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Milton Village View

Issue No. 129 – September 2017

In This Issue...

- School Fireworks Night
- Out of Hours GP Change
- New Village & Council Websites
- Project 1918

And much more!



Photo: David May

Contact Us

Send us your news and photos:

mvv@milton.org.uk

1 Knights Way, Milton, CB24 6DE

Deadlines for articles are:

12th January

12th March

12th May

1st September

1st November

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www.mvv.org.uk

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Publisher's Notice

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EKISA Quiz Night

Raising funds for special needs in Uganda



Saturday September 30th at 7pm
All Saints Church Hall, Milton

- Register your team by email at info@ekisa.org.uk (4-6 people; there is a prize for the best team name!) or come along on the night to join a team
- Tickets: on the door, please make a donation (suggested minimum £3.50 per person)
- Cake, tea and coffee provided!
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For details, ring Roger Lemon on
0773 450 6085

or visit the EKISA website: www.ekisa.org.uk



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September

- Fri 29th** Macmillan Coffee Morning, Lion & Lamb, (p.19)
Sat 30th Quiz Night for Ekisa, All Saints' Church Hall, 7pm (p.2)



October

- Sun 1st** Harvest International Meal, All Saints', 4-6pm *Bring and share a dish representing your background and meet new friends – everyone welcome!*
Sun 1st Harvest Evensong, All Saints', 6.30pm
Tues 17th Reading Group, All Saints', 7.30pm
Discussing the biography of Martin Luther by Lyndal Roper
Thurs 26th Tennis Club AGM, Community Centre Annexe, 7.30pm (p.4)
Sat 28th Halloween Fun Morning, College of West Anglia
Sun 29th Litter Pick, meet at Parish Office, 2pm
Tues 31st Light Party, All Saints', 4-6pm

November

- Fri 3rd** Fireworks, Milton Primary School, all welcome, 6pm (fireworks at 6.45pm)
Sat 4th Family Photo Session for Ekisa, All Saints', 10am-3pm (p.5)
Sat 4th Ekisa Craft Market, All Saints', 10am-2.30pm (p.5)
Sun 5th Service of Remembering, followed by refreshments, All Saints', 4pm
To remember and give thanks for loved ones who have died.
Fri 10th Coffee Morning, Bring & Buy and raffle, Barnabas Court, 11am-noon (p.4)
Sun 12th Children in Need Open Morning, College of West Anglia
Sun 12th Remembrance Day Service, All Saints', 10.30am
Including an Act of Remembrance at the War Memorial at 11.00am

December

- Mon 4th** Create for Christmas, All Saints' Church, 7.30pm

Pub events: see pp.18-19.

Regular events: www.milton.org.uk/directory.html

Bach, Elgar & Mozart for Camtrust

Milton cellist Philippa Jones will be joining friends from the music world in a concert at Histon Baptist Church on 30th September in aid of Impington charity Camtrust. The charity offers training for adults with learning disabilities. The programme will include Bach's Concerto for Two Violins, Elgar's Serenade for Strings and Mozart's Clarinet Quintet. Tickets are £12 on the door, £10 in advance, available from Camtrust (01223 236786 or info@camtrust.co.uk).

Also, if you know of anyone who might have a little free time once a week to come to Camtrust as Treasurer, or to work with the clients, please do get in touch.

Milton Good Companions Coffee Morning



Bring & Buy with Christmas Raffle

Friday 10th November 2017

11am to 12noon at Barnabas Court

Cambridge Road Milton

All Welcome, please come and support us

Wildlife Watch Group

Wildlife Watch is the UK's leading environmental action group for kids (8-12 years). If you care about nature and the environment and want to explore your local wildlife – this is the club for YOU!

Have a go at POND DIPPING, BUG HUNTING, BIRD WATCHING. MAMMAL TRACKING and lots more!

Cambridge Wildlife Watch meets monthly on Saturday mornings from 10.30-12 at Milton Country Park. Adults may accompany kids and bring younger siblings.

