



SAWTRY EYE

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

www.caresco.org.uk

Price £1.00 (where bought)

No. 146 - June - July 20

 **SAWTRY AREA COVID-19 SUPPORT**

WE CAN HELP WITH:

-  Shopping
-  Foodbank Vouchers
-  Prescription Collection
-  Information
-  Posting Letters
-  Newspaper Collection
-  Phone Calls

CONTACT DETAILS

-  07561 580866
-  @sawtrycommunity
-  covid-19@caresco.org.uk
-  www.caresco.org.uk


CARESCO
meeting needs in our local community

Thank You **GRATITUDE**

If there is one positive to come out of the COVID-19 pandemic, it is how amazing people in our local communities have proved to be in helping each other.

So, our heart-felt thanks to everyone who has responded so positively in supporting and encouraging others during the lockdown.

Together we can get through this!




 **To all volunteers everywhere, it's time to say...**

Thank You



for your Kindness

FUNDRAISING
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.


SINCE 1982 WE HAVE PROVIDED HELP AND SUPPORT TO OUR LOCAL COMMUNITY. TO ENSURE THAT WE CAN MAINTAIN OUR CURRENT STANDARDS, NOW MORE THAN EVER WE NEED YOUR HELP WITH FUNDRAISING.

CARESCO
meeting needs in our local community
www.caresco.org.uk

The setup is simple, with 4 easy steps:

1. CONTACT YOUR BANK
2. INPUT OUR ACCOUNT DETAILS
3. TYPE REFERENCE: FUNDINGOURFUTURE
4. SET THE DONATION AMOUNT TO £4

Thats it, you're all set up!



To contact us for our account details and for information about how you can Gift Aid this regular donation please email: fundraising@caresco.org.uk or telephone 07599 987468.

THANK YOU

The CARESCO Centre, Green End Road, Sawtry, Huntingdon, Cambs, UK PE28 5UX office@caresco.org.uk 01487 832105 www.caresco.org.uk
Reg in England & Wales Charity No: 1140728 Company No: 7513432

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

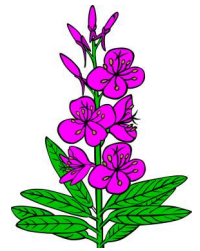
2020	Group	Details	Contact	Page
3 - 9 August	Churches Together	Light Factory Holiday Club	01487 830345	6
8 October	Sawtry Royal British Legion	Prize Bingo	07788 180384	5
17 October	CARESCO	Barn Dance	01487 832105	--
28 November	SSBP / SYP / CARESCO	Frost Fayre	--	--
10 December	Sawtry Royal British Legion	Prize Bingo	07788 180384	5

In these uncertain times, we do not know if any of the events mentioned above will be postponed or cancelled. Please check with the organisers nearer the time.

When your organisation next fixes dates, please let us know. No need to wait for the next deadline. Please email the details along with a contact number to sawtryeye@caresco.org.uk with the subject 'Make a Date'.

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 group concerned.





To prevent the spread of Coronavirus,

regularly wash your hands

for at least 20 seconds

with soap and warm water

For more information on how to protect yourself,
visit [NHS.uk/coronavirus](https://www.nhs.uk/coronavirus)





Cambridgeshire
County Council

- ♥ Be kind
- ♥ Offer help
- ♥ Give advice
- ♥ Stay connected when apart

together we can make a big difference to people who are feeling alone at this time.

#CambsTogether

Cambridgeshire
together ♥
against
Coronavirus

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

Past issues can be found at
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

For Issue No: 147
August - September 20

Advertisements by

12 Noon on 10 July

News Items by

12 Noon on 17 July

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

Quarter Page: Portrait (13cm x 8.5cm)

1 Issue - £44.50

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... ...Wow, what a rollercoaster ride we have all been on since our last issue. Our deadline was Friday 20th March and the country went into lockdown on Monday 23rd. There has never been so much last minute editing in an attempt to make sure the Sawtry Eye was as up to date as possible, both with local and national events. We are very grateful to our distribution team who despite everything, still managed between them to get your copy onto your doormat in good time.

Two months later, and we are very proud of the way our local community responded to the crisis. By the time we last went to print, there was already a voluntary local response team up and running and we carried their leaflet on our front cover. This has now been replaced with the local council official hub, 'We Are Huntingdonshire' and you can find the new information again on the front cover should you need any extra support.

Be good to each other

Liz - Co-Editor



CARESCO

meeting needs in our local community

CARESCO UPDATE

Thank you to all our amazing staff, trustees and volunteers for all their hard work since the lockdown at the end of March in adapting to our new way of life. With their help, we have been able to continue to offer support and encouragement to our club members and service users, even though we can't meet face-to-face for a time.

In line with current government guidance (at time of writing) and until further notice the **Green End Day Club**, **Alconbury Thursday Club**, the **Chatterbox** and **Sounds Good** groups, the **Sawtry Car Scheme**, **Sawtry Man Cave** and the weekly **Coffee Shop** will remain closed.

Sawtry Foodbank is continuing to serve those who need the support, food supplies and volunteers allowing. They can be contacted on 07743 593863 or emailed at foodbank@caresco.org.uk.

Our **Charity Shop** will aim to reopen as soon as the guidelines change, please look out for further updates.

For all other general enquiries, please email us or 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
Or visit www.caresco.org.uk

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SCHOOL TERM DATES



Summer Term 2020
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

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

Summer Term 2021
Start of term 12 April
Half term 31 May - 4 June
End of term 22 July



**HDC REFUSE
COLLECTION**

LANDFILL WASTE (GREY)
(Week Beginning)
1, 15 & 29 June
13 & 27 July

**GARDEN WASTE (GREEN)
& RECYCLING (BLUE/GREEN)**
(Week Beginning)
8 & 22 June
6 & 20 July

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



Your Kind of Music presents

'Stilton in Tune'

I hope that you have all stayed clear of the dreaded virus and are coping in these strange times. I am greatly missing presenting our monthly keyboard concerts at the Stilton Pavilion and, regrettably, it would seem highly unlikely for them to restart in the near future. As with many, many people, our artistes are feeling the pinch and are longing for matters to return when they can start earning again. Quite a few of them have been giving free concerts online and these are being well received.

