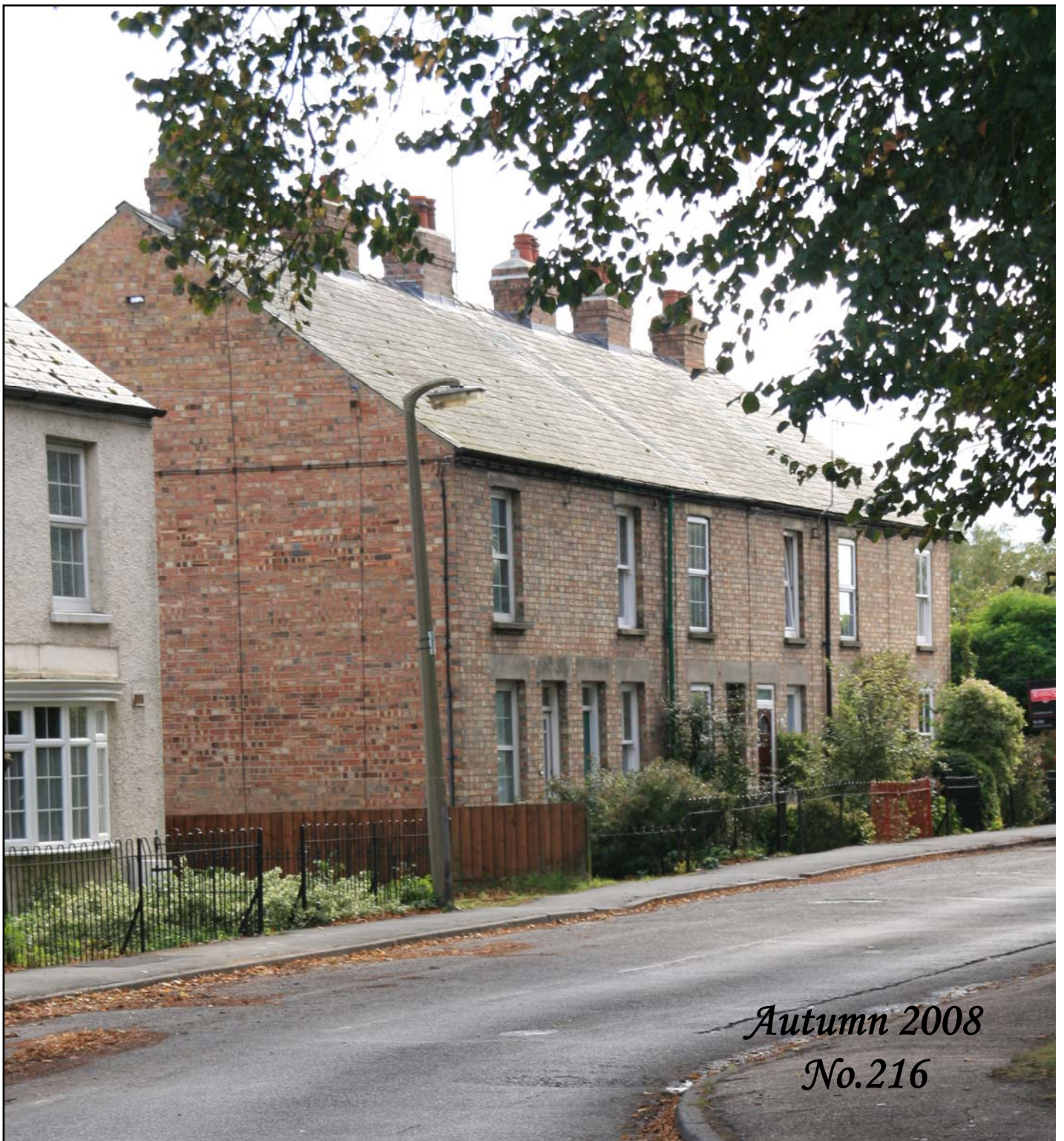


WATERBEACH COMMUNITY ASSOCIATION

Beach News

WATERBEACH - LANDBEACH - CHITTERING



Autumn 2008

No.216

BEACH NEWS

Journal of Waterbeach Community Association
www.waterbeach.org

'Beach News' is produced and distributed entirely by non-professional volunteers and is delivered free to over 2,500 local homes four times a year.

The Association welcomes contributions on subjects of local interest but reserves the right to edit or omit articles without notice at their discretion.

