



## Littleport's Local Runners off to the London Marathon

**O**n Sunday 28th of April two locals; Amy Bailey and Paul Sycamore will be heading to London to complete the 26 mile stretch of the annual London Marathon. Both have been training with Littleport Park Run on a Saturday morning as well as various other training schedules they have adapted around their families and lives. Amy will be running for the charity EACH - East Anglia Children's Hospice and Paul for Diabetes UK. Read both their stories inside! pages 14-16.

### IN THIS ISSUE

**Behind The Scenes at Littleport Food Bank**



**Littleport Couple Celebrate 60 Years of Marriage**



**Come and meet Leo the Lion, our brand new children's page and discover his escapades around the village**



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# LittleportLIFE

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## Advertising

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# Note from the Editor



Welcome to your Spring edition of Littleport Life!

Spring has sprung, the season of new beginnings and opportunities! Over the past 3 months your community magazine has experienced some changes, including myself appointed as the new editor. I feel extremely privileged to have been appointed this role and am excited for you to explore your new Littleport Life Magazine!

Our Spring issue includes many of the previous features and contributions from our local groups and organisations. These can be found throughout the beginning of our magazine. They include recounts of past activities and news of forthcoming, exciting events. Thanks to all our regular contributors. If you run a local group and would like to tell Littleport about it please email us to discuss a featured article.

As well as our regular contributors we have some exciting new features to reach all age groups in Littleport. Have you met Littleport Leo? Children of Littleport, Leo the Lion is here with your very own page! Join in with Leo's escapades around the village and enter our fab competitions!

Do you have Facebook? If so are you following our brand new Facebook page? Simply type in Littleport Life Magazine an access more exciting community news linking to our magazine. With news of upcoming features, competitions and much more! Also each Thursday we will be showcasing all of our featured advertisers. Advertisers can be found in the back pages of our magazine. With fantastic rates and publicity, not just through our printed magazine, but also on our Facebook page and website **[www.littleportlife.co.uk](http://www.littleportlife.co.uk)** our advertising has become very popular. If you are interested in advertising please contact Natasha Weyman our new advertising manager.

I hope you enjoy your revamped edition of Littleport Life and we can grow and work together through our new features and articles. Behind the scenes we are a group of willing volunteers, here to bring you all an outstanding community magazine. Thank you to all of the volunteers on the admin and editorial team, the regular contributors, the advertisers and our helpers who help to deliver each and every magazine to the doors of Littleport!

Have an amazing spring!

With Love

*Michelle Davey*



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# Hello! My name is Leo the Littleport Lion.

Welcome to your very own page just for us kids...no adults allowed! You can find so many fun activities, facts and competitions on this page. I can't wait for you all to join in with all the fun we are going to have.

## Did You Know?

Did you know over the next months there are 3 special days that are all linked to some amazing Saints? Let's learn about them here!

**Saint David's Day** - On March 1st we celebrate the national day for Wales. It was said that Saint David could perform miracles!

**Saint Patrick's Day** - Saint Patrick's Day is on March 17th and is the saint of Ireland. Legend says that there aren't any snakes in Ireland because Saint Patrick chased them all down from the hills and into the sea!

**Saint George's Day** - The English national day is on April 23rd. Saint George is our very own dragon slayer and was a Roman soldier.

## Easter Jokes

How does the Easter Bunny travel?  
Hare-plane!

How does the Easter Bunny dry himself?  
With a hare-dryer!



## Competition

Can you draw and create your very own Easter Egg creation? It can be any design you want. I am looking for some amazing, colourful creations to win a yummy Easter treat! Please ask your adult to send all entries to [cockneyinthecountryside@gmail.com](mailto:cockneyinthecountryside@gmail.com) or our Facebook page! Entries must be sent in by April 22nd.

## Recipe

Sunday 21st of April is Easter Sunday. Why not make some delicious, chocolate nests for you and your family to enjoy. *You will need an adult to help with some of the steps.*

You will need:

- 150g of chocolate
- 100g of Rice Krispies
- Some Mini Eggs

### What to do

1. Break the chocolate into pieces and melt in a bowl over some hot water.  
*\*This is where you will need an adult to help you. Do not use hot water yourself\**
2. Mix the melted chocolate and Rice Krispies together.
3. Spoon the mixture into cupcake cases.
4. Decorate each nest with 3 mini eggs.
5. Leave to set in the fridge.

Why not use mini marshmallows, sprinkles or something different to decorate your nests? You can send any photos of your nests to us on Facebook so we can see your amazing creations!



# BEHIND THE SCENES



I arrive an hour before the doors officially open at 10, warmly greeted by Susan Green and Elaine Law who run the independent Food Bank in Littleport. Situated in the little side room inside St George's Church, the Food Bank is open every Tuesday and Friday between 10 and 12. A year prior to this I was here but in different circumstances:

*After moving from East London, my husband a qualified carpenter and myself a teacher, we thought it would be easy to find work. However as the weeks dwindled we realised it definitely wasn't as easy as we thought it was going to be. With no contacts and feeling isolated the debt and bills soon started mounting. I was five months pregnant, with two other young children and felt completely hopeless.*

*Whenever my life has taken one of its lower turns, I find the need to sit within a church*

*and spend some time with my thoughts and God. I sometimes feel a bit cheeky really, that He must feel I only show my face when I need something or am hurting, sad or angry. Nonetheless there I was having a chat with Him and wondering how I was going to get through the situation in question.*

*The Reverend Howard came to introduce himself and asked if I was OK. I ended up telling him my current situation and he told me of the Food Bank that ran from the church each Tuesday and Friday. I told him I was grateful for the offer but would be fine. Pride can be your own worst enemy at times. After a couple of weeks with no change to our current situation I made the decision to go along. I didn't know what to expect and was full of anxiety. I needn't have been as the two ladies who ran the Food Bank welcomed me with such kindness. I broke down and told them my worries as*





*they listened attentively, comforted me and brought me a most welcome cup of tea and plate of biscuits.*

*After we went through to the stores room which, as they still are today, stocked with basic food items such as tea, coffee, cooking sauces, pasta, rice and store cupboard essentials. Also there were nappies, sanitary items and toiletries. I stood awkwardly whilst the ladies filled some bags full of essentials for me, the whole time them putting me at ease with friendly conversation. I felt so overwhelmed with emotions but the Food Bank ladies constantly reassured me.*

*When I went home that day the support didn't just stop there. The ladies kept in contact with me and were able to drop round much-needed items when I was unable to get to the church.*

Today I am here to observe the Food Bank behind the scenes. Many donations appear throughout the morning wherever it be a couple of items from a local person in the village, to bigger donations from organisations such as the Scouts. Each donation is welcomed gratefully as we replenish the store cupboards.

Those in need arrive and are treated with the utmost respect and sensitivity. The ladies chat with the visitors like old friends making them feel welcome and reassured just as they did with myself. The special bond and relationship between the Littleport Food Bank and local community is evident and I feel thankful to be able to witness the work they do from both sides of the doors.

Littleport Food Bank opened its doors in July 2016, serving those in need in the Littleport community, every Tuesday and Friday from 10 am till 12. They also provide soup and a roll on a Tuesday from 12. As they are independently run, the ladies deliver in some cases, where by those in need can not make it to the church for whatever reason. Also every 4th Sunday of the month they run a Tea Time Church for those who are alone and in need to come along and spend a Sunday together with some home comforts.

The ladies selflessness and consideration for our local community astounds me. Also those who donate locally are participating in such a significant way, as it is only with those donations that the Food Bank can run. The ladies have found that long life milk and tinned meat products commonly are the most wanted items but at times they can see low stocks in items such as toiletries and nappies.

These volunteers are never judgemental and have made a huge difference to my life. As a person who once had a career as a teacher I understand how much pride can be an obstacle in seeking help but I am so glad I approached the Food Bank to help me in a very low point in my life. Donations are gratefully accepted and those who would like to donate please do via the Food Bank donation baskets found in the local supermarkets or directly to St George's.

I will forever be indebted to the ladies of the Food Bank. I encourage anybody in a similar situation, struggling or finding themselves helpless in terms of finances and support to visit the Food Bank.

# Littleport and District Flower Club



We are coming to the end of a wonderful year at the Club which has seen some wonderful demonstrations from Area Demonstrators old and new. We are coming to the end of a wonderful year at the Club which has seen some wonderful demonstrations from Area Demonstrators old and new.

Our year was finished with the brilliance of national demonstrator Tony Brown from Leicester who received a standing ovation for his demonstration of 'Christmas Joy.' The hall was filled with laughter and joy at his amazing reminisces of things past and present. His flowers were a sight to behold and sent everyone home happy. The club members and committee had provided a lovely buffet, which was enjoyed before the demonstration, setting the evening going.

On Friday 14th December, 25 members attended a practical evening at the village hall where they all had a go at creating arrangements for Christmas. Some did their own thing, others

created arrangements suggested by the committee. A thoroughly enjoyable evening was had by all that attended and each went home with one or two arrangements which they had produced.

There have been many things to remember from 2018, but I think a highlight for many members was a visit and workshop from Adele Kent. Adele Kent is the Chairman of the JDSE Committee of the East of England Area of NAFAS. It was thoroughly enjoyed by 25 of our members plus 3 guests, and Adele has agreed to come along in August 2019 to head a further workshop.

