

Wilbrahams' Warbler

Winter 2022



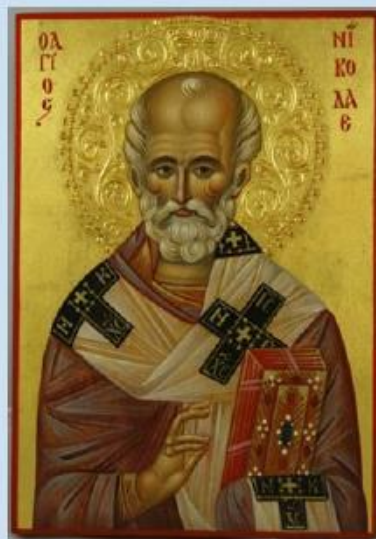
Great Wilbraham : Little Wilbraham : Six Mile Bottom



Untold Stories : Page 35

The Origins of Father Christmas

Page 52



Wilbrahams
Environmental
Group
Page 27

Well-brahams
Page 29



Contents	page
Public Service Contact Details	4
Editorial	5
Letters	6
Great Wilbraham Parish Council	9
Soup and Pud	11
Little Wilbraham Parish Council	12
Wilbrahams' Memorial Hall	14
Great Wilbraham School	17
Bottisham Medical Practice Patients' Group	21
Death of Queen Elizabeth	23
What's going on in the Wilbrahams and Six Mile Bottom?	24
Happy 10 th Anniversary	25
Wilbrahams Enviromental Group	27
Well-brahams	29
Notice Board	32/33
Untold Stories	35
Not enough limbs	38
The St Nicholas Great Wilbraham Trust	41
Cricket	43
December Concerts at Holy Trinity Church Bottisham	44
Wilbraham River Protection Society	45
Fulbourn Arts	45
A View from the Garden	47
WI Fulbourn	47
Wilbrahams' Choir	49
Supporting Ukrainian Refugees	51
The Origins of Father Christmas	52
Over 60's	53
Bollards by the School	54
The Wilbrahams' Winter Wonder Walk 2022	54
Maggie's Cambridge	55
Visit to the Houses of Parliament	57
Christmas Services, Carols & Nativity	57
Lucy Fraser MP	59
Joseph Pilates: Contrology	60
Advertisers	61

Public Service Contact Details

Emergency	Police, Fire or Ambulance 999
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The Surgery, Bottisham Mon-Fri: 08:30 am to 6.00 pm	Enquiries/Appointments : 810030
Fulbourn Health Centre Mon-Fri: 08:30 am to 6.00 pm	Enquiries/Appointments : 880216
Out-of-hours / Urgent Care Cambridgeshire	NHS Direct 111
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Baptist Church www.re-new.me.uk info@re-new.me.uk	Peter Wells, 812388, pandawells@cheerful.com Rev Keith Morrison, 813055 Rev Alan Brand, 812558

Great Wilbraham Parish Council

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Clerk	Samantha Chambers-Turner 07369 248998 clerkGW@wilbrahams.co.uk

Little Wilbraham & Six Mile Bottom Parish Council

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Clerk	Hayley Livermore 07725080631 clerkLW@wilbrahams.co.uk

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District Councillors	Carla Hofman 01954713000 Cllr.hofman@scambs.gov.uk Graham Cone 07595361285 cllr.cone@scambs.gov.uk John Williams 01223 880940 john.williams@cambridgeshire.gov.uk
MP Lucy Frazer	lucy.frazer.mp@parliament.uk

Photos by Chris Fell, Martin Gienke & contributors

Editorial

Welcome to the winter edition of the Wilbrahams Warbler. This is our tenth year of doing the Warbler and while we've been pleased to win a few awards including first prize in the national community magazine competition and several in local competitions, most of all we're pleased to win the approval of most of you who have given us very positive feedback and encouragement over the years.

We have yet again another packed edition for you, full of articles letters and reports.

Claire Daunton talks about council issues; helping those in need, even though authorities themselves are facing the huge challenges of restricted funding, much higher inflation, shortages of staff and materials. She also talks about The Greater Cambridge Partnership's (GCP) 'Making Connections' consultation. The proposals in this consultation cover: first the phased introduction of a much-improved rural and urban bus service; better connectivity between bus, rail and cycle; the introduction of a sustainable travel zone and then the introduction of a consequent congestion zone.

Amongst other things Lucy Frazer, our MP, talks about the cost of living, improving healthcare locally and speeding in the villages.

In Untold Stories John Tanburn talks to Nicholas Frankau who played Flight Lieutenant Carstairs in 'Allo 'Allo, about his life. He wasn't just an actor but a maths teacher and a software engineer as well.

Nigel Start discusses our gardens coming back to life following the lack of rain over the summer, migratory birds and bird flu.

If sport is your thing, then there is a report from Roddy Tippen about the end of the cricket season with all the stats included. I think it would be fair to say that it has been one of their best seasons in recent years with almost everyone on the team getting a mention at some point in the season .

The Wilbrahams' Winter Wonder Walk is back for Christmas 2022! On each day from 1st to 24th of December a different house or business in Little Wilbraham and Great Wilbraham will display an advent window organised by the Great Wilbraham School PTFA. At some of the houses there will be collection boxes for Homeless and Food Bank charities. All the information will be on the Advent Sheet.

I hope you enjoy reading our latest edition. If you have any comments please contact us. Our details are towards the back of this issue.

John Torode

These Things I Remember

We met and we married a long time ago.
We worked for long hours when wages were low.
No TV, no wireless, no bath – times were hard.
Just a cold tap and a walk down the yard.
No holidays abroad; No carpets on floors.
We had coal burning fires and we didn't lock doors.
Our children arrived, no pill in those days.
They were brought up without any state aids.
They were safe to go out and play in the park.
And old folk could go for a walk in the dark.

No valium, no drugs and no LSD;
We cured most of our ills with a good cup of tea.
No vandals, No muggings; there was nothing to rob;
We felt we were rich with a couple of 'bob'.

People seemed happier in those bygone days.
More caring and kinder in so many ways.
Milkman and Paper boy would whistle and sing
And a night at the pictures was like a mad fling.

We all got our share of trouble and strife,
We just had to face it as a pattern of life.

And now I'm alone, I look back through the years
But I don't think of bad times – the trouble and tears
I remember the Blessings, our Home and our Love
For the Happiness shared, we thank God above.

Anon
Provided by Greta

Letters

Dear Editors

The Parish Council now has some new faces at the helm, and I would like to thank these new Councillors for volunteering to help us all in this way. The Parish Council is very important to the future of Great Wilbraham, and it is healthy to have new people with new ideas and energy to help the us in the ever-changing world in which we live particularly living so close to the rapidly growing Cambridge. At the time of writing the Council needs some more councillors and I encourage some younger people in the village

to put their name forward; you will find it enjoyable and rewarding albeit with a bit of hard work at times. It is important that you have an interest in all village matters not just a pet subject.

John Beadsmoore
Chairman for a short time some time ago.

Dear Editors

Edward Wallace Wells ('Jock')



On behalf of Mum (Monica) and the whole family, I would like to express my sincere thanks to all those in the villages who sent cards, flowers and messages of sympathy when Dad sadly passed away in June. Also, our heartfelt thanks to those who joined us at the service of thanksgiving held for Dad at St John's church in July.

We were overwhelmed by everyone's kindness and support – it was greatly appreciated and such a comfort to us all. As a result, we were able to send a donation of £1600 to the British Heart Foundation in memory of Dad, which was a wonderful tribute to him – thank you so much.

Dad spent the vast majority of his 90 years living here – he was so proud to be a part of

these villages and thought so much of the 'village folk' - those he grew up with and those he met along the way. During the 1950's Dad was part of the community effort who helped in the work of creating the new recreation ground at Great Wilbraham. When Squire Hicks gave the land to the village it was rough, uneven ground with trees on and used for grazing cattle – very different from what we all see today. Dad and his friends all loved their sport and thoroughly enjoyed playing football and cricket for the village teams on the new 'rec'. Great friendships were made then that endured a lifetime.

Time spent socialising in the Memorial Hall/Club was another favourite sport of Dad's! The Boxing Day 'Married -v- Singles' football match and the subsequent carol singing and boat race were always the best of times in his book!

We are blessed to have so many happy memories of Dad and a life well lived. He is greatly missed by us all.

Angie Tebbit

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2023

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Hand-written or typed contributions
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Great Wilbraham Parish Council update

Parish Council news

The Parish Council has undergone some change in recent months. There are now just four Councillors: Hilary Burton, James Harmer, Christine Page, Sam Dhaliwal and Jens Kolind. The size of any parish council is determined by the number of residents and Great Wilbraham is entitled to seven. Whilst those now serving on the Parish Council are relatively new to the detailed working of local government, we all have relevant professional backgrounds, including experience in the public sector and as senior executives - and so together we bring a wide range of relevant skills to this voluntary role. We expect to rapidly become expert in our new roles and responsibilities by attending a range of formal Parish Councillor training sessions. We are also fortunate to be supported by an experienced clerk, Sam Chambers-Turner.

We wish to thank the out-going Parish Councillors, Sally Ramus, Roddy Tippen and Claire Jackman for their service to the village over many years and, in particular, Sally Ramus for the time that she spent as Chairman. All three tendered their resignations to the Clerk in September.

At the Parish Council meeting on 27th October, Hilary Burton was elected Chairman and Christine Page Deputy Chairman. We also formed several Committees and Working Groups to carry out our formal functions and make progress on village matters. Details will be kept up to date on the Parish Council website and will include groups responsible for Finance, Highways, Human Resources, Trees and Biodiversity, Communication, and the new Parish Plan. We intend to invite fellow village residents who have enthusiastic interests or useful expertise to join these committees. This will ensure that our recommendations are grounded in both evidence and the opinions and judgement of us all.

The Parish Council has vacancies for two more councillors. We hope and expect that being a Parish Councillor will be a rewarding and exciting role and we invite Great Wilbraham residents to consider volunteering. You can contact any Parish Councillor for more information or apply to the clerk.

Farmers' Market

The Parish Council manned a stall at the Farmers' Market on 10th September. The Market is an excellent opportunity for us to chat to residents and for you to get to know us and ask questions. Last time James and Sam were around to talk about how they hope to improve communications. We also launched our Parish Plan and were delighted that a good number of volunteers signed up to be involved. It is not too late to join in – please contact



Hilary or Chris if you are interested. We will be sending out further information and starting the work in the next few weeks.

We expect to attend future Farmers Markets so, if you are out shopping, do call in on our stall. We won't try to sell you anything but would love to say hello!

Local Highways Improvement

The Local Highways Improvement (LHI) project to add buffer zones on Station Road, Mill Road and The Lanes, has now gained approval and funding from the County Council and we expect these to be established in the next few months. This should greatly reduce the speed of traffic entering the village. You can find a copy of the detailed plan on the village website. If you have any questions or concerns about what is proposed, please contact the Clerk at clerkgw@wilbrahams.co.uk

The Parish Council has decided to make an application to reduce the speed limit within the village to 20mph. The County Council generally supports speed reductions in residential areas and is developing a dedicated process for speed limit applications that is expected to open in the New Year.

