

Harston Village News



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October – November 2025

HARSTON CONTACTS Tel area code 01223 (Cambridge)

Parish Council Chair	Rupert Pearce Gould	www.harstonparishcouncil.gov.uk 07836701930
Parish Council Clerk	Jessica Ward	clerk@harstonscouncil.gov.uk
Kiddiwinks Preschool	Katherine Cobbald	870345
H.A.T.S (Amateur Theatre)	Rupert Dick	rupertdick@hotmail.co.uk
Harston Folk Dance Club	Vicky	07905 039195
Clubs & Scouts	James Prisk	0775886864
Women's Institute	Marilyn Dickerson	871725
Village Hall	Bookings Secretary	07551606621
Social Car Scheme	Janet Birchmore	07519900894
Lunch Club (Mon 12.45)	June Boakes	870777
Badminton Club	Hilary Roadley	874636
Indoor Bowls	Howard Owen	871244
Harston Local History Group	Hilary Roadley	hilary.roadley@hotmail.com
River Rhee Group	Rupert Pearce Gould	rpg@cmc-group.co.uk
Litter Pick	Chinnu Alexander	harstonlitterpick@hotmail.co.uk
Harston Community Orchard	Andy Lawson	07973 368897
Harston FC	Carl Pedlar	07796931578

HAUXTON CONTACTS Tel area code 01223 (Cambridge)

Parish Council Chair	chair@hauxton.net
Parish Council Clerk	clerk@hauxton.gov.uk 07354604249
Hauxton Centre Bookings	Bookings@hauxton.net
Hauxton Centre Market	hauxtonmarket@gmail.com
Hauxton News Desk	hauxtonnews@gmail.com
Hauxton School association	hauxtonschoolassociation@gmail.com

NEWTON CONTACTS Tel area code 01223 (Cambridge)

Parish Council Chair	Penny Absolum	penny@newtonparishcouncil.org
Parish Clerk	Sally Walmesley	parishclerk@newtonparishcouncil.org
Women's Institute	Diane Oakley	871092
Village Rooms Bookings	Bob Croft	
Sports and Social Club	The Steward	871898

COUNCILLORS

MP South Cambs	Pippa Heylings	pippa.heylings.mp@parliament.uk
County Councillors	Peter Fane	cllr.fane@scambs.gov.uk
	Laurence Damary-Homan	Laurence.damary-homan@cambridgeshire.gov.uk
District Councillors	Lisa Redrupp	cllr.redrupp@scambs.gov.uk
	Ariel Cahn	cllr.cahna@scambs.gov.uk
	Michael Atkins	cllr.atkins@scambs.gov.uk

Active Harston

Muscle meets Mindful



As the days get shorter and the temperature drops it is easy to get less enthusiastic about keeping our fitness up to scratch. However, in Harston we have no excuse as we are well served by many resources on our doorstep. Within a short walk or a bike ride from where you live we have a gym open 6 days a week, a variety of classes at the Village Hall as well as professional therapists to help with injuries and aches and pains.

We are also lucky to have our Recreation Ground, home to Harston FC and the Community Orchard and Meadow. In response to the Neighbourhood Plan questionnaire plans are afoot to re-purpose the Pavilion. We also have proposals to build basketball courts and an enquiry from a local Croquet Club to make Harston their headquarters.

If you have a sport that you would like to play in the village (eg paddle tennis, bowls, cricket??) and would like to get involved in the re-vamp of the Rec and Pavilion please contact the Parish Clerk on clerk@harstonparishcouncil.gov.uk with your ideas.

PILATES WITH ELENA

Looking to improve your strength, posture, and flexibility in a friendly local group? Pilates is a low-impact exercise method that focuses on core strength while supporting overall fitness and well-being.

Two Pilates classes are held at the village hall every Tuesday, both based on classic Pilates flow with added contemporary elements of balance, strength, and stretching. The 9am "Improvers" class is a slightly faster-paced session, designed for those with good mobility and several years of Pilates experience.

