

### EDITORIAL

We are still having to face continued challenges as the number of coronavirus cases nationally have started to rise again. Whilst Warboys and our surrounding area have been lucky compared with many towns and cities, the new normal is still a long way off. We all have a clear obligation to our families and friends and to strangers to follow the latest government guidelines for staying safe and limiting the spread. We need to support our local health services by keeping the level of coronavirus interventions to a minimum, so that they can more easily focus on other illnesses and conditions.

According to the NHS we are in a medium risk area, so we all need to follow the rules, stay within the law and importantly make sure we keep looking after those more vulnerable than us. We all need to stay safe. Remember

Hands - Face – Space

Val & Andrea, - your editorial team

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### Headlines

### THINGS NOT HAPPENING AS PLANNED

Sadly, many of the events we look forward to in the Autumn months and in the lead up to Christmas will not be happening this year due to the continued presence of coronavirus. Everyone involved in planning and delivering these events have thought long and hard in reaching a decision. Their overriding priority is to keep us all safe. *(continued on next page)* 

### 2020 SNOWMAN COMPETITION ADVANCE NOTICE Start thinking about this now – we want to see them everywhere!!

Entries will open on 1 December and close on 11 December. Snowmen will be on display between 12 - 27 December. Prize winners will be determined by public vote (go to page 4 for more information)

### Winter FLU campaign - keeping you safe

The winter flu vaccination clinics have started. Letters inviting you to attend are now being sent out on a phased basis – if you are eligible and haven't yet received your letter – be patient. If you are sent an appointment - *please keep it - don't waste it.* 

### THINGS NOT HAPPENING AS PLANNED

**SCOUTS BACON BUTTY BONANZA CANCELLED!** We have taken the decision to cancel our Bacon Butty Bonanza on 17 October. We thought that it would be best to minimise any risk to our Leaders, helpers and customers alike by not holding this event. We hope to see you in March 2021 when (hopefully!) the restrictions will have been lifted.

#### BONFIRE & FIREWORKS 7 November 2020

The complexities of arranging a large public event, maintaining all Government guidelines and most importantly, securing the safety of the public means that we unfortunately have to cancel the Bonfire & Fireworks 2020. This is very disappointing and saddens us to do so, but a decision had to be made. We know that this will have an impact on all the groups/organisations we have helped over the past 25 year's and they will miss our support.

We have every intention of organising the event next year as long we get the sponsorship and it's safe to do so.

Pam & Pat

# **REMEMBRANCE SUNDAY 8** November - update from the Parish Council and Parish Church

Regrettably, it's been decided that it won't be possible to hold a service at the war memorial on Remembrance Sunday this year nor the subsequent parade to the Parish Church. There's very limited space at the war memorial, even allowing for the closure of the High Street, to accommodate the several hundred who normally attend, and it simply wouldn't be feasible to try to regulate numbers to avoid contravention of the Government's Covid-19 rules on gatherings. For the same reasons we will not be able to gather in large numbers in the Parish Church. We will however be holding a service and members of Warboys Royal British Legion have been invited to lay a wreath during the church service which can then be taken at a later time of the day to be placed at the War Memorial in the village. We will be holding the 2 minutes silence at 11.00 during the service. The service will be available via Zoom (for access details contact the Rector via phone 01497 824612 / 07976 382681 or email rector@4parishes.org)

### 2020 POPPY APPEAL

We have been informed by The Royal British Legion that this year's Poppy Appeal will not include the usual door to door collection. It was felt that collectors and public could be put at risk. However,we will endeavour to place Poppy collection boxes in local shops and businesses where we have their agreement. We also hope to have pop up poppy collections in the village that will comply with RBL guidelines.

#### Warboys Christmas Lighting Group

Be reassured, the Warboys Christmas Lighting Group are continuing to plan for the village Christmas period. Our aim has always been to provide enjoyment for all our community, strengthen the pride in our village and this year especially, to lift your spirits!

Due to the current restrictions, the Lighting Group have been unable to hold any fund-raising events since March and with the cancellation of our Halloween Quiz and Thursford Christmas Spectacular Trip, sadly will be unable to purchase the planned Boa lights replacements around the Weir.

However, fear not, due to amazing local support, the popular Christmas Tree at the Weir will again be on display. Our sincere thanks go to these supporters. The Warboys Christmas Tree Centre are overseeing the tree order and generously paying for delivery and storage. Funding of the tree has been provided by another kind donation from the Warboys Community Association, combined with a further most generous match funding from Warboys Women's Institute to commemorate their centenary year. We are extremely grateful, not only for those contributions, but also to Warboys Parish Council who have agreed to continue to provide support by funding the electrical contractor's lighting erection at the Clock Tower and the Christmas tree. Of course, the Jubilee Crown will again be erected on the Clock Tower facing down the High Street.