Communications

Sam and James are heading up the Parish Council work on communications. This must be two-way, both alerting people to important and helpful information and promoting dialogue.

We will be looking at how to update and develop the website, improving our use of the village notice board near the recreation ground and looking at the possibility of installing another at the Station Road end of the village.

Sam and James are also planning to trial a new app which would be free to use and would enable instant updates and notifications. As 90% of the population own a smartphone this could be a very useful 21st century tool! More volunteers are needed for the trial – so if you have a smartphone and would like to join in, please contact James or Sam.

Lastly, the mobile phone signal is causing great concern in the village. We have posted an update on the website where you can find advice about how you may be able to get a better signal by changing your provider. James and Sam will also be setting up a small working group of people interested in telecoms to look at options and make recommendations for improving the mobile phone infrastructure. Please contact them if you would like to participate or have skills to offer.

Community Orchard

James visited the Community Orchard with the Well-brahams team, who have recently been involved in its maintenance. To many residents the Orchard is an 'unknown treasure', hidden away behind the school. We'd encourage anyone

that hasn't yet done so, to visit it; there are benches where you can sit and enjoy its peace and tranquillity.

There is a wide range of fruit trees, including many rare varieties. With this year's splendid crop, many residents got the chance to taste apples that can't be found in our supermarkets. On the edge of the orchard area there is also a huge, historic Black Poplar – a very rare tree, characteristically planted along field boundaries and in damp conditions. Cambridgeshire is one of the few counties in the UK where they can be found, and we are lucky to have it.



There are further jobs to be done to keep the orchard looking good and, particularly, to look after the fruit trees and ensure more great crops. James and the Well-brahams group drew up a list of jobs and we will discuss these at the November Parish Council meeting.

The Parish Council wishes to thank the Well-brahams group for their efforts in managing and maintaining this sanctuary. In particular, we would like to acknowledge the fantastic work that Joy Bray, Tony Goryn, Julia A'Court and Nigel Start have done, and continue to do, in this special place.

And finally...

All four of us are pleased and proud to serve as your Councillors. We look forward to meeting you and discussing your ideas about how we might improve the resources that we share as residents of our wonderful village.

Contact details

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Gwcllr.harmer@wilbrahams.co.uk
Gwcllr.kolind@wilbrahams.co.uk

Gwcllr.page@wilbrahams.co.uk
Gwcllr.dhaliwal@wilbrahams.co.uk

[Chris Page](#)

Soup and Pud

About thirty people enjoyed a very friendly and chatty time at the St Nicolas' Church Autumn Soup and a Pud lunch. The choice of soups was well received and we would like to thank everyone who so generously donated delicious puddings to round off a very enjoyable event.



It's Big, Green and Lots of Fun!

- Our big achievement this year is the building of the Multi Use Games Court (MUGC).

Despite COVID-19, rising costs and construction delays the facility finally opened in

September 2022. Located on the Ken Davison ground in Little Wilbraham, the MUGC was designed for multiple recreation activities including tennis, a full netball court and a half basketball court. The MUGC is available to all Wilbrahams and Six Mile Bottom residents at no cost.



When you think about it this is a fantastic addition to a small village that has very limited resources. Planning started in 2019 with a community wide consultation. Based on the very positive feedback, grant monies were sought to install the MUGC and Cambridge Courts were the successful construction company. Bar a few hiccups with getting the court painted it was ready to use in September.

We have some landscaping to complete which will involve some strategic plantings and we also have to extend the path from the playground to the court entrance, so it is little easier for all to access. At this stage we are looking to raise funds for the path so if you feel you're maybe able to help in any way that would be very welcome. We will also be holding a volunteer day to enhance the surrounds of the court information will be published nearer to the event.

We have a further three funding bodies to thank for this great facility, the Little Wilbraham & Six Mile Bottom Parish Council, The Amey Community Fund and the Wadlow Windfarm Community Fund. Without the generosity of these groups the MUGC would not have been possible. A particular thanks goes to Councillor Andrew Carter for his efforts in obtaining the grant funds.

All residents can book the court using our online booking system which can be reached from the Wilbrahams website MUGC page or if you are at the court, just use the QR code on the sign. A further

<https://www.wilbrahams.co.uk/information/multi-use-games-court/>

This is your facility so make a booking today choose how you would like to use it. We will have an official opening of the court next summer as part of "The Feast" which will be back bigger and better than ever in June 2023.

In other news, the parish council also played a key role in celebrating the Queen's Platinum Jubilee with a Beacon Event on the 2nd of June on the Little Wilbraham church green. With Ruth Sinclair's great organisational skills, help from volunteers and with funding from the parish council, the Little Wilbraham

Commons Rights holders and private donations, a really enjoyable night was had by all. Over three hundred residents from all the villages attended to catchup with neighbours, have a drink, eat some food watch some fireworks and listen to our piper and the Wilbrahams Choir. All the children in Little Wilbraham and Six Mile Bottom were also gifted a Jubilee coin as a memento.

It was an event to remember. There will be another “Bulb Bombing” session in the next few weeks with over 1000 bulbs to be planted which will add to the 3000 planted last year. The display in spring 2022 was much appreciated and we hope to grow this every year with additional planting.

In Six Mile Bottom we are also replacing some village entrance gates that were “cleaned up” by a van in the summer. We hope to add another set at the other entrance to the village in the near future. A new bench has also been installed for residents to enjoy.

It has been a busy few months in the parish but there is more to come so look out for some new initiatives in 2023.

For any further information about the activities of the Parish Council or if you would like to help in some way with the path or join our volunteer group, please contact the Parish Council clerk, clerklw@wilbrahams.co.uk

Little Wilbraham & Six Mile Bottom Parish Council



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Wilbrahams' Memorial Hall

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www.hall.gtwilbraham.net

We are getting back into the swing of things at the Memorial Hall. It is great to see the clubs resuming regular bookings (e.g. Film Club, Photography Club) and some fun charity fundraisers are being organised by local residents. We have bookings for more craft classes, Pilates classes and private parties are always very popular. So please think ahead: book any important events well in advance, and we will try and accommodate you.

Website

We have given our online presence an overdue makeover!

Please visit www.wilbrahamhall.co.uk and take a look. Hopefully the new website will be clearer and easier to use on computers, phones and tablets. We contemplated an automated booking service, but in reality, each booking requires thought and consultation over the details - so please continue to contact Shirley Morley, our Booking Secretary. You can download the booking forms on the website, and you can also donate to hall funds directly if we are conducting an appeal (or at any time!).

Play Area



The new swings have just been installed in the Play Area. They look great! We hope they will be as popular as the lovely old red swings they replaced. We are grateful for the grant funding of £4500 each from Wadlow Wind Farm Community Fund and FCC Communities Foundation. Many thanks also to Paul Lambton for installing the safety matting underneath.

Events

After the memorable Queen's Platinum Jubilee Celebration on June 5th this year, it is sad, but exciting to be planning for the Coronation of King Charles on Saturday 6th May 2023. Gt & Lt Wilbraham will coordinate celebrations over the weekend, which will include an event at the Memorial Hall.

We are planning a return of our popular Memorial Hall Fundraising Events, kicking off with a themed 'Feast' to beat the winter blues on Saturday 21st January 2023. So, save the date! We will need a team of volunteers for this. If you would like to get involved, please email Chris Fell on chris.fell@me.com and we will set up a quick planning meeting.

The Wilbrahams' Children's Christmas Party will be held on Saturday 10th December from 3-5pm. All Children to be accompanied by an adult. This is a

free event. Just turn up and join in! There will be party games, refreshments, plus a visit from Father Christmas and Rudolph. The event is kindly sponsored by Great Wilbraham Parish Council and Little Wilbraham & Six Mile Bottom Parish Council



The monthly Farmers' Markets will finish their run on December 10th and will start up again in April 2023. November's market was great – busy with villagers enjoying the bumper number of stalls (40) in the unseasonably warm sunshine. Our last market of the year will be Christmas themed and there will be mulled wine and mince pies, Xmas wreaths as well as lots of great food and quality craft stalls so you can stock

up for Christmas.

For Farmers' Market news please follow:

<https://www.facebook.com/wilbrahamfoodandcraft> .

The Wilbrahams' Produce Stall will be run by the Memorial Hall in December. If you are involved in a village charity and would like to run the produce stall for the benefit of your charity next year, then please get in touch.



If you would like to book the hall or have any practical queries, please contact Shirley Morley (Booking Secretary)

booking.wilbrahamsmemorialhall@gmail.com. If you have any comments or suggestions for things you would like to see at the hall, please contact me: mail@emma-adams.co.uk

Emma Adams, Chair of the Memorial Hall Committee

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Great Wilbraham CE (VC) Primary School

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Great Wilbraham C of E Primary School, Church Street, Great Wilbraham, Cambridge, CB21 5JQ, 01223 880408

September

Welcome to new staff : The term started with us welcoming two new members of staff. Miss Maddison is a new teacher in Squirrel class replacing Mr Few and Mrs Plumb joins Badger class as a Teaching Assistant. They have both made a great start. Our new Reception children have also quickly settled in and are progressing really well.

Queen Elizabeth II remembered : We were all shocked at the end of the first week of term to learn of the Queen's passing. The children spent time remembering her legacy and produced a school Book of Condolence that has spent some time at St Nicholas's and will be in our foyer before being passed onto the Parish Council to be placed in their archives. Thank you to Rev Alice for attending an assembly the day after the Queen passed and for delivering a memorial service that the children attended. Every class laid flowers at the village sign and teachers signed the official village condolence book on behalf of their classes. In addition, the children produced a wonderful piece of collaborative artwork for display at St Nicholas's.

Welcome mornings : We held welcome meetings for each class as an introduction to the classes which were well attended by parents and a wonderful way to introduce staff and to have parents back in school again.

October

Harvest Service : It was great to be able to walk to St John's in Little Wilbraham for the Harvest Service with Rev Alice. Huge thanks to her, Ben, Steve and Tim for hosting. Many thanks to everyone who attended, helped walk to and from the school and for the amazing collection of produce. It is always really humbling to see the generosity from the community; the collection was much appreciated by Jimmy's Night Shelter I'm sure.

Sumdog competition : Thank you to Mrs Francis and Mrs Holtby for organising Badger Class to enter the Cambridgeshire Sumdog maths competition. It was an amazing success and I am delighted to tell you that our school WON the overall competition and 3 of our pupils were in the top ten for Cambridgeshire.

Tag rugby tournament : Mr C Brown and Mrs Plumb took a team of children to represent the school at a local tag rugby tournament in Cambridge. Not only did they compete well and play fairly but this was another competition that we WON! Huge thanks to those organising the event and for the additional coaching before the tournament!

Badger class visit to Milton Country Park : It has been a busy term for Badger class! In October they also had an excellent morning at Milton Country Park as part of their survival topic. Fire making, den building and roasting marshmallows made for a thoroughly enjoyable experience for them all. Thanks to staff for organising and well done to the children on their efforts.



