

Grafham Gossip

Issue 127 Early Deadline: Midnight Thursday 11th June

Editors' note...

Summer officially begins in June! Grafham is getting ready for it; there are a few dates to put in your diaries for upcoming activities. So, read carefully, there's a lot packed in!

Thank you to all who have sent in photos, news and gossip. It's your contribution that puts the "Grafham" and the "Gossip" into Grafham Gossip!

The next deadline is midnight on Thursday 11th June. Keep gossiping!

Editors, editor@grafhamgossip.co.uk



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Grafham Cricket Club - Home Games in June

Sat 13th Grafham vs Bedford: Start time 1.30pm

Sat 20th Grafham vs Road Runner: Start Time 1.30pm

More Cricket Club news and photos - page 5



'Gareth Knowles takes evasive action!'

GGJune2015

Ploughman's Lunch
Saturday, 27th June
Grafham Village Hall
12 noon – 2.30pm



Only 80 tickets available, in advance
Diana Bass – 01480 458778 or 07584 496794
Liz Hart – 01480 810281 or 07837 605419

More details are on page 6



Grafham Beer Festival 2015

Free Entry

Live Music

Friday 3rd July

8pm - **Iroko**

Saturday 4th July

Throughout the afternoon - Cricket Match

8pm Music – **VINTAGE STUFF**

Food

Fresh BBQ cooked to order

Soft Drinks and Ice Cream available throughout the Event

Free - Giant Inflatable assault course for the kids

Grafham All Saints - Services for June

31st May (5th Sunday) 10.16 'All together' service
at Ellington

7th June (1st Sunday) 11.00 Family Service Lay Led

14th June (2nd Sunday) No service at Grafham

21st June (3rd Sunday) 11.00 Eucharist

28th June (4th Sunday) No service at Grafham

5th July (1st Sunday) 11.00 Family Service Lay Led



Contacting the Clergy

The Revd Jason Taylor (Rector)
The Rectory, 15 Church Road,
Brampton PE28 4PF

revjasontaylor@gmail.com

01480 453341

07807 118070

View from the Pew

We always know it's summer, don't we, when we hear the sound of lawnmowers? No different at All Saints as Gordon and Paul get into their stride, keeping the grass neat and tidy in the churchyard. However, the PCC are concerned about the state of the Remembrance Garden which is difficult to keep tidy, partly owing to the density of the hedge. Some tidying has been done this week but continual attention is needed and the PCC simply do not have the manpower (or womenpower!) to keep the area as we would like it. If any villager would feel up to the task of helping us with this project, please get in touch with any PCC member or with Jason. We would be most grateful.

Our services have been as usual following Easter. On



Sunday 3rd May, volunteers from the congregation helped to construct a "vine" in keeping with the text of the day.

We apologise to residents for the continual noise from the roof alarm which has been triggered recently by the high winds. We have contacted the alarm company asking them to come and adjust the cameras as necessary to avoid this occurrence.

We still await news of our Faculty application to the Chancellor for the porch and chancel roof repairs but trust we will receive confirmation of this soon so that the remaining work can begin.

Our next "All Together" service led by Jason will be at Ellington on Sunday 31st May at 10.16 am. We look forward to welcoming you all there.



Hazel's talk on the 'Vine and the Branches' reading from John 15 verses 1 to 8. (During the Lay-led Family Service 3rd May)

Help write View from the Pew! Email your feedback and / or photos, on any church event or service, to editor@grafhamgossip.co.uk and we'll produce a joint 'View from the Pew.' Thanks, Ed.



Gemini
The Twins



Cancer
The Crab

PARISH NEWS

May 2015

At the Annual Parish Assembly, Cllrs Peter Downes and Patricia Jordan presented their reports on the 2014 activities of the County and District Council. These reports are available to view on the village website (<http://www.grafham.org.uk/councilminutes>) and at the Community Shop. To obtain your own copy please contact the clerk on the phone number below. In addition to these reports, the Parish Council also presented a round-up of the year's finances and future plans.