Sadly, due to governing restrictions, it will not be possible to hold the popular switch on event but notwithstanding this, the village lights will still be illuminated from 28 November. As this year is so different, we ask for your help in sharing our display progress with the community. We thought you might be interested to see a 'virtual' record of the display erection activity culminating in the switch on. So, if a local technical wiz would come forward and offer to record our activities to be shown to the community, we would love to hear from you. Please contact Steve (824859) or Mary (824222).

Despite the imposition of challenging restrictions, Warboys Christmas Lighting Group are continuing to produce festive village lighting this Christmas, that will provide Christmas cheer for us all to enjoy and remind us of what a great community village this is!

# WARBOYS ART GROUP (formerly Let's Paint Together)

Whilst the members of the group have continued with their creative painting endeavours, sadly they will not be able to put on their usual annual exhibition.

#### WADS News - read all about it!

Unfortunately there's some sad news. Because of the coronavirus pandemic rules and regulations theatres and their audiences have been hit particularly hard. We are unable to rehearse or perform. There are too many things to take into consideration, such as social distancing with audience and performers, costumes requiring washing after every performance, props needing to be cleaned after each use. And most importantly If one of the cast or crew

happened to catch covid a few days before the show we would all have to isolate which would mean no show. Now we have the prospect of only six people socialising together and a second wave threatening on the run up to Christmas so Wads have decided after a great deal of discussion that it will be impossible to perform a Pantomime in January 2021. We thought about moving the panto to Easter 2021 to give us more of a chance of putting on a production for the community, but it would still be a rush and would not be up to our own high standards. So it is with regret that there will not be a Pantomime in 2021.

**Don't go away!!** We are planning a large-scale Cabaret show in Feast Week 2021 Hurrah! WADS has it's 30<sup>th</sup> birthday next year so we need to do something to celebrate this achievement. WADS started out doing cabaret shows so this is a perfect way to celebrate our big birthday. We can rehearse in small groups and we won't need to start rehearsing till May/June so hopefully by then we may have seen the back of COVID-19 or at least the rules will have been relaxed so we can put on a fabulous show for you. Watch this space for more information.

Since the cancellation of the pantomime, the three winner's names of the 500-word writing competition we ran will now be used as main characters in a sketch as part of the cabaret show and the script presented to them. They will also receive free tickets for the show as they would have had for the pantomime.

"What good's permitting some prophet of doom to wipe every smile away, Life is a Cabaret old son, so come to the Cabaret!" (from the musical Cabaret) We look forward to seeing you all in July 2021

### NOW FOR THE BETTER NEWS - THINGS THAT ARE HAPPENING



Halloween Event for all to enjoy Saturday 31 October 5pm-7pm

Come take part in this fun spooky trail through the village. Spot the creatures along the way for a chance to win a big bag of sweets! If you'd like your house to be on the Halloween trail please email Natasha and Charlotte at <u>warboyshalloween@gmail.com</u> or ring 07557 400625 and leave a message – no later than 16 October please.

For parents/carers- this is fun and safe for the kids! Encourage them to dress up and venture out in search of the spooky creatures on the trail.

Watch for trail info on Facebook or contact as above. Happy Halloween to all. Let's still enjoy this time of year but safely



W.A.D.S MASK-R-AID Are Back. We are selling Christmas Face masks (made with christmas pattern material) for £2 each. £1 from each mask will go to the WCA to help out groups in the village, in what has been a difficult year. ORDER yours now by email <u>sarafensome73@gmail.com</u> or text to 07552576929. Order before 20th November. Delivery will be the 1st week in December. Payment to be made on delivery.



1<sup>st</sup> Warboys Rainbows and Brownies will be starting back this term but by zoom meetings only, this will help the girls get back to some sort of normal routine involving a variety of activities that we can hold during zoom meetings. We also have a few new Rainbows starting this term which is brilliant news. We are looking forward to seeing all our girls again it's been such a long time! Please get in contact if you would like to get your daughter involved in Girl Guiding: Rainbows 5-7 years, Brownies 7-10.5 years and then progression to the Guides which happens in Bury or Ramsey. Also, if you would like to volunteer with Girl Guiding we would love to hear from you. Contact Paula (Brown Owl) warboysbrownies@hotmail.com

### More to look forward to and group news



### WARBOYS COMMUNITY ASSOCIATION 2020 SNOWMAN COMPETITION

Why not create your own snowman to help decorate the village during the festive season

Your Snowman can be displayed outside in your FRONT GARDEN or INSIDE in a FRONT WINDOW

It can be of any size and made of any materials, but ideally ones that are recyclable. Feel free to decorate it with whatever props, costumes or accessories you would like. Let your imagination run wild!!

Your snowman should be

- \* ready to go on display no later than 12 December and should stay in place until Boxing Day
- visible from a public footpath
- ✤ able to cope with all sorts of weather if outside.

Prizes will be given for 1<sup>st</sup> & 2<sup>nd</sup> places in each category and winners will be determined by a public vote.

