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JANUARY 2021



The Church with a Dusting of Snow by Francis Pullen

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Willingham News is a subsidiary of Willingham News Ltd and is edited by volunteers. We do our best to ensure the accuracy of the content of the submissions, but this cannot be guaranteed. We reserve the right to edit or omit articles at our discretion. The views expressed in readers' letters are not necessarily those of the editorial team. Send your contributions to **willinghamnews@gmail.com** as an email attachment of up to 250 words (no pdfs) to arrive before the monthly deadline. The Editorial Team comprises Liz Cosford, Jane Dowle, Wendy Law, Frances Watts, James Watts and Trevor Weston.

The **deadline for your contributions is the 8th of each month**. As the library still has restricted opening, hard copy can be dropped off at 15 Balland Field.

Bin Collections – Friday except where indicated:

| | |
|----------------------------|-----------------------|
| Tuesday 5 January | Black |
| Monday 11 January | Blue and Green |
| Saturday 16 January | Black |
| 22 January | Blue |
| 29 January | Black |

To contact local police, phone 101 or email:
SCambsCops@cambs.pnn.police.uk

PLEASE NOTE:

Back issues of *Willingham News* from October 2005 to the present (with the exception of March 2006) are now available on the Willingham Life website run by WAG:
www.willinghamlife.org/page/willingham-magazine-back-issues

Advertising

We would like to thank all our advertisers for their continued support during these difficult times. It's due to them that *Willingham News* is able to serve the village. Please continue to support our local businesses now and in the future when restrictions are lifted.

Advertising is sold on an annual basis for an insert into 12 issues beginning in January. Send any advertising queries or copy to: **advertising.wnews@yahoo.co.uk**, marking your e-mails Adverts. The *Willingham News* team wishes to thank all the advertisers for their support and interest. They play a vital role in maintaining this publication and also in our community as local businesses supplying goods and services. If you contact an advertiser, please mention that you saw their advertisement in *Willingham News*. Thank you all very much.

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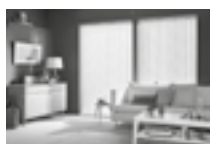
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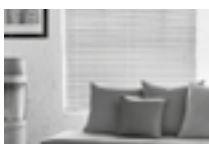
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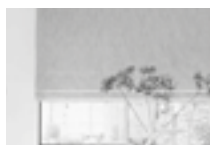
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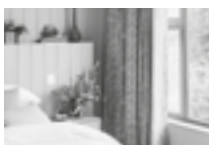
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Willingham and Sustainability

Earlier in the year Willingham Action Group (WAG) members decided to live their lives more sustainably. We hope Willingham residents will join us and help take on the challenge to save the planet. Our efforts so far have been reported in recent editions of the *Willingham News*.

In October, we focused on reducing our use of plastics and have now stepped up the campaign. You may have seen posters encouraging people to 'Take the Plastics Pledge', by logging on to www.willinghamlife.org/sustainability or emailing willinghamsustainability@gmail.com. You may not be able to reduce your plastics consumption initially, but just by looking at the information on the website and the recycling symbols on each pack you buy, you may become more aware of how much is not recyclable and of better alternatives. We will be putting some of these greener alternatives together in a fantastic hamper of goodies for a draw that will take place later next year, for those who take the pledge. Suggestions from pledgers as to what to include would be most welcome.

In November, we discussed some of the international issues around livestock production and shared information on the famous 'Meat Free Monday' campaign. Something worth noting is that vegetables tend to be cheaper than meat, making vegetarian meals more cost effective. It also means that, when you do want to treat yourself to meat, you are able to afford local, grass-fed organic meat, such as beef and lamb, which is far more sustainable and healthier than intensively farmed livestock. In the coming months Willingham Sustainability will be sharing some tasty vegetarian recipes on the Willingham Life website at www.willinghamlife.org. We would love people in the village to get involved, so please share with us your favourite tried and tested vegetarian recipes. Send them to willinghamsustainability@gmail.com and we will add them to our online recipe book.

In December, we aimed to raise concerns about where our food comes from and the great distances some of it has travelled. Hopefully, this may encourage us all to buy more produce grown and sold locally and eat more fruit and vegetables in season. We worked out the possible differences travelled by all the ingredients of two simple three course meals; for one it was 367 miles and for the other, 23,365 miles! Details of the ingredients and distances can be found at www.willinghamlife.org/food-miles along with a directory of local farm shops. When we buy from them we are also supporting our local economy.

We've seen the problems our planet faces; we risk more flooding in some countries, droughts in others and uncontrollable wildfires. Species are becoming extinct at an alarming rate through human activity. We can all do our bit to help. You may wish to add your name to Greenpeace/ Friends of the Earth petitions by visiting our website at www.willinghamlife.org/petitions-to-sign.

Willingham Action Group

Neighbourhood Watch

The Chief Constable of Cambridgeshire, Nick Dean, is proposing to cut the number of Police Community Support Officers (PCSOs) from 80 to 40. This would mean that we would have less support in the village for anti-social behaviour, illegal parking and investigating drug-related offences. We are asking for your support to try and stop this action.

How can I help?

- Sign the online petition on Willingham Village Facebook page or <http://chnng.it/qg827Sq6>.
- Write to Nick Dean at ChiefConstable@cambs.pnn.police.uk, Lucy Frazer, our MP, at lucy.frazer.mp@parliament.uk or the Acting Police and Crime Commissioner, Ray Bisby, at cambs-pcc@cambs.pnn.police.uk.

The British School Trust

The Trustees wish everyone in Willingham, especially its young people and the teachers of our children, a safe and successful 2021.

As was necessary, last year we held a virtual meeting in October. The Trustees decided to fund some young people from the village about to start their undergraduate degree courses and the Primary School, to support the costs of providing additional playtime sports equipment, a greenhouse and gardening equipment.

The next meeting of the Trustees will be on or around **22 January**. Pandemic regulations will dictate if this will be a face-to-face or virtual meeting. The Trustees will be pleased to consider applications for funding if:

- You are a young person who has recently started a university or further education course and have encountered unexpected costs related to equipment, field trips and reading lists.
- You are the representative of a Willingham community group seeking funds to support an educational project.
- You are a governor or staff member from a local school attended by Willingham children.

Any enquiries and applications should be made to the Trust Secretary, Dr Ray Croucher, 01954 261113 or raycroucher47@gmail.com.

Poem for January

How many New Year resolutions
is it possible to keep?

Eat better food, go walking more,
play golf, don't talk in my sleep.

I have thrown them out the window
for as far as I can see
I am who I am and I do my best,
New Year resolutions, not for me.

Christine Lacey

Willingham Library

www.cambridgeshire.gov.uk/library
0345 0455225

Willingham Library is open
Our current opening hours are:
Tuesday 2 – 6 pm
Friday 10 am – 2 pm

Library Access

After the Christmas break, the library will reopen on **Tuesday 5 January**. At the time of writing, the library has returned to 'managed browsing' but Government guidance may have changed by the New Year. Please look at notices in the library window or consult the library website at www.cambridgeshire.gov.uk/library for the most up-to-date information.

