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Milton Village View

Issue No. 144 – Sept 2020



In This Issue...

- Autumn events
- Library bus resumes
- Milton surgery update
- Clubs & societies

And much more!

Photo: Rebecca Ostler

Contact Us

Send us your news and photos:

mvv@milton.org.uk

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Deadlines for articles are:

12th January

12th March

12th May

1st September

1st November

Issues will be published approx.
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Online Archive

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www.mvv.org.uk

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Publisher's Notice

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Ekisa Quiz 2020

Sat October 10th at 7pm

Please note it in your diaries!

This will be an online quiz using Zoom. Teams will be able to play in the usual way and there will be raffle prizes to be won.

We will be taking online registrations soon.

bit.ly/ekisavirtualquiz

Virtual Ceilidh

Why not pop the date in your diary and join in the fun on November 28th?

bit.ly/ekisavirtualceilidh

The **Milton Baby Group** has restarted every Thursday afternoon at All Saints' Church. Currently meeting outside due to COVID restrictions. For more details, email office@allsaintsmilton.org.uk or ring 441007.



If you use our advertisers, please mention Village View. Thank you to our volunteer distributors.

September

Sun 27th Harvest Service, All Saints' Church, see www.allsaintsmilton.org.uk for times, booking information and downloadable harvest activities.

October

Sat 10th Park-O fun orienteering event, Milton Country Park, 1-3pm
(See www.waoc.org.uk for details)

Sat 10th EKISA (online) Quiz Night, 7pm (See p.2)

Tues 13th Community Centre AGM, 7.30pm (See p.10)

Sat 31st Evening Light Trail around the village. Details: www.allsaintsmilton.org.uk



November

Sun 1st Service of Remembering loved ones who have died, All Saints' Church

Sun 8th Remembrance Sunday, All Saints' Church

See www.allsaintsmilton.org.uk for service times and booking information.

Sat 28th Virtual Ceilidh to raise money for Ekisa (See p.2)

Where's "What's On in Milton"?

At this time of year, we would usually produce a printed "What's On in Milton" guide to all the clubs, societies and regular activities that run in the village. At the moment, however, many groups are still working out what their future looks like, whether they can meet at all, and in what form. As this is likely to be the case for a while yet, a printed guide would be out of date straight away.

However, we have still done our annual update of the online version of the guide, which is available at www.milton.org.uk/clubs-societies. Every group has been contacted to make sure the information available is as up to date as it can be, and we will continue to update the guide throughout the year, as clubs find their way through this tricky time.

So please visit the online guide, to find ways to connect with your neighbours and have fun!

Mary-Ann Johnson

What's NOT On?

Due to Covid restrictions, the following annual events will sadly NOT take place in 2020:

- Country Park Autumn Festival
- Milton Produce Show
- Scout Autumn Jumble Sale
- School Fireworks Night
- The usual village gathering at the war memorial for Remembrance Day will probably not be possible this year, but the parish council will see what is possible within the government guidance at the time. Keep an eye on www.milton.org.uk for the latest news.

Virtual Summer Fayre



The committee would like to thank everyone who was involved in the very first Milton Virtual Fayre! Also, a massive thank you to all the clubs and organisations who submitted videos and those who had a go at the Treasure Hunt, Quiz and Photography Challenge!

Congratulations to those who

found all the letters that were hidden around the village and who figured out the phrase. Congratulations to everyone who had a go at the quiz and to Mary-Ann and Nat who scored full marks! Thank you to all the photographers who entered the Photography Challenge, it was extremely hard to select one photo, but in the end David's photo, from the Milton Photography Club, was selected.



Nat & Mary-Ann, quiz champions

The committee are beginning to plan the 2021 Milton Summer Fayre and we are looking for more people to join the committee. If you do not want to join the committee but would still like to help make the Fayre happen, then we are also looking for volunteers to help on the day. For more information please do get in contact with us via email!

summerfairmilton@gmail.com



David with the photography cup

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Flu Clinics & Surgery Thanks

As we move into the next phase of the COVID19 pandemic, we all would like say a huge thank you to our patients for your help and understanding this year.

Throughout the lockdown, we have remained open and available to look after you, trying to provide as much care as possible by telephone / video consultation to reduce the risk of infection. Throughout the pandemic we have seen patients face to face where clinically necessary and this will continue. Some routine procedures were temporarily postponed, but we are now working through the backlog.

