<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Location</th>
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<tbody>
<tr>
<td>Jun 4th</td>
<td>BLUE &amp; GREEN BINS</td>
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<tr>
<td>Jun 6th</td>
<td>Baby Bunnies; 09.30—11.00am</td>
<td>Shepreth Village Hall</td>
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<tr>
<td>Jun 8th</td>
<td>Heidi Allen “Drop In” Surgery; June 8th</td>
<td>Gamlingay</td>
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<td>Jun 9th</td>
<td>A10 Corridor Cycle Annual Awareness Ride; 10am</td>
<td>Trumpington P&amp;R</td>
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<td>Jun 11th</td>
<td>WI meeting; 7:30pm</td>
<td>Shepreth Village Hall</td>
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<td>Jun 12th</td>
<td>Coffee Morning; 10.30am</td>
<td>Field Farm,</td>
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<td>Jun 13th</td>
<td>Baby Bunnies; 09.30—11.00am</td>
<td>Shepreth Village Hall</td>
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<tr>
<td>Jun 13th</td>
<td>Parish Council Meeting; 7.30pm</td>
<td>Shepreth Village Hall</td>
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<td>Jun 9th</td>
<td>Energise; 6.00—7.00pm</td>
<td>Thriplow Village Hall</td>
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<td>Jun 10th</td>
<td>Shepreth Village Hall Mngt Committee AGM; 7.30pm</td>
<td>Shepreth Village Hall</td>
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<tr>
<td>Jun 11th</td>
<td>BLACK BINS (ONLY)</td>
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<tr>
<td>Jun 15th</td>
<td>Men’s Breakfast Club; 08.30 - 10.30am</td>
<td>Foxton Village Hall</td>
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<td>Jun 18th</td>
<td>BLUE &amp; GREEN BINS</td>
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<td>Jun 18th</td>
<td>Mobile Library; Frog End 14.00-14.20 and Blenheim Close 14.30-14.55</td>
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<td>Jun 19th</td>
<td>Meldreth, Shepreth &amp; Foxton Rai User Group; 7.30pm</td>
<td>Elin Way, Meldreth</td>
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<td>Jun 20th</td>
<td>Baby Bunnies; 09.30—11.00am</td>
<td>Shepreth Village Hall</td>
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<td>Jun 22nd</td>
<td>Duxford Musical Taster Session; 11.00—12.15</td>
<td>Duxford CB224RA</td>
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<td>Jun 22nd</td>
<td>FOBS Ceilidh; 7.00pm to midnight</td>
<td>Barrington VH</td>
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<td>Jun 25th</td>
<td>BLACK BINS (ONLY)</td>
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<td>Jun 27th</td>
<td>Baby Bunnies; 09.30—11.00am</td>
<td>Shepreth Village Hall</td>
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ADVERTISEMENTS
Please contact Barbara Clutterbuck to advertise in the newsletter.
8 Weir Close, Hemingford Grey, Hunts PE28 9EJ
T: 01480 498302
babs.buttercup@btinternet.com

VILLAGE HALL BOOKINGS
Please make sure that the hall is free for the date that you want!
Please contact Pauline Brackenboro, 9 Angle Lane
Tel. 07564840349
villagehallshepreth@gmail.com

EMERGENCY CONTACT NUMBERS – Police, Fire, Ambulance – 999
Non-Emergency Police – 101 Crimestoppers 0800 555 111
Fire & Rescue Service Community Safety Officer 01223 376217
Charity No. 245456
I don’t consider myself particularly vain but I realised the other day that I had eight mirrors in my house, though I only use about four of them! I also realised that two of them always make me happy. In those mirrors I appear thinner, younger, less wrinkled and without a double chin.

On reflection (joke) I realised that these mirrors are a little like the ones you get on seaside piers and at fairs that distort the image and make you appear very odd. But unlike them these mirrors have been designed to make me look as good as is possible. I think that’s a clever trick by the manufacturers.

But it got me thinking about the whole concept of self-image; of how we see ourselves and how others see us, and how we would like to be seen. We hear a lot these days about the pressure on the younger generations to produce an ‘image’. How Facebook and Instagram make them feel the need to post photos showing how good they look and telling how exciting their lives are.

Sadly, that is like my deceitful mirrors. Because having looked in them and thought, ‘Well I’m not looking too bad today I pass the mirror in the hall and think, “Where did that beautiful creature go?!”

