- **Organising a few local events**
e.g. the annual summer seaside outing (Great Yarmouth last year, Lowestoft in 2008), local history events, walks around local green spaces. Last year we worked with Cambridge University's outreach team to organise an event at East Barnwell Community Centre with children's activities, talks and refreshments.

If you require a larger print version of the newsletter please contact Keith at Abbey Action.

Abbey Action Community Newsletter Plans

Edition Summer 2010

Deadline for articles 1st May

Covering period June – Sept

Distribution Early June

Edition Autumn 2010

Deadline for articles 7th Aug

Covering period Sept – Nov

Distribution Early Sept

HELP FOR COMMUNITY GROUPS IN ABBEY

Does your group need extra funds?

There are many small social and special interest groups in the Abbey area - friendship clubs, play groups, local history society, Scout and Guide groups. They manage to keep going year after year often with just a few active committee members and relatively little financial support.

For example, the **Forget-Me-Not club** has been running even before East Barnwell Community Centre was built in 1945! This and other clubs provide very local opportunities for people to get out and meet others. A few small grants enable these clubs to keep going and put on a few extra activities like outings or buy much needed equipment.

Cambridgeshire Community Foundation now manage funds on behalf of a range of local donors (including City Council East Area Committee grants) and award grants to local voluntary and community groups in Cambridgeshire. Just call 01223 410535 for more details

Website www.cambscf.org.uk.

Cambridge Council for Voluntary Service can also help groups with advice and training (finding grants, dealing with constitutions.

Website: www.cambridgecvcs.org.uk

Tel. 01223 464696 or

email:

enquiries@cambridgecvcs.org.uk

Many groups and activities take place in the Abbey area every week – at the Abbey Pool, East Barnwell Community Centre, Abbey Meadows Community Wing, the various church buildings, the St John Ambulance Centre, The Fields Children's Centre, and other venues.

Our **Community Directory** is in progress but we still need details of a number of community groups, facilities and organisations. It's a way of getting more people to know about your group and for those who may be lonely or looking for new activities to get active. As well as all the existing groups and classes there are always new activities starting up in Abbey. Many ways to keep active, socialise and meet new people!

Get Active in the Abbey



The 'Forever Active' Scheme now has on offer over 50 exercise / sport sessions for the over 50 age group taking place within Cambridge City. There are sessions on offer to cater for all abilities from chair-based sessions for people with mobility problems to activities for the more active such as dance, aqua aerobics Pilates and exercise to music.

The sessions near you are as follows:

Chair based class

Seated exercises with some optional standing exercises.

Day: Tuesdays 10.00am – 11.00am

Venue: Barnwell Baptist Church, Howard Road

Cost: £2.00 Forever Active members / £2.50 non members

T'ai Chi

Exercises to help us understand core principles of posture, breathing and coordination more easily so you'll be able to move more easily, relieve stress and increase well-being.

Day: Thursdays 3.30pm – 4.30pm

Venue: Abbey Sports Centre, Whitehill Road

Exercise To Music

An all round, total body workout to improve fitness, coordination, strength and flexibility.

Day: Fridays 11.00am – 12.00noon

Venue: Abbey Sports Centre, Whitehill Road

Aqua

A workout for people of all levels using the natural resistance of the water

Day: Friday 2.00pm – 3.00pm

Venue: Abbey Sports Centre, Whitehill Road

Cardio & Body Conditioning

Thursdays
6:45pm – 7:45pm

East Barnwell
Community Centre
Newmarket Road,
Cambridge

NEW!!

Suitable for
Men and Women
All Levels Welcome

Keep fit and have fun
in a relaxed atmosphere

Sarah Taylor **YMCA** qualified
instructor

Telephone **07795297998**

All you need is loose fitted
clothes, water and trainers.