Details of how to enter and vote will be in the next edition of the Diary

### WARBOYS FRIENDSHIP CLUB

Like most clubs, the Friendship Club was forced to close its doors in March of this year due to the COVID -19 restrictions. Fortunately, these restrictions were reduced in late August, allowing the Club to reopen. We must comply with the updated rules for the use of the Parish Centre, including having no more that 20 members attending at any one time. This means we are not currently able to accept new members. We will review this policy, as and when the guidelines change.

This restriction in numbers has led to a few necessary changes within the Club, which have been accepted by the members, and we have just produced a list of activities that will be carried out until the end of the year. Sean Beale

Where did all the sunflowers grow? Warboys COVID19 project for children March to September 2020

> With the help from HDC *Shape Your Place* who provided the seeds and Warboys Hardware allowing us to use their Outback as a collection point, 60 children collected packets of sunflower seeds to plant in their gardens to nurture them and see if they could grow the tallest.

In late August entrants were asked to send in the height of their sunflower. The top (tallest) five were remeasured by the judges. – there were some

amazing results and well done to everyone



#### who took part.

We congratulate 5yr old Ivy Goddard who came 1st with a sunflower standing tall at 11'01". She was closely followed by 8yr old Finley Palmer with an 11' sunflower and in 3rd place was Ivy's 3 year old brother Toby, whose sunflower was 10'.08" Everyone received a gift from Anglian Water and prizes were awarded to the top 3.

### **Reception tours and visiting Warboys Primary Academy**

Unfortunately, open sessions for prospective parents and pupils wishing to join our school in September 2021 have been cancelled this term because of the coronavirus pandemic. However, we would still like to welcome you to our school and meet you face-to-face, but we must limit visitors to the school site to keep our pupils safe in their class and year group 'bubbles'. If you would like to arrange a visit before the application deadline (15/1/2021), please contact our School Office. Telephone - 01487 822317 or email –<u>office@wpa.education</u>

### **GROUP NEWS**

### Warboys Archaeology Group

The group took an opportunity in August to go back on site at Abbey College for just under three weeks, after the COVID-19 restrictions had lifted and a little before the students returned to their studies. The excavation, to investigate the old Hollow Lane alignment, went well with six targeted socially distanced test pits.

The group are currently working with the Norris Museum, planning and preparing for the exhibition, planned for 2020 and postponed, which will now open on 3 April 2021 at the Norris Museum. The exhibition *'The Treasures of Ramsey Abbey'* will have as many of the abbey artefacts from national, local museums and private collections as possible. There will be an opportunity to pick up a free heritage trail guide which will explain where to find various bits and pieces of the abbey that have ended up in local churches and buildings. A booklet, telling the story of the three-year project, the people involved, what has been achieved and what hasn't, will be on sale for £4.50 and will help raise the funds needed for the group to complete the Ramsey Abbey project.

### VACANCIES

Whilst we are delighted to announce that we have now got a new Chairperson, Andy Lamb, we still have some vacancies for volunteer Committee member.\_It would be dreadful if we had to close the Group because we didn't have enough Committee members so please join the team.

### JOINING INFORMATION

If you feel that you (either as a Leader or a Committee Member) or your child would enjoy being part of this organisation, please contact **David Glenny, GSL, at gslwarboys@hotmail.com** in the first instance. Even if your child is not old enough yet, we have a waiting list for us to contact you when they are. Alternatively, just come along a meeting at Warboys Primary Academy:

> Beaver (Wizards) Cubs (Wizards) Beaver (Sorcerers) Cubs (Sorcerers) Scouts

Age 6-8 years Age 8-10½ years Age 6-8 years Age 8-10½ years Age 10½-14 years

### Warboys Underfives Pre-School

The staff have been delighted to welcome the children back for the new Autumn term. The children have settled in wonderfully and have adapted very well to the new adjustments and routines within the setting. Thank you to all our families for supporting us with our new procedures.

The children spent their first few weeks settling into their groups and getting to know one another. They have also been appreciating the good weather and have really enjoyed their time spent playing outside and exploring the preschool garden. We have been concentrating on learning to follow instructions, and the children have been taking turns with the cameras and talking about the pictures they have taken. We are currently preparing to celebrate harvest by talking about where our food comes from, how it is harvested and also by learning a new song about a big red combine harvester! This year the children will be donating food items to the Warboys Food Bank.

We would like to thank the Blakemore Foundation for their £50 charitable donation, which was received at the end of Summer term. This has very helpfully contributed towards our increased cleaning materials cost.