Ofsted : We were inspected by Ofsted over two days in October. Thanks to parents for all the positive comments and feedback about the school during the school inspection. Whilst the final report is not out at the time of writing, the parental feedback was very positive and showed how parents were unanimously behind the school; this is much appreciated by everyone here, thank you.

PTFA meeting : Before half term I met with the PTFA for their AGM. There are a number of exciting activities and events planned over the next few weeks and months. Thanks again to the hard work and effort of the PTFA. If you would like to help and offer your services do contact wilbrahampta@gmail.com

Parent consultations : The hybrid parent consultations seemed to work well before half term and I hope it suited everyone to have the choice of online or in person consultations.

Dance performance : On the last day of half term, we were treated after school to a brilliant performance by the Friday Dance Club. They learnt two dances and performed superbly. Thanks to Charlotte for running these popular sessions, we are pleased these sessions will continue and look forward to the next performance!

Safer routes to school : This term, we will be discussing with children about walking home safely and also about talking to strangers. There were reports a few years back of an incident involving a young person walking between the Wilbrahams and we want to ensure we provide children with the tools to keep safe. To improve transport routes we are going to be launching the Travel Ambassador Scheme this year. If you have any questions, then do let us know.

November

Happy/sad club : This initiative has been offered to children at the school and led by our Parish Assistant Ben who talked to the children in assembly and has delivered sessions to Badger and Hedgehog classes. Class teachers are also

present and it is a chance for children to share their feelings. Attendance is voluntary and each class takes it in turns to offer this opportunity. The children really value being able to talk about things that are making them happy or sad.

English challenge : Four children from Badger class attended a county English challenge at Teversham Primary School. They had to remember whole poems, answer grammar questions and worked really well as a team. Well done all of them.

Class assemblies : Both Badger and Hedgehog classes shared their learning through class assemblies with parents in attendance. Parents were able to go into the class afterwards and look at their children's books.

Poppies : Year six have been selling poppies since returning from half term, thank you to parents for supporting them after school. Children from the school were also invited to attend the remembrance service to read names from the memorial.

Exciting environmental news { After a few changes and the project almost not happening at all, I am pleased to let you know of a major premises development at the school. I have been able to secure a significant grant with the Local Authority. The project involves over 50 solar panels being installed over the school roof, all the school lighting being changed to LED lighting and the installation of an Air Source Heat Pump which will utilise the underfloor heating. Thanks to the Wilbraham Environmental Group for their support and advice and pointing me in the direction of the grant in the first instance.

We had hoped this would have started over half term, but the planned work has been delayed until the end of this term with all the work to be completed by April.

End of Key Stage Two National Assessments 2022 : I am really pleased to share how well children did last year in various national assessments. There has been superb progress across the school and to have End of Year Six Reading, Writing, maths and combined measures above county and national levels is superb. The progress scores have not been officially released yet but the provisional results are looking incredibly promising.

Lastly

I would finally like to take this opportunity to wish you all a very Merry Christmas and a Happy New Year. We are already planning Christmas events including parents being invited to Christmas Lunch (on Christmas jumper day!), Christmas service and of course the Reception, Year One and Year Two Christmas production.

Richard Brown



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Bottisham Medical Practice Patients' Participation Group

Masks:

We ask that you please continue to wear a mask when visiting the surgery for your protection and the safety of the staff.

Influenza immunisation: Our medical staff are concerned at the lack of take up of the flu vaccination by the over 50 age group. Flu is more serious than a bad cold and can make you very ill.

Eligible groups for influenza vaccine are:

- all children aged 2 - 10 years

- those aged 6 months to under 65 years in clinical risk groups

- pregnant women

- those aged 65 years and over

- those in long-stay residential care homes carers

- close contacts of immunocompromised individuals

- secondary school-aged children focusing on Years 7, 8 and 9 and any remaining vaccine will be offered to years 10 and 11, subject to vaccine availability

- those aged 50 to 64 years old not in clinical risk groups (including those who turn 50 by 31 March 2023)

Social Prescriber:

Chloe has returned to duty as the Social Prescriber for the practice. She can support you to access a wide range of activities and resources in your local community. Examples of this include - benefit / housing advice, anxiety and mental health support, carer support and advice. See below.

"NAAFI Break"

ALL veterans are welcome to come along and meet likeminded veterans

10 till 11am Wednesday 14 December at Anglesey Abbey to meet in the café.

Come along, for a good old chin wag, meet new faces and feel connected within our community. Gary looks forward to welcoming you. He will wear a grey Help for Heroes T Shirt.

Please see the practice website for more information. Alternatively, if you would like to book an appointment with Chloe then please contact reception on 01223 810030.

Health Pod:

We have purchased the screening for this, which is now in place.

Winter - What is the advice?

Keep warm – keep windows closed to keep the cold air out, eat hot meals and hot drinks. Wearing layers keeps you warmer than one thick jumper. Get exercise but ensure warm clothing is worn when outside. Hypothermia is a real risk in cold weather.

Help with heating costs – look into the cold weather payment

<https://www.gov.uk/cold-weather-payment>

Vaccinations – keep up to date on flu vaccine, COVID boosters, shingles vaccine and pneumococcal vaccination – prevention is better than cure

Buy some “self-help remedies”– paracetamol, disinfectant cream, rehydration salts/sachets, throat sweets, Lemsip can really help to have available for when you need it.

Getting help if you are unwell – pharmacists and 111 can provide help and advice as well as the GP surgery

What helps the GP? It can be really helpful to have your own thermometer, blood pressure machine and oxygen saturation probe as if you are unwell a more rapid assessment can be provided, and you can monitor your improvement or deterioration on advice from the GP.

Look in on elderly neighbours – do they need extra help? Call AGE UK Age UK helpline on [0800 678 1602](tel:08006781602)

More info on: <https://www.nhs.uk/live-well/seasonal-health/keep-warm-keep-well/>

Dispensary:

Reminder that for repeat prescriptions there is still a 5 working day turn around. This does not include Saturdays and Sundays, which are non-working days. Please do not try and collect sooner.

Due to Brexit, COVID-19 and issues with sourcing raw materials there have been delays beyond our control in sourcing some drugs. This changes daily and the practice cannot predict from one day to the next what drugs may be out of stock. The local Clinical Commissioning Group provide regular updates regarding stock issues and the dispensary team work closely with the GPs to source suitable alternatives to ensure patients always have their medications. These supply issues are nationwide.

There is an excellent prescription delivery service, as we run this service 5 days per week (Monday to Friday) for the delivery of repeat medication. Please enquire at the surgery if you are interested in the service.

Christmas and New Year:

Please ensure that you have ordered your medication in time and enough to cover you over the holiday period.

Walking:

There is a Wicken Fen Wellbeing Walk on Fridays 10-11am. This is a regular, easy paced, sociable walk. They meet in the Visitor Centre at Wicken Fen on Friday morning ready for a 10am start. The walk will be around 2 miles in length at a relaxed pace, taking approximately an hour. The Anglesey Abbey Health Walks are every Thursday leaving promptly at 10.00. The assembly point is behind the garden centre, by the bike shelter. The walks are fairly brisk, and last about an hour. The distance is about 3 miles.

The Patient Participation Group:

We are looking for new members to join the committee, all patients of this Practice are eligible. Please contact our chairman as below to find out more information and how you can be involved.

Regular Meetings:

Next meeting is Wednesday January 25th 2023 at 2pm. If you wish to join our Zoom meeting please email our chairman at s.j.gilson@btinternet.com who will send you a meeting invite.

We hope you have a happy and healthy Christmas and New Year.

Bottisham Medical Practice Patients Participation Group

Death of Queen Elizabeth 1926 to 2022



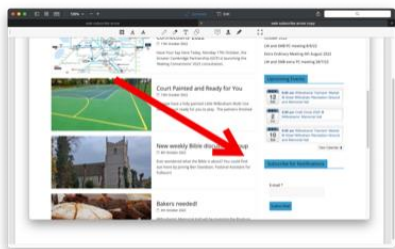
After the sad news that Her Majesty Queen Elizabeth II had died peacefully in September, the village, was shocked into quickly organising a suitable tribute, which was, after the initial panic, handled very effectively by the Parish Council and the Parochial Church Council of St Nicholas' Church. Chairman of the Parish Council, Sally Ramus, read the official proclamation and we saw the village at its best. Several hundred people signed the book of condolence in the Church which was

beautifully decorated with floral tributes and works of art by local children. The Church bell ringers tolled on the day of the funeral in line with received national protocol and we thank them for the important role they played in helping us pay proper tribute to Her Majesty's long years of devoted service to the people of this country.

Jackie Beadsmoore

What's going on in the Wilbrahams and Six Mile Bottom?

Are you only finding out about events and issues in The Wilbrahams' and Six Mile Bottom after they've happened or been decided upon? Then maybe you haven't subscribed to the village website.



Subscribing costs nothing and will ensure that you receive an email with a link to the website whenever a new village event, controversy or matter of interest is posted.

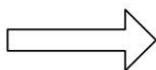
Just go to www.wilbrahams.co.uk and cursor down to the foot of the home page, where on the right -hand side you are given the option to insert your email address and click on

subscribe. It's as easy as that and you need never miss out on village update, for instance, when there will be a Farmers' Market on the recreation ground, events in the Memorial Hall and St Nicholas' Church, activities of the various village action groups and clubs as well as Parish Council issues, and much, much more.

Scan QR code
with your phone
camera.



Follow the link
to the
Wilbrahams
Website.



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Notifications"*.

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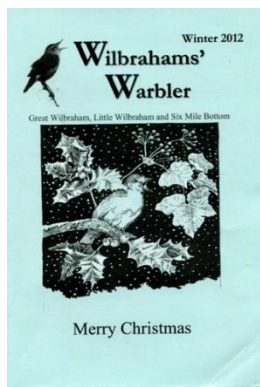
Subscribe!

The website covers our three villages, Great Wilbraham, Little Wilbraham and Six Mile Bottom and if you have anything which you feel would be of interest to the village residents then send your copy to be posted to hall.siohangww@gmail.com.

In the past month there have been 983 users visiting our site in a total of 1,500 sessions. Each user spent an average of 1:13 minutes. The most visited page was the post from the Great Wilbraham Parish Council (GWPC) Communications Team highlighting the issue of poor mobile signal in our villages.

Jackie Beadsmoore, Siobhan Hall and Alan Cody

Happy 10th Anniversary



We've been at the job now for ten years. After an edition's break in Autumn 2011 a plea went out for help as the then editor, Rich Andrews, was retiring. We three answered the call and formed a working party of joint editors, John Bramwell, John Torode and myself.

Previous versions of the village magazine were called The Templar and then in 1976 parish councillor, Alex Sadler, got a group of volunteers involved in producing a village newsletter. I had already been contributing photos and articles such as the In Memoriam for Ben Johnson and the

balloon that landed in Great Wilbraham. Some things don't change much.