The following class at 10.10am is "Basic Pilates" a gentler option, ideal for beginners or those managing injuries or movement restrictions, with a slower pace to support individual needs. To find out more contact Elena on 07983 329708 elenakapitsa@gmail.com



Forging Strength & Community

Nestled in the heart of Harston, CrossFit RNA has grown into far more than just a place to work out — it's a thriving community where grit, determination, and camaraderie come together. Since opening its doors in July 2014, CrossFit RNA has welcomed members of all ages and abilities, from complete beginners learning to lift their first barbell to seasoned athletes chasing personal bests.

What truly sets CrossFit RNA apart is its commitment to inclusivity and support. The workouts are designed to challenge, but coaches Ben, Scott, and Hannah ensure every movement can be tailored to any fitness level. Whether you're coming back from an injury, starting your fitness journey, or looking to push your limits, the coaches are there to guide, encourage, and celebrate your progress.

As a fully licensed CrossFit strength and conditioning gym, CrossFit RNA offers more than physical training — it cultivates connection. Members don't just show up for workouts; they build friendships, share laughter between sets, and exchange high fives after finishing tough sessions. The energy in the room, especially during those last few reps, is one of collective support and shared achievement.

If you've ever been curious about CrossFit but felt unsure, CrossFit RNA might be the perfect place to start. With a highly qualified coaching team, a welcoming community, and programming designed to meet you where you are, it's not only about building strength — it's about building confidence, resilience, and belonging.

Ready to give it a try? CrossFit RNA offers free introductory classes and invites you to experience it for yourself. Use code TEAMRNA when booking your first session — and who knows, you might just discover your second home.



*Ben Silva Weatherley & Scott Cooke
co-owners and coaches.*

Hot Steps Dance Academy

A small family run dance school based in Cambridgeshire and Hertfordshire. We hold classes at Harston village hall on a Wednesday providing group lessons and private individual tuition for all age groups. Our dance disciplines are Ballroom, Latin American, Disco Freestyle, Street, Rock and Roll, Salsa and Classical Sequence. A full range of abilities are catered for, from absolute beginners, social dancing for fun, wedding first dances through to training for exams. For further class details or to book your space please contact: Harriet Walmesley on 07470 379584

hotstepsdanceacademy@gmail.com; www.hotstepsdanceacademy.co.uk

Back to your feet

At our osteopathic clinic, we focus on complete well-being, helping you move with ease and live pain-free. Our expert team uses hands-on osteopathic treatment to release tension, restore balance, and improve mobility. For those wanting deeper insight, we offer specialist gait analysis using cutting-edge Footscan technology alongside video assessment. This provides a clear picture of your movement patterns, helping us design tailored rehabilitation plans to address underlying issues. With guided exercises and practical take-home strategies, we empower you to stay functional, active, and confident.

Our goal is simple: to keep you moving well, every day. For all inquiries: admin@backtoyourfeet.co.uk. 01223 871644 The Old Coach House, 56 High Street, Harston, Cambridge. CB22 7PZ www.backtoyourfeet.co.uk

Equilibrium

I am a Chartered Physiotherapist passionate about bringing balance to bodies through the use of Pilates and making Pilates accessible to all bodies! My 'Improvers' classes I run at The Hauxton Centre are designed for those with a basic understanding of Pilates, looking for a slightly slower paced class. Focus is on providing a gentle, balanced workout and includes exercises that promote bone health, balance and both spinal and multiple joint flexibility/stability. My 'Intermediate' class is ideal for those with a sound understanding of The Pilates technique, who wish to refine their skills and broaden their exercise repertoire up to an intermediate level. If classes are not your thing or you are a beginner to Pilates, I also provide 1:1 sessions in your own home. During these I introduce the fundamentals underpinning good Pilates practice and can either provide you with a bespoke exercise programme or work towards you joining a class. Fiona@equilibrium.co.uk
Tel: 07739359272 www.equilibrium.co.uk

Penn Farm Physio

Penn Farm Physio, situated between Harston and Haslingfield, provides private physiotherapy in our clinic or in your home. As HCPC-registered practitioners, we deliver hands-on, personalised care to restore your physical and mental wellbeing, whether you're recovering from injury, surgery, or aiming to enhance daily function. We treat musculoskeletal issues such as sports injuries, post-operative rehab, sciatica, neck, knee, hip, and shoulder pain to name a few. We emphasise exercise for all ages to support a healthy lifestyle. Our focus is delivering tailored care with the aim of keeping you active.