As time goes by, I hope to have more positive news but live entertainment will most probably be one of the last to return to some sort of normality. Rest assured that I fully intend to continue our great series of live keyboard shows as and when allowed and it is safe to do so and may have some on a fortnightly basis if possible.

In the meantime, I offer my musical best wishes to all - "we'll meet again, don't know when" (I know where!) but someday we will be back!

*For further details please contact
Tony Oliver on 01480 474282 or 07918 602600
or email tony.oliver5@btinternet.com*



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

We meet on the
2nd and 4th 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*

CAMBRIDGESHIRE HEARING HELP?

**Quarterly Hearing Help Service
for NHS hearing aid users**

*Free batteries, hearing aid servicing
& advice on how to manage hearing loss*

**Sadly, our public sessions have been
suspended until further notice.
However, we are continuing to send out
batteries by post. Please contact us by
phone or email, or check our website for
more information, details below.**

**We will need to know
what SIZE batteries you require.**

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

*www.cambridgeshirehearinghelp.org.uk
Registered Charity No 1154071*



SAWTRY WI

Sawtry WI meets on the 1st 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**

President	Ann Martin	01487 830442
Correspondence Secretary	Rosemary Jubb	01487 830243

HELLO FROM YOUR CHARITY SHOP

We hope you are all keeping safe and well. At the charity shop we are busy working behind the scenes putting in place new safety measures that will be required for when the time comes for us to re-open. Unfortunately, at time of writing we are not sure when that will be just yet but we are looking forward to welcoming you through our doors soon. We have taken this opportunity to give the shop premises a good spring clean which has kept us busy!

We will need to change the way your much valued donations can be made to the shop when we re-open. Please look out for further updates as they are made either on our social media or in our shop window.

We look forward to seeing you all again soon!

Sharon Dougherty
CARESCO Charity Shop Manager



Dial-a-Sermon

To listen to this weeks sermon
simply call this number

01487 800141

(standard network rates apply)

You can also listen to sermons online at
www.allsaintssawtry.org.uk

The Benefice of Sawtry, Glatton and Holme with Connington

- Helping you stay connected while we are apart -



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

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

****July's session is cancelled****

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 2nd & 4th Monday
between 2 - 4 pm**

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

For more information

Email: office@caresco.org.uk

or call the CARESCO Office 01487 832105



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

SAWTRY STEPPERS MODERN LINEDANCE CLASSES

The Sawtry Steppers Linedancing Club are still very much together, but for now only through our Facebook group. I have been posting videos from absolute beginners to intermediates and have been sharing live performances from bands and dancers around the world. Not everyone is on Facebook, so I also share my videos with my dancers on WhatsApp and YouTube.

Linedancing has evolved so much since I became a dancer 23 years ago, we like to call ourselves modern linedancers now as we dance to all types of music from country to pop. I love to choreograph dances, organise events, demonstrations, socials and weekends away.

This style of dancing is suitable for all ages and fitness-levels, bringing with it physical and mental benefits and is a great way of making new friends.

We will be back in our classes when it is safe to do so, meanwhile, why not ask to join - Sawtry Steppers linedance group on Facebook

**Contact Julie:
jcgillmore@sky.com,
07939 070406**



SAWTRY FEAST SUPPER CLUB

We hope that you have all kept well during this difficult time for everyone.

It is with sadness that we have unfortunately had to cancel this year's Feast Supper Club for June due to Covid-19.

If anyone is needing any support at this time please do contact CARESCO's Covid-19 Support on 07561 580866 who will be happy to help you during this difficult time (see front cover for more details).

Karen Leader, Secretary

07903 841708



SAWTRY LIGHT FACTORY CHILDREN'S HOLIDAY CLUB

The team are currently monitoring government advice and awaiting developments before making a final decision about this year's August holiday club.

Please look out for an announcement nearer the time as to whether we feel we are able to go ahead or not while keeping the children, families and team members safe and well.

Meanwhile, look after yourselves!

You can find us on Facebook, 'Sawtry Light Factory' or via any of the churches in Sawtry.

Or call Matt on 01487 830345



WE'RE STILL HERE



We're still here, the worst is passed
Restrictions start to ease at last
Small steps at first, there'll be no spurt
We're still at home but now ALERT

Some, of course, could soon be working
Not that anyone's been shirking
Get there any way you like
On foot, by horse or on your bike.

But not by train 'cos from the station
there's still two metres separation.
No cheek by jowl or trampled feet
Who knows, you might just get a seat.

We're still here, another day
and soon there will be golf to play
We wander round with club and ball
The world's OK now after all.



But all alone, it seems absurd
The strangest rule I've ever heard
For most 2 metres is the test
For golf two hundred yards at best

We're still here, so's Colonel Tom
he struggled on - and on - and on
Old Tom's long walk amazed the nation
which answered with its great donation

A grand old man, a grand he sought
To help with NHS support
But 30 million! Such elation
Wow! That's what I call inflation.

We're still here, and so is Boris
Healthy now, he leads the Tories
Saved by earthly angel care
You'd think they might have brushed his hair

Another child he's just accrued
By now he must have quite a brood
Let's hope that lots of sleepless nights
Won't stop decisions being right.

We're still here, but some have perished
Those we loved and those we cherished
When this is done we will recall
How Covid took its heavy toll

The old and frail folk suffered worst
Victims of the deadly curse
Though sad the way the old folk fared
Be glad the children have been spared

The road ahead will still be tough
Although we've been through quite enough
There's more to come you know, it's true
We're strong enough to make it through.

*Written by David Whitney
a member of Sounds Good*

The group meet twice monthly to enjoy all things musical and the spoken word. You are welcome to join them when they resume after the lockdown.

For details, see page 4.

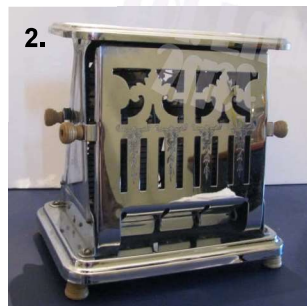


Just For Fun

Can you guess what these vintage items are?

Look out for the answers in the next edition of the Sawtry Eye.