We do not meet in January and February as our AGM with a meal supplied by



Fairways Catering of Littleport at our usual place, the Village Hall.

Our new year begins with an old favourite David Wright coming along with his demonstration of 'All Things Bright and Beautiful' I am sure that David will bring along his usual brilliance with his flowers and his amazing personality.

The rest of 2019 will be followed by some old favourites such as Barbara Collins, Jo Poulter, Brenda Tubb, Kath Doggett and Lesley Beeton, the new people on the block are Pat Barton and our Open Evening should go well with Gill Macgregor.

The members have shown great support in the past year, always happy to help serving the tea/coffee and assisting with offloading the demonstrations, flowers and

equipment. This all helps the committee which are very small in numbers.

It has taken 3 years of hard work from the committee to rebuild from a bad patch and we now have a healthy club once again. However, as has been mentioned in the past, this can only carry on if we have people volunteering for the committee, willing to take on officer's positions, to enable us to move forward further. Without this support it could prove difficult for the club to prosper so please think hard and if you are able to offer any help contact the incoming Chairman Carol Weyman on 01353 360289 or Sue Constable the Secretary on 01353861012.

**Pam Hayes.**

Chairman and Programme Secretary.

## Ely Table Tennis Club

### Is Table Tennis something you enjoy or would like to try?

Ely Table Tennis Club hold weekly practice sessions at Littleport Leisure Centre every Thursday and at Ely College (Needhams Hall) every Monday.

Juniors Only : **Monday 6pm to 8pm**

Juniors and Adults: **Monday 7pm to 8pm**

Adults Only : **Monday 8pm to 9pm**

**FREE** taster session for new members.

Two hour session - Adults £5.00,  
students in full time education £2.00.

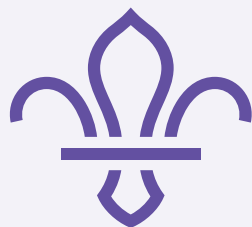
One to one coaching included and available for everyone to improve.

All ages and abilities welcome to join the practice sessions and one of the clubs six league teams.

For more information contact  
Karen Byford, Club Secretary:  
**[elytabletennis@gmail.com](mailto:elytabletennis@gmail.com)**



# Littleport Scouts Group



## **‘Scouting: it’s in my blood!’**

When the opportunity came up to start a second Scout Troop in Littleport, Ben Barrett jumped at the chance to be the leader. Here he tells us why.

### **● Please can you tell us a little bit about your Scouting background?**

I’ve been involved with Scouting for about 17 years now. My adventure started as a Cub Scout in Little Downham. As soon as I hit 18, I became a leader – first for Witchford Scouts, and then for Explorer Scouts (which is for young people aged 14 - 18). I’ve done this for six years, and now I’m starting my next chapter as the leader of the new Lightfoot Littleport Scout Troop.

### **● What are your best Scouting memories?**

Probably gaining my wood beads, which you get on completion of your

leadership training. I received these while on a Scouting trip in Austria, but first I had to run and jump in the lake before I was given them! Also when I received an award for good service. I was at ‘Clip and Climb’ in Cambridge, and I had to climb the wall first, before I was awarded this. I also met my wife in Scouting. I proudly proposed to her in front of 2,000 kids at a large camp called Camjam – it was amazing.

### **● Why have you chosen to become a Scout Leader in Littleport?**

I love starting a new group, building up from a few members to a room full hopefully!





### ● What activities do you have planned for your Troop?

It is early days, because the group only started in January, but we will be taking part in Jambowlree, which is a huge camp with bowling as the focus, it's really good fun! The Scouts also can take part in this year's CamJam, a camp that brings Scouts from all over the county together for a week of activities and entertainment. During our meetings we will be showing Scouts how to safely chop wood, light a campfire and plenty of hiking.

### ● What are you top three attributes of Scouting?

Firstly, I would have to say friendship. Fellow Scouters really are always there for you.

Secondly gaining lifelong skills. I am forever learning and I am fortunate to be able to share my skills with young people.

Lastly is the opportunity to go to places I might not otherwise visit. I have been on five international trips with the Scouts – Denmark, Germany, Austria, Luxembourg and France.

### ● How can young people find out more?

We meet on a Tuesday night from 7.30pm - 9pm at the Scout Hut in Camel Road.

We would love to welcome more young people aged between 10 and 14 to join our adventures!

Scouting is growing in Littleport.

There now are two groups for each section – Beavers, Cubs and Scouts – providing opportunities to learn new skills, get active and have fun for young people in Littleport aged between 6 and 14.

Leaders have a great time too – there are opportunities to learn new skills, make friends and encourage local children to flourish.

If you are interested in finding out more, either about how you can get involved or on behalf of a young person in your care, please email: [info@1stlittleportscoutgroup.org.uk](mailto:info@1stlittleportscoutgroup.org.uk)

**We look forward to hearing from you!**



**I am happy to report on the final total for the 2017 Poppy Appeal, that raised the grand sum of £9669.59. A wonderful collection, one of the highest ever for Littleport.**

Now it is time to concentrate on the 2018 collection. During the two weeks of the Poppy Appeal, leading up to Remembrance Sunday the branch collected £10,576.37 which puts us on target for our best ever year!

We hope that Littleport will continue to support our efforts as we will be holding fundraisers during 2019. There will be a collection on Armed Forces Day and we will have three other collection days when you will have the opportunity to purchase RBL goods.

We would like to thank all those who contributed to the artwork that appeared to decorate Littleport during Remembrance. There are too many to name individually but the Branch thanks you most gratefully. The numbers turning out for the parade and church service surprised everybody and I feel certain that the Reverend Howard Robson would love to see more of you on a regular basis.

The last event of the day was the lighting of the beacon to mark 'Battle's Over'. It was well attended and appeared to be well appreciated. Thank you all and

thanks to the Leisure Centre for running a quiz night, which added to our takings.

Although the beacon lighting was the last event for Sunday, we still had two more wreath laying services on Monday. Firstly, for the primary schools whose pupils laid a wreath for each school. Secondly a wreath was laid by a representative of Network Rail at the Knightall Memorial. Thanks to all concerned, particularly the school staff who do a wonderful job organising the children and keeping them safe.

Lastly, I would like to put in a plea for more people to join the branch. We need more helpers. You do not have to be ex-services but you do have to believe in what we are doing to support the service and ex-service community. We need more people to help with our fundraisers, more people to help with the Poppy Appeal, particularly house to house collections, and more people to come on the committee to help us put on events and outings. The current committee is fully stretched at present and the membership is too small for us to offer anything other than basic membership. If we could double our membership, we could offer so much more in the way of welfare and entertainment.

So please think about it and if you decide to help why not come to our next committee meeting. That will be on 14 March 2019 at 7.30pm (19.30 service time), in The Barn, The car park, Littleport. Alternatively come to the Pop-in Centre, at The Barn, from 12.30 to 15.00 on the 14 Feb 2019, and on the second Thursday of each month from March 2019 until further notice.

You will be very welcome.

**Garth McGowen**  
Littleport RBL





# Getting Fit at Littleport Leisure

**Littleport Leisure takes great pride in being able to offer its guests the opportunity to train in a variety of settings and styles.**

The facility currently boasts three separate training areas, the main gym, a functional training suite, and a terrace, however we will also be offering a fourth training alternative soon in the form of an obstacle course.

Each training zone has something different to offer,; be it battleropes, battle ropes, weighted sled, tyre flips, ski erg, vertical rope pulley, heavy bag or bodyweight suspension training system. Pretty much every need is catered for.

All gym memberships include a free induction, no joining fee and no contract and we also offer a classes only membership. PAYG are welcome for a gym session or to attend classes, with an additional fee for an induction.

Monday-Sunday we have the following classes:

- Clubbercise
- Pound
- Tums, Bums & Thighs
- Spin
- 20/20/20
- Bootcamp Buggies
- Pilates
- Yoga
- HIIT
- Zumba Gold
- Rave Tone
- Circuits

We also run the following children's sessions:

- Junior Fitness (12-14yrs)
- U13 Clubbercise
- Pound

Discounts are offered for 15-17yrs, 65+, fire, police, ambulance, NHS, forces and corporate (ID must be shown to receive discounted price).

## Littleport Leisure Open Day is Back!!

Littleport Leisure will again be hosting it's annual Open Day on Saturday 22nd June. We have moved from a Sunday to a Saturday and we are extending the day into the evening with 'live' music. The day begins at 11.00am and we will have the return of some of the old favourites along with some new ideas to entertain you. This is a great opportunity for all of the community to come together, have a great time and take a look around our new building if you haven't already done so. We are very proud of our new facilities and we would like you to be too!



# MARATHON SPECIAL

## Each step for E.A.C.H

**"Each step for E.A.C.H"** has been Amy Bailey's mantra since she began training for the London Marathon in aid of East Anglia Children's Hospice. The mum of 3 has juggled her usual daily routines alongside a training schedule she can incorporate with her family also.

