

CAMBRIDGESHIRE

CELEBRATES AGE



2012

A programme of events and activities in October
to celebrate International Day of Older People



Celebrating Age 2012

Welcome to 'Cambridgeshire Celebrates Age' 2012(CCA). For the past eight years, we've been celebrating age in October throughout Cambridgeshire – prompted by the United Nations' 'International Day of Older People', which falls on 1st October. This year our theme is **'active ageing'** which links with the Olympics.

We celebrate all that's done by older people in the community and all the activities that are available for them. Our Steering Group is made up of representatives from community and voluntary groups, county and local councils, the NHS, local housing associations, and local churches. We meet throughout the year to encourage, cajole and inspire groups all over the county to join us in celebrating age and taking part!

We then pull all it all together into this programme of special events for October, which we hope will:

- Promote active living
- Help reduce social isolation
- Reach out to the most vulnerable
- Promote intergenerational work (tea parties at schools!)
- Challenge ageism
- Show and value what older people do, contribute and achieve
- Be fun

Following positive feedback about our regular listing of ongoing activities, which we produced last year for the first time in addition to the celebratory programme, we will be updating these **Local Listings programmes and reproducing them in December**. These local listings will pull together events and activities for older people happening throughout the year in your local area. Celebrating age and enjoying it will be possible not just in October, but all year round!

We look forward to seeing you at an event in October or, just as importantly, at a regular activity.

Join us in Celebrating Age!

Transport information

Getting there ...

If you have difficulty getting to any of these activities, or if you prefer an alternative to using the car, there may be a choice of public or community transport to meet your need.

For information about buses you can call Travel Line on 08712 002233 or use the website: www.traveline.info

For information about dial-a-ride and community car schemes call Cambridgeshire County Council on 03450 450675 or go to the website: www.cambridgeshire.gov.uk/community-transport/schemes in your area. You can also use the county council website to find out details of buses.



Contents

CCA events are listed by area and in date order.

The details of each event were correct at the time of going to print.

Please check with the organiser of each event to confirm.

We have also highlighted particular projects in each district council area this year.

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www.cambscelebratesage.org.uk

Disclaimer: CCA does not necessarily endorse the products or services featured in adverts in this program.

COUNTY WIDE EVENTS

All events are free unless otherwise stated and open to all.
Some events you will need to book onto and the details are given.

Date / time	Event	Venue	Contact details
2nd October 2012 Time: 2-4.30pm	Age UK Cambridgeshire: Celebrating with Age UK Cambridgeshire Volunteers Dementia Awareness, long service awards, celebratory afternoon tea	Ely Cathedral Information Centre Palace Green Ely CB7 4EW	Gill Barnes gill.barnes@ageukcambridgeshire.org.uk Tel: 0845 521 3481
3rd October 2012 Time: 10.30am – 2.30pm	Age UK Cambridgeshire: Preparing for a Snug and Safe Winter	Holiday Inn Lake View Bridge Road Impington Cambridge CB24 9PH	Lynne Byrne lynne.byrne@ageukcambridgeshire.co.uk Tel: 01354 691893

7-9, 12-15 September	Open Cambridge weekend: www.cam.ac.uk/opencambridge	Various locations throughout the City Vast majority of our events are free of charge	cfi@admin.cam.ac.uk Tel: 01223 766766
24 October – 4 November 2012	Festival of Ideas: www.cam.ac.uk/festivalofideas	Various locations throughout the City Vast majority of our events are free of charge	cfi@admin.cam.ac.uk Tel: 01223 766766
Main day: Saturday 27th October	Cambridge Festival of Ideas. Explore the arts, humanities and social sciences through hundreds of free talks, workshops and performances	University's Sidgwick Site.	Will Betts cfi@admin.cam.ac.uk Tel: 01223 766766 www.cam.ac.uk/festivalofideas

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EVENTS IN CAMBRIDGE CITY

All events are free unless otherwise stated and open to all.
Some events you will need to book onto and the details are given.