JUST FOR FUN



Connect with Care Network!

During these challenging times our **Community Navigators** can help you find local support. This includes access to our **Help at Home** essential shopping and our **Wellbeing Phonenumber** services
Speak to your local Huntingdonshire Coordinator today on 01480 423065

To learn more or donate to our Covid-19 response services please visit

www.care-network.org.uk/
or call 01954 211 919



SAWTRY GARDENING CLUB

This year coming together for gardening events has been impossible, so instead we would like to tell you about some other things we have been doing.

We started with a seed and plant swap of whatever members had in stock, then we donated £70, deposits from a cancelled trip, to Sawtry Foodbank to help people who are caught up in the financial disaster of the Coronavirus. Next, one of our members, Joyce Day, managed to make almost £130 (also for the Foodbank) from taking plant orders and arranging social distanced collections from her door. A great achievement in the middle of a pandemic I'm sure you will agree!

Some of us on Facebook have also shared photos of our gardens, enjoying the glorious weather.

Penny Litchfield

**For info: 07598 431308,
or email**

sawtrygardeningclub@gmail.com

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



DAILY HOPE

This is an excellent national Church of England initiative and will be available 24 hours a day on **0800 804 8044**.

Callers will hear a special greeting from the Archbishop of Canterbury before being able to choose from a range of options, including Prayer During the Day and Night Prayer updated daily, from Common Worship, and a recording of the Church of England's weekly national online service.

A section called Hymn Line will also offer callers a small selection of hymns, updated daily. An option entitled 'Hymns We Love', provides a hymn and reflection.



SAWTRY WINEMAKERS

Calendar of Events

Sadly our meetings have been cancelled for the foreseeable future. They will be resumed once the current lockdown restrictions have been lifted.

You will be most welcome to come along to any of our meetings and join us when they resume. Sawtry Winemakers meetings are normally held on the third Wednesday each month at the Old School Hall.

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

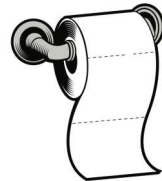
BRAVE NEW WORLD

I wandered lonely as a cloud
Through Sawtry streets devoid of crowd
With no excuse but social schism
To justify my plagiarism
And as I walk I part rehearse
For Sounds Good friends a little verse

Occasionally I look and see
Another soul approaching me
Deciding whether they or I
Should move for space to pass wide by.
Then smile, two simultaneous greeters
As we maintain our full two metres.



I pondered all the rucks and mauls



The scrum to purchase toilet rolls
The upper class just stay in bed
Staff scrap for their loo rolls instead
We simple folk it just appals
That people fight for toilet rolls
When faced with sickness or the Reaper

The priority is 3 ply paper
Just think it through, it makes you cry
Could a four pack be a life's supply

The healthcare staff are our front line
with dedication they decline
to leave us to our own devices



Heroes in the Covid crisis
With scant protection soldiering on
They take the risks we're hiding from
The best in humankind are they
who face the virus every day
Our thanks we give to one and all
it's going to be a long, long haul

And so it's true dear boys and girls
We're living in a brave new world.

*Written by David Whitney
a member of Sounds Good*



For details, see page 4.

CARESCO CLUBS

How things have changed for all of us over the past few months! We at the Green End Day Club and the Alconbury Thursday Club, like so many, have had to adapt to a new way of caring for our lovely members.

We are in regular contact with them all, doing all we can whether it be shopping, collecting meds, taking them books and puzzles or just having a friendly chat to help them through these difficult times. They are managing really well and are all missing the regular friendship and fun that our clubs give them.

We hope you are all staying safe and keep on smiling. All of us at our wonderful clubs are looking very much forward to the day we can reopen our doors and welcome our members safely back again.

Vicki, Pat, Gill, Helen & Suzanne, Club Managers

FROM CLLR SIMON BYWATER

Since the last edition of the Sawtry Eye it seems remarkable that we are still facing these unprecedented times. The whole way we work and live has changed dramatically over the past couple of months.

The Cambridgeshire County and Huntingdonshire Covid Hubs are now well established supporting people who need that vital help and support. Special thanks go to CARESCO and all our local volunteers enabling this to happen. It's truly remarkable what people are doing to help and support others in our communities.

The County Council are now holding their public meetings online, these can be viewed through their YouTube account: https://www.youtube.com/channel/UCqkJNraVXNq2oF5JBx2_Afw

It has been challenging getting it off the ground, but decisions can now be made in the various committees.

My advice is to listen to professionals and avoid the abundance of speculation on social media. Please do all you can to check others are ok, in particular the elderly and vulnerable within our communities.

For regular updates please follow my Facebook page.

To all the unsung heroes – Thank you

07984 637553

[https://www.facebook.com/](https://www.facebook.com/CllrSimonBywater/)

[CllrSimonBywater/](https://www.facebook.com/CllrSimonBywater/)

LinkedIn <http://uk.linkedin.com/pub/simon-bywater/9/a42/aaa>



With Hope Ahead

The world is in a worrying state
With sadness and grief at every gate;
But I find that this brings forth
The kindness and the close support
Of friends and neighbours, strangers too
Who ask us all what they can do.
For those who can no longer shop
They take a list and soon they drop
Just what you need, yes everything
When on your bell they give a ring.

I ring friends to give some cheer
And always find a welcoming ear
And find that I have been blessed
With heartening chat that gives me zest
To bear my isolation too
And do all that I need to do.
Thankfully it is now spring,
Each morning now the birds do sing.
My spirit lifts and I can greet
The warmth that glows in every street.
Many here are in despair,
But Sawtry people really care.
Their spirit now encloses me
With hope ahead for what will be.

Written by Joyce Day
a member of Sounds Good

For details, see page 4



THE ROYAL BRITISH LEGION SAWTRY & DISTRICT BRANCH ARMED FORCES DAY - SATURDAY 27 JUNE

Armed Forces Day is a chance to show your support for the men and women who make up the Armed Forces community: from currently serving troops to Service families, veterans and cadets. Armed Forces Day takes place on the last Saturday each June. Showing support for the Armed Forces provides a much-valued morale boost for the troops and their families.

Armed Forces Day celebrations begin on Monday 22 June when the Armed Forces Day flag is raised on buildings and famous landmarks around the country.