After a late placement from the marathon Amy began her training in January, attending the regular Littleport Park Run each Saturday morning with her 8 year old daughter and signing herself up for numerous local runs such as the Festive 5k and Bubble Rush. She also took part in R.E.D which was a community initiative which see people running a little every day, for mental health charity MIND. Through this she managed to kick start her training, covering 136 miles in January!

This will be Amy's first marathon. She has always enjoyed fitness and running and once her training regime began, even with her asthma becoming problematic at one point and a throat infection, she has achieved being able to run from 5k to a half marathon in just 4 weeks!

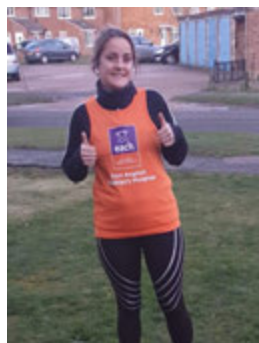
Amy is running for the charity EACH. East Anglia Children's Hospice are a small charity who support families and care for children and young people with life threatening conditions and terminal illness. Due to personal circumstances Amy has chosen

to run for EACH with all proceeds going directly to them. Her target is to raise £2000.

On the 7th of April Littleport Leisure Centre have arranged a family quiz night which will have a £2 entry fee. All proceeds from this evening will also go towards East Anglia Children's Hospice. There will also be a raffle with some fantastic prizes donated from our local business, again with proceeds for EACH.

Amy tells me about how motivated she is to run the marathon due to her utmost respect for the inspirational charity. Her children are all especially proud of their mother and will be joining her, along with her husband and other friends and family on the day of the marathon. Between now and April 29th, Amy is increasing her training schedule, participating in the Cambridge Half Marathon, Norwich Half Marathon and other runs to prepare her for the London Marathon.

Amy describes the crowds and supporters at these events as one of the key aspects at motivating her to keep going and finish. The support being overwhelming from those cheering the runners on.



If you would like to support Amy on her Marathon run you can find all the details at: <http://uk.virginmoneygiving.com/fundraiser-portal/fundraiserPage?pagelid=1000340>

Details of East Anglia Children's Hospice can be found at: [www.each.org.uk](http://www.each.org.uk)

**Good Luck Amy!**



# RUNNING FOR DiABETES UK

## CARE. CONNECT. CAMPAIGN.



On Saturday the 28th of April Paul Sycamore will be participating in his 2nd London Marathon. Juggling his own business, a family of 3 young children and a grueling, marathon - training regime can be challenging enough but Paul is also Type 1 Diabetic and therefore this can present an additional set of obstacles for the runner. I spoke to Paul about his training and reasons he is running 26.2 miles of London track in aid of Diabetes UK.

Paul was diagnosed T1 Diabetic when he was 13 years old. T1 diabetes causes the level of glucose in the blood to become too high. This means the body cannot produce enough insulin which controls the bloods glucose. Daily injections of insulin keep the blood glucose under control or alternatively a relatively new medical device - the insulin pump, which Paul uses.

The insulin pump allows more flexibility for the user accompanied with regular blood glucose monitoring and carb counting. It works via pumping tiny amounts of insulin into the blood throughout the day and night. The pump is attached to the skin through a

tiny tube in which the insulin travels into the body. The tube has to be replaced every 2/3 days along with the pump being moved to different parts of the body. Costing around £2000, the pump lasts 4 to 8 years and can be funded by the NHS in certain cases.

Type 1 Diabetes, unlike Type 2, is not linked to age or being overweight. Symptoms of Type 1 are as follows:

- Constant thirst
- Frequent urination especially at night
- Fatigue
- Weight loss - without trying
- Blurred vision
- Cuts and grazes that do not heal effectively

**NHS recommend that if any of these symptoms apply, to contact your doctor for testing.**

As you may imagine, running a marathon is a monumental challenge, both physically and mentally, for any runner, however with Paul's condition extra precautions must be taken to ensure he is safe in training and throughout the actual run itself. Paul has taken extra time with his training ensuring he has built up his fitness gradually over time. His wife, Melissa, speaks in her own words about the anxieties Paul's training brings:

Exercise brings so many complications to the daily routine of a T1D (Type 1 diabetic) What are his sugar levels at the beginning of the session? What has he eaten? What insulin has already been injected? Has he had any highs or lows over the past 24/48 hours? What happens if his infusion gets disconnected, or his pump fails whilst he is running? What if his sugar levels drop really low and he can't help himself?

Despite some of the obvious complications and risks Paul is at peak fitness, training

regularly with a few half marathons booked for the beginning of March. After those he will begin increasing the distance to 20 miles. He describes the amazing feeling and atmosphere of the London marathon and how the crowds and support of his friends, family and general public are overwhelming on the day.

Paul will be running the marathon in aid of Diabetes UK a charity which conduct ground breaking, scientific research into diabetes. They are the largest diabetes research charity and offer community support groups, online help and advice, raising awareness of diabetes and much more.

As a father of 3 beautiful young children, Paul aims to show them that anything can be achieved, no matter what card you are dealt in life. Aware that T1 diabetes does present a chance of it being passed down to his children, Paul is adamant his children will know that anything is possible even with this condition. I have the utmost respect for Paul and his family for raising awareness and money towards such a deserving cause. I know his children, as well as friends, family and our community will be supporting Paul every step of the 26.2 miles through London.

**Good luck Paul!**

If you wish to find out more about Paul's story and donate you can do so via this link:

[https://www.justgiving.com/fundraising/paulsycamore diabetesuk?utm\\_campaign=pfp-share&utm\\_content=PaulSycamoreDiabetesUK&utm\\_medium=fundrais](https://www.justgiving.com/fundraising/paulsycamore diabetesuk?utm_campaign=pfp-share&utm_content=PaulSycamoreDiabetesUK&utm_medium=fundrais)

*Angela Wilson*   
*Your Friendly Littleport Chiropodist*

People come to me with all sorts of foot problems such as:

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|Heel Pain|In-growing Toe Nails

Pesplaynus Valgus (Flat feet)|Diabetes



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# Keeping Your Garden Secure During Storms



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**W**ith the current climate of strong gales and storms brewing across the UK we spoke to local home and maintenance company **Emeralds Home and Garden** about their advice on the best ways to secure your garden in the event of a storm.

Recently we have seen a great influx in fence, shed and garden repairs due to the storms that have occurred. Here are a few tips for keeping your garden's safe:

- Ensure all shed and outhouse doors are securely closed - damage to shed doors and their hinges being very common in a storm.
- Secure all outdoor equipment effectively and where possible store them elsewhere if likely to be blown away.
- If you can, remove any weak branches from trees in your garden to reduce the risk of them falling during high winds.
- Strong fencing with firmly set fence posts, plus treating fences with wood stain to prolong their life will help reinforce them.
- Plants can become severely damaged in high winds. Windbreaks such as netting or mesh will reduce the strength of the wind reaching your plants. Likewise canes to help support plants and placing potted plants against a wall will also protect them to an extent.

Fencing, sheds and garden repairs are our areas of our expertise. We are also fully qualified, professional carpenters. For all enquiries and for a free no obligation quote please message us via our Facebook page "Emeralds Home and Garden" which can also be found on the Littleport Life Magazine page on Facebook.

# SUCCESSFUL FOOD AND WINE PAIRING

Our guest feature this Spring is from Kelly Blacklock a local wine connoisseur and event organiser.

Find out more about Kelly and her upcoming wine tasting events at [www.firstthegrape.com](http://www.firstthegrape.com)

Great food and great wine are synonymous with good time. However, do you always need to choose red wine with meat and white with fish? Not these days, you don't! If you fancy being adventurous and trying something new here are a few tips:

**Sweet foods:** select a wine with at least the same level, or preferentially a higher level, of sweetness than the dish. Sweet wines you might like to try include Sauternes, a French sweet wine made from grapes affected by the fungus *Botrytis cinerea* (also known as noble rot). The fungus damages the grape skin, causing it to become partially raisined and yielding a concentrated and distinctively flavoured golden wine (apricots, honey peached and nuts, sweet yet balanced

by high acidity) which is wonderful with fruit based desserts or a maple-glazed pork belly. If you want a red for your savoury-but-sweet dish, try an off-dry or medium-sweet wine (e.g. a northern Italian Amarone).

**Umami in food:** Umami is the term that describes deliciousness, savouriness or meatiness and the artificial form is MSG (think Worcestershire sauce, soy sauce, Marmite). It is predominant in foods such as tomatoes, cheeses, asparagus or mushrooms. When selecting your accompanying wine for an umami-rich food, avoid those that are high in tannins because your huge, full-bodied red may now taste bitter and metallic. Instead, select a wine that has concentrated fruit flavours, low alcohol, crisp acid and slight sweetness. For example, why not try an off-dry

Riesling, with zesty acidity and stone fruit aromas and flavours, or a tangy Eden Valley Viognier with tastes of apricot and pear. For red wines, look no further than the Italians, with generations of experience perfectly pairing umami-rich toppings of juicy tomatoes and mushrooms with the flagship wine of Tuscany, Chianti.