As we know, the COVID19 virus continues to circulate and cause serious illness. We will continue to do everything we can to make sure that coming to the surgery does not put you at increased risk of catching COVID19.

The single most helpful thing that you, our patients, have done is that you have heeded the advice about preventing the spread of the virus and Milton village has not been overwhelmed by the pandemic.

Although 111 remains in charge of advising and treating people who may have COVID19, please remember that we are still here to look after you for other illnesses.

Flu Vaccinations

Saturday 10th October for all patients **over 18 years in an eligible at risk group**, or **anyone over 65 years** — please call the surgery to book an appointment, and please wear a face mask for your appointment. Weekday vaccinations are also available.

Any other cohorts of patients the government have spoken about are not part of the initial primary care flu campaign. Until we have received definitive guidance, we cannot offer other flu vaccination appointments yet.

Mrs Sophie Ladds (previously Ward), Practice Manager, Milton Surgery
01223 420511 / Email: sophie.ladds@nhs.net



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Playgrounds Open

The village and Country Park play areas are all open again. To allow them to remain open, visitors are asked to follow the guidance below:

- ✓ Please don't come to the play areas if feeling unwell, coughing or sneezing.
- ✓ Wash your hands before and after use and/or bring your own hand sanitiser. Please wipe down exercise equipment after use.
- ✓ No food, drink or gatherings in the play area.
- ✓ If the play area or exercise area is too busy, then please wait or come back at another time.
- ✓ Hand washing is available in the Country Park car park toilet block.
- ✓ Only one accompanying adult in the Country Park play area at busy times.
- ✓ Please take any litter home with you from the Country Park; other play areas may have bins available.



Play safe and enjoy.

Thank you.

Image designed by brgfx / Freepik

Foodbank Update

The urgent need for donations to the Foodbank is not so critical at the moment so we will no longer be taking donations at West Manor, Butt Lane.

In the meantime, you can still donate food at **Tesco**, at **All Saints' Church** during service times on Wednesdays and Sundays, or make a **financial donation** via the

website:

cambridgecity.foodbank.org.uk

Thank you to everyone who has given so generously over the lockdown. We have collected an amazing amount of food. It has made a huge difference to people who find themselves in great difficulties because of the pandemic.

Lorraine Hannant



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Pilates Classes **Milton, Landbeach & Cottenham**

Mon 9.30am - Mixed Ability Mat Class (MCC)
Mon 10.30am - Mixed Ability Mat Class (MCC)

TIMES FOR MILTON SCHOOL CLASSES
Tues 6.30pm - Mixed Ability Mat Class (Sch)
Tues 7.30pm - Mixed Ability Mat Class (Sch)
Fri 9am - Mixed Ability Mat Class (SArmy)
Fri 10.30am - Mixed Ability Mat Class (LVH)

Contact Liz on 07768 155278
or liz.dolman@lovepilates.co.uk
NVQ Level 3 Pilates Instructor

Visit www.lovepilates.co.uk
for further information on classes & venues

North East Cambridge Consultation

A new district is being planned for North East Cambridge, with a vision for “an inclusive, walkable, low-carbon new city district with a lively mix of homes, workplaces, services and social spaces, fully integrated with surrounding neighbourhoods”.

A consultation is currently running on the draft North East Cambridge Area Action Plan, until Monday 5th October 2020. This is right next to Milton, so please read the proposal and add your feedback on the consultation pages.

www.greatercambridgeplanning.org/nec



Centre 33 Young Carers Service

Centre 33 are proud to be supporting all young carers across Cambridgeshire and Peterborough. As of 1st August, we are offering:

- ✓ Young carers needs assessments
- ✓ Transitions support (ages 11 & 16+)
- ✓ Support for schools & local groups
- ✓ Specialist group work for similar caring roles
- ✓ One to one support for some young carers
- ✓ Online support and information, including virtual group support



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Milton Cycling Campaign

A group of interested residents has joined to form Milton Cycling Campaign, to promote active travel in Milton. MCC is working with Camcycle to improve infrastructure, and represent people walking and cycling.

Gabriel Bienzobas, campaign leader, said "I'm so pleased with all the positive responses to our initiatives so far. We're looking forward to working with councillors, residents and businesses on infrastructure improvements which bring so many benefits to users, and the wider community. The changes we're working on will improve journeys and the local environment for all residents. We're determined to grasp the opportunities to develop cycling in response to the current emergencies."