The next few dates are **7th October**, **4th November** and **2nd December**. For more details, contact 01223 233931 or email cambridgewildlifewatch@hotmail.com



Milton Tennis Club

Annual General Meeting

Thursday 26th October
7:30 pm

The Annexe, Milton Community Centre
Picture quiz, nibbles and drinks
beforehand

All attendees get 2018 membership
fees at 2017 rates

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Fundraising for Ekisa

Milton-based charity Ekisa UK are hosting fundraising community events over the next few months to support the work with children with special needs in Jinga, Uganda. Emily Henderson, who co-founded Ekisa Ministries, grew up in Milton before moving to Jinga. Ekisa have a residential home, plus school and community support programs.



As well as the quiz night (see p.2), Ekisa UK are delighted to host :-

Family Photo Session, Sat 4th Nov, All Saints', 10am-3pm

You can book a 15 minute photo shoot for your family, then view the photos and see if you would like to buy any. A variety of packages available, printed or on disc. No hard sale. Only buy if you see some you like. A £5 non-refundable deposit will be taken when you confirm your booking. This £5 will go towards any photos you choose to buy on the day. Prices of photographs start at just £11.95. Photos taken by Anna Marriage -

www.marriagephoto.co.uk. Contact Michelle at chris-and-michelle@ntlworld.com or on 07850243088 to ask any questions or make a booking.

Goodbye Baguleys!

In July, All Saints' Church had a farewell BBQ for Associate Minister Dave Baguley, who has served at the church since 2011.



Christmas Market, Sat 4th Nov, All Saints' Church Hall, 10am-2.30pm

There will be a wonderful selection of stalls selling a whole host of handmade and gift ideas, so come along and enjoy some Christmas shopping or treat yourself to a little something! Refreshments will also be served so you could always just pop in for some delicious cake and coffee.



M.J Potts

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Crowds Flock to Open Farm Sunday

The weather did not disappoint for the crowds of people exploring life on the farm at the College of West Anglia. Over 2000 people explored CWA Cambridge on Sunday 11 June. Gates opened at 10am as cars queued up to enter the free event. Open Farm Sunday is an annual nationwide farming event, designed to get more people exploring the countryside with a little help from some agricultural friends.



Students and staff gave up their time to put on an array of farming demonstrations, tractor rides, pony shows, puzzle trails, animal meet and greets and many more activities, suitable for all the family.

External organisations such as Cats Protection, the Milton Women's Institute and Guide Dogs for the Blind also came along to show their support. Streetfood favourites 'foodPark' made a special appearance, bringing along some of the county's best-loved food vans, for those really making a day of it.

Donna Woodruff, programme manager at the college, said: "Yet again we've had a fantastic turnout. The staff and students have been a credit to the college today and I want to say a big thank you for everyone's hard efforts to make the day such a success. It's great to be able to get to showcase what we do here at CWA Cambridge and what better way to do it than on a day like Open Farm Sunday?"



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Mon 10.30am - Mixed Ability Mat Class (MCC)

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Tues 7.30pm - Mixed Ability Mat Class (Sch)

Fri 9.05am - Mixed Ability Mat Class (CBC)

Fri 10.30am - Mixed Ability Mat Class (LVH)

Contact Liz 07768 155278
liz.dolman@lovepilates.co.uk
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Out of Hours GPs Now at Addenbrooke's

The Cambridge out-of-hours' GP service moved from Chesterton Medical Centre to the Urgent Treatment Centre at Addenbrooke's Hospital as of August this year.

The new Urgent Treatment Centre will be based in Clinic 9 at Addenbrooke's Hospital (next to the Outpatients' entrance) and has recently been refurbished. It will operate between 6.30pm and 8.00am on weekdays and 24 hours at weekends and on bank holidays.

It is being run by Herts Urgent Care as part of the integrated out-of-hours' care contract. You need to **call NHS 111 to access this service**, as they do not offer walk-in appointments.

Thanks from Dr. Steward

To all patients of Milton general practice.

I would like to thank all of you for your kind wishes, cards, gifts and donations to The Holy Cross Hospice marking my retirement from the surgery

I was overwhelmed by your generosity.

