

# Abbey Action

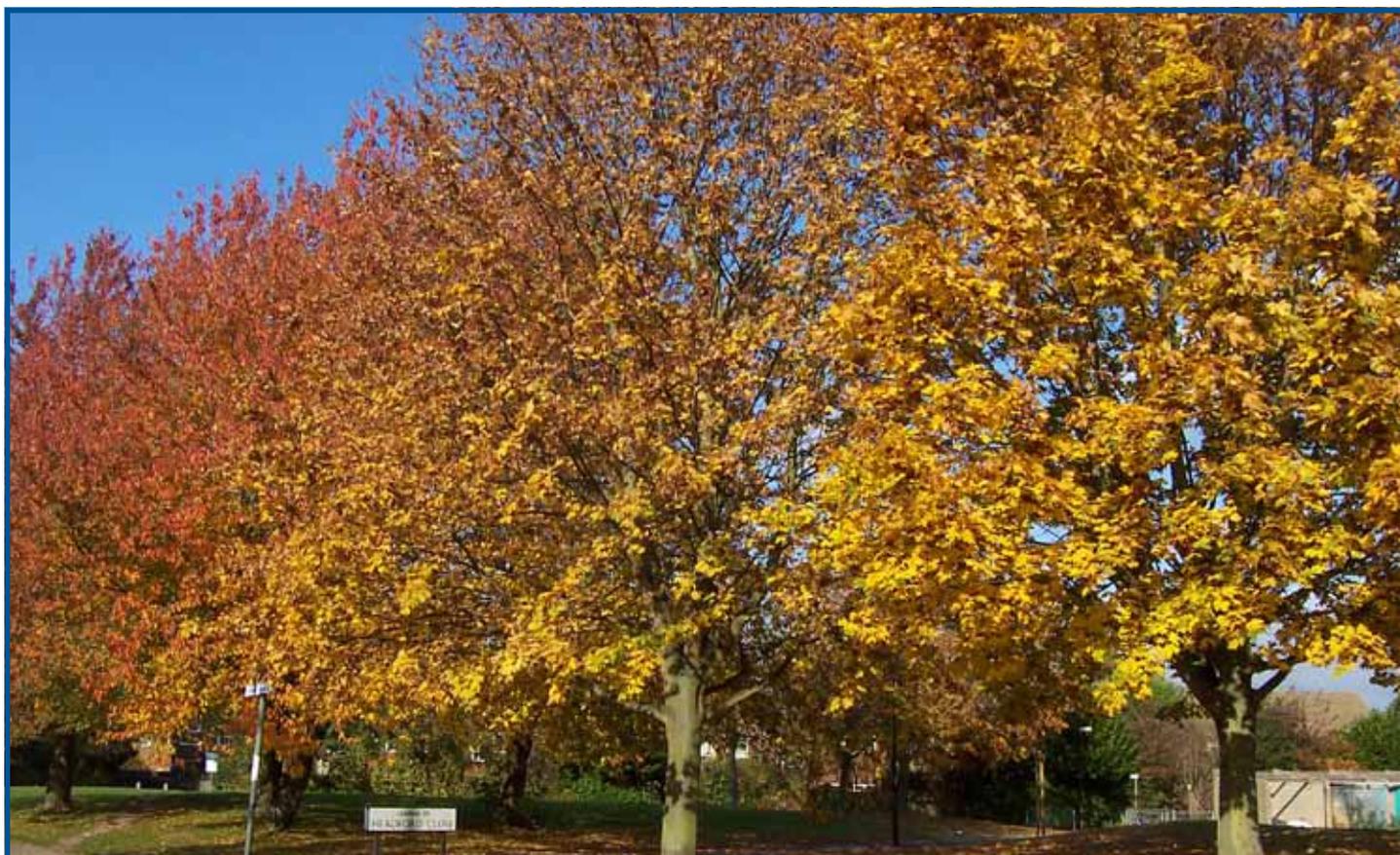
## ABBEY COMMUNITY NEWSLETTER

The Community Newsletter for East Barnwell / Abbey Autumn 2011 Edition

Contact: Abbey Action Project, c/o East Barnwell Community Centre,  
Newmarket Road, Cambridge, CB5 8RS.  
Tel. (01223) 517259 Email: abbeyaction1@tiscali.co.uk