Phil Clarke, Director.

admin@pennfarmphysio.co.uk, [Cambridge Physiotherapy - Penn Farm Physio](#)

HARSTON VILLAGE HALL AUTUMN QUIZ

**Nov Saturday 15th at 6:30pm
Supper at 7pm
then the Big Quiz**

Tickets are £15 a head

Reserve your place:

<https://www.harstonvillagehall.org.uk>

Get it in your diary now!

All proceeds go to supporting the Village Hall



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HARSTON PARISH COUNCIL

The Pem

The old has gone; they are now working on groundworks and we are told that the rebuild will start soon. Highways clearance has not been given at the time of writing. The Planning Committee have suggested that there is an opportunity to include dedicated community parking for up to 9 parking spaces, similar to that provided outside other local retailers ie restricted to 20 mins during normal hours. This would be in line with the Neighbourhood Plan and relieve the pressure on other allocated parking.



Fitzbillies

Planning Application at 59-61 High Street, Harston (Ducati Showroom). Planning permission has been granted subject to some conditions which the applicants are currently working through. They hope to be in a position to make a formal announcement in time for the next issue regarding opening of the café in spring 2026.

East West Rail

EWK is carrying out survey work. Your representatives are working hard to see whether the route could be moved further away and Station Rd remain in place. EWR are not giving in but our MP has now been engaged and there was a meeting with EWR. We are working with others in the Village to be ready for the DCO expected next year. If you are interested in helping please contact Rupert Pearce Gould or Paul Ormerod.

HARSTON PARISH COUNCIL

Councillors

We would like to welcome Irene Richards who was unanimously voted on to the Parish Council at the September meeting. We are looking forward to building on her experience and wisdom.

Irene says, “My daughter and I moved to Harston four and a half years ago. Having spent a number of years as a Councillor – first in Victoria, Australia and more recently in the London Borough of Enfield I saw an opportunity to carry on that commitment in a vacancy on the Harston Parish Council. I have always been interested in local concerns as the basis of good government. If you can get these right you can have a happier community. Representing people is a challenge and I hope I can make a difference. “

Mike Luffman has retired from the Council for personal reasons leaving a vacancy. Thank you to Mike for his years of service on the PC, chairman of the Finance Committee and overseeing Recreation Ground and liaising with Harston FC.

Melbourn Greenway

We have had discussions about speed calming in Church Street. We are not certain whether yellow lines would help those attending the surgery by car. However other calming is being discussed in detail

Allotments

As we go to press we are delighted to report that South Cambs District Council have agreed to undertake remedial work on the allotments on Church Street to bring them back into a useable condition with space for some amenity land by Church Str. Further details will follow

Harston Neighbourhood Plan update Sept 2025

On 4th September, Harston residents voted strongly in favour of the updated Neighbourhood Plan: **95.86% (301 votes)** supported it, **4.14% (13 votes)** did not. **315 people voted** (22.36% of 1,409 eligible). Some didn't vote, saying they forgot or weren't aware. Please contact the electoral office at SCDC with any questions. www.scams.gov.uk/contact-us

The Plan now moves to formal adoption by South Cambs, expected late October and already carries significant weight in planning decisions. You can find the referendum NP version on Harston PC website under NP documents. www.harstonparishcouncil.gov.uk

**HARSTON SHOP AND
POST OFFICE**

Don't forget,
the Shop **AND**
Post Office are open
during the following times:

6am - 10pm Monday - Saturday

7am - 9pm Sunday

Prescriptions are delivered there on Monday and Thursday

There's a drop-off point for Harston Food Hub too

Both sell a wide range of goods including Co-op brand

Thank you for your continued support.