Date / time	Event	Venue	Contact details
9th September 2012 Time 9.30, 10 or 10.30am start times Charge: £10 Adults, free to under 18's if accompanied before 9th August. £15 from 10th August and on day	Bridge the Gap Walk 2012 A beautiful 5 mile walk through Cambridge colleges	Jesus Green	Press Relief info@bridgethegapwalk.org Tel: 01223 434378
26th September 2012 Time: 10am - 12.30pm Places limited - book early to avoid disappointment Cost: £5 including refreshments.	Forever Active: Looking after your bones and joints Health Workshop. Information and advice on how to prevent medical conditions through exercise	Meadows Community Centre, Cambridge	Helen Robbins Tel: 01223 457532

<p>2nd October 2012 Time: 1 – 2.30pm</p>	<p>Age UK Cambridgeshire: Healthy Eating for an Active Life Demonstration on making simple healthy snacks, ideas for your 5 a day (fruit and vegetables)</p>	<p>Cherry Trees Day Centre St Matthews Street Cambridge CB1 2LT</p>	<p>Mickie Hewitt-illes mickie.hewitt-illes@ ageukcambridgeshire.org.uk Tel: 01223 361766</p>
<p>3rd October 2012 Time: 11am – 12</p>	<p>Forever Active: Chair Exercise</p>	<p>St Matthews Church Hall St Matthews Street Cambridge CB1 2LT</p>	<p>Archie Ferguson Tel: 01223 364303</p>
<p>3rd October 2012 Time: 12-1.30pm</p>	<p>Coffee, soup, cake. Bible Reading and prayers</p>	<p>St Matthews Church Hall St Matthews Street Cambridge CB1 2LT</p>	<p>Archie Ferguson Tel: 01223 364303</p>

EVENTS IN CAMBRIDGE CITY

Date / time	Event	Venue	Contact details
4th October 2012 Time: 2 – 4pm	<p>Broaden your Horizons: 'The Cultural Event'</p> <p>Including Indian dance workshop , food and music A free fun event to celebrate cultural diversity.</p>	<p>Buchan Street Neighbourhood Centre 6 Buchan Street Kings Hedges, Cambridge CB4 2DG Directions / bus routes to the centre are available on request</p>	<p>Binnie Pickard binnie.pickard@cambridge.gov.uk Tel: 01223 508149</p>
5th October 10am- 3pm	<p>Forever Active Event: Grafton Centre See advert P14</p>	<p>Grafton Centre , Cambridge</p>	<p>Helen Robbins 01223 457532</p>
7th October 2012 Time: 1pm Cost: £4 per head	<p>St Augustine's Community Lunch Club</p> <p>Community Lunch: 2 course lunch with wine and fruit drinks</p>	<p>St Augustine's Church Richmond Road Cambridge CB4 3PS</p>	<p>Richard Footitt JR.Footitt@googlemail.com Tel: 01223 364929</p>

11th October Time: 2-4pm	Formal AGM Trumpington Elderly Action Group Informal cheese, wine and chat. Members only event.	Trumpington Village Hall, High Street, Trumpington	
12th October 2012 Time: 10am	Over 50's Club "Open" session Tai Chi Event (PACT/CCA) A taster & demonstration of Tai Chi	Cherry Trees Day Centre St Matthews Street Cambridge	Philly Owles Philippa.owles@ntlworld. com Tel: 01223 312689
Wednesday 17th October 2012 Time: 8.30-12.30 (8.30 – 5.30 for flu vaccinations for eligible patients of Queen Edith's medical Practice)	Queen Edith's Forum: Queen Edith's Healthy Living Event Fun and fitness in older age – drop in for more information	Queen Edith's Chapel Wulfstan Way Cambridge	Caroline Biggs caroline.biggs@ cambridge.gov.uk Tel: 01223 471674

CAMTAD (Campaign for Tackling Acquired Deafness) will have a display of hearing help equipment – amplified telephones, TV listeners and more – with the Queen Edith Medical Practice on the winter flu jab day. Contact 01223 416141 for details