The Parish Council AGM followed the Parish Assembly and Philip Allingham was again voted in unanimously as Chair of the Parish Council.

A couple of signs have been erected at the entrance to the village hall car park to warn drivers that children are likely to be playing in the area. Unfortunately, one of the signs has been broken and the Council continues to explore other systems of traffic warnings.

Full minutes can be read on the village web site www.grafham.org.uk
You may contact your parish councillors through the clerk or directly by using the details below.

Philip Allingham Chairman **01480 811516** philip_allingham@sky.com

Ian Gardener Vice Chair **01480 812821** idg@asc-geomatics.co.uk

Andrew Duckworth andrew.duckworth1@tesco.net

Kevin Sharp kevin.sharp@bedfordshire.pnn.police.uk

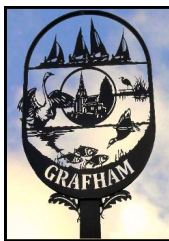
The playground has had its annual inspection by RoSPA. Remedial works will take place on the gate to ensure that fingers cannot be trapped in the opening mechanism. There is a bit of a problem with birds fouling the seats of the swings. It was suggested that bird-deterrent spikes might be placed along the top bars of swings, but the potential for adventurous children to reach up and spike themselves is possibly a greater hazard than the mess. No decision was made on this issue.

The defibrillator has been installed on the wall of the village hall opposite the Community Shop. A couple of training dates have been offered and the Clerk will be contacting those interested parties to arrange the training. In the meantime, the apparatus is in full working order.

The date of the next Parish Council meeting is Tuesday 9th June 2015, at the village hall at 7.30pm. All welcome.

Margaret Life, Parish Clerk 07780 119311

malife434@gmail.com



Councillors Peter Downes and Patricia Jordan and/or John Morris are available at the village hall from 11.15 to 11.45

on the first Saturday of the month.

At other times contact:

Peter.Downes@cambridgeshire.gov.uk 07765 833486

patricia.jordan@huntingdonshire.gov.uk tel. 457802

john.morris@huntingdonshire.gov.uk tel. 458818

Twitter: @johnmbrampton

Grafham Oil Syndicate

The syndicate continues to grow, keeping more money in the village. Remember, it's FREE to join and we must keep a bulk order attractive enough to attract a discount, so simply email Simon at

grafhamoil@gmail.com

or call 819663



NEIGHBOURHOOD WATCH

April/May 2015

On Sunday 19th April, literally hundreds of motor cyclists converged on the Visitors Car Park from around Eastern Europe, not realising they had to give any form of advance notice. Congestion was caused on Buckden Road around midday as they arrived. Needless to say the noise levels were very high indeed. An accident occurred on the bend due to speeding and ambulances were called. The police were called by several residents and remained on site with Anglian Water staff until the gathering finished at 4pm. I have received an assurance from Anglian Water that in future, they will inform residents of any event that they have prior knowledge of.

In neighbouring villages:

18th April: a PVC study window was forced open at a

property in Buckden. Wine, champagne and jewellery was stolen.

James Snell 07951 069 565

email: Jamie2701@aol.com

All emergencies 999

Non-emergencies 101

Cambridge Constabulary HQ 01480 456111

Minicom for hard of hearing **01480 422493**

Action Fraud 0300 123 2040

Crimestoppers **0800 555111** (anonymous)

Anti-social behaviour 01480 388379

To stop unwanted mail **0845 703 459 9**

To stop unwanted phone calls 0845 070 0707

To report anti-social behaviour in Grafham

01480 388379 / 387097 or e-mail:

Barbara.gowling@huntsdc.gov.uk or

tracey.guinea@huntsdc.gov.uk



Please check that your details are up to date in the Babysitting notice at the bottom of the page!