If you would like to know more about when your child can start Pre-School or if you would like to be part of the Committee then please contact the School directly on 01487 823190

 Tuesday
 5.30-6.45pm

 Tuesday
 6.30-8.00pm

 Wednesday
 5.30-6.45pm

 Wednesday
 6.30-8.00pm

 Wednesday
 6.30-8.00pm

 Wednesday
 7.00-8.30pm

### THE BOBBY SCHEME

The aim of the scheme is to reduce crime and fear of crime amongst older, vulnerable and disabled people across Cambridgeshire and Peterborough, thereby improving their quality of life, increased independence and safety. Iy you would like some advice, you can contact them by ringing 01480 413311 or 07866 602100 or sending an email to <u>info@thebobbyscheme.org</u>

### **STAY SAFE and STAY WELL**

### Update from the Moat House Surgery

The first flu session went very well and we have had a lot of feedback saying how socially distanced and safe and efficient it was - so we hope to continue this! patients can help by not turning up too early for their appointment - and letting us know in advance if they are not going to be there so we can offer the appointment to someone else

We are having a few more people decline the flu vaccination this year which is unusual and unfortunately, they are tending to be patients who are really at risk of complications of the flu. We know this winter having flu and Covid 19 simultaneously will not be good for anyone so please do consider getting a vaccine. We will not know if the 50-64 age groups will receive a flu vaccine until November time. You may want to go ahead and purchase your vaccine at a chemist rather than wait to see if we are provided with vaccinations for that cohort.

We still have some patients declining to wear a mask in the surgery. We appreciate there are some patients who genuinely cannot tolerate one, but we are wearing ours to protect patients so would appreciate it if patients could do the same. The GPs, ANPs and Nurses can interact with 50 patients a day each everyday which increases our



risk of any respiratory infection. Wearing your mask for that 10-minute appointment helps to protect us and helps to protect you.

Covid 19 cases are currently doubling every week - this is potentially not a good situation to be going into the winter with so we would reiterate the national advice *wash your hands - LOTS, wear a mask and try to maintain a 2-metre space between you and others.* 

If you are advised to isolate and get tested, please do. We are aware of some issues around getting a test and as it currently stands, we are unable to offer them.



Downloading the **Contact Tracing App** to your phone is a means of knowing if you have been in contact with someone who has tested positive with COVID-19, if you need to isolate but also a means of ordering a test and receiving the results.

And just to reiterate - we are open, we are very busy and here if you need us

### Doddington Minor Injuries Unit

Currently closed, but phased reopening planned for October

The alternative is to go to the unit at the Princess of Wales Hospital, Lynn Road, Ely, Cambs CB6 1DN

For more information go to <u>https://www.cambridgeshireandpe</u> terboroughccg.nhs.uk/yourhealth-and-services/minor-injuryunits-and-urgent-treatmentcentres/

Remember a Minor Injuries Unit may be better than going to A&E

### Seeing family and friends: the Rule of 6

Limits on the number of people you can see socially have changed. When meeting friends and family you do not live with (or have formed a support bubble with) you must not meet in a group of more than 6, indoors or outdoors. This is against the law and the police will have the powers to enforce these legal limits, including to issue fines (fixed penalty notices) of £200, doubling for further breaches up to a maximum of £6,400.

NOTE: There are some limited exceptions to the Rule of 6 – to find out more go to the gov.uk website

For information about the latest do's and don'ts go to https://www.gov.uk/coronavirus

### **NEWS AND INFORMATION**

### Update from the Parish Council

Although new restrictions regarding social gatherings have been announced by the Government, there are certain exemptions including the use of community buildings as long as the appropriate Covid-19 secure measures and risk assessments are in place. The Parish Centre therefore remains open for use with a maximum capacity of 20 people.

As the Connections Bus Project has been unable to provide Friday evening sessions for young people since the start of lockdown, the Council funded visits by detached youth workers from the scheme over the summer holidays. The workers found few youngsters out and about in the village to speak to when they visited so it's been decided not to continue with the sessions over the autumn. The Connections Bus itself won't be returning in the autumn but the staff will keep the situation under review with a possibility of resuming in January.

The Council have agreed to the gritting of various footways in the village by the handymen again when it's icy over the winter. The streets to be treated are agreed in advance with the County Council's Highways Team and are limited to the High Street and other frequently used areas. Anyone wishing to volunteer to help thereby enabling additional streets to be gritted can do so by joining the County Council's community gritting scheme, details which are available on their website.

Observant people may have noticed that one of the dials on the clock at the Jubilee Clock Tower hasn't been working for a few weeks. A worn part in the mechanism which is now over 130 years old is being repaired and hopefully will be fitted shortly

Roy Reeves, the Clerk can be contacted at clerk@warboysparishcouncil.co.uk or 01487 823562.

Contact details for all Parish Councillors can be found on the Parish Council website - <u>www.warboyspc.info</u>

#### About Warboys Clock Tower

The Clock Tower in our village was built in 1887 to commemorate Queen Victoria's Golden Jubilee. The clock tower cost £230 to build. The clock mechanism was manufactured by Gillette & Johnston a clockmaker & bell foundry based in Croydon. The clock is annually serviced, this is organised by Roy Reeves. The clock needs to be wound every 7 days. It is my privilege to do this at around 9:00am every Tuesday morning.

To access the Clock Tower, I collect the ladder which is kindly stored by Ouse Valley Motors. There are 2 hooks underneath the trap door which the ladder attaches to. Once up the ladder, I undo the trap door which allows me access to the first floor. From there I turn on the service lights and climb the rungs built into the corner of the tower, until I reach the next trap door which opens onto the second floor. This is where the clock mechanism is mounted.