Views expressed are not necessarily those of the Association and advertisements published in 'Beach News' are subject to individual agreements between advertisers and readers and the Association cannot be held responsible for the quality of goods or services supplied.

Articles for inclusion in 'Beach News' should be emailed to **beachnews@waterbeach.org**

Please refer any problems with advertisers to Jacqui Rabbett 01223 860993.

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Whilst every effort will be made to adhere to this schedule unforeseen circumstances may delay or restrict publication or delivery and no responsibility can be accepted for late or non-appearance.

WHERE TO SEND YOUR ARTICLE

If you want information on your group to be published in Beach News, or you have some interesting news to share, write an article and send it along. Take it to 5 Spurgeons Avenue or Waterbeach School for Jacqui Rabbett or Email it to **beachnews@waterbeach.org**.

If you have posters detailing local events you want putting up in the Associations notice boards on Waterbeach Green or School entrances, post it at 5 Spurgeons Avenue, Waterbeach. (Maximum size poster A4 in portrait format)

Front cover – Way Lane, Waterbeach (2007)

Community Association



LOOKING FORWARD, LOOKING BACK

AGM - Autumn marks the end of one year and the start of another for the Community Association and the AGM was held on Monday, 15th September in the Community Room. The officers of the Association were voted in - Chairperson - Jacqui Rabbett, Treasurer - Mike Sharp and the post of Secretary will be shared by Sheila Burke (Minute Secretary), Pam Clack and Celia Tuck. There was a review of the events organised during the year, including Christmas carols on the Green, the 60 Plus Party in May and the Feast in June. Thank you to those who attended the meeting.

Beach News - Beach News is produced and distributed entirely by non-professional volunteers and is delivered free to over 2,500 local homes four times a year, but we would like more input from *you* the readers. If you have a story to share on times gone by, or information on something new, please write an article and send it along. The addition of pictures or photographs always helps to make an article more interesting.

Articles can be emailed to BeachNews@Waterbeach.org or sent to Beach News, 5 Spurgeons Avenue, Waterbeach or Jacqui Rabbett, Community Association Chairperson, 9 Providence Way, Waterbeach.

Looking forward.....

Christmas Carols – Although it's still a little early to look forward to Christmas, we will have our Carol Service on Waterbeach Green on Christmas Eve at 6.30pm. This year it will be led by Capt. Emma Knights of the Salvation Army.

Feast 2009 – Looking even further ahead, the date for next year's Feast has been set for Saturday, 6th June 2009. It's never too early to start thinking of ideas!

Colonel Richard Brent

Many of you will know that Col. Brent is leaving the Waterbeach Station in October. He has been a great facilitator in forging closer links between the village and the Barracks since his arrival here. We are so grateful to him for all the hard work he has put in to our village during the time he has been here; he has been a great source of support in all our community events. We wish him all the very best in his new career and hope that he will remember Waterbeach and visit us often.

Looking back.....

Feast 2008 - Just a quick look back to Feast Day in June. Luckily for us the weather was reasonably good – well, better than it's been for most of the rest of the summer! And we had a wonderful turnout of floats and stalls. The theme for floats and stalls was 'Something beginning with B', and we had bees, birthdays, Brazil and balloons to mention a few. There were more floats and people walking in the parade this year and a wonderful selection of age groups took part. Local author, Mrs Janet Bingham judged the floats most carefully and with great enthusiasm. She was amazed at the hard work that had gone into preparing them. Mrs Bingham also judged the stalls, chatting to all the stall holders about the decorations they had chosen from the theme.

The shield for the best decorated infant float went to the 'Bathing Beauties' from Waterbeach Community Playgroup. The junior float winner was 'Things beginning with B' by the Scout Group, the adult category was won by the WI with their walking birthday cake and the Friends and Family award went to Pam Clack and Deborah Watts for 'Bath Time'. The best decorated stall winners were WASPS and Toddler Playgroup jointly for the juniors and Young Wives for the adults. Congratulations to all our winners and a big thank you to the judge Janet Bingham.

There was certainly plenty of entertainment around the Green area: music from Waterbeach Brass, a display by the Jazzercise group, medieval dancing from the Capriol Society Dancers, a performance from the Arco Iris Samba Band and more dancing from the Hip Hop Dance Group.