Ellington and Grafham WI

Join the growing team!
We meet on the first Tuesday in the month
Contact Sue **896139** or Ann **891372** for details
Like a lift from Grafham? Call Heather 819589

Grafham Wildlife and Conservation Group

Regional winners of the BTCV Green Award 2006 & 2007 invite you to carry out woodland conservation.

Contact Sam Malt **01480 810844** daytime,
01480 811654 evenings. www.gwcg.btck.co.uk/



Do you enjoy reading?

We would like to welcome more residents to join us for informal social evenings.



We usually meet on the last Tuesday of the month. For further information on dates, venues and the current read, please contact **Tina 07711 012957** or **Val 07761 137012**



Grafham Sewing Bee

Village Hall, Wednesdays 2 - 4pm
For those who enjoy needlework of any sort, quilting, tapestry, knitting or anything else requiring the use of needles!

Complete beginners also welcome.

Our purpose is threefold, to provide a focus for your needlework, to allow the exchange of ideas and expertise, and last, but not least, it is an opportunity to get to know like-minded people.

A small charge is made to cover the hall hire.

For further details contact **Barbara Williams**
01480 812905 or barbara_r_w@hotmail.com
<http://grafhamsewing.weebly.com/>

Babysitters ^{1 new last month!}

Bryony 17yrs **812354** experienced - newborn/14yrs
Lotty 18yrs **810842** nursery experience/first aid trained
Olivia 23yrs **811831** BA Early Childhood Studies
Livvy 14yrs **819708** babysitting course
Georgie 14yrs **432688** babysitting course
Emma 17yrs **860632** **Meri** - 15 yrs **811192**
Nicci 14yrs **811279** **Harriet** 16yrs **810043**



Grafham Social Committee

invites you to Coffee Mornings at 10.30am on the 3rd Wednesday of the month:

17th June - Diana Thomas, Wesley House

This is an informal social occasion for residents of the village. Please come along for a cup of coffee and a chat.



The Mobile Library

Route H24 visits **Breach Road, Grafham** on the **4th Wednesday of every month** from 10.40 to 11.00. The next visit is 24th June.

For renewals/ enquiries call **0845 045 5225** or click [here](#)



GRAFHAM VILLAGE HALL

has a Public Entertainments Licence for music, dancing, performing arts and can accommodate 92 guests seated in rows or 150 at a dance/disco - an ideal venue for children's and family parties. There is a playing field for sports activities and the hall has small changing rooms with shower facilities.



Contacts: Pat or Alan Watson 01480 811166

Grafham and Ellington Art Group

<http://grafhamandellingtonart.weebly.com/>

Grafham Village Hall, Every Tuesday 1.30-4pm

Calling all who want to meet and paint with like minded people on a regular basis.

Beginners and those with more skills are all very welcome.

Cost: About £2 to cover hall hire/refreshments. Come along with your paints and equipment!

Please ring me for more details.
Jackie Woods 01480 890279



Grafham Church Flower Club

We are available to decorate the church for weddings and other church occasions.

Floral arrangements for: pedestal, altar, font, windowsills, pew ends, pillars.

Please contact Hazel Powell on **01480 810326** for details and quotes.

If anyone in the village has foliage in their garden that they would be willing to donate for church decoration for festivals, please let us know, we would be very grateful.



Across the Churches Bible Study

We are a small group meeting twice a month (Tuesdays 7.30pm) for Bible study, prayer and fellowship.

We come from different churches and are always happy to welcome new members.

For more information, please contact Rob or Jean Clark 01480 890033.





Grafham Cricket Club

Chris Dighton, Treasurer

Grafham's first game of the season in the Bedfordshire Invitation League was away against Caldecott on the 2nd May. Caldecott won the toss and elected to bat. Grafham's opening bowlers; Tom Chester and Jonathan Lederman, kept the run rate down, without making a breakthrough. This came with the introduction of Tom Clayton who took 3 wkts for 13 runs in his 4 overs, and Chris Dighton who took 2 wkts for 19 runs in his 5 overs. The Caldecott scoring was steady, but wickets fell regularly with Matt Chester taking 3 wkts for 18 runs in his 5.1 overs, finishing the Caldecott innings on an all out total of 82 runs.