**Acid in food:** choose a wine that has relatively high acidity levels, otherwise your high-acid food may make it seem flat and flabby. Spanish Albarino is high in acid, vibrant and fruity, often with a nice salinity that makes it instantly refreshing. Alternatively, try a crisp, dry New Zealand or Bordeaux Sauvignon blanc for citrus and green flavours of apple, grass, bell peppers and nettles. If you'd prefer a red, try a high acid Pinot Noir from a cold region (e.g. Oregon, Finger Lakes or Burgundy), or a fragrant

lightly chilled (yes, chilled!) Beaujolais from Burgundy, with flavours of fresh strawberries, cherries, kirsch, bananas and raspberries.

**Salt in food:** Salt is a wine-friendly component of food that enhances a wine's fruit character and softens astringency. Saltiness in food is a great contrast to acidity in wine: Smoked salmon with Champagne, Parmigiano-Reggiano cheese and Chianti, or Asian dishes with high acid, off-dry Riesling. Alternatively, salty food goes well with sweet wines or those with a spicy-sweet flavour (e.g. a dry Gewürztraminer with rose petal and lychee aromas). Try to avoid high tannin red wines because the salt can emphasise the tannins, often to an unpleasant level.

**Bitterness in food:** Sensitivity to bitterness varies between individuals and generally bitter flavours are additive. Bitterness in wine comes from tannins (from the grape skin or the oak barrels in which the wine is matured) and high tannin reds include Cabernet Sauvignon, Shiraz and Nebbiolo. The most famous friend of tannins is red meat, the proteins in which will

counterbalance the harsh wine tannins. So, when you're next planning a charcoal-grilled steak, reach for the king of reds, a full-bodied, tannic Cabernet Sauvignon with its deep berry flavours and hints of spice and cedar.

**Chilli heat in food:**

Chilli heat increases the burning effect of alcohol in wine and decreases the fruitiness and richness. Pair your curry or chilli with a low alcohol, fruity off-dry wine, such as a Californian Zinfandel, German Riesling or even Champagne.

**Pairing with cheese:**

You are able to pair your cheese selections with wines based on

the general rules above, but a fun experiment is to buy a soft cheese (Brie or Camembert), a hard cheese (Comté or Cheddar) and a salty cheese (Roquefort or Stilton) and compare tastes with a Chardonnay, a Port, a Sauternes and a Cabernet Sauvignon. In short, you'll probably find that your Brie goes best with the Chardonnay, Comté with Cabernet Sauvignon and Stilton with Port and Sauternes. This makes pairing impossible without resorting to several bottles at once, which in the case of wine and cheese, isn't necessarily the worst case scenario.



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# Food for Thought

Mina Joshi writes a vegetarian and vegan food blog -  
**<https://www.givemesomespice.com>**.

**A**s a busy working mum, she specialises in quick and healthy authentic vegetarian and vegan recipes. Mina believes that nothing beats home cooking and loves teaching cookery in her spare time. Mina teaches vegetarian and vegan cookery to adults at evening classes at two Local Colleges as well as in one to one classes in your home where you can invite friends to taste the dishes they have prepared.

## Recipe for Biryani

### Ingredients for 4-5 servings:

- 2 cups Basmati rice
- 2 cups mixed vegetables
- 1 medium potato
- 1 medium onion
- 2 small fresh green chilies
- 1-inch piece ginger
- 3-4 cloves of garlic
- 1 tsp salt
- 1 tsp chili powder
- 1 tsp turmeric
- Pinch of saffron (optional)
- 1 tpsps garam masala
- 1 cup of blended tinned tomatoes or passata
- 3-4 tablespoons of natural Greek style yogurt (vegans can use soya yogurt)

- 2 tbsp cooking oil
- 2 tbsp melted butter (vegans can use a substitute)
- ½ tsp mustard seeds

### For garnishing:

- Half a cup of almonds
- 1 yellow sweet pepper sliced
- 1 small onion cut into slices
- 1 handful of baby tomatoes
- 1 tbls butter to add to the biryani before baking.

### Method:

#### Preparation:

1. Wash and soak the rice in cold water for a minimum of 20 minutes.
2. Also soak the saffron in 2 tablespoons of water.



3. Cut the almonds in halves (lengthwise) and set aside for the garnishing.
4. Wash and chop all the vegetables into very small cubes.
5. Prepare the garlic by using a garlic press, grate the ginger and cut the green chilies as small as you can.

### Now to cook:

6. Heat the oil in a pan and add mustard seeds. Once the mustard seeds start popping, add onions and cook them for a couple of minutes. Add rest of the vegetables including the blended ginger, garlic and green chilies. Add the spices – salt, chili powder and turmeric. Mix and allow the vegetables to cook and soften.
7. Once the vegetables have softened, add in the Greek style yogurt and stir as gently as possible. Cook this for a couple of minutes and add in the blended tomatoes or Passata and allow the mixture to cook gently for 5 minutes. Finally add the garam masala and stir it in.

### 8. To cook the rice:

*To get nice fluffy rice, always soak the rice in cold water for at least 20 minutes or longer if you can. Cook it with plenty of hot water – like you would cook pasta. Heat some water in a large saucepan until it's boiling.*

Remove water from the soaked rice and add it to the boiling water. Rice gets cooked quickly so once it's nearly cooked (al dente), add some cold water to the rice and strain the rice using a sieve/colander. Add in the saffron and mix with a fork. The rice should have a lovely pale yellow colouring. Allow the rice to cool.

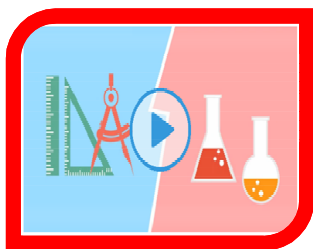


9. Preheat the oven to 150 degrees Centigrade (or 300 degrees Fahrenheit)

### To layer the biryani:

10. In a baking dish, make a layer of the rice. Cover the rice with a layer of the vegetable curry and finish with a layer of rice.
11. Garnish the top of the biryani with the halved almonds, sliced peppers, onions and baby tomatoes.
12. Melt the butter and spread it over the top of the biryani.
13. Cover this dish with aluminum foil and transfer it to the oven on a medium heat – 160 degrees for 20 minutes. Remove foil and cook for a further 5 minutes.
14. Once ready, serve the vegetable biryani hot with parathas and raita.

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# Millfield School



Christmas now seems a long time ago, however, as always in school, it was lovely...if very busy! Particularly memorable were the reception nativity, our carol service at St George's and our singers who visit residents at The Grange every year to sing carols.

Since my last piece for Littleport Life children at school have been fortunate to take part in a number of sporting and enrichment activities that bring the curriculum to life and make it even more meaningful.

Our Reception children had their first school trip to the pantomime at the Maltings in Ely. Our KS1 children, from Years 1 and 2, visited the Cambridge Science Museum to learn more about inventions and materials. Years 3 and 4 travelled by train to visit the Botanical Gardens in Cambridge; when I talk to other headteachers about the fact that our children use the train if possible whenever we go to Cambridge, they are amazed! My question is 'why wouldn't



we?'; it is generally good value and provides a great opportunity to learn a life skill! Year 5 were invited to the Safety Zone activity at Ely Fire Station which is always an exciting and invaluable experience, learning about fire safety, water safety etc. Our reception visited the panto for their first school trip and finally, Years 5 and 6 studied life cycles and animal handling at Shepreth Wildlife Park.

As always with trips, I must extend my thanks to those parents and grandparents who are able to help - this is invaluable!

**Deborah Hannaford**  
*Headteacher*





# The Lions Club of Littleport

## Littleport student advances in Lions International Peace Poster contest

Alice Gardiner a student at Littleport and East Cambridgeshire Academy has taken the first step to becoming an international recognised artist by winning a local competition sponsored by The Lions Club of Littleport.

Her poster will be amongst more than 600,000 entries submitted worldwide in the 31st annual Lions International Peace Poster Contest.

Lions Clubs International is sponsoring the contest to emphasise the importance of world peace to young people everywhere.

*"The holding of hands on my poster symbolises peace"* the 12 year old from Littleport said.

The poster was selected by The Head of Littleport Academy Scott Gaskins, The Mayor of Ely Mike Rouse and the President of Littleport Lions Club Michael Stares for its originality, artistic merit and and portrayal of the contest theme "Kindness Matters". The judging was held at The Littleport Academy.

Littleport Lions Club President Michael Stares said he was impressed by the expression and creativity of the students at Littleport Academy

*"It is obvious that these young people have strong ideas about what peace means to them. I'm so proud that we were able to provide them with the opportunity to share their visions"*



*"Alice's poster will advance to face stiff competition if she is to be declared the international grand prize winner."* Michael Stares said.

One grand prize winner and 23 merit award winners will be selected. The grand prize includes US\$5000 (or the UKs equivalent), plus a trip for the winner and two family members to an award ceremony. The 23 merit award winners will each receive a certificate and a cash award of US\$500 (or the UKs equivalent)

*"Our club is cheering for Alice as her poster advances in the competition, and we hope that her vision will ultimately be shared with others around the world"* Michael Stares said.

*"Thanks must also go to the head of the art department, Clare Way and her team at the Academy".*

Lions Clubs International is the worlds largest service club organisation with 1.6 million members in more than 47,000 clubs in more than 200 countries and geographical areas. In addition to its efforts toward conquering blindness, the organisation has made a strong commitment to community service and helping youth throughout the world.