What is 'Managed Browsing'?

You can enter the library wearing a face covering, choose your own books, return books, pick up reservations, Select and Collect, speak to staff and use a pre-booked computer.

What will customers need to do?

- Sanitise your hands upon entering the premises and when issuing your books.
- Scan the QR code or provide details for Government Test and Trace records.
- **Please be patient.** We need to limit the number of people inside the building, therefore you may be asked to wait outside for a short while.

Select and Collect Service

This allows you to request a selection of books from a particular genre which library staff will choose for you. If you want specific books, please use the normal reservations system.

Online Services

We have a wide range of eBooks, eAudio books, eComics and eMagazines which you can access online without visiting a library. Please have a browse at: www.cambridgeshire.gov.uk/residents/libraries-leisure-culture/libraries/library-online.

Friends of Willingham Library

New Year Resolutions

At New Year we sometimes feel that it's a good time to learn a new skill or read that book we've not yet got around to. So if you're thinking about reading *War and Peace*, learning to crochet or taking up Spanish, don't forget that your library can help you get the books you need to make your resolutions a reality.

Come late Spring or Summer, assuming the vaccines prove to be successful, we will be able to start our activities again such as book sales, games afternoons, poetry themed *Desert Island Discs* and family history evenings. Please see further details in upcoming editions of *Willingham News*. Happy New Year!

Love in a Box Christmas Appeal 2020

The Primary School took part in this volunteer-led appeal to provide a Christmas gift for children from the poorest families or in orphanages, hospices or hospitals, so that they would know that someone cared at Christmas. These special gift boxes, for many, made the difference between a little joy and warmth or simply going hungry over the festive season.

We collected 93 boxes and, in these difficult times, we felt even more humbled by our parents' generosity helping those less fortunate than themselves.



Michelle Lenk

Library Reading Group Book Review

Driving Over Lemons: An Optimist in Andalucia by Chris Stewart

Chris Stewart was the original drummer of the band Genesis at the age of 17, then moved on and worked across Europe for the next 20 years before deciding to settle in the Alpujarra region of southern Spain. He and his wife Ana bought a farm on a mountainside with an enchanting view but without running water, mains electricity or vehicle access. A resourceful neighbour was an invaluable friend and mentor as they navigated their first years at El Valero. Restructuring irrigation channels, bridges and the entire farmhouse was all in a day's work, along with managing the varied and wilful livestock. Friendships among the local farmers and the often eccentric expatriate community ensured their enchantment and optimism remained intact.

Almost everyone enjoyed the book. Some who were put off at first found themselves won over by the mad Englishman and his level-headed wife. The descriptions of their version of traditional farming are realistic, only occasionally gruesome, and often funny, as with the wayward flock of sheep bouncing surefootedly down a near-vertical hillside. Points awarded were mostly seven, eight or nine out of ten: a light and sunny read for a dark Winter.

Janet Huxley



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**A&E is not an alternative to a GP appointment.
If we are closed, please call 111.**

'Lucky Squares' Christmas Donations

Thank you to all those who kindly donated to our Christmas charity collection for MAGPAS. Due to COVID-19 we were unable to manage the lucky squares raffle and hampers this year, but still plan to make our annual donation to the MAGPAS Air Ambulance.

Staff and patient donations have been collected throughout December and are welcome until the end of January. You can donate via our 'Just Giving' page and the link can be found on Facebook and the practice website. Cash and cheque donations are also welcome at the surgery. The full amount raised will be announced in March. Thank you for your support for this wonderful charity.

Stock Up Your Medicine Cabinet For Winter

During the winter months, patients are reminded to stock up with self-care essentials. Many winter illnesses such as colds, sore throats and upset stomachs can easily be treated at home with medicines available at low cost from your local pharmacy or supermarket, with no GP appointment or prescription required. Not only will this save you time and make you feel better more quickly, but it will also help to save the NHS much needed resources. Self-care essentials include:

- packet of pain relief (paracetamol)
- cold and sore throat remedies
- first aid kit
- thermometer
- upset stomach and rehydration treatments
- heartburn and indigestion treatment

Your local pharmacist can also offer advice and guidance on the best treatment for you. Pharmacists are available on every High Street and in supermarkets, with many open evenings and weekends. For further information on how to treat common winter illnesses visit www.nhs.uk.

What to Expect from Your Video or Telephone Consultation

The reception team will arrange a telephone call for you with a nurse or GP. The GP will advise you if they feel a video consultation is appropriate and send you joining details. If you are unsure about using video, please request a telephone appointment.

For your consultation:

- Please ensure you are ready to accept the telephone/online call at the allocated time.
- Find somewhere quiet and confidential to have the call

WILLINGHAM SURGERY NORMAL OPENING HOURS

| | | |
|------------------------|--------------|-------------|
| Monday | 8 30 – 1 00 | 2 30 – 6 00 |
| Appointments | 8 30 – 11 00 | 3 00 – 6 00 |
| Tuesday | 8 30 – 1 00 | 2 00 – 7 00 |
| Appointments | 8 30 – 11 00 | 4 30 – 7 00 |
| Ante Natal/Baby Clinic | | 2 00 – 4 00 |
| Wednesday | 8 30 – 1 00 | 2 00 – 6 00 |
| Appointments | 8 30 – 11 00 | 3 00 – 5 30 |
| Thursday | 8 30 – 1 00 | 2 00 – 6 00 |
| Appointments | 8 30 – 11 00 | 3 00 – 5 00 |
| Friday | 8 30 – 1 00 | 2 00 – 6 00 |
| Appointments | 8 30 – 11 00 | 3 00 – 5 30 |
| Emergencies | | 4 00 – 6 00 |

WILLINGHAM PHARMACY Tel: 01954 261787 NORMAL OPENING HOURS

| | | |
|-----------|-------------|-------------|
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| Tuesday | 8 30 – 1 00 | 2 00 – 7 00 |
| Wednesday | 8 30 – 1 00 | 2 00 – 6 00 |
| Thursday | 8 30 – 1 00 | 2 00 – 6 00 |
| Friday | 8 30 – 1 00 | 2 00 – 6 00 |

and, if this isn't possible or is tricky, make this clear when you are making your appointment.

- If you would like to have someone with you for your consultation please ask, and a family member or friend can join the call with you.
- Have a pen and paper with you so you can write down advice or next steps.

If the GP or nurse decide they need to see you in person, you will be offered a face-to-face appointment at the practice and they will confirm these details with you.

Carers' Meetings

Due to the pandemic, the Carers' meetings are postponed until further notice and will be reinstated as soon as it is safe to do so. In the meantime, we would like to continue to support carers in our local community in any way possible. If you are a carer, and need advice and financial or emotional support, please contact Sue Lawson at susan.lawson7@nhs.net or 01954 260230.