Grafham's innings started with its usual wobble; 2 wkts for 12 runs, before a steady partnership led the score to 31, before a tumble of 4 wkts, made the Caldecott total seem unassailable. This was before the Captain: Tom Chester played a Captain's innings of 25no, in a partnership with his brother Matt 14no, to see Grafham home by 4 wkts.

The second game was at home to Pavenham and Felmersham CC (P&F), with Grafham winning the toss, and putting (P&F) into bat. The (P&F) opening pair dug in from the beginning scoring 57 runs in the first 23 overs. The introduction of Chris Dighton to the bowling attack broke this partnership, but the (P&F) number 3 Ben Beasley proved to be a fluent batsman, who quickly scored his runs, making 50 runs, while regularly partners at the other end. (P&F) finished, all out for 135, with Chris Dighton taking 7 wkts for 30 runs in his 10 overs.

It is here that Grafham CC gives many thanks to Jane, Val, Lita, and Jill for providing the delicious tea for this match day.

Grafham's Innings started with its usual wobble, losing 2 wkts for 11 runs, but a steady partnership between Gareth Knowles 48 no, and Ben McCutcheon 45; a partnership of 112 runs saw Grafham home with 7 wickets to spare.

After two winning games; Grafham sit as League Leaders of Division 3 in Bedfordshire Invitation League.

Home Games in June 2015

Saturday 13th June

Grafham vs Bedford:

Start time 1.30pm

Saturday 20th June Grafham vs Road Runner: Start Time 1.30pm

'End of the Game'



GGJune2015

'Cricketers enjoying their tea'



GGJune2015

Photos by Jill Dighton





Buckden Village Club is a Community run Sports and Social Club situated by the Buckden Millennium Field and playground. We are now looking to encourage new members to join up.

Enjoy Live Bands, Discos, Quiz Nights, Darts, Pool, Crib, Poker along with a social environment and social prices!

We have an HD big screen for all your favourite sporting occasions and of course free WiFi prevails.

Hire the Hall for functions or just come along with some friends.

Annual membership is £10 or £7 concessions.

www.buckdenvillageclub.co.uk

email buckdenvc@gmail.com

We look forward to welcoming you!

Good quality paperback books in clean condition



We love to receive your paperback books to stock our church bookstall.

Please leave in the church porch.

Yes ✓

- Paperback books in good condition ✓

No X

- Hardbacks x
- Manuals x
- Magazines x
- Encyclopaedias x
- Other items x

The book stall is a fantastic fund-raiser for our village church but we've found that we can sell only *good quality, clean paperbacks* and find it increasingly difficult to lift, carry and dispose of other items.

*Thank you
for your continued support!*

Spaldwick's Youth Group



is on Friday evenings in Spaldwick visit
[www.grafham.org.uk/Escape Youth Group](http://www.grafham.org.uk/Escape>YouthGroup)
for more details



Ploughman's Lunch and Raffle in aid of Motor Neurone Disease Association

at

**Grafham Village Hall,
Brampton Road, Grafham PE28 0UR**

on

Saturday, 27th June 2015

12 noon – 2.30pm

Adults: £6.00 includes a ploughman's lunch and a glass of Pimms/orange juice

Children: £2.50 includes a variety of finger foods and a soft drink

Only 80 tickets available, in advance.

For tickets and more details please contact:

Diana Bass – 01480 458778 or 07584 496794

Liz Hart – 01480 810281 or 07837 605419

Registered charity number: 294354

All Saints Church Grafham



Stay + Play Tots Session

Grafham Village Hall

Wednesdays

10.00 to 11.30

We are planning several trial sessions due to start 3rd June 2015

Sessions to include free play and craft activities also a bible story and sing-along
Babies welcome too

Please let us know if you think you're interested
Also helpers are needed to make teas and coffees, please get in touch

Contact robnjeanclark@tiscali.co.uk 01480 890033

Open Thou Mine Eyes!