The UK Armed Forces defend the UK and its interests. They are busy working around the world, promoting peace, delivering aid, tackling drug smugglers, providing security and fighting terrorism.

A veteran is anyone who has served in the HM Armed Forces at any time (including National Servicemen, Regulars and Reserves). Armed Forces Day celebrates their continued role within the military community.

Reservists give up their spare time to serve in the Reserve Forces, balancing their civilian life with a military career to ensure that should their country require them, they would be ready to serve. An annual Reserves Day celebrates their contribution to the Armed Forces. Reserves Day is the Wednesday ahead of Armed Forces Day – 24 June.

The Cadet Forces (Sea Cadets, Army Cadets, Air Cadets and the Combined Cadet Force) currently support over 130,000 young people in more than 3,000 locations across the UK. Cadets learn life and career building skills as well as gaining vocational qualifications.

Our Armed Forces couldn't do their job without the incredible support of their family and friends.

**For more information on the work the Royal British Legion does
please visit: www.britishlegion.org.uk**



SAWTRY PARISH COUNCIL COVID-19 UPDATE

The Parish Council office remains closed. Councillors' contact details are below, and the Clerk can be contacted by email – Clerk@sawtry-pc.gov.uk Any mail delivered to the Parish Council office is collected once a week.

Alex Alexander	11 Gloucester Road		831348
Stephen Custance	4 Papyrus Way		832409
Russell Gadsby	2 Chapel End	Russell.Gadsby@sawtry-pc.gov.uk	
Barry Ingram	2 Papyrus Way		831222
Rolly Laxton	30 St Judith's Lane		830606
Matthew Mulcrone	23 Chapel End	Matthew.Mulcrone@sawtry-pc.gov.uk	
Dean Parkes	21 Chapel End	Dean.Parkes@sawtry-pc.gov.uk	07852 213613
Harry Poole	20 The Briars	Harry.Poole@sawtry-pc.gov.uk	500536
John Potter	1 Tinkers Lane		834100
Stephen Rose	8 Manor Drive		832026
Mrs Delia Riddle	3 Ashdale Close		832504
Mrs Elke Smith	10 Green End Road	Elke.Smith@sawtry-pc.gov.uk	07916 537690
Dick Tuplin (Chairman)	58 Old Great North Road	Chairman@sawtry-pc.gov.uk	830095
David Vessey	12 Beaumaris Road		832648
David Whittaker (Vice Chairman)	18 Rowell Way	David.Whittaker@sawtry-pc.gov.uk	

Full Council meetings are currently being held once a month online and details of how to access the meetings are available from Councillors and the Clerk. Committee meetings due to be held in June have been cancelled. Dates and formats of future meetings is under review.

The Annual Parish Meeting which is usually held at the end of May was cancelled. The new date has yet to be decided.

The Clerk is self-isolating and working from home and one of the caretakers is keeping the village tidy and bins emptied whilst following social distancing regulations. The rest of the staff are not working and are staying at home.

The Old School Hall, the Play Park in Green End Road and the outdoor gym at St Judith's field remain closed.

NOW WE'RE TALKING

The coronavirus outbreak has changed all of our lives. During times of uncertainty, we can feel anxious and stressed. Feelings of isolation, boredom and loneliness are natural. It's important we keep talking to each other.

Stay in touch with friends and family to support mental health. The simplest thing we can do for mental wellbeing is to stay connected. Use the internet, telephone, even written letters, to reach out. Lift each other's spirits by speaking and listening.

Connect online with others who are experiencing the same feelings. Online communities are an increasingly popular source of support.

- **Qwell** is an online community for adults in Cambridgeshire and Peterborough. Find self-help resources and join in peer support through chat. You can also access safe and confidential one-hour sessions with a fully qualified counsellor via instant messaging.
- **Kooth** is a free, confidential and anonymous online service for young people aged 11-18 years. Access support from trained counsellors until 10pm, 365 days a year. Peer-to-peer support through forums and a range of self-help resources.

Lifeline Plus - If you need a listening ear, Lifeline Plus is a new helpline for adults in Cambridgeshire and Peterborough. Trained staff can discuss issues affecting mood and wellbeing during this time, or signpost to other sources of support. Call Monday to Friday, 9am-2pm, on 0808 808 2121.

Lifeline - Lifeline is a free, confidential and anonymous telephone helpline service available 365 days of the year for adults in Cambridgeshire and Peterborough. The Line provides listening support and information to someone experiencing mental distress or if you are supporting someone else in distress. Available every day 2pm – 11pm, on 0808 808 2121

Psychological Wellbeing Service - People can continue to self-refer to the Psychological Wellbeing Service. This service is set up to help those aged 17 and over who are suffering from mild to moderate depression and anxiety, you don't need a diagnosis to access the service.

<https://www.keep-your-head.com/adults/MH/now-were-talking/now>


Cambridgeshire and Peterborough
Clinical Commissioning Group

 Cambridgeshire
County Council



FROM SAWTRY FOODBANK

As predicted, the Foodbank Team have been particularly busy over the past three months up to the end of May. From quiet beginnings in early March, demand for our services quickly escalated from the week prior to the lockdown onwards.

To give you some ideas of the increase, in March 2020 we issued 34 parcels in total - half of these were the week after lockdown alone. In April we gave out 60 parcels and at time of writing are already nearing that number for May with two weeks to go.

The team have been working hard behind the scenes to source sufficient food, a task made all the harder by the empty shelves and quantity restrictions in the early weeks. Local companies have been fantastic in their support, allowing the team access to the extra foods required to meet the growing need. The other big challenge has been in adapting the service to meet the new social distancing guidelines, so the team have moved to a delivery-only service for the time being.

A huge shout out to everyone who has been breathtakingly generous donating over the weeks, both in food and money, which has allowed us to continue to support the increasing numbers of local families living in financial crisis due to the virus. We are also very thankful to the local schools who, remaining open, have been issuing vouchers where needed.

If you would like to donate any food to the Foodbank, we have collecting baskets available in Sawtry Co-op, John Green's in Sawtry and The Addison Arms in Glatton. Other donations can be made by prior arrangement through the team. To make monetary donations, please contact the CARESCO office for our bank details, or pop your donation, clearly labelled for the Foodbank, through the letterbox at the CARESCO Centre.

