



# Sawtry Eye

Distributed to Conington,  
Glatton, Upton, Winwick,  
The Giddings & Sawtry

[www.caresco.org.uk](http://www.caresco.org.uk)

No. 145 - April - May 20

## COVID-19 SAWTRY RESPONSE TEAM

HELLO! WE ARE A TEAM OF RESIDENT VOLUNTEERS COVERING SAWTRY WHO ARE AVAILABLE TO HELP IF YOU ARE SELF ISOLATING DUE TO COVID -19

### HOW CAN WE HELP?

- WE CAN PICK UP SHOPPING FOR YOU
- COLLECT A PRESCRIPTION
- PICK UP URGENT SUPPLIES
- GIVE YOU A CALL FOR A CHAT

### WHAT DO YOU NEED TO DO?

- 1 CALL THE HELPLINE NUMBER BELOW
- 2 REQUEST A SERVICE
- 3 WE'LL ALLOCATE A VOLUNTEER TO YOU  
**\*THERE IS NO CHARGE FOR THIS SERVICE\***

**01480 383340**

IF THE NUMBER IS BUSY PLEASE KEEP TRYING. LEAVE A MESSAGE OR CONTACT US VIA

**COVID19SAWTRY**

**SAWTRYASSIST@OUTLOOK.COM**

THIS IS A GENUINE SERVICE VISIT [WWW.THEHOMEHELPCOMPANY.CO.UK](http://WWW.THEHOMEHELPCOMPANY.CO.UK)  
\*VOLUNTEERS ARE DBS CHECKED, WHERE APPROPRIATE. VOLUNTEERS WILL HAVE ID TAGS.  
PLEASE ASK TO VIEW THIS IF USING THIS SERVICE, TO PROTECT AGAINST FRAUDULENT ACTIVITY.  
SAWTRY RESPONSE TEAM IS WORKING IN ASSOCIATION WITH [THE HOME HELP COMPANY](http://WWW.THEHOMEHELPCOMPANY.CO.UK).

### CORONAVIRUS IS CONTAGIOUS

PLEASE TAKE EVERY PRECAUTION ADVISED

REGULARLY WASH YOUR HANDS

AVOID PHYSICAL CONTACT (2M AWAY)

ITEMS COLLECTED WILL BE LEFT ON YOUR DOORSTEP

## STAY SAFE

### TOP TIPS

### Staying well when social distancing

We've created some top tips to support those who are undertaking social distancing to get through the next few weeks.

The government has now advised that if you have an underlying health condition(s) or if you are aged 70 or older, you should be social distancing for up to 12 weeks. To some people this can seem quite daunting. Not being able to go about your daily routine or undertake the activities you normally do, after a while, could become quite stressful.

We know that during this period it's really important that you look after your mental and emotional wellbeing as well as your physical health.

- 1 **Establish a daily routine.** Routines provide structure and purpose.
- 2 **Balance your weekly routine** so you have a good mix of work (activities that have to be done), rest and leisure.
- 3 **Think about which regular activities that are most important to you.** What are the important elements to these? Can you adapt them to carry out in the home? For example, instead of a class, following an online strength and balance routine.
- 4 **Set daily goals** to provide purpose and a sense of achievement. This might include working through that list of the things you keep meaning to do but never get round to?
- 5 **Identify the triggers that make you feel low** and look for ways to reduce or manage them.
- 6 **Talk with family, friends and neighbours** to help them understand how you feel and how they can help. Can they talk you through using apps on your mobile phone, for instance?
- 7 **Take care of yourself.** Eat and drink healthily with plenty of fruit, vegetables and water to support your immune function and energy levels. For more information see the BDA website.
- 8 **Avoid staying still for too long.** Exercise and regular movement will maintain fitness and strength. If you are working from home, take breaks and eat away from your "desk."
- 9 **Have a good sleep routine.** If you are struggling, try avoiding tea and coffee in the late afternoon and evening, take a bath, using blackout curtains, listening to gentle music or deep breathing exercises.
- 10 **Keep in touch.** Arrange to speak to someone most days on the phone, through social media or over the garden fence. Age UK and Silverline have people to speak to.

[rcot.co.uk](http://rcot.co.uk)

Royal College of Occupational Therapists



HM Government



## Coronavirus

### Wash your hands more often



Coronavirus is a serious illness that can make you very ill.



The best way to not catch it is to wash your hands more often for 20 seconds.



Use soap and water or a hand sanitiser when you:

- Get home or into work
- Blow your nose, sneeze or cough
- Eat or touch food



Find out more at [nhs.uk/coronavirus](http://nhs.uk/coronavirus)

CORONAVIRUS  
**PROTECT YOURSELF & OTHERS**

## CORONAVIRUS COVID-19

### Social Distancing

#### AVOID

- Group gatherings
- Visits to bars/restaurants
- Sleep overs
- Playdates
- Visiting the elderly with children
- Crowded retail stores
- Gyms
- Visitors to the home
- Non essential workers in the home

#### USE CAUTION

- Visits to supermarkets
- Visit to pharmacy
- Visit to GP
- Traveling
- Check on friends and family safely
- Public transport

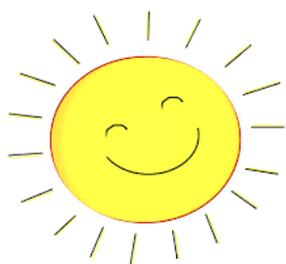
#### SAFE TO DO

- Go for a walk
- Jogging
- Working in the home
- DIY in and around the home
- Reading
- Going for a drive
- Video calls
- Phone calls

**Just some of those who are vulnerable that these measures could help:**  
Patients who are elderly, history of lung illness, cancer patients, immune suppressed patients, immune compromised and those with varying underlying conditions.

If you are moving house, please can you leave a recent copy of Sawtry Eye for the new occupiers - Thank you

2020	Group	Details	Contact	Page
1 May	Sawtry Motorcycle Club	Pete Scott Memorial Quiz	--	6
9 May	Sawtry Parish Council	VE Day Celebrations	01487 831771	6
9 May	St Nicholas', Glatton	Plant Stall	01487 830095	6
10 May	Ferrar House, Lt Gidding	Open Garden	01832 293383	6
17 May	Sawtry Gardeners	Annual Plant Sale	07598 431308	6
9 June	Feast Supper Committee	Sawtry Feast Supper	07903 841708	7
13 June	Sawtry Carnival Committee	Sawtry Carnival	07799 062276	9
9 July	Sawtry Royal British Legion	Prize Bingo	07788 180384	5
10 July	Sawtry Chorale / St Nicholas	Summer Concert	07870 248897	10
11 July	Walk to Run / SYP / CARESCO	Sawtry Sport 4 All	07861 740040	10
3 - 9 August	Churches Together	Light Factory Holiday Club	01487 830345	--
12 September	Sawtry Show Committee	Sawtry Show	01487 832682	12
8 October	Sawtry Royal British Legion	Prize Bingo	07788 180384	5
October	CARESCO	1940s Dance - TBC	01487 832105	--
28 November	SSBP / SYP / CARESCO	Frost Fayre	--	--
10 December	Sawtry Royal British Legion	Prize Bingo	07788 180384	5



## ***ADVERTISE YOUR COMMUNITY EVENT HERE***

***In these uncertain times, we do not know if any of the events mentioned above will be cancelled.***

***Please check with the organisers nearer the time.***

If you would like to have a date considered for inclusion please email the details along with a contact number to [sawtryeye@caresco.org.uk](mailto:sawtryeye@caresco.org.uk) with the subject 'Make a Date'.

We cannot include regular meetings/classes as space will not allow, but we would love to know about your special events.

When your organisation fixes dates, please let us know. No need to wait for the next deadline.

If you don't have access to email, then put it in writing and drop it into the CARESCO Centre or phone us on 01487 832105 (answer phone outside office hours).