I often meet people who ask me about reading the bible or who tell me they tried once and it made no sense at all. For many people when they think about the bible they think of the King James Version (KJV) as in the example below:

Verily, verily, I say unto you, He that entereth not by the door into the sheepfold, but climbeth up some other way, the same is a thief and a robber. But he that entereth in by the door is the shepherd of the sheep. To him the porter openeth; and the sheep hear his voice: and he calleth his own sheep by name, and leadeth them out. And when he putteth forth his own sheep, he goeth before them, and the sheep follow him: for they know his voice. And a stranger will they not follow, but will flee from him: for they know not the voice of strangers. This parable spake Jesus unto them: but they understood not what things they were which he spake unto them.

Whilst there are many lovely things about the KJV, it doesn't exactly trip off the tongue does it? Neither does it reflect the way that the majority of us speak these days. When reading this particular translation we have to convert it in our heads into modern English and then wrestle with what the text might mean.

Thankfully there are more modern translations which are easier to read and understand; there are also apps for mobile phones and tablets as well as websites that can help us on our way.

When choosing a bible translation we must choose between readability on the one hand and accuracy on the other – between word-for-word translations and paraphrases. Usually, for somebody beginning to read the bible for the first time I would recommend something between the two. Many churches use the New International Version (NIV) or the New Revised Standard Version (NRSV), the latter being closer to the original text than the former.

Ultimately, which bible translation you choose will be a matter of personal preference. I tend to read two differ-



ent versions for two different reasons: I read the English Standard Version (ESV) for study and research (and occasionally devotionally) and the NIV for personal, or devotional, reading. For some years I read the New Living Translation which is a superbly easy to read translation but I have wandered away from that one for now.

One really good way to compare different translations is on a website called Bible Gateway. There you can switch between the same text in various translations, including the original languages if you wish. This can be a useful way to see if you like a translation before you buy it.

If you have a smartphone or tablet you can download an app from a website called youversion.com that will also let you switch between translations but also offers reading plans and videos as well as commentaries to help you understand what the text means. You can also make notes and even have the bible read to you. On top of all that, it's free!

I don't have the space here to cover all the issues around bible translations. What I'm aiming to do is encourage you to try reading the bible, either for the first time or 'again'. Why? Because it's God's word to us and can help us in so many different ways; somebody once described it as "the makers instructions". We get the most out of life by reading the instructions! The bible can encourage us when we are low and guide us when we are lost. It tells us what God is really like.

If you do feel encouraged to give it a try, start with one of the four gospels – the shortest is Mark; then read some more of the New Testament. I would not recommend trying to read it like a book, from front to back, the first time you pick it up. I'd love to hear how you get on and encourage you on your journey if I can!

Jason

(Contact details for Jason can be found on page 2. Ed)



“Has the bin man bin Mam?”



June						
Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1	2	3	4	Blk	6	7
8	9	10	G	Blu	13	14
15	16	17	18	Blk	20	21
22	23	24	G	Blu	27	28
29	30					

July						
Mon	Tues	Wed	Thurs	Fri	Sat	Sun
		1	2	Blk	4	5
6	7	8	G	Blu	11	12
13	14	15	16	Blk	18	19
20	21	22	G	Blu	25	26
27	28	29	30	Blk		



Activities at Local Libraries

Contact your local library to find out forthcoming events and activities.

Email: your.library@cambridgeshire.gov.uk
or tel: 0345 045 5225



If you're reading this online (www.grafham.org.uk) click on your local library to discover what events and activities are coming up soon. [Buckden Library](#), [Huntingdon Library and Archives](#), [St Neots Library](#)

[Brave New Reads](#) is a guided reading programme taking place across libraries in Cambridgeshire, Norfolk and Suffolk from 1 May-5 August. Our passionate Readers Circle have spent six months choosing six books from a long list of over 150 titles, selected as the most enjoyable, stimulating and thought-provoking. A [programme of events and activities](#) will take place including Brave New Reads launch events.