Squirty Wirty the clown entertained the children around the arena and the Army display was as spectacular as always. The Waterbeach and Ely Army Cadets, under the direction of Dan Marsden, ran the charity collection and walked with the parade, collecting over £500 for the Community Association. Thank you to Ian Mackriell for running events in the ring; to Mike Sharp for his excellent organisation of the stalls and pitch marking, and especially to Mark and Pam Clack who get up at 5.00am every Feast Day to put the cones out – amongst many, many others things ! Oh yes and they collect them back in at 9.00pm at night!!!! Feast Day is run by a very small group of people who work very hard every year to make it a special day for the village. Thank you to all of them.

Salvation Army

MAMMOTH CHARITY SALE 2008

The Salvation Army would like to say a huge thank you to everyone who supported by giving items for us to sell and yummy cakes to eat! And by coming and buying items and partaking of our refreshments. We would like to say a special thank you to those kind people, who gave of their time to help us sort and set up shop. Without your help we would never have been ready for Tuesday's opening, you were all wonderful, thank you so much. The sense of community was wonderful, that's what's great about living in this lovely village. Every year we say "People can't possibly have any more clearing out to do," but just like last year we had to overflow into the car park — Amazing! This is a great recycling effort, so we are helping to save the planet and also helping each other, by sharing what we have. The sale also brings in people who need help in some way and it's great to be available and to help them. The Salvation Army motto is "Heart to God and Hand to Man." We endeavor to do this at every opportunity. You may be interested to know, that next to the government the Salvation Army is the largest provider of social services in the country, funded by you, the general public. The money we receive in our door to door collection in September all goes to fund our social work in this country, so thank you very much for your donations. Anyway, back to "the sale," which this year raised £5400!! Can you believe it? Absolutely amazing! God certainly blesses our hard work in a big way! Expenses were:- the hire of the van and the diesel we used, printing and advertising costs. Most of this cost is covered by the sale of remaining clothes, shoes, etc for recycling at the end of the sale, the best of which goes to those in need abroad. As a Christian church we like to tithe the nett amount, by giving 10% to other charities and so this year we have shared it between the WAY (Waterbeach Action for Youth) project and the Salvation Army relief fund for Mynmar and China providing emergency and ongoing relief work through the Salvation Army centres which are already established in both countries.

What more can be said except — here endeth the 2008 "Mammoth" tale!

*On behalf of the Salvation Army we would like to thank everyone who
who supported our plant stall at 1 Way Lane, Waterbeach*

The amount raised was £1320.00

Thanking you all

Keith and Doris Taylor



Waterbeach Brass

30TH ANNIVERSARY YEAR

Waterbeach Brass was founded in 1978, so this year we are celebrating our 30th Anniversary.

♪ 30th Anniversary Concert

As part of the celebrations, we held a Special 30th Anniversary Concert on Saturday 24th May at Wesley Methodist Church, Christ's Pieces, Cambridge. Our special guests for the event were none other than the world famous Fodens Richardson Band. For those of you not familiar with Brass Bands, the Fodens Band is ranked as 4th in the world, above perhaps more familiar names such as Brighouse and Rastrick, so this concert was a real treat. We hope to be able to perform again with Fodens on their next visit to Cambridge.

♪ National Brass Band Regional Contest in Stevenage

On Saturday 15th March, the band took part in the annual regional contest at Stevenage. The band is now in the Third Division of the brass band movement and the test piece we played was entitled "The Dark Side of the Moon". We did well and came 7th out of a field of 17. Some independent commentators thought we were unlucky not to have been placed higher.

♪ Summer Engagements

Our summer engagements are now drawing to a close. Our most memorable engagement was a trip to London to play at the Royal Greenwich Park Bandstand on Sunday 27th July. The weather was glorious and the grounds crowded with families enjoying picnics, the sun and the music.



Band at Royal Greenwich Park

♪ Forthcoming Engagements

Our Autumn/early Winter events are as follows:

- | | |
|---|---|
| <i>Sunday 28th September</i> | Wimpole Hall WWII weekend, 2pm |
| <i>Saturday 4th October</i> | Concert, St Andrews Church, Impington, 7.30pm |
| <i>Saturday 6th December</i> | Concert, Aldreth Church Hall, 7.30pm |
| <i>Sunday 7th December</i> | Wimpole Hall "Victorian Christmas", 1pm |
| <i>Sunday 14th December</i> | Wimpole Hall "Victorian Christmas", 1pm |

🎵 **Looking for a Second Percussionist**

We are looking for another percussionist to join the band to:

- give us more regular personnel in the percussion department for contests and concerts.
- allow the band to broaden and include some timpani & tuned percussion in its repertoire.