EVENTS IN CAMBRIDGE CITY

Date / time	Event	Venue	Contact details
17th October 2012 2.30pm Cost: £2	Cameo: Nostalgic puddings & cakes Childhood memories of tasting puddings & cakes from yesteryear	The Salvation Army Centre 104 Mill Road Cambridge CB1 2BD	Christine Pearce Christine.pearce@salvationarmy.org.uk Tel: 01223 367633
18th October 2012 Time: 2.30-4pm	Parish of Ascension: Harvest Tea Party Come and enjoy a cuppa, cakes and conversation	St Giles Church, Castle Street, Cambridge, CB3 0AQ	Sheila Rozeik office@churchatcastle.org Tel: 01223 315000
23rd October Time: 7-9pm	Gardening Talk	Ross Street Community Centre CB1 3UZ	Caroline Biggs caroline.biggs@cambridge.gov.uk Tel: 01223 471674
25th October 2012 Time: 10am - 1pm Places limited - book early to avoid disappointment Cost: £7.50 including refreshments.	Forever Active: First Aid for every day life Basic First Aid Workshop which will cover the key things to know	Cherry Hinton Village Centre, Colville Road	Helen Robbins Tel: 01223 457532

<p>27th October 2012 Time: 12-3pm Invitation only - interested persons please apply by email. Reply given at least 10 days before event.</p>	<p>ICCA over 50s Group Celebrates Age The Indian Community and Culture Association (over 50's Elderly & Disabled group) Elderly members of the Association meet invited guests</p>	<p>Bharat Bhavan (Old Mill Road Library) Cambridge CB1 2AZ</p>	<p>Rajni Shah (Chair) Kanchan Pankhania (Secretary) rajshah42001@gmail.com Tel: 01223 361181 (Secretary) (01223) 242138 (Chair)</p>
<p>21st November 2012 Time: 10am - 12.30pm Places limited - book early to avoid disappointment Cost: £5 including refreshments.</p>	<p>Forever Active: Understanding Dementia and looking after your mental health Health Workshop. Information on caring for others and looking after your own mental health.</p>	<p>Meadows Community Centre, Cambridge</p>	<p>Helen Robbins Tel: 01223 457532</p>

Forever Active provides exercise opportunities for the 50+ age group in Cambridge City and South Cambs. There are activities available for all ages and abilities. Information on the website www.forever-active.org.uk or call 01223 457532 to be sent a copy of the brochure.



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Celebrating Initiatives – Cambridge city

Walking is a free and great way to keep fit and in Cambridge City there are many walk projects to choose from to suit individual needs! Here is just a flavour of some of the walks on offer.

My Time Active Walks

* East Barnwell Health Walk

When: 1st and 3rd Mondays of every month at 2pm

Contact: Louise Stevens 07540 703821

* Arbury Health Walk

When: Every Tuesday at 11am

Contact: Rubina on 07540 703824

* Nuffield Road Medical Centre Walks

When: Every Thursday 11am

Contact: Nuffield Road Medical Centre on 01223 423424 or Nikki on 07540 703629



City Council / Fitzwilliam Museum

The **Time Travel Trek** is a social, fun and educational morning out which includes a walk and visit to the Fitzwilliam museum. The walk is around 30 to 40 minutes long and takes in some of the varied aspects of the City.

Dates for the rest of 2012 are September 27th and December 6th, leaving outside Boots on Sidney Street at 10.15 a.m. The Time Travel Trek is free, but spaces are limited and must be booked in advance by telephoning 01223 508149.

A special walk is being arranged at the **Botanical Gardens** as part of the Cambridgeshire Celebrates Age programme. The Botanical gardens will be arranging a guide to show us around the variety of plants on display. The date is yet to be confirmed , but will probably be October 11th in the morning. Please ring Binnie Pickard 01223 508149 to book a space

Olympic Walks

The Cambridge Olympic Walks programme launched in the city on 18 April 2012. There are five circular self guided walking routes around Cambridge promoting awareness of sporting facilities, cultural activities and sporting achievements. For more information, please contact sportsdevelopment@cambridge.gov.uk or visit www.walkcam2012.co.uk

EVENTS IN EAST CAMBS

All events are free unless otherwise stated and open to all.
Some events you will need to book onto and the details are given.