We reserve the right to decide which items to include.

CARESCO is not responsible for the accuracy of the above information.

Please check with the individual group concerned.



**Contact details:**

Sawtry Eye  
The CARESCO Centre  
Green End Road  
Sawtry, Huntingdon  
Cambs PE28 5UX

01487 832105

Please where possible, email articles & letters with the subject "For Sawtry Eye" and enclose full name and postal address to:

[sawtryeye@caresco.org.uk](mailto:sawtryeye@caresco.org.uk)

Past issues can be found at  
[www.caresco.org.uk](http://www.caresco.org.uk)

**Editors**

Marina Joyce / Liz Coates

**Advertising/Sales**

Marina Joyce / Donna Green

**Design / Artwork**

Donna Green

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**EDITORIAL POLICY SUMMARY**

- All items are included entirely at the discretion of the editors who reserve the right to edit or refuse to print any item submitted.
- Views expressed in the Sawtry Eye are not necessarily those of the editors or CARESCO, they are included in the interests of free speech.
- The editors cannot accept any liability for omissions, errors or mistakes which occur in production.

The full Editorial Policy is available from the CARESCO office or [www.caresco.org.uk](http://www.caresco.org.uk)

For Issue No: 146  
June - July 20

Advertisements by  
12 Noon on 9 May  
News Items by  
12 Noon on 16 May

**Rates for Mono**

**Full Page: Portrait (17.5cm x 26cm)**  
1 Issue - £151.50  
6 issues - £757.50  
Monthly SO - £66.30

**Half Page: Landscape (13cm x 17.5cm)**  
1 Issue - £81.50  
6 Issues - £407.50  
Monthly SO - £35.70

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6 Issues - £222.50  
Monthly SO - £19.50

**Eighth Page: Landscape (6.5cm x 8.5cm)**  
1 Issue - £26.50  
6 Issues - £132.50  
Monthly SO - £11.60

\* All prices include VAT

For more information and prices for colour, contact the CARESCO office

# Welcome...

As you can imagine, this issue has been a bit of a challenge to pull together!

Thanks to COVID-19, most of the regular activities that we normally tell you about have been suspended for the duration, and many of the one-offs are postponed or cancelled.

We hope you find the content interesting and informative, but please be aware that by the time you are reading this, things may have changed again so ensure you are following the current government guidelines and look out for each other. If planning on going to a group or event, please check ahead that it is still happening.

The Covid-19 Sawtry Response Team are working hard in the background to support anyone who needs it, and we are grateful to them for all their efforts.

Be good to each other

**Liz - Co-Editor**



## CARESCO

meeting needs in our local community

## CARESCO UPDATE

Following the recent Government guidelines in relation to COVID-19, we have sadly chosen to suspend many of our activities and clubs to protect our service users, volunteers and staff.

Please note, this is a decision that we have not taken lightly and one that we have had to make with heavy hearts, but until further notice the **Green End Day Club**, **Alconbury Thursday Club**, the **Chatterbox** and **Sounds Good** groups, the **Sawtry Car Scheme**, **Sawtry Man Cave**, our **Charity Shop** and the weekly **Coffee Shop** will remain closed.

**Sawtry Foodbank** will continue to serve those who need the support, food supplies and volunteers allowing. Their sessions will be on Fridays from 3.30 to 5.30pm in the CARESCO Centre. They can be contacted on 07743 593863 or emailed at [foodbank@caresco.org.uk](mailto:foodbank@caresco.org.uk).

For all other general enquiries, please leave a message on the office answerphone 01487 832105 and we will get back to you as soon as possible.

*Thank you for your understanding*

**For more information please call 01487 832105  
and leave a message, email [office@caresco.org.uk](mailto:office@caresco.org.uk)  
Or visit [www.caresco.org.uk](http://www.caresco.org.uk)**

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## SCHOOL TERM DATES



**Spring Term 2020**  
End of term 1 April

**Autumn Term 2020**  
Start of term 3 September  
Half term 26 - 30 October  
End of term 18 December

**Summer Term 2020**  
Start of term 20 April  
Half term 25 - 29 May  
End of term 21 July

**Spring Term 2021**  
Start of term 4 January  
Half term 15 - 19 February  
End of term 26 March

**NB** Academies are responsible for setting their own holiday dates and may not match those set by Cambridgeshire County Council. Schools have a number of training days available to take in addition at their discretion. Please contact your local school for more details.

Information taken from [www.cambridgeshire.gov.uk/education](http://www.cambridgeshire.gov.uk/education)



**HDC REFUSE  
COLLECTION**

**LANDFILL WASTE (GREY)**  
(Week Beginning)  
6 & 20 April  
4 & 18 May

**GARDEN WASTE (GREEN)  
& RECYCLING (BLUE/GREEN)**  
(Week Beginning)  
13 & 27 April  
11 & 25 May

To find out your exact dates  
or for more information visit  
<http://www.huntsdc.gov.uk>



Your Kind of Music presents

### 'Stilton in Tune'

live keyboard charity events

At the Pavilion, High Street, Stilton, PE7 3RA

Sadly, I have had to cancel/postpone the next two concerts at least (April/May) and hope that we get back to normal by June. But who knows!!

I intend to restage the lost concerts later on a fortnightly basis if both the Pavilion and the artistes are available. I will keep everyone informed as and when we can recommence our musical events.

For further details please contact  
Tony Oliver on 01480 474282 or 07918 602600  
or email [tony.oliver5@btinternet.com](mailto:tony.oliver5@btinternet.com)



Come and join us for all  
things musical and  
the spoken word.

We meet on the  
2<sup>nd</sup> and 4<sup>th</sup> Fridays  
of the month, from 1.30 to 3pm  
At the CARESCO Centre

**Suspended until further notice.  
Please contact the  
CARESCO office on 01487 832105  
for information**

There is a charge of £2.00 per session,  
refreshments included



## SAWTRY WI

Sawtry WI meets on the 1<sup>st</sup> Thursday of the month,  
at 7pm, in the WI Hall, Gidding Road, PE28 5TS  
(wheelchair access and hearing loop)

Charity Number 229016

\*\*\*\*\*

**Please note: All meetings and WI events  
are cancelled until further notice.**

**We do not have a meeting in August  
so we hope to re-start in September.**

**Obviously this will be decided nearer the time.  
Any details will be advertised in the Sawtry Eye**

\*\*\*\*\*

Visitors and new Members always receive a warm welcome.  
If you haven't tried the WI before, come along and meet us

Regular features include:  
Crafts, Books, Raffle and Refreshments

<b>President</b>	<b>Ann Martin</b>	<b>01487 830442</b>
<b>Correspondence Secretary</b>	<b>Rosemary Jubb</b>	<b>01487 830243</b>

## CAMBRIDGESHIRE HEARING HELP?

**Quarterly Hearing Help Service  
for NHS hearing aid users**  
Free batteries, hearing aid servicing  
& advice on how to manage hearing loss

**On Wednesday 1 April  
From 3.00 - 4.00pm**

**At the CARESCO Centre  
Off Green End Road, Sawtry, PE28 5UX**

Are you interested in volunteering?

Please get in touch if you are interested.  
For more information please see our article  
on page 7

**Cambridgeshire Hearing Help CIO,  
153 St Neots Road, Hardwick, Cambridge  
CB23 7QJ - Tel 01223 416141**

[www.cambridgeshirehearinghelp.org.uk](http://www.cambridgeshirehearinghelp.org.uk)  
Registered Charity No 1154071

## SAWTRY PARISH COUNCIL - COVID-19

At the time of writing, the Sawtry Parish Council Office is still open between 9am and 1pm, Monday to Friday.

