Grafham Gossip

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Issue 129 Deadline: Midnight Thursday 13th August

Editors' note ...

Summer is here or so it seems as this issue goes to press. Exams are over, school holidays are here and as you can see on the front page, it's time for barbecues and AGMs!



We'd welcome your photos for our 'Where in the World is this?' feature. So, on your return from holiday, send us a snapshot of where you've been.

As mentioned last month, there may be delays delivering the paper copies in time for the start of the month, due to the late August bank holiday. Make a note now of September dates, that you need to remember.

The next deadline is midnight on Thursday 13th August. Keep gossiping!

Editors, editor@grafhamgossip.co.uk

An Afternoon Tea with Cricket



Saturday 22nd August at the Village Hall Tea/Coffee/Cakes

More Cricket Club news and photos - page 9

All Welcome to a BBQ



Sunday 31st August **Brampton Church Hall** Church Road, Brampton, PE28 4PF Late morning onwards Please bring your own drinks and desserts

Church services for Grafham and the 5th Sunday 'Get together' service are listed on page 2.

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MG Club

"Curry & Concourse" Evening at the Cinnamon. Grafham on Monday 3rd August from 7pm onwards Find more details on page 2

ANNUAL GENERAL MEETING **OF GRAFHAM VILLAGE HALL 18TH AUGUST** 8.15 PM VILLAGE HALL



Read the agenda on page 5

HUNTINGDON CONSERVATIVE ASSOCIATION (GRAFHAM BRANCH)

SUMMER

BBQ



Sunday 23rd August

Please see page 8 for details

Annual General Meeting of **Grafham Community Shop**



Tuesday 15th September 7.30pm **Grafham Village Hall**

More news from the shop can be read on page 5

Website: www.grafham.org.uk

Grafham All Saints - Services for August

26th July (4th Sunday)

No service at Grafham

2nd August (1st Sunday) 11.00 Family Service Lay Led

9th August (2nd Sunday) No service at Grafham

16th August (3rd Sunday) 11.00 Eucharist

23rd August (4th Sunday) No service at Grafham

30th August (5th Sunday) **9.15 Holy Communion (Said) at** St Mary Magdalene, Brampton followed by BBQ Social at the church hall. All welcome, from late morning, even if you're unable to attend the service. Please bring your own drinks and a dessert

The Revd Jason Taylor (Rector) The Rectory, 15 Church Road, Brampton PE28 4PF revjasontaylor@gmail.com 01480 453341 07807 118070

Contacting the Clergy



5th September(1st Sunday) 11.00 Family Service Lay Led

Please come along to our club

"Curry & Concourse" Evening at the Cinnamon, Grafham on Monday 3rd August from 7pm onwards

to view some of the cleanest, and shiniest MGs in the county.

You may even remember some of the cars from our previous displays at the Village Fête, and Old Rectory Open Day. Hopefully, we will have a good range of MG models on display on the night, both old and new. If you would like more information on our club you can

Councillors Peter Downes and Patricia Jordan and/or John Morris are available at the village hall from 11.15 to 11.45 on the first Saturday of the month. At other times contact:

Peter.Downes@cambridgeshire.gov.uk 07765 833486 patricia.jordan@huntingdonshire.gov.uk tel. 457802 john.morris@huntingdonshire.gov.uk tel. 458818 Twitter: @johnmbrampton

contact me via the *Grafham Gossip*, Email: <u>editor@grafhamgossip.co.uk</u>

Chris Shurlock Club Secretary, Cambridge & District MG Owners Club

Grafham Oil Syndicate

The syndicate continues to grow, keeping more money in the village. Remember, it's FREE to join and we must keep a bulk order attractive enough to attract a discount.



so simply email Simon at grafhamoil@gmail.com

or call 819663



Website: www.grafham.org.uk E-mail: editor@grafhamgossip.co.uk



Issue 128



July 2015

PARISH NEWS The July Parish News will be included in the next issue of the Grafham Gossip as the Parish Council meeting was postponed until Tuesday 21st July.