Edward Taylor, another campaign leader added "We're here to remove barriers for people who want to improve their journeys. If you'd like to swap your car for the bike, to get children cycling, to let them have use of the road space in your own neighbourhood and to improve the environment in Milton, join us. It's an exciting time for cycle advocacy and if you'd like to help out with campaigns, communication or suggest any other activity to promote cycling and active travel in Milton, please get in touch. Engage in our facebook group and resources and ride your bike!"

MCC has a Facebook page www.facebook.com/groups/miltoncycling/ and email miltoncycling@gmail.com.

Milton Community Centre Requires a Manager to lead this busy facility

This full time position will become available within the next 6 months and offers a competitive salary. The varied role involves administration, maintenance, staff supervision, accounting responsibilities and key-holder duties.

To find out more information and to request an application form, please contact The Community Centre Office, 0 1 2 2 3 8 6 2 7 6 3 or mcc@miltonvillage.org.uk

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Homemade Scrubs for the NHS

Quite a few Miltonians responded to the call to help make scrubs for NHS workers out of duvet covers. This set, made by Becky Munns, went to the Royal Papworth Hospital, where they went down a treat with staff and patients.

Mattel, the company that owns the Thomas brand, spotted the scrubs, and donated some toys which were passed on to Cambridge University Hospitals NHS Foundation Trust's therapeutic play team. There were also a few left for Kevin's three daughters to have a toy each too!

Mary-Ann Johnson



Lockdown Rock Snake

At the end of May, Sylvia Wright started a "rock snake" at the back of school, on Butt Lane. Villagers added their own rocks to help the snake grow, with over 120 in the end!

The snake brought a lot of smiles at the height of lockdown. Watch this space — there may be another one at some point!





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Church Services

- Sun 8am: Holy Communion
- Sun 3pm: Afternoon Service at the same time as outdoor children's activities
- Weds 2pm: Midweek Service



Please book via allsaintsmilton.org.uk. Pre-recorded services and livestreams are also available each week on the website.

All villagers are invited to



The ANNUAL GENERAL MEETING of MILTON COMMUNITY CENTRE

to see how this charity is managed and how it plays a large part in the village of Milton

to be held in the Community Centre Annexe

7pm on Tuesday 13th October

The AGM will start at 7.30pm.

In order to comply with COVID-19 regulations and so that we can control numbers, please ring Andy (01223 862763) to advise if you plan to attend the AGM.

From the Archives

25 Years Ago: Oct 1995



Nicholas Sewell, Laura Molloy and Polly Maltby minding their stall

Children Raise Funds for South Africa

[...] I would like to thanks the shops and people who helped to support our stall. [...] We are very glad to say that we have raised £118.86. [...] It will go towards cleansing the water, food and medicines.

Laura Molloy

10 Years Ago: Oct 2010

Volunteers needed to run Milton village magazine

Village View organiser Jane Coston has decided to retire from running the village magazine, Milton Village View, after almost 20 years. Jane would like to thanks all of them of editors Kate Marshall, Paul Capitain and Michael Spooner as well as the 35 other volunteers who have been delivering the magazine to every home in the village. Jane is keen to hear from anyone who would like to run the magazine in the future.

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Flooding & Watercourses — Your Responsibilities

In the recent downpours, when Old School Lane and Hall End flooded, you may have wondered – who is responsible? While the County Council is the Lead Local Flood Authority and is responsible for surface runoff, road gullies, ditches, streams and groundwater, **landowners have responsibilities too**. In Milton, a drainage ditch runs through Tomkins Mead, north under Old School Lane and Fen Road, then east beside the Children's Hospice to the lake at North Lodge and eventually to the river. So who is responsible for that ditch?

If your boundary is next to a watercourse (even it is currently dry), in legal terms you are a "riparian owner" and it is usually assumed you own the land up to the centre of the watercourse. If a ditch or stream runs alongside your garden wall, fence or hedge you should check your property deeds to see where the boundary is. If the boundary is **on** the watercourse, you will almost certainly own the land up to the centre of it.

Your responsibilities: Whilst you are expected to protect your **home** from flooding, you must let water **flow through your land** without obstruction or diversion. So even if the ditch is beyond your garden fence, you should maintain the banks clear of any obstructions or trees and clear any litter or debris from the channel and banks, culverts and trash screens.



Chris Thomas 'swimming' in Hall End floods!