What really matters is not how we appear to others or how we would like to be seen but to be confident in ourselves and not plagued by self-doubt and dissatisfaction. Of course we want to be fit and healthy but the truth is that each one of us is unique and cannot be the same as other people. I see this when I look at my sister. She was naturally born much finer boned than me. Her wrists are half the size of mine. I will never look like her – I have had to learn to be content to be myself.

And of course the marvellous exciting truth is that we are how we are because God has created us that way. We are how he has made us to be, each marvelously unique and special; each with our own attributes and gifts. And he has lovingly made us in his image to be his children.

When I find myself feeling insecure and unhappy because I am tired of being tall and clumsy I ask God to show me how he sees me; to let me know how he thinks of me and how much he loves me as I am. May I encourage you to do the same? In that we you will be able to look at yourself in any mirror.

Angela Melaniphy: Rector Fowlmere, Foxton, Shepreth and Thriplow; Jun-19

Both the children and staff have found it fascinating how quickly the ducklings grew and how early they were amazing swimmers. They had their first swim on Saturday, less than a day after the last duckling attached and took to it like a duck to water! The ducklings stayed in school the whole of the next week and on the final day they needed a paddling pool for their “pond” as they had outgrown the large plastic crate we were initially using. On the last day, we set up the duck pond in the school hall and each class had the opportunity to spend time watching them swimming and drawing them. There is a display of photographs and children’s work from the ducklings in the phone box on Glebe Road and the photos are also on the news tab of the school website—the ducklings are gorgeous and the photographs are well worth a look!

Animals also feature in the work of the school’s Charities Ministry this term as the children have chosen to support the Shepreth Hedgehog Hospital and they have organised different ways to support this local charity. We currently have a box in the school entrance hall to collect food, blankets and newspapers for the hospital and on the last day of the half term we held a hedgehog spiky hair day, where the children could donate £1 to the hedgehog hospital and come to school with crazy coloured, spiky hairdos. So if you noticed some strange hairdos on staff and children now you know why!

On the same day as the hedgehog spiky hair day, we celebrated May Day with the crowning of the May King and May Queen and traditional maypole dancing. Since we reinstated this old Barrington tradition a few years ago, it has become a popular day in the school calendar. It is a lovely way to mark the end of the first half of the summer term and celebrate that all the national assessment test are finished. The May King and Queen are always Year Six pupils and they are elected by the rest of the pupils and adults in the school. Every member of the school gets a vote, so it is a real compliment to the Year Six pupils who are elected to this role.

Maypole dancing has not been the only outside dancing we have done this term; we have introduced Funky Fridays as a way of encouraging our children to be active over the lunch hour. During the second half of every Friday lunchtime we take our portable speaker outside and play dance tracks for the children to dance to, with staff leading the dancing and helping the children to remember the moves that go with the different soundtracks. Funky Friday is so popular that the children have now asked as to also start Trendy Tuesday so we have dancing two times a week. They have also started making requests for particular songs from our resident DJ Mrs Brooker! The sight of a large group of children on the school field joining in with the Macarena or the YMCA is not one that is easily forgotten, especially when you see the builders joining into from within the building site!
At school we are in a period of change, not just because of the building work and increasing size of the school, but we have some staff changes in the near future too. We often say that staff don’t leave Barrington unless they are retiring or having a baby and this year we have both! Miss Meredew is expecting a baby in October and will go on maternity leave from Class Three in mid-September. After teaching in Class One at Barrington for sixteen years, Mrs Brown has decided that it is now time for her to retire and she will leave us at the end of this term in July. I would like to take this opportunity to thank Mrs Brown for everything she has done to support the children of Barrington and to make their first years at school a positive experience. We will miss her, but wish her a long, healthy and happy retirement.

Mrs Brown has taught many, many village children over the time she has been here and we are making a collection to buy her a farewell gift. If your child was taught by Mrs Brown, and you would like to contribute to this collection and sign her farewell card please do call in and see Julia or Rachel in the school office.