Please try to arrive early for a
prompt start **£4.00 per session**

Cam Sight is a Cambridge based charity supporting local people with sight loss

Our services include a well-equipped resource centre in Cambridge, community support workers and access to technology training. We also provide advice and training in visual impairment issues to the wider community and are supported in our work by our large team of volunteers.

A **ten pin-bowling group** meets on the 1st and the 3rd Thursday of each month at the Cambridge Leisure Centre at 12:30pm. Ten pin in a great sport for any age and for any visual impairment. It is also a social event, meeting up with other visually impaired people and volunteers.

If you are interested in knowing more please contact

Joy Halifax on 01223 420033 or email joy@camsight.org.uk

Pilates

Strengthens weak areas and stretches tight muscles, enhancing good posture and correct body alignment. Focuses on core stability (abdominals and back) to support the spine and the way we move.

Day: Saturdays 11.00am – 12.00noon

Venue: Abbey Sports Centre, Whitehill Road

These sessions take place throughout the year and operate on a pay as you go basis. The cost of these sessions is £2.50 for Forever Active members and £3.00 for non-members.

To get your copy of the Forever Active brochure and a voucher to attend one of the sessions for free (quote ABBEY) contact Helen Johnston on 01223 457000 or look on the website www.forever-active.org.uk

DATE FOR YOUR DIARY

2010 Stourbridge Fair re-enactment
Saturday 11th September

Leper Chapel and grounds. Entertainments and stalls with a medieval flavour to continue the ancient community event.

St John Ambulance **NEW!!**

Badgers

St John Ambulance is in the process of planning to start up a new Badger group in the Cambridge area, adding to its base of Cadet and Adult members. There are many Badger groups in other parts of the County and St John Ambulance Youth section have

decided to open up a new group in Barnwell.

Badgers are from the age of 5 years up to 10 years and will meet at Barnwell Training Centre at 2 Barnwell Drive, off Barnwell Road, Cambridge, CB5 8RD on Wednesday evenings from 6.00pm to 7.00pm in a Badger Sett. They will learn many new skills including first aid, have fun activities, play games, do crafts and achieve various badges in different proficiencies, all with experienced leaders Lee Taylor in charge assisted by Rachael Keys who is one of our Nurses.

Being a Badger is about taking part and working together for their Super Badger Award. This is the highest award a Badger can get; many Badgers have acted in an emergency and used their training to help someone.

Parents are very welcome and invited to come along on a Wednesday evening and see at first hand the activities and training going on with a



24 strong Cadet group and the many adults that attend, all in an informal but planned atmosphere.

Come and join the UK's leading First Aid Charity

Our volunteers provide first aid at many national and local community events. We meet on Tuesday and Wednesday evenings at our Training Centre in Barnwell.

Helpers and youth leaders always wanted.

We also specialise in low cost training courses in first aid for parents with babies and children, and basic first aid for everyone.

Come and chat with us to find out more Further details can be obtained by contacting Harvey and Jean Levison on 01223 564830; mobile 07894 937368, hjLevison@yahoo.co.uk

St John Ambulance Cambridgeshire
Website: www.sja.org.uk/camb/

What's On at your local museum?

Cambridge Museum of Technology

The Old Pumping Station, Cheddars Lane Volunteer-run museum featuring **very** local history and industrial heritage of the Abbey area.

Regular opening plus special steaming days and other events.

Open November to Easter 1st Sunday in month 2-5pm. Volunteering opportunities.

SPECIAL EVENTS AT THE MUSEUM

20th and 21st March - Electrical Exhibition for Science Festival
11am - 5pm

Part of the Cambridge Science Festival.

4th and 5th April - Easter Steaming
11am - 5pm.

All the chills of winter are warmed out of the museum on this Bank Holiday steam up.

Telephone 01223 368650

Web: www.museumoftechnology.com

FRIENDS OF STOURBRIDGE COMMON



The group, formed last year, will be holding a general public meeting on 16th April from 7.30 - 8.30 in St Andrew's Hall. Clean up day on the

Common on the 17th April!