We're looking primarily for another kit player (& perhaps someone who'd also be interested in doing timps/tuned from time to time). Clearly with our repertoire, the music is all written so the person needs to be able to cope with this to some degree.

If you are interested, call Richard on Cambridge 355987.

🎵 **Booking the Band**

If you would like the band to play at an event, then please contact our band secretary, Jim Pringle on Cambridge 368952. It's best to give at least a couple of months notice. Most of our members have full time jobs during the week, so we prefer to play weekend events.

🎵 **Senior Band**

Our senior band meets at 7.30pm on Monday evenings at the Waterbeach Barracks Cinema and welcomes new brass and percussion players. If you'd like to know more about the Senior band, then please make contact with Richard Dean on Cambridge 355987.

Happy Folks Club

FRIDAY AFTERNOONS FOR OVER 55'S

We are a group of over 55's meeting at the Waterbeach Social Club each Friday afternoon between 2-4pm.

We enjoy a game of bingo, a great cup of tea and a chat and most important of all we have a good laugh.

The club has existed for over 50 years, when more than 60 members attended. Membership is now down to 22 and we would very much like more people to come along.

Many villagers know the club through the trips we arrange during the year, to the coast, garden centres and towns like Peterborough, Ipswich and a great favourite Melton Mowbray, for a bit of retail therapy on market days.

We also enjoy a very pleasant time at Christmas with a carol service at the club followed in January by an excellent lunch.

If you are interested, please drop in at the club any Friday afternoon, you will be very welcome.

WAY Project – Youth Club

WHY NOT BECOME A FRIEND OF THE WAY PROJECT?

You may already be familiar with Dave Beasley and the work he and his band of helpers does among the young people of our community. The WAY Project is a registered charity which was set up in 2002 by the local churches to employ Dave and others to work among those aged 11-19 living in and around Waterbeach and Landbeach. Currently, 3 evening youth club sessions run during school term time, 5 evening sessions during the holidays, 2 afternoon drop-ins help with training, education and employment issues, and there is provision for pastoral care for some of the 'harder to reach' families and young people. The Project has been widely recognised and praised as a successful model for working with young people.

At the beginning a number of individuals became personal donors to the charity and we have greatly benefitted from and are very grateful indeed for their generosity. However, as time has gone on some are no longer able to contribute and others may not be aware of the opportunity there is to personally support this extremely worthwhile venture.

The bulk of our funding now comes from external sources, but local personal support remains vital to the success of the Project and to its financial sustainability. A key factor to the success of making our funding applications is to be able to show that a good number of people from our local community support the Project. This is where you can make a real difference.

By becoming a Friend of the WAY Project you will demonstrate your support both locally and to potential funding bodies. We would send you a twice yearly Newsletter and in return would ask you to make a regular financial commitment to our work. Every Friend makes a difference to the Project no matter how much or little they can give.

If you would like to consider becoming a Friend of the WAY Project please contact Suzy Kay at 29b Station Road, Waterbeach, CB25 9HT. Tel 01223 502620 or email suzy.kay@btinternet.com

Thank you for your interest in the WAY Project.

Robin Giles - Chair of the WAY Trustees

Gardening Club



REPORT ON OUR SUMMER ACTIVITIES

We had a very enjoyable summer programme, starting in June with an evening visit to three gardens in Lode, each one very different from the other, finishing off in Richard Ayres garden, with tea and cakes. The Feast was also in June, of course, and our well stocked stall did very well. We are grateful to all those who contributed to it.

It was our annual outing in July, this year to the wonderful RHS gardens at Wisley. What a treat that was. And the weather was good! In August we held a barbeque in the chairman's lovely garden; with delicious food and drink we had a great time, in spite of the occasional showers.

We were afraid the adverse weather conditions would deplete the number of entries for the Annual Show on September 6th, but our intrepid gardeners both members and non-members, turned up trumps and we had a very successful show. 70 participants filled the hall with 369 exhibits and many more people came just to enjoy the show.

This year the show was generously supported by Donarbon Waste Management and Ridgeons Timber Merchants and the club is very grateful to them and Mark Shelton for coming to present the prizes. The club would also like to thank the people and businesses of the village who donated raffle prizes.

We start our Autumn programme this month and extend a welcome to all who wish to join us. The annual subscription is £5 (£8 per family) and £1 for each meeting.

Why not come to one of the following meetings and try us out?