There is no Parish Council meeting in August.

Margaret Life, Parish Clerk 07780 119311 malife434@gmail.com



Issue 128

Full minutes can be read on the village web site www.grafham.org.uk

You may contact your parish councillors through the clerk or directly by using the details below.

Philip Allingham Chairman 01480 811516 philip allingham@sky.com

Ian Gardener Vice Chair 01480 812821 idg@asc-geomatics.co.uk Andrew Duckworth and rew.duckworth1@tesco.net Alastair Watson Alwatson.parishcouncil@gmail.com

Kevin Sharp kevin.sharp@bedfordshire.pnn.police.uk

NEIGHBOURHOOD WATCH

Between 5th and 12th June, windows

were smashed and entry gained to a

property in Grafham Road by Bramp-

ton Woods and the Police are actively

investigating this crime.

stole two deflated children's bouncy castles that had been used for a birthday party. They left behind the

Jenny Barnes 07788 545197 jenny.barnes1@sky.com

generator and power cables.

In Park Road Brampton on 27th June, an unknown offender drove down a private drive and lost control careering into a perimeter fence where livestock are kept. There was damage to the fence, but fortunately no livestock were injured.

On 2nd July, at Brampton Hut, access was gained to a van by breaking off the lock and electrical power tools were stolen.

On Wednesday 15th July a very old and battered S registered red Nissan was seen around the village. A young man in his early twenties with a ponytail hairstyle was seen to be behaving suspiciously. He approached a property and took a photograph. When asked by a neighbour what he was doing he said "It looked a very nice house" and calmly returned to the car and to the other passenger who was a young female of similar age. The car then went along Church Road. This occurred at 10.15am in the morning. If anyone sees this vehicle please contact the Police at once and do not challenge the passengers.

> James Snell 07951 069 565 email: Jamie2701@aol.com

All emergencies 999 Non-emergencies 101 Cambridge Constabulary HQ 01480 456111 Minicom for hard of hearing 01480 422493 Action Fraud 0300 123 2040 Crimestoppers 0800 555111 (anonymous) Anti-social behaviour 01480 388379 To stop unwanted mail 0845 703 459 9 To stop unwanted phone calls 0845 070 0707 To report anti-social behaviour in Grafham 01480 388379 / 387097 or e-mail: Barbara.gowling@huntsdc.gov.uk or tracey.guinea@huntsdc.gov.uk

Send your news, views, photos and gossip to

editor@grafhamgossip.co.uk

Website: www.grafham.org.uk E-mail: editor@grafhamgossip.co.uk



Between 12th and 15th June at Keepers Cottage, Grafham Road, Brampton, two hot water cylinders were stolen from the unoccupied property.

At Grafham Water Sailing Club in Chichester Way, Perry, unknown offenders removed a cover, mast and various other fittings from a laser class boat which is stored at the location. This occurred between 3rd April and 21st June 2015.

A theft occurred from a motor vehicle parked in the Plummer Car Park, Grafham Water around noon. The victim, while entering her vehicle, left her bag on the ground. She left the car park but returned as she remembered she had not picked up her bag. On her return the bag had been taken by unknown offenders.

The Police issue this notice: "As Summer time is well and truly here, youths will be out playing or gathering in the area. If you suffer from anti-social behaviour report it immediately by calling 101."

A trailer was removed from a paddock to the rear of a property in Thrapston Road Buckden on 2nd June.

The Police have reported an increase in pedal cycle crimes with 53 offences recorded in April and 32 in May – over 50% of the offences were where the cycle was left unsecured and two thirds were either in front or rear gardens. The advice issued is to ensure the cycle is always locked and kept out of sight where possible. Also, consider fitting net curtains in sheds or garages. Finally, consider marking the cycle with a permanent mark and then register with www.immobilise.com

At a property in Mandeville Road, Brampton, unknown offenders gained access to the rear of the property and

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Please check that your details are up to date in the Babysitting notice at the bottom of the page!