The group is looking forward to protecting and enhancing the biodiversity of Stourbridge Common as well as ensuring it is a safe, enjoyable place to visit for all users. For more details

email: friendsofstourbridge@gmail.com

Website: www.spanglefish.com/friendsofstourbridgecommon



Fund raiser required for Freedom Club Time Bank

Freedom Club Time Bank has been running in the Abbey Ward for 4 years now. In this time, members have swapped over 4000 hours of time from dog walking to computer help. In addition we have set up DIY courses, run skill swap events, 'grown and eaten', bought and lent out an apple press and even taught the Mayor to DJ!

We were originally funded by Sure Start and then reliant on numerous local grants. However, funding is tight and thus we are

looking for a volunteer to help fund raise for this registered charity.

In the spirit of the Time Bank, for every hour you help the Time Bank you will earn an hour of 'time credits' to get other things done for yourself.

For more information on the Time Bank or the fund raising role, then please contact David Boffey on **07757 103149** or email him at david@fctb.org.uk.

More information on the Time Bank can be found at www.fctb.org.uk.

Do you know your local community centres and facilities?

Here are details of some of the community centres and facilities where many groups meet and activities take place every week.

Abbey Meadows Community Wing

(Abbey Meadows Primary School site, Galfrid Road)
Community centre, now run by the school. Various local groups meet here and several rooms, kitchen, foyer are available for hire for meetings and children's parties.
Contact: Jenny Northfield, Centre Administrator, Tel./Fax: 508153.
Jenny.Northfield@cambridge.gov.uk

Abbey Pool & Fitness Centre

Whitehill Road. Tel: 213352
Swimming, exercise classes.
Website: www.slm-leisure.co.uk
See Forever Active programme on page 3

East Barnwell Community Centre, Newmarket Road

County Council owned building, but run independently by local people (East Barnwell Community Association). Many community groups meet here. Contact Centre Manager. Tel. 211945 (mornings) or email: eastbarnwellcc@hotmail.com

St. Andrews Hall, St Andrew's Road, Chesterton (accessible via new cycle/footbridge over river)

Centre with lots of activities.
Tel. 01223 306150
Website: www.standrews-hall.co.uk

The Fields Children's Centre, Galfrid Road

The childcare facility for Abbey plus groups and activities supporting families with children under 5 years.

Access to health and family support, help with finding jobs and training, drop in sessions and activities and information about local childcare and early education.
Tel. 01223 518333

Visited your Local Library?

Barnwell Road Library – by the shops on Barnwell Road

Books (especially children's section), information, leaflets, posters on local activities, computer terminals for public use, children's story times reading group

Opening Times:

Monday	Closed
Tuesday	10am – 5pm
Wednesday	Closed
Thursday	10am - 6pm
Friday	1 - 5pm
Saturday	10am - 1pm
Sunday	Closed

Library services:
www.cambridgeshire.gov.uk/library
Tel: 0845 045 5225



Community news & advice

There are many organisations that can help you if you get into difficulty and need some advice and support. Some are based in this area.



Can MAC help you?

At MAC (The Cambridge Money Advice Centre), we can help with the following:

- Preparing a budget
- Creating a financial statement
- Talking with your creditors on your behalf
- Agreeing a repayment plan with them
- Giving advice on bankruptcy and alternatives to bankruptcy

Have you heard about DRO's?

A Debt Relief Order (DRO) is an alternative form of bankruptcy which has been available since April 2009. In order to qualify for one you must:

- Be unable to pay your debts
- Have total debts of under £15,000
- Have assets below £300

- Not have a car or motorbike worth more than £1,000
- Have a spare monthly income of £50 or less, after normal household expenses have been paid.