HAUXTON SHOP

open 7 days a week

8am - 9pm Monday - Saturday

8am - 5pm Sunday

Mill View, St Edmunds Wy., Hauxton, Cambridge CB22 5GA

Thank you for your
continued support.

**Better Brew Fair Trade Community Café
and Harston Village Hall Bakers**

Will be in Harston Village Hall from 10:30am until 12:30pm

Saturday 4 October
Saturday 1 November

Come along and enjoy good tea and coffee, home-made cakes., Juice and snacks.
Profits from Harston Village Hall Bakers go towards the operating costs of the hall.

HARSTON VILLAGE HALL

WHAT'S ON

Don't forget the monthly (1st Saturday) Better Brew and bake sale – come along for coffee and homemade cake. The Hall is a great venue for parties and weddings: just go to the website: <https://www.harstonvillagehall.org.uk>

Weekly Events and Booking Information

Mondays 1pm – 2.30pm £5.00 charge Does not operate in August	Lunch Club Open to anyone who would like a wholesome home-cooked meal june@boakes.plus.com Contact telephone: 01223 870277
Tuesdays 9.00am – 1.30pm	Pilates Elena Kapitsa elenakapitsa@gmail.com
Tuesdays 1.30pm – 6.00pm	Tai Chi Fiona Tucker Fmt100@gmail.com
Tuesdays 6.00pm – 10.00pm	Folk Dancing Bruce Marshall Bmarshall_uk@yahoo.co.uk
Wednesdays 9.00am – 1.00pm	Flower Arranging Julie Woods Julie.Woods@ajwdistribution.co.uk
Wednesdays 1.30pm – 6.00pm	Children's Dance Classes Harriet Walmesley hotstepsdanceacademy@gmail.com
Wednesdays 6.00pm – 10.00pm	Adult Dance Classes Harriet Walmesley hotstepsdanceacademy@gmail.com
Thursdays 9.00am – 1.30pm 6.00pm – 10.00pm	Slimming World Isobel Skinner Isobel.slimmingworld@gmail.com Tel: 07775791692
Fridays 9.00am – 11.30am	Harston Painters Graham Benstead grahambenstead@waitrose.com



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Harston Village News is published bi-monthly and distributed to all letterboxes (a total of over 800 residential and business) in the village and is available in shops and community centres in Harston, Hauxton and Newton.

**For more details please email
hvillagenews@outlook.com**

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Letter from the Vicarage



Not many of us have the opportunity to take 'time out' and 'retreat' from our busy world and lives for a few days but I did have that opportunity this last week. It was so lovely to only be responsible for myself and to be able to appreciate nature, the natural world and to take part in some artistic endeavours whilst having the time to think and reflect. Time is such a precious commodity. I once heard a fellow teacher colleague of mine say that we (humanity) were now 'asset rich but time poor' How true this is! We have the technology to create/buy so much for ourselves that will make life more convenient and yet we are starved of the one thing that we need to make the most of life – time. No matter what stage of life we are at, we find ourselves pre-occupied and busy with the tasks of life. If we don't have times of retreat and re-group, we can falter in those tasks and be unhappy.

Jesus' life was very full with tasks and work. He was always with people and doing things. However, he was aware of his own human need to withdraw into solitude from time to time. The gospels often talk of Jesus 'withdrawing to a place to pray'. As we enter into a change of season with more darkness and cold coming our way, I hope that there will be glimmers within that darkness when we can withdraw to take rest and reflection so we can continue and be more fulfilled in doing the tasks of our life.