The clock operates by the gravitational pull of 2 cast iron weights suspended on steel cables. I estimate the weight of each of these weight as 750lb (340kg) each. One of these weights operates the clock and the other provides the momentum for the chime mechanism.

To wind the clock there is a large key, not unlike a starting handle for an old car. There are 2 square shafts protruding from the bed of the clock. Each of these I have to wind to raise the weights up to the third floor of the clock tower. The pulley mechanisms, and ratchet system, on each set of weights enable the weights to be raised relatively easily from the first floor to the third floor. It is good exercise for a 71 year old, but I don't think it makes me a key worker.

Once I have wound the clock, I deliberately make it about a minute or two fast. When the clock chimes 9, I stop the pendulum and wait for my own clock to reach 9:00am when I start the pendulum again. There are a number of things which affect the accuracy of the clock. Firstly, when the clock is wound the clock stops. Secondly the weather has a significant impact on accuracy. When it's warm the pendulum expands and the clock slows down. The reverse applies in winter. There is an adjustable weight on the pendulum which can be raised or lowered to compensate for this.

The four faces on the clock all show a slightly different time, so I have decided to set the time by the chimes.

Ray Martin, our clock winder

### More news and information



A big thank you to some of our unsung heroes who do all sorts of things

Andy Mills who regularly cut the grass verges along the High Street during lockdown
 Saijad Ahmed,

**Streamline Taxis,** who in the lockdown collected prescriptions, did shopping, transported people safely and kept a watchful eye on vulnerable people

- John Edwards who walks far and wide throughout the village with his litter picker
- Rosemary Edwards & her sister Wendy Howard who keep the Parish Centre meticulously clean and now COVID safe
- Will Buddle and Alan Butterbee our trusty handymen
- Joan Cole for her passion for the Weir and it's state of health

Please show your appreciation next time you see them.

### Warboys Library

The reduced opening hours are

Tuesdays 10am-2pm and Thursdays 2-6pm.

For more information about current services go to

https://www.cambridgeshire.gov.uk/residents/ libraries-leisure-culture/libraries

### **BEWARE SCAMS ABOUT**



CAMBRIDGESHIRE AND PETERBOROUGH AGAINST SCAMS PARTNERSHIP

♥ @CambsPboroAgainstScams

f @CAPASP19

Sadly, scams are an unfortunate fact of modern society with residents suffering great financial and emotional harm if they fall victim to fraudsters. These scammers are very clever, whether or not it is at the door, on the phone or by letter, text or email. If in doubt don't do anything and seek advice. A couple doing the rounds at the moment are:

"Nottingham Knockers" door-to-door traders who try to sell goods on the doorstep

Texts about **Jury Service Summons** or pay a fee to postpone it. The texts look like they have come from UK Government and link to a very convincing government branded webpage.

### Looking for a Grant?

Grants are available for local schemes from two funds administered by **Red Tile Wind Farm Trust.** 

Organisations, clubs or societies looking to undertake a project that promotes renewable or efficient energy use or that conserves or enhances the environment can apply for assistance from Red Tile Trust itself. Applications are limited to the parishes of Warboys, Ramsey, Wistow, Broughton, Old Hurst, Pidley-cum-Fenton, Somersham and Chatteris.

Application can be made for assistance from the Whittome Wind Trust for the purposes of promoting facilities and opportunities for the local community to engage in any type of sporting or active pursuit or any activity that promotes a healthy lifestyle. Grants are not normally awarded for day-to-day or general maintenance of facilities. In this case, applications are limited to the parishes of Warboys and Ramsey.

Grants are usually limited to 50% of the eligible costs of the scheme, net of VAT.

Application forms and further details are available by e-mailing clerk@warboysparishcouncil.co.uk

or calling on 01487 823562.

### WANTED

### Part-time Groundsman for Warboys Sports Field

Primary duties involve mowing the grass using our own equipment - tractor pulled cutter plus handheld mower.

Must be able to work under own initiative. Training provided. Salary details available on request.

For further information please contact:

David England (Chairman) Mobile: 07850 864717 Home: 01487 822779

### WARBOYS & DISTRICT DAY CENTRE – Sue Tolland

Like many services, lockdown for the Warboys and District Day Centre meant that we were unable to meet as a group for our usual twice weekly sessions, from the middle of March 2020. Throughout the whole period of lockdown, we kept in regular contact with our members, their families / carers and our volunteers. We helped with shopping, arranged socially distanced visits and on one occasion help a surprise birthday celebration for one of our members who had turned 96 the day after the VE Day 75<sup>th</sup> commemoration. As the lockdown restrictions were eased, we were able to organise and enjoy a few small, socially distanced afternoon teas in the lovely garden of one of our volunteers.