All the staff from Willingham Medical Practice and Longstanton Branch Surgery wish our patients a Happy New Year!

Lisa Smith
Assistant Practice Manager

Mixed Bag Crossword by Willow

Willow is celebrating a milestone with *Willingham News* – 1 and 21 across will reveal it!

Answers on page 12



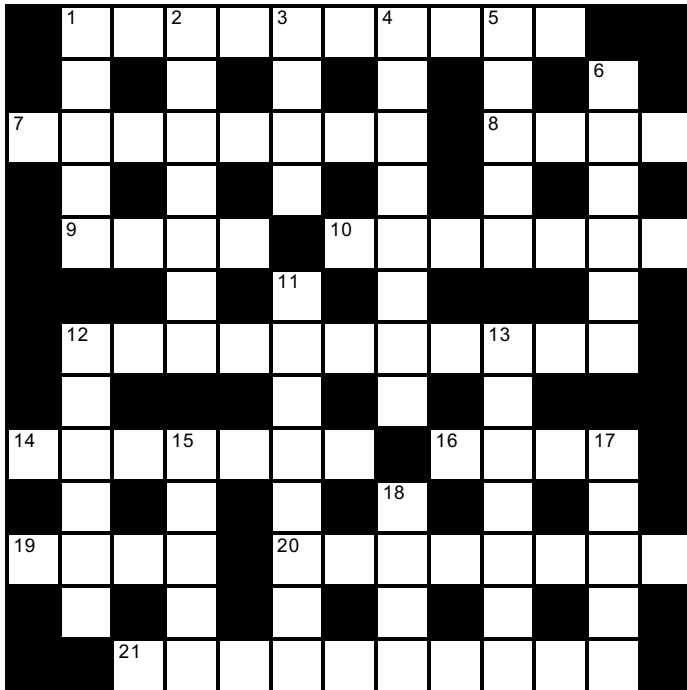
Young Readers' Corner

J Quiz

Like January, all the quiz answers begin with J.

Answers on page 12

- 1 Where does the name January come from?
- 2 What is a baby kangaroo called?
- 3 What country's capital is Tokyo?
- 4 Which is the seventh month of the year?
- 5 Which Roald Dahl character travelled in a Giant Peach?
- 6 Which Amy was the first woman to fly solo from England to Australia?
- 7 Which is the largest Channel Island?
- 8 What is a big cat and also a brand of car?
- 9 Which martial art's name means 'gentle way'?
- 10 What are trousers made of denim called?



Across

- 1 Number put energy in working hard underground getting diamonds (3,7)
- 7 Daring adventure (8)
- 8 October birthstone (4)
- 9 Miss rubbish collector (4)
- 10 Painkiller and ice initially involved in sprain treatment (7)
- 12 2003 Disney animated film (7,4)
- 14 French composer of the *Symphonie Fantastique* (7)
- 16 Panel judge has year covering Central Courts (4)
- 19 Second largest Scottish loch (4)
- 20 Introduction to a musical work (8)
- 21 Word puzzles (10)

Down

- 1 Love a relative haven of calm (5)
- 2 Delight (7)
- 3 US state, capital Salt Lake City (4)
- 4 High level horse training (8)
- 5 Gut bacteria (1,4)
- 6 Cotton fabric (6)
- 11 Daughter's come out of awful virus good and healthy (8)
- 12 Exercised muscle (6)
- 13 Zero latitude line around the earth (7)
- 15 Light amplification by stimulated emission of radiation (5)
- 17 Flanders site of three major WWI battles (5)
- 18 Cat's cry (4)

Book Quiz

Answers on page 12

As it is the New Year, I thought I would go with some kind of beverage to celebrate. Can you find the authors?

- | | |
|--|--|
| • <i>The Tiger Who Came to Tea</i> | • <i>Adrian Mole: The Cappuccino Years</i> |
| • <i>Blackberry Wine</i> | • <i>Like Water for Chocolate</i> |
| • <i>Under Milk Wood</i> | • <i>The Teashop on the Corner</i> |
| • <i>Tea Time for the Traditionally Built (No 1 Ladies Detective Agency)</i> | • <i>Dandelion Wine</i> |
| • <i>Cakes and Ale</i> | • <i>The Cider House Rules</i> |
- Christine Lacey

We Hope You Enjoy Colouring this Jolly January Jellyfish in a J!



www.kidspuzzlesandgames.co.uk

FROM THE PARISH COUNCIL

www.WillinghamParishCouncil.gov.uk

Police

There has been much discussion regarding the Police Commissioner's plan to halve the number of PCSOs (Police Community Support Officers) in Cambridgeshire. They provide a direct contact between the public and the regular police force with local knowledge of their area. We contacted the Commissioner about this and were informed that Cambridgeshire is appointing 140 more officers in the next two years. We feel, however, that the PCSO provides an important link between the Parish and police which will be diminished with their reduction.

Highways

The Parish Council's application for highways improvements on Earith Road has been agreed for submission to the panel which assesses and approves the scheme. This will extend the 30 mph limit to the other side of the Community Orchard with 'dragon's teeth' markings and white gates. Beyond this will be a 40 mph buffer zone with red road markings, signs and countdown strips. If approval is given around the end of February, the works will probably be combined with the footpath from the A14 legacy fund which will reduce disruption and could start from April next year.

Rights of Way

Willingham seems to have few footpaths, bridleways and rights of way compared with neighbouring villages, although paths all around have been used by villagers for many years. None of the paths to the south of the village appear on maps even though some have signs pointing the way! It appears many of the paths were cut off when the Cambridge to St Ives railway was constructed and opened in June 1887, so are not marked on Ordnance Survey maps.

Recreation

The planning application for the MUGA (Multi-Use Games Area) has been submitted.

The Parish Council has approved the construction of the cycle shelter on the Recreation Ground for 12 cycles and for two outdoor table tennis tables for the QEII Field.

The lower part of the Recreation Ground is again flooded. Plans are being prepared to alleviate this, including unblocking the drains. An increase in litter, particularly glass bottles, has been noticed around the village. Please put it in the bins or preferably take it home, especially if it is broken, as it is a danger to the litter picker and other users of the open spaces.

Community Assets

Agreement has been reached for the donation of a two acre field on the south-east side of the village, accessible from one of the tracks, though without any parking space. This is a partially wooded area which can be used for walking (including dogs) in an open part of the village lacking in such facilities. Once the transfer is complete, all will be revealed. Hopefully parishioners will take advantage of a much needed additional community facility.

Precept

The Finance and General Purposes committee of the Parish Council has met and agreed a precept of £135,000 for the financial year 2021-22. This is a 3.09% increase on last year, although from a larger number of properties. This has been achieved with careful management of available funds despite the total loss of income from the Parish facilities including the Ploughman Hall and the Recreation Ground, as well as increased expenditure due to COVID-19.