## Autumn In Abbey



**The fine sight of orange and red leaves on Norway Maple trees along Wadloes Road on a bright autumn day.** Although Cambridgeshire is the most tree-less county in England, the Abbey area has a particularly good variety and coverage of trees – those on the commons, recreation grounds, roadside verges and Cambridge City Cemetery in addition to many specimens in gardens. They brighten up our local neighbourhoods, help absorb carbon dioxide from the atmosphere and provide habitats for many forms of wildlife. Some provide edible fruits and nuts (cherry plum, walnut, hazel nuts). There are also horse chestnut trees providing conkers for the traditional game! See page 3 for some tree and wildlife walks coming up around Abbey.

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Here are just some of the regular groups and activities that take place in the Abbey area. Contact Abbey Action for details of other groups in Abbey.

## MONDAYS

### East Barnwell Health Walks

**When:** 1st and 3rd Mondays of every month at 2pm

**Where:** Leaving from East Barnwell Health Centre, Ditton Lane

**Contact:** Louise Stevens 07540 703821

Walks suitable for everyone, buggy friendly and last about 40 mins. Help manage weight & keep the heart strong. Just turn up 10 minutes early to register. Attend 5 walks and receive FREE Pedometer – conditions apply.

## TUESDAYS

### Garden Project - East Barnwell Community Centre, Newmarket Road

Get some exercise, learn some new skills

Most Tuesday mornings 10 – 11am (check with Keith at Abbey Action first; Tel. 517259)

There's a variety of jobs to improve the centre's flower borders and grounds – planting, propagating new plants, making compost and recycling, preparing soil. Tips on gardening on a tight budget!

The garden is mainly being restored at very little cost using recycled tools, self-propagated plants and making use of home-made compost to enrich the soil.

## THURSDAYS

**Fizzyfit classes** are fresh, fun, intense and full of variety, still offering a fitness for all levels programme. YMCA and Bootcamp trained Sarah Taylor is simply bubbling over with new ideas for her classes.



Why not come along and see

for yourself, what have you got to lose?

Fizzyfit Bootcamp - Thursdays 6:45pm - 7:45pm East Barnwell Centre, Newmarket Road.

Thursday's class shakes it up a bit. We keep it fun at this class, incorporating muscle work, games and heart raising activities. It's a great full body workout. Come along and add a bit of zest to your life by trying a fizzyfit class today! A workout that won't overwork your wallet. Look out for the exciting new classes starting during the Autumn season.

Website: [www.fizzyfit.co.uk](http://www.fizzyfit.co.uk)

Tel. Sarah 07795 297998 Email: [info@fizzyfit.co.uk](mailto:info@fizzyfit.co.uk)

### East Barnwell Friendship Club

The club meets on Thursday afternoons, 2-4pm at Abbey Meadows Community Wing (by the primary school, off Galfrid Road). Many activities including cake and plant stalls, outings, Christmas dinner and other social activities. Just turn up or give Hazel a call first on (01223) 241585

## FRIDAYS

### East Barnwell Forget Me Not Club

Along running over 60's social club that meets throughout the year. Activities include bingo, refreshments, raffles, outings and entertainments. It's run by and for local residents. Fridays 1.30-3.30pm at East Barnwell Community Centre, Newmarket Road

Contact: (01223) 574383 or 211945

## SATURDAYS

### NEW Walk and Workout session

-These sessions are ideal if you'd like to get active in the great outdoors and would like something a bit more varied than just a walk. These sessions are for all abilities and are particularly suitable for the 50+ age group or those returning to a more active lifestyle. The sessions will include walking as well as fun outdoor exercises and games.

Saturdays, from 17th September. Time: 10.00-11.00am

Start: Reception at Abbey Sports Centre. Cost: £2.00

You can then stay on for a Pilates class from 11.00am - 12.00noon (for all abilities) at a cost of just £4 for both the sessions.

Contact: Call the City Council's Sports Team on 01223 457532 for further information



## BARNWELL ROAD LIBRARY

If you haven't been into the local library why not come in and take a look over the autumn. There is a great range of books for children, plus fiction and non-fiction books, computers to use, information about local events and so much more. If you are not a member of the library, all you have to do is bring along some form of identification. There is no charge to join.