Grafham Sewing Bee Wednesdays 2 - 4pm

For those who enjoy needlework of any sort, guilting, tapestry, knitting or anything else requiring the use of needles!

Complete beginners also welcome.

Our purpose is threefold, to provide a focus for your needlework, to allow the exchange of ideas and expertise, and last, but not least, it is an opportunity to get to know like-minded people.

For further details contact Barbara Williams 01480 812905 or barbara r w@hotmail.com http://grafhamsewing.weebly.com/



Ellington and Grafham WI

Join the growing team! We meet on the first Tuesday in the month Contact Sue 896139 or Ann 891372 for details

Like a lift from Grafham? Call Heather 819589

Do you enjoy reading?

We would like to welcome more residents to join us for informal social evenings.



We usually meet on the last Tuesday of the month. For further information on dates, venues and the current read, please contact Tina 07711 012957 or Val 07761 137012

YOUR COUNTRYSIDE NEEDS YOU

Regional winners of the British Trust for Conservation Volunteers Green Award 2006 & 2007



01480 810844 daytime 01480 811654 evenings

www.gwcg.btck.co.uk/

Babysitters

Bryony 17yrs 812354 experienced - newborn/14yrs Lotty 18yrs 810842 nursery experience/first aid trained Olivia 23yrs 811831 BA Early Childhood Studies Livvy 14yrs 819708 babysitting course Georgie 14yrs 432688 babysitting course Emma 17yrs 860632 Meri - 15 yrs 811192 Nicci 14yrs 811279 Harriet 16yrs 810043



residents of the village. Please come along for a cup of coffee and a chat.

Grafham Social Committee

invites you to Coffee Mornings at 10.30am

on the 3rd Wednesday of the month:

The Mobile Library



Route H24 visits Breach Road. Grafham on the 4th Wednesday of every month from 10.40 to 11.00. The next visit is 26th August.

For renewals/ enquiries call 0845 045 5225 or click here

GRAFHAM VILLAGE HALL

has a Public Entertainments Licence for music. dancing, performing arts and can accommodate 92 quests seated in rows or 150 at a dance/disco - an ideal venue for children's and family parties. There is a playing field for sports activities and the hall has small changing rooms with shower facilities.



Contacts: Pat or Alan Watson 01480 811166

Grafham and Ellington Art Group http://grafhamandellingtonart.weebly.com/

Grafham Village Hall, Every Tuesday 1.30-4pm

Calling all who want to meet and paint with like minded people on a regular basis.

Beginners and those with more skills



are all very welcome. Cost: About £2 to cover hall hire/refreshments. Come along with your paints and equipment!

> Please ring me for more details. Jackie Woods 01480 890279

Grafham Church Flower Club

We are available to decorate the church for weddings and other church occasions.

Floral arrangements for: pedestal,

altar, font, windowsills, pew ends, pillars Please contact Hazel Powell on

01480 810326 for details and guotes.



If anyone in the village has foliage in their garden that they would be willing to donate for church decoration for festivals, please let us know, we would be very grateful.

Across the Churches Bible Study

We are a small group meeting twice a month (Tuesdays 7.30pm) for Bible study, prayer and fellowship.



We come from different churches and are always happy to welcome new members.

For more information, please contact Rob or Jean Clark 01480 890033.

Website: www.grafham.org.uk



TALKING SHOP

The shop has now been trading for nearly 8 months and, thanks to you all, it continues to go from strength to strength. The Caravan Club site and the visitors to Grafham Water are a welcome source of sales and all play their part but the back-bone of our continued success remains you, our local community and we thank you hugely for your continued support.

Not only do you shop there, spending your money with us and keeping these profits in the community, whilst helping to support small, local suppliers, you also support us in lots of other ways, for which we're also very grateful including most importantly, volunteering behind the counter, which allows us to stay open and to keep on serving you all.

Our two great managers Lynn and Louise couldn't work their magic without all the support they get from those of you who help them, day in, day out.

You've also been very generous in other ways; we recently received a laptop, kindly donated to us by Andy Holt, that is used all the time by our managers and volunteers to stay in touch with suppliers and allowing us to order urgent items that we find ourselves running out of (often it would seem, beers and wines!)