Our new social group for young adults aged 11 - 16

[Making Space 4 Teens](#) is focused on video gaming sessions. Become a member of the group for a chance to challenge your friends on our PlayStation 4s or Wii and have fun at your local library.



Interested in genealogy? You can now access the fantastic [Find My Past](#) genealogy and history resources at your local

library. The site contains the entire index to births, marriages and deaths in England and Wales from 1837-2001, and offers more than 1.7 billion international family history records from the U.S., Canada, UK, Australia, New Zealand and beyond with records going back to 1200.



As part of Connecting Cambridgeshire's work to improve and extend public WiFi in Cambridge and surrounding areas, the [free CambWifi network](#) is now available at most of our libraries. The new network brings improved WiFi access to all libraries and better download limits at many larger libraries. The programme to switchover all remaining libraries is due to be completed by the end of March.



Looking for inspiration when choosing your next book? Our [Top 100 Books 2014](#) and [Books of the Year 2014](#) provide a great place to find your next book in 2015.



Why not visit our [Reading page](#) to find out how you can join a local reading group?

Download some top titles from our [eBook or eAudiobook catalogue](#). We've improved our selection of [eMagazine titles](#). There are now over 40 digital magazines to choose from, all of which are free to download with no overdue charges.



Send your news views, photos and gossip to editor@grafhamgossip.co.uk

2015 Ellington Gala

20th June 2015 – 2pm til late

We hope for better weather than 2014 but as in previous years, we have a packed day and evening of fun for all the family!

Featuring this year are the Fenstanton Morris Dancers, the legendary "Dave the Dogs" Agility and Pet Show and Spaldwick School children who will be drumming, maypole dancing and performing with ocarinas.

We'll have a wide range of stalls including face painting and bouncy castles for children, also pony rides in Green Lane for smaller children. During the afternoon the usual BBQ and bar will run and the winners of the Great Ellington Bake Off and Scarecrow Competitions will be announced.

Back by popular demand, Fez the Jester will be making an appearance. Sam Malt will bring his display of local memorabilia. Weather and schedule permitting there will also be a Dakota fly past courtesy of the Battle of Britain Memorial Flight.



On the grass between Green Lane and Parsons Close, we'll have a display of classic cars. Bikes are welcome but note the ground may be soft. To bring your car along please email alastairlawson1@gmail.com to reserve your spot.

A prize draw will be held with prizes including a large screen television, mountain bicycle and £50 cash among many others.

Again by popular demand we have booked Maid of Ale, a local five piece band playing a mix of modern and classic covers, although they are now known as Vertigo. They will start at 8pm.

In the evening Nick from the Mermaid will run a Wok and Grill. The bar will of course be open on the Green with a range of drinks at the usual competitive prices and we will have an early evening visit from the Fish and Chip van.

To find out more join the Ellington Village and Gala Info Facebook group or contact Chris Stening at chris.stening@gmail.com



Report it, Stop it - Vulnerable Adults Campaign

Vulnerable adults tend to be more likely to become a victim of crime or abuse but are often less likely to report it for various reasons. That's why the force is urging anyone who has concerns about someone – whether they be a relative, neighbour or just someone they know - to 'Report it, stop it.' It is the latest strand of the force's 'Get Closer Campaign,' which aims to communicate with the public about key issues in a targeted and creative way, and is believed to be the first campaign of its type to be run by a police force.

The Care Act 2014 puts a statutory responsibility on the local authority, police, the clinical commissioning group and its partners to work together to safeguard vulnerable adults. The force has a dedicated team, the adult abuse investigation unit (AAISU), based at Chord Park, Godmanchester, which is responsible for investigating adult abuse in cooperation with partners.