### BARNWELL ROAD LIBRARY opening hours:

Monday, Wednesday and Sunday - CLOSED

Tuesday 10.00 am – 5.00 pm

Thursday 10.00 am – 6.00 pm

Friday 1.00 pm – 5.00 pm

Saturday 10.00 am – 1.00 pm

### Monthly exhibitions continue to take place in the library;

**October** - Abbey groups and activities, concentrating on those for the 50+ age group - from volunteering, conservation work and walking to exercise classes, social, local history and singing groups.

**November** - History of Ditton Fields Nursery and the mosaic

## OCTOBER

### Throughout October - 'Cambridgeshire Celebrates Age 2011'

A programme of special events throughout Cambridgeshire to mark International Day of Older people on October 1st. There are over 70 events to choose from around the county - including World Folk Dancing, Celebrates Age quizzes, and a Get Moving event in the Grafton Centre Cambridge.

Copies of the programme available at Barnwell Road Library and other community buildings.

Further information is available on the city council website [www.cambridge.gov.uk](http://www.cambridge.gov.uk) (then navigate to community and living / local events / cca) or phone Sally Roden Tel 01223 420309 or Georgina Poulter 01223 508150.

In Abbey there are events happening at City Church Brickfields (see 27th October), an exhibition at Barnwell Road Library and tree and wildlife walks organised by Abbey Action.

### Abbey Trees & Wildlife Walks

It's autumn again and many trees are changing to a range of beautiful colours – especially good on a bright, sunny day. If you take a short 20-minute stroll nearly anywhere around the Abbey you can easily pass 20 species of trees. Take a longer walk and you can see even more, not to mention an abundance of birds and other wildlife. Keith Jordan, from the Abbey Action Project, will be leading more seasonal walks. There is no charge but it would be useful to know if you are thinking of attending.

### Saturday 8th Oct. – 'History of Botany'

Longer round walk (approx 2 hours) starting 4pm; from the Leper Chapel to Stourbridge Common and Ditton Meadows. Return via Ditton Walk as the sun sets. Trace some of the plants mentioned by pioneering botanist John Ray in 1660 (featured in a recent BBC4 programme about botany). Find plants that have been important to people since medieval times – for food, medicine and symbolism. A day before the World Conker Championships take place near Oundle, find some of your local horse chestnut trees!

#### Horse Chestnut trees

Local examples: to the left of Abbey Pool entrance, the river path on Stourbridge Common and on the corner of Rawlyn Road/Norton Close. These fine trees originate from the Greece/Albania border where the (inedible) nuts were once used as a horse medicine. Even grey squirrels rarely touch them – they contain soap-like compounds. Introduced to the British Isles in the 17th century. Most trees in the area are now infected each year by a leaf miner – the caterpillars of tiny moths that burrow inside the leaves and damage them. However the red-flowered horse chestnut variety seems to be generally unaffected (some by Newmarket Road, near the former post office).

### Friday 14th Oct. - 'Trees of the World'

Starting from East Barnwell Community Centre at 10am. Approx. 1.5 hour duration. A gentle walk in the Barnwell Road/ Abbey Meadows/ Coldhams Common area. To feature trees that originate from many parts of the world and species that been here for centuries – from almond, tulip tree, ginkgo, cappadocian maple, false acacia, common oak, horse chestnut, hornbeam, Catalpa (Indian bean tree) and Bhutan pine, to name a few trees!



*Beech tree in full autumn colour, Barnwell Road*

### Saturday 15 October Autumn Concert at the Leper Chapel at 7.30 pm

Little Choir will be performing a varied programme of madrigals, folk songs and spirituals in the wonderful setting of the 12th century Leper Chapel.

Tickets £7/£6 (concessions & members) - available in advance from the Cambridge Past, Present & Future office, email: [bookings@cambridgeppf](mailto:bookings@cambridgeppf) or call 01223 243830. Tickets will also be available on the door: £8/£7 (concessions & members). The proceeds will go to local charity, CambridgePPF who care for the Norman chapel, thought to be the oldest complete building in Cambridge.