If this seems a bit daunting, with advice and support from the County Council and the parish council, I am hoping that we can arrange **working parties over the autumn**, so homeowners and volunteers can start to clear the ditch. I will deliver leaflets to properties adjoining the ditch in due course. So if there is a ditch next to your property, do check your title deeds. If you would like advice or to volunteer, please contact me: anna.bradnam@cambridgeshire.gov.uk, 01223 862364.

Anna Bradnam, County Councillor for Milton



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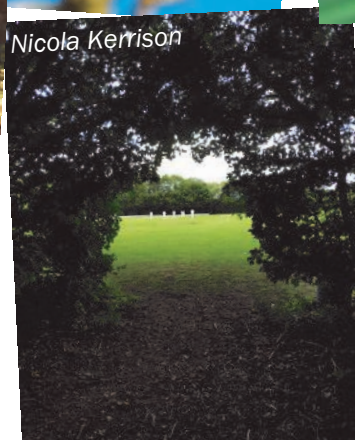
David May



Mary-Ann Johnson



Florence Barker-Morley



Nicola Kerrison



Sue Bolt



Sasikala Ramakrishnan



Derek Brand

Your Photos Could Be Here!

Photos taken in and around Milton always welcome — of places, people, events or just something that strikes you as beautiful. No lower or upper age limit!

Send them to mvv@milton.org.uk, and we'll include as many as we can.

Denny Abbey Reopens

The Farmland Museum and Denny Abbey, an open-air museum telling an 850 year story of farming, communities and life in the Cambridgeshire Fens has now reopened, thanks to support from The National Lottery's Heritage Emergency Fund.

Some indoor exhibits will remain closed and a one way system is in place. Denny Abbey and the Nuns' Refectory, all outdoor spaces and collection of farming machinery are now open to be enjoyed by everyone. To book a visit, go to www.dennyfarmlandmuseum.org.uk/content/about/book-your-visit. Entry is free to this season (ends 1st November), but you must book in advance to limit numbers and comply with Covid-19 guidelines and NHS Test & Trace rules.

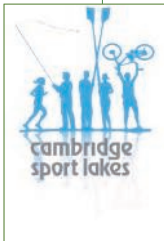
You Can Bike Too

You Can Bike Too is returning to the Park in September! After careful consideration we have decided on a reintroduction of our all-ability adapted cycle sessions.

From now on there will be no drop in sessions. Instead there is a simple booking process on our website at www.miltoncountrypark.org/youcanbiketoo

Sessions are £5 per rider with one carer or parent able to cycle free of charge. Due to the park being busier recently we have moved sessions to between 10am-12pm.

Bikes and helmets will be sanitised between users and left untouched for a fortnight between sessions.



Forest School Club

Starting 15th September. An outdoor play-based after school activity club, every Tuesday afternoon for six weeks from 3:45pm to 6pm.

Following the Forest School principles of encouraging child-led outdoor experiences, incorporating elements such as; firefighting, tool use, wide games and woodland art/craft and nature study plus healthy amounts of creative outdoor play. Ages 5-12. Book now: www.miltoncountrypark.org/wildplaceactivities

Orienteering at Milton Country Park

Milton Country Park has recently refreshed its permanent orienteering map. You can navigate it at any time and at your own pace. You can now download local maps via West Anglian Orienteering Club's website at www.waoc.org.uk. "Permanent orienteering courses are ideal for family groups or individuals: perfect for social distancing." says Stephen Borrill from WAOC.

Wild Minds: Mental Health

GP Surgeries are now able to refer to the Wild Minds Programme at Milton Country Park. The new referral programme has been created for teenagers with low-level mental health difficulties. The programme is dedicated to providing positive, supported experiences for young people with low-level depression and anxiety which builds their confidence and gives young people a new perspective. The free 6-week programmes are designed to give an introduction to a wide variety of outdoor activities, with a particular focus on nature, well-being, bush craft and mindfulness. Sessions are led by trained instructors and supported by a youth counsellor.

If you're aged 14-17, feeling stressed, anxious or down, please book an appointment with your GP and ask for further information. If you have any questions, please contact sarah@cambridgesportlakes.org.uk. For more information, visit www.miltoncountrypark.org/wildminds

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Consultations: Parish Council has been unusually busy over the summer with extra meetings to discuss and respond to several consultations including the proposed Police Operations Centre, development of the A10, and the Anglian Water proposals to move the Waste Water Treatment plant. Proposals for trialling new Cycling and Walking measures also led to lively discussions. Please refer to the minutes of the meetings for more detail. (A10 response – 13th July; Cycle proposals – 24th July; Police station and AWA 27th July; AWA 10th August.)