Football, cricket, gardening, Bottisham Patients Group and bus transport were all included in our first edition.

But, some things do change. We introduced a colour cover in 2014. There was a pull-out events calendar and crossword and other puzzles from John Bramwell.

Untold Stories was a popular addition. During the ten years we've covered various happenings. The new Memorial Hall was built and the children's play area in Gt Wilbraham renovated. In Little Wilbraham there was the MUGC (Multi Use Games court) and their village feast. There were new activities such as choir, table tennis, Farmers' markets and change of pub owners. We've reported on various campaigns concerned with housing development, church bells, flooding and traffic.

We've been pleased to win a few awards including first prize in the national community magazine competition and several in local competitions. Most of all we're pleased to win the approval of most of you who have given us very positive feedback and encouragement over the years. The success has been due to the excellent contributions from many very talented writers and photographers. Also we thank our deliverers who faithfully drop the magazine through every door in the villages. And it couldn't have happened without the underwriting and support from the two parish councils. Thank you.

Martin Gienke

Extract from Warbler Winter 2012 :

I hope we can continue your good work and keep every one in the Wilbrahams and Six Mile Bottom informed of what is going on in the villages.

I say we, because we now have an editorial team consisting of John Torode, John Bramwell and Martin Gienke. Our aim is to continue the good work of our predecessors, and hopefully even improve it.

Hopefully we have been reasonably successful and it will continue.

Editors

The Wilbrahams
**CHILDREN'S
CHRISTMAS**
Party

@
Wilbrahams' Memorial Hall
on
Saturday 10th December

@
3 – 5pm

☆ All Children to be accompanied by an adult ☆
This is a free event. Just turn up and join in!

Party games, refreshments, plus a visit
from **Father Christmas** and **Rudolph**

Kindly sponsored by Great Wilbraham Parish Council and
Little Wilbraham & Six Mile Bottom Parish Council
The Wilbrahams' Memorial Hall is a Registered Charity. (No: 300390)



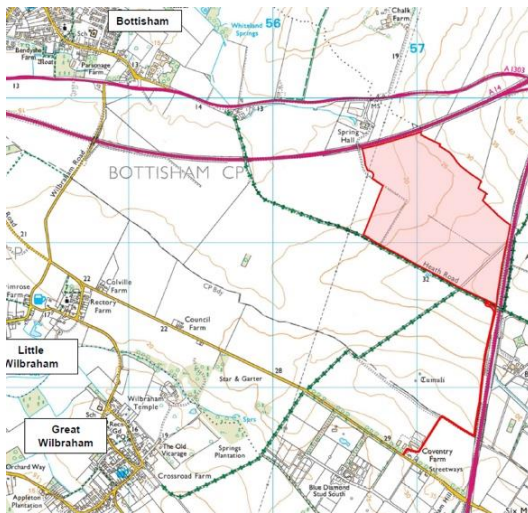
Wilbrahams' Environment Group

Solar farm update

In previous Warblers we have mentioned this site, shown on this Map, in the triangle formed where the A11 meets the A14 near Six Mile Bottom. Ridge Clean Energy is

applying to East Cambs D C for planning permission (the site is just in ECDC, but South Cambs D C will also be involved). Ridge has for some months now willingly engaged with WEG and taken on board some of our initial thoughts on the plans and details shown to us.

The site is about 25% larger than the existing Solar Farm at the end of Mill Road GW and can produce enough power for 10,700 homes. It will have batteries on site to store surplus electricity until it is needed. It means a loss of what is currently arable farmland (but the site has been reduced to avoid Grade 2 land and the panels themselves will all be on Grade 3 land (the best land for agriculture is Grade 1). We are already looking hard at the company's proposals to increase biodiversity on the site.



In principle we support more Renewable Energy, **but** we want to examine the detail. Ridge say they will distribute a Newsletter when the Application documents become visible on the ECDC planning portal – and WEG will be asking everyone to comment. The proposed development is important for our villages inter alia because:-

Construction traffic will use the Six Mile Bottom road – the construction access will be where you see the signs for “Net Zero Buildings”

- The site will be visible, mainly to walkers using the footpath which extends Street Way from the brow on the SMB road to connect to the footpath/bridleway (“Heath Road”) running along the site’s southern boundary.
- It needs its own cabling from the site all the way to Cherry Hinton! Residents of GW will remember the disruption caused while the Mill Road site cabling was laid through GW towards Fulbourn - we (and no doubt the Parish Council) will be pressing for the cables to avoid the centre of GW
- WEG is keen to maximise “Biodiversity Net Gain” on the site.

- There will be an opportunity to seek “community benefits” for our villages – perhaps something like those from the Wadlow Wind Farm Community Trust but more targeted on our villages and Bottisham.

Cycle Paths

With your help we are at last making some progress! For years the Wilbrahams have been not a black hole but a “white hole”, completely ignored on various maps of proposed or actual improvements to the cycle network around Cambridge, meaning no hope of anything being done to make it possible to cycle in safety from our villages. Unfortunately, there is still nothing proposed for Six Mile Bottom but the latest draft “Active Travel Strategy” from the C Council shows three routes for us – one to Fulbourn, another to Bottisham and a third across the fen via Short Drove from LW to Quoy Waters on Newmarket Road. Let’s not get carried away just yet - all these routes are classified as of “Tier 2” importance in the competition for funding – we and the Parish Councils and our County Councillor Claire Daunton are keeping up the pressure.



What happens to our rubbish?

We have organised a Visit to the Waste Management Park at Waterbeach on the morning of Wednesday 11 January. We will have a tour of the site plus video presentation and opportunity to put questions to the Community Education staff there. The visit will last 2 hours from 10am and you will need to get yourself there – we will try to organise car-sharing. It should be really interesting and informative. 30 places only: please email us or telephone – see below.

Insulating our Homes

When the weather is cold enough (!) we will have access, for a limited period, to a Thermal Imaging Camera which can show where major heat loss occurs from buildings. If you would like your home to be checked, please email us or telephone – see below. We will cover as many homes as we can, in the time available

JOIN US! TELL US WHAT INTERESTS YOU!!

We are keen to involve everyone, young and old. Have a look at our section of the Wilbrahams website www.wilbrahams.co.uk/information/weg or contact us by email wilbrahamseg@gmail.com or ring 07594 601205 (Nick Toovey)

Nick Toovey

Well-brahams

Our local well-being and mental health group



News and Upcoming Events

The Well-brahams have had another active, successful year promoting well-being and mental health in our three villages. We have run winter coffee mornings; painting afternoons; we've worked in the community orchard and planted bulbs alongside hardy volunteers and run activities for children. The busy year culminated in the Well-brahams once again being chosen by the Co-Op Local Community Fund as one of their funded community activities. If you shop at the Co-op, please select us as your chosen fund by visiting the website at <https://membershio.coop.co.uk/causes/72694>. We have also been lucky enough to be awarded a generous grant by The Ridge Group, a green energy firm.



This summer our activities were centred around working with children and young people post-Covid. As with all our activities everything is free, so no child is excluded.

In the summer term we ran a series of very successful Creative Mindfulness workshops for ages 6 to 14 facilitated by Rachael Cox, an expert in this field. This was a fascinating and rewarding experience for all. Many thanks to the church for letting us hold these in their beautiful building free of charge.

In the summer holidays we ran five Sports Activities days led by Charlie Brown, a fantastic coach and mentor, who many of you will know from school. During the days we did touch rugby, football (of course), cricket and general sports. We had a real mix of boys and girls and ages ranged from 4 to 12 with some older children ably assisting Charlie as junior coaches. These days proved very popular with over thirty children attending each day. Many thanks to the Social Club for housing us on all the days again at no cost.



These events were so successful we have already signed up Rachael and Charlie to run two days in the Easter holidays which will combine a day of sports ending with a Chilling Session.



Warm Mornings in the Memorial Hall.

This winter we are concentrating on all age ranges in the village as everyone is more isolated at home and heating bills rise so we have decided to host a series of Warm Mornings in the Memorial Hall. As always, the mornings will be run free of charge. We will be providing refreshments and are hoping to do light lunches. The days will run from 9.0 to 13.00hrs. They are planned as drop-ins so stay for as little or as long as you want. We have booked the small meeting room as well as the hall so if people working from home want to come, you would be very welcome; or if you just want somewhere warm, convivial, and quiet to read, please do feel free to come along.

We're hoping to have a real mix of villagers of all age groups. We will have toys available for toddlers and children, we will also provide adult games such as Articulate, Monopoly or feel free to bring your own. We have the game of Indoor Curling if you want a little light exercise or feel a competitive urge.

Dates: 8th December 2022; 5 and 19th January; 2nd and 16th February; 9th and 23rd March 2023.

We are very grateful to Ridge Clean Energy, a UK renewable energy developer, whose grant is enabling us to put on these mornings.



Toddlers exploring

In the spring we are planning to hold our own outdoor exploring wildlife mornings for toddlers and parents in the Community Orchard this will be organised by Rachel Steward who is an expert in running outdoor wildlife activities for children. This is an exciting new venture, it's never too early to appreciate how much green spaces and being outdoors in all weathers improves our mental health.

Ideas.

If you have any ideas to promote well-being and mental health in our villages, please get in touch our website is <https://thewell-brahams.weebly.com>

Joy Bray



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NOTICE BOARD

DATES FOR WINTER 2022

Wednesday 21 December	School term ends
Sunday 25 December	Christmas Day
Monday 26 December	Boxing Day
Tuesday 27 December	Bank Holiday
Sunday 1 January	New Years Day
Monday 2 January	Bank Holiday
Wednesday 4 January	School term begins
Monday 13 February -	
Friday 17 February	Half Term

Mobile Library Timetable

The mobile library schedule is every 4th Thursday :-
22nd December, 26th January, 23th February

Six Mile Bottom,

Delaware Close, 11.35-12.00.

Little Wilbraham

Bus stop on High Street, 4.10-4.25

Great Wilbraham

Opposite the playground, 4.30-5.00.