Flooding on Roads

We have been liaising with our County Councillor, Tim Wotherspoon, regarding the ongoing issues with standing water on our village roads. Tim is gathering evidence so that he can try to get some action taken to address this. Could villagers discovering examples of these issues please send photos with the location and dates to him at timothy.wotherspoon@cambridgeshire.gov.uk.

Willingham is Growing

As mentioned in the December *Willingham News*, the area between Stanton Mereway and the Guided Busway is to become part of Willingham. This has now been confirmed and will result in an election of Parish Councillors in May. Those elected will stand for a term of five years and the next scheduled election in 2022 will therefore be cancelled.

Happy New Year

A year ago we couldn't have imagined the impact world events would have on our lives. Hopefully 2021 will be a better year for all and the Parish Council wishes all parishioners a happy and healthy new year.

Contact Details:

Councillors' details can be found on the website but below are details for the Chair/Vice Chair and Lead Councillors.

Council meetings are generally held on the first Wednesday of the month in the Octagon, starting at 7 30 pm but are currently being held remotely by Zoom. Agendas are published on the website, the notice board outside the Public Hall and in the library. Members of the public are welcome to attend and speak briefly or ask questions (see agendas for further details).

Council Office Details:

Ploughman Hall, West Fen Road, Willingham.

Tel: 01954 261027. Email: clerk@willinghamparishcouncil.gov.uk.

Opening hours: Monday – Thursday 10 am – 1 pm for phone calls and emails only, not open for visits in person.

Mrs Mandy Powell

Parish Clerk

| | | | |
|-------------|---------------------------------|--|--------------|
| D Law | Parish Council Chairman | cllr.law@willinghamparishcouncil.gov.uk | 01954 202188 |
| N Harris | Planning Committee Chairman | cllr.harris@willinghamparishcouncil.gov.uk | 07792 611226 |
| P King | Parish Council Vice Chair | cllr.pking@willinghamparishcouncil.gov.uk | 01954 260780 |
| L King | Leisure & Amenities – Lead Cllr | cllr.lking@willinghamparishcouncil.gov.uk | 01954 260780 |
| R Manning | Greens & Boundaries – Lead Cllr | cllr.manning@willinghamparishcouncil.gov.uk | 01954 261235 |
| B Mansfield | Cemetery – Lead Cllr | cllr.mansfield@willinghamparishcouncil.gov.uk | 01954 261540 |
| R Tassell | Halls – Lead Cllr | cllr.tassell@willinghamparishcouncil.gov.uk | 07974 673836 |

Willingham Bowls Club

Established 1935

Firstly we would like to wish everyone a very happy and healthy New Year. Everyone has had a tough 2020 and it was hard for the Bowls Club financially, but we made the best of it. We had roll ups twice a week, regulations allowing, during the summer and also managed to arrange some friendly matches. This gave our members some form of competitive bowls and many thanks to Longstanton, Cottenham and Girton Bowls Clubs for their participation in these.

Onward to 2021 and we are obviously very excited with the news of vaccines being available now. Hopefully we will return with a full season of roll ups and league matches, as these are the life blood of the club.

Bowls Club Community Scheme

We were obviously unable to put this into action last year but are now even more keen to get it running. COVID-19 has left a lot of people lonely and the rise in mental health problems has been well publicised. Although we are a small club, we want to put something back into the community and this scheme could do this. Once the green is open, we would like to offer a morning session to anyone wishing to try bowls, recuperating from illness or feeling lonely. It will not be intensive and if you don't want to play, there will be tea or coffee and a chance to have a chat whilst watching others play.

We are proposing to run this free of charge and will be in touch with Willingham and Over Surgeries, asking them to let their patients know about this opportunity for some light exercise while meeting others. We have been fortunate to receive sponsorship from local organisations and businesses: Willingham and District Ploughing Association, The Duke of Wellington, The Porterhouse, Uttridge Accountants, Eastern Marquees, the Parish Council, Fen Edge Community Association and South Cambridgeshire District Council.

We would welcome more sponsors, as we are still fundraising for more bowls and maintenance around the green, currently being done by members. We would also like to purchase a purpose-made supported step down on to the green for those who struggle with walking.

Our season begins in April and we look forward to meeting anyone interested in trying bowls. We are a mixed standard of bowlers and nobody judges anyone else. It's a game that we enjoy and our aim is to encourage.

For further information, please contact the Club Secretary, Ian Bissett at willinghambowlsclubsec@gmail.com or Terry Buckley at terry.buckley@virginmedia.com.

Community Warden Scheme



My name is Joanne Twinn and I am the new Community Warden for Willingham and Over. Age UK for Cambridgeshire and Peterborough has been providing Warden Schemes in Cambridgeshire for 27 years, and with funding support from South Cambridgeshire District



Council, the charity is pleased to be able to expand the schemes to older people in Willingham and Over. I have 34 years of experience in supporting older people in a number of settings and I am excited to be able to continue offering local support. The scheme assists people over 60 to continue to live independently and safely in their own homes by providing daily contact (Monday to Friday) and support by way of a personal visit (COVID-19 compliant), or a telephone call, to ensure a sense of a security and wellbeing. Support can be given on a long or short term basis depending on your needs and wishes. An example of some of the things I can help you with are:

- Doing small amounts of shopping.
- Collecting prescriptions.
- Reading post and making phone calls on your behalf.
- Spending time with you to have a chat.
- Listening to any concerns and helping you find a solution.

You will receive a two week FREE trial and after that there is a small charge of £9 per week for a single person and £11 per week for a couple. Below are some quotes from people that use our service.

'That phone call every day to check on me gives me such a great deal of security. You can't believe what a phone call can mean at my age.'

'I look forward to the telephone call as Joanne is always so bright and cheerful to speak to.'

If you would like to know more, I would love to hear from you. Please ring 07812 496002 or email wardens@ageukcap.org.uk.

Healthwatch Cambridgeshire

Have you seen your GP lately or had a hospital or dental appointment? Perhaps you have care services at home or visit a loved one in a care home? If so, Healthwatch Cambridgeshire wants to hear about your experience – good or bad. We're the local health and care champions

and by sharing your feedback with us at www.healthwatchcambridgeshire.co.uk/share-your-views or 0330 355 1285, local NHS and care services can find out what's working well or needs improving.



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Main Sunday services are at 11 am unless stated otherwise.

3 January Service on Zoom at 4 pm (please contact clergy for link)

10 January Holy Communion

17 January Service Online (please see website)

24 January Morning Prayer

31 January Service on Zoom at 4 pm (please contact clergy for link)

Church News

We are hoping to have a settled pattern, where we will have physical services in the Church on the 2nd and 4th Sundays of the month, with services on the other Sundays either on Zoom or online. Please see the website www.5folds.org.uk for further details.