We've also just taken delivery of a cast-iron bench (thanks to Margaret Butterfield for this), which we're re -conditioning and re-painting and will shortly have this set up outside the shop, along with a picnic table and chairs (for which our thanks to Tina Theodorou and David Anthony).

These will give us an even more welcoming space, offering weary walkers, tired cyclists and shoppers a place to sit down, relax and have a cup of tea or cof-

AGENDA FOR THE ANNUAL GENERAL MEETING OF GRAFHAM VILLAGE HALL TO BE HELD ON 18TH AUGUST, COMMENCING

8.15 PM IN THE VILLAGE HALL

Agenda

- Item 1 Minutes of the last AGM held on 11th July 2014
- Item 2 Matters Arising
- Item 3 Chairman's Report
- Item 4 Treasurer's Report

Item 5 – Election of Committee Members: Treasurer and Secretary, currently Elaine Mortimer (Treasurer) and Paul Knight (Secretary)

Any person wishing to stand for these appointments should contact the Chairperson Mr Alan Watson prior to the meeting

Item 6- Progress on the development of the Village Hall

Item 7- AOB - matters to be referred to the secretary by 4th August 2015

Paul Knight, Secretary



Mon - Fri 7.30 - 6.30 Sat 8.00 - 5.00 Sun 9.00 - 2.00

Tel: 01480 810119

www.grafhamvillageshop.co.uk

fee or eat an ice cream or sausage roll! Our hugely trained and experienced baristas are waiting to serve you all.

Community

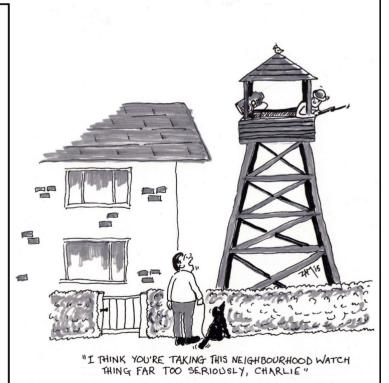
Finally, please make a note in your diaries: our community shop will hold the AGM on 15th September, commencing at 7.30 in the Village Hall.

As always, all shareholders are welcome and we would encourage you all to attend, to see how the shop has done over the past year, hear our thoughts and plans for the future and giving you the opportunity to ask questions of the committee and make suggestions about new ideas that you would like us to think about implementing. Please come along — it's YOUR shop — and there'll be tea and coffee, cakes and wine to tempt you to spend some time with us.

If you're not yet a shareholder but would like to attend, you can buy shares easily from the shop website —

<u>http://grafhamvillageshop.co.uk/buy-shares-in-the-</u> <u>community-shop/</u> — once you've done that you're a member and can help steer the direction that the shop will go over the next year.

As always, you can contact us at <u>in-fo@grafhamvillageshop.co.uk</u> or telephone the shop on 810119



Website: www.grafham.org.uk

Good quality paperback books in clean condition



We love to receive your paperback books to stock our church bookstall. Please leave in the church porch.



Paperback books in good condition

No X

- Hardbacks x
- Manuals x
- Magazines **x**
- Encyclopaedias x
- Other items x

The book stall is a fantastic fund-raiser for our village church but we've found that we can sell only *good quality, clean paperbacks* and find it increasingly difficult to lift, carry and dispose of other items.

Thank you for your continued support!

The Parish Council Agenda



is available to view in advance of the Parish Council meetings. Visit www.grafham.org.uk

Click on **Parish Council Agenda**, in the main menu, then **Latest Agenda**.