Examples of jail sentences for crimes involving a breach of trust follow:

Earlier this year, a 38-year-old care worker was jailed for 12 weeks after admitting a string of thefts totalling £260 from the 90-year-old woman she looked after in Ramsey St Mary's. She was also ordered to repay the stolen money on her release from prison plus an £80 victim surcharge.

Last year, a 39-year-old man was jailed for more than three years after stealing more than £60,000 from his elderly and vulnerable great aunt. He had started act-

ing as a carer for his 78-year-old relative, who had dementia and lived by herself in Wisbech, but used the role to gain access to her bank cards and made cash point withdrawals, purchases and transferred money from the victim's account to his own.

Abuse of vulnerable adults can happen anywhere: in a residential or nursing home, in a hospital, in the workplace, at a day centre or educational establishment, in supported housing or in the street.

The 10 categories of abuse are:

1. Physical
2. Domestic
3. Sexual
4. Psychological
5. Financial or material
6. Modern slavery
7. Discriminatory
8. Organisational
9. Neglect and acts of omission
10. Self-neglect

**GET CLOSER
AND SUPPORT THE FORCE!**

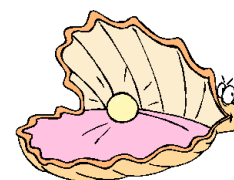


(Definitions of the categories of abuse can be found in the Cambs County Council Safeguarding Adults Newsletter. To download it go to

www.cambridgeshire.gov.uk/safeguardingmca and follow the link to 'Newsletters, fact sheets and resources' or click the following link: [Safeguarding adults from abuse or neglect fact sheet](#) or visit the Police web site <http://www.cambs-police.co.uk/index.asp> or click [here](#) Ed.)



June



Garden Care

- Get your garden in order
- Strimming, mowing, edging, borders, pruning
- On-going reliable lawn mowing programmes



Local, thorough, £competitive
and reliable service

Call Simon Johnson
07887 628528

simonjohnson53@yahoo.co.uk

BSM Driving Instructor **BSM**

DSA Approved, Pass Plus Registered
Living locally in Grafham
Call John Sisseman for details



Tel. 07806 941675

Hunts ●●●● Dealing with life's Hypnotherapy challenges

Want to get your life back, look forward
and be happy without reliving the past?

Try Solution Focused Hypnotherapy.

Issues which can be treated:

- Stress, depression, OCD
- Anxiety, panic attacks, PTSD
- Low self-esteem, confidence issues, sleep difficulties
- Phobias, exam nerves, fear of flying, needles, spiders etc.
- Chronic Pain, IBS, eating issues

To discuss how hypnotherapy can help
you, *book a free initial consultation*

Contact Jane Clark 07958 757076

jane.clark@virgin.net

www.hunshypnotherapy.co.uk

Cinnamon Bar and Indian Restaurant



Thursday Night is '**Banquet Night**'
and remember to just drop in to the Bar
for a drink and a poppadum anytime.

Call 01480 812211

Send your news, views and gossip to
editor@grafhamgossip.co.uk

Grafham Plumbing and Heating Services Clint Thomas-Morgan

- Oftec trained and registered technician
- New high efficiency condensing boilers fitted
- New bunded oil tanks fitted, including concrete bases
 - Disposal of old tanks
 - Boiler service (standard or condensing)



Improve your heating system now - save money in the future!

All work guaranteed - 24hr call-out
Professional, friendly and reliable
01480 812590 - 07799 640476

info@grafhamplumbingandheating.co.uk



Rosa Gallica
(*Rosa gallica purpurea magna*)

Rosier Coique
Superieur de France
D'Anglais cult.

Rosa gallica purpureo-violacea magna, a painted engraving
of a rose from 'Les Roses' by Pierre-Joseph Redouté, which
was published in Paris in 1817-24.