**Please contact us either by phone on 01487 831771**

**or email [admin@sawtry-pc.gov.uk](mailto:admin@sawtry-pc.gov.uk)**  
(There is a door intercom should there be a need to call in person)



### CRAFT BUDDIES

Bring along your projects or just come to chat. No charge to attend, drinks available to buy at the bar.



**\*\* Suspended until further notice \*\***

**7.30 - 9.30pm every Tuesday**

**At Sawtry Club, Gidding Road, Sawtry**

**Just turn up, or for more info contact**

**Carolyn on 01487 832682**

**or email [carolynwatts56@yahoo.co.uk](mailto:carolynwatts56@yahoo.co.uk)**

### CORONAVIRUS-RELATED FRAUD

**Protect yourself**

1. Watch out for scam messages - Don't click on the links or attachments in suspicious emails, and never respond to unsolicited messages and calls that ask for your personal or financial details.
2. Shopping online - If you're making a purchase from a company or person you don't know and trust, carry out some research first, and ask a friend or family member for advice before completing the purchase. If you decide to go ahead with the purchase, use a credit card if you have one, as most major credit card providers insure online purchases
3. Protect your devices from the latest threats - Always install the latest software and app updates to protect your devices from the latest threats.

### BOOK STALL AND COFFEE MORNING

**At Winwick Church**

**Saturdays once a month  
10.00 till 11.30am**

**\*\* Cancelled until further notice \*\***



**The Church is open for everyone to come along and enjoy a cup of coffee and cake and browse our extensive supply of second-hand books**



Donations invited in exchange for the above

Proceeds to go to the Church

**For more information please contact :  
Sue Fowler 01832 293215**

## THE ROYAL BRITISH LEGION SAWTRY & DISTRICT BRANCH

Sawtry Club, Gidding Road



### PRIZE BINGO

Thursdays

9 July, 8 October

& 10 December

Eyes down 7.30pm

All Welcome

Profits to Sawtry Branch

For more information, call 07788 180384



## CHATTERBOX

### DROP-IN SESSIONS FOR FAMILY CARERS

A friendly drop-in where you can get help.  
Chat & relax over a cuppa.  
Guest speakers & Carers Assessments.

**Every 2<sup>nd</sup> & 4<sup>th</sup> Monday  
between 2 - 4 pm**

**Suspended until further notice.  
Please contact the  
CARESCO office for information**



At The CARESCO Centre,  
Green End Road, Sawtry, PE28 5UX

**For more information Email: [office@caresco.org.uk](mailto:office@caresco.org.uk)  
or call the CARESCO Office 01487 832105**

## SAWTRY STEPPERS MODERN LINE DANCE CLASSES

**Mondays for Beginners / Improvers**

10am - 12pm ~ £5 (including refreshments)

10 - 11am Beginners' Hour

Old School Hall, 37 Green End Rd, Sawtry, PE28 5UX

**Wednesdays Improvers / Intermediates**

7 - 9pm ~ £5 (including refreshments)

Glatton Village Hall, High Haden Rd, Glatton, PE28 5RU

**Fridays for Beginners**

7 - 8.30pm ~ £5 (including refreshments)

Old School Hall, 37 Green End Rd, Sawtry, PE28 5UX

**Any two classes a week for £7**

**Contact Julie:  
[jcgillmore@sky.com](mailto:jcgillmore@sky.com),  
07939 070406**



**Line Dancing**

# SAWTRY GARDENING CLUB ANNUAL PLANT SALE SUNDAY 17 MAY

FROM 2 – 4PM  
AT THE OLD SCHOOL HALL,  
PE28 5UY



Pick up your bedding plants,  
tomatoes, vegetables, etc

**Free entrance**

**Refreshments available**

**\*\* Please check ahead  
to ensure event is on \*\***

**For info: 07598 431308**

**or email [sawtrygardeningclub@gmail.com](mailto:sawtrygardeningclub@gmail.com)**

**Find us on Facebook at: Sawtry Gardeners**

*Sawtry Gardening Club is proud to support  
Macmillan Cancer Support*



# VE Day 75 Celebrations

The national celebrations to mark the 75<sup>th</sup> anniversary of 'Victory in Europe' will cover the weekend 8 to 10 May.

- Sawtry will conduct our own events on Saturday 9 May from 12 noon to 4pm (see details on front cover)
- Activities will be centred on the Old School House.
- A singer will perform during the afternoon.
- Jacqui and John will supervise children's games and music.
- CARESCO will offer tea, coffee and cakes in their premises.
- Bring your own picnic (and chairs).
- Wear 1940s costumes if you wish.
- More details will be provided nearer the date.



**(Note that the bank holiday planned for  
Monday 4 May has been moved to Friday 8 May.)**

Ferrar House  
Little Gidding, Huntingdon, PE28 5RJ

## NGS Open Garden Scheme

Sunday 10 May  
10.30 – 5pm

Adults £4 Children free. (Ticket sales for the NGS)  
Tea and cake available  
Live music, History talks in the Church,  
Traditional games on the lawn  
and a fabulous plant stall.

**For more information  
[info@ferrarhouse.co.uk](mailto:info@ferrarhouse.co.uk)  
or 01832 293383**



## Pete Scott Memorial Quiz

Friday 1 May - TBC

8pm

At Sawtry Club

Gidding Road, Sawtry

Teams of 4-6 or join a team on the night  
£2 per person.

There will also be a raffle

All proceeds in aid of

Sue Ryder Thorpe Hall Hospice Peterborough

**We recommend you book your table by emailing  
[graham@eton-travel.co.uk](mailto:graham@eton-travel.co.uk)**

## Glatton Church

### PLANT STALL

Saturday 9 May  
9.00am To 1.00pm

At Glatton Crossroads

Bedding /Container/Tomato/ Vegetable Plants/  
House Plants/Perennials etc

**Dick and Pam Tuplin 01487 830095**



## CARESCO BACK TO THE 90S QUIZ SHEET

meeting needs in our local community

The deadline for our 90s quiz sheet has been extended until Friday 24 April to allow those at home to get their entries back to us.

Thank you for your support.

**CARESCO**



## FUNDING OUR FUTURE

**CAN YOU HELP TO SECURE  
CARESCO'S FUTURE?**

Would you like to help support CARESCO in our new fundraising initiative? We are looking for friends and supporters to kindly donate £4 per month by standing order to help fund our future.

**Please telephone: 07599 987468 or  
email: [fundraising@caresco.org.uk](mailto:fundraising@caresco.org.uk)  
for more information**

## SAWTRY WINEMAKERS

### Calendar of Events

Wednesday 15 April  
*Cancelled*

Wednesday 20 May  
*Cancelled*

Wednesday 17 June  
Ten Pin Bowling at Pidley - TBC



**\*\* Please be aware that future dates may be cancelled due to the Coronavirus outbreak \*\***

You will be most welcome to come along to any of our meetings and join us. Sawtry Winemakers hold a monthly meeting at the Old School Hall every third Wednesday.

Our aim is to promote the making and enjoyment of homemade wines and beers, to share the results of our efforts and encourage new wine and beer makers.

**For more information call Janet 01354 278824**

## SAWTRY FEAST SUPPER CLUB

**\*\* NEW DATE:**

**TUESDAY 9 JUNE \*\***

We would like to thank everyone whom attended this year's Bingo held in March, we raised an amazing £353 towards this year's Feast Supper. Thank you to everyone whom attended and also everyone who brought raffle prizes and Marlene for making us two wonderful cakes which were auctioned off. A great effort by everyone.

As we write, we are still planning to go ahead with this year's Feast Supper but with things changing by the day we will update everyone just as soon as we can. Please look out for notices nearer the date, which will be posted on local notice boards including at CARESCO. If you cannot get to see notices please call the secretary for updates.

If anyone would like to attend who has not already registered please contact myself for details.