This month has to be one of my favourite times of the year - we have the incubator in school! We work with a company who deliver everything we need to incubate eggs. The eggs arrive in school partly incubated which means we don’t have to wait long before the excitement of hatch day. This year we incubated ducklings – and they have to be one of the cutest baby animals ever! The first duckling hatched just after the start of the day on the Thursday and by the end of the day he was joined by two more. The fourth duckling delighted the Guides by hatching during their meeting in the evening and by the time staff arrived in school on Friday morning we had five fluffy babies; leaving just one egg. The last egg started to hatch on Friday morning and by after lunch he was still struggling to chip his way out of his shell. Miss McCabe came to the rescue and gave him a helping hand and duckling six hatched during the afternoon, very tired but absolutely fine after a long rest. Miss McCabe was nominated for a Christian values award by the children of Class Two for showing courage and caring - it is the first time we have awarded one of the certificates for duckling midwifery skills!
Our May meeting welcomed Rob Marsden, owner of OliveOlive who provided an enlightening talk about his family farm in Cyprus that grows, bottles and sells extra virgin olive oil and produces halloumi cheese. He described the many health benefits of olive oil and members were given the opportunity of sampling different flavours and purchasing the products.

Our next meeting in Shepreth Village Hall will be on Tuesday 11th June at 7.30pm. New members are always very welcome, why not come for a ‘taster’. We meet every second Tuesday, if you can’t make it, we also have a regular tea and chatter at The Teacake every 3rd Thursday afternoon at 2.30pm.

Further information from Liz Parrett (01763 261368) or Jill Parker (01763 262545)

Julia would very much like to thank all those who sent cards, letters and prayers, and those that were able to attend the service in the church to say goodbye to Basil.

Thank you to the flower ladies who decorated the church so beautifully. Thank you to Malcolm our church warden and those who helped on the day.

A very special thank you also to our Vicar Angela for making the service such a warm, friendly and loving occasion.

Julia Wilson

Susan van de Ven and Mike Prior-Jones, A10 Corridor Cycling Campaign

Contacta10cycle@gmail.com, susanvandeven5@gmail.com
a10corridorcycle.com
The River Shep rises from springs at the RSPB Fowlmere nature reserves and flows through the village to meet the River Rhee at Barrington. For many years Friends of the River Shep (ForShep) have looked after the river, which has all the beauty of a clear, chalk stream. It is home to wild brown trout, kingfishers, water voles and the occasional visiting otter.

We are always keen to welcome new members; especially those who wish to get involved with river restoration and maintenance.

If you wish to join, please contact the secretary at forshep@hotmail.co.uk

Visit us at - http://shepreth.org/index.php/forshep

Are you a Facebook user? The best way to keep up to date with what is going on with the river is to join the Friends of the River Shep Facebook Group. Just login to Facebook and search for “Friends of the River Shep” in the Facebook search bar. Select the group name that should appear and the click on “Join Group”. The group admin will then approve you to join the group. We currently have 95 members - let’s try to get to 100!
Friends of Barrington School (FOBS)

Meldreth, Shepreth and Foxton Rail User Group next meeting and the Passenger Benefit Fund

We meet next on June 19th, 7:30-9:00PM, at Elin Way Community Room Meldreth – all welcome.

The agenda will be posted at [www.meldrethsheprethfoxtonrail.org.uk](http://www.meldrethsheprethfoxtonrail.org.uk) nearer the time. This will include consideration of a request from Go-via Thameslink that we canvass our rail users for appropriate ways of spending £80K at each station, from the Passenger Benefit Fund. This fund derives from a fine imposed on Govia Thameslink Railway in the wake of last summer’s timetable meltdown. More information, including suggestions for how this fund might be spent, is posted on our website.

Do feel free to contact us in advance with any ideas, or to join our mailing list, via the email address below.

Many thanks, Susan van de Ven: [railusergroup@gmail.com](mailto:railusergroup@gmail.com)

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SHEPRETH VILLAGE HALL

MANAGEMENT COMMITTEE

ANNUAL GENERAL MEETING
MONDAY, 10th JUNE 2019 @ 7.30pm

Anyone wishing to attend will be very welcome.

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Four Church Benefice Website

The new Benefice website is now up and running to find out most things about what is going on in our churches go to: [https://www.thefourchurchbenefice.org](https://www.thefourchurchbenefice.org) If the information you want isn’t there it will tell you who to contact for help
ENERGISE

Energise (Benefice Youth Group). Instead of our usual monthly meeting in April there is a planned ‘Youth Pilgrimage’ to Ely Cathedral lead by the Learning team at the Cathedral on Thursday 11th April. This will also include a meal at McDonalds. For more information please contact Hilary by email harthur3@gmail.com or 01763 208303

Dates for future meetings -

- Sunday 9th June at Thriplow Village Hall.