### Sunday 16th October - Open Day at the Leper Chapel, 2-4pm

If you missed the Stourbridge Fair re-enactment and the concert yesterday, come and find out more about this very special ancient building.

## Riverside Community Week October 24 – 27th

More than 30 churches across Cambridge City are hosting around 300 young people doing community projects throughout the city. City Church in Riverside is hosting 20 young people from across the country putting on the following events:

**MONDAY 24th and TUESDAY 25th** 2pm onwards  
Litter picking, Gardening, DIY in liaison with Besom Cambridge and the housing officer. We may be able to help you if you live in the area. Let us know.

### WEDNESDAY 26th 2-4pm

#### Half Term Holiday Happening in liaison with City Bus baby and toddler group City Church

Family Activity afternoon. At City Church, Cheddars Lane. Parents come with all the family. Activities, music, story, refreshments. Free but need to let City Church know if you are coming

### THURSDAY 27th 2-4pm

#### Youth and Golden Years in liaison with Cambridgeshire Celebrates Age

Calling all 'Senior Citizens' – Programme hosted by the young people to include Musical entertainment, sharing stories, refreshments, Let us know if you need a lift.

For any of the events above contact - email / phone  
Kthomas@citychurchcambridge.org.uk 01223 578304  
Richardtodd818@btinternet.com 01223 812501

### Thursday 27th October East Area Committee

The City Council meeting that welcomes residents from Abbey, Romsey, Petersfield and Coleridge wards. A chance to see your elected councillors in action and ask a question on a local community issue. Find out about local issues, policing matters, community grants and planning applications in your area. Starts 7pm at Cherry Trees Day Centre, St Matthew's St., Petersfield. For more details and to confirm venue: Tel (01223) 457086 [www.cambridge.gov.uk/democracy](http://www.cambridge.gov.uk/democracy).

### Friday 28th October The Fields Family Learning

event 10-12noon. Storytelling and Making Books. Free to all families with children under 5. The Fields Children's Centre, off Galfrid Road (next to Abbey Meadows Primary School).

**28th October** - deadline for receipt of articles and photos for our winter edition. Please send information about any local groups or events to Abbey Action. This and previous newsletters can also be read online (PDF file): via [www.cambridge.gov.uk](http://www.cambridge.gov.uk) (then navigate to Community & Living / Local communities / Community Newsletters).

### Saturday 29th and Sunday 30th October Half-term opening Cambridge Museum of Technology, 11am - 5pm

The furnace, boilers and impressive steam-run machines will be operating. On the Saturday (29th) there will be Storytelling and Printing taking place.

### Cambridge of Museum of Technology

Your local museum is open, but not in steam

Every Sunday 2-5pm Easter to October

1st Sunday in month November to Easter

During these open days the whole of the museum is open and some of the non-steam exhibits can be running. Adults £5 for steam days and special events, £3 for non steam days.

A children's charge covers children between the ages of seven and 18.

Under sevens are free. Concessions available.

### On Sunday 30th October the museum will also be hosting a 'Music in the Museum' event 11am – 5pm

Singers and musicians will be bringing some of the many interesting rooms alive with music. Some songs will relate to the industrial past of the site and Abbey area. Listen out for Ewan MacColl songs such as Dirty Old Town and Cannily Cannily. [www.museumoftechnology.com](http://www.museumoftechnology.com)

The Victorian pumping station (built in 1894) has many interesting spaces. Newmarket Road was once Cambridge city's industrial centre with several brickworks and clay pits, the gasworks, dense housing and the steam-run sewage pumping station, not to mention the countless pubs frequented by the workers. Contact Keith at Abbey Action Email: [abbeyaction1@tiscali.co.uk](mailto:abbeyaction1@tiscali.co.uk) Tel. (01223) 517259, Mob. 07790 275 073.

## NOVEMBER

### Wednesday 23rd November 'Help shape the future of Abbey Action'

Do you enjoy living in the Abbey area? Do you want more community events and activities or have some ideas? Interested in finding more about the area and its community life? If so please come along for an informal evening to meet fellow Abbey residents who are involved with the Abbey Action project. Just come along to Barnwell Baptist Church, on Howard Road (near Wadloes Road), from 7-9pm. Light refreshments provided, displays, informal discussions. If you want more details or are interested in coming along contact Keith at Abbey Action; Tel. (01223) 517259



A view of Lowestoft harbour on Abbey Action's community outing when 54 Abbey residents of all ages enjoyed a sunny day at the seaside.