Spaldwick's Youth Group



is on Friday evenings in Spaldwick visit

www.grafham.org.uk/Escape Youth Group for more details All Saints Church Grafham



Stay + Play Tots Session

Grafham Village Hall Wednesdays 10.00 to 11.20 (Term time only) First session is 16th September (not 9th)

Just turn up on the day Sessions include free play and craft activities, a bible story and sing-along Babies welcome too

Please get in touch if you can help make tea/coffee/ squash on an occasional basis (with or without a child)

Contact: Jean Clark 01480 890033 <u>robnjeanclark@tiscali.co.uk</u> or email: <u>editor@grafhamgossip.co.uk</u>

For Sale

Yamaha four octave electronic keyboard £20 Folding Walker: in good condition £45 Commode £20

01480 812130



Website: www.grafham.org.uk

All I Once Held Dear

The well known worship song 'All I Once Held Dear' by Graham Kendrick (borrowing from Philippians 3:8) has the following first verse and chorus:

All I once held dear, built my life upon All this world reveres, and wars to own All I once thought gain I have counted loss Spent and worthless now, compared to this

Knowing you, Jesus Knowing you, there is no greater thing You're my all, you're the best You're my joy, my righteousness And I love you, Lord

Both the scripture and the song speak of how the things that once seemed so important now seem worthless, about a change in priorities know that the writer has encountered the risen Christ.

On the second Sunday in July I preached about Herod Antipas who tried so hard to please himself whilst holding on to his power, authority and popularity that he ended up making ridiculous decisions that led to family breakdowns and even war. In the end he was exiled and died with almost no possessions. He went all out to protect his own interests but the very things he was trying to protect and preserve, he lost.

So it is with the Kingdom of God. What we want to keep we must release into God's hands, to live we must die (Luke 17:33) and to grow big we must start with something as small as a mustard seed. Paul talks about counting as "dung" (I cleaned that one up for you

- in the Greek it's a bad word!) the things he had once thought to be so important.

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By God's grace we need to journey to that place too. Where we are not only willing but genuinely happy to lay down our own self-interest for the benefit of others, especially those who are not yet part of the



church in our communities. We need, by God's grace, to be willing to embrace a change so fundamental that nothing is off limits if it will help introduce others to the good news of Jesus Christ.

The change I am talking about here is not institutional change but personal change. We need God to change us, to enlarge our hearts so that we can love God and neighbour, and to put to death in us anything that is contrary to his will for our lives. This kind of change isn't always comfortable but it is most definitely essential if we are top become the people God intends us to be. Only then can we, like Paul, say that "those other things mean nothing to me now, compared to knowing Jesus!"

In order to get there we too will need a fresh revelation of God and that is my prayer for you this summer that, as you take your holidays or whatever it is you are doing, that God will give you a new perspective on his love for you and his glory, so that you will be changed forever!

Jason

(Contact details for Jason can be found on page 2. Ed)



If you'd like to write a 'one-off' article or a regular feature for the *Grafham Gossip*, send it by email to

editor@grafhamgossip.co.uk



Thank you for a great Beer Festival 2015!



Website: www.grafham.org.uk

Issue 128



My work colleague, Melanie Hastings, is a qualified yoga teacher who teaches across Cambridgeshire. I have asked Melanie about teaching a class

in the village hall.

Please contact me for more information and to express your interest.

Dawn Kent - Breach Road Tel: 07949 360 688

Activities at Local Libraries

Contact your local library to find out forthcoming events and activities.

Email: <u>your.library@cambridgeshire.gov.uk</u> or tel: 0345 045 5225

If you're reading this online (<u>www.grafham.org.uk</u>) click on your local library to discover what events and activities are coming up soon. <u>Buckden Library</u>, <u>Huntingdon Library</u> and Archives, <u>St Neots Library</u>

This years <u>Summer Reading Challenge</u> theme is <u>Record Breakers</u>. Children are challenged to read at least six books during the summer. All who take part will be given a



collectors folder full of weird and wonderful record breaking facts to record their summer reading. For books read they will add stickers to complete their folder - some are very smelly! If you're looking for some great book suggestions, then why not visit the new-look Book Sorter. Entry is free and all children who sign up will receive a log book.