Please contact Hilary harthur3@gmail.com or ring 01763 208303 if you would like help with lifts.

VOLUNTEERS WANTED

Adopt a Station Tub? Looking for Duke of Edinburgh Volunteering? Like a party?
The Meldreth, Shepreth and Foxton Community Rail Partnership has been co-ordinating the care of the flower tubs at our stations for many years now.

Would you, your family, or your local business like to adopt a station platform tub?
That simply means planting it to look lovely, once for summer and once for winter, and helping out a bit to keep it watered as part of our team effort.

And, if you or someone you know is looking for a Duke of Edinburgh volunteering slot, every year our station platform flower tubs benefit from a helping hand from Duke of Edinburgh and other volunteers.

Please feel free to contact us about either or both – or if you’d just like to help out occasionally with station gardening.

Susan van de Ven and Sarah Grove
Meldreth, Shepreth and Foxton Community Rail Partnership
Susanvandeven5@Gmail.com, Tel 07905325574
Free Musical Instrument “Taster Morning” at Duxford School on Saturday June 22nd

Would you or your child like to play a musical instrument, but you aren’t sure which? Would you like to try out several instruments before making your decision?

If so, Duxford Saturday Workshop Taster Morning is for you!

At this event, experienced tutors and players will be on hand to enthuse, encourage and allow you to have a hands on, practical experience of several instruments. They will be able to answer your questions and help you to decide which instrument is the perfect one for you.

This is completely free. There is no need to book in advance, and you do not have to be a current member of the Music Workshop to come along - so just arrive and have a go!

Of course, if you decide to join us for the next Workshop year (beginning in September) you will be most welcome. Our current membership rate is only £25 per year, with a weekly attendance fee of just £2 for adults and £1 for children. If you need an instrument, items from our hire stock can be borrowed for only £25 for the year, meaning that it is possible to gain tuition and experience of playing, for a very modest outlay.

Duxford Workshop takes place at Duxford School on Saturday mornings during term-time and is very much about enjoying music-making in a supportive and fun environment. All ages, abilities and experience levels are welcome, and we offer both ensembles and tuition to cater for a wide range of musical interests and tastes.

Instruments included in our Taster Morning are: Violin, Viola, Cello, Flute, Oboe, Bassoon, Clarinet, Saxophone, Trumpet, Cornet, Trombone, Guitar and Ukulele.

When? Saturday morning 22nd June, 2019 from 11.00-12.15

Where? Duxford C of E Primary School, St John’s Street, Duxford CB22 4RA.

For further info, see: www.duxfordsaturdayworkshop.org.uk or email: director@duxfordsaturdayworkshop.org.uk
After an unusually warm Easter weekend and just a few Easter eggs (honest!), we are already in May. Despite the hiatus over Brexit, it’s been another busy month in South Cambridgeshire.

I was absolutely thrilled to be able to visit the Royal Papworth Hospital at their new home on the Cambridge Biomedical Campus before patients arrived. It was quite eerie, walking around an empty hospital! I was absolutely overwhelmed not only by the new state of the art facilities but also the seamless transition from one site to another. The move has been the culmination of years of planning and effort. The staff have been working so incredibly hard to make this a reality and I am so proud that we have this world class facility in our constituency.

Back at the office, I also met with a number of local businesses for a round table discussion with me organised by the Federation of Small Business (pictured right).

This was a great opportunity to hear from local businesses about the current economic climate, their needs and to gain an insight on some of the challenges they are facing. It was also possible for me to update them on national policy as well as local initiatives and infrastructure improvements.

As well as inviting businesses into the office to talk, I’ve recently visited Map BioPharma in Papworth Everard (pictured left). They offer consultancy services that help BioPharma and MedTech clients achieve optimal market access in the UK and Ireland. Yet another example of one of our thriving businesses who contribute so much to job creation and ensure that we remain at the forefront of research and innovation.