Picture and text from wikipedia

Alconbury and Brampton Surgeries News

Patient Feedback

Friends and Family test: We encourage patients to feedback about our services, Postcards are available in reception or responses can be provided via our website www.alconburybramptonurgery.co.uk/

NHS Choices: comments are welcomed on the NHS choices website which details all NHS services available to local patients. www.nhs.uk

Care Quality Commission (CQC): The CQC would like patient's experiences of care at their local GP Practice. Either online at www.cqc.org.uk by clicking on the "Share your experience" link, or by phone: 0300 61616, or by email: tellus@cqc.org.uk

Use of Accident and Emergency Please reserve the A&E Department for genuine accidents and medical emergencies. This would enable seriously ill people to receive treatment faster and save NHS money which can be used to fund other patient services.

To access local Out of Hours non-emergency services use the surgery phone number or 111 where your need will be triaged to the appropriate service. Urgent Care Cambridgeshire (UCC) operates our local GP service from Hinchingsbrooke Hospital between 18.00 and 08.00 7 days a week. UCC can arrange for a medical professional to speak to you by phone and advise on the best treatment for your needs. The waiting times are generally shorter than the Emergency Department at Hinchingsbrooke and this service is run by GPs from local practices, feeding back to us the next working day so that we can provide continuity of care.

Also there are additional services currently provided by your GP Surgery during our usual opening hours. If you have an urgent problem which is not a life threatening emergency then you can contact our reception staff who will arrange either a suitable appointment or a telephone call. We offer a minor injury service with most GPs at the Practice and if the problem requires specialist investigations or treatment help you arrange this.

Lastly, it is often possible for you to look after yourself

when you are unwell. Pharmacists are also available for advice about self-care, and www.patient.co.uk is a helpful source of information.

Next of Kin Data collection We are trying to collate additional information for our patients around next of kin and consent. To make sure the information we have about you is accurate and up to date, please ask at reception for a slip to complete and return.

Summary Care Record We have now uploaded information about the medicines you take, your allergies and any bad reactions to medicines you have had, to the Summary Care Record. This electronic record is intended to make it easier for healthcare staff to treat you in an emergency, when your GP practice is closed or if you are elsewhere in England. If you wish to opt out of this data being shared then please complete an opt out form available from reception or from www.nhscarecords.nhs.uk/

Lunchtime Closures 12.30 - 3pm for staff training : Weds 3rd June, 1st and 15th July, Tues 21st July, Thurs 3rd and 17th September, 1st, 15th and 29th October, 12th and 26th November, 10th and 17th of December 2015.

Afternoon Closures with cover provided by UCC at Hinchingsbrooke Hospital: Wed 17th June, Thurs 22nd October 2015.

Please accept our apologies for any inconvenience caused.

Team Changes We'd like to congratulate Donna Brinson on the birth of her baby boy; Donna will be back with us in the dispensary in due course. We welcome Jo-Anne Johnson to the admin team at Alconbury. Drs Toonah, Hayati, Otobo and Lee are with us as GP trainees until the end of July - we continue as trainers of Cambridge University Medical Students - all trainees are supported by our GP team to ensure you continue to receive a positive experience at the Surgery.

Melanie Fowler, Practice Manager



June

Text and picture are from Wikipedia

The picture shows [June](#) from the Très Riches Heures which is probably the most important [illuminated manuscript](#) of the 15th century. It was painted sometime between 1412 and 1416 by the [Limbourg brothers](#) for their patron [Jean, Duc de Berry](#). They left it unfinished at their (and the Duke's) death in 1416. [Charles I, Duke I of Savoy](#) commissioned [Jean Colombe](#) to finish the paintings between 1485-1489.

June's birthstones are [pearl](#), [alexandrite](#) and [moonstone](#). The [birth flower](#) is [rose](#). The [zodiac](#) signs for the month of June are [Gemini](#) (until June 21) and [Cancer](#) (June 22 onwards).

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**Early deadline - midnight on
Thursday 11th June. Thanks, Ed.**

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