If you find yourself in need of the Foodbank, please contact one of the local schools, or one of our other partner organisations and request a voucher, or contact the team direct. More details on www.caresco.org.uk

In an emergency, call the team on 07743 593863 or email foodbank@caresco.org.uk



SAWTRY CARNIVAL 2019 COMMUNITY DONATION

Sawtry Carnival were very happy to continue our annual community donation following last year's Carnival. This time supporting two wonderful village groups: Sawtry WI and Sawtry Man Cave – each receiving £100.00. The presentations were made to members of the Man Cave and a WI representative and were very gratefully received.



SAWTRY CARNIVAL ~~2020~~ 2021

Sadly, but inevitably, there will not be a Carnival in 2020. However- all plans already in place have been transferred to providing a bigger and better event in 2021!

Selection evening for a new Carnival Court will be held in Spring 2021, with the Carnival planned for

Saturday 12 June 2021
'Tropical Fiesta'

The chosen theme remains

We will certainly be ready to celebrate by then.....



For further information, please contact Julia- Sawtry Carnival, Chairman
sawtrycommittee@gmail.com or call 07799 062276

WELLSIDE SURGERY NEWS



Covid-19 Update

We would like to extend a huge thank you to all of our patients for your patience and understanding as we all adapt together to a new way of working here at the surgery. We are working as hard as we can to ensure that any potential risks to patients and staff alike are kept to an absolute minimum.

Here at the practice, and this has been echoed both locally and nationally, we have seen a significantly reduced number of patients presenting with serious medical conditions. This is in conjunction with a rise in death rates which are not related to Covid-19.

We would like to remind all patients that even though we are working in different ways, and offering different types of appointments (telephone/video/face to face only if absolutely necessary), we are very much open for business as per usual. Please be aware that first contact will always be by telephone, we can no longer make appointments for patients who turn up at the surgery on spec.

If you have a potentially serious medical condition, it is still extremely important that you seek medical advice as soon as possible. Examples of such conditions may include:

- Chest pain
- Worsening of shortness of breath
- Signs of stroke such as sudden onset of weakness or speech problems
- Possible signs of cancer such as lumps, abnormal bleeding, weight loss, change of bowel habit

We would also like to remind those patients who have young children that childhood immunisation remains a priority service and you should still attend these appointments as and when you receive an invitation.

Online Consultations

We are now offering an online consultation service called DoctorLink, which you can access via our website. This is available 24 hours a day, 7 days a week. The symptom checker will ask you a number of questions to help to identify your problem. The outcome of your assessment will direct you to the right treatment, whether emergency care, your GP, nurse or self care. If your outcome indicates that an appointment is required, you will be contacted by the Practice Team to arrange an appointment within the identified timeframe (as outlined in the outcome of your symptom checker).

Contact Details

Please remember to keep us updated with your contact details (address, telephone number, email address) so that we can amend your records.

Urine Samples

We have been finding that more unlabelled, unrequested samples being dropped into the sample letter box. Please can I remind patients that only those samples that have been requested by a member of our clinical team will be processed. Similarly, if a sample is not clearly labelled it will be discarded.

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

SAWTRY YOUTH PROJECT

We are all experiencing unprecedented restrictions to our daily lives, with a pandemic such as this not seen in our lifetimes. During the Covid-19 lockdown, we have witnessed human nature at its best and worst. We will not dwell on the negative side of human nature, such as panic buying, because kindness and compassion for those who have their reasons for this should always be considered. Thank goodness we have toilet rolls and pasta back on the shelves now!

It seems that local residents are shining and leading the way in demonstrating the brilliance of human nature. You are showing resilience, compassion, helpfulness, selflessness and kindness for your fellow neighbours. The strength of our community - the Covid 19 support group, CARESCO, the Foodbank, local volunteers, our pre-schools, primary and secondary schools, Boots the chemist, the GP surgery, our Pubs and local shops, has been truly amazing to see. As chair of the Sawtry Youth Project, I am extremely proud to work with a group of truly dedicated people. These people have shown their kindness, determination and true hard work, through their local work roles, going the extra mile for the vulnerable and elderly within our community. Thank you for everything you are doing.

Stay safe everyone

Natalie Gadsby

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



SAWTRY SCHOOLS

Our local schools have been working hard supporting the families of key workers during the lockdown. We are very grateful to their staff for all they are doing. Thank you all!

During the current situation, please follow their Facebook pages and websites for the latest information:

www.sawtry-inf.cambs.sch.uk

Thank
you!

www.sawtryjunior.org

www.sawtryva.org



Bedfordshire
Cambridgeshire
Northamptonshire

Huntingdonshire Local Group

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

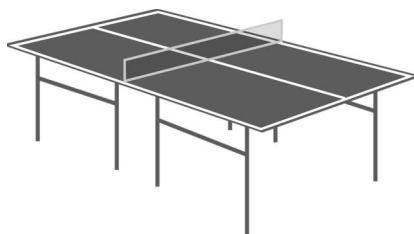
Contact Alistair Grant
on alistairgrant@hotmail.com
or 07775365507

Part of the Wildlife Trust for Bedfordshire,
Cambridgeshire and Northamptonshire

Registered Charity No: 1000412

SAWTRY SPORT 4 ALL

Sadly, we will not be able to bring this free community sports day to Sawtry this summer. It was such a hit last year and we had so much planned for this year, but it is just not safe to go ahead in the current climate. However, thanks to the National Lottery Community Fund and Persimmon Homes we have the funding in place for next year's event so do watch this space.



Outdoor Table Tennis Tables

Despite the event not going ahead, we do have something for the community this year, courtesy of the Co-op Local Community Fund who approved our application for two fantastic outdoor table tennis tables. They will be used at the annual Sawtry Sport 4 All events but will be available all year round to the pupils at Sawtry Village Academy and, subject to Parish Council approval, as part of the outdoor gym equipment at St Judith's. Thank you to the Co-op for their generosity, it is very much appreciated.