**Karen Leader, Secretary**

**07903 841708**



## TRESS VS SHRUBS

Worried about Global Warming, but you do not want to plant a tree in your garden because it might damage your house, or spoil your view? Why not plant some shrubs?

Shrubs are smaller than trees: they will not damage property, will not spoil your view, but they will absorb and store carbon dioxide, and there are many attractive ones to choose from. Shrubs will also give homes to wildlife, some of whose homes we have removed by building more homes for ourselves.

Some houses in Sawtry have very large gardens, with wide open spaces, that can take trees far enough from buildings not to cause any worries. Do you own a house like that? If so, give me a ring and I will liaise with the Tree Warden and see what we can do.

**Larry Curley phone 830803**

## THE ROYAL BRITISH LEGION SAWTRY & DISTRICT BRANCH

On 7 May 1945 the formal act of military surrender was signed by Germany, ending the war in Europe. The next day celebrations broke out all over the world to mark Victory in Europe or VE Day. In Britain, Churchill marked the occasion by declaring the 8 May a public holiday. People held parties, danced and sang in the streets. Huge crowds gathered in London, both on Whitehall to hear Churchill speak and outside Buckingham Palace where King George VI and the Royal Family appeared on the balcony.

VE Day was one that remained in the memory of all those who witnessed it. It meant an end to nearly six years of a war that had cost the lives of millions; had destroyed homes, families, and cities; and had brought huge suffering and privations to the populations of entire countries.

During the course of WW2 382,600 British Military personnel lost lives as well as 67,100 British Civilians.

On 8 May this year we should remember all those who lost their lives for us to live as we do today. We Will Remember Them.

**For more information on the work the Royal British Legion does please visit: [www.britishlegion.org.uk](http://www.britishlegion.org.uk)**



## HEARING HELP SERVICE

With regret, we have to downgrade our service in the light of Government advice in relation to Coronavirus so that we can only provide batteries at our Hearing Help clinics (see details for Sawtry on page 4); we are unable to receive or examine your hearing aid. Some clinics are also having to be postponed because of decisions by the venues and availability of staff and volunteers. We will update session information regularly on this website – please look at individual location page.

If your hearing aid is not working, please contact your original supplier: your hospital audiology department or Specsavers. If your hearing aid is blocked by wax, please post it to our office and we will return it to you by post. We can also send batteries to you by post – please write with a self-addressed envelope (with a Large Stamp) and we will be pleased to do so.

We will seek to continue to respond to telephone enquiries during our advertised times. We hope to return to providing our full service as soon as possible and thank service users, volunteers and staff for your understanding and continuing support. Our full contingency plan can be read at: <https://www.cambridgeshirehearinghelp.org.uk/wp-content/uploads/2020/03/coronaviris-plan.pdf>

**Further changes to our service may become necessary and will be posted on our website [www.cambridgeshirehearinghelp.org.uk](http://www.cambridgeshirehearinghelp.org.uk)**

## FROM CLLR SIMON BYWATER

At the time of writing we are facing unprecedented times with the Coronavirus situation but I have no doubt that given time we will come through this as a community. Despite the panic buying, I have witnessed local people "going above and beyond" to help others. Long may this continue and thank you.

Please do all you can to check others are ok, in particular the elderly and vulnerable within our communities. Please also support the local voluntary groups where you can.

I'm not going to give any details about the current situation because it's a moving arena and will no doubt be outdated by the time this article is published.

In my role as Chairman of the children's and young Peoples Committee at Cambridgeshire County Council, I will continue to work with officers responsible for Education and children's Social Care. Schools are being briefed daily by the Director of Education.

Please listen to professionals and avoid unnecessary comments on social media.

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### *Journey to Easter*

As we approached Easter we find ourselves journeying through Holy Week with its many ups and downs. The roller coaster of Holy week has its climax on Easter Sunday, but before we get to that joyful celebration, we journey through the heartbreak of Good Friday. On that first Good Friday the hopes and dreams of Jesus' believers, had everything they held dear crushed and taken away. Many of us may feel similar at this time, where our plans, expectations and normal life have changed dramatically, however just as it was then, it is now and the story continues.

On Easter Sunday we celebrate the risen Jesus who gave those first believers renewed hope, joy for the future and excitement of what was possible. Whatever life holds for us currently, we have that same Easter hope and assurance that Jesus is with us, in every circumstance no matter how challenging it feels.

I encourage everyone able, to help where they can, to look out for each other and in a world where hugs and handshakes are a no-no, be reminded how powerful a smile is.

*Our Father, who art in heaven,  
hallowed be thy name;  
thy kingdom come;  
thy will be done;  
on earth as it is in heaven.  
Give us this day our daily bread.  
And forgive us our trespasses,  
as we forgive those who trespass against us.  
And lead us not into temptation;  
but deliver us from evil.  
For thine is the kingdom,  
the power and the glory,  
for ever and ever.  
Amen.*



*May the blessing of God Almighty,  
Father, Son and Holy Spirit  
be with you and all those you love  
now and ever more  
Amen*

With love and continued prayers for your all

**Rev Becky Dyball**

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### *SPOTTED FLYCATCHERS*

Have you got this increasingly rare bird breeding in your garden? Let us know!

In recent years many Cambridgeshire community and parish newsletters, magazines and websites have helped with a countywide survey of Spotted Flycatchers. These are attractive little migrant birds that are summer visitors to village gardens and churchyards. Although they breed with us, they spend up to nine months of the year travelling as much as 16,000 miles between here and their wintering grounds in Southern Africa – Angola and Namibia. This is an increasingly dangerous journey for them, and sadly they are in deep decline. Widespread losses amounted to a 50% decline during 1995 - 2010, continuing a 90% decline since 1970.

Only a few hundred pairs remain breeding in Cambridgeshire, but most villages still have a pair or two; they rarely breed out in the wider countryside. We are continuing our work to find and monitor nesting pairs. It's almost certain that there are many additional pairs out there of which we are not aware.

Do you have flycatchers in your garden? Will you see one this year, or have you in recent years? The few that remain are here from mid-May to September. And there's lots more to read about our project and Spotted Flycatchers in general at [bit.ly/SpotFly](http://bit.ly/SpotFly)

**Please email: [spofl@cambridgebirdclub.org.uk](mailto:spofl@cambridgebirdclub.org.uk) with any sightings.**



Photo credit  
Tom Reynolds



## FROM SAWTRY FOODBANK

During the current COVID-19 outbreak, the Foodbank team are expecting demand to rise significantly. Please think of others when you are shopping and, where allowed, buy an extra tin or packet and pop it into one of our collection baskets. All donations are appreciated.

Some people have chosen to donate money instead, so that the team can shop for any needed items. This brings challenges in itself as each individual is restricted to quantities. Before this all started, the team could easily do a large supermarket shop buying a couple of dozen of each item with no problem! Remember those days?

Thank you to everyone who has made a donation recently, we have been touched by your generosity, especially in these challenging times. Our community is a very caring one and we can get through this if we work together.

If you need a food parcel due to financial hardship, we ask that wherever possible you get a voucher from one of our partner agencies, such as one of the schools or the Community Centre.

The team are developing new ways of working that will keep everyone safe and will prioritise the requests for help, so please watch out for details as they become available. Currently, the team will be in session each Friday 3.30 - 5.30pm in the CARESCO Centre. Please be patient if there is a delay on the day, the team are doing the best they can in difficult circumstances.