- | | |
|---------------------------------|---|
| <i>October 16th</i> | AGM and Members Evening 'Gardens Revisited' – George Cooper |
| <i>November 20th</i> | 'Historic Gardens of Cambridgeshire' John Drake, Cambridge Gardens Trust |
| <i>December 18th</i> | Christmas Social |

Keep Your Home Safe

AUTUMN /WINTER BURGLARY ADVICE

Normally when the clocks change and the darker nights arrive there is an upturn in dwelling burglaries. Thieves tend to use the darker nights to commit offences as they know the darkness will provide them with increased opportunities to offend.

Residents should consider outside lighting that is triggered by movement and always place a security chain on when answering the door.

Burglars do tend to knock doors to see if they get any answer before breaking in.

Remember to keep sheds and garages locked as burglars will use tools from these locations to force doors and windows.

Burglars can also be quite brazen and will try doors to properties at night time hoping to find the door unlocked so remember to lock downstairs windows and doors.

If you are going to be out consider leaving a light on or having lights on a timer.

Winter time also sees a rise in distraction burglary offences. Last autumn and winter time saw a change in the methods being used by these distraction burglars to gain entry into addresses. Usually these offenders claim to be from the Waterboard or claim that there is a water related problem at the address. However increasingly on a national basis these burglars are now claiming to be Police Officers.

Their plan is always to disconcert the home owner by claiming that there is an emergency. Always remember to ask for identification before letting anyone into your home. NO ID NO ENTRY.

Other common tricks used by distraction burglars are building or gardening work. One offender will keep the householder talking while a second searches the property or they use a youngster who claims their ball has gone in the rear garden. The youngster goes through the house leaving the door open for an accomplice to slip into the property. The younger offender keeps the householder talking while an accomplice searches the property.

REMEMBER CLOSE THE DOOR ON STRANGE CALLERS

In the run up to Christmas be careful about leaving presents etc on show and post Christmas if throwing boxes and packaging away that presents have arrived in make sure the packaging is not left on show. A computer or

Playstation box left by the bin is an advertisement to a burglar that new items are most likely in the property.

Visit WWW.IMMOBILISE.COM to register and protect your property for free.

The Police non-emergency number is 0845 456 456 4.

If the problem is an emergency and there is a direct threat to life or property you should always call 999.

Mencap



VOLUNTEERS NEEDED

Cambridge Mencap is seeking volunteers to support a child or young person with a learning disability.

You could support someone to play games, enjoy arts and crafts, play in the park, go swimming, or just watch a DVD in the young person's home. Your support could help the young person develop their social skills, interests, independence and self confidence, whilst also providing valuable respite time to parents and carers.

If you could spare a few hours one evening of every month then you could be doing something new, or something you already do and enjoy, whilst making a BIG difference to a young person's, and a family's, life.

Interested? Find out more by contacting Robert Wallace, Volunteers Support Coordinator, by

Phone: 01223 883140

Text: 07835101621

Email: robert@cambridgemencap.co.uk

Waterbeach PTA

FUNDRAISING NEWS

Feast day – Brazil was the theme of the day for the school and the PTA. The carnival atmosphere ensured that everyone had fun. We managed to raise just over £470. The float and stall looked amazing. Thank you to everyone for their time and effort to make this yet another successful event.

Summer Fayre – With the rain pouring down in the morning and people preparing for the fayre with just bin bags to keep them dry, we were unsure as to whether this event would go ahead! However our commitment and perseverance was worth it. At 1.00pm the sun came out and remained so for the rest of the afternoon. What a fantastic day! We managed to raise £1000. The enthusiasm of the children making and selling their items was amazing. A big thank you to all those who helped and supported this event.

Jazzathon – An energetic workout was had by all on the morning of Saturday 22nd June. Bev Tumber from Jazzercise put us through our ‘fitness’ routine in aid of the ‘school swimming pool fund’. A big thank you to Bev as this event raised £300.

Dates for your diary

| | | |
|---------------------------|--|-----------------|
| 11 th October | Children’s Fashion Show | 2.30pm |
| 22 nd October | Bags2school (one collection only) | 9.30am |
| 23 rd November | Christmas Fayre | 12noon – 4.00pm |
| 29 th November | Pantomime – Dick Whittington and his cat | 1.30pm |

Fashion Show – Forget the fashion shows of New York or London, Waterbeach School on 11th October is the place to be for the latest children’s fashions. The show starts at 2.30pm. Tickets cost 50p for children, £2 for adults and are available from the school office.