Date / time	Event	Venue	Contact details
27th September 2012 Time: 10am-1pm	Ely Celebrates Age 2012 Variety of organisations offering information and advice on activities and help for older people.	Meeting Room, Ely Library, 6 The Cloisters, Ely CB7 4ZH	Thelma Wadsley thelma.w@care-network.org.uk Tel: 01945 589953
16th October 2012 2-3.30pm	Engage in the Afternoon: 'Free at last' an amusing look at retirement. A light hearted talk from retired Cambridgeshire	Meeting Room, Ely Library, 6 The Cloisters, Ely CB7 4ZH	Debbie Price or Jenni Johns debbie.price@cambridgeshire.gov.uk jeni.johns@cambridgeshire.gov.uk Tel: 01353 616167

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Celebrating Initiatives

Is Burwell a good place to Celebrate Age?

In spring 2009 a study carried out by COPRG (Cambridgeshire Older Peoples Reference Group) found Burwell to be “A Good Place to Grow Old”. Is it still so & has it got any better? I was reflecting on this as I realized that 2009 was when I retired from District Nursing to be able to give more time to Parish Nursing. What’s Parish Nursing I hear you say?!

Parish Nursing is relatively new concept in this country although it has been active in America for nearly 40 years. It is the intentional integration of faith with health so that means churches of all denominations appointing registered nurses with community experience who work through the church to offer spiritual as well as physical & mental health care in their communities. Burwell was one of the first 7 pilot sites set up in UK in 2004 to take forward this new idea. Parish nurses are there to encourage all towards healthy lifestyles, to identify need and to encourage their congregations to reach out into their communities to help.

One example of this would be the Burwell Drop-In. It had become evident that, as the population rises, so too is the number of people with memory problems. One of the congregation whose wife was diagnosed with Alzheimer's disease suggested that a place to go & chat with others in the same situation would be helpful. So a partnership with Sanctuary Housing, the Alzheimer's Society and Parish Nursing set up Burwell Drop-In. We meet on the 2nd & 4th Tuesday each month at Ness Court from 10-12 & offer coffee, chat, games & friendship as well as long term support for the families of those caring for people with dementia. As well as the 3 agencies involved in this partnership, members of the congregation come to help as well with offers of transport, help with coffee or teaching craft.

One carer wrote: "This Drop-in is for me, a carer for my wife with Alzheimer's, a fortnightly break from the daily caring tasks, which increase from month to month. We can meet with other carers and sufferers and share notes and experiences. It is invaluable".

So I would suggest that Burwell is a good place to Celebrate Age & that there are even more resources to make it a Good Place to Grow Old in!

Sue Evans MBE Parish Nurse. See www.parishnursing.org.uk for more information

EVENTS IN FENLAND

All events are free unless otherwise stated and open to all.
Some events you will need to book onto and the details are given.

Date / time	Event	Venue	Contact details
Throughout October	<p>Chatteris Community Archive: Chatteris Bygone photographic Display Selection of bygone pictures of Chatteris people and Chatteris to Celebrate Fenland Age 2012</p>	Chatteris Library 2 Furrowfields, Chatteris PE16 6DY	Julie Chatteris Library (Community Archives) Tel: 0345 145 5225
4th October 2012 time: 12 noon Cost: £8.50 for the film and lunch	<p>March Cinema and Lunch Club An afternoon for older people where audience get the luxury of film and lunch.</p>	March Town Hall	Katherine Nightingale Katherine@FenlandArts.org.uk Tel: 01354 652769
8th October 2012 Time: 1pm – 2.30 Advanced booking recommended as places limited	<p>My Time Health: Therapeutic Art Exploring the past using Art</p>	Skoulding Suite, Town Hall, March	Lesley Cuthbert Lesley.Cuthbert@mytimehealth.co.uk Tel: 07540703645