More details of the Lions Club of Littleport contact;

**[littleportlionsclub@gmail.com](mailto:littleportlionsclub@gmail.com)**

or check out our website at;

**[www.e-clubhouse.org/sites/littleport](http://www.e-clubhouse.org/sites/littleport)**



# The Hangar

## Littleport Men's Shed

<https://www.facebook.com/TheHangarShed/>



It was sometime towards the end of February and beginning of March last year that the idea of a men's shed for the community popped into my mind. I am not a very practical person, so it was a little unexpected. However, a week or two later the Men Shed 'movement' featured on TV and I was amazed! It turned out that others had had this idea a long time ago. In fact, the idea of a communal men's sheds started in Australia in the late '80s. It was then 'exported' to Ireland and then Age UK took it on in 2001. After that the UK Men's Shed Association picked up the baton and has been running with it ever since. There are now over a thousand communal men's sheds in Australia and over 470 in the UK.

To understand the thinking behind men's sheds do have a look at <https://menssheds.org.uk>. Our men's shed was finally launched in September and

is open to men who have retired, are unemployed or have time to spare – 9.30am till 12.00 noon each Thursday, but we will open other days to cater for growing numbers as the need arises.

Our 'motto' or ethos is to be 'Happily Distracted'. Thanks to the Rotary Club and the Lions Club, we have a variety of tools, so we can cut, drill, shape, saw, sand and even dabble in electronics and computing. But not necessarily all on the same day! We can also talk the hind leg off a donkey! Sometimes we even get cakes delivered by the ladies who run Coffee Break opposite us in Globe Lane. We are grateful to those who have generously paid for various other tools and equipment and others who help with the rent.

Do come and see us if you are interested. We have a Facebook site <https://www.facebook.com/TheHangarShed/> and we have a WhatsApp group for those who want to be updated when they join. First contact should be through messaging us on our Facebook site.

**Nigel Ovens**



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# The Network

**H**ello and welcome to the Littleport Network, bringing you all the latest news and messages from the interactive world of the internet and social media! Can you access Facebook? Find your very own Littleport Life Magazine page by simply typing Littleport Life Magazine in the search bar on Facebook or typing <http://www.facebook.com/Littleportlifemagazine> From here you can access a whole range of additional Littleport features such as; giveaways, competitions, fun activities and local events in Littleport. You can also message over any requests, shout outs or mentions for birthdays, occasions or celebrations! Why not get involved?!



**SHOUT  
OUTS**

**Mother's Day** - Happy Mother's Day Tina Copsey, the best mum and nanny we could ask for love Samantha and Marcus

**Mother's Day** - Happy Mother's Day Ellen love from Laura, Emma, Chris, Dan and Jack xxx

**Mother's Day** - Erica Wood, we love you from the bottom of our hearts. Thank you for being the best nanny and mum and everything you do for us. Keep being you love your girls and boys.

Happy Birthday to the president of 363 MCC Mark Robinson for the 4th of May with love Samantha.

Happy Belated Birthday to Rebecca aka The Gin Queen I'm sorry I couldn't make it but love you loads x

Happy St. Patrick's Day to Laurie hope you get well soon!

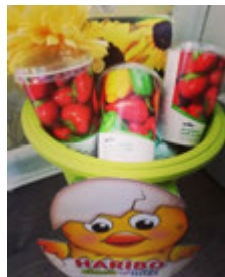
## Giveaway Winners

As featured on our Facebook page, local business Emeralds Home and Garden and [www.cockneyinthecountryside.com](http://www.cockneyinthecountryside.com), donated an amazing prize each which members of Littleport Life Magazine page were asked to "share and like" for a chance to win.

### Drum Roll!

We are delighted to announce the winner of the Emeralds Home and Garden spring hamper is Katie Crow and the winner of the Cockney in the Countryside Easter Hamper is Sherine Bond! Congratulations! You will be contacted shortly to arrange delivery of your prizes!

If you would like to connect with us and donate a prize for our Summer issue's giveaway please get in touch via the Facebook page or email [cockneyinthecountryside@gmail.com](mailto:cockneyinthecountryside@gmail.com)



# NEIGHBOURHOOD WATCH

## FREE - Street Signs



**WELL NOT QUITE FREE;** the Parish Council have kindly agreed to pay for them. Signs are an important part of any neighbourhood watch scheme. Recent figures for Cambridgeshire show that the risk of burglary is reduced to 1/8th of what it would have been, and other crime is also reduced. This is why many insurance companies give a reduction on your household premium if you are within a neighbourhood watch scheme. If you are within such a scheme it is important to make it known and thus the signs are vital.

Most of Littleport streets are not covered by neighbourhood watch, which is a pity when the signs are free and establishing a scheme is very easy and to run one usually takes very little time.

For more information contact Kevin Evans, on 01353 614892 or [kevin.g.evans@ntlworld.com](mailto:kevin.g.evans@ntlworld.com)

## Put a spring in your step and connect with YOUR community!

Spring is a time of new growth; making efforts to socialise more, stay active, develop new skills and volunteering are all proven to enhance our health and well-being.

Care Network is a local charity that puts people at the heart of everything it does. Volunteers offer practical support and information to help people stay healthy, independent and in touch with their communities.

Do you know someone who needs a little extra help to stay independent at home, is looking to socialise more or wants to find out what support is available locally? Perhaps you have an idea to set up a local community group but need advice to get it up and running.

Care Network can help, so do just get in touch, we will be delighted to hear from you.

Blow the cobwebs away and take that first step today - it could be the start of something more.

For information on accessing services or volunteering with Care Network take a look at

<https://care-network.org.uk/> or call 01954 211 919.





# Littleport Couple Celebrate 60 Years of Marriage

It was a cold morning in Littleport on the 14th March 1959. Patricia Flack, aged 17, from Black Horse Drove was busy preparing for what would be the biggest day of her life. Today she would marry her fiancée of 2 and a half years, Tony Butcher and become Mrs Butcher.

Tony who worked in the building trade and trained as a gas fitter met Pat when she was 15 working at the Hope Brothers shirt-making factory in the village. Around this time the factory were manufacturers for the England Football Kit and eventually in the 60's taken over by the famous British, luxury fashion brand Burberry.

Pat arrived at St George's Church in Littleport that morning, wearing a beautiful white, velvet dress accompanied by her two bridesmaids dressed in deep pink, velvet dresses. Inside Littleport's Parish Church, Canon Payne waited to start the ceremony with Tony and a handful of close friends and family including the couple's parents.

The ceremony was low key followed by a reception which was lunch at the local restaurant on Granby Street. At 4 o'clock the newly-weds caught the train from Littleport to London for a small honeymoon.

Now 60 years on the couple are due to celebrate their Diamond Wedding Anniversary. Pat and I discuss the differences between the expectations of weddings in the 50's and 60's compared to the present day. She recalls how weddings were mostly low - key, her



wedding ring costing just £2.50, her weeks wages at the time. I asked Pat the key to a long and happy marriage and she told me that couples who married in her generation, worked harder to reconcile differences and worked harder to keep their marriage happy. Clearly words of wisdom from a lady who has been married for 60 years.

Littleport Life magazine would like to thank Pat and Tony warmly for sharing the story of their wonderful marriage with us and we wish them many congratulations on their Diamond Wedding Anniversary.

**Michelle Davey**

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THURSDAY	11AM-11PM	12PM-3PM 5.30-9PM
FRIDAY	9AM-Close	9AM-9PM
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# 363 MCC Motorcycle Club

On the 14th January officers from the motorcycle club went along to East Anglia Children's Hospice to donate some wonderful art eggs for the children. The club would like to thank all for their donations!

May the 4th will see the clubs annual show day at the Crown Inn in Littleport. Expect some awesome action packed shows, along with music and entertainments. Confirmed acts for the day are Phil Crawford, Graham Buxton, Rock Out and headlining act, Halo.

Proceeds from the day's event will be donated to a number of worthwhile charities! A day not to be missed!



**Ely & District  
Archaeological  
Society**

The Ely & District Archaeology Society have had a number of archeology digs and visits in north Ely very near Littleport. Although there aren't any planned as present

you can find more about their work and programme of upcoming events and talks at <http://www.elyarchaeology.org.uk/events.html>

**On March 18th Dr. Silvia Bello will be conducting a talk entitled Prehistoric cannibalism: why such a fuss?**

This will be held at 8pm in the New Room, Ely Methodist Church, Chapel Street, Ely.

**Also on May 20th Dr. Roland Harris** will be holding a lecture at Ely Cathedral about recent excavations.



# Vine Community Church

## Do not despise the 'small things' ...

Last November, I walked down my garden and the weeping pussy willow tree caught my eye. Since the leaves fell, it had been a mass of dull brown twigs and – if you knew where to look - small dark buds. But that morning, some of the buds had – overnight! – turned a brilliant butter yellow colour. And I knew that, if nothing else, the tree was still alive (though dormant) and the processes that would make it ready for spring and its next season were all quietly happening. It was a small thing, and while it didn't say that spring had arrived, it did say that, if all goes well, there will be new leaves - and those amazing flowers – in March and April.