5k Fall In, Fall Out

Finally, our Saturday morning 5k Fall In, Fall Out socially distanced walk/run continues around the village every Saturday morning at 9am. You just need to join the route at the point nearest your home and stay solo or with members of your household. This has been getting people out and helping to mark the start of the weekend at a time when for many, the days all blend into one. It's been great to be able to wave at people at their windows, get a cheery socially distanced smile from other walkers and runners and also spot the Squirrel! More details on our Facebook page where you will also find details of all the latest exercise guidance from the Government.

For more information, please contact us by email:

sawtrysport4all@gmail.com

or via our website at www.sawtrysport4all.com



SAWTRY CHORALE

As reported last month, Sawtry Chorale has had to suspend our rehearsals for the foreseeable future and unfortunately also had to cancel our concerts for the time being.

Obviously for all in Chorale, whilst we are unable to rehearse together, Jeremy our musical director has started doing our rehearsals online via a Zoom call and we have a regular turnout of 15 to 20 member each week. We do sing and work through some music, with the added benefit that we get to see our Chorale friends and have a bit of fun at the same time.

This situation is not one any of us would have chosen and we would like to let all of our regular followers know that we continue to work hard, but recognise that it's not possible for everyone to see or meet friends or loved ones at this difficult time.

We hope you all keep safe and well and we look forward to seeing you all again when we get back to a 'new' normal.

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 when they resume – 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...

NEWS FROM SAWTRY LIBRARY

Going Online

Although our physical libraries are closed at the moment, Cambridgeshire Libraries are very much open online though and we have eBooks, eMagazines, eAudiobooks, eNewspapers to download, all for FREE. You will find books on meditation, relaxation, gardening, cookery as well as fiction for adults and children.

<https://www.cambridgeshire.gov.uk/residents/libraries-leisure-culture/libraries/library-online>

Joining Us

You can join the library online for free by filling in a simple form with your details and we will email you your membership details so you can use our online services.

<https://cambridgeshire.spydus.co.uk/cgi-bin/spydus.exe/MSGTRN/OPAC/BRWREG>

Family Activities

As we are not able to welcome families into our buildings at this time we have moved some of our events online. We have started to run online Storytimes and online Rhymetimes on our Facebook page. Do tune in and you will see some familiar library faces! Rhymetimes are on Mondays at 10.30am and Storytimes on Wednesdays at 2pm.

Staff are also taking to the internet with online craft sessions for children and an online Lego club! Author talks have been very popular with authors like Nicola Upson dropping in to talk to our own Rosie Veitch on Twitter.

Keeping In Touch

You can find us on Facebook by searching for 'Cambridgeshire Libraries'. On Twitter we are @cambslib and you can join in with a daily Twitter chat at 2pm with the #cambslibchat.

Some library staff are currently offering their services to the Council Covid-19 Hub to assist vulnerable people by taking queries and calling and engaging with the most vulnerable groups within our county.

We will of course keep you all up to date and keep you informed as and when we begin to reintroduce our normal library service.

Our customers, Friends Groups and volunteers are never far from our minds though and we are all looking forward to getting back to some sort of normality in the future.

To keep up to date with everything that is happening in the library service please keep an eye on our website:

<https://www.cambridgeshire.gov.uk/residents/libraries-leisure-culture/libraries/library-news>

And don't forget to check out what we are doing on Facebook, Twitter and Instagram as well as our monthly e-newsletter.

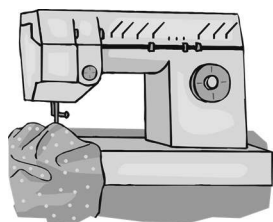
We hope to see you all again soon!

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



SAWTRY SHOW 2020

**** CANCELLED ****



As you can see from the heading above, we have made the sad decision to cancel this year's Show. There are too many unknowns at the moment and with so much organising and planning weeks in advance still to do, we feel that it's not prudent to carry on regardless.

For those of you who have crafted items to show this year please hang on to them until 2021. We will stick with the same adult classes so anything you've made won't go to waste.

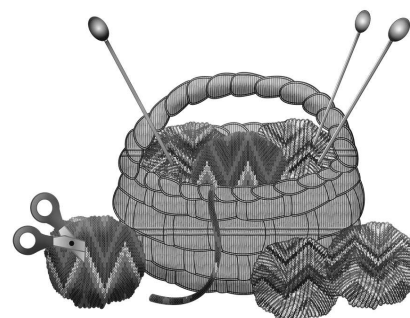
Produce and flowers can now be grown to eat and enjoyed without any pressure to get your dahlias blooming at the right time or your carrots growing straight!

Trying to be positive, my pumpkin plants are ready to go in the garden this week. I shall use this opportunity to perfect my method for growing giant ones for next year's Show. And now I have a whole extra 12 months to knit, crochet or sew something. What's the betting I'll still leave it till the last minute?

We hadn't actually decided on the junior classes for this year, so any suggestions for next year will be gratefully received and discussed at our next meeting.

Have a lovely Summer everyone.

Carolyn Watts, Show Chairman,
01487 832682,
or email watts204@hotmail.com



SAWTRY HISTORY SOCIETY

We have been working behind the scenes amusing ourselves with members' quizzes set by one of our membership. Kevin has been busy working on the Archaeology website. Phil was due to be doing a dig with the National Trust at Anglesey Abbey with his day job, it was also going to involve members of the public which obviously had to be curtailed, we look forward to the results although it's not local.



I have been taking photographs, while exercising, of what's different in the village during the "lockdown" so they can be a record of how things were on the Cambridgeshire Community Archives Network (CCAN) website <https://www.ccan.co.uk/>.

Hopefully lots of you managed to take part in the *Stay at Home Street Party* on Friday 8 May for the VE Day 75th Anniversary. If you have pictures of your own celebrations remember that you can post them on the CCAN website, we need to record this time in our village for the next generations to get a feel of what we all went through in this time of pandemic.

Lastly, Marilyn has had a request from a farmer at Coppingford for information on the families that lived in the farm cottages. In the Victorian era Joseph Swales owned the farm and his tenant was Henry Beaver, if anyone can help us out with this please contact us, thank you.

If you have taken more interest in History while you have been at home, please stay safe and join us when we are able to start meeting again.