Although these regular interactions were much appreciated, they could not replace the value and benefit of the regular social contact and entertainment meetings that our members are so enthusiastically fond of – some of them were really beginning to struggle and their mental well-being was being affected. "*I cannot wait to get back together*". Additionally, family members have said that *'[all my mother] talks about is the Centre and that she really misses it*".

After much planning and consultation with our members, volunteers, and Trustees, we resumed our twice weekly sessions, on 29 July. For various reasons these are now on a Wednesday and Friday and take place in the Parish Centre. We were the first Day Centre in the county to re-open

Our members and volunteers have continued to enjoy meeting together and have been having great fun finding new ways to entertain and amuse ourselves in this "new normal". We had a musical recital by our deputy Centre Manager- apart from the



music, we all had a good laugh, our spirits were raised, we all went home with a big smile on our faces. We have also been finding interesting and inventive ways to keep ourselves motivated and mobile. Our latest exercise, which is enjoyed by all, irrespective of mobility, is our new "armchair exercise cycle". Not only does this help us keep our lower limbs



moving and supple, but it sparks much conversation about those bygone days when we used to regularly cycle, whether as a pastime, or as a necessary mode of transport.

One of the big disappointments that we have experienced as part of the current limitations, is that we can no longer

be visited by our "Rainbow Girls", these young people are very good for lifting the spirits, and their visits always leads to interesting conversations. All has not been lost though, as one of the "Rainbow Girls" has been baking some lovely cakes for us in her spare time. These are hugely appreciated, and much enjoyed with our afternoon tea. This young lady also made birthday cards for us during the lockdown period, and it cannot be understated how much this act brightened up the day of the recipients.

As the routine of the Centre becomes more settled, some of our previously enjoyed activities have been re-established. The ever-popular Liz Nails has recommenced regular visits providing COVID safe manicures, this firm favourite does wonders for lifting the spirits of us all. We are also planning a special socially distanced Christmas lunch to be prepared and served by Housdens outside caterers.

The Day Centre is a key activity for us all, and we are really pleased that we can continue to meet. Deepest thanks go to our dedicated and hardworking volunteers, without whom none of this would be possible. Their friendship, humour, support and help is appreciated by us all. If this sounds like something you might enjoy, we are now in a position to welcome new members and volunteers. If you are interested, the Centre Manager (Sue) can be contacted on the number listed below.

We are located in the Warboys Parish Centre, Warboys. We are open on a Wednesday and Friday between 10am and 2:30pm.

We offer transport, a 2-course lunch (hot main) and a varied entertainment programme, for which we currently charge a nominal fee of  $\pounds 10.00$  per day.

This much-loved local charity offers support to the older people in our community and looks forward to meeting you, either as a member or a volunteer.

I can be contacted on 07548 949809.

Sue Tolland. Manager



### WARBOYS UNITES & RAMSEY FOODBANK

We need your continued support to ensure we will be able to carry on helping individuals and families living in or close to

### \*\*No one should go hungry\*\*

This is especially important now. We know there is a growing demand for help with food and household essentials, as many individuals and families are struggling financially at this difficult time.

We predict food poverty will get worse over the next few months as financial support for employers and the self- employed changes and job losses increase.

Help and support is available from two sources – Warboys Unites and Ramsey Foodbank

If you would like to donate items to either of these organisations, we have two separate collection boxes outside 16 High Street

### if you need any sort of help and support PLEASE JUST ASK

(No need to feel embarrassed - all information/conversations are treated in the strictest confidence)

#### You can contact us in various ways

- through our website:
- www.warboysunites.co.uk
- by email: info@warboysunites.co.uk
- or just ring us on 01487 710555 option 2

message us via our facebook page: @COVID-19WARBOYSUNITES Warboys who are in need of assistance.

If someone you know is struggling, please do urge them to contact us at Warboys Unites or contact Natasha about the Foodbank -<u>timebank@warboysparishcouncil.co.uk</u> or ring her on 07557 400625.

#### ITEMS THAT WOULD BE REALLY HELPFUL

- UHT/long-life milk
- squash
- breakfast cereals
- jams
- tinned meats such as pies, minced steak, stews, chilli/curry type products
- instant mash/tinned potatoes and other vegetables
- puddings of all types hot and cold e.g. sponge puddings, jellies, mousse & custard
- biscuits
- crisps & nibbles (multipacks)
- loo rolls
- toiletries such as toothpaste, soap/body wash, shampoo, deodorants
- laundry washing products
- household cleaning materials
- dog & cat food

At the moment we are generally OK for tinned beans of any type, rice, soups

### \*\*\* YOU COULD HELP US MAKE CHRISTMAS SPECIAL \*\*\*

In December, you might like to donate some Christmas type treats that we can add to the food bags we will be making up for our families. This could be things like mince pies, Christmas cake & biscuits, Christmas pudding, chocolates, crackers or anything that will bring a smile to their faces – especially the kids.