9th October 2012 Time: 10am – 2.30pm	March Older Peoples Information Fair Organisations offering information/advice on activities and help for older people	March Library and learning centre, City Road, March PE15 9LT	Sue Beel Sue.beel@care-network.org.uk Tel: 01945 589953
11th October 2012 Time: 2pm-3.30pm Cost: £6	Fenland Arts Jazz Afternoon Jazz with the Wissippi Jazzmen. Includes Tea and Cake	March Town Hall	Katherine Nightingale Katherine@FenlandArts.org.uk Tel: 01354 652769
15th October 2012 Time: 1pm-2.30pm Advanced booking recommended as places limited	My Time Health: Therapeutic Art Exploring the past using Art	Skoulding Suite, Town Hall, March	Lesley Cuthbert Lesley.Cuthbert@mytimehealth.co.uk Tel: 07540703645
16th October 2012 Time: 2.15pm Cost: small charge for refreshments	My Time Health: Autumn Walk and Afternoon Tea A short guided walk at a leisurely pace followed by tea and cakes at Edina Court	Meet at Chapel Road Car Park, Wisbech	Fiona Poignand fionapoignand@mytimehealth.org.uk Tel: 07775 532285
19th October 2012 Time: 10.30am-1.30pm	Oasis Boyden Court Day Centre: Bring & buy Bring & buy, refreshments for sale, raffle	The Oasis Centre St Michaels Avenue Wisbech Cambs PE13 5LF	Lynne Hayden lynne.hayden@ageukcambridgeshire.org.uk Tel: 01945 428662 Wed-Fri 9am-3pm

EVENTS IN FENLAND

All events are free unless otherwise stated and open to all.
Some events you will need to book onto and the details are given.

Date / time	Event	Venue	Contact details
22nd October 2012 Time: 1pm-2.30pm Advanced booking recommended as places limited	My Time Health: Therapeutic Art Exploring the past using Art	Skoulding Suite, Town Hall, March	Lesley Cuthbert Lesley.Cuthbert@mytimehealth.co.uk Tel: 07540703645
24th October 2012 Time: 2pm-3.30pm	Fenland Tales Alan Lamb tells some tall tales from the Fens	Wittlesey Library	Tel: 0345 045 5225
29th October 2012 time: 2pm-3.30pm cost: No admission charge but cost per bingo card and refreshments	Intergenerational Bingo Afternoon An afternoon of bingo and refreshments for older people to raise money for Fenland young carers.	March Town Hall	Katherine Nightingale Katherine@FenlandArts.org.uk Tel: 01354 652769

Celebrating initiatives

Fenland rural cinema

March lunch and film club started in April in the Skoulding Suite at March Town Hall and was so immediately successful that a second monthly session had to be introduced.

The club meets on the first Thursday of the month and generally the 4th Thursday (can vary), members arrive for lunch starting at 12pm. The lunch menu offers a choice of 2 hot savory options and 2 desert options and is provided by Panini's the on site cafe. We have had fantastic feedback about the quality of the lunches. Tea and Coffee is also included and the lunch costs £6.50.

The film will then start about 1.15pm, there is a short break in the middle of the film for a leg stretch and to refill your drink. The film is provided by Fenland Arts for which members pay £2.00. Members have the opportunity to request films and other suggestions for events they would like to attend.

The lunch club was developed by Care Network whose mission is to help older, isolated and vulnerable people living in Cambridgeshire to stay independent and maintain social contact with friends and the community. For more information about the lunch and film club please contact Katherine Nightingale on 01354 652769 or email katherine@fenlandarts.org.uk or Sue Beel on 01945 589953 or email sue.beel@care-network.org.uk



EVENTS IN HUNTINGDON

All events are free unless otherwise stated and open to all.
Some events you will need to book onto and the details are given.

Date / time	Event	Venue	Contact details
25th September - 8th October 2012	Huntingdonshire Celebrates Age Launch Display	Huntingdon District Council Pathfinder House St Mary's Street Huntingdon PE29 3TN	Angie Skipper angie.skipper@huntingdonshire. gov.uk Tel: 01480 388467
28th September 2012 Time: 2-3.30pm	Cambridgeshire Celebrates Age in the afternoon: CCA St Neots in old photographs Social group for over 50's	St Neots Library Priory Lane St Neots PE19 2BH	Ruth Downs ruth.downs@cambridgeshire.gov.uk Tel: 0345 045 5225
October 2012	Sawtry Library Cambridgeshire Celebrates Age Display of CCA materials	Sawtry Library Fen Lane, Sawtry PE28 5TQ	Julie Kisby Julie.kisby@cambridgeshire.gov.uk Tel: 0345 045 5225