A few weeks ago, as I walked down my road, one of my unknown neighbours (unknown to me, that is) waved and said good morning. We chatted about the weather for a bit and then I went on down the road. It was a small thing, and it made me glad. It was good to be recognized as a neighbour, belonging to this community.

Last week, as I came out of Tesco's, I managed to drop my shopping bag and all my purchases. A total stranger appeared instantly at my side, picked up the shopping, made sure that I was alright and said, with a smile, that it was 'his pleasure'. That too was a small thing, but it showed me that there is still kindness to be received from strangers.

A long time ago (roughly two millennia), a man died. The dying was long and painful, but, on the world stage, it went unnoticed. It was a small thing, just one death among so many millions of

deaths. But that death enables every human being to meet with God; and that meeting can change the hearts and the lives of us all.

I am a member of the Vine Community Church. We are a small group – maybe 60 people – and very ordinary. And we are a community who have all been changed by God. There are several churches in Littleport and they are all much the same as the Vine Church, in that they are all small, ordinary - and changed. And each one of them is a sign – a living and permanent demonstration that God is still alive and active - here in Littleport and right across the world.

So come and have a look at us; not just at the Vine but any of the churches. Come for the pleasure of the singing, of conversations with people who are interested in you, of tea and homemade cakes (that's on Thursday at the Vine). Come and find out if prayer actually changes anything. Come and see what it is like to love God and to live your life in His way.

Come because you are a bit curious. Come because you are in trouble and can't get out of it on your own. Come because you enjoyed Sunday School when you were a child and feel that Christmas just isn't complete without the opportunity to sing a lot of carols. Come because you are lonely without God and you need Him.

**Nancy Collens**







# SPOTLIGHT ON THE LITTLEPORT SOCIETY

## Caring for the past, caring for the future

The Littleport Society volunteers work hard to acquire and maintain a collection and archive the village can be proud of for many years to come. When people are kind enough to donate items it is important that we look after them and that means making sure nothing eats the collection!

We have lots of textiles including beautiful christening gowns, dresses, woollen coats and jackets so we must be careful that moths and other insects don't invade. The Littleport Society cares passionately for the natural environment but not so much for the Webbing Clothes Moth or its partner in crime the Case-Bearing Clothes Moth. Many of you will have experienced moth and insect damage in your own homes.

A common misconception is that it is the adult moths that fly around our homes munching through our pyjamas, jumpers and rugs, but this is not the case, as most adult moths do not eat at all. It is when the clothes moths are in their larval stage that they cause the most damage. Each female adult moth lays up to 250 eggs in dark, undisturbed places that are also a rich source of protein such as within layers of feathers and hair, or the folds of silk and wool textiles. Both the Webbing and Case-bearing clothes moth larvae will gorge themselves on the aforementioned materials in order to sustain their growth, so we have put special moth traps in place to monitor, if and when any of these pests arrive at The Barn.



## Unknown soldier

The number of photographs in our archive continues to grow but we can't always identify the subjects. Some of you may know about Mrs. Spenceley and her son. Mrs Spenceley opened a bookshop in the village and her son later became the village photographer at the same premises, recording the lives of many local families. We are keen to find photographs taken by him but the identity of one of his subjects remains a mystery to us. This faded image is of an unknown soldier holding a baton. Was he one of your ancestors? We would love to put a name to him so do get in touch if you know who he is. The picture can also be seen at The Barn on Tuesday afternoons and is also on our Littleport Society Facebook page, follow us there to keep up with events, recent acquisitions and news of our village's heritage.



## Memories of 2018 at the Women's Institute

The Women's Institute ended December 2018 on a happy note with a party at our December meeting, we were entertained by Jaqui Huggins with music, poetry and stories. The evening also included a buffet meal which was most enjoyable. Throughout the year we have enjoyed such a wide variety of meetings, outings, demonstrations, talks and much more. A talk about a Thai orphanage stirred a whole range of emotions as well as talks about the English Civil War. There was a light hearted, fun quiz and also demonstrations from Top Spin Tennis, Farming in the Fens and Cambridge Folk Tales.

Due to the centenary of the Suffragette movement we had a talk about the 100 years of Votes for Women accompanied by a window display at Adam's Heritage Centre, this was in partnership with the Field Theatre group. We had a wonderful visit to Welney W.I. which included a talk with a female bomb disposal officer. Our visits included the End of the Pier Show at Cromer, The Houses of Parliament and the Mushroom Farm at Little Ouse.

All in all a great year! If you like the sound of these activities, why not come along to one of our meetings which run on the 2nd Tuesday of each month, 7:15pm in the Village Hall.

**Monica Dennis**

### W.I. Recipe

#### Beer Bread

- 13 oz self raising flour
- 12 oz can of beer
- 3 tablespoons of sugar

#### Method:

Mix all together and bake for 1 hour at 180 degrees.

Ideal with soup.



# ST GEORGE'S CHURCH

Here we are into another New Year and at St George's, some new projects to keep us occupied!

Some of you have already met Sharon Byrne who has been working with us at St George's since September 2017 in a role called a Pioneer Partner. I am delighted to be able to say that Sharon has "partnered" the work of the church so effectively, it was with great pleasure that we felt her role should develop into a new one with the title "Children's & Families Missioner". This is a three year post and Sharon will be working alongside myself and the Ministry Team at St George's in a number of new initiatives in church and the community.

The first is something called Circle of Security, partnering with primary schools and there will be more information to come about that in due course. We are also continuing to work with Littleport & East Cambs Academy with Pop UP Church. We aim to extend our work with something called "Thrive!" This is a mentoring project we can offer through school and training which will start soon. Finally, Sharon along with other people from St George's, is part of a group exploring how all our various church activities can mutually inform and reinforce each other.

This is exactly what happened when Jesus, all grown up, started his ministry around Galilee. First, he spoke to people, then he invited them along and then commissioned some to minister in his name. Others simply became followers of Jesus where they were. It isn't a



new idea in the history of the church; all denominations have a tradition of people being commissioned and sent out in Christ's name. I was especially interested to read about newly appointed bishops in the 1860s who realised that as urban communities had expanded, it was no longer possible to simply be the Vicar of say, Manchester. So, they appointed lay people! Simples!

Littleport continues to grow too, with the highest percentage of new housing in the region. It is with roles like Sharon's that we and other members of Littleport Churches Together intend to reimagine what ministry might look like in the years ahead. It is always a good time, at the start of a new year, to think about this sort of thing. Those lay people have to come from somewhere so perhaps you've been harbouring a desire to work in some capacity in the church? If so, please let me or another member of the team know and we can start a conversation and an exploration.

Or it could be that one of your New Year Resolutions is to explore what church is like? What better time to come along and find out? There will always be a warm welcome – please remember that there are a range of services and groups at St George's and across Littleport Churches Together so there really is something for everyone.

With every blessing,

**Rev'd Howard Robson**





# Spring at Welney Wetland Centre

**Tues 12 March**

## **WOODLAND TRUST TALK**

An evening talk by Peter Vince of the Woodland Trust about the charity's work.

**7.30-9.30pm.**

£3PP, (£2 Friends of Welney members).

**Sat 6 - Mon 22 April**

## **EASTER DUCK TRAIL**

Calling all kids - we've lost our yellow ducks and we need you and your family to help him find them at Welney this Easter.

**Tues 9 April**

## **THE MIDDLE LEVEL OTTER MAN TALK**

An evening talk by Cliff Carson, on the work to try and help otter take a foothold in the Fens waterways.

**7.30-9.30pm.**

£3PP, (£2 Friends of Welney members).

**Fri 31 May & Sat 1 June**

## **BATS & BARN OWLS**

Explore the reserve by night. Join our guide to watch barn owls coming out to hunt, use bat detectors to get insight into the lives of these incredible mammals and see which moths and other insects visit the light and scent stations.

**8.30-11pm.**

£12 adults, £5 children

**Sat 25 May – Sun 2 June**

## **HALF TERM FAMILY FUN**

Explore the reserve this spring, take part in pond dipping and use the kit in your explorer backpack to get closer to the species found along the footpaths and from the hides.

**Tues 11 June**

## **PLANTLIFE**

An evening talk by Tim Pankhurst, Conservation Manager for the East of England with Plantlife. Hosted by the Friends of Welney group.

**7.30-9.30pm**

£3PP, (£2 Friends of Welney members).





# Winter Swan Spectacle

at Welney Wetland Centre

20 Oct 2018 – 10 Mar 2019

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[www.wwt.org.uk/welney](http://www.wwt.org.uk/welney)

# THE LIBRARY PRESENTS

## Devious Minds

### Magic

Saturday 2 March • 7.30pm  
(Doors open 7.15pm)

**Tickets:** £7 standard,  
£4/£5 concessions

**Running time:** 1 hour 40 minutes,  
plus an interval

**Suitable for:** All ages

Tim Shoesmith and Dean Maudsley are fresh from two national tours and an Edinburgh Festival run. This is a polished theatrical show including comedy, magic and a dash of mind-reading. If you're not laughing, you're asking "How did they do that?"

Licensed bar.



## Singing Workshop

### Music

Saturday 16 March • 2pm

**Tickets:** £5 standard, £2.50  
concessions

**Running time:** 2 hours

**Suitable for:** Families

Learn traditional songs from around the world with musician Steve Barbe. No need for singing experience, musical skills or the ability to read printed music, just a passion and an interest in singing.