ImagiNation is a reading and arts activity for 11-18 year olds running across the East. You don't have to be good at drawing and you don't have to write lots if you don't want: instead you could paint a picture, take a photo, write a poem, use music, anything creative that sparks your imagination. You could share your art and ideas with other

young people here on this <u>blog</u>. To join, simply <u>visit your</u> <u>local library</u> this summer and ask about ImagiNation!



Zinio for Libraries is a special edition app for reading eMagazines from your local library. Check out magazines through the <u>website</u>, login using your library account, then download them onto your device to read anytime, online or of-

fline. Download the app for <u>Android</u> or <u>Apple</u> now.

This summer, a range of events and activities will be taking place across the county to mark the 70th anniversary of the end of World War II. <u>The Home Front: Cambridge-</u> <u>shire Commemorates the End of WWII</u> is



an online programme of community events taking place between now and September 2015.

Looking for inspiration when choosing your next book? Our <u>Hot new books and</u> <u>eAudio books</u>, Author profile of the



month and <u>Top 100 popular authors</u> provide a great place to find your next book.

Why not visit our <u>Reading page</u> to find out how you can join a local reading group?

HUNTINGDON CONSERVATIVE ASSOCIATION (GRAFHAM BRANCH)

SUMMER BBQ



You are invited to a Summer BBQ on Sunday 23rd August 2015 from 12.30 to 4pm at Village Farm, Church Road, Grafham (by kind invitation of Sue and Brian Homewood)

Tickets £13.50 to include BBQ, desserts and a glass of wine (*children under 10 half price*)

RSVP to Paul Knight at 18 Church Road, Grafham, PE28 0BB or tel 01480 811727

I/We would like tlckets for the Grafham Summer

BBQ on Sun 23rd August 2015.

I enclose a remittance of £.....@ £13.50 per ticket

(please make cheques payable to HCCA Grafham Branch)

Name.....Tel No.....

Address.....

Post Code

Can you spare an hour 6 times a year?

It's not a glamorous task but helping to clean the church is rewarding and helps to maintain the church in good condition.



A few more volunteers would make a big difference to the church cleaning team who endeavour to keep the church looking bright and welcoming.

To join the team contact: editor@grafhamgossip.co.uk

Where in the world is this?



Website: www.grafham.org.uk

Grafham Cricket Club

It is often said that on an English summer's day you can have all four seasons in that one day. It was not quite that when Grafham faced Road Runners on the 20th June, but when Road Runners went out to bat after winning the toss; the sky threatened rain in a rising wind and a raw chill in the air. The next hour was interspersed with rain showers, several overs bowled, and then back to the village hall for shelter. There was talk of abandoning the game, but cricketers are weather optimists, as well as weather "app" watchers, and just as the "app" predicted, the sky started to clear.

Scorers and Players

In difficult conditions the Road Runners batting started to build a steady score, against line and length bowling from Tom Chester and Gareth Knowles. Road Runners finished on a commendable 166 for 9. When Grafham went out to bat after tea, the wicket had dried considerably; as the sun was now shining at sun screen 50 in a cloudless blue sky. Good bowling by the Road Runners limited the rate of Grafham's scoring progress, but Gareth Knowles; the Grafham star batsman of the day with 75 not out: supported by Tom Davis 23, and Jonathan Lederman 31, ended with Grafham scoring the winning runs in the 39th over for the loss of 4 wickets.

One week earlier than in the past (making it possible for the Grafham players to attend the Beer Festival) Grafham travelled

to Lockton in the North East Yorkshire Dales to play a friendly against Lockton, taste the local Ales and to enjoy a good Yorkshire cricket tea. The weather on the day of the match was a weather repeat of the Road Runners match: rain in the morning, with the locals predicting it would clear up in the afternoon (not an app in sight). As the match started, the sun shone making it a perfect afternoon and evening for cricket. Grafham scored 237 in the allotted overs, with Tom Chester, Adi Love and Rob Forsdick as principal scorers. Lockton replied; all out for 191 with two non bowlers for Grafham; Josh Owen and Rob Forsdick being the standout bowling performers.