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Report by Tony of a talk given to Foxton Men’s Breakfast on 13th April by the Revd. Charity Nzegwu

The Revd. Charity, Minister for the Methodist South Cambridgeshire Circuit, gave us a moving and uplifting talk of love and hope in these changing times. She spoke of her own experiences growing up in Zimbabwe, then travelling with her family to the UK where the challenges were seemingly daunting. With the many challenges we all face in the world right now the message of Easter is as important today as it was two thousand years ago. No matter what hardships we face, the meaning of the cross enables us to have hope for the future, knowing that whatever wrongs we have done we can be forgiven and we are still loved.

Men’s Breakfast donated £50.00 to UNCLE (Uplifting Nepal’s Children with Love and Education), a local charity supported by Methodists in aid of the children affected by recent earthquakes in Nepal.

In July we will have our usual breakfast in Foxton Village Hall then go for a walk in Foxton Woods with a guide to tell us about the flora and fauna. We also hope to have some form of transport for those who find walking difficult.
Our next ‘Men’s Breakfast’ is at 8.30- on Saturday 15th June as usual in Foxton Village Hall Hardman Road, Foxton, Cambridge, CB22 6RN

Howard Kettel is our guest speaker and is happy to speak about his charity ‘Hope into Action’ which is Christian charity that is working nationally to provide houses for the homeless. It does this by partnering with local churches to provide the support to enable a homeless person to turn their life around and regain their self-worth.

Hope into Action is growing rapidly and currently have over 65 houses around England, housing over 180 tenants. It takes a holistic approach to homelessness, providing practical support and seeing great success as tenants move on

Please Let us know if you can attend this interesting talk by using our new e-mail address for Men’s Breakfast so we know how many to cater for and if you want a full English or Continental Breakfast. We look for a donation of £7 to cover costs and make a donation to the speakers charity. - Ladies welcome to attend as well.

New e-mail address:- foxtonmensbreakfast@gmail.com

Tony Garrick: garrick.tony@gmail.com; Tel: 01763 221658
Mark Howard: mark-howard@uwclub.net Tel: 01223 50337

Last month, my parliamentary office (and my husband Phill!) made up a team at Caxton Village Hall for quiz night! Wow – the questions were hard! I am pleased to report we didn’t come last (though not far off!) but we did have a thoroughly enjoyable evening and helped to raise funds for improvements to the Hall.

My most memorable appointment this month was as a member of the judging panel for Fen Drayton Primary School’s Poetry Aloud competition. The children had been taking part in Poetry for Pleasure by selecting and learning their poems, with a competition at the end of two weeks’ hard work. We cried with laughter, such was the enthusiasm and energy the children put into their recitals! It was so lovely to see how engaged the children were – from Reception to Year 6. Well done to all the children involved!

I was honoured to be asked to present an award at the Cambridge United Community Trust Gala Dinner at Duxford Imperial War Museum. The Community Trust is the charitable arm of Cambridge United and they are involved in many projects which help to deliver improved health, education and inclusion. If you would like more information about their work or would like to donate to their fundraising, details are available on their website - https://www.cuctrust.co.uk/ Looking ahead, in May I will in Litlington for Desert Island Discs, visiting the WI in Bassingbourn and visiting businesses and community groups in Cambourne.

As ever, my newsletter can only provide a snapshot of my work on your behalf but if there is anything you would like to talk to me about, my next surgery is on Saturday 8th June. This is a “drop in” surgery between 10.30-12.30pm at Gamlingay Village Primary, Station Road, Gamlingay, SG19 3HD. No appointment necessary.

Further surgery dates will be added to my website soon - https://heidiallen.co.uk/surgeries-2.html

In the meantime, if you would like to contact me, please email heidi.allen.mp@parliament.uk or call my office on 01223 830037.

See you next month!
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<th>Date</th>
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<td>June 2(^{nd})</td>
<td>All Age Worship 11:00 am</td>
<td>Morning Prayer 11:00 am</td>
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<td>June 2(^{nd})</td>
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<td>No Service</td>
<td>Holy Communion 11:00 am</td>
<td>All Age Worship 9:30</td>
<td>Evensong 6:30 pm</td>
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<td>4 Church Benefice All Age Communion 11:00 am</td>
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<td>July 7(^{th})</td>
<td>All Age Worship 11:00 am</td>
<td>Morning Prayer 11:00 am</td>
<td>Holy Communion 9:30 am</td>
<td>Holy Communion 9:30 am</td>
<td>July 7(^{th})</td>
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