### HOMEMADE PRESERVES & CAKES - FUNDRAISER SQUARE PEGS & WARBOYS UNITES

Emma B will be running a stall outside 11 Heath Road between 10am and 1pm on Saturday 17 October and on Saturday 21 November. The sale of preserves will be used to raise funds for children with Autism / Monies raised through the sale of cakes will be used to buy Christmas treats for inclusion in the food parcels donated by Warboys Unites in December. **THANK YOU EMMA** 

## Where to go to get information, help and advice

We are Huntingdonshire: This hub provides a vast array of up-to date information and guidance (local and national) on many topics including money matters, employment and where to go for advice and help

https://www.wearehuntingdonshire.org

### MORE NEWS AND INFORMATION

### WARBOYS COMMUNITY ASSOCIATION PAPER ROUND ENDS IN TRIUMPH

Early April saw the beginning of lockdown and the closure of our cherished newsagents. Then came an email to WCA that said *"It will be very sad at the weekend when Ulla and Simon close the newsagents and there will be no more newspaper deliveries. The elderly in our village rely on their paper especially in this time of isolation"*. That was the beginning ...

We worked in partnership with McColls in Ramsey to source the newspapers and set up accounts, but they couldn't deliver to Warboys. So we gathered together a team of fantastic volunteers to take on this task, which began on Good Friday.

When we finally handed the round over to McColls on Monday 7 September, we had been delivering papers 7 days a week for 21 weeks. During this time our team of 26 volunteers delivered over 9000 papers to 73 households. We had very few hiccups and no disasters and the team did a brilliant job.

It was our pleasure to provide this service during the worst of the lockdown period, as we knew how much older people valued their newspaper – all part of the daily routine.

Over the months a number of our 'customers' asked if they could make a donation as a way of showing their

appreciation for what we were doing to make their lives a little better. This offer was accepted on a totally voluntary basis. We wrote to everyone and explained that any donations would be shared between (a) Warboys Community Association and would be used to help cover the increased Diary costs we have incurred during the



lockdown and (b) Warboys Day Centre which had just reopened and was having to cover the costs of all the safety precautions needed to keep their members and volunteers safe.

Those of us involved in this initiative have been overwhelmed by the amazing generosity of so many

people.

# The total amount of money donated was an amazing £1191.00

As promised, this money has been put towards covering additional Diary costs and the purchase of the protective equipment needed by the Day Centre as part their re-opening plan.

We have also had a lot of lovely comments and a delicious and beautifully decorated fruit cake made by one of our paper recipients. This was much enjoyed by the volunteers when we met for a socially distanced gathering to celebrate our achievements.

"We have been humbled by your extraordinary amazing paper delivery service every day during such a difficult time and in all weathers"

"In a busy world where, at times, we can feel that the old, the disabled and the weak may be forgotten, it is so cheering to realise that this is not necessarily the case and that here, in Warboys, there are a large number of caring people who will respond with enthusiasm to the call to help their neighbours in times of trouble"

#### Action to Stop Noisy Exhausts

Reports of cars and motorbikes creating a disturbance due to being driven in an anti-social manner and often with modified engines or exhaust systems are regularly received by the police. Using funds from the Proceeds of Crime Act (POCA), Cambridgeshire Constabulary has purchased two new state-of-the-art sound monitoring kits which will alert officers at the roadside if an exhaust is too loud.

Noise pollution is a concern for many people living in our villages, towns and cities. The legal limit for cars is 80 decibels and it is against the law to modify an exhaust to be louder than this. Motorists could be given a £50 Fixed Penalty Notice for failure to maintain the exhaust system, using a vehicle with an altered exhaust system, or producing excessive noise.

Hotspot areas and car cruises across the county will be targeted and fines will be issued to help tackle anti-social motorists and make our communities quieter, safer places to live. If there is an area you would like us to target, or to report anti-social motorists in your area, follow this link –

https://www.cambs.police.uk/report/ vehicles

Now McColls have taken over the delivery of newspaper in Warboys, they are more than happy to take on new customers.

They are located at 12 Great Whyte, Ramsey, PE26 1HA and can be contacted on 01487 813647

### LOOKING AT THINGS DIFFERENTLY

### So, you think you know your clothes? By Tegan Turner

Look at the clothes you're wearing right now. How much do you truly know about them? Do you know where they were made, who made them, what the working conditions are like for them? The likelihood is that you answered no to all of the above. When it comes down to it, most of us are ignorant to where our clothes come from and only care about what they look like. However, when you delve into the textile industry the truth is not as pristine as the shops present it to be.

In a recent local survey of older teenagers, it was clear that few knew the truth regarding the conditions in which their clothes were made and they shopped mainly for good looks and a cheap price. However, many top brands are selling garments made in scandalous conditions right here in the UK!

Over the last few months I have done extensive research into clothing manufacture in the UK and have found some truly shocking truths. Many manufacturers grossly ignore health and safety and minimum wage legislations, leading to harsher lives for workers but cheaper clothes for us.