**Please contact us via the CARESCO office, details on page 3.**

**In an emergency, call the team on 07743 593863**

## SAWTRY SCHOOLS

The decision to close the schools was made the week of the Sawtry Eye's deadline, so understandably there has been no contributions from the Sawtry schools as they have been dealing with those developments. Therefore, in view of the current situation please follow their Facebook pages and websites for the latest information:

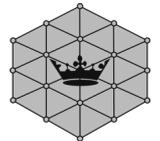
[www.sawtry-inf.cambs.sch.uk](http://www.sawtry-inf.cambs.sch.uk)

[www.sawtryjunior.org](http://www.sawtryjunior.org)

[www.sawtryva.org](http://www.sawtryva.org)



Sawtry Village  
Academy



Sawtry Infant  
School

## SAWTRY YOUTH PROJECT

The SYP committee received an enquiry recently from a Sawtry grandparent, asking us if the skatepark is going to happen and when. They were hopeful that Sawtry would have its skatepark for the summer, as their three young grandchildren are coming to stay with them over the summer holidays. Thank you Jan and family for your kind words of support for the project. Jan would love to be able to walk to a skatepark with her grandchildren, instead of having to drive to surrounding towns to use their facilities.

Just to remind everyone where we are: Section 106 money has been specifically allocated to a skatepark, from the Bovis homes development on Gidding Road. SYP have raised almost 20K. The build cost of the preferred design is 118K, leaving us with a shortfall of 20K. Sawtry Parish Council need to instruct a preferred contractor, who will support the Council and SYP with applying for grants, which we hope will meet the shortfall in funds.

As always, please keep up to date with us through social media, website and local events.

Anyone interested in joining the SYP committee, please do not hesitate to contact us.



***We always welcome new members with fresh ideas. If you are considering a voluntary role and would like to offer your skills to the skatepark committee, please do get in touch with us through Facebook (@sawtryyouthproject) or through our website: [www.sawtry-youth-project.org](http://www.sawtry-youth-project.org)***



SAWTRY CARNIVAL 2020

## 'Tropical Fiesta'

***Coming soon to a village near you!***

***Find us on Facebook for updates***



For further information, please contact Julia- Sawtry Carnival, Chairman  
[sawtrycommittee@gmail.com](mailto:sawtrycommittee@gmail.com) or call 07799 062276

## WELLSIDE SURGERY NEWS



### Covid-19

During these difficult times, we will continue to provide you with the best possible service we can whilst also ensuring the best protection of patients and staff alike.

We have already moved to a telephone triage appointment system. Patients will be offered a face-to-face appointment if the GP feels this is appropriate. At present, we are providing essential services only in order to shield patients from possible contact with the virus.

Many patients have already asked for additional supplies of medication. Please note that we will be guided by national guidance from the government. At present the instructions we are receiving are that we are not to provide medication over and above normal quantities. We will be observing this ruling.

Whilst we are trying to reduce the number of patients attending the surgery, we need to ask for your help. Patients who do not already have a nominated pharmacy set to receive their repeat prescriptions electronically are now asked to do so. This nomination can be set up either by the pharmacy of your choice or by the practice. Setting up a nomination means that your repeat prescriptions will be processed by us as per normal, but instead of you coming to us to collect the prescription you go straight to your chosen pharmacy who will have received it from us electronically. This will save a lot of patient visits to the practice and reduce the need for further face-to-face interactions that are not essential.

Please remember that everything we are doing is aimed at ensuring we can continue to provide essential healthcare services under these extremely challenging circumstances. We thank you for your continued support.

**Mrs Claire Wright, Practice Manager,  
Wellside Surgery, Sawtry, Tel: 01487 830340**

## SAWTRY SPORT 4 ALL

**\*\* SAVE THE DATE \*\*  
SATURDAY 11 JULY**



The SS4A committee are still working hard on getting a community sports day ready for Saturday 11 July. Fingers crossed we will be out of the worst and this day will be a super opportunity to make exercise social again. We have so many free activities planned so do watch this space!

In the meantime, we are encouraging people to get out and walk, march, Jeff or run to keep their spirits up and to boost the immune system with exercise. Every Saturday at 9am you are invited to join a 5k route. You can walk all of it or do an 'out and back' so for example, walk 5 minutes in one direction, then turn and go back to your start point near your house.

We have mapped out a 5k route of the village and encourage people to join it at the point nearest their house (to avoid group gatherings). Walkers and marchers go clockwise, Jeffers and runners go anti-clockwise which should mean that people get a cheery wave as other participants pass. People should wash their hands before and after, avoid touching their face and keep two meters apart from anyone with whom they are not living. There is no meeting place so just join anywhere on the loop at 9am and head off.

The route goes along Deerpark over to Rowell Way and down and round the park and back out the top of Rowell Way into Westfield and then into Middlefield past the primary school, along Green End Road all the way to Gloucester where you turn in and head towards Beaumaris where you turn left towards Fen Lane. It is then over the zebra near SVA and into Newton Road, over to Church and back over to Deerpark. If you are feeling fit, do it twice! If it proves popular, we may do it at other times too!

**For more information, please contact us by email: [sawtrysport4all@gmail.com](mailto:sawtrysport4all@gmail.com)  
or via our website at [www.sawtrysport4all.com](http://www.sawtrysport4all.com)**



## SAWTRY CHORALE

Sadly rehearsals have had to be suspended for the duration of this current situation and our Spring Concerts have been cancelled.

Planning a little further ahead, we are still looking hopeful about this year's summer concerts, but please check ahead that they are happening nearer the time:

- Saturday 4 July - Keyston Village Hall, Loop Road, Keyston, PE28 0RE
- Friday 10 July - St Nicholas Church, Church Road, Glatton, PE28 5RR

**We are always looking for new members, so if you would like to sing with us please contact 07870 248897 or come along to rehearsal – Wednesdays 7.45pm in the Methodist Church Hall, Green End Road in Sawtry. You don't need to read music, just like to sing. If you would just like to support the Chorale in other ways, we would be happy to hear from you.**

**We look forward to seeing you all again soon...**

## SAWTRY SPORTS AND SOCIAL CLUB GIDDING ROAD, PE28 5TS

The 'Club' was given to the village many years ago (1922!) to be used by the whole Community. Although its popularity has waned recently, we still hold regular events such as discos and live bands, all of which are free to members. We also support many community groups allowing them to hold meetings here free of charge.

There are ways you can support keeping the Club alive:

- Become a member – annual rates are very reasonable, see below
- Attend our events – keep an eye out on Facebook and posters displayed on the front of the building
- Hire the function room for an event here – it's great for parties, discos and live music. It has a large stage and you can decorate the room to suit your event. We also hire the room out for wakes and christenings, etc. Hire charges are below
- Give us feedback and ideas – what events would you like to see happening here?
- If you have enjoyed an event at the Club, please spread the word
- Join the Committee. Our AGM is currently planned for 30 April (TBC), 8pm at the Club. All members are welcome to attend
- We have a snooker / pool room, dominos, whist and knit and natter. We're always looking for new members so come along if you're interested or even start a different group up

The Club regularly holds popular Sunday afternoon 'sing-a-longs'. The format is based on requests from the audience and includes a good old 'music hall' sing-along. We recently held a Country music afternoon with the support of the line dancing groups in the village. It was a great success and we hope to host more of this type of event in the future. We don't charge for these events, we just ask that you buy a drink or two from the bar.

The Club is an important part of Sawtry's heritage and the Committee is working hard to maintain it as a popular venue for the whole community to use. We can only achieve this through your continued support.

For further info check out our website or call 01487 830462.

### Function room hire charges:

Friday night and Sunday afternoon £50  
Saturday night £125  
Other afternoons £40  
Other times / prices available on request

### Membership fees (new members):

Adult: £17.50  
OAP: £8.75  
Non-member entry £2

There is a discounted rate for renewals  
Renewals are now due.

## SAWTRY HISTORY SOCIETY

Our January meeting subject was *10 Years of Newsletters* by our secretary Marilyn. She has been producing these for our monthly meetings since January 2010.