Milton Country Park: Parish Council agreed to provide one-off grant of £10,000 to Cambridge Sports Lake Trust as an emergency payment during the Covid-19 pandemic to help keep the park open as it is well-used by local residents and the Trust was not eligible for the Government emergency grants available to other similar organisations. South Cambridgeshire District Council also made a grant available.

The Sycamores: A third defibrillator has been purchased which will be located at The Sycamores Recreation Ground Sports Pavilion augmenting those at North Lodge Park Pavilion and the Parish Office on Coles Road Recreation Ground. Pro-Serv have kindly offered to install the new equipment at no charge.

Play equipment: ROSPA inspections were carried out as scheduled which together with other safety precautions allowed the Village Play areas to reopen as allowed by Government guidance. The Motorbike Springer on Froment Way will be replaced as the mountings will require repair and we are not able to source replacements. One swing at Coles Road had already been taken out of use and will be repaired.

Website: We are updating the Parish website to meet new accessibility standards. Your comments would be welcome. www.miltonvillage.org.uk

Solar Panels Offer

Households across Cambridgeshire can now register for the chance to club together to buy solar panels at a reduced price. The County Council and District Councils have joined forces with Solar Together as part of the initiative to improve energy efficiency and reduce carbon emissions. Households that already have solar panels installed can also register to have battery storage added to their existing solar panels to maximise their system.

Households and small and medium-sized enterprises can now register without obligation for the scheme by visiting www.solartogether.co.uk/cambridgeshire. When you register online for their complete solar PV system, you will be asked questions about your house, roof, and electricity usage. The County Council will then arrange an auction with pre-vetted installers on 6th October.

Keep Caring

As part of the 'Keep Caring' campaign which reminds residents that coronavirus hasn't gone, the focus is shifting to include how we can contribute to a greener 'new normal'.

With face coverings now a common sight and mandatory in many locations, using a washable, re-usable covering is much better for the environment than single-use ones. It's easy to make your own at home using items you may have around the house, by following the steps on the Public Health England website (tinyurl.com/phe-masks). **Shiralee on Coles Road** are also selling reusable masks. However, if you do have to wear disposable, single-use PPE, make sure it goes in your general rubbish bin and not the recycling.

The campaign is led locally by councils, police, fire, ambulance, NHS and community organisations. The campaign highlights that:

- Caring is keeping your distance - inside or outside
- Caring is being responsible - isolate if you think you've got symptoms, or been close to someone who has
- Caring is covering your face and regularly washing your hands
- Caring is staying and buying local - to support local businesses and jobs



TELOS

Is it time to kickstart your journey to a healthier you?


What is holding you back? Are you:

eating or drinking unhealthily or excessively?	lacking in motivation and discipline to change lifestyle habits?	not moving enough or the exercise you do doesn't have desired effects?
--	--	--

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Kay White

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"It's been a difficult few years and I finally feel like my old self again. Kay's kind approach of listening, empathising, imparting wisdom and motivating me has given me my life back.

Thank you!"

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10% of Healthy Living Coaching Online Sessions to go towards Milton Country Park for 2020.

Organisations

Milton WI

Way back in March, we had no idea that things would still be as they are, and we were optimistic about resuming meetings after the summer break. However, that was not to be, and we continue to keep in touch remotely with newsletters, competitions, County newsletters which share news and stories from other WIs, telephone and WhatsApp.

Bearing in mind the current guidance, and our 50 strong membership, we hope to work out how we can do things in the foreseeable future, our first priority being everyone's safety. We continue to send our best wishes to our friends and neighbours in the village.

If you are interested in learning more about the WI, our President Gill Offley 01223 293231, would be very pleased to hear from you. We look forward to getting back to our meetings on the third Tuesday of each month in the Church Hall.

Anne Newman

Emmaus

Our main priority is the safety of our companions, staff and all those who visit our community. As a result, we have worked extremely hard so that everyone feels safe and comfortable.

If you have visited us, you will have seen a new screen at the counter. There are signs around the whole site reminding visitors to wear a mask, keep their distance, postpone the visit if they are feeling unwell and outlining our one-way system.