Bags2school – It’s that time again where we ask for clothing, bedding, toys, shoes and handbags of good condition to be donated to the school. These are then sent to a company where ‘the more they weigh the more they pay’. Please bring any bags of items along to the school on Wednesday 22nd October *BEFORE 9.30am*. If you have items you wish to donate but are not able to bring them to the school please contact Karen Graves (PTA Chair) on 861690 to arrange collection.

Christmas Fayre – The 23rd November is the date to mark down in your diary. There will be the ever-popular children’s stalls where they think of an idea then set about making items or creating games and also man the stalls on the day. There will be an assortment of goods from outside stallholders available. We also have ‘The secrets room’ for children to buy presents for family and friends without them knowing what has been bought and of course Father Christmas will be visiting so come along and let him know what you would like for Christmas!

Pantomime - Dick Whittington and his cat

Saturday 29th November at 1.30pm is the date and time for this years Christmas pantomime. Tickets will be available from the school office on Monday 13th October onwards.

Waterbeach Charities

WATERBEACH UNITED CHARITIES

(REG NO 201528)

Waterbeach United Charities provide financial support or pays for services that help to alleviate individuals who are “in need or distress” who are residents of Waterbeach Parish.

Electric Wheelchairs

We also continue to provide electric wheelchairs for those in need. If you would like to be considered please let us know.

Distress Grants

The Trustees would like to hear from individuals who may be IN NEED OR DISTRESS. If you think we could help, and to find out whether you are eligible for assistance, whether it be loaning equipment to you, or providing financial support, please contact the Charity as detailed below.

All personal applications are confidential.

WATERBEACH TURBARY CHARITY

(REG NO 201529)

Applications for heating grants

Applications are invited for heating grants from the above Charity. Please apply in writing, stating your name, address and telephone number with the reasons for the application. All details given are confidential.

Applications are accepted from residents (regardless of age) from Chittering and Waterbeach ONLY. Applicants may be on low incomes, single parents etc. If you think the Charity can help, please consider applying.

Applications must be on a need basis, and may not be accepted. In order that funds of the Charity can be targeted at those most in need, candidates with savings over £6,000 should not apply.

Please send details to:

Mrs S Wilkin
The Secretary
Waterbeach Charities
25 Payton Way
Waterbeach
CB25 9NS

Closing date for applications is 14th November 2008

Cam Locks

NEW ROAD NAMES

Travelling along Bannold Road you will have noticed Cam Locks, the new development of 100 houses, has started and a new street sign has been sited at the entrance.

The Parish Council requested that more than one street name should be allocated to the site engendering a community spirit, assimilating the site into the village and allowing the residents some identity.



The Parish Council are pleased to say that the developers and the District Council have permitted the street names submitted to be adopted.

The street names are to be:

Levitt Lane and ***Shipp's Field*** - in recognition of historic land owners in the vicinity

Cheason Walk - in recognition of a local historian

Pritchard Walk - in recognition of a village doctor

Heron Walk - in recognition of the emblem of the village.

51 Field Squadron

CONTACT YOUR OLD MATES

My name is Alan Baker and I was with the Army at Waterbeach Camp. I have set up a website that is intended to bring together the members of 51 Field Squadron who served between the years of 1965 and 1972. That is not to say that members of 51 Squadron from other eras are not welcome, but the Squadron has undergone many changes and these are the only years that I can speak of with some authority. Why not visit the website and see if you can make contact with some old mates www.freewebs.com/baker51

Waterbeach Women's Institute

90th Anniversary Celebrations

Waterbeach W.I. was formed on November 4th 1918 and from a population of 1,430 - 77 ladies joined.

The first programmes were very varied and in these days sometimes make amusing reading.

To celebrate this occasion the W.I. are holding an exhibition on:-

Saturday 15th November

10.00am - 12noon

Baptist Church Waterbeach

Records from the early years along with cuttings and photographs from the present will be available for everyone to see (from the ladies of that era) what was happening in the post World War I years onward.

Refreshments and Anniversary Cake

Admission free

Everyone welcome

Fen Edge Twinning Association

VISIT TO FEN EDGE FROM ARVILLE

This year 54 friends arrived on Friday evening to be hosted by 45 Fen Edge families in their homes. They included some new French and English twinningers as well as some young people.

On Saturday morning some of our guests ran in the Cottenham Fun Run. The medals were presented by Daniele Marchand, the organiser from Avrillé, and winners received some extra prizes from the French twinning association.

This year was the 10th Anniversary of the twinning between the Fen Edge Villages and Avrillé in the Anjou region of France and to mark the occasion a special dinner was held in the Old Hall at Queens' College Cambridge to strengthen the link between us, as one of the founder Queens was Margaret of Anjou, wife of Henry VI.