We received over £2000 in donations for the hospice and this will make a significant difference to them. They recently built a small inpatient unit but have only been able to use it for day care as they have not had the funding to provide staffing for twenty-four hour care. This donation will help them towards their goal of comprehensive support for end of life care – something which is sadly lacking in Botswana when compared with the UK and Europe.

I have contacted the hospice and will update you on their progress in future newsletters.

Best wishes to you all

Dr Rebecca Steward

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New Milton Village Website

www.milton.org.uk, the village website for Milton, was relaunched over the summer. The previous version was run for many years by Paul Oldham, who moved away last year. A group of volunteers has come together to form "Milton Online", running the website alongside the Milton Chat and Milton News email lists.

The vast majority of existing historical content has been migrated from Paul's system, through a lot of hard work by the volunteers, and with the assistance of course of Paul, to whom of course we must again send our thanks for all he has done for the village website over many years.

We expect the site to undergo further modifications over the coming months as we add further functionality, and tweak the appearance.

If you find any technical problems with the site, please report them (nicely!) to tech@milton.org.uk.

Girlguide Leaders & Volunteers

Milton Guides are looking for new volunteer leaders (aged over 18) or young leaders (aged 14-17). We offer training and support – you need enthusiasm, and a willingness to spend time with girls aged 10-14.

All sorts of experience can be useful – having been a Guide or a leader before, or being a parent, being young enough to remember being 14 or old enough to be a granny, being good at crafts, or sports, cooking or listening.



We offer support and some training, and we would need to carry out a criminal records check. If you are interested please email Milton2nd@yahoo.co.uk.

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Coles Road Footpath

Many of you will have noticed work in progress at the Coles Road car park. A new path has been constructed adjacent to the bowls green to allow access from Barnabas Court/Recreation Close area to the surgery and community centre without crossing the car park. This should be of benefit particularly to the elderly and less active villagers. The work is being funded by Milton Community Centre.

Colin Nunn, Vice Chair MCC



Photo: Paul Milligan

New Harmony Stylist

Now in its 26th year, Harmony Hair & Beauty have expanded and we are pleased to introduce our new stylist, Charlotte. Local to Milton, Charlotte is a great stylist, an accomplished hair colourist and has a talent for special occasion hair styling. Charlotte is a great addition to our team.

Our promotions and offers can be found on our Facebook page, follow us on Instagram or feel free to pop in or call on 01223 863636 We hope to see you soon.

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From the Archives

25 Years Ago: Sept '92

Milton Playgroup proudly show off their scene of butterflies and frogs in the new Community Centre Annexe



10 Years Ago: Oct '07

Milton Country Park

South Cambridgeshire District Councillors have decided to hand over Milton Country Park to Cambridge Sports Lakes Trust on a 99-year lease.

The park had been under threat of closure since December 2006.

The council are planning for the transfer to take place by early next year.

Under the trust's plans, the park would continue to provide amenities and expand on activities available for visitors.

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Milton Parish Council

All Affordable Housing Scheme – Fen Road, Milton

We have received a request from Chris Callaghan FRICS of Kingswater Lindum Ltd to attend our Parish Council meeting on 2nd October 2017 at 7pm to present the scheme to the Parish Council ahead of a public consultation. This proposal is for housing in Fen Road in the field opposite the last few houses.

Youth Club

We have arranged for the Connections Bus Project to provide a Youth Club at The Sycamores Youth Building on a Tuesday 6.30–8pm, as the County Council no longer provide this service.

Bridge & Boardwalk Completed

Both the bridge and boardwalk replacement work in Tomkins Mead Nature Reserve is now completed. Thank you to Milton Charities for their generous donation towards this work.

New Parish Council Website - www.miltonvillage.org.uk

Parish Councillor Adam Horne has recently

recreated and revamped the Parish Council website. Thank you to Adam for all his work and the group of Parish Councillors who worked with Adam on how the new site should look. May I also take this opportunity to thank Paul Oldham who recently moved away for creating our original website and all his work maintaining it over the years.