The weather could have been a factor on the Saturday of the Beer Festival after the drenching rain from the light-

ning storm on Friday night, but Hexton the opponents on the day failed to show. Grafham used the perfect weather - as it turned out - and the pitch for a practice that simulated as near as possible a game, where everybody had a bat and bowl in match-like conditions, watched by the largest audience of the season.

Grafham's next game, played away against Great Barford and Mowsbury 1st XI, promised to be a particularly interesting match as it pitted us, the team at the top of the division, against those in second place. Having lost the toss, Grafham were put into the field and began to exert early pressure. Our openers,

Gareth Knowles and Tom Chester, delivered a spell of fast, hostile bowling which cost the opposition four wickets, while only conceding forty runs. They were supported by some superlative wicket-keeping by Josh Owens, who took an outstanding diving catch, and by some aggressive fielding which inflicted two run-outs on a reeling Great Barford. Although their batsmen made an attempt to stabilise what quickly became a desperate situation, Great Barford were reduced to just seventy all-out from twenty-four overs when a change in the bowling brought Adam Dighton, who took the remaining four wickets, into the attack.

Grafham's batsmen, aware that small targets can often be the hardest to chase, played steadily on a pitch which continued to exhibit the unpredictable bounce that had contributed to the low score set by the home team. However, following some intelligent batting by both Gareth Knowles (19) and Jonathan Lederman (19), as well as some powerful hitting from Rob Forsdick (15), Grafham reached their target in only eighteen overs for the loss of just three wickets.

An Afternoon Tea with Cricket

Saturday 22nd August at the Village Hall Tea/Coffee/Cakes

Chris Dighton (Treasurer), Adam Dighton (Player)

Photographs by Jill Dighton

August 2015 Home Games 8th August Grafham CC vrs Caldecote CC 22nd August Grafham CC vrs Great Barford/Mowsbury CC 29th August Grafham CC vrs Roxton/Blunham CC

E-mail: editor@grafhamgossip.co.uk Website: www.grafham.org.uk

Game of the Beer Festival





Josh Owen and Matt Chester:

9

10

Issue 128

Kevin Hutchinson

- Reliable Local Carpenter and Joiner
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wood flooring and much more

No job too small

Tel: 01480 811863/07889 414274

Cinnamon Bar and Indian Restaurant

Thursday Night is 'Banquet Night' and remember to just drop in to the Bar for a drink and a poppadum anytime.

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Dealing with life's

Want to get your life back, look forward and be happy without reliving the past?

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Issues which can be treated:

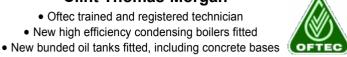
- Stress, depression, OCD
- Anxiety, panic attacks, PTSD
- Low self-esteem, confidence issues, sleep difficulties
- Phobias, exam nerves, fear of flying, needles, spiders etc.
- Chronic Pain, IBS, eating issues

To discuss how hypnotherapy can help you, book a free initial consultation

Contact Jane Clark 07958 757076 jane.clark@virgin.net www.huntshypnotherapy.co.uk

Grafham Plumbing and Heating Services Clint Thomas-Morgan

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info@grafhamplumbingandheating.co.uk



OPENING TIMES

Mon - Fri 7.30 - 6.30 Sat 8.00 - 5.00 Sun 9.00 - 2.00

Tel: 01480 810119

www.grafhamvillageshop.co.uk

"Has the bin man bin Mam?"

August								
Mon	Tues	Wed	Thurs	Fri	Sat	Sun		
					1	2		
3	4	5	G	Blu	8	9		
10	11	12	13	Blk	15	16		
17	18	19	G	Blu	22	23		
24	25	26	27	Blk	29	30		
31								





	September							
Mon	Tues	Wed	Thurs	Fri	Sat	Sun		
	1	2	3	G	Blu	6		
7	8	9	10	Blk	12	13		
14	15	16	G	Blu	19	20		
21	22	23	24	Blk	26	27		
28	29	30						

Website: www.grafham.org.uk

Help to stay independent, safe and well

Many of us don't think about care and support until we or someone we know need it, then find we are unsure where to find information and how to access the support we need. careand support &you

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A new online resource is providing information about care and support and wellbeing, including information about continuing to live independently and safely at home, make life easier, get support after a stay in hospital, or find out about care home and housing options and paying for care and support. You can find out more by visiting

www.cambridgeshire.gov.uk/careandsupport

If you do not have access to the Internet, can't find what you need or want more information, phone 0345 045 5202 or visit any Cambridgeshire Library (also known as community hubs).