Thank you to everyone that has paid us a visit and for those that have donated items since we reopened. We are lucky to have such fantastic support and we are thankful that we have so far been able to ride this storm.

Milton Community Library

Phoenix Trust have kindly agreed to build the village a little Community Library which I will host in Coles Road. The idea will be something that people can donate books too and take books from at any time - the final design of ours is in their imaginations!

They have kindly agreed to do this as a creative project for their co-workers as a community offer for the village - if anyone who will use it is willing to make a financial donation to Phoenix Trust towards this, that would be great!

Keep your eyes peeled for the library later in the year!

Becky Munns

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We would like to say a very big thank you, to all our lovely customers who kept faith with us during our lockdown closure and returned to buy when we re-opened in June. The following month we started to welcome back our co-workers, who have all coped brilliantly with the precautions that we have in place to keep the site safe and secure.

We couldn't hold our usual summer BBQ, but held socially distanced tea parties as an alternative – the bunting however, still festooned the site!

Present circumstances mean that we currently do not have any events to publicise, but please do continue to visit and hopefully buy. Our paving slabs are available in a variety of colours, shapes and sizes, and our talented carpenter is happy to make bespoke items – recently we added a wheelchair accessible planter and a chicken coop to our product

range and are currently building a mini community library for the village. In the photo (right), some team members are leaning on another Phoenix one-off – an outdoor bar! We also have started growing a small number of herbs for sale, customers and plant donations are both equally appreciated!

Volunteers are a vital part of life at Phoenix, supporting co-workers in all areas - kitchen, garden, concrete

factory and woodshed. If you are interested in volunteering at Phoenix, then please do call on 01223 420669 to arrange a time to visit: experience is not essential, but patience is, along with strong communication skills and a desire to help and motivate others.

More details about us and what we do, can be found on our website: www.phoenixtrust.org, or follow us on Facebook: Phoenix Trust Milton or Instagram: phoenix_trust. Our opening times are Tuesday to Friday, 8.30 am to 3.30 pm



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Hello again from us all at the Lion & Lamb, what a few months it's been, we sincerely hope you are all keeping safe and well. During lockdown our Delivery & Takeaway service was born and you simply WOWED us with your appreciation of the ever changing menu – particularly the gluten free fish & chips – a great new addition! It was lovely to see so many faces on our delivery rounds. We also hope you managed to see the Lion & Lamb turn Blue, lighting up the High Street in appreciation of all key workers. Whilst on furlough, all of the team undertook COVID-19 training courses to ensure we were fully ready and compliant for reopening. As a business we also achieved Good To Go COVID Safe certification.

We have made some additions, including a fully stocked outside bar. Huge thanks to our Village Handyman for building it from scratch. We even made the press as one of the best local pubs post lockdown – thanks Steve J. The inside of the pub was also refurbished during this time. Since opening we have also added a garden marquee which is beautifully lit and fully heated, giving us weather-proof seating outside for over 50 people in the fresh air.

Weekday offers and special dining evenings will be reintroduced over the coming weeks along with tasty new dishes to our menu. Takeaways are available 7 days a week for lunch and dinner with a 10% discount on menu prices. Our website now takes online reservations.

Oktoberfest is coming to Milton! – watch out for dates and details of all the wonderful food and drink that will be on offer for you to enjoy. Updates on this and November and December events will be announced soon on our Facebook page and website.

Finally, we THANK YOU, our amazing community, for the overwhelming support during lock down. We are so appreciative of each and every person that used, and continues to use, our services. It's good to be back!

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It's great to be back to something like normal, with the bars and kitchen now fully open. Naturally we are continuing to follow Government guidelines, and so we have gel stations at both front and back entrances. You can come and eat indoors, or in the garden if the weather permits, and we also do takeaways. We also have a marquee on order for the garden as a non-smoking extension to the eating and drinking area to give us more capacity during the Covid-19 restrictions. Please see our *facebook* page for up-to-date news of up-and-coming events; we look forward to welcoming you again soon.

Come and Eat with us! All our food is cooked to order by our qualified chefs. Our food is locally-sourced and freshly prepared, and includes vegetarian and vegan options. You can phone or call in to book (please tell us about any food allergies when you book) and booking is advised for special occasions and at weekends. The bar is open from 11am (noon on Sundays) and the kitchen is open from 12-2:30pm and 5:30-8:30pm on weekdays, 12-8:30pm on weekends.