Harvest 2025

As we move fully into Autumn please DO join us in our Harvest celebrations. Each of our churches will be holding a traditional Harvest service and we ask you to support us and bring donations to the service to be blessed and distributed to local charities as follows:

Sept 28th Harvest in **Hauxton at 10.30** supporting **Jimmy's Cambridge**

Oct 5th Harvest in **Harston at 10.00** supporting **Harston Food Hub**

October 12th Harvest in **Newton at 10.00** supporting

Cambridge Women's Aid

Please bring non perishable donations to the services such as: pasta, rice, grains, tinned products, cereals, packets, dried foods and toiletries. Thank you.

Every blessing,
Mandy

PARISH CHURCH NEWS

SERVICES AND EVENTS AT HARSTON, HAUXTON AND NEWTON PARISH CHURCHES

Our churches are open for services and private prayer. Everyone is welcome. For further details, including changes after the magazine has gone to press, please look at notice boards and our church website for the three churches:

www.hhn.church

OCTOBER		
Thursday 2 8.45am	Harston	Morning Prayer
Sunday 5 10.00am	Harston	Harvest Holy Communion
Thursday 9 8.45am	Harston	Morning Prayer
Sunday 12 10.00am 10.30am	Newton Hauxton	Harvest Festival Holy Communion
Thursday 16 8.45am	Harston	Morning Prayer
Sunday 19 10.00	Harston	Holy Communion
Thursday 23 8.45am	Harston	Morning Prayer
Sunday 26 10.00am 10.30am	Newton Hauxton	Holy Communion Morning Prayer
Thursday 30 8.45am	Harston	Morning Prayer
NOVEMBER		
Sunday 2 10.00am	Harston	Holy Communion for All Saints
Thursday 6 8.45am	Harston	Morning Prayer

Sunday 9 10.00am 2.00pm 3.00pm	Newton Hauxton Harston War Memorial continuing to All Saints' Harston	Remembrance Service Remembrance Service Wreath laying and Remembrance Service
Thursday 13 8.45am	Harston	Morning Prayer
Sunday 16 10.00am	Harston	Holy Communion
Thursday 20 8.45am	Harston	Morning Prayer
Sunday 23 10.00am	Newton Hauxton	Morning Prayer Holy Communion
Thursday 27 8.45am	Harston	Morning Prayer
Sunday 30 10.00am 10.30am	Harston Hauxton	Holy Communion Advent Service

From the Parish Records

BAPTISMS

27th July 2025: Theodore Storey at St Margaret's, Newton

31st August 2025: Spencer Johnson at St Edmunds, Hauxton

We pray for God's blessing on all these adults, children and their families.

WEDDINGS

27th July 2025: Tonicha Marasca-Hume and Jason McLean Storey at St Margaret's, Newton

9th August 2025: Laura Jane Cushnie and Paul George Clarke at All Saints, Harston

We pray that their lives may be happy and richly blessed in the years to come.

FUNERALS

18th September 2025: Jennifer Racher at All Saints, Harston

2nd October 2025: Edward (Ted) Guy Lindley at All Saints, Harston

Our thoughts and prayers are with their families.



HARVEST IN OUR CHURCHES 2025
St Edmunds, Hauxton - 10.30 on 28th September
All Saints, Harston - 10.00 on 5th October
St Margaret's, Newton - 10.00 on 12th October

We are having three bumper weeks of Harvest Celebrations!

Please join us at any of our Harvest Services and bring your gift to support local charities.

We would love you to bring to the service any items of non perishable food such as tins, pasta, rice, cereals and packets and these will be blessed at the altar before being taken to the following charities:

For gifts blessed at Hauxton: **Jimmy's, Cambridge**

For gifts blessed at Harston: **Harston Food Hub**

For gifts blessed at Newton: **Cambridge Women's Aid**

Harston Community Orchard and Meadow – update

Thanks to a great team of volunteers who turned out on two weekends in September, a few hundred kilos of apples were picked. They are being juiced, pasteurised and bottled by Cam Valley Orchards in Meldreth. Keep a look out for the bottles in the Harston Village shop, and possibly at a few farmers markets too. Andy Lawson is selling it on [Harston Apple Juice](#). As ever all the profit will go to help look after the upkeep of the orchard and meadow."