The first pale and faded slide was *The Romans of Ermine Street* all about the 9th Legion. The ones that followed, although this is not an exhaustive list, were *Quakers, Iron Age Romano Settlements, Swing Riots, Sawtry Land Army Hostel, VE Day Parties, The Fenland Arc, London Brick Co., Bronze Age Boats, Richard the 3rd, All Saints Church, The Spitfire Dig in the Great Fen & The 459th Bomb Group & Miss Ida*. We had much participation from the floor and many memories were stirred.

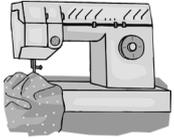
The February meeting was intended to be *Vanishing Cambridge* but Mike Petty was unable to fulfil this. Roger Leivers stepped in and our talk became *House of Spies*, this was the story of Farm Hall in Godmanchester. This house belonged to the Towgood family; it was commandeered during the war and became a staging post for the agents flying from Tempsford in to occupied France. This story could be called *Two Men & a Dog*, Roger told us how two pre-war pals set this up and how the dog 'Cromwell', known as Crommie, supported the agents. In recent years the dog has been awarded a PDSA award as the first Posttraumatic Stress dog, there is a small memorial to him outside the house today.

After the end of the war, the House became the home of Operation Epsilon when the German scientists that had worked on the A bomb project were interned.

**The History Society usually meets on the third Thursday of the month in the WI Hall, Gidding Road Sawtry at 7:30. However, after reviewing the Government advice we are cancelling our meetings until further notice. The archive will also be closed for the foreseeable future.**

**We will be involved with the VE Day Celebrations & the Carnival should they go ahead.  
Our AGM will go ahead when meetings resume.**

**Hopefully our trip September to the Churchill War Rooms & the V & A Museum will be unaffected.  
For info call Chris Merton 01487 831441**



## SAWTRY SHOW SATURDAY 12 SEPTEMBER

The next couple of months will be a challenge to us all, but by the time of the Show there is a good chance that we will all be out and about again and it will go ahead as planned.

It's a great opportunity to start projects to enter into the Show, whether it be making or growing something. The weather is beginning to warm up a bit, so why not get out into the garden, get some fresh air and start sowing.

The adult classes for 2020 were published in the last edition of the Eye. If you've misplaced your copy feel free to drop me an email and I can send you the list.

I've had a couple of questions about the digital photo class. It will be a photo submitted by email and displayed on a screen rather than a printed version. Full details to follow.

The junior classes have still to be decided on and will be published in the full Schedule in June.

Last year we had very small numbers of entries from children and none in the 12-15 age group. We would love to hear your suggestions for classes you think would encourage more children to enter. We will also be having a group entry category, so if you run a group or class please, please have a think how you can support the Show.

I wish you all a safe and productive few weeks. Any questions or ideas please contact me on my email below

**Carolyn Watts, Show Chairman, 01487 832682, or email [watts204@hotmail.com](mailto:watts204@hotmail.com)**



### NEWS FROM SAWTRY LIBRARY

#### Coronavirus Update

Following Public Health Guidelines, all Cambridgeshire Libraries until further notice. Loans have been extended to 8 weeks for all items and there will no overdue charges applied for the foreseeable future

You can still use the library online services to download e-books, e-audio, magazines and newspapers. Visit our website: <https://www.cambridgeshire.gov.uk/residents/libraries-leisure-culture/libraries/library-online> and login using your library details.

If you need to speak to somebody about any library matter please call our contact centre on 0345 045 5225.

For more information and updates, please keep checking on our website: [www.Cambridgeshire.gov.uk/Library](http://www.Cambridgeshire.gov.uk/Library)

#### Normal Opening Hours for Sawtry Library

<b>Monday</b>	<b>Closed</b>
<b>Tuesday</b>	3.00pm - 7.00pm
<b>Wednesday</b>	10.00am - 1.00pm and 2.00pm - 5.00pm
<b>Thursday</b>	<b>Closed</b>
<b>Friday</b>	3.00pm - 5.00pm
<b>Saturday</b>	9.30am - 12.30pm

To renew or request books:  
[www.Cambridgeshire.gov.uk/Library](http://www.Cambridgeshire.gov.uk/Library).

Enquiries: 0345 045 5225

For further details about any of our events listed here please see a member of staff.

**Paul Smith,**  
**District Library Assistant,**  
**Huntingdon, Yaxley and**  
**Sawtry Libraries**



### ROMAN CATHOLIC PARISH OF ST LUKE PETERBOROUGH ST BENEDICT'S CATHOLIC COMMUNITY SAWTRY

Sawtry Sunday Mass normally at the Methodist Church,  
Green End Road, Sawtry PE28 5UX

**\*\* Currently suspended \*\***

We are a friendly proactive community working closely with the other Church communities in Sawtry, as well as our Roman Catholic Parish Church of St. Luke in Orton Malborne, Peterborough.

**Contact in Sawtry: Tony – [tony.stefanelli04@gmail.com](mailto:tony.stefanelli04@gmail.com) - 01487 830680**

**Contact St. Luke's Priest-in-charge: Fr Jeffrey Downie for Baptism, First Holy Communion, Confirmation, Marriage, Funerals, and all other inquiries -**

**[saintlukesparish@yahoo.co.uk](mailto:saintlukesparish@yahoo.co.uk) - 01733 370877 -**

**<http://www.saintlukesparish.org.uk>**

Find us on:





## ALL SAINTS', SAWTRY & ST NICHOLAS', GLATTON PARISH CHURCHES

In a long list of things they don't teach you when training to be a priest, the impact of Coronavirus is certainly one.

It's an unprecedented situation and the guidance changes so frequently it is hard to keep up. However, I would like to encourage you and say thank you. I have been told of so many circumstances where people have shown such kindness. I am so enormously encouraged by the care, love and warmth that I have heard of, shown especially to those most vulnerable in our community. Thank you! From offers of shopping, taking bins out, walking dogs whilst owners are unwell, a friendly word (at appropriate social distance), picking up newspapers, it has done vast amounts of good for many who find themselves even more isolated than usual.

You may have heard on the news that Church services are going to look a little bit different for a while, as public services are suspended until further notice, but this is far from us shutting up shop. Church is often referred to as the building, but is far more importantly a group of people of all different ages, traditions, backgrounds and understandings. We are a higgledy-piggledy bunch of humans who share in our love of Jesus. In the coming weeks and months know that we are still operating, we are more scattered than usual but we seek to creatively find ways to serve in our community, to equip people with resources to worship and share joy and light where ever we can.

To keep up to date on church activities, get your hands on resources including: online services, some helpful prayers, fun resources to keep the whole family entertained and the latest church information locally please visit: [www.allsaintssawtry.org.uk](http://www.allsaintssawtry.org.uk) or get in touch with me:

**Rev Becky Dyball**

**Email: [revdyball@gmail.com](mailto:revdyball@gmail.com); Mobile: 07444 574039; Office: 01487506217**

**Address: The Rectory, Church Causeway, Sawtry, PE28 5TD**



## CHURCHES TOGETHER IN AND AROUND SAWTRY

It is often said that the Christian Church is about people and not about buildings. Throughout the ages, a significant emphasis has been on building community. In today's difficult environment, with all the challenges of the impact of the coronavirus, this emphasis on community is greater than ever. Public events in our buildings are suspended for the foreseeable future until it is considered safe to do otherwise. All Saints', St. Nicholas (Glatton), St. Giles (Holme), All Saints (Conington) and the Methodist Church building, including St Benedict's Catholic Community, are closed for all events.

However, as Churches Together in and around Sawtry, our church life continues in practical and imaginative ways. Wherever we can, we will support the community life of Sawtry and the surrounding villages. Many members of our churches are already involved in a wide variety of community work and will continue to do whatever they can in practical, pastoral and prayerful ways.

In our modern age the Churches we represent have made huge advancements in the cause of human dignity and worth across the world through supporting the work of many charities such as CAFOD, Tearfund and Christian Aid. In the local situation the members of our churches quietly get on with the task making a difference supporting the work of CARESCO, the Foodbank and much more.