October 2012	Yaxley Library Display of CCA materials	Yaxley Library Lansdowne Road Yaxley PE7 3JL	Julie Kisby Julie.kisby@cambridgeshire.gov.uk Tel: 0345 045 5225
October 2012	Huntingdon Library Display of CCA materials	Huntingdon Library Princes Street Huntingdon PE29 3PA	Julie Kisby Julie.kisby@cambridgeshire.gov.uk Tel: 0345 045 5225
2nd October 2012 10am-11am	Poppyfields St Neots Sleep Work Shop A talk on sleep	Poppyfields Chapman Way, Eynesbury, St Neots PE19 2PF	Jenny Swain Tel: 01480 470480
2nd October 2012 2pm Max 15 people	Poppyfields St Neots Armchair Exercises	Poppyfields Chapman Way, Eynesbury, St Neots PE19 2PF	Poppyfields Tel: 01480 218684

EVENTS IN HUNTINGDON

Date / time	Event	Venue	Contact details
3rd October 2012 Time: 10:00 – 10:45am	Sleep Workshop Limited numbers please contact Yaxley Library to book	Yaxley Group Practice Landsdowne Road Yaxley PE7 3JL	Julie Kisby Julie.kisby@cambridgeshire.gov.uk Tel: 0345 045 5225
3rd October 2012 Time: 11.15am to midday	Chair Based Exercise Limited numbers please contact Yaxley Library to book	Yaxley Group Practice Landsdowne Road Yaxley PE7 3JL	Julie Kisby Julie.kisby@cambridgeshire.gov.uk Tel: 0345 045 5225
3rd October 2012 Time: 2pm	EngAge: Reminiscence Session – Arts & Crafts Share memories of Arts & Crafts	Yaxley Library Lansdowne Road Yaxley PE7 3JL	Julie Kisby Julie.kisby@cambridgeshire.gov.uk Tel: 0345 045 5225

<p>3rd October 2012 2pm Cost: 50p for refreshments</p>	<p>Luminus Group: Memory Board Making Reminiscing and using photographs to illustrate the past</p>	<p>Rectory Gardens Godmanchester Cambs PE29 2BH</p>	<p>Cherri Dawson cherri.dawson@luminus.org.uk Tel: 01480 456051</p>
<p>3rd October 2012 Time: 2pm to 2.45pm</p>	<p>Sleep Workshop Limited numbers please contact Yaxley Library to book</p>	<p>Yaxley Group Practice Landsdowne Road Yaxley PE7 3JL</p>	<p>Julie Kisby Julie.kisby@cambridgeshire.gov.uk Tel: 0345 045 5225</p>
<p>Thursday 4th October 2012 Time: 2pm</p>	<p>EngAge: A history of London brick Fascinating talk with Andrew Mortlock</p>	<p>Huntingdon Library, Princes Street, Huntingdon PE29 3PA</p>	<p>Julie Kisby Julie.Kisby@cambridgeshire.gov.uk Tel: 0345 045 5225</p>
<p>Thursday 4th October 2012 Time: 2pm</p>	<p>Holywell-cum-Needlingworth Good Neighbours Group Tea, cake and a chat</p>	<p>Chatters Café Village Hall Needlingworth Cambs</p>	<p>Kate Carpenter chipsters@tesco.net Tel: 01480 465655</p>

EVENTS IN HUNTINGDON

Date / time	Event	Venue	Contact details
4th October 2012 1pm for buffet 2pm for entertainment cost: £2	Luminus Group: Buffet and Entertainment Buffet and 'Replay'. A couple who sing songs from the 50's and 60's from 2pm	Windsor Court Feoffees Road, Somersham PE28 3JF	Diane Soper Sheltered Housing Manager diane.soper@luminus.org.uk Tel: 07702 345975
9th October 2012 Time: 2-3pm	Engage in the afternoon: Food for Fitness A taste of foods that promote healthy living.	St Ives Library 4 Library Row St Ives PE27 5BW	Joy Glozier joy.glozier@cambridgeshire.gov.uk Tel: 0345 045 5225
9th October 2012 Time: 2pm Cost: 50p for light refreshment	Luminus Group: General Knowledge Quiz An easy quiz and you can have a guess at the answers	The Close Cambridge Street St Neots Cambs PE19 1JR	Ann Walsh ann.walsh@luminus.org.uk Tel: 01480 473157