[Harston Apple Juice](#)

[Fresh, pasteurised juice grown and pressed locally](#)



HARSTON CHRISTMAS FAIR

**With Better Brew Community Cafe
Saturday 6 December 10.30am until 1.00pm
In Harston Village Hall**

**Hot drinks and fairly traded groceries and gifts from
the usual Better Brew stall.**

**Cake and bakery stalls, Homemade chutneys,
Wood turner, Harston apple juice,
Local crafters' stalls,
Free craft activities for children,
Raffle**



**Friendly chatter and Christmas spirit. Free event but please
bring cash to support your local enterprises**

Harston Local History Group

We know from newspaper articles that cricket was already being played in Harston in 1845 with matches against nearby villages or Cambridge teams. Most of the players' names were linked to old established families that owned some land or business in the village - basically the better off. Labourers wouldn't have been able to afford crickets bats or whites! Money was raised, however, by having annual concerts in the Board School in late C19th where songs and banjos were played, and annual suppers were well attended at the Queen's Head.

Cricket was played in the field opposite Park House known as 'The Park' - now has horses grazing. After World War 2 Tony Gatward and Gerald Ives, who played cricket there, used to mark out the boundary using a string from one point to draw a circle. It had a good cricket wicket away from the end that flooded. They often rolled over the pitch, which previously had cattle on it, with Ted Laman sitting on the roller to add weight to it! They remember the team was the best in the county and when they won the cup, they filled it with beer at the Old English gentleman and went down the High Street filling it at every pub.

Bill Ives was well known as one of Harston's best players. For over 30 years, since the early 1920s until 1957, he played cricket exclusively for Harston club and there was not a Cambridgeshire cricket trophy awarded to Junior or Senior League that did not have his name on it. An all-round player with a particularly good record for his medium pace bowling, Ives obtained the distinction of taking 10 wickets in an innings, ten times, and on each occasion was awarded the ball for his feat. For 15 seasons he headed the Harston Cricket averages. It is thought Cricket had stopped in the Park by about 1981. Does anyone know when exactly? Hilary Roadley



Discover more of Harston's history from our website
www.harstonhistory.org.uk.

All welcome to see Harston History Displays at Better Brew Café
10.30-12.30 in Harston Village Hall. 4 Oct: Harston's lost pubs . 1 Nov:
Archaeology & Harston's beginnings. 1 Dec, 2.20 pm: The Rise, Fall and
Triumph of Father Christmas *aka Santa Claus* by Honor Ridout



HARSTON SCOUTS

1st Harston Scout Group

Harston's Scouts, Cubs, Beavers, Squirrels and Explorer Scouts are all meeting again after the summer break. There is currently space in all sections for new joiners. We are, however, desperate for adult Leaders, volunteers and Trustees – none of us are getting any younger. Could really do with some admin assistance. joinus@1stharston.org.uk

Scouting continues to grow in the District. One age range that has never really been well represented is the 18 to 25 years bracket. We haven't been particularly successful in retaining our Explorer Scouts in a leadership or helper role. This space is filled by Scout Network. I'm pleased to announce that Corvus Network has been formed by Royston District Scouts with a view to encouraging those that reach 18 years old to remain involved with their Scouting friends either regularly or as and when they return from their studies. Email for more information; joinus@1stharston.org.uk

Anyway, on to the fun. Beavers did apple bobbing last week. They might have got slightly wet. Good fun though, for everyone. James Prisk





Harston Youth FC



All of the teams have been enjoying getting back on the wonderful Harston pitches and preparing for the upcoming season. We are also really thrilled to be starting up our **Harston Bees** training sessions again this year. These are for **children aged 6 and under** and are the perfect place for them to start their football journey. They will practice skills with fun games and a focus on lots of touches of the ball. These sessions will be starting shortly on Saturday mornings at Harston recreation ground, please get in touch for more details. Email: harstonfc@hotmail.com or Phone: **Andy Morris 07972 174293**

Our **U8s** began with some solid performances at the Cherry Hinton 5-a-side tournament whilst the **U10s** showed lots of good skill in a very entertaining friendly match against neighbouring Haslingfield.