Daily Church Opening

The opening of the Church each day for private prayer and reflection is continuing, subject to any change in the regulations. The times are 10 am to 4 pm every day, unless the Church is closed for hygiene purposes after an open service. The Church will be closed for three days before and after the services listed above. There's a dedicated space for people to use and a daily cleaning and sanitising regime in place. Socially distanced chairs are set out and each one has a card to be turned over to show when they have been used and so will need to be cleaned.

We are pleased to have seen several people using the church for a quiet and reflective time in their day. Everyone in the village is welcome so please do come and try it for yourself.

Contact Details

Administration:

Gillian Beal 01954 203459 or admin@5folds.org.uk

Clergy:


Simon Gill 01954 230434 or simon@5folds.org.uk

Lucy Cleland 01954 277758 or lucy@5folds.org.uk

Jenny Hill 07970 949331 or revdjennyhill@5folds.org.uk



Willingham
BAPTIST CHURCH

George Street, Willingham, Cambridge CB24 5LJ
www.willinghambaptist.org and 

As we head into 2021, we hope that we will be able to start meeting together in person again, as the COVID-19 vaccines are rolled out and life starts getting back to 'normal'! In the meantime, we are still gathering virtually as a fellowship on Sundays and also in our mid-week Wednesday Reflections. Keep an eye on our Facebook page for updates on our gatherings over the next few weeks.

If anyone would like to join us at a gathering or mid-week Reflection, please get in touch by email to secretary@willinghambaptist.org or phone 01954 263108 and we can send you the information you need. We are aware that people may be struggling or lonely in isolation, so if you want to chat, or pray with someone, or have any other needs, please also get in touch.

Emma Launchbury

Church Secretary

Parish of the Sacred Heart of Jesus

Roman Catholic Diocese of East Anglia

www.sacredheart-stives.org

Services have now restarted at St Ives. Numbers are limited but you may join any Mass live-streamed. Details at www.sacredheart-stives.org. For more information about the Diocese of East Anglia, please see www.rcdea.org.uk.

Pastoral Letter

Hope for 2021...

As I write this reflection, we have just launched the Advent Adventure windows, and by now you will know that the first window had a message of hope. Hope is understood in so many different ways, and at the moment much hope is being placed on the vaccines that have been developed. We all, I am sure, hope that we will soon be able to meet each other face to face, hug, travel and eat together. Hope is something that we all cling to, whatever our circumstances at the moment.

Hope is mentioned around 130 times in the Bible, so is clearly important. Sometimes we think of hope as wishful thinking. The Bible has a different view. Christian hope is about promise. This promise looks forward to the future but is rooted in a relationship with God, who speaks to us here and now. I can have hope because I know what God

has done for me in the past, through Jesus his son. Jesus was born, preached, healed, performed miracles, died for me and rose again for me. This means I can trust him. I can have confidence, whatever the future may bring. This is my hope for 2021. What is yours?

This QR code links to other short filmed messages of hope recorded in Advent for the village.

Kathryn Wright
On behalf of the
Baptist Church



Old Willingham

These days we don't see much snow, if any, but in the 1960s it came frequently and was sometimes deep. In this month's photo, we see heavy snow being cleared from outside Berrycroft Stores into a lorry! They had to clear the yard as well as the front of the shop, so just piling it up was not an option. The lorry was filled with snow and driven out to the fen to be dumped. It must have been hard work with a shovel!



Last month we showed a picture of a group called the 'Dissenters'. I have since received a letter from Doreen Young with a copy of the original newspaper article, from 21 April 1905, from which the picture was taken. It is headlined 'Willingham Passive Resisters' with the caption, 'After the sale of Passive Resisters' goods at Willingham last week, the Resisters formed a group and this excellent photo was taken...'. Mike Petty, local historian, says there were a number of newspaper articles about people refusing to pay the part of their Rates (Community Charge) that went to education, as they wanted their own schools. Several had their property auctioned off by the court to raise the money.

See more photos at www.oldwillingham.com and if you have stories or memories about this picture, please contact Jon Edney, 31 High Street or oldwill@oldwillingham.com.

Crossword Answers:

Across: 1 One Hundred, 7 Escapade, 8 Opal, 9 Skip, 10 Aspirin, 12 *Finding Nemo*, 14 Berlioz, 16 Jury, 19 Ness, 20 Overture, 21 Crosswords.

Down: 1 Oasis, 2 Elation, 3 Utah, 4 Dressage, 5 E Coli, 6 Calico, 11 Vigorous, 12 Flexed, 13 Equator, 15 Laser, 17 Ypres, 18 Meow.

Book Quiz Answers

1 Judith Kerr, 2 Joanne Harris, 3 Dylan Thomas, 4 Alexander McCall Smith, 5 W Somerset Maugham, 6 Sue Townsend, 7 Laura Esquivel, 8 Millie Johnson, 9 Ray Bradbury, 10 John Irving.

J Quiz Answers

1 Janus, the Roman god of beginnings and endings, 2 Joey, 3 Japan, 4 July, 5 James, 6 Johnson, 7 Jersey 8 Jaguar, 9 Judo, 10 Jeans

Legacy of the Advent Windows

By the time you read this, the village Advent Window Trail will be finished but it isn't the end for one of the windows. The theme of the Guides and Rangers' window for 3 December in the library was 'A Message of Peace' and was covered with peace cranes and doves made by the girls.

The story of the peace cranes comes from Japan. Sadako Sasaki was two years old and living in Hiroshima when the atomic bomb was dropped just one mile from where she lived. She was blown out of the window but survived and grew up to be a happy, energetic girl and a member of her school's running team until she was ten years old. She then started to develop leukaemia or 'atomic bomb disease' as it was known. In hospital she was told a legend, that anyone who folds 1,000 origami cranes will be granted a wish by the gods. She set about folding the cranes and, although she exceeded her goal, she died in 1955 aged 12. Her school friends raised money for a memorial to all the children who died as a result of the atomic bomb. This memorial is now in the Hiroshima Peace Memorial Park and has the inscription 'This is our cry. This is our prayer. Peace in the world.'

So what has this to do with the Advent window? In 2013, the artist Sue DiCicco started the Peace Crane Project in memory of Sadako, to connect young people from around the world in a vision of peace. Our Guides and Rangers have signed up to this project and our peace cranes and doves will be flying to a school in Poland. You may have noticed that our postcard in the window has the school's address in Warsaw.

Lynn McGoff

Willingham Photography Club

Under current conditions, we are not meeting in person, but we continue to aim to learn more about photography and have fun. There is a monthly assignment and photographs can be submitted online for consideration and feedback from our resident professional photographer.

The theme for January is *Scientific/Engineering*.

Photographs may be submitted at www.willinghamphotoclub.org.uk, by following the link to the Virtual Assignments Google Drive.