Councillors and Professional Advice

We still need more people to come forward to be Parish Councillors and / or offer specialist advice. For more information please contact the clerk.

Jane Coston, Chairman of Milton Parish Council

Hedge Pruning

With autumn nights approaching and the last days of Summer soon to pass, now is the perfect time to get out to your garden and prune that hedge! The Parish Council would like to remind residents that it is their responsibility (Highways Act 1980) to ensure that any hedge or trees on their property do not obstruct free movement for others, including wheel chairs and other disability vehicles, along footpaths and roads.

Sarah Corder, Clerk to Milton Parish Council

Parish Councillors

Below is an updated list of your councillor contact details (for email addresses, please visit the website at miltonvillage.org.uk):

Parish Councillors

Jane Coston (<i>Chair</i>)	861447*
David Burch	862485
Valerio Chang	07876 614114
Rob Farrington	860160
Gary Heaney	690317
Adam Horne	709223
Tom Leavens	441129

Girish Menon	861447*
David Owen	861447*
Richard Summerfield	860715
* - c/o Parish Office	

Parish & District Councillors

Anna Bradnam	862364
Hazel Smith	860752

County Councillor

Anna Bradnam	862364
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Parish Clerk: Sarah Corder

clerk@miltonvillage.org.uk



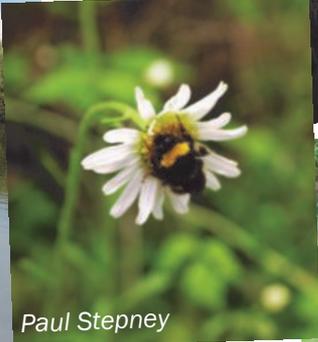
White Horse Gala Day, Mary-Ann Johnson



Laura Mitchell



Elizabeth Cook



Paul Stepney



Tony Onyett



Rebecca Ostler



Darren Cronin

Your Photos Could Be Here!

Photos taken in and around Milton always welcome – of places, people, events or just something that strikes you as beautiful. No lower or upper age limit!

Send them to mvv@milton.org.uk, and we'll include as many as we can.

EACH Volunteering



Some of the many EACH supporters!

Many people don't realise how often EACH requires assistance: whether it is at fundraising events, our Milton hospice, our head office or in family homes. We have a team of over 950 volunteers across East Anglia and they are at the heart of what we do, helping us reach more families than we could achieve without their support.

We believe volunteering brings benefits to our children, families, staff and volunteers themselves, as well as bringing our community together to support one another. In Milton, we are particularly in need of:

- ◆ Help for our fundraising team at our head office in High Street and also support them at events across Cambridgeshire.

- ◆ Help with gardening, housekeeping, the kitchen and maintenance at our hospice in Church Lane, as well as drivers.

- ◆ People for the new EACH Help at Home service, which trains volunteers so they can be matched to families we support, giving hands-on assistance for tasks such as cleaning, cooking and gardening.

All volunteers receive an induction, followed by training and support from their allocated supervisor. We cover out-of-pocket expenses to enable everyone who wants to volunteer the opportunity to do so, and volunteers at our hospice are also entitled to a complimentary lunch. If you are interested in volunteering, please visit www.each.org.uk/support-us/volunteering for more information.

Community Café

When Nathalie Garbolino asked for suggestions for what to bake for the September Milton Community Café, one clear reply was "Custard!" The crumble and warm custard went down a treat at the August meeting – and obviously resonated with the visitors.



Fruit crumble and custard!

Nathalie has taken over the baking of cakes and biscuits, giving David Hutchings a well deserved break after serving us so well for nearly two years. A big Thank You, David!

If you are in Milton on an afternoon on the fourth Tuesday of the month, you are welcome to drop in – we are here for everybody in Milton who would like somewhere different to go for a change. Just £2 gets you a drink and a piece of home baked cake or a biscuit and as many refills as you want. Just drop in on your way to somewhere else or stay for the whole afternoon from 2:30pm to 4:30pm. If you have mobility issues, give us a call and we will try to help.