The **U11s** had an amazing time supporting **Cambridge United** recently at the Abbey stadium. As part of the experience, they also got to go on the pitch and have a kick around on the hallowed turf! Unfortunately, despite a lot of very loud cheering Cambridge lost the match but it was still a really great experience and a lot of fun for all involved. A big thank you to everyone at Cambridge United for their wonderful hospitality.

We are a FA Charter Standard Club, community focussed and entirely run by volunteers with **extra help and sponsorship always appreciated**. It is a wonderful way to make a real difference to your local community and a lot of fun too!





Harston Youth FC Coming Home Games

08/11/25 09:30	Harston FC U11	Cambourne Town U11 Tigers
08/11/25 11:00	Harston FC U10	Elsenham U10 Palmer
29/11/25 10:00	Harston FC U11	Steeple Bumpstead Dynamos Youth U11
06/12/25 10:00	Harston FC U8	Shepreth Spitfires U8 19 Sqn
06/12/25 10:00	Harston FC U10	Linton Aztecs U10 Blacks

Harston Senior FC Coming Home Games

15/11/25 14.00	Harston FC	Linton Granta Reserves
22/11/25 14:00	Harston FC	Mott MacDonald
13/12/25 14:00	Harston FC	Eaton Socon A
17/01/26 14:00	Harston FC	Whittlesford United

Recent Results

Type	Date / Time	Home Team	Away Team
L	20/09/25 15:00	Harston 	1 - 4  Haverhill Town Senior A
L	13/09/25 15:00	Harston 	2 - 4  Girton United
L	06/09/25 15:00	Harston 	3 - 1  Fulbourn Institute

The Seniors are looking for a new goalkeeper for our great team. If you are interested and over 16 please contact Carl Pedlar on 07796 931578

DAY	OPENS	
Monday	8.30am	6.00pm
Tuesday	8.30am	6.00pm
Wednesday	8.30am	6.00pm
Thursday	8.30am	6.00pm
Friday	8.30am	6.00pm
Saturday	8.45am MEDICATION COLLECTION ONLY	10.45am
Sunday	CLOSED	CLOSED

Dispensary opens: Mon-Fri: 8,30am to 1pm and 2pm to 6pm. For holidays see www.harstonsurgery.co.uk/events

Vaccines Update

GRANTA Medical Practices

As we approach the colder months, there are a number of vaccines that can help protect you against serious illness, including:

FLU - this vaccine helps protect against flu, which can be a serious or life-threatening illness.

COVID-19 - the Covid-19 vaccine helps protect against Covid-19, which can be a serious or life-threatening illness for some people..

RSV - the RSV vaccine helps protect against Respiratory Syncytial Virus (RSV) that can make babies and older adults seriously ill.

SHINGLES - this vaccine helps protect against shingles and is offered all year round. Shingles is a common condition that causes a painful rash. It can sometimes lead to serious problems such as long-lasting pain, hearing loss or blindness. You're more likely to get shingles, and it is more likely to cause serious problems, as you get older or if you have a severely weakened immune system.

PNEUMOCOCCAL (pneumonia) - this vaccine is offered all year round. It helps protect against serious illnesses like pneumonia and meningitis.

To book your flu vaccination please call 0300 234 5555 and choose the Granta site of your choice or wait to receive your SMS link via your mobile phone to book your appointment. For further information about all of the vaccines available please go to www.nhs.uk/vaccinations/

Sandra East, Head of Patient Services, cpicb.grantapatientervices@nhs.net



🍕 **Last Chance for Pizza!** Our beloved Old Tuck Shop pizzas are taking a break until next year, so don't miss out! Join us for one last slice of deliciousness before 5th October.