Come and have elevenses with us! We serve freshly-made hot coffee and chocolate all day from 11am, so why not meet up with friends and family (children welcome) for a mid-morning coffee (or beer) and cake?

Come and Drink with us! We have a range of ales, lagers and ciders, which is expanding as the brewery ordering situation becomes more normal. Also we have Carlsberg on special offer for the whole of September at £3 a pint.

We are proud to be a *Tripadvisor 2020 Travellers' Choice* Winner, which reflects the high quality of food, drink and service we always aim for; we thank our staff and customers who have helped us achieve this.

As always we have a Pool table, bar billiards and a dart board in our Games Room, and of course Alan's free-to-play Quiz Night every Thursday from 9pm (with free chips!)



Ava, Alan, Adam, Gemma, Nikki and all the staff

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Welcome to our outdoor group exercise class which we've now brought to The Sycamores Recreation Ground in Milton.

Between us we have over 10 years' experience in the fitness industry and our love for teaching classes has led us to start these sessions. We want to keep you fit and give you a laugh in the process!

We base all of the exercises around simple movements and then work our way up or be as wacky and creative as you like! Each session varies so that your body is always kept guessing and adapting to the change.

Payment Options:

- ◆ £10 PAYG
- ◆ Starter 5 sessions @ £35 (one per customer)
- ◆ 10 sessions (£80) / 5 sessions (£45)

Book now at sweatfit.setmore.com or contact Lexi and Santina at sweatfit01@outlook.com or 07787933397.

The **Library Bus** has now resumed, at the usual dates and times. Customers can pre-order books (a week in advance if possible, please!) to collect via:

- our usual reservation service cambridgeshire.spydus.co.uk which is currently FREE of charge
- the New "Select and Collect" service which allows you to request a collection of books based on your tastes: cambridgeshire-self.achieveservice.com/service/Select_and_Collect
- or by calling 0345 045 5225

Tumbletots returns to Milton Community Centre. Sessions will resume in September with a slightly amended timetable: Tuesday and Friday mornings but no Saturday sessions. For more details visit www.tumbletots.com/cambridge

If you are missing a night out and you want to get fit you can now join socially distanced **Clubbercise** with Milton's own Amelia Grant. Not only does £1 from every class booking go to Addenbrookes Hospital Covid-19 appeal through Addenbrookes Charitable Trust, you can also buy a two class pass for £8.

Book via:

app.gymcatch.com/provider/1609/events or visit

www.facebook.com/clubbercisewithamelia.

Not able to do your usual exercise routine whilst staying at home? Try the **"Stay Stronger for Longer"** routines at tinyurl.com/bewell-cambs. These advanced strength and balance classes could be just the thing to keep you strong, fit and feeling good during lockdown.

If you are interested in lunchtime (12:30-1pm) **intensity fitness sessions** on the Sycamores Recreation Ground in Milton, please call **07715 927855**. Tuesdays and Thursdays, £3 per person.

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Wildlife Notes

We had blue tits in the nest box attached to the side of our house again. As there are quite a few cats in the area (sadly one fewer after a road collision; a cheeky and inventive ginger I was rather fond of) this got me thinking about life chances. When blue tits fledge from our nest box, they have a choice. Turn left and you quickly end up in the garden, where there are many shrubs to hide in relative safety, although there is the threat of the sparrowhawk. Turn right, and it's quite a long flight for a novice to the next area of safe shrubs. Run out of steam and land on the driveway and you may end up a cat toy (with a chance of escape). Whereas the sparrowhawk eats birds it catches with no chance of reprieve! But maybe that's the logic of fledglings scattering in all directions; one or two of them will escape the immediate perils of life outside the nest?

I had a lovely note from a correspondent in Coles Road, bemoaning not having heard a cuckoo for more than 20 years but regularly hearing tawny owls in that part of the village. He also used a term that my late father used; "screech owl". This is an old term for the barn owl. Although there is one that patrols Milton Fen, I've only seen it and not heard it. I very much doubt it comes far into the village as I suspect all the gardens are far too close together and there will be few mice or voles. When the land to the west of the main road through the village was still farmland and orchard, before the bypass was built and the land infilled with houses, I'm sure it would have been the territory of at least one barn owl so they would have been heard and seen in what was then a long narrow village.