If you find prayer helpful at this time may we suggest:

*We pray together.  
We are not people of fear:  
we are people of courage.  
We are not people who protect our own safety:  
we are people who protect our neighbours' safety.  
We are not people of greed:  
we are people of generosity.  
We are your people God,  
giving and loving,  
wherever we are,  
whatever it costs  
For as long as it takes  
wherever you call us.*

**Barbara Glasson, President of the Methodist Conference**



**Rev Becky Dyball**

**Email: [revdyball@gmail.com](mailto:revdyball@gmail.com)**

**Mobile: 07444 574039**

**Office: 01487506217**

[www.allsaintssawtry.org.uk](http://www.allsaintssawtry.org.uk)

**Fr Jeffrey Downie**

**Email: [jeffrey.downie@rcdea.org.uk](mailto:jeffrey.downie@rcdea.org.uk)**

**Phone: 01733 370877**

[www.saintlukeparish.org.uk](http://www.saintlukeparish.org.uk)

**Rev Alan Taylor**

**Email: [alan@sawtrymethodist.org.uk](mailto:alan@sawtrymethodist.org.uk)**

**Phone: 01487 209457**

[www.sawtrymethodist.org.uk](http://www.sawtrymethodist.org.uk)



# REMEMBRANCE

The Sawtry and District Branch of the Royal British Legion  
remember the fallen throughout the year



APRIL		
Private Bertram David HAYNES	19 April 1917	Sawtry
Private James STAPLETON	19 April 1917	Sawtry
Private Reuben GRAY	23 April 1917	Wood Walton
Private James REID	6 April 1918	Great Gidding
Private George Henry COLBERT	12 April 1918	Holme
Private Frank WILLIS	24 April 1918	Holme
Trooper Reginald ELSOM	23 April 1943	Sawtry

MAY		
Private William WRIGHT	3 May 1917	Sawtry
Private Arthur YEOMANS	3 May 1917	Great Gidding
Private Archie ROWELL	13 May 1917	Sawtry
Private Charles William BODGER	5 May 1918	Old Weston
Private Leslie Charles REDHEAD	20 May 1940	Great Gidding
Private George Joseph William GINNS	28 May 1943	Sawtry
Lance Sergeant Robert KETTERINGHAM	29 May 1944	Sawtry

At the going down of the sun and in the morning  
We will remember them.



Bedfordshire  
Cambridgeshire  
Northamptonshire

**Huntingdonshire  
Local Group**

***Sadly, all our talks and outdoor activities are suspended until further notice.***

Part of the Wildlife Trust for Bedfordshire, Cambridgeshire and Northamptonshire

Registered Charity No: 1000412

## AN EYE ON NATURE

Whether you agree that climate change is due to human activity, or not, there is no doubt that our weather is very different now from when I was a child in the 1960s. There are things we can all do to help and one of them is to plant a tree or, if land permits, several trees. This will help capture damaging carbon dioxide gas, largely responsible for climate change.

If you have a small garden, plant trees which will not grow too big. I suggest rowan, cherry, crab apple, or hawthorn, as these all provide food for birds, and the hawthorn good nesting habitat. Where size is no problem, larger trees will be perfect, such as oak, beech, lime, field maple, hornbeam or female holly. They will take longer to grow, but will live to a very good age.

If your garden is not suitable to plant trees, consider sponsoring others to plant them for you, such as the Woodland Trust. I joined a group of volunteers who planted trees around Houghton village and now, decades later, the trees have made an impact on the village. I enjoy driving along the A1123 passed some of them and the cherry looks wonderful in flower.

If you are unsure what to plant and where, advice from the Wildlife Trust or the Woodland Trust will help. As trees make such a positive impact on our landscape and wellbeing, make 2020 the year you plant a tree.

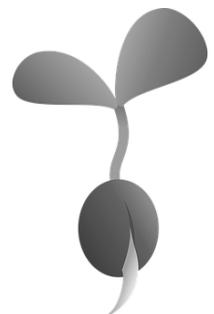
**Martin Baker**

The views expressed in this article are solely those of the author

**For more information on our local wildlife, contact the Wildlife Trust:**

**Phone 01954 713543, or visit [www.wildlifebcn.org](http://www.wildlifebcn.org)**

**Or RSPB on 01767 693690, or visit [www.rspb.org.uk](http://www.rspb.org.uk)**



## CHANGING ATTITUDES BY EDUCATION

**What makes an advanced driver/rider?** – A simple question but the answer has many facets. The ability to honestly self-assess their own driving/riding performance accurately and learn from experience is the most important skill of all. In order to drive safely you have to gain information about what is happening, or likely to happen, around you. An advanced driver/rider is proactive rather than reactive.

The primary source of information is from observation, which requires the driver/rider to be constantly scanning, assessing the risks attached to what is seen (or not seen) and forming a plan to manage that risk. As the risk changes so does the plan. When a driver/rider starts to work with a Tutor it can all seem rather daunting, but as the tutoring progresses, it becomes easier and more natural. An experienced advanced driver will be forming and revising plans in fractions of a second whereas a less experienced driver/rider may take seconds or not see the risk at all.

A well-known ex-police driving instructor and examiner has nine other (main) principles of advanced driving:

- A calm and composed attitude with just the right amount of assertiveness;
- An ability to remove emotion from driving;
- An active (but not overactive) imagination;
- Sustained concentration;
- Planning;
- Smoothness with the controls;
- Accuracy;
- Mechanical sympathy;
- Feel.



However, with all the above in mind, driving should be an enjoyable experience for the driver and passengers. Advanced driving has this image of promoting safe, serious and sensible driving but it can also be enjoyable, challenging and spirited especially if you have acquired the necessary skills.

An advanced driver will also adjust their driving style to the type of vehicle being driven and the type of journey being undertaken.

***For a very low annual membership fee and no tuition charges, RoADARC's Tutors will help you improve your existing skills and learn new ones, if that is required.***

***Visit our website at [www.roadarc.org.uk](http://www.roadarc.org.uk) for further information.***

### **SAFER BUSINESS: FIRE SAFETY ADVICE DURING THE CORONAVIRUS SITUATION**

The current COVID-19 situation may adversely affect your business, due to reduced staffing levels and disruption to normal working practice.

But it is vital that the fire safety of the business and the safety of all the people working in, or visiting your sites are maintained.

#### **Fire safety advice**

##### **Competent persons**

You must ensure that you have an adequate amount of competent persons to help in the implementation of preventative and protective fire safety measures.

If you have absent staff you must ensure that there are adequately trained staff on-site at all times, to ensure the fire safety measures are not adversely affected.

##### **Protection from arson**

If your building is closed for an extended period of time ensure it is secure and continue with usual measure to prevent arson:

- Any combustible materials should be removed from site or stored securely
- Rubbish is a potential fuel source so remove or store securely away from premises
- Keep all entrances and exits of the building clear at all times
- Stock should not be kept in excessive amounts.

##### **Fire safety testing**

During this time you should continue to maintain and regularly test your fire safety provisions onsite (e.g. alarm test, fire drills).

##### **Evacuation plan**

Make sure your evacuation strategy is suitable and that all staff, including temporary staff are trained by doing evacuation drills to ensure it can be effectively achieved. It is important that your fire exits remain clear and readily usable by everyone within your premises.

##### **Lone working**

With a reduced work force there may be an increased likelihood of people working alone within buildings. You need to ensure that these people are provided with adequate warning in case of fire so they do not become trapped.

##### **Fire risk assessment**

It may be necessary to review your fire risk assessment during this time to ensure suitable and sufficient measures are in place.

##### **Secure buildings**

Try to ensure premises are regularly checked to ensure that security of the building is not compromised and identify any attempts of arson, any issues should be reported to Crimestoppers on 0800 555 111.