BIN COLLECTIONS

Black bins

Monday 12 December
Wednesday 28 December
Tuesday 10 January
Monday 23 January
Monday 6 February
Monday 20 February

Blue bins

Monday 5 December
Monday 19 December
Wednesday 4 January
Monday 16 January
Monday 30 January
Monday 13 February
Monday 27 February

Green bins

Monday 5 December
Monday 19 December
Monday 16 January
Monday 13 February

Wilbrahams Memorial Hall

Regular monthly Farmers' Markets are held
on the second Saturday of the month from
9.30-11.30 am

Next Market Saturday 10 December 2022

Community Group Contact Details

Great Wilbraham Common Rights	Steve Bartlett 881096 stephen.bartlett@mindworks.ltd.uk
Great Wilbraham Guild of Change Ringers	Peter Sims ptrs28@googlemail.com
Great Wilbraham Primary School GW Primary School PTFA	Office: 880408 Emily Oliver emilystar_uk@yahoo.com
Oil Syndicate, Great Wilbraham	Chris Gurney webadmin@oil-club.co.uk
Over 60's	Carol Whitehouse Carolwhitehouse4@gmail.com
Transport Woking Group	Tim Page 881738 David Richer 880547 hgvs.wilbrahams@gmail.com
Volunteer Group The Well-brahams	Pat Simpson pas49@cam.ac.uk www.thewell-rahams.weebly.com well.brahams@gmail.com
Weenie Warblers Mother & Toddler Group Wilbrahams' Bridge Club	Sarah Fordham, 880698 Di Raikes, 881065 raikswilb@btinternet.com
Wibrahams' Community Choir	Tony Goryn 07751281341 tonygoryn@icloud.com Gill Humphrey 811436 Jackie Beadsmoore, 880889 jackiebeadsmoore@icloud.com
Wilbraham' Gardening Club	Shirley Morley, 880723 booking.wilbrahamsmemorialhall@gmail.com
Wilbrahams' Memorial Hall	Julia Cornwell, 881751 juliacornwell@gmail.com
Wilbrahams' Scrabble	Roddy Tippen 880728
Wilbrahams' Sports Club	

LW&SMB Parish Council

Next meeting date
Tuesday 3 January at 7.30 pm
See full report on page 12

GW Parish Council

Next meeting dates
Wednesday 19th January
Wednesday 16th February
See full report on page 9



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Untold Stories : Nick Frankau

'Allo 'Allo, here comes Nick Frankau (Franko) from the television comedy series.

My grandfather was a famous radio comic in the 1930s. My father was a television director. I am a London boy. After a gap year, I read maths at St. Catharine's College, Cambridge out of sheer laziness: all the other subjects seemed to involve a lot of book work. Then I went straight to drama school – that would be 1976-77.

Why did you go to drama school? What attracted you to that?

It was in the family. Actors came to lunch, all that sort of thing. There's a bit of a performing seal in me. Which way: maths and make some money, or acting? Jack May, an actor friend of my parents, had said "If you don't try it, you will always regret it."

Had you done any acting at Cambridge?

In my first term I played Alonso in *The Tempest*, a college production, and won approval. I started my own company, called *The Cambridge Comedy Company*. We put on one Feydeau farce and one Coward. I found others to direct, and I acted in them.

So then you went on to drama school.

That was a one-year course. Afterwards, I needed to get a membership card of Equity, the actors' union – you could not act without one back then. Some friends of my parents ran Southwold Theatre, which used a church hall there. They offered me a contract, so I rushed to the Equity office with it to get my card. I was known at Southwold: during my first summer vacation at Cambridge, I had worked there backstage. When I went back there after drama school, I was able to act in a number of plays doing very different parts. Good training! Then I did some children's theatre in Scotland and various other bits and pieces. In one I was a tiger, in a very tight tiger suit, rather like the pink panther. When not acting, I was doing other things to earn some money. I did clerical work and was once a messenger on a moped. Then my maths degree came into play. I discovered that, because of a shortage of maths teachers, I could become a supply teacher without a teacher's qualification.

Did you enjoy teaching?

(Pause) Sometimes. In some schools you had to manage hoodlums. I came home shell-shocked. The only advice I received was to avoid conflict situations. Trying to impose order always failed. You had to do it by niceness. My favourite school was a Jewish one. There was more of an academic bent, and a sense of humour that I related to.

Was that when you met Eve?

Yes. It coincided with starting in 'Allo 'Allo.



So was it fun, taking part in that?

Yes it was. It was more like a holiday than work. For three weeks, we lived in a hotel in Swaffham, Norfolk and spent our time filming. Then we would spend eight weeks doing the indoor scenes in London. Monday to Thursday rehearsing, then Friday in the studio with an audience. Outside those eleven weeks, unless I was lucky enough to get another acting job, I would be supply teaching.

Did it lead on to anything, or did you stop acting?

I did my last professional acting job in 1995. I played a butler in a gentle English comedy at a little theatre at Sonning on Thames. I had not done theatre since 1987. That year, I had taken part in a world tour organised by Derek Nimmo. The cast was made up of people who had been in known television series. The deal was that you were paid almost nothing but were put up in hotels with everything supplied. It was after dinner theatre. We put on the comedy, "Outside Edge" in the hotel dining rooms. This coincided with meeting Eve. When I left for the tour, we had just become boy- and girl-friends. Absence made the heart grow fonder.

So you got married when you got back?

I had three wonderful opportunities to propose to her. One was on the Great Wall of China – Eve came out to see me – a beautiful beach in Bali, or failing those, on a plane coming back to England. We had had a massive row in China. In the end I proposed over an Indian take-away in a flat in West Hampstead. She still accepted. We have three sons. Not long after Toby, the third, was born, the multiple sclerosis (MS) kicked in. It had always been there in the background from before I knew her. The specialist had said there was a fair chance that it would never return, so we hoped. What we did not know was that an intermittent form of MS can turn into progressive MS. Since then it has slowly got worse. When neither acting nor teaching I used to go to the dole office, and, one time, they offered me a course in software – the maths again - and Peter Ladbrooke, whom I met in the pub, plucked me out of the doldrums of supply teaching and gave me a job at his company, Gaascode. He had me design user interfaces. I had to work it out as I went along. I was with them for five years until 1999. After Gaascode, I took other software engineer jobs. I was a software engineer for 24 years all told. I was finally made redundant in 2019!

Looking after Eve must be...

Yes, it is definitely a challenge. Since about 2015 we have had sufficient care that I can even go away. Before that, it would take three hours in the morning,

with the children as well, before I could get out to work. Now, when there is not a carer here, a friend, Simon, is happy to be here and respond to Eve when required. And he is a very good cook. In March, my father died. I was the only child, so it fell to me to sort out his house and belongings at Newmarket. For a while I was almost living there, especially during lockdown, for fear of infecting Eve. Whilst there, I took a part in an amateur dramatics production of 'Allo 'Allo with the Nomads. I changed sides and played the German colonel. Fortunately, there is a co-executor for my father's estate, an old friend of mine called Helen, who helps massively with the paperwork. I am also very lucky to have Kim to manage the care system. She is wonderful. With her, Simon and Helen, my life is much better than it would be without them.

One way you can get out is on your bicycle. Why do you use a recumbent bike?

At Cambridge I twice cycled to the Edinburgh fringe. The first time, my bicycle had just been stolen. I bought a sit-up-and-beg, single-gear bike for £6 and I rode it to Edinburgh in 2 nights and a day. I had first tried cycling through the night in France in my gap year. The second time I went to Edinburgh I was on a sports bike, but it was not much faster because I was less comfortable. So I wanted comfort. Eve found someone who sold recumbent bikes. I tried one, and that was it. I ride recumbent bikes for comfort.



Do you worry about being low and less visible?

I worry more on my hand cycle.

What is a hand cycle?

It is one you use if you cannot use your legs. I have strong legs but weak arms. I thought this would strengthen my arms, so I bought one in the summer. The furthest I have got on it so far is Bottisham. It is hard work, and I am much lower down on that than I am on my normal recumbent.

And there is Eve...

Eve is amazing. She wants to live and enjoys life. She is buoyant and she still has a sense of humour.

What a wonderfully varied life you have lived. Thank you, Nick, for sharing so much of it with us.

John Tanburn

Not enough limbs...

My anatomical analogy of recent ‘Warblers’ is creaking, broken – there are not enough limbs or senses to keep up with events. In the Wilbrahams we’ve had water in the streets (see below!), disappearing buses, potholes in the paths, trees in the road, and that’s without even thinking about the wider national scene!

We know that many basic necessities are now much more expensive than at this time last year and for many life is much harder. But then we are reminded that for those in Kyiv, or Lviv, Kherson, Zaporizhzhia - places which we barely knew of this time last year – life is very, very much harder.

Local authorities are really trying to help those in need, even though authorities themselves are facing the huge challenges of restricted funding, much higher inflation, staff shortages and shortage of materials. The County Council has the Household Support Fund offering, as the name suggests, financial support to households who really struggle to make ends meet.

<https://www.cambridgeshire.gov.uk/residents/coronavirus/household-support-fund>

South Cambs District Council, Cambridge Acre, the NHS, the County Council are working together to create a network of spaces across villages and in libraries that will be warm and welcoming and offer support throughout the winter.

In addition, South Cambs has an outstanding record of helping those arriving from Ukraine and in need of shelter, to find and to experience the care of local families and individuals.

I know others will have more to say on this locally.

One of the major issues for anyone from anywhere who comes to settle in small rural communities like ours is transport: without access to a car life is very limited. Equally, many households have the expense of running and parking two cars.

We are not alone. Many other rural communities are in the same situation and were badly hit recently when Stagecoach (a commercial company for whom shareholder profits are top of the list) decided to withdraw 18 services from routes that they deemed unprofitable. I won’t go back over this, but as someone who does not like driving, I use the Nos. 11 and 12 (two of the 18 routes in question) which run along the A1303 and through Quy and Bottisham, so I know first-hand how difficult this has all been for the past several weeks.

Services have been rescued from November to March and possibly longer, but they are not on a firm footing and timetables and routes have been altered: another commercial company, Stephenson’s of Essex, have taken on the routes.

We should also recognise that, with the ending of free movement of labour, the local and nationwide shortage of drivers and fitters for buses is a question of pay and of people.

The bus routes under threat across the County have been rescued by funding from the Combined Authority (the Mayor), but we need a much more sustained approach to public transport and to a bus SERVICE.

We need a serious conversation and some serious decisions about a bus network that would be properly shaped and controlled democratically to ensure that all areas are covered and covered reliably. This would be a sustainable (both environmentally and economically) transport solution which gives people of all ages and economic circumstances a choice and deals with congestion and pollution across the whole area.

This is where the Greater Cambridge Partnership's (GCP) 'Making Connections' consultation comes in. The proposals in this consultation cover: first the phased introduction of a much-improved rural and urban bus service; better connectivity between bus, rail and cycle; the introduction of a sustainable travel zone and then the introduction of a consequent congestion zone. The consultation runs until midday on 23rd December.

Here are all the details of the proposals, the survey form and details of public meetings and exhibitions

<https://consultcambs.uk/engagementhq.com/making-connections-2022>

If you don't have access to the web, paper copies can be had by ringing 01223 699906.

There are several points to make:

This is a **consultation** so the GCP wants to know the views/concerns/questions of as many people as possible. This is about a range of interconnected issues; it's not a 'single issue' matter. It's not just about buses, or not just about congestion charging; it's about a package of proposals for possible long-term solutions to problems of congestion, pollution and lack of good public transport that have plagued Cambridge and the surrounding area for years.

It's about us, here, with the choices that we in our communities might want to make. Some certainly might be very concerned about a congestion charge; others might be more concerned about how frequent or reliable buses might be and the ease of making connections; others might want more emphasis on walking and cycling.