## See Saw Playgroup

**East Barnwell Community Centre, Newmarket Road, CB5 8RS** See Saw Playgroup is registered with Ofsted and aims to provide education and care for children from 2 years old to school age whilst working in partnership with parents to help children learn and develop.

### Session Times

Monday – Friday 9.00am -12.00pm and 12.00pm-3.00pm.  
We are also able to offer all day sessions from 9am-3.00pm.  
We offer 15 hours free nursery education funding for children aged 3 and 4. Above the entitlement our fees are £7.50 per session.

For more information regarding the Playgroup including how to enrol your child for a place please feel free to call in or contact **Tina Spencer on 01223 294736**.

Email: seesawplaygroup@tiscali.co.uk

## East Barnwell Toddler Group

Tuesdays 9.30-11.30 term time only. At East Barnwell Community Centre. Open to all families/carers. Lots of lovely toys for the children to play with, music & singing, art & crafts, snacks & drinks provided. Great opportunity for children to socialise and adults to! £1.50 per family.

We are in great need for some type of carpet/flooring to make it safe when the children are bouncing on the trampoline and playing on the floor. If anyone has anything they can donate to us it would be greatly appreciated. We are also always looking for new toys. Contact Jo Holland - 07795 803883.

## ChYpPS

The City Council's Children and Young People's Participation Service have had a fun filled summer with many activities in the Abbey area. Their work continues over the autumn at the various recreation grounds in Abbey. For more information please contact us on 01223 457873 or chypops@cambridge.gov.uk or check out the website at [www.cambridge.gov.uk](http://www.cambridge.gov.uk)

## Street dance is back!

The dance classes at East Barnwell Community Centre held between May and August proved very popular and the final performance was fantastic, so well done to all those who performed! The classes have started again.

Younger group (roughly ages 5-12 years) – Thursdays, 5-6pm.

Older group (roughly from age 13+) - Thursdays, 6-7pm.

For more information contact Jenna Silk on 075578 85988 or email [jennaclairesilk@hotmail.com](mailto:jennaclairesilk@hotmail.com)

## Air Cadets in Abbey, and beyond!

Cadets from the 104 (City of Cambridge) Squadron meet at the headquarters on Newmarket Road (near Marshalls) on Monday and Thursday evenings. As well as activities at the HQ the cadets get many opportunities to go away (sometimes abroad) and to further themselves.

Here is a taste of some of their activities this year;

- 2 cadets went on week-long Leadership Courses held at RAF Cranwell in Lincolnshire and Frimley Park in Surrey respectively.

- A camp at the RAF Station in the shadow of the Rock of Gibraltar near the Spanish border. Activities included completing exercises, visiting various units including the air traffic control tower, dog section, bomb disposal and the fire section plus plenty of time relaxing on the beach as well as visits to a theme park, aqua park, the cinema and bowling alley. A highlight was a boat trip to see dolphins.

- Camp at Rheindahlen Military Complex near Mönchengladbach, the main headquarters for British forces in Germany – visits to a German airbase, home to the Eurofighter, a war museum and karting, swimming, tunnelling and a high ropes course.

- Cadets have continued to achieve Duke of Edinburgh's awards – ideal for those who like a challenge. It is a valuable life skill for a young person to have on their CV.

Pilot Officer Chris Cox said "This year cadets from 104 (City of Cambridge) Squadron have attended overseas trips to Gibraltar and Germany along with various UK camps. As well as camps such as Rheindahlen we have cadets regularly attend leadership courses which help Air Cadets stand out from the competition when applying for jobs, sixth form or university places."