Willingham Primary School has been communicating via the internet with its opposite number in Avrillé for some time and Cottenham Primary School is about to join also. Avrillé and Cottenham Village College have had exchange pupil visits for several years.

This year we were delighted that Willingham Parish Council had agreed to join the other villages and be part of the Twinning Association. Representatives of four of the villages were able to attend the cream tea and sign the new charter. Mr Phil King, the Chairman of Willingham Parish Council, was put on the spot, and ably rose to the occasion by making an amusing speech to thank everyone there for welcoming Willingham officially to the Twinning Association of the Fen Edge Villages and Avrillé.

This September a few of the English families are travelling to Avrillé to celebrate the 10th anniversary there, along with the 15th anniversary of their twinning with Ripollet in Spain and the 30th anniversary of their twinning with Swhalbach in Germany.

UK funding for twinning associations only applies while the group is setting up and so we get no funding from the government for our group, which means that everything we do has to be paid for by the members. This year for the 10th anniversary we wanted to do something special and so we started fundraising. We achieved our goal and the group can be very proud of itself for raising enough money to put on a very memorable weekend for our French visitors!

We will be organising another of our very successful and popular quiz nights with our regular quiz master, Andrew Snelson. This will be on Friday 26 September 2008 at Cottenham Village College. The cost, including supper will be £7 per person. You are welcome to bring your own nibbles. There will be a licensed bar, selling wine, beer and soft drinks and because of this, we would ask that you don't bring your own drinks.

The Fen Edge Twinning Association (FETA) is a thriving group, but is always keen to welcome new members. If you would like to know more about the association, please contact Anna Vining on 01954 252432.

LoveFit Training



FITNESS AND FUN IN THE COMFORT OF YOUR OWN HOME

For many people, getting to the gym is yet another item to add to an already long list of things to do. Having commuted to London every day for almost 5 years, I know only too well that finding time to lead an active lifestyle is hard! We all have such busy lives that we tend to focus on convenience, and often let our health take a back seat.

But why? *Why* is fitness not a priority for many people? *Why* does the word "gym" fill us with dread? And *why* would people rather buy a Wii Fit than go outside for a run? The answers are simple: Time, self-consciousness and not knowing where to begin. With that in mind, I was inspired to leave my job in the city and set up LoveFit Training.

As a trained dancer I've always had an "active" lifestyle. I competed in county athletics throughout school, danced at various events throughout my teenage years and then performed in musicals and taught dance during university. But aged 22 I found myself working in London, where I'd spend 10-12 hours sitting behind a desk and the best part of another 4 hours travelling to and from the office. So I joined our corporate gym, made the time to attend various classes and made sure my holiday destinations were countries where I could enjoy a good hike! I got myself a personal trainer to help me achieve specific goals and that's when I realised that I wanted a career in the fitness industry. I began studying and attending courses alongside my full time job, and this summer I was finally able to make my dreams a reality!

With LoveFit I wanted to address the three barriers to exercise I mentioned above, with the emphasis very much on the "personal" aspect of personal training. By tailoring each program to the client's specific needs and

lifestyle, they soon realise that fitness *can* be enjoyable. I know that many people feel worried about joining a gym because they don't want to work out in front of others – so I train people in the comfort of their own homes, out in a park, or at my private residence where I have a fully equipped home gym. This also saves a lot of time – if you're being trained at home or locally then a 1 hour session really is 1 hour. You don't have to battle with the traffic to get to the leisure centre, worry about lockers and communal showers or find a babysitter. Most importantly, I offer a *free consultation* service. This gives me an opportunity to listen to the client's concerns and gives the client a chance to get to know me before deciding whether to embark on that first step.

My aim is to *motivate* my clients to make positive changes to their lifestyle, encourage them to *believe* in the benefits of improving their fitness, and ultimately help them to *achieve* their goals. My personal training service includes a full consultation, fitness appraisal, comprehensive exercise program and nutritional advice. I specialise in post-natal exercise prescription and offer exclusive packages for brides-to-be and new mums. I also teach group exercise classes in and around Cambridge. Look out for Khai Bo – the cardio workout that packs a bit more punch – starting on Wednesday October 8th, Waterbeach school gym @ 7.15pm.

For more information go to www.lovefittraining.co.uk or contact Amber on 07979 385713 / 01223 862346.