A specific proposal for our communities is a once-hourly bus service throughout the day, connecting Newmarket to Six Mile Bottom to the Wilbrahams and Fulbourn (thence to Addenbrooke's or the city), Teversham and the Newmarket Road park and ride or to Cambridge North station. Driver recruitment for the buses will be helped by funding available for an uplift in salaries

What we surely all want is a thoughtful conversation about all these aspects, considering all the details, weighing them all up and thinking about the best options for the future, for the community as a whole, as well as for individuals.

You'll probably be thinking: 'oh no, not another consultation, really, for goodness sake!'

But, but, we do get our name on the map(s) by replying, as the County 'active travel' cycle path consultation response has shown. And thanks for the continued response on that.

And now to an aquatic note. It was paddling time in Great Wilbraham on two days recently: fine if you are a little one with coloured wellies, but not fine at all if your house or car is in the watery line. In spite of the gulleys now being cleaned on a more regular basis and the pipes having been jetted through, a significant amount of water still



gathered. Fortunately, those in the village who are really wise on these matters were able to offer information and advice. I have taken this up as a serious matter with County Highways, with meetings to follow. The men in orange suits (otherwise known as the jetters) have been back, and more pipes jetted. We need more rain to test their work – but not just yet please.

I do want to end on a positive note: today the sun is shining and no rain is forecast. Long may that last!

Claire Daunton, 07905 473395

Claire.daunton@cambridgeshire.gov.uk

PS: I just do have to mention that the **County Council** is doing a lot to assist with speeding in villages, with the local highways initiative process already funding speed-reducing projects and a new funding process coming in early in 2023 to fund applications for 20mph zones or limits



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The Saint Nicholas Great Wilbraham Trust

To remind those who are not yet familiar with the aims & objectives of this charitable trust (founded in 1988), they are: “To provide capital and income for the preservation, repair, maintenance, improvement, upkeep, beautification and restoration of the Church and of any monument, fitting, fixture, stained glass, organ or bell in the Church but excluding the churchyard adjoining the Church”.

The trustees’ strategy is to preserve all capital donations (and grow their value by at least CPI each year), and from the preserved capital to generate £10,000+ income pa. Some of this income is passed on to the Church’s Fabric Committee to help meet the Church Architect’s Quinquennial Report (5 yrly) on all the repairs and maintenance required on the upkeep of the building, plus raise funds for improvements; such as the recent conversion of the church tower into a ground floor kitchen area & disabled wc; raising the bell floor to first floor for the bell ringers; the electric space heating and the interior redecoration of the walls. The remainder is added to any “special” donations & grants for major repairs and improvements to the church.

Today there is the maximum of five trustees responsible for the running of the trust, made up by local parishioners living in the village of Great Wilbraham plus our Reverend Alice of Fulbourn, The Wilbrahams, & Six Mile Bottom.

As at 30th September 2022, the Trust’s Legacy Capital Fund was valued at £211,265, showing a fall of around 7.5% from its value of £228,402 as at 30th June 2022, which was broadly in line with market sentiment, following the continuation of Russia’s war in Ukraine and the general downturn in the global markets.

Over the past quarter, the fund had generated £1,898 of dividend income, which if added to the £5,488 already received in 2022, amounted to £7,386 received so far in 2022.

The trust’s available cash as at today’s date stands at £11,660.

The trustees continue to be very thankful to those who make one-off donations and to those who are making regular contributions to the Trust via banker’s standing orders, which currently produces an extra regular income of around £1,500 pa (including the Gift Aid Tax Refund if you are a taxpayer).

For further information on how to make donations and how to contribute most efficiently to the Trust’s Capital Legacy Fund, please contact our treasurer, Tony Ryan, who may be contacted via email: lyansan@btinternet.com or myself via email: graham@clarkesresidential.co.uk.

With my best wishes, Graham Clarke, chairman

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Cricketing Excellence in the Wilbrahams

In my last report dated 11 August I described a season so far of big wins and narrow defeats, and the hope that such performances would continue. Well the rest of the season did not disappoint!

After beating Milton by a 101 runs (George Moore also 101), a loss at home to arch-rivals Fulbourn left the season intriguingly poised. We needed to beat Ramsey away in the last match to steal the second promotion spot from Fulbourn! At tea it did not look good as our bowling attack was taken apart in the last 15 overs to the tune of 174 for the loss of only one wicket. Ramsey had set a monster target of 303 for 5, and the stakes were high! After the early loss of George Moore we managed to get to a hundred after only 16 overs, but after three quick wickets we were looking somewhat vulnerable at the half way stage on 151 for 4. But captain Charlie Moore and Tom Sweeney kept us ahead of the run rate, (crucially with the ball mainly on the floor) and things began to get very exciting indeed. Charlie scored 107, and Tom was 92 not out when Wilbrahams got to 305 for 6 with 13 balls to spare. What a magnificent victory!



At the beginning of the season I confess I was concerned that this little club might find it difficult to survive in Senior 2. Forgive the statistics, but I don't know any other way to illustrate quite what a remarkable season it has been. Four times we made over 300 runs. In the season of 18 matches we scored a total of 4,210 runs (1,248 more than we conceded) with an average

score of 234, at the rate of 5.63 an over. Collectively we won 12 and lost 6, but the wins were generally large (6 by more than 100 runs, and 3 by more than 6 wickets) and the losses small (2 by 1 wicket, and one by 4 runs). Individual batting performances were remarkable. One double century (Ollie Drake 221 not out), 7 centuries (George Moore 3, Ollie Drake 2, Joel Gawthrop and Charlie Moore) and a further 17 50's. That's 25 scores of 50 or more.....wow!

We had a night out recently where the end of season awards were presented. Leading Run Scorer went to Ollie Drake for his 754 in only 9 innings (two not outs) and an amazing average of 107.71! Leading Wicket Taker went jointly to

Ben De'Ath and Tom Sweeney for 24 each. Players Player of the Year also went to Ben De'Ath, who returned to the club this year after not having played for us for 15 years or more. The Chris Ascroft Spirit of Cricket Award, now dedicated to our much missed President, has been presented to Ross Craig for his passion, sportsmanship, competitiveness and youthful enthusiasm.

I do of course have loads of tributes to pay to those behind the scenes who make good things happen. Goryn and son for the loving care of the ground. Dru and her merry band who are constantly top of the league at tea time. Ian for his immaculate scoring. Captain Charlie Moore for his leadership both on and off the field. The committee for meeting when we need to meet, and making decisions when we need to make them. Finally, to the good people of the Wilbrahams who support us at home with a beer in hand, and often outnumber the opposition support when we are away. The team greatly appreciate that and if they can keep you all entertained in our beautiful village, then it truly is a win win.

Roddy Tippen. Chairman

December Concerts at Holy Trinity Church Bottisham

We had a memorable and most enjoyable coffee and cake concert on November 5th, entitled "England, our England" with Rex Freeman and Rosemary Wheeler. The final concert this year is on December 3rd, when I will give a talk entitled 'The History of our Christmas Carols', play my violin and will be joined by Sarah Maxwell (soprano) and Jonathan Giles (keyboard). I will outline the history of how we came to sing the now traditional carols at Christmas, as well as describing how the words and music, often written hundreds of years apart, came together. We will all sing a few verses of each carol together, as well as listening to Sarah's lovely voice. Put the date in your diary now. The coffee and cake will start at 10.30am, the concert last around 45 mins and entry will be £5 (children free), to include the coffee and cake. All are welcome. Money raised will go towards the church building and heating fund.

Julie Bristow is planning two candlelit concerts with her choirs Cloud Nine Community Choir, Eclipse Vocal Group and Rising Up Youth Group in Holy Trinity Church on 10th December entitled 'Winter Hours'. These celebrate winter with music and poems by Mary Oliver. The concerts will take place at 4.30pm and 7pm. Tickets £10, £7 concession for children under 16. All funds will go to supporting local families at Christmas. Julie is working in partnership with Bottisham Village College, Holy Trinity Church and Bottisham Co-op. For ticket information contact Julie 07793025326 or bristowjulie6@gmail.com

Stuart Field, Churchwarden

Wilbraham River Protection Society

This year's AGM will be held at Wilbraham Memorial Hall Great Wilbraham at 7.30 on Tuesday 22nd November.

A short AGM with the chairman's review of a very active year will be followed by what promises to be a very interesting talk. Mr Martin Baker, Conservation Officer for Bedford Cambridge and Norfolk Wildlife Trust will talk on the Cambridge Nature Recovery Network.

We would be delighted to see you and offer a glass of wine at the end of the meeting. It would be helpful to know numbers if you planning to attend so that we can organise appropriate seating but please feel free to drop in if the occasion arises.

Looking forward to a very interesting evening and hope to see you there.

Rebecca Lomas bex@drcr.info

Fulbourn Arts

16th Dec at 7:30pm Guy Masterson in A Christmas Carol in Townley Memorial Hall

Please use the ticket links above to assure your places at this fantastic performance by the celebrated actor, Guy Masterson, returning to Fulbourn following his sell-out performance of Under Milk Wood in 2021.



Masterson brings to life a myriad of characters and follows the gruelling nightmares of Scrooge as he is visited by the Ghost of Marley, Christmas Past, Christmas Present and Future

Reduced ticket prices for Children (accompanied by an adult). Don't miss this one-off performance by a famous actor!

4th Dec - the FULBOURN WINTER FESTIVAL!

We're really excited that this year's festival has even more to offer than last year's highly successful event! Far more to see and do, an additional marquee for the new children's activities, old favourite food vans and new ones besides ... plus parade and carol singing ... and look out for the unicorns and elves!

The full schedule will be published and sent out later in November.

We can still make space for more stalls. If you make and want to sell things this is a great opportunity to do so, Contact fulbournarts@gmail.com if you're interested.



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A view from the garden

Our summer-parched landscape has finally regained its natural colour. Like a second lease of life, many plants that went into shut-down mode at the height of summer are still a verdant green. The grass in the lawn is growing like it was spring. Shrubs and trees that should have dropped their leaves and switched off ready for winter seem determined to make the most of recent rainfall and the extraordinarily mild conditions. Roses are in full flower as are my strawberry plants and the warm nights just enhance the effect. I recorded 80mm of rain in October and another 60mm in just the first week of November with the forecast promising more to come. However, I've recorded a total from the beginning of this year of only 380mm (as of 10th November) versus the long-term yearly average for the Cambridge area of 550mm. So we still need more rain to restore soil moisture levels.

Where have all the wild birds gone? After a bumper season for insects, fruits and seeds it's most unlikely that it's due to a shortage of food. In normal times we would see blackbirds, thrushes and a small flock of starlings feeding first thing in the morning on the village green; groups of blue tits, great tits, long-tailed tits in their large family groups noisily swarming through the surrounding shrubs. But since the summer the decline in numbers has been really noticeable. The reason I suspect is Bird Flu. In recent years it has been a winter phenomenon, arriving with migrating birds, but this time it's taken a hold in our resident population affecting especially our seabirds. Outbreaks in commercial flocks of chicken and turkeys have increased dramatically and once again everyone who keeps domestic poultry must confine them to prevent contact with wild birds. Let's hope that it doesn't take out too many turkeys out before Christmas lunch.