Our community café is run totally by volunteers and the room hire is sponsored by Milton Charities. It is an activity arising from your Milton Patient Participation Group.

Contacts: Chris Thomas 01223 440024 and Sue Nunn 01223 861747

Catering Assistant Vacancy

Milton Primary School, Milton, Cambs CB24 6DL

Around 10 hours per week Pay: £7.78 per hour

Trained to work as part of a team, the successful applicant will contribute to the day-to-day maintenance of the kitchen area. This will include clearing & cleaning the dining, service & kitchen areas and some washing-up. Full training will be given although a basic understanding of food hygiene and health & safety is essential. The ideal person will be flexible and willing to take on a variety of tasks Monday-Friday in term time only. Subject to Enhanced DBS and x2 reference checks. For an informal discussion, please contact Bridget Dore on 07979 906221. Visit www.publicsectorjobseast.co.uk to apply. Cleaning vacancies also available – contact Maria.Berea@cambridgeshire.gov.uk for further details.



The Mother Side Meet Up

A new meet up for mums, bumps and little ones is coming to Milton. The Mother Side Meet Up is an informal, welcoming and friendly group where you can meet other local mums and mums to be and get information & support on all things pregnancy, birth & motherhood. There will be opportunities to learn useful information from regular guest speakers on a range of topics covering pregnancy, birth, babies and parenting. This group is free to attend and will be running weekly at the Grounds Cafe located in Milton Country Park. Join www.facebook.com/groups/themotherside for more information.

Liz Cook

Grants for Future Athletes

Budding sporting superstars from South Cambs can now apply for a Council grant to push their training onto the next level. Promising able-bodied and disabled athletes can now apply for up to £2000 in funding via the annual Elite Athlete Award scheme grant. Grants will be awarded to sportsmen and women competing at every level, from regionally, right through to representing Team GB at world class events like the Olympics and Paralympics.

Applications for the Elite Athlete award scheme can now be made by visiting www.scambs.gov.uk/eliteathlete. The closing date for applications is 30 November 2017.

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Milton WI

This year on our annual summer outing we discovered the lanes and history of Essex before having lunch overlooking the Southend shore. Some of us took a ride on the big wheel before travelling on to Leigh-on-Sea where we saw The Endeavour which is one of the remaining fishing boats used to evacuate troops from Dunkirk. Some of us also joined Bottisham WI on their outing to the Palace of Westminster which coincided with the final chime, for a while, of Big Ben.

Following the August break, upcoming speakers will include Janice Fuller talking about Diabetes, Shelley Robinson on Anti-aging Skin Care and Fay Ostler on Art and Theatre. In addition to our monthly meetings we have regular lunches, walks and board games afternoons. Our two darts teams will be playing again following another very successful season.

New members are welcome. Contact our President Gill Offley (01223 293231) or Secretary Bridget Crow (01223 441755) or come along. Meetings are on the third Tuesday of each month (except the second Tuesday in December) at 7:30pm in the Church Hall.

Anne Newman

Milton LHG: Project 1918

Milton's War Memorial lists the names of the fallen from our parish in the First World War. The Milton Local History Group (LHG) want to find out more about these people to celebrate their memory in time for the centenary of the end of the war. *We need your help.* *First*, if you are a relative and do *not* want us researching your past family member, let me know so that we can exclude them from our research. *Second*, if you have any family information about individuals named on the Memorial that you are willing to share, we would love to hear from you. *Third*, if you or your family members moved to the village and have stories of your ancestors relating to WWI, from wherever you came from, we want to hear your stories. We would also like to hear of the wider stories relating to WWI: those who could not fight because they had vital jobs; the women essential to the war effort; conscientious objectors; doctors, nurses and carers; refugees and PoWs, etc.