Craft Fair

Salvation Army
Station Road, Waterbeach

Saturday 8th November
10am – 4pm

Admission 30p

Refreshments available all day!
Come and do your Christmas shopping

COMMUNITY ASSOCIATION MEMBERS

| | |
|---|-----------------------------------|
| 1ST WATERBEACH BROWNIES | Rowena Small - 01223 570850 |
| 1ST WATERBEACH GUIDES | Lorraine Warburton - 01223 864496 |
| 1ST WATERBEACH RAINBOWS | Diana Morgan - 01223 861398 |
| 32ND CAMBRIDGE (WATERBEACH) SCOUT GROUP | Bill Moon - 07879 626682 |
| BEACH BOWLS CLUB | Bernie Pick - 01223 861142 |
| BEACH SOCIAL CLUB | Richard Hall - 01223 860033 |
| CATS PROTECTION - CAMBRIDGE BRANCH | Information Line - 01223 441880 |
| COMMUNITY ASSOCIATION CHAIRPERSON | Jacqui Rabbett - 01223 860993 |
| COMMUNITY ASSOCIATION SECRETARY | 01223 860993 |
| COMMUNITY ASSOCIATION TREASURER | Mike Sharp - 01223 862969 |
| DENSON CLOSE DAY CENTRE FOR THE ELDERLY | T.B.C. |
| HAPPY FOLKS CLUB | Mrs A Coxall - 07767 072169 |
| ROYAL BRITISH LEGION | Norman Foster - 01223 474622 |
| ROYAL ENGINEERS ASSOCIATION | T.W. Marshall - 01223 862298 |
| SALVATION ARMY | Emma Knights - 01223 506217 |
| ST JOHNS CHURCH | Revd Pam Thorn - 01223 860353 |
| WATERBEACH AFTER SCHOOL PLAY SCHEME (WASPS) | Zoe Palmer - 07889 233229 |
| WATERBEACH & DISTRICT GARDENING CLUB | David Lynn - 01223 860948 |
| WATERBEACH BAPTIST CHAPEL | Robin Giles - 01223 862494 |
| WATERBEACH BRASS | Richard Dean - 01223 355987 |
| WATERBEACH COLTS FOOTBALL CLUB | Chris Nelson - 01223 863346 |
| WATERBEACH COMMUNITY PLAYERS | Linda Smith - 01223 570109 |
| WATERBEACH COMMUNITY PLAYGROUP | Diana Morgan - 01223 861398 |

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| WATERBEACH FOOTBALL CLUB | Tom Lawton - 01223 861025 |
| WATERBEACH INDEPENDENT LENDING LIBRARY | T.B.C. |
| WATERBEACH SCHOOL P.T.A | Karen Graves - 01223 861690 |
| WATERBEACH TODDLER PLAYGROUP | Wayne Badcock - 07808 357729 |
| WATERBEACH VILLAGE SOCIETY | David Craig - 01223 860684 |
| WATERBEACH YOUNG WIVES | Sheila Gill - 01223 861999 |
| WATERBEACH ACTION FOR YOUTH | Dave Beasley - 01223 863237 |
| WOMENS INSTITUTE | Christine Thornton - 01223 864160 |
| Other useful numbers: | |
| COUNTY COUNCILLOR | Michael Williamson - 01223 860899 |
| DISTRICT COUNCILLOR | Peter Johnson - 01223 560918 or 07947 475549 |
| DISTRICT COUNCILLOR | James Hockney - 01223 861419 |
| DOCTORS SURGERY – WATERBEACH | 01223 860387 |
| FIRE & RESCUE SERVICE - Non Emergency Calls | 01223 376217 |
| LANDBEACH VILLAGE HALL | Mrs. Bullman - 01223 860692 |
| PARISH COUNCIL | Sarah Smart - 01223 440018 |
| PARISH PATHS GROUP | D. Armstrong - 01223 861586 |
| POLICE - Non Emergency Calls | 0845 456 456 4 |
| ST LAWRENCES CATHOLIC CHURCH | 01223 704640 |
| VILLAGE CORRESPONDENT | Janice Maltby - 01223 861191 |
| WATERBEACH BARRACKS-STATION STAFF OFFICER | Dave Hornby - 01223 204406 |
| WATERBEACH SCHOOL | 01223 718988 |
| WATERBEACH TURBURY CHARITY | Pam Gooding - 01223 861003 |
| WATERBEACH UNITED CHARITIES | Pam Gooding - 01223 861003 |
| YOUTH OUTREACH WORKER | David Beasley - 07790 930191 |