All photographs should be submitted by **18 January**.

We cordially invite anyone who enjoys photography to get in touch and see what is on offer.

Your expertise level does not matter;
nor does the nature of your camera.

The membership cost is £20 for six months with the first month free of charge.

For further information, please contact:
Steve Harding, 07595 668161.

In the meantime, do have a look at our website on www.willinghamphotoclub.org.uk.



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South Cambridgeshire (SCDC) District Councillors' Report

A Happy New Year to you all!

Community Chest Grant Scheme

This scheme remains open for local community groups and not-for-profit organisations to obtain grants of up to £1,000 for specific projects. See www.scambs.gov.uk/communitychest for details.

Help for Refugees

Up to 12 refugee families will be offered homes in South Cambridgeshire in a three year plan agreed by SCDC. As part of its contribution to the national and international commitment to assisting refugees, the Council has already helped four families start new lives here and has agreed to continue to provide help for the next three years, if funding and support continue to be available. The Council ensures the housing offered has the least impact on existing levels of need within the District.

Greater Cambridge Local Plan

The findings of initial expert assessments have been published at <https://tinyurl.com/y2ywf9r>. These are interim findings and no decisions have been made yet about what the eventual strategy will be. The next formal public consultation is scheduled for the Summer or Autumn of 2021. We will keep reminding you at the critical stages of the Plan's development but you can register to be alerted when important updates are released at <https://tinyurl.com/yxow89b4>.

Bill Handley, cllr.handley@scambs.gov.uk, 01954 200287
Dawn Percival, cllr.percival@scambs.gov.uk,
07948 683599

County Councillor's Message

Last year was a strange one. It's a freezing foggy December day as I write this, and I'm still harvesting figs – it's the first time the second crop has ever ripened. Most of the fruit comes in midsummer, but usually the second crop dies off, requiring the tree to be stripped. This has confirmed my own awareness that something is seriously wrong with our climate, and reinforced my determination to do something about it. Take a look at www.carbonfootprint.com/calculator.aspx and give some thought to what you might do to help. The UK average is six tonnes of carbon dioxide per year, but the target is two.

Vaccinations have started rolling out, but life won't get back to normal for a while. Pre-Christmas, the rate of infection in South Cambridgeshire was one third of the national average but three things give concern: the end of lockdown, the return of students from university and the fallout from Christmas itself. Please stay the course and follow the guidelines.

January and February can be grim at the best of times. Many organisations have been recommending 'happiness hacks' such as those available here: www.nhs.uk/oneyou/every-mind-matters.

Good mental and physical health tend to go together. I can't help feeling sorry for the people I see running past my house in their brand new sports kit for a week or two in January. I wish they would go easy on themselves to start with as it takes ten weeks to establish a new habit. Some friends have told me how their lives have been transformed by the Couch to 5K programme, endorsed by the NHS at www.nhs.uk/live-well/exercise/couch-to-5k-week-by-week.

Take care.

Tim Wotherspoon



Willingham Women's Institute

All meetings and events are cancelled until the COVID-19 crisis has passed, but normally we meet on the second Monday of the month at 7 30 pm in the Social Club. If you would like to join us please email willinghamwi28@gmail.com and we will keep you up to date on when we will be re-starting.

Our WI has a huge range of talks and activities and is a great way for women in the village to socialise and get to know new people. Why not give it a try?

History of Willingham WI

Here are some extracts from the 1952 minute book. In those days the meeting began with the singing of *Jerusalem* and ended with the *National Anthem*. Whist Drives were regular fund raisers to cover such things as the 'Old People's Teas' – I don't think that title would go down very well today!

- **February**
'Before the meeting started members stood in silence for one minute, in memory of King George. The hymn *Abide with Me* was then sung.'
- **April**
'It was proposed by Mrs Severn and seconded by Mrs H Frohock that the Institute buy a canning machine. A vote was taken on this and the result was 18 members for the machine and 16 against.'
The machine, for the use of members, was subsequently purchased at a cost of £12-14-9. Canning lectures were held at Shire Hall.
- **May**
'A demonstration on candlewick was given by Mrs Phillips who also showed some very lovely candlewick bedspreads.'
- **August**
'The upcoming Horticultural Show was discussed, and arrangements made for the WI to provide refreshments', as it still does today!

Gardening Club

Over the Garden Fence

I came across the following interesting quotes and thought they were quite apt in the light of the tumultuous past year:

- 'An optimist stays up till midnight to see the New Year in. A pessimist stays up to make sure the old year leaves.' *Bill Vaughan*.
- 'We all get the exact same 365 days. The only difference is what we do with them.' *Anon*.
- 'Hope smiles from the threshold of the year to come, whispering "it will be happier"'. *Alfred, Lord Tennyson*.
- 'May you fill your New Year with new adventures, accomplishments, and learnings.' *Anon*.

Care of Houseplants Over the Winter Months

- **Looking After Christmas Indoor and Outdoor Plants:**
One of the trickiest plants is the Poinsettia, as they hate draughts and cold rooms. Water only when the compost feels dry and allow to drain before returning to the pot or saucer. Never place near a window, chimney or other sources of draughts, especially at night.
- **How to Help Houseplants Over the Winter Blues:**
With a few exceptions, January and February are a trying time for houseplants, but the best cure is prevention. Shuffle them around! Your houseplant may look charming tucked away on a bookshelf during Spring and Summer, but keeping it so far from a light source during the darker months could be lethal. Give them a chance and move plants as close to windows as possible. This does, however, come with some caveats; a cold draught can kill overnight, while perching a plant over a radiator will induce a slow and crispy death, so keep them away from both. If you have underfloor heating, raise plants on a table.
- **Other Key Tips:**
Cut back on watering, keep an eye on humidity, be patient with propagating, get rid of dead growth, think plant hygiene and jump on white mould. There is no need to feed, plants will hardly be growing at the moment, so you'll just be wasting the feed and it can damage roots; hold off until spring.
Finally, trust that it will get better. As for the ones that didn't make it, just consider it a natural spring clean.

Tips to Get Your Garden Ready for Spring Over the Next Couple of Months

You probably haven't been out in the garden for a while, so wrap up and take stock. Winter debris is likely to have built up over the past months, so have a clean-up. This time of the year is especially hard on birds, so give them a helping hand by ensuring feeders are well stocked and bird baths are clean and fresh. If your garden doesn't have a bird bath, fresh water in a heavy container will do.

Pruning apple and pear trees, and any other plants that need it, is a great winter task. They will be fully dormant now, so the cut will have time to heal before the sap starts to flow in the spring and the birds start nesting. Remove sucker growth from the base of young trees, roses and hazels.

Plan the gardening year ahead. Order your seed and plant catalogues or pay the garden centre a visit, and decide on any additions to your garden for the coming year.