Milton LHG meets on the first Tuesday of the month at the Milton Community Centre at 7:30pm. Attendance is £2 towards hall hire. Contact: Chris Thomas, 01223 440024, chris@miltoncontact.com



Andrew Evans



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Comberton Ramblers Club

The Club walk on alternative Sundays. All walks start at 10:15am and are 4-7 miles, usually ending near a public house. We are a friendly and informative group and enjoy exploring the countryside in this area. New walkers can join us for 2 free walks and if you enjoy them we request that you become a member. For further details on how to join our sociable rambling group please contact Stella on 01954 210049 or stella.ramblers@hotmail.com or visit www.combertonramblers.org.uk.

Impingtones

Why not join our fun Community Choir? Every Wednesday, term time only (starting 13th September). Brackenbury Room, Impington Village College. 6:15-7:30pm. No need to book, just turn up. £5 pay as you sing. All Welcome! For information visit www.impingtones.org or call 07780 815841

Free English Lessons!

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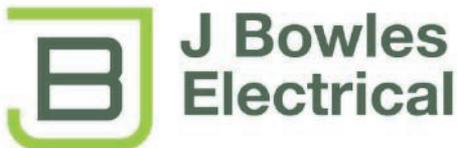
Contact Sarah Adams to book your free place at sadams@chesterton.cambs.sch.uk
www.esolcafe.co.uk

Milton MU



July saw Milton MU members and friends take to the water for a summer outing. We spent the day on the Great Ouse being looked after by crew members of the Ladybird. 9th August is Mary Sumner's day. It is a day when MU members give thanks for the remarkable life of Mary Sumner their founder and the achievements of Mothers' Union. Milton members spent the evening together with Puddings and Pimms. There was much to celebrate. September's meeting includes a talk by Hilary Street on "Art in Churches" and October sees us meeting with members from Stapleford MU and others for the annual sausage sizzle. On 7th November Jean Thomson from Ely will be speaking on faith and family life. We welcome visitors to all our meetings and are keen to increase our membership. For further information on Mothers' Union visit www.themothersunion.org.

Jackie Metcalfe



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Wildlife Notes

I think this year, Autumn came earlier than usual. I last saw swifts in any number about mid-July. I've not seen the terns I see along the river since then either. This is two weeks earlier than my normal observations. Most worrying was seeing large numbers of housemartins flocking on 23rd August, as if ready to go. Often, some raise a second or third brood, and leave nearer the end of September. Presumably, as the weather was so cool and wet from about mid-July, they decided against that, and just fattened up themselves and the young they'd already raised for the long journey south. Only some of the swallows seemed to still be here at the very beginning of September.

After my last column, the hedgehog behaviour became slightly strange, with one individual regularly coming well before sunset. The normal advice is if you see a hedgehog in daylight, it must be ill or in trouble. However, this one seemed not to show any confusion, making what seemed to be a determined beeline for the food bowl. One evening I grabbed and weighed it and checked for injuries. A decent weight (850g), bright eyes, all four legs working, a firm ball, and a feisty attitude to being grabbed were all signs of good health. Was this a nursing mother, needing to stock up on food to make milk for her young, so taking the risk knowing that there should be food? We didn't see any obviously young hedgehogs, although there were four hedgehogs at the feeding station one evening. Then, two more sightings of a single hog and then no more hedgehogs! Is there so much natural food elsewhere that they don't need to come and eat what we put out?

A reader of this column got in touch to ask about identifying a bird in David Bull Way. It was described as *"the size of or slightly larger than a blackbird, but smaller than a rook, with a slim frame, medium brown all over the body and the head, with a wide cream-coloured 'necklace'. The bill was yellow and may have been slightly curved"*. I was somewhat mystified. The only thing that comes up in the RSPB bird identifier is a female ring ouzel - seems very unlikely, unless they are migrating already. That's the kind of bird people travel to see. But it could be a leucistic blackbird - I feel that's more likely. See tinyurl.com/ringouzel and www.ringouzel.info/news_howtoidentify.html. There's no "gossip" on any of the bird chat sites about any ring ouzels anywhere near us currently but someone mentioned one up at the research park off the A10 in May, so we're on the passage route for some individuals.