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 suspending our meetings until further notice. The archive will also be closed for the foreseeable future.

Our AGM will go ahead when meetings resume.

Our trip in September to the Churchill War Rooms and the V & A Museum has been postponed until next year.

For info call Chris Merton 01487 831441



SAWTRY METHODIST CHURCH

Green End Road, Sawtry, PE28 5UX



Weekly Sunday Worship at 3pm - on Zoom

SUNDAY TEA BREAK SERVICES - 3PM

While we are unable to meet in our church building, we have moved online using the Zoom video conferencing app.

We would love you to meet with us for an informal hour of worship and fellowship (bring your own refreshments!)

Details of how to log in can be found on our website

www.sawtrymethodist.org.uk

Or via our Facebook page

Come and join us, all are welcome



God of all hope,
we call on you today.
We pray for those living in fear:
Fear of illness, fear for loved ones,
fear of other's reactions to them.
May your Spirit give us a sense of
calmness and peace.

Loving God,
If we are ill, strengthen us.
If we are tired, fortify our spirits.
If we are anxious, help us to consider
the lillies of the field
and the birds of the air.

Amen

MONDAY UNITED FELLOWSHIP

Monthly starting at 2.30pm - Open to all

Currently suspended

Contact Joy Kisby for more information on 01733 566588

For more information, please contact Rev Alan Taylor on 01487 209457

Or email alan@sawtrymethodist.org.uk

PRAYER

The number of searches on Google for the word "prayer" have greatly increased in the last few months as the coronavirus has garnered headlines. Prayer is a way in which we can communicate with God and is open to everyone. One of the most famous prayers said across the globe in all languages is the Lord's Prayer and a traditional version of it is found below.

The Lord's Prayer

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



For hospital staff and medical researchers

Gracious God,
give skill, sympathy and resilience
to all who are caring for the sick,
and your wisdom to those searching for a cure.
Strengthen them with your Spirit,
that through their work many will be restored to health;
through Jesus Christ our Lord.

Amen

A prayer for children when a friend is ill

Dear God, (*name of friend*) is ill.
They are not allowed to go to school or come over to play.
I'm sad because I miss them.
They must be feeling miserable and lonely as well.
Please be close to them.
Please be with the people who are looking after them.
Please help them to get better and to know that you love them.

Amen.

Do you know you can listen to prayers and ask questions about the bible and church through your smart speaker? It's really easy. If you have a smart speaker, why not give it a go by waking your device and saying "open the Church of England" or "talk to the Church of England".

Finger Prayer Labyrinth

An alternative way to pray is using a prayer labyrinth. A labyrinth is a way to pray and think slowly and calmly and can be done by anyone. It has three parts – the journey to the centre, the centre, the journey out from the centre.

In - As you journey into the centre try to do so slowly and think about anything that makes you feel sad or worried or cross. This can include anything. Sometimes people think about; People who upset them, Someone who is unwell, A part of the world where bad things are happening, Something that worries you or other people. As you journey in imagine yourself putting all these bad things into a bag. Try to think of everything – that imaginary bag could be quite heavy and you can fill it as much as you like.

Centre - Now you are in the middle, pretend to put down that heavy imaginary bag and leave it there. In doing so you are handing all the rubbish stuff and the things you have been worrying about into God's care. Be still for a moment and breathe deeply. Sometimes it can be useful to count to 5 as you breath in and do the same as you breath out. Are you ready to start the journey out? If you want to stay still for a while longer you can. When ready pick up the imaginary bag again – it is now empty.

Out - As you journey out of the labyrinth think about all the things you would like to do. Think of all the things you want to say thank you for. It could be anything you like, including friends, food, family, games, fun, nature, animals...the list can be as long as you like. Breathe slowly, take your time and use it as a space to say thank you to God. You might want to end by saying The Lord's Prayer or another prayer you find helpful.

You may also want to try building your own labyrinth out of Lego or clag, your lawn, drawing – you can find some inspiration <http://www.allsaintssawtry.org.uk/activities.html>

Rev Becky Dyball





REMEMBRANCE

REMEMBRANCE

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



REMEMBRANCE

JUNE

Private Arthur J. CLARKE	7 June 1917	Sawtry
Private Arnold INGLESBY	7 June 1917	Glatton
Sapper Joseph Edwin GINNS	17 June 1940	Sawtry
Private Frederick ROWELL	19 June 1943	Wood Walton
Corporal Sidney WOOLLARD	7 June 1944	Sawtry

JULY

Lieutenant Millin John SELBY	7 July 1916	Holme
2 nd Lieutenant Arthur William Spring COWIE	8 July 1916	Hamerton
Private Robert George BAKER	22 July 1916	Holme
Private Edward SPRING	10 July 1917	Winwick
Gnr John Thomas PARROTT	27 July 1917	Sawtry
Private John F. PADDISON	31 July 1917	Sawtry
Private Charles Stanley NIGHTINGALE	27 July 1943	Sawtry

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



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

I continue to hold you all in my prayers. It feels like we are living in a bizarre film that we can't turn off. I've had a number of conversations with many of you sharing similar expressions of bewilderment, worry and fear. Please know you are not alone and that you have a brilliant community around you. I have been so encouraged by the care, creativity and generosity offered in these unusual times. As a church community, we continue to meet using the wonders of Zoom and hold our communities, service providers, front line workers, those unwell and those grieving in prayer when we meet.

We have a special resources page with activities for all ages, orders of service, guidance on funerals, space to light a virtual candle in memory of someone, spiritual guidance and links to live services via Zoom, which can be found here: www.allsaintssawtry.org.uk.

We have services online each week and they are open to everyone.

Please do feel free to get in touch with me directly if I can be of any help, or you would just like to chat to someone different.

Rev Becky Dyball

Email: revdyball@gmail.com; Mobile: 07444 574039; Office: 01487506217

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



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 - 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 - 01733 370877 -

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

Find us on:



YouTube

CHANGING ATTITUDES BY EDUCATION

Social Distancing – social distancing has become a new way of life and walkers and joggers in the village are doing a splendid job of adhering to the recommendation of a 2-metre separation gap. The reason for maintaining this gap is to reduce the risk of catching COVID-19 during our permitted activities.