Refreshments available.

**The Library Presents** brings quality arts activities into towns and villages across Cambridgeshire. The programme is run by Cambridgeshire County Council, working in partnership with Babylon ARTS and is funded by Arts Council until 2022.

## Now's the time to book your **free flu jab!**

### Eligibility

- ✓ All children aged two to nine (but not ten years or older) on 31 August 2018
- ✓ All primary school-aged children in former primary school pilot areas
- ✓ Those aged six months to under 65 years in clinical risk groups
- ✓ Pregnant women
- ✓ Those aged 65 years and over
- ✓ Those in long-stay residential care homes
- ✓ Carers

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between

**October 2018 and March 2019**

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## **PARKINSON'S<sup>UK</sup>** **CHANGE ATTITUDES.** **FIND A CURE.** **JOIN US.**

If you have Parkinson's you might like to join The Ely and District Parkinson's UK Support Group.

The group meets on the third Tuesday afternoon in the month, 2.30pm until 4.30pm, at the Bell Holt Sanctuary Housing Function Room, Lisle Lane, Ely, CB7 4ED.

Members enjoy a chat with friends, enjoy some refreshments, can enter a draw, and listen to a speaker. In addition, members have access to current literature and the Parkinson's Local Advisor pops into many of our meetings to provide additional support and advice.

Meeting Dates until June 2019 are:

**Tuesday February 19th**

**Tuesday March 19th**

**Tuesday April 16th**

**Tuesday May 21st**

**Tuesday June 18th**

If you would like any additional information contact:

Caroline Nicklinson, Volunteer,  
on: **07718191482**

([cnicklinson@gmail.com](mailto:cnicklinson@gmail.com))

or Jenny Lowes, Secretary,

on **01353 669326**

or Brain Hayes, Lead Group Volunteer,

on **01353 860102.**

Or come along to one of our meetings, you will be made very welcome.

# St John's Methodist Church



High Street, Littleport

## Sunday Services

**Morning:** 10.45am – weekly

**Evening:** 6.30pm – 2<sup>nd</sup> Sunday of each month

5.00pm – 4<sup>th</sup> Sunday, at St George's

**Flower & Friendship Club:** 7pm on the last Monday of the month

**Coffee Mornings:** 10-12noon on the first Saturday of each month



**Minister:** Rev. Bernard Arnold (01353 720347)

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<http://www.elyandnewmarketmethodists.org.uk/littleport>

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## Vine Community Church Meetings

Toddler and Baby Group with Parent and Carers Monday 10 to 11.30

Contact Julie 07790 304099

**House groups:** Tuesday evenings, and Wednesdays at 10.30am

**Coffee Break:** Thursday 10.30am to 12.00 with homemade cakes.

**Morning Worship:** Sunday 10.30am with Creche and Stars.

All welcome, for further information on any of the above please leave a message on 861478 and we will return your call. The Vine Community Church. Globe Lane, Littleport, CB61PW



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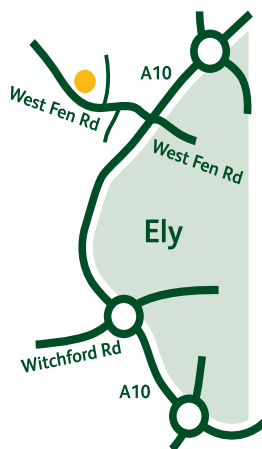
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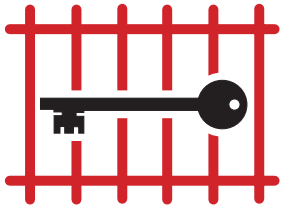
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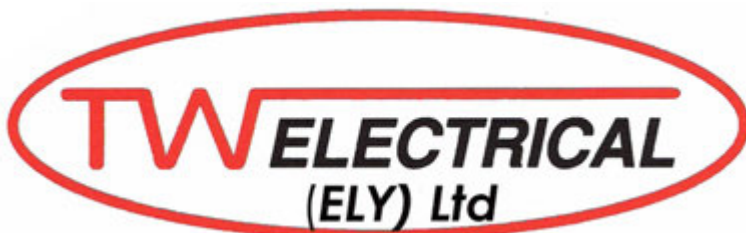
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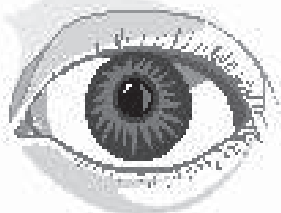
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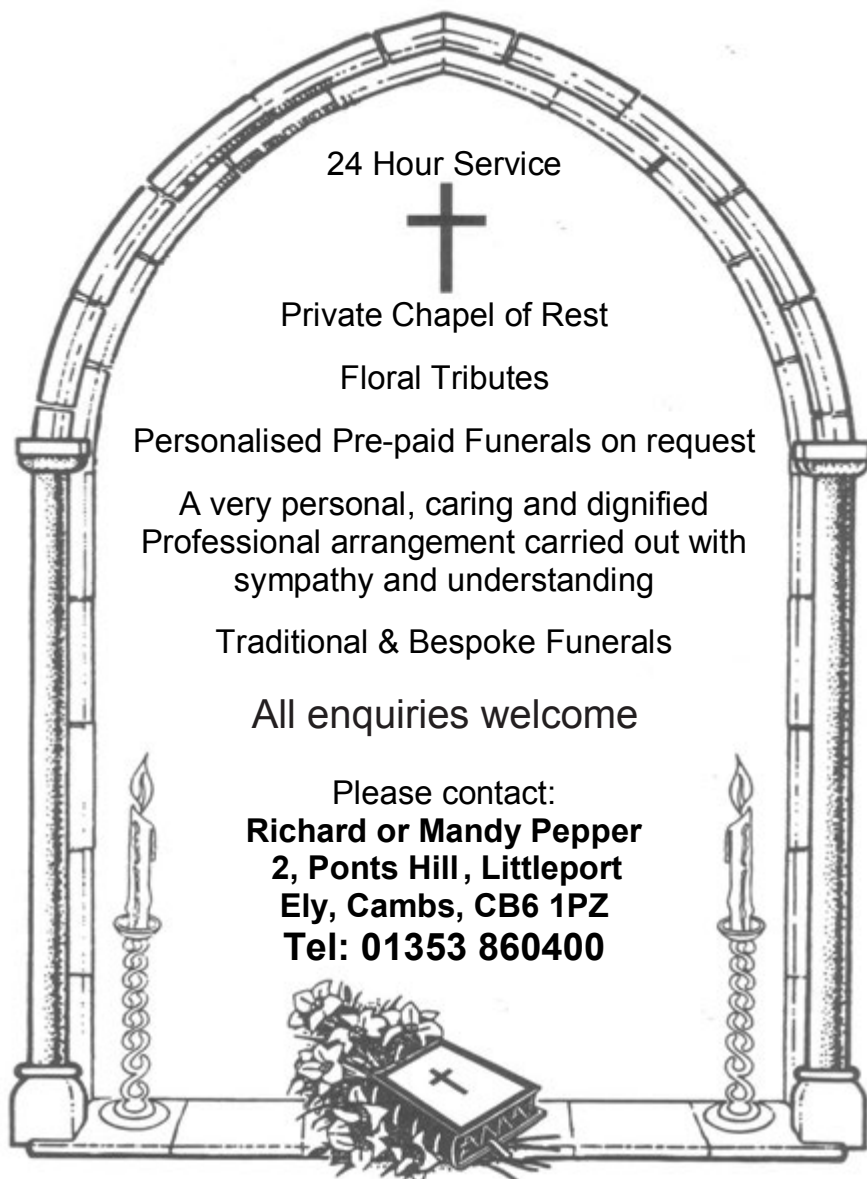
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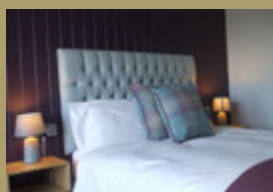


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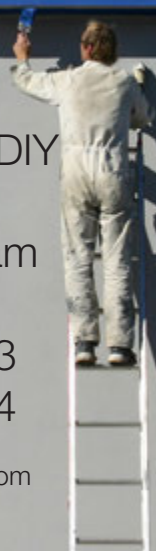
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W: [www.tumbletots.com/ely](http://www.tumbletots.com/ely)



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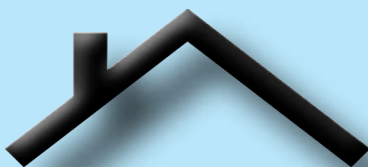
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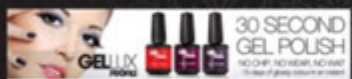


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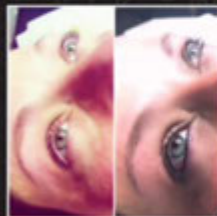
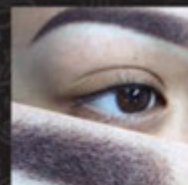


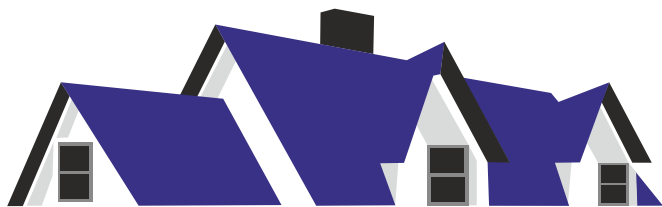
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## Contact Us

Your local friendly and accessible accountant. We at Red Shoes Accounting Services are here to help. For more information please contact us at:

**Telephone:** 01353 865368

**Email:** [info@redshoesaccounting.co.uk](mailto:info@redshoesaccounting.co.uk)

**Website:** [www.redshoesaccounting.co.uk](http://www.redshoesaccounting.co.uk)



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East Cambridgeshire District Council on 01353 662062

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and be inspired by everyone around you! You will smile all day long!"