<p>11th October 2012 Time: 10.30am Cost: 50p for light refreshments</p>	<p>Luminus Group: General Knowledge Quiz An easy quiz you can have a guess at the answers</p>	<p>Medway Court Medway Road Huntingdon PE29 1SF</p>	<p>Bob Dockrell Bob.dockrell@luminus.org.uk Tel: 01480 458395</p>
<p>12th October 2012 Time: 10.30am</p>	<p>Luminus Group: Nostalgic Quiz Going back to bygone years</p>	<p>Mellors Court High Street Sawtry, Cambs PE28 5SP</p>	<p>June Chapman june.chapman@luminus.org.uk Tel: 01487 830809 or 07900267713</p>
<p>15th October 2012 Time: 2pm £1 admission charge</p>	<p>Oak Tree Court - Local knowledge quiz & refreshments A quiz based around Huntingdon area & refreshments</p>	<p>Oak Tree Court West Street Godmanchester PE29 2LZ</p>	<p>Sheila Fielding Sheila.fielding@axiomha.org.uk Tel: 01480 412567</p>
<p>17th October 2012 Time: 2pm</p>	<p>EngAge: Cambridgeshire and Peterborough Probation Trust Interactive talk and insight into the justice system</p>	<p>Yaxley Library Lansdowne Road Yaxley PE7 3JL</p>	<p>Julie Kisby Julie.kisby@cambridgeshire.gov.uk Tel: 0345 045 5225</p>

EVENTS IN HUNTINGDON

Date / time	Event	Venue	Contact details
18th October 2012 Time: 11am Cost: £3	Luminus Group: Brunch Breakfast type lunch cooked especially for you	Hilary Lodge, Horseshoes Way Brampton PE28 4TN	Cherri Dawson cherri.dawson@luminus.org.uk Tel: 01480 456436
18th October 2012 Time: 2pm Cost £1	Luminus Group: Mike Gee, Vocalist, Impressionist and Comedian All round entertainment	Mill House, Silver Street, Ramsey, PE26 1EP	Diane Soper Sheltered Housing Manager Diane.soper@luminus.org.uk Tel: 07702 345975 or 01487 814223
19th October 2012 Time: 10.30am Cost: 50p for light refreshments	Luminus Group: Card Making To make a card and take away	Crown Gardens Alconbury Cambs PE28 4HP	June Chapman june.chapman @luminus.org.uk Tel: 01480 890144 or 07900267713
19th October 2012 Time: 2pm Cost: £1 for tea/ coffee and cake	Luminus Group: Musical Entertainment	Park View Brookside Huntingdon PE29 1AF	Andrew Watson Andrew.Watson@luminus.org.uk Tel: 01480 411250

<p>24th October 2012 Time: 1-4pm</p>	<p>Age UK Cambridgeshire: Celebration of Age Fun afternoon, entertainment, quiz, afternoon tea</p>	<p>Rainbow Resource Centre 1a-1c Stocking Fen Road, Ramsey, Huntingdon PE26 1SA</p>	<p>Melanie Murdoch Melanie.murdoch@ ageukcambridgeshire.org.uk Tel: 01354 691984 or 07538792909</p>
<p>30th October 2012 Time: 2.30pm Cost: £1 for light refreshments</p>	<p>Luminus Group: Entertainment A musical afternoon.</p>	<p>Langley Close St Ives PE27 5SE</p>	<p>June Smith or Janet Nunley June.smith@luminus.org.uk Tel: 01480 465020</p>
<p>Thursday 1st November 2012 Time: 2pm</p>	<p>EngAge: Make your own greeting cards Get creative with cards in this interactive event</p>	<p>Huntingdon Library, Princess Street, Huntingdon PE29 3PA</p>	<p>Julie Kisby Julie.kisby@cambridgeshire.gov.uk Tel: 0345 045 5225</p>

'Celebrating Initiatives'

Introducing Time Bank

Time Banking is a different way of promoting volunteering and encouraging an active supportive community. Time Banking brings people together to help others, and help themselves at the same time. Participants 'deposit' their time in the 'bank' by giving practical help and support to others and are able to 'withdraw' their time when they need something done themselves. Everyone's time is valued equally: 1 hour = 1 time credit and participants can spend their time credits on the skills and support from other participants when they need a helping hand. People help each other out with everything from making phone calls to sharing meals and giving lifts to the shops - anything that brings them together.