All the regular migrant birds seemed to turn up as usual; they don't know we're in a pandemic. However, one bird I've seen far less often is the common tern; most spring and summers I've seen them regularly along the river from where the Milton Fen Road hits the river all the way into Midsummer Common but they've become gradually more rare in recent years. I've had a couple of sightings this summer but that's all. I always wondered where they nested; they nest on scrapes on gravelly or rough ground. Is it possible they used to nest on the "wasteland" that was Chesterton Sidings? Well that's no longer wild land but being concreted over almost totally. Might that explain my lack of sightings of these lovely birds?

Heather Coleman



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Milton Colts U11 (2019/20)

Milton Colts U11 Navy team awards presentation pics. Left to right: Dhruv, Kaya, Daryl, Scott.

We said goodbye to our coach Scott Holiday who is leaving to concentrate on studies but on hand should we need him. We now have a new coach Joao Santos.

If anyone is interested in joining the team please contact the U12 Navy Milton Colts managers Neal Patel (nealpatel81@hotmail.com) or Yoko Watanabe (yokowtnb@hotmail.com)

Neal Patel

Milton Wildcats Program



Girls aged 5-10 are invited to come to have fun and play football as part of the Milton Wildcats program.

Practices are 2:30pm on Saturdays in term time at the North Lodge Park fields. Subs are £2 a week. Newcomers welcome all year around, just turn up and try us, or email coach Lina (Lina.arauz@gmail.com)

For more information please go to www.miltoncoltsfc.com/clubinfo/Wildcats

Lina Arauz

Milton Colts U10 Girls

We are busy developing an awesome team of U10 girls (school years 4&5) with Milton Colts but we would love a few more keen girls to join our squad. We train Tuesday evenings 5-6:15pm at Coles Road. League and friendly matches are on Saturdays.

We're a very friendly bunch and love playing football with our friends. No previous training required, just a interest to learn and play football. More details can be found on the Milton Colts website at www.miltoncoltsfc.com.

Nicolle Halksworth



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Milton Tang Soo Do (Karate) Returns

Regular weekly classes will return to Milton Community Centre from September.

Ages 7 to adult: Wednesday class returns 9th September, 6:30-8pm with Master Geoff Keerie: call 01954 230075 or email: johng.keerie@ntlworld.com

Ages 4 to adult: Thursday class (school term only) returns 10th September, 4:15–5:15pm with Master Gabriella Gentle: email: gabriella.gentle@hotmail.co.uk

Please note, we will be implementing new measures to help keep students and instructors Covid safe. We look forward to seeing all our students again very soon and may be some new faces, new members always welcome.

Simon Clarke

Milton Tennis Club

As with every sport it was a late start to the season but once Boris lifted restrictions and tennis resumed, we saw many new members which is always welcome.

We were allowed to play singles and doubles with members of our own household from the middle of May and then the restriction on “family bubbles” was lifted and we were free to play with other club members following social distancing rules, anti bac everything and no ball sharing.

Wednesday club nights also restarted. The courts have been busy thanks to the lovely weather we have had, people on furlough and restrictions still on other activities.

We have enjoyed one social event: our third annual treasure hunt around Cambridge, this year finished off with a picnic on Pye Rec in Chesterton instead of our usual BBQ.

Rosie Eggo, MTC Event Organiser

Badminton

Badminton resumed on the 8th September at the usual time of 7:30 -10pm at the Community Centre.

Roy Martin

Milton Village Sports and Social Club

After a refurbishment, Milton Village Sports and Social is now fully open.

With pool for £5 per hour, the new and improved social club also boasts 3 match dart boards. Milton Village Sports and Social, formally Milton 8ball, offers free membership for all Milton residents and is both pet- and children-friendly. You can find them on Cambridge Road, opposite Tesco, or visit www.facebook.com/MVSSC/



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The Football Fun Factory are delighted to announce that they have set up a new community in Milton.

Our ambition is to be the world's leading children's football coaching organisation. We want to create truly unique, incredible fun football experiences and memories for boys and girls of all ages and all ability levels. If you would like to find out more, please contact Mike Mair (top right) our new Head Coach for Milton and Bottisham at mike@thefootballfunfactory.co.uk. Some of you may recognise Mike from Milton Colts as he has been a coach since 2007.

From September there will be regular sessions during term time on the astroturf at Milton Community Centre every Monday from 4:30-5:30pm and every Friday 5-6pm.

There will be Football Fun Factory Camps during the school holidays and we are also experienced in providing Football Fun birthday parties for children to celebrate their birthdays.

To find out more visit www.thefootballfunfactory.co.uk

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