@Cops

Mobile phone use at the wheel can devastate lives

Using a handheld mobile phone while driving could have devastating consequences, that's the message from police running a Think! campaign. Not

only does it cost people their lives but those who cause collisions and survive can receive long jail sentences. The mobile phones of drivers involved in crashes could be analysed to determine



whether they had been used at any point before the collision.

Driving while using a phone is one of the 'fatal four' driving offences, along with speeding, not wearing a seatbelt and drink or drug driving. The penalty for using a mobile phone while driving is three penalty points and a fine of £100.

Rogue Trading reminder

It's the time of year where we have people knocking on doors stating that they will, or already have cleaned the gutters of the property. In many cases the work has not even been completed but payment has been requested/ demanded. In some cases the work has been done at an extortionate price.

Also we must be vigilant of callers at the door stating they are from utility companies. Genuine utility company employees will always have identification with them. Ask for their ID and don't be afraid to telephone the company to confirm the ID. A genuine person will not mind waiting whilst you make that call.

Please pass this information onto any elderly or vulnerable neighbours and if you think they are being or have been a victim of these Rogue Traders please report it.

Trading Standards are also very interested in Rogue Traders and work closely with us. Trading Standards provide "We're not buying it" stickers and also have details of suitable local traders should you need any work doing. They can be contacted on 0845 4040506. You can also look online at www.buywithconfidence.gov.uk

If you enter into a contract at your home and the price of the work or product is more than \pounds 35, by law you should be given a 7 day cancellation notice in writing.

Safeguarding Adults Newsletter Summer 2015

Safeguarding Adults Newsletter (Summer 2015) Cambridgeshire's Safeguarding Adults Board have published the latest issue of their Safeguarding



Adults and Mental Capacity Act Newsletter which can be downloaded from the County Council website. It includes useful information and updates for people who use services, families and carers, the general public, and professionals who work with adults. To download the newsletter go to: <u>http://</u> <u>www4.cambridgeshire.gov.uk/safeguardingmca</u>

and follow the link to 'Newsletters, fact sheets and resources'.

Children Families and Adults Information Team

Remember Rogue Traders will come across as very charming and helpful when they call at the door. Always say no.

If you do need work doing always get at least 3 quotes to be sure the work does actually need doing and that it is completed correctly and at the right price.

County Council Trading Standards Officers and the Police are committed to catching rogue traders and bringing them to justice. We welcome your contact, even if it 's just a suspicion.

Please be vigilant and should you have any concerns about this or any other incident occurring please call the Police on 101 and report it.

TorrentLocker Alert

A scam email is being sent to victims fraudulently claiming to be from British Gas or The Ministry of Justice. The attached document or link leads to the TorrentLocker ransomware.

This malware encrypts system files and requests a ransom for the files to be decrypted.

Protect yourself

• If you receive a suspicious email, do not click on links or open attachments.

• If you believe the email to be fake, report it to your email provider as spam.

• Ensure your anti-virus software is up to date. This will help to mitigate the potential for virus to be downloaded.

• If you have opened an attachment or followed a suspicious link, run your anti-virus and/or take your machine to a reputable company to have it cleaned.

• In cases where files have been encrypted it can be very difficult to retrieve them, and in most cases they will be lost. It is recommended that you always back up all files on a separate device or cloud storage to ensure they are not lost. Please remember that if a device is attached to the infected machine the files on this could also be encrypted with the virus so ensure they are kept separate.

If you believe that you have been a victim of fraud you can report it online <u>http://www.actionfraud.police.uk/</u> report fraud or by telephone 0300 123 2040.



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