Another type of social distancing can reduce the risk of collision whilst driving or riding a motorcycle. All you have to do is to change metres into seconds. Rule 126 of the Highway Code states that you should allow at least a 2-second gap between you and the vehicle in front when driving on faster roads (ie any road with a speed limit over 30 mph). The 2-second gap applies equally at 30mph as it does at 70mph. This gap gives the driver (or rider) an opportunity to react to events that are unfolding in front of them and take the appropriate action to avoid a collision. Remember that your overall stopping distance depends upon your speed and the condition of the road.

To check the gap between you and the vehicle in front, pick a fixed point on or adjacent to the road (it could be a lamp standard, tree, change in road surface or even a shadow) and when the vehicle in front passes that point count the number of seconds until you pass the same point. If you don't know how long 2 seconds is, you can always recite "*only a fool ignores the 2-second rule*". If you can say the phrase before or as you pass the point, then you have the correct gap. If you are too close to the vehicle in front, just ease off the throttle and adjust the gap. On wet roads the gap should be at least 4 seconds and increased still further on icy roads.

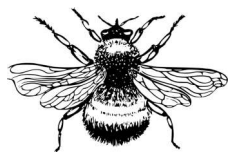
Top tip: maintain your concentration during this period of reduced traffic. Recently two vehicles in this area had a head-on collision whilst travelling on an otherwise empty road. Both drivers had lost concentration. Luckily, there were no serious injuries.

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 for further information.



AN EYE ON NATURE



The spring of 2020 has been very different. We were (and possibly still are) staying at home and for some of you home is the limit of your travels as you stay safe and shielded.

Thank goodness for a marvellous distraction, our wildlife.

Even if your home has no garden, looking out of the window gives you an eye on nature. Birds fly past and the swifts are back from Africa! There are other people's gardens to look at and a change happens each and every day. Leaves have greened in our village and blossom abounds. I have never looked at my garden before, and I mean really looked!

Leaves coming out, new flowers blooming each day, and the buzz of insects. It is never the same picture as I draw back the curtains each morning. Butterflies and bees are on the wing; a queen wasp bumps into my kitchen window. She has woken from a deep sleep and has a job to do in forming a new colony of garden pest controllers. Our world has changed but theirs has not and now is the time, if ever there was one, to rejoice in our natural world and treasure it.

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

Or RSPB on 01767 693690, or visit www.rspb.org.uk



YOGA, TAI CHI, MEDITATION & MARTIAL ARTS

Custom-built studio at 11 Ashdale Close, Sawtry 07585 950923 markadddd@gmail.com

Tai Chi, Karate, Kickboxing, Self-defence, Yoga, Qigong, Feng Shui, Meditation

One to one instruction (Distance and no contact) ASAP
Steam cleaned floor, ioniser on 24/7, free colloidal silver

Events and Local Seminars:-

Please contact for info

Recent Promotions & Awards:

Jack Worrall 9th Gup Black Tag (Via video and internet)

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

**Facebook under "Yoga, Tai Chi
& Meditation"**

Classes:

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

Like all clubs, Sawtry Walk To Run has had to suspend all its face to face activities during the lockdown. However, this hasn't deterred our members from getting out for their daily exercise which, at the time of writing, can now be more than once a day. Our Facebook group has been really busy with challenges including a running garden mile, chasing Strava segment PBs and finding new routes and footpaths.

Obviously we couldn't run our beginners programme in April, but some are following the programme on their own and reporting in every day with their progress. We have also been posting 10k Improver sessions for runners to follow and generally supporting each other to achieve personal goals whether that is simply to get out every day or run a marathon in a week. We were able to loan some of our strength equipment out and members have been using our kettle bells, slam balls, battle ropes and punch bag to increase their strength. On top of this, members have been doing YouTube strength for runners training with Welsh middle distance runner James Thei who was recommended by Kevin O'Connor, the Canadian Masters record holder who used to train with our coach back in their County Championships days with Hunts Athletics Club.

We were looking forward to so many races and events this year, including our own 10 mile race in September which is looking increasingly unlikely to go ahead. However, lots of our members have completed our 220kms in 20 weeks challenge and lots are making great progress to our 2020kms in 2020 challenge. All who complete are entered into a prize draw for a £50 Advance Performance voucher.

We really look forward to meeting up again for our Sunday, Tuesday and Thursday group sessions but until then, you are welcome to join our busy Facebook group or contact our coach, Nib, for private coaching advice and support or details about the club at coachnib@outlook.com or on 07507 788637

**More details on our website at
www.sawtrywalktorun.co.uk**



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

SAWTRY GOLF SOCIETY

Our season has been curtailed for the time being, but as soon as we can play competitively again, we will resume our fixtures.

Sawtry Golf Society accommodate local golfers from scratch to 54 handicap, we welcome all comers who enjoy a round of golf. We try and play once a month on a variety of local courses.

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

Obviously, our season has been seriously affected by COVID-19, as have most other sporting activities. All our National and County competitions and matches were cancelled and the Club closed at the start of the lockdown. As I write, we are just hearing that the bowls green is likely to be able to open on a very restrictive basis to some of our members. We are working on the finite detail but there may be some limited bowling activity as you read this.

We all hope that as time goes on, there will be a relaxation on some of the conditions we all face, and more bowling may be allowed this summer. Bowling and the interaction with others is such an important part of people's mental health and wellbeing. Fingers Crossed. However, we are all conscious of the need to keep our members safe and well if we start bowling again.

That said Mother Nature carries on, and we are grateful to Tony King and Mick Rayson, who both have been spending some time cutting the grass, both on the green and the surrounds. It surprising how quickly the weeds return if not tended to regularly. More work is likely when people are able to do it, with social distancing forever in our minds.

Whilst not active, those that can view our page on Facebook will see our video attempts to pass a bowl around our members from their own gardens, and nice to see those that have taken part so far, even dressing up in their 'kit'.

Some of the committee are also getting used to new technology that we are using to hold a few meetings to discuss developments etc. Others are not as brave and therefore we still rely on emails and telephone calls to circulate the messages.

Look forward to seeing members and anyone who might be thinking of giving bowls a go, as soon as we can. Stay safe.

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'**