Undercover research has shown that some workers earn as little as  $\pounds 2$  per hour. Factories providing clothes for New Look, Boohoo and River Island are all unfairly underpaying employees. In addition, workstations are often filthy, and noise is deafening without ear protection which, combined with a constant fire hazard risk can mean radical life changes for the workers. There is no attention given to social distancing or PPE.

Tegan is a student at Abbey College sixth form doing a smallscale research project as part of her studies. The aim is to raise awareness about the conditions in which our clothes are really made in the UK. She has written this article to explain briefly her research and is hoping that by having it published in the Diary it will help her with the project. Any comments should be sent to the editor in the first instance and we will pass on to Tegan

It is a sad reality that employers cannot afford to improve their conditions while large chain brands force down clothing prices. This means the

solution to this scandal is in your hands. Unfortunately, you will need to be prepared to pay a bit more for your clothes. Better still, ask about their production and join the campaign to force brands to take responsibility for their products and employee life they effect every day.

### **TEXTILE BANKS**

The textile banks in the Library car park are provided under an agreement between the Parish Council and the District Council with the Parish receiving an element of the recycling credits in excess of £1,000 per annum. This helps to offset the need for money to be raised from the Council Tax.

The District's agreement with the current collector is coming to an end and the banks will be removed shortly to be replaced with banks provided by ASTCO. All materials collected from the textile banks will continue to be reused, with textiles providing reusable clothing for the UK and third world countries and the Parish Council receiving a proportion of the recycling credits.

### Let's Minimise Food Waste

During lockdown we wasted a third less food than we usually would. We saved leftovers, wrote shopping lists and baked a LOT. In an emergency, we got organised and we reduced food waste. But we're still in an emergency – a long one, so we need to keep crushing it.

513 tonnes of edible food ends up in green bins, and another 6,898 tonnes of edible food waste goes into grey bins every year in Huntingdonshire. It's not just our bank accounts that are affected by food waste - it's our planet too.

The process of growing, making, transporting, storing and cooking our food uses lots of energy, water and fuel, which all goes to waste when it's thrown away. Global food waste generates 22 million tonnes of greenhouse gases each year – that's four times more than all aeroplanes put together! So really, it's a no-brainer to keep as much food out of the bin as possible, and to start wasting less and saving more – both money and the planet.

#### 6 easy ways to reduce food waste

- Write a shopping list or snap a 'shelfie'
- Turn your fridge down to under 5°C
- Freeze your loaf and toast straight from the freezer
- Plan ahead and defrost meals in the fridge overnight
- Use up your lockdown larder staples
- Get creative with leftover recipes

For tips on food storage, meal planning, portion measurement and recipe inspiration, visit <u>www.lovefoodhatewaste.com</u>

**OCT-NOV 2020** 

### **CHURCH INFORMATION**

#### Warboys Parish Church

We are getting back to our normal pattern of church services. For the time being we are meeting every Sunday in the church for a service at 10.00am which is also usually available

via Zoom as well. For those who attend church in person hand sanitiser is available, people are asked to wear a face covering, to maintain social distancing and to leave their details for the NHS Track and Trace.

#### 

✤ 6.00pm 20 December

#### Christmas Eve Services:

- 4.00pm Virtual Christingle Service via Zoom (collect your Christingle Decoration & Prayer Card to display in your window at home and Your Christingle Making Kits to make your Christingles at home and then join us online at 4.00pm
- 11.30pm Midnight Communion (also available via Zoom)

#### **Christmas Day**

\* 10.00 am Family Celebration (also available via Zoom)

For Zoom access details and any further queries about the services/times etc. then contact the Rector Garry either via phone 01497 824612 / 07976 382681 or email rector@4parishes.org

#### Warboys Baptist Church

We are now holding a weekly morning service on Sundays at 10.45am, in a Covidsecure environment, totally compliant with government laws and guidelines, including social distancing, track and trace, wearing of face coverings, hand sanitising and other measures. We do want to welcome anyone who would like to come, and we do have a few spare seats if anyone just turns up, but it would really help us if you drop us a message to let us know you're coming. Sadly, all other activities and events are on hold until further notice.

 Contact details : 01487 823405 or email <u>nigelkeithgraham@gmail.com</u>. You can also visit our website www.warboysbaptistchurch.org or go to to www.facebook.com/warboysbaptistchurch/

### THE MARKET PLACE

### **Diary Advertising**

Approximately 2000 copies of the diary are distributed every other month to the residents

Our advertising rates are very reasonable, a small advert is only £12 per issue, rising to £30 for a 1/4 page. If you advertise for a full year, we will give you one advert free. For more information contact us by email <u>Warboysdiaryed@outlook.com</u> or ring/text 07825 551975





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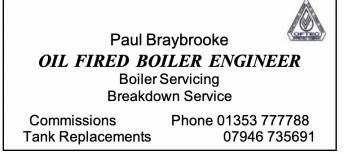
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#### HANDS-FACE-SPACE: STAY ALERT-CONTROL THE VIRUS

**OCT-NOV 2020** 

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