To volunteer helping people with learning disabilities  
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To volunteer in our Littleport Charity shop call  
**01353 863561**



# What's on in Littleport

## CROWN INN

### March

<b>Sat 2nd</b>	Jack - 8:30pm till late
<b>Sat 9th</b>	The Platforms - 8:30pm till late
<b>Sun 10th</b>	Dan Star - 3pm till 6pm
<b>Sat 16th</b>	Bethan - 8:30pm till late
<b>Sun 17th</b>	Adam Philpott - 3pm till 6pm
<b>Sat 23rd</b>	Karaoke - 8:30pm till late
<b>Sat 30th</b>	Rock Out - 8:30pm till late

### April

<b>Sat 6th</b>	The Lonely - 8:30pm till late
<b>Sun 7th</b>	Greg - 3pm till 6pm
<b>Sat 13th</b>	Glitz - 8:30pm till late
<b>Sun 14th</b>	Carl Chapman - 3pm till 6pm
<b>Thurs 18th</b>	Easter Charity Quiz - 8pm
<b>Sat 20th</b>	John Seaton - 8:30pm till late
<b>Sun 21st</b>	Thomas Bainbridge - 3pm till 6pm
<b>Sat 27th</b>	Dan Star - 8:30pm till late
<b>Sun 20th</b>	Graham Buxton - 3pm till 6pm

### May

<b>Sat 4th</b>	Crowning Around Show Day
<b>Sat 11th</b>	So 80s - 8:30pm till late
<b>Sat 18th</b>	Jack - 8:30pm till late
<b>Sun 26th</b>	Glitz - 3pm till 6pm

### June

<b>Sun 1st</b>	John Seaton - 8:30pm till late
----------------	--------------------------------

## THE ELY AND DISTRICT PARKINSON'S UK SUPPORT GROUP

All meetings are 2.30-4.30 pm and held at The Bell Holt Sanctuary Housing Meeting Room, Lisle Lane in Ely.

Dates are as follows;

**Tues March 19th, Tues April 16th,  
Tues May 21st.**

## PLOUGH AND HARROW

### March

<b>Sat 2nd</b>	TNT Band - 9pm
<b>Wed 6th</b>	Bingo - 7pm
<b>Sat 9th</b>	Karaoke - 9pm
<b>Wed 13th</b>	Quiz Night - 8:30pm
<b>Sat 16th</b>	MR E (Solo artist) - 9pm
<b>Wed 20th</b>	Comedy Night - time TBC
<b>Fri 22nd</b>	Flava Disco - 7:30pm
<b>Wed 27th</b>	Open Mic Night - 8pm
<b>Fri 29th</b>	Lightwaves (band) - 9pm
<b>Sat 30th</b>	HALO - 9pm

### April

<b>Sat 6th</b>	TBC
<b>Wed 10th</b>	Bingo - 7pm
<b>Sat 13th</b>	Karaoke - 9pm
<b>Wed 17th</b>	Quiz Night - 8:30pm
<b>Sat 20th</b>	Flava Disco - 7:30pm
<b>Wed 24th</b>	Open Mic Night - 8pm
<b>Sat 27th</b>	The Offbeats - 9pm

### May

<b>Sat 4th</b>	Ouse Valley Singles Club - 9pm
<b>Wed 8th</b>	Bingo - 7pm
<b>Sat 11th</b>	Karaoke - 9pm
<b>Wed 15th</b>	Quiz Night - 8:30pm
<b>Sat 18th</b>	Eton Rivals - 9pm
<b>Wed 22nd</b>	Comedy Night - time TBC
<b>Sat 25th</b>	Flava Disco - 7:30pm
<b>Wed 29th</b>	Open Mic Night - 8pm
<b>Fri 31st</b>	Graham Buxton - 9pm

## ADDITIONAL EVENTS AND DATES

**WWT Welney:** **Sat 9th March** - Garden Structures and Sculptures from 10am

**Littleport Ex Serviceman's Club:**

**Sat 9th March** - Just Us - songs from the 50s to present day - 8pm till 11pm  
Tickets - £5 (£4 for members)

## LITTLEPORT AND DISTRICT FLOWER CLUB

### March

**Fri 15th** David Wright - "All things Bright and Beautiful"

### April

**Fri 12th** Barbara Collins - "Past, Present and Future"

### May

**Fri 17th** Jo Poulter - TBC

## LITTLEPORT WOMEN'S INSTITUTE

### March

**Tues 12th** Brian Bignell - Folding Back the Years

### April

**Tues 9th** Barbara Knox - First Responders

### May

**Tues 14th** Emmaus - Emmaus Charity

## LITTLEPORT LEISURE CENTRE

For a future event - tickets on sale for  
**1st June - Party in the Dark - Fri 25th October**, Littleport Village Hall.

**Senior Lunch Club** - every Thursday from 11am to 1pm

### QUIZ NIGHTS

**Sun 10th March** - 6:30pm till 10pm

**Sun 7th April** - 6:30pm till 10pm

**Sun 12th May** 6:30pm till 10pm

### OTHER

**Sat 6th April** Psychic Supper Night - 6pm

**Sun 14th April** East Anglia Border Terrier Show - 8am till 6pm

**Fri 26th April** - NHS Blood Drive

## THE LITTLEPORT SOCIETY

### March

**Tue 5th** Philip Saunders with a fascinating talk, *'The People who Drained the Fens - Promoters, Engineers, Workers'*.

### April

**Tue 2nd** Prof. Mike McCarthy, renowned expert on regional dialects, gives us his insight into *'Cambridgeshire Accents and Dialects'*.

### May

**Tue 7th** Dinosaur poo, just what was it good for? Come and hear Derek Stubbins talk about *'Coprolite Digging in Cambridgeshire'*.

### June

**Tue 4th** Paul Howe gives some insights into animal behaviour in *'The Birds and the Bees'*.

### July

**Tue 2nd** Chris Carr: *'Boudicca – the creation of two empires'*.

All meetings in the Village Hall at 7.30pm. All welcome.

The Littleport Society Collection is open at The Barn in the Main Street Car Park every Tuesday afternoon, 1.00pm – 4.00pm.

New members are most welcome.

To join us please ask for a form at one of the above meetings, visit The Barn on a Tuesday afternoon, or go to our website

**[www.littleportsociety.org.uk](http://www.littleportsociety.org.uk)**

For more news of upcoming events, features, competitions and much more go to our Facebook page or website  
**[www.littleportlife.co.uk](http://www.littleportlife.co.uk)**

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# MEDICAL CENTRE

## Contact Details, Opening Hours and Clinics

St George's Medical Centre is located at Parsons Lane, Littleport, CB6 1JU

The Surgery telephone number is 01353 864100

Surgeries are by appointment only which can be booked by telephoning, attending in person or online (register for online services first). Ring before 10am for essential home visits.

Monday to Friday 8.00am – 12.30pm 1.15pm – 6pm

Saturday & Sunday CLOSED

For medical emergencies outside of normal surgery hours, call 999, or the surgery number 01353 864100 to be put through to the out of hours service.

## Useful Contacts

<b>Cambs County Council</b>	General Enquiries	<b>03450 455200</b>
<b>Highways Department</b>		<b>03450 455212</b>
<b>Street lighting</b>	Balfour Beatty	<b>01954 233322</b>
<b>Citizen's Advice Bureau</b>	Ely Branch	<b>0844 2451292</b>
<b>East Cambs.</b>	Main Switchboard	<b>01353 665555</b>
<b>District Council</b>	Out of hours emergencies	<b>07710 978900</b>
<b>Report Fly Tipping</b>	Mark Mehaffey	<b>01353 665555</b>
<b>Utilities – (Emergencies)</b>	Anglian Water	<b>0845 7145145</b>
<b>EDF Energy</b>	Electricity	<b>0800 7838838</b>
<b>Transco</b>	Gas	<b>0800 111999</b>
<b>Medical</b>	N.H.S. Direct	<b>0845 4647</b>
<b>Princess of Wales Hospital</b>		<b>01353 652000</b>
<b>Dentist</b>		<b>0844 3756454</b>
<b>Parish Council</b>	Enquiries, Village Hall hire, Allotments	<b>01353 860449</b>
<b>Police</b>	Enquiries / non urgent crime	<b>101</b>
<b>Samaritans</b>	If you need help	<b>0845 7909090</b>
<b>Schools</b>	Littleport Community Primary	<b>01353 860235</b>
	Millfield Primary	<b>01353 861612</b>



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