104 (City of Cambridge) Squadron meet on Monday and Thursday evenings (note change of day) at our headquarters on Newmarket Road. For more information about joining as either a cadet or member of staff please contact 01223 295324 (Monday and Thursday evenings) or email [info@104atc.org](mailto:info@104atc.org)  
For the latest news and information from the Squadron you can now follow us on Twitter at 104AirCadets



*A group of dedicated Air Cadets raised £1325.42 at Tesco in Fulbourn for the soldier charity Help for Heroes. Jo Hill, Cambridge coordinator for the charity said "The cadets were a great bunch who were a delight to work with, they did a fantastic job in raising such a huge amount of money. Both they and their Squadrons should be very proud."*

## Cambridge Sofa becomes Cambridge Re-Use

After 23 years of service to the local community, **Cambridge Sofa** has changed its name to **Cambridge Re-Use**. The new name is a better reflection of the work carried out by the charity - selling a full range of furniture and electrical goods, and not just sofas.

Cambridge Re-Use will continue its work of helping people on benefit or low income to furnish their homes at reasonable cost. The generosity of the general public in donating unwanted furniture and electrical goods enables the charity to give its customers choice, quality, and affordable prices. The charity prides itself on a dedicated team of over 30 volunteers who give their time each week to carry out the service.

To become a Cambridge Re-Use customer:

- come to the store off Cherry Hinton Road\*
- bring evidence that you are reliant on State Benefits, or that you are on a low wage.
- also bring confirmation that you are in receipt of Housing / Council Tax Benefit.

**Donations** of unwanted furniture and working electrical goods are always welcome; these can be delivered to the store between 10.00am and 4.30pm Monday to Friday, or can be collected by arrangement.

\* The Cambridge Re-Use warehouse is at Unit H, The Paddocks, 347 Cherry Hinton Road, CB1 8DH, and the team can be contacted on 01223 576535.



## Make, Do and Mend Launch

Make, Do and Mend is a brand new not-for-profit organisation in Cambridge offering support to people who have experience of mental health distress. Funded and supported by Cambridge City Council, it has been set up to provide a flexible programme of skills workshops, peer support and information on mental health resources in Cambridge for people who suffer from mental health illnesses.

Workshops aim to promote recovery by developing self-esteem and promoting self-discovery through the mastery of skills. Find out more on the website <https://sites.google.com/site/makedoandmendinfo/about-us>. They also aim to be low-cost, creative, environmentally friendly, and demand-led.

Another aim of our workshops will be to provide an informal peer support group which we hope will go some way towards combating the social isolation that people who suffer with mental health distress often experience. An informal, relaxed and supportive environment will be the setting for our workshops where information about other mental health resources in Cambridge will be on display. We hope this will promote stronger networks of support for our members and a bigger, louder voice for our members in the big society.

Furthermore, we want to welcome our members' friends,

carers and families to get involved and come along to our workshops because we value and want to encourage their support and understanding, which is so important to our members. We also hope this approach will go some way in helping to dispel the myths about mental health illnesses.

There is much research to show that people who suffer with mental health distress can achieve just as much success in their chosen careers as those who are fortunate enough not to suffer. We know that everyone is different and that we all have different skill sets and strengths, and we want to find and celebrate these rather than dwell on our difficulties.

If you would like to become a member or get involved as a volunteer, you can find out more at <https://sites.google.com/site/makedoandmendinfo/home>.

## Inspiring Volunteers at the Cambridge Museum of Technology and the Cambridge & County Folk Museum

Many independent museums rely on the enthusiasm, dedication and skill of volunteers to help them run successfully. With this in mind, the **Cambridge Museum of Technology** and the **Cambridge & County Folk Museum** are delighted to be working together on a 3 year project to recruit new volunteers from the local community – a venture made possible thanks to a grant of £50,000 from the Heritage Lottery Fund (HLF).

Volunteers will be trained to fill a variety of roles and be given the opportunity to widen their skills and experiences. We also hope to inspire our volunteers to learn about Cambridge's fascinating social and industrial history.

Pam Halls, Curatorial advisor at the Cambridge Museum of Technology, said, "The Museum of Technology has a wonderful collection illustrating Cambridge's industrial history. Lack of volunteers has always meant that we have not been able to open to the public as much as we'd like. Now this project will allow us to introduce more open days and events and to welcome in many more visitors so they can discover for themselves an important aspect of the City's history."

Interested in volunteering at one or both museums or would like to find out more about the project? Please get in touch with Hilary Ketchum, the Volunteer Co-ordinator for the project on [inspiring.volunteers@gmail.com](mailto:inspiring.volunteers@gmail.com) or call 01223 355159.