Pesky Pests

Maintaining good hygiene will minimise the carry-over of pests and diseases. You should also try to outmanoeuvre pests by installing barriers and beer traps for slugs, or sticky yellow traps to catch whitefly in the greenhouse. Getting to know pests' habits and weaknesses will help you plan a strategy. Armed with the right information, you'll find that there are lots of useful products available to help you win the battle against the bugs.

The most commonly used non-chemical remedy is to spray them with soapy water. You can buy insecticidal soaps but many people make up their own, using a teaspoon of washing-up liquid diluted in three litres of water. The aphids are unable to breathe under a coating of soap and eventually suffocate. Repeat this and coat them again with the soap mixture within a day, as it is said they can hold their breath for 24 hours.

Check the crowns of perennial plants for any slugs, snails or aphids. Look out too for white vine weevil larvae in compost. Destroy any you find and use parasitic nematodes to prevent further problems.

Carol Bailey

Willingham Social Club

Thank you to everyone who has renewed their membership, especially those who might not use the members' club room regularly but know what a valuable community building we have. Your support is truly appreciated. Membership is just £15 for the year and half price for over 65s.

We are pleased to announce that, after some

consideration, we have chosen to use Marston's as our main beer supplier. We are now able to choose our real ales and lagers from a much wider range. Fingers crossed that the Beer Festival returns this year and we can share their wide variety with everyone. Opening hours will be posted on the outside noticeboard and regular information will appear on our Facebook page.

Ivy Bees Part 2

Many readers will have been interested to read last month's article about Ivy Bees (Colletes Hederæ) accompanied by a great colour photograph. Due to lack of space, we had to omit the second part of the article about the life cycle of this amazing insect, so have included it here. The Editors.

The bees have a single flight period, with peak activity during the flowering period of ivy, which is its key forage plant. It is on the wing from early September to early November. They are mining bees and both queens and drones are solitary. They nest in loose soils with sparse vegetation and areas in sunny spots, often in huge, dense aggregations and can easily number in thousands. The males appear first, looking for the females which emerge later, to mate with them. The mating process may be a brutal affair with the males ambushing the females. Many males attempting to mate with a single female will form a writhing mass or mating ball. Once the female has mated she digs a burrow in loose earth and creates underground chambers where she lays several eggs. She then stocks these chambers with ivy pollen as food for the grubs when they hatch. Foraging is almost always restricted to ivy flowers. The females die after a few weeks but the grubs pupate and become adult, remaining underground until Autumn, when they emerge to repeat the cycle.

Brenda and Melvyn Smith

Lock Down

'Aren't you bored?' our children say.

'No, we aren't – no time for play'
Pasting photos into books,
Turning husbands into cooks

Playing records long forgotten,
Finding food that's all gone
rotten
In the larder, now scrubbed
clean,
Better than it's ever been.

Ringing friends who're on their own:
Only contact is the phone.
Watching films you'd meant to see
On the sofa, next to me.

Getting up to meet the dawn,
After breakfast, mow the lawn.
Creeping out when sky goes red
To watch the owls, then off to
bed.

Answer emails to and fro,
Hear from friends of long ago.
Hoping that they'll catch you
now,
Just before you take your bow!

Putting out the bins each week
Watch your body for each
creak!

Going for long walks down the Fen.
Bring your cycles out again.

Writing letters, birthday
greetings,
Vital now, without our
meetings.
Watching Porridge and other
things,
Answering phone which always
rings.

Planting, hoeing, digging,
weeding.
Supper time – we must keep
feeding.
Jigsaw puzzles on the go,
Making progress – very slow.

Concerts on the BBC
Zoom for children we never see.
Clap for the NHS, Thursdays at
eight,
Dash through supper – we
mustn't be late.

Mending doors and gutters
blocked,
Seeing the larder is well-
stocked.
And then our children dare to
say
'What is it that you DO all day?'

Polly Fawcitt

Reader's Letter

Walks in Willingham

Dear Editors,

I write in response to Steph Thomas' letter in the December issue of *Willingham News*. Below is an entry from the January 1996 Willingham Parish Newsletter. It is a plan of the walks in the Parish at that time and the narrative reveals certain differences to what is now the case. For example, one can no longer walk down through Queenholme Farmyard and the bridge to Aldreth no longer exists. Sadly Willingham has always had a dearth of footpaths and rights to roam. I kept this particular newsletter because of this map. Perhaps another reader may be able to provide a map for 2021?

Sue West



‘One of the most enjoyable walks in Willingham Parish follows the route of the Fun Run. This is about 4.5 miles long (and so takes between 1.5 and 2.5 hours, depending on your speed, and starts in Spong Drove, marked on the map by *. Follow along this single-track road and turn left at the first junction. This leads you to Flat Bridge Farm. When you reach the river, do not cross it, but climb over the stile on your right, on to the river bank. Continue along the river, either along the levee or the track, until you reach Queenholme Farm. Here you turn right and walk through the farmyard to the single-track road that brings you back to Spong Drove. Much of this route is lined by very old hedgerows, good for blackberrying in the Autumn, and with tree planting in recent years, this is a varied and attractive walk. For a longer walk, you can continue along the river from Queenholme Farm, turning back towards Willingham from Aldreth Bridge, and so entering the village along Meadow Road or, possibly more enjoyably, either Priest Lane or Schole Road.’



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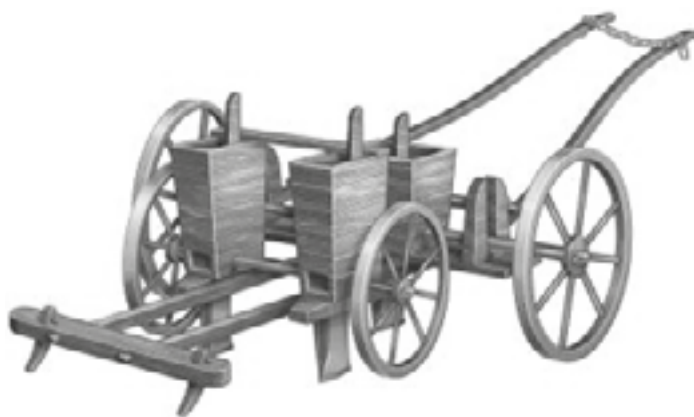

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Part 21 – Georgian Willingham

Reigns of King George II, 1727 – 1760 and King George III, 1760 – 1820

Agriculture

Until around 1750, farmers were still using techniques that had barely changed for 200 years. They typically kept one third of their land fallow at any one time to recover, ploughed it with a large team of oxen, and broadcast the seed by hand from a large basket. This was all to change over the next 100 years, as an agricultural technical revolution swept across England. A new Townshend crop rotation system, growing dissimilar crops sequentially, and alternating deep rooted crops like turnips with shallow rooted ones, increased yields by over 60%. A new plough-drill-harrow combination developed by Jethro Tull replaced the centuries-old broadcasting of seed by hand. Newly designed ploughs could be pulled with smaller teams of oxen or horses. The mechanical threshing machine was to follow. All these innovations greatly increased agricultural productivity in large farms, while also reducing some of the more arduous aspects of work for the farm labourer. In theory, any saving of manpower was offset by growing national demand for agricultural produce to meet the expanding population in towns and cities as the industrial revolution gathered pace. But the process was gradual and, in the short term, it meant more unemployment for farm labourers on larger farms. By 1802, in Willingham there were two large farms of around 250 acres, 15 of over 50 acres and many smallholdings. In total they employed 250 farm labourers out of a village population of 800.