If your DRO application is successful, then none of your creditors can take action to recover the money you owe for 12 months. After 12 months, your debts are written off. The cost of a DRO application is £90 and you are allowed to pay this in instalments if you prefer. You must have paid the full fee before your application can be processed. MAC can prepare the initial DRO paperwork on your behalf and refer to you to Cambridge CAB, who will submit the application.

If you would like more information on DRO's or any of our services, please call us on 01223 727455 or email office.mac.cambridge@gmail.com

Registered Address:
Barnwell Baptist Church,
Howard Road, Cambridge CB5 8QS

Art courses in Abbey

Courses offered for spring 2010 at **Positiveworld Studios**

At the Cambridge Enterprise Centre (corner of Coldhams Lane and Newmarket Road)

**Life Drawing,
Art Club,
Experimental Drawing
& Still Life,
Stained Glass Beginners**

We would like to hear from you if there are any creative courses you would like to do, or creative projects you would like to be involved in - anything considered...writing, dancing, a community project.....

For more details contact:

Jill Fordham on 07950353014
email paul.fordham4@ntlworld.com

Know your Abbey police team?

You can find out more about Cambridge City East Neighbourhood Police team by visiting the Cambridgeshire Constabulary website www.cambs.police.uk and click on 'My Neighbourhood'. See what the local police priorities are and what the team are doing to tackle them. If you have issues you need to discuss or problems in your part of Abbey call 0345 456 456 4.



Creating a safer
Cambridgeshire

Abbey Neighbourhood Team

The officers covering the Abbey area in particular are:

Police Constables Andy Badcock and Alan Tregilgas (who has recently joined the team).

Police Community Support Officers Anthony Marriott and Jenny Rouse.

Their work is summarized on the local police bulletins (e-cops) by email - visit www.cambs-police.co.uk/myneighbourhood/ecops/

Anti-social behaviour in your area?

Unacceptable activity like vandalism, graffiti and fly-posting, nuisance neighbours and intimidating groups taking over public spaces can cause great distress, ruin lives and create an environment where more serious crime can take hold. You can help the police and other agencies to tackle problems in your neighbourhood by reporting anti-social behaviour when you see it. Call 0345 456 456 4 (non-emergency line) or 999 if a crime is taking place.

Get the Abbey habit and make big savings

Save on waste and put more money in your pocket. That's the message of the black bin challenge being rolled out across Abbey over the coming year. Being run as part of the recycling champions scheme, you could be a champion saver by taking part and reducing the amount of rubbish that you throw away.

Did you know, for example that the average UK household throws away £50 worth of food every month? By taking the black bin challenge and becoming a recycling champion you will learn how to avoid this waste and save money. Working together with friends and neighbours you will discover how to maximise reuse and recycling of the



things you throw away and how to make the choices that minimise the amount of

rubbish you produce in the first place. All this can add up to changes in your lifestyle that will genuinely put ££s in your pocket!

If you want to take part in the black bin challenge, become a recycling champion or just find out more about how to save money by reducing your waste, please contact Mark Buckton on **01223 457673** or email mark.buckton@cambridge.gov.uk.

Recycling tips

Did you know...?

You can now recycle white, coloured and brown envelopes in your blue bin, as well as ones with plastic windows! The windows are sieved out when the paper is pulped.

Don't bin it, bring it!

Anything electrical, even hairdriers, toys and microwaves, can be recycled at the large Recycling Centre off the A10 near Milton.

Get composting for Spring!

Making compost at home from garden waste and some food waste is easy and no energy is used transporting it to the Donarbons recycling centre at Waterbeach. For bargain compost bins with full instructions delivered straight to your door, visit

www.ccc.getcomposting.com or call **0845 130 6090**.

Recycle your old clothes

Old clothes (even worn out ones) as well as good clothes suitable for resale can be taken to clothing banks around the city. The fibres of worn out clothes are pulled apart and can be used as stuffing material, rags or even re-spun into new fabric. Find your nearest clothing bank at

www.cambridge.gov.uk/recycling