Heather Coleman

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Our beautiful 350 year old pub provides comfortable surroundings, a huge garden with an area dedicated to the adults as well as our Pirates Lagoon for the children! You can also watch BT & Sky Sports in the main bar and on the outdoor TV on the covered, heated patio. We are continually aiming to introduce tasty fresh dishes for you to enjoy and our hearty new menu is due out any day. We open every morning for breakfast then onto lunch and dinner, serving weeknight meal deals: Ribs & Wings Night, Pie Night, Steak Night and Fish Night, culminating in the highlight of the week: traditional Sunday Roasts!

We continue to support our local community and you will find us at this year's **Milton Country Park AUTUMN FESTIVAL on 24th September** – where we will have some delicious local ciders and Milton Brewery Ales available at the bar.

We welcome contributions to our annual **MACMILLAN COFFEE MORNING on 29th September** from 9am-noon. Tea, Coffee and treats along with stalls and Tombola – donations on the day very welcome. In the evening we will be raising money for **Prostate Cancer UK** with an energetic performance from **SoEighties** – do come and enjoy the hits – and dress to impress – 80's style!

Our annual **HALLOWE'EN PARTY** takes place on **27th October** with a Hog Roast & BBQ from 6pm. FREE children's party from 6:30-8pm in the Ghostly Pirates Lagoon with Apple Bobbing, Yucky Dip, Piñata, and prizes for the best Hallowe'en Costumes, with the adults taking over from 9pm for the Fancy Dress Disco till the wee hours!

Ladies Dinner Club: 24th October – Winter Warmers! 28th November – Christmas Dinner & Wine Tasting: always a sell-out! Book your tickets in advance **Psychic Suppers:** 18th October and 22nd November. **SOUL NIGHT** with the great Chris Brown and Andy Stearn is on **17th November** – free entry with music until 1:30am.

Christmas & New Years Eve menus and events can be found on our website.

We look forward to welcoming you.... Lawrence & Sally

Wagon & Horses reopens in September!

See overleaf for hiring information...

White Horse

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- ★ Keep a close watch on Facebook for next **Soul Night** evening.
- ★ **Karaoke** first Friday of each month.
- ★ **Free-to-play Quiz Night** every Thursday from 9pm, it is good to continue to see new teams.
- ★ We continue with our **weekly Ale specials**, plus the regulars: Doom Bar, Abbot, Ghost Ship and London Pride.
- ★ With **Christmas** approaching we have started taking bookings already. Do call and reserve your table.
- ★ **Halloween** details to follow.

We are pleased to take small to large bookings for buffets for all occasions. Kitchen continues to open Mon to Sat 12-2:30pm and 5:30-8:30pm. Sundays open from 12-8:30pm, booking is recommended.

Look forward in seeing you all in the months ahead.

Ava, Alan, Adam, Gemma, Shaun, Nikki, Tegan, Jamie, Gary and Ollie.



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allsaintsmilton.org.uk

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Milton Tennis Club

On 9th July, Milton Tennis Club held its second "Try Tennis For Free" day as part of the Great British Tennis Weekend. There was a strong turnout with many taking advantage of the discounted membership that was offered on the day. There was mini tennis for the little ones along with junior coaching by Samy Fennich while the club's tennis coach Greg Ryder passed on tips during the adult coaching and family sessions. The speed gun was also well used to record the service speed for the more advanced. MTC held a number of in-house tournaments throughout the season. Winners this year:

- 🎾 Nick Lock Cup, April: Lizzie Wieser and John Whitehouse
- 🎾 Dant Cup, June: Sue Griffin and Bingfeng Mei
- 🎾 Barham Cup, July: Jessica Hunt and Tom Hunt

The club is a member of the LTA and has doubles teams in the men's, ladies and mixed leagues together with a men's team in the Business House League. We have some great results from all teams this summer: Milton Ladies: top of Division 7 (promotion to Division 6 next year); Milton Men: third in Division 9; Milton Mixed: third in Division 8; Men's Business House League: currently top with one more match to play.