Jethro Tull's Seed Drill

Poverty

Wages in rural areas had not kept pace with those in the expanding cities and towns, and the result was widespread poverty. Willingham was no exception and almost one third of the population were dependent on poor relief support. No fewer than 78 adults and 94 children were receiving permanent poor relief, and a further 77 were being supported on an occasional basis. Four charities in Willingham had come into existence from

legacies over the preceding 300 years to provide poor relief. They were based on legacies by William Greaves (1505), William Smith (1615), Robert Osborne (1693), and Samuel Saywell (1709). All these charities still exist today, amalgamated within 'Willingham Combined Charities' for the benefit of the people of the village.

Alcohol Consumption

Alcoholism grew to become a national issue at this time too. Unemployment and destitution helped increase a need to escape, and gin became the 'drink of the poor'. By using cheap, low quality barley rejected by the breweries, gin became cheap to produce. Contemporary cartoons by Hogarth and others showed drunken men and women slumped in doorways in large cities. Villages were affected too, although beer consumption remained well ahead of gin in rural areas. Ten ale houses were licensed in Willingham between 1764 and 1828.

War and Peace

England was at war with France for virtually all of this period, and not always on the winning side. The American colonies were lost, although Canada was gained. Meanwhile the French Revolution had led to the rise of Napoleon, and although the Royal Navy won through at Trafalgar and the army at Waterloo, defence costs were high. The peace which followed was coloured by a series of poor harvests, especially in 1816, 'the year without a summer'.

However, there were good times too. Willingham had not had to live in fear of conscription by press gangs into the navy and army like some towns and villages elsewhere, and rural life continued season by season. Indeed Herbert Norris noted in his history of Willingham that there was 'an extremely fine row of chestnut trees adjoining Berrycroft in this period which provided one of the best walks in the area and was much used by the young for climbing and the older for walking and talking'. He quotes a popular village verse about it:

How sweet is the summer air,
Which steals down the chestnut walk
When the children are playing there,
While lovers wander and talk.

Alan Fawcitt

Next time: A Rector of Some Notoriety



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CELEBRATION DAYS IN JANUARY

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| 1 - 31 Jan | VEGANUARY – Since 2014 Veganuary has inspired more than one million people in 192 countries to go Vegan for January. veganuary.com |
| 3 Jan | FESTIVAL OF SLEEP DAY - There's a wide range in the amount of sleep that people and animals need each day. Koalas may sleep up to 22 hours a day, tigers – 15 hours, guinea pigs – nine hours, cows – nearly four hours and giraffes only two hours. Adult humans need between seven and nine hours and infants sleep, on and off, for about 16 hours. |
| 4 Jan | WORLD BRAILLE DAY – Braille is a tactile reading and writing method used by sight impaired people. It's a special code made from six raised dots on a grid. There are 63 different combinations of these dots meaning that they can be translated into many languages. Louis Braille, born today in 1809, invented this system when he was only 15 years old. |
| 5 Jan | TWELFTH NIGHT is the last night of the 12 days of Christmas. According to superstition, it's unlucky to leave Christmas decorations up after tonight. |
| 11 Jan | PLOUGH MONDAY is the traditional start of the English agricultural year. Molly dancing (like Morris dancing) was, and still is, commonly performed in East Anglia. |
| 15 Jan | WHITTLESEA STRAW BEAR FESTIVAL – It was the custom to dress a ploughman in straw, then take him around the town to entertain the good folk in exchange for money, beer or food. This was revived in 1980 and now the procession contains over 250 dancers, musicians and performers. But, of course, not this year. Events will be broadcast via YouTube, Zoom and other online platforms. strawbear.org.uk |
| 17 Jan | WORLD RELIGION DAY's aim is to promote understanding and peace between all religions, encouraging people to learn about other faiths and their followers. Nearly 75% of the world practise one of these six religions: Christianity, Buddhism, Islam, Hinduism, Judaism and Sikhism. |
| 20 Jan | PENGUIN AWARENESS DAY – There are 17 species of penguins, the largest is the Emperor which can grow to almost four feet tall. The smallest is the Blue Penguin, standing at just 16 inches. They have excellent eyesight in the water and can stay underwater for up to 20 minutes swimming at about 22 mph. |
| 24 Jan | WORLD LEPROSY DAY – For thousands of years people with Leprosy have been stigmatised and the aim of today is to change this attitude and increase public awareness that it can now be easily prevented and cured. The author, Victoria Hislop, is a Lepra Ambassador and her books, <i>The Island</i> and <i>One August Night</i> are centred around this disease on the Greek island of Crete. |
| 25 Jan | BURNS NIGHT commemorates the life of the Scottish poet, Robert Burns. His best known work is <i>Auld Lang Syne</i> . Tonight, all over Scotland, Burns Suppers will be held and haggis served to the sound of bagpipes and the host reading the ode, <i>Address to a Haggis</i> . |
| 26 Jan | AUSTRALIA DAY marks the arrival of the first fleet of British ships at Port Jackson, New South Wales, on this day in 1788. Australia is both the world's smallest continent and the world's largest island. |
| 27 Jan | HOLOCAUST MEMORIAL DAY's theme this year is <i>Be the Light in the Darkness</i> . hmd.org.uk |
| 28 Jan | INTERNATIONAL LEGO DAY – Today, in 1958, the Danish carpenter, Godtfred Kirk Christiansen, submitted his patent for the original Lego brick. The name 'Lego' is from the Danish words, 'LEg GOdt', meaning 'play well'. Despite the first brick made 63 years ago, you can still interlock it with a brick made today! |
| 30 Jan – 6 Feb | NATIONAL STORYTELLING WEEK – This special week usually takes place in theatres, museums, schools, hospitals and care homes. sfs.org.uk has many online events and resources. |



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Learn Some New Moves

When it's cold and dark and time isn't on your side, going out for exercise isn't so enticing. But five minutes of movement every hour will make a huge difference. Whose music makes you want to get up and dance? Stand up and shake out the frustrations of that Zoom meeting! Several sessions of a few minutes every day do wonders for your circulation, respiration and vital organs and boost muscle tone and bone density.

Whether having fun with a kitchen disco or relaxing with gentle yoga, these moves massage the intestines, liver and kidney (great for healthy digestion and bowels!) and keep you on your toes mentally and physically.

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