Season's greetings

Nigel Start



WI Fulbourn

Hello again, What a busy few weeks we have had. In October, we had a craft afternoon where we had a great time making Christmas cards, cutting out designs from Christmas wrapping paper (see photos) whilst our November speaker

was from the Cambridge Food Bank. They rarely come out to give talks these days as they are very busy so we felt honoured they could come. All those who came learnt much about their work and as a mark of our appreciation our members and visitors (some from other WI's) donated items of food that they could take back to stock the shelves so that those who are struggling this Christmas can have extra "goodies" on their shelves.

December is our Members' Christmas party, but we have plenty planned for the early part of next year for instance:

January 18th - Mr A Malcolm, Fisherman's Mission: The history of Trivia of Fish and Chips and Sea Shanties

February 15th - Mr R Freeman a talk entitled "Words & Music of Flanders and Swann"

March 15th - Kate Kirk a talk entitled - "My Aunt - Dame Cicely Saunders" Founder of the Hospice Movement

April 19th - Mr D. Whitehead, The Work of Trinity Lighthouse.

All meetings are held at the Swifts, Haggis Gap, Fulbourn between 2-4pm.

Looking at the WI website recently I came across the list (all 54 pages of it) of all the WI Mandates since the WI started in the UK back in 1918 and you may be interested in some of the things we have either started or have been a part of from day one so thought over the next few issues I would share a few with you beginning with the 1920-30's:

Socially- It was requested that the number of Women Police throughout the UK should be increased, and these officers be given the power of arrest and WPCs attached to each police station where there were police cells. Also that the Children's & Young Person's Act was to ensure that whenever possible statements taken from or questioning of young girls be done by WPC's. We also requested that Probation Officers be appointed to care for young offenders as part of the Borough and County Police Courts, and that trained Welfare officers and foster parents be found for children in homes and orphanages. In 1923 the Home Secretary was approached on the matter of inadequate sentences passed, for those charged with cruelty to children. It was requested that at least 2 members of the British Board of Film Censors be women. Safety in the home was paramount as was road safety with the increase of motor vehicles on the roads (nothing changes a hundred years later!!)

Health - the early waking of hospital patients for washing etc. is a justifiable cause for complaint (love it !!) and not in the best interest of recovery and no patient to be disturbed before 7am. As early as 1931 it was noticed by the WI that Mental Health was as important as Physical Health and all WI members were to recognise the parity between the two and it was acceptable to talk about Mental Health issues and to lobby parliament for better support for mental health patients.

Education - In 1922 the NFWI approached the Government about the great need for the continuance and development of adult education and the agricultural education of women in the country and for the increase in classes for women in dressmaking, cookery and housewifery. Co-operation between the WI and local education authorities in making arrangements for school dinners and milk rationing in both urban and rural areas.

Environment - In 1927 the WI was asked to consider seriously and urge the Government to take action over the oil pollution along our coastlines. Nine years later it was the turn of pollution of inland waterways and the following year the destruction of wildflower meadows and the preservation of coastal footpaths. Also in the same year the WI pressed local authorities on the subject of providing drainage and sewage disposal units in villages. In the early 1930s, we turned our attention to cruelty shown in the training of performing animals and the trapping of animals and birds. We showed an interest in Town and Urban Planning including urging town/parish councils to provide proper facilities for the collection and destruction of household rubbish.

See, we don't just knit and make jam.

Hope to see you at the WI soon.

Marilyn Moyse President Fulbourn WI

The Wilbrahams' Community Choir

Since the last newsletter the Community Choir has had a fulfilling three months practising a wide variety of songs and singing at Harvest Festival. Now we are heading into winter with one thing on our minds - Christmas Carols. And this with the help of several new members which in itself is heartening.

We are planning to sing at Carol services which, as far as we know, will be held at St John's Church, Little Wilbraham on Sunday 18th Dec at 3pm, and St Nicholas' Church Great Wilbraham on Christmas Eve also during the afternoon. Please check the Wilbraham website closer to the time for confirmation of details.

We will also be Carol singing around the villages and you are welcome to join us even if you are not in the choir. Again please keep an eye on the Wilbraham website closer to the time.

We continue to meet weekly during term times on Thursdays at 8pm in the Memorial Hall and sing for an hour. After this there is the option of spending another hour or two chewing the cud over a drink or two.

By the time you read this several of our members will have taken an opportunity, in response to an invite to The Community Choir, to be part of a guided tour around the Houses of Parliament.

We hope to see you over the Christmas period if not before,

If you would like to join or have any related questions please contact Tony Goryn on 07751 281341 or tonygoryn@icloud.com or Gill Humphrey our Choir Director on 07710 236207 or gillianhumphrey@icloud.com.

Tony Goryn, acting chairman.

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Supporting Ukrainian Refugees

We continue to work on our plans to help Ukrainian refugee families begin to live independently in the Wilbrahams and Six Mile Bottom. As the war continues, it is apparent that most of those who came over as refugees under the Homes for Ukraine scheme will be staying for some time yet. In the midst of their worries for relatives still in Ukraine, they face the challenge of establishing themselves in a new country with a strange language, different customs and complex bureaucratic systems for support. Having left all their resources at home, they must attempt to build a life that is as normal as possible, especially for their children, supporting themselves whilst also trying to have some fun and make new friends. We aim to help them.



We are still busy with the technicalities of setting up our support charity – ‘Wilbrahams Refugee Support’. This has turned out to be more complex and bureaucratic than we had envisaged – hence the delays. We have established a Steering Group with representatives across our three villages (Wilbrahams and Six Mile Bottom) and five people have agreed to act as Trustees. We will focus on providing support for refugees, initially those on the Homes for Ukraine scheme, who have come to the end of the 6 months agreement with their UK hosts and need to find alternative accommodation. We are working closely on this with the team responsible at South Cambridgeshire District Council, who are very supportive.

Our aim is to integrate refugee families into our village community and help them to move towards independence. We will create a strong network of support - practical, financial, and social. But our aim is more ambitious than this because, through this common endeavour, we hope to strengthen our community by learning together, getting to know each other, and developing our collective understanding of the needs of refugees.

At present we are contacting all those generous residents in the villages who previously offered to help. If you would like to be involved or contribute, please contact Hilary Burton on hb384@cam.ac.uk

Trustees for Wilbrahams Refugee Support

Hilary Burton

Sara Brophy

Will Brown

Patricia Davis

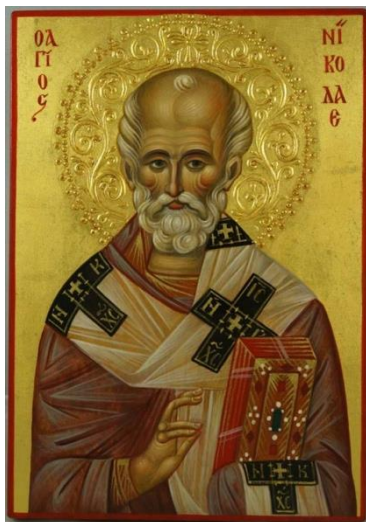
Christine Page

Hilary Burton

The Origins of Father Christmas

It all starts with St Nicholas who was a Bishop living in the Byzantine era in the city of Myra around 280 A.D'. At that time it was a part of Greece, under the control of the Roman Empire in the region of Lycia (today it is named Demre, located in modern day Turkey). He came from a wealthy family, was very religious and kind, devoting his life to Christianity'.

Unfortunately, during the great persecution of 303 under Roman Emperor Diocletian bibles were burned, priests locked up and he spent many years in prison. The jails were so full there was not enough room for the priests, so the thieves and murderers were released. When Emperor Constantine took over in 313 persecutions ceased.



During his life he performed many miracles, one concerns a noble family where the father had lost his fortune, his three daughters were weeping as they faced a lifetime of prostitution unless dowries could be found'. Nicholas tossed purses of gold through a window to relieve their suffering, some landed in stockings hung up by the mantlepice to dry, hence the origin of why we hang stockings up on mantlepices today. On a voyage on an Egyptian ship to the Holy Land he predicted of a terrible storm to come. It did as he thought and it was dreadful, he prayed for it to subside and it did. Over the years he performed many, many miracles, bringing stricken sailors back to life, reviving murdered children, averting famines, calming storms, and a hundred other acts. His fame spread throughout Asia Minor, Europe and beyond. He is the patron saint of Children, Seafarers, Fishermen, Archers, Repentant Thieves, Brewers, Pawnbrokers, Unmarried people and Students. His death on the 6th of December in 346 resulted in a church being built to celebrate his life.

However, in 1087 trouble was brewing with the advancing threat of the Muslim Empire from the Seljuq Dynasty and it was decided to remove the principle bones from the sarcophagus in the seaport of Myra and transfer them to the Italian city of Bari where they are now enshrined in the Basilica Di San Nicola'. The anniversary of his death of 6th Dec is still celebrated. Between 1200 and 1500 he was the unchallenged bringer of gifts to children on Dec 6th and his popularity grew stronger than ever through Europe, the Russias, and Asia.

Meanwhile in England under the reign of Henry V111 the reformation brought about a split from the Catholic Church, and it was decided to merge the feast of Nicholas with Christmas Day on Dec 25th.

In Europe with the Sami tribes of North Finland there were customs the Norse God Odin who had magical powers of flight, In the Germanic regions St Nicholas would be known as “ Sint er Klaas “ and when the Dutch and German migrants went to America they took their customs with them. A phonetic derivation from this turned into Santa Claus,

In 1821 an American book called “A present for little ones from 5 to 12 “ was published, and featured Santa Claus in a sleigh pulled by a reindeer, (taken from Norse God Odin). It also featured Santa’s sidekicks Ru-klaus, Aschenklas and Pelznickel who would whip naughty children’. The American cartoonist Thomas Nast created a vast range of images of “Santa Claus.”



The reindeers Dasher, Prancer, Vixen, Comet, and Cupid came later. However, Dunder and Blixem came from Old Dutch, and was later translated into Germanic present names.

With respect to whether Santa Claus lives at the North Pole, the jury is still out.

Tony Gardiner

Over 60's

In August we had a lovely trip to Sandringham & Hunstanton. It was a trip we will all remember, as on our return we learnt sadly the Queen had passed away.

In September we held a Tea dance which raised over £100 for MAGPAS air ambulance. A big thank you to all those who contributed, well done.

October saw a trip to Cherry Lane garden centre, followed by a carvery lunch at The Village Inn, Little Melford. A great time was had doing some early Christmas shopping.

Dates for your diary :

24th Nov : Talk by the Salvation Army

15th Dec : Christmas Party

26th Jan : Anne Lawrence (talk on the Police service)



Bollards by the School : Reporting Road Damage



Andy Martin's campaign for a zebra crossing outside the school continues. While recently looking at the possibilities, two members of the Transport Working group (TWG) noticed that the bollards by the school were in a terrible state. Several were broken, others had reflectors missing, and all were filthy. They had become a

hazard. The situation was reported to County Council Highways on Saturday 8th October by their web-site: <https://highwaysreporting.cambridgeshire.gov.uk>. We were astonished and delighted to see that on Monday 10th October, 4 new bollards and new reflectors had been installed.