# YOGA, TAI CHI - CHI KUNG, MEDITATION & MARTIAL ARTS

Custom-built studio at 11 Ashdale Close, Sawtry 07585 950923 markad@btinternet.com  
Karate, Kickboxing, Weapons, Self-defence, Yoga, Tai Chi, Qigong, Feng Shui, Meditation

## Events and Local Seminars:-

- 5 April Kaizen Martial Arts Expo
- 25 April Eastern Martial Arts Gathering
- 16-17 May Gathering of the World Masters

Many more events contact for info

## Recent Promotions & Awards:

- All students Yin Yang Breathing Certificate
- All students Tibetan Longevity Yoga Certificate

**Instructor - Grandmaster Mark Adlington,  
9th Dan**

Facebook under "Yoga, Tai Chi & Meditation"

## Classes:

Classes can be one-to-one or just family members if required. Any money problems and the classes will be free to current members. Steamed cleaned floor, hand cleanser at the door and none contact training.

- Wednesdays 5.30pm, Family Martial Arts
- Wednesdays 6.30pm, Martial Arts
- Thursdays 6pm, Martial Arts for All
- Thursdays 7pm, Yoga, Tai Chi & Meditation
- Sundays 9am, Yoga, Tai Chi & Meditation
- Sundays 10am, Martial Arts for All
- Private classes available from £16
- Advanced Classes booked to suit, days may change



## SAWTRY COLTS

In the last Sawtry Colts article in the Eye, I was bemoaning the rain affecting the play at Greenfield with many teams having matches postponed for waterlogged pitches. Little did I know what would happen in the next few weeks which has affected not just football, not just sport but our whole way of life. I hope the science we are following is correct and wish all the brave NHS staff well as they battle this pandemic that has engulfed us all.

It would be remiss of me to not mention the recent Colts football as that is what I am paid (ha ha) to do, so here, in this weird world we now inhabit, is how they did before the coronavirus stopped it all:

The Under 7 (U7) Yellow Sox eventually played a game after a few weeks of postponements due to the recent storms. It was a hard fought match against St Neots U7 Blue but they managed to come away with a win. Goals from Jenson Matthews and Tyler Roberts and a thunderous hit from Henry Johnson that hit the crossbar, which he then followed up on with a thumping finish. A great team effort all round.

The U9s have tasted wins against Orton Blues and ICA with a match versus a good Holme side bringing their only defeat of late. The U10s have been involved in some very tight matches drawing with Buckden, defeating Mid Beds Tigers and narrowly losing to St Neots in some very competitive games.

The U12s have struggled for numbers of late due to illness and unavailability. This has resulted in two losses to Godmanchester and Priory, although they did manage to take the lead in both matches before the superior numbers in the opposition teams won out. The U13 Yellows have suffered defeats against Little Paxton and March Town but managed to gain a cup victory against March Academy, running out 6-4 winners in an entertaining clash. The U14 Blues remain top of the league with a record of 10 wins and one draw (in their first match of the season). Recent results have seen them score 31 and concede just the one with victories over Bourne, Wisbech, Yaxley and Hampton.

The U15 Blues, against the formbook, raised their game and managed to defeat the U15 Yellows 2-1. Unfortunately normal service was then resumed as they lost, albeit narrowly, to Little Paxton and Stilton. The U15 Yellows have recovered from their loss to the Blues bouncing back with victories against Godmanchester, Little Paxton and Stilton and currently sit second with 10 wins and just that one loss! The U16 Blues league form has been mixed with losses to Eynesbury (twice) and a win against Alconbury. They have also exited the cup losing to St Ives.

Take care everyone over these coming months, hope to see you all out the other side.

**Brian Craig**

[www.sawtrycoltsfc.co.uk](http://www.sawtrycoltsfc.co.uk)

## SAWTRY WALK TO RUN FOR EVERYONE - EVEN THOSE WHO THINK THEY CAN'T RUN!

There are now over 100 members of Sawtry's Running Club and we have recently joined the Greater Peterborough Athletics Network (GPAN) and are part of the Cambs Road League.

We had runners take part in the County Cross Country Championships in January and had lots of runners training for Spring marathons all over the UK (6 in London) as well as in France & Vienna but of course those events are either postponed or cancelled as are our group runs which are suspended until at least the end of April.

Looking forward, we still hope to have three teams entered into the Green Wheel Relay - a team event with 7 legs covering 50 miles - and in September we have plans to put on our own 10 mile race (the Sawtry 10) which is part of the Cambs Road League. There is a page on our website where you can sign up to be notified when entries open. If you want to volunteer or can offer any sponsorship for this, do get in touch with our Race Director Nona at nona19@live.co.uk or on 07861 740040.

And finally, we will be part of Sawtry Sport 4 All on Saturday 11 July which we hope will be a fantastic chance for us all to get exercising together again. In the interim, check Sawtry Sport 4 All's article for details of their Fall In, Fall Out #villagerun initiative that is happening every Saturday morning at 9am and may be extended to other days too.

**More details on our website at  
[www.sawtrywalktorun.co.uk](http://www.sawtrywalktorun.co.uk)**



*Running - it's much more fun than you might think!*

### SAWTRY GOLF SOCIETY

#### Recent News

Pidley Golf Course was our venue in February, Archie Furneaux (Itsey Snr) won the day with 34 points, with Mark Lindsey a close second a point behind and current championship leader Micky Bosworth third with 32 points.

Later in February we finally managed to play our cancelled Christmas match at Belton Woods, albeit in very soggy conditions that was a test for everyone apart from team Bohonis who somehow managed to play some excellent golf with Jason on 39 points beating his brother Neil into second place by 3 points, Steve Reader was third on 35 points. I'm glad to report that Micky Bosworth survived the day by wearing arm bands on some of the wetter holes, but didn't manage to add to his current leaders tally.

In March, we played the Three Club Challenge and one of our Majors (the Claret Jug) at Orton. Neil Bohonis continued his current good form by winning the day on 36 points, Steve Nolan was runner up on 35 points and Nigel Keaveney third on 33 points.

#### Future Events

April should have seen us play another Major and most poignant for the Society as it was the Stuart Elliot Memorial Shield, Stuart along with his wife Jan were founder members of the Society and were a driving force in getting the us established, we hope to be able to play this match as soon as the current Coronavirus situation calms down.

All planned future games are on hold for the time being.

Sawtry Golf Society accommodate local golfers from scratch to 54 handicap, we welcome all comers who enjoy a round of golf.

**Membership is only £15 for the year, if you are interested contact us on our Facebook page or ring our secretary Dave Gadsby on 07834 386632**



### SAWTRY AND DISTRICT BOWLING CLUB

As expected, we had another very enjoyable Burns Night in January paying our own unique homage to Robbie Burns. Equally we had a good turnout for our 'London Night' where attendees could enjoy the delights of pukka London Pie & Mash, with Liquor for those that wanted to experience the authentic delicacy.

Both events were well attended and thanks to all those that helped prepare for, or participated in both evenings.

Our new season was due to start for members at 2pm on Saturday 25 April with the Kelvin Cooper Trophy competition. However, at the time of writing we are paying close attention to the impacts and advice as a result of the Coronavirus, so please look out for emails and our Facebook page for any updates on these events.

**Fancy playing bowls?** We are always looking for new members of any age or ability. Please feel free to contact me or pop through the gates when we are next open – opposite the garage - especially on Saturday mornings from 10am.

**Any Queries contact - Club Secretary Kevin Bowers - Tel No 01487 832854**

**Visit our Facebook Page - search Sawtry and District Bowling Club), Our website :-  
<https://hugofox.com/community/sawtry-and-district-bowling-club-8948/about-us>  
or search for 'Sawtry and District Bowling Club'**