In Huntingdonshire, two local communities, Somersham and Eynesbury have set up Time Bank schemes. Both have a focus on older people, encouraging local residents to take part in the scheme.

Gloria has been driving for one of our local community car schemes for a number of years, and the time she puts into it has been appreciated by all her passengers, but as she gets older herself, Gloria would appreciate some help with some of the jobs around her house and garden that she is beginning to find tough. So Gloria has signed up with the Somersham Time Bank scheme. In return for every hour she gives to the local car scheme she receives an equal amount of Time Bank credit to use for herself; Gloria will use her next hours of Time Bank credit to have some help from a neighbour to remove the ivy growing up her bungalow.

For volunteers that feel they don't want anything back in return for their time
Hours can be banked into the scheme's 'community chest' which will enable more frail local residents who feel they are unable to give something in return, to benefit from the skills and support available through the local Time Bank.

Find out more about Time Banking at www.timebanking.org.



Cultivating an environment for
timebanking to flourish



Deliveries of Hot 'Meals on Wheels'
To the elderly and disabled in Cambridge and surrounding villages

Meals delivered Mon – Fri 11am – 1pm
Daily delivery. Ease of mind for relatives and friends
Vegetarian – Diabetic – Normal Diet
£4.00 for a hot two course meal

YOU'RE JUST A PHONE CALL AWAY FROM TOMORROW'S MEAL
Tel: 01223 314288

Charity Number 1098072

EVENTS IN SOUTH CAMBS

All events are free unless otherwise stated and open to all.
Some events you will need to book onto and the details are given.

Date / time	Event	Venue	Contact details
26th September 2012 Time: 2 – 4pm	Friends of Histon and Impington Recreation Ground: Taster Session Tai Chi	The Pavillion, New Road, Histon CB24 9LU	Jean Newman jean.newman7@ntlworld.com Tel: 07772437789
16th October 2012 Time: 1 – 4pm	Singing by school choir, quiz, afternoon tea Fun afternoon, singing by Meadow Primary School choir, quiz, afternoon tea	West Wrattling Village Hall 79 High Street West Wrattling CB21 5LU	Melanie Murdoch Melanie.murdoch@ ageukcambridgeshire.org.uk Tel: 01354 691984 or 07538792909

Celebrating Initiatives

HISTON AND IMPINGTON ACTION FOR OLDER PEOPLE

HISTON & IMPINGTON ACTION FOR
OLDER PEOPLE



My name is Jean Newman. I have been appointed as the Older Person's coordinator for Histon and Impington. My aim is to enhance the quality of life for older people in our two villages and amongst other things I hope to:

Help improve the existing services in the villages.

Support the current voluntary initiatives

Reduce loneliness and isolation

Accumulate information and advice for older residents and carers.

Provide information and good communication between village groups.

Act as an advocate for this group and encourage volunteers.

I can be contacted by Telephone 07772437789 or Email: jean.newman7@ntlworld.com

This post has been sponsored by Histon and Impington Parish Councils, Histon Feast, Histon and Impington's village Churches and Histon & Impington Community Minibus.

Who to contact for more information

Cambridge City (plus general enquiries)

Sally Roden - Tel 01223 457685 - Email sally.rodan@cambridge.gov.uk or

Georgina Poulter - Tel 01223 508150 - Email georgina.poulter@cambridge.gov.uk

www.cambridge.gov.uk/cca

Fenland

Thelma Wadsley - Tel 01945 589953

Email: thelma.w@care-network.org.uk

East Cambs

Thelma Wadsley - Tel 01945 589953

Email: thelma.w@care-network.org.uk

Huntingdonshire

Beth Goldsborough - Tel: 01480 418664

Email: bethany.goldsborough@cambridgeshire.nhs.uk

South Cambs

Suan Rowland - Tel 01223 290788 - Email suanrowland@btinternet.com

Tim Herod - Tel 01954 713297 - Email: timothy.herod@scambs.gov.uk

Or visit:

www.cambscelebratesage.org.uk



www.cambscelebratesage.org.uk



'Cambridgeshire Celebrates Age' is supported by the following organisations



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