Two days later, TWG completed the improvement by donning a yellow jacket and washing down the old bollards and reflectors. Transformation complete. However, despite these improvements, please, please remember that this is not an official crossing point for pedestrians. Traffic has priority, and children can so easily forget.

Many of us are quick to criticise the Highways Department, but in this case, response was even quicker. Similar – if slower - success was achieved on reporting the series of shallow potholes in Temple End. At the time of writing (4 November) a further report to Highways has been made concerning the damage to the road surface at the junction of Toft Lane and Toft Way.

Do make a note of the web-site address. It is an effective way of reporting problems of damage to village roads, and it makes them safer for all of us.

David Richer, Chair TWG.

The Wilbrahams' Winter Wonder Walk 2022



The Wilbrahams' Winter Wonder Walk is back for Christmas 2022! On each day from 1st to 24th of December a different house or business in Little Wilbraham and Great Wilbraham will display an advent window. Visitors to the windows will be able to record those they have seen on specially designed Advent Sheets.

Prizes will be awarded for Best Window Displays (as voted for by the Advent walkers)! Walkers can win prizes for visiting the greatest number of windows or enter the prize draw for those who have visited at least seven of the windows.

Advent Sheets are available to download from the Wilbrahams Village Website (<https://www.wilbrahams.co.uk/>) or email the PTFA for a copy (wilbrahamptfa.co.uk). Copies of the Advent Sheet are also available in the Great Wilbraham Village Shop.

At some of the houses there will be collection boxes for Homeless and Food Bank charities. All of the information will be on the Advent Sheet.



The Great Wilbraham Primary School PTFA



Welcome to Maggie's Cambridge

What is Maggie's? Maggie's provides practical and emotional support to those with cancer, their family, friends and carers. The centre is a warm and welcoming place, with qualified cancer support specialists offering an evidence-based free programme of support which complements medical treatment.

Practical support includes information about eating well, coping with hair loss, or empowering visitors with information about their cancer treatment and benefits entitlements. Or visitors can talk to our psychologists and counsellors, explore their creative side through Art Therapy or get help to manage stress.

Then there is our kitchen table which is at the heart of our centre; a place where visitors can sit and chat with others in a similar situation, or maybe just take some quiet time with a cup of tea.

Examples of support can be anything from Art Therapy to Yoga, Men's Support Group to Menopause workshop, Living with Prostate Cancer to Brain Tumour Support Group. In addition, a cancer support specialist is always available for a chat and to listen. They will always meet a new visitor, help them decide what support best suits their needs and make the appropriate referrals. Read more about our offering on www.maggiescentres.org

Primarily we are a 'drop in' centre, Monday to Friday, 9am-5pm. Drop in anytime, but we are also happy to answer any questions prior to a visit on 01223 249220. Maggie's, 21 Milton House, Puddicombe Way, Cambridge, CB2 0AD

Email: Cambridge@maggiescentres.org : Facebook: @maggiescentrescambs

Twitter: @maggiescambs : Instagram: maggiescambridge

Monica Starr



A warm welcome awaits you at Home Close

At Home Close, we believe our **dedication to exceptional care** makes us stand out from the crowd.

Our **attentive and thoughtful staff** are committed to looking after your family like they would their own, catering to their every need and supporting them to enjoy later life to its fullest potential.

We offer the highest standards of care where dignity is respected, where talents and interests are encouraged. With a range of **residential, nursing** and **dementia care** on offer, Home Close is the ideal choice.

Home Close Care Home, Cow Lane, Fulbourn, Cambridgeshire, CB21 5HB

For a friendly chat with
one of our advisors

Call 01206 646646

www.healthcarehomes.co.uk





Editors John Torode and Martin Gienke visit the Houses of Parliament

We met with Lucy Frazer in the Grand Hall. She gave us insight as to how government works. We hand delivered a copy of the recent Warbler. We always send her a copy. Lucy said how important community magazines is to communication within villages and thanked us for our work. Then on to the commons where an MP who was late for his own bill managed to get his foot in the door but was told we vote with our head not our feet. Who was the MP, well our guide ruffled his hair. Outside four bronze statues, located in the Lobby, portray Lloyd George, Churchill, Attlee and Thatcher.



Margaret Thatcher was upset that her statue wasn't iron. The Lords basement is guarded following Guy Fawkes Gunpowder Plot, but all the guards get is a glass of port. When asked about the balance between her own opinions and those of the government Lucy commented that all her life she wanted to make a difference in the world. She soon realised that meant being a part of a larger organisation such as a political party. Sometime there were conflicts and she had to vote with the government, but also she was in a position to offer other views and amendments within the party.

Christmas Services, Carols & Nativity The Wilbrahams' & Six Mile Bottom

St Nicholas' Great Wilbraham

Wednesday 14th December 3:00pm Church Nativity with Community Choir and the day to view the Advent Walk decorations in the Church porch.

Saturday 24th December 3:00pm Carol Service with Community Choir

Sunday 25th December 9:30am Family Service

St John's Little Wilbraham

Sunday 18th December 3:00pm Carol Service with Community Choir

Saturday 24th December 11:00pm Midnight Mass

St George's Six Mile Bottom

Saturday 17th December 3:00pm Family Carol Service & Nativity

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Anglian Leisure Bottisham would like to take time to congratulate the successful appointment of our 3 new Duty Managers, Finn, Charlie and There are plenty of new and continuing activities



- Car Boot Sale on the last Sunday of every month.
- Hardcourts open for block booking enquiries and casual use.
- More swimming lessons, More Judo lessons.
- Aqua Zumba, Yoga and Zumba on Monday, Tuesday and Wednesday respectively.
- Party facilities hire.
- Limited 3G, gymnasium and sports hall slots left for block bookers.

Email address: bottisham@anglianleisure.co.uk

Phone : 01223 811121 Website: <https://bottishamvc.org/sports-centre/>

Create an account or membership:

<https://anglianleisure.leisurecloud.net/joinathome/MemberRegistration.aspx?refresh=637955739093968216>

Book an activity:

<https://anglianleisure.leisurecloud.net/Connect/mrmLogin.aspx>

Lucy Fraser MP



As we near the end of the year, I wanted to reflect on 2022 and let you know a few of the matters I have been working on, on your behalf.

This year has not, so far, been without its challenges - whether that is the spiralling energy costs or the war in Ukraine. I have been humbled by the response of so many families

who have supported Ukrainian refugees. Many families across our area have opened their homes to those fleeing conflict, and I was pleased to hold an event in the summer to bring together some of the volunteers, organisations and families who have been involved in supporting those who have come to the UK.

I know that the cost of living is a real concern, and I am committed to helping constituents across South East Cambridgeshire find the support and advice they need. In my previous role as Financial Secretary to the Treasury, I was proud to work with ministerial colleagues to introduce a package of measures to help tackle the cost-of-living crisis. These included a £400 discount off energy bills. Since then the Government has gone further with the introduction of the Energy Price Guarantee which caps the price per unit of electricity / gas from 01 October 2022 for at least six months. This price guarantee will save the average household £1,000 per year compared with the previous energy price cap announced by Ofgem in August. In the coming months, the Government will consider how it supports households with energy bills beyond April 2023.

Improving healthcare locally, including access to healthcare, continues to be one of my priorities. Addenbrooke's has developed plans to build two new hospitals on its site at the Cambridge Biomedical Centre. These will specialise in children's care and cancer research. Together with my neighbouring MP, Anthony Browne, I have made clear my support for these two new hospitals. I recently visited the hospital to meet with senior leaders and discuss how we could progress these projects. Anthony Browne and I are arranging a meeting in Westminster to press the importance of these healthcare projects.

And more locally, I have been working on concerns about speeding in the area village alongside District Councillors. I have previously supported bids by the Parish Council for traffic calming measures and will continue to do so should other bids be made. I have liaised with the local parish councils on the proposed Six Oaks Solar Farm and will represent the views of local residents.

I wish you all the best for the rest of the year. And, as always, if I can be of help or assistance, please email me on lucy.frazer.mp@parliament.uk.

Joseph Pilates: Contrology

“The mind, when housed in a healthy body, possesses a glorious sense of power”

Joseph Pilates developed an interest in exercise due to his own experience of ill health as a child. He was particularly interested in the Greek methodology of finding a balance between body, mind and spirit and thus developed his own ideas of holistic exercise. He himself was a skier, boxer, gymnast and skier. His sport earned him a job as a self-defence instructor at Scotland Yard. As a German national he was sadly incarcerated during World War I when he spent his time using his knowledge to rehabilitate his fellow prison mates using no equipment, and thus Contrology was born. The main principle of Pilates is exercise using your own body weight challenges and strengthens key muscles without straining them.

He understood that all movement starts at the centre of the body and that stability in the core, pelvic and shoulder girdles improves movements and reduces risk of injury caused by daily strains put on the body by ineffective movements. In 1918 Joseph's trainees all survived a flu epidemic giving evidence to his teachings that Contrology is a holistic approach which improves immunity. Pilates is now a well recognised fitness/wellness regime and was recently named in a government recommendation for prevention of early death. The research stated: “Adults who reported meeting the aerobic activity guidelines and weightlifting at least one or two times every week were found to have a 41% to 47% lower risk of premature death. The study focused only on weights, but there were other types of muscle strengthening exercise, said the researchers, such as push-ups (press-ups), squats, pilates, tuck jumps and burpees. Using weights can make a body leaner: total lean mass is independently associated with a lower risk of premature death, the researchers explained. And if done in a gym, it could also be very sociable – another factor associated with a longer, healthier life. “Our finding that mortality risk appeared to be lowest for those who participated in both types of exercise provides strong support for current recommendations to engage in both aerobic and muscle-strengthening activities,” the authors wrote. “Older adults would probably benefit from adding weightlifting exercises to their physical activity routines,” they concluded.

Joseph moved to New York in 1926 where he and his wife Clara opened a fitness studio and began the exercise regime known as Pilates. When Joseph died there was no legal ruling to protect the title and Pilates became a recognised mainstream exercise in the 1980s when the media became interested in the phenomena. There are now numerous approaches and schools of Pilates each using different adaptations of the original (Classic) principle exercises.

Emma Gant

List of Advertisers

Advertiser	Page
Andy's Fulbourn Garage	16
Anglian Leisure	58
Chapel Dental	16
ColourFence Cambridge	42
Ernest Doe	50
Fisher Carpets	20
Fulbourn Cat Sitting Company	20
J & J Drake	34
Healthcare Homes	56
M&I Healthcare Solutions	46
My Village Handyman	31
Pilates	8
PRE Heating Services	40
Rothwells	8
Secure Storage	58
The Hole in the Wall	13
Tutor	8
Wilbraham Boiler Services	15
Woodland Wishes	34

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Winter Waks : Page 54

Back Cover : School : Page 17

Royal Proclamation : Page 23



Memorial Hall

Page 14

Cricket : Page 43