For info regarding the club and membership please visit www.miltontennisclub.co.uk

Sue Griffin, MTC Secretary



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Tang Soo Do



On July 16th after a gruelling 4½ hours Adrian Collen finished his grading to 4th Dan Master with a spectacular 4-block hand break. He performed 21 patterns including knife and sword forms and showed his skill in fighting techniques.

Adrian was presented with his Masters belt at the Milton club, where he has trained for 15 years, by Master Geoff Keerie 7th Dan. Well done Master Collen.

Milton Tang Soo Do is on Wednesdays 6:30 –8pm at the Community Centre and is a family club. For details contact Geoff Keerie on 01954 230075.

Yoga Kids Club

Yoga Kids Club is a new venture born in Waterbeach teaching yoga to primary school children aged 4-11. Our classes combine breathing exercises, stretches, and

The logo for Yoga Kids Club features the words "Yoga Kids Club" in a bold, yellow, sans-serif font. The text is arranged in three lines: "Yoga" on the top line, "Kids" in the middle, and "Club" on the bottom. The entire text is set against a solid purple rectangular background.

mindfulness exercises to help children become aware of their minds and bodies. Using games, songs and props we make sure they have fun from start to finish!

Yoga is suitable for all children, regardless of ability and is a healthy, non-competitive way to look after themselves. In a few lessons, the children can see their flexibility and strength improve, increasing their self-confidence. Guided meditation and mindfulness exercises help to wind them down, and we have heard tales of improved sleeping patterns and better concentration when these are used regularly!

We have weekly classes in Milton on Tuesdays (4pm & 4:45pm) and Waterbeach on Mondays (3:20pm & 4:30pm). These sessions can be booked on our website: www.yogakidsclub.com/book-classes. Other sessions are also available. For more information, contact us on 01223 976676 or info@yogakidsclub.com.

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Milton Ladies Football Club



Milton Ladies FC are looking for new players for the upcoming season. Players age 16 and over of all abilities are welcome. If you are interested in joining or would like more information please contact Joanne Carr at joannecarr91@hotmail.com.

Milton Colts U13's Football Team Sponsorship Request

This is a request to any businesses based in or around the Milton area who may be interested in providing financial support to the Milton Colts Under 13's Football Team to assist with the costs of new kit items (Football Kit, Training Tops, Waterproof Jackets).

This team consists of a group of Milton children who train & play football in Milton. This coming season the team will be playing their 8th season of football together and from the current squad of 14 players, 10 have been with us since they started as Under 6's. This is very much a community team, who have learned the importance of team working & fair play. As a result of their development over the previous 7 years, this team now plays in the top division of the Cambridge & District Colts League and during the last few weeks have participated in 2 summer football tournaments (at Willingham & Saffron Walden). In each of these tournaments we entered 2 teams to ensure that all squad players would be playing a full part, and in both tournaments all teams reached the semi final stages with one of our teams going on to win both finals.

As the children continue to grow, we now need to buy new kit including full match kit, training tops, rain jackets & tracksuits. If your firm is able to assist with sponsorship to help fund the costs of any of these items, we would wear your firm's logo on the respective item, and your support as a Sponsor would be shown on the Milton Colts FC website, and also be recorded by Cambridgeshire Football Association as a sponsor of the club. We would also be more than happy to take part in promotional photos in the local newspaper should you require. If you are able to provide some form of support to our team or know of anybody who would be interested in doing so or have any other questions, please get in touch using the below contact details.

Paul Yaxley, Milton Colts U13's Manager, hollyyak@btinternet.com. Tel: 07809 319417



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Milton Artist & Local Charity Collaborate

Milton-based glass artist, Mark Palmer (www.stainedglassman.co) has partnered local charity Phoenix Milton to produce some striking mosaic stepping stones.

These were officially launched at a special show in the entrance to Milton Tesco in August and are for sale or order along with the Phoenix's usual range of hand-made paving stones, garden tables and plants.

Phoenix is a Milton-based charity that provides work-training and support for folk with learning disabilities. Access to Phoenix is through the Milton Industrial Estate (turn right before the Country Park) or through the Country Park itself for pedestrians.

See www.phoenixtrust.org for more information.

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