🚗 **LAST Classic Car Club** – Friday, 3rd October | 4:30 PM
Calling all vintage car lovers! If your pride and joy was registered before January 1985, this is your moment to shine. Book your free ticket now to secure your spot in the classic car section. To mark the end of another fantastic season, we're thrilled to welcome **Green Zebra Music**, playing a mix of classic and contemporary country, pop, and rock. **Pimp My Fish** will be serving up their famous fishy treats. **Pizza from the Old Tuck Shop** will also be available

🎨 **Coffee & Paint** – Tuesday, 14th October | 10:30 AM–1 PM
Unleash your inner artist! For £30, enjoy a creative morning with all painting materials included. Book your spot via email at pennydullam7@gmail.com or on Facebook at Cork & Canvas Cambridge. 🍴 Bonus **Treat**: After the class, why not stay for lunch? Enjoy 2 courses for £20. Limited spaces available, so book early!

🧠 **Quiz Night** – Sunday, 26th October & 30th November | 6–8 PM
Think you've got the smarts? Gather your team and join us for a fun-filled evening of trivia! Entry: £2 per person (all proceeds go to the 'Forget-Me-Not' charity).
Bragging rights and good vibes guaranteed!

🎃 **Halloween Pudding Night** – Thursday, 30th October | Doors Open 6 PM
Get ready for a frightfully delicious evening! For £40 per person, enjoy:
A choice of main course. Followed by five spooktacular Halloween-themed puddings 🧛 🍰 It's a sweet treat you won't want to miss! Doors open at 6 PM, and we'll be seated by 6:30 PM.

🎄 **Wreath Making Workshop** Tuesday, 25th November. For just **£65 per person**, you'll enjoy: ✨ Crafting your own beautiful wreath 🍷 A glass of mulled wine & a mince pie. 🍴 A delicious 2-course lunch. The event kicks off at **10:30am** and runs until **1:00pm**, with lunch served afterwards. Spaces are limited to just **20 people**, so book early to secure your spot!! 🧑🏻 🎁

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- ❖ Craft activities
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- ❖ Refreshments
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All ages welcome



For further information contact Charlanne on rcharstonhauxton@gmail.com

Nature Table

Elizabeth Judge

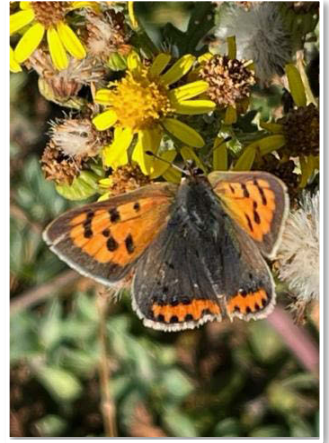
I came across a **signal crayfish** at Burnt Mill Weir this week. Still alive, floundering on the river bank. No doubt I had disturbed a **heron** mid snack. It only had one claw. Apparently crayfish can regrow lost claws and other limbs through a process called regeneration, which begins after the loss and continues over several subsequent moults. The new limb starts small and gradually grows larger with each new exoskeleton shed, a process supported by a diet rich in calcium. This process can take anywhere from several months to a few years. The trapping of these creatures is continuing at Byrons Pool with many wires and nets along the river bank. So far, these traps have killed one cygnet and two ducks to my knowledge.



I have a **wasp's nest** in the roof of the house, just under my bedroom window. It's arrived suddenly and quite late in the season. So far, they are keeping themselves to themselves which is good as I am loathe to do anything about them. Only the queen survives the winter so we shall see. The only wasp free place in the world is Antarctica. This has been a good year for them with the warmest spring in more than 50 years. The UK has about 9,000 species of wasps, most of them solitary and are not a nuisance to anyone. The wasp population has remained stable over the past 100 years along with houseflies, cockroaches and the European hornet, which is increasing across the UK and moving northward as the climate warms.



After a poor year for **butterflies** in 2024, naturalists say many common species, such as the large white, also appear to be flourishing this summer. Ladybirds too, seem to be enjoying the warmer temperatures.



Over the next few months, you may come across **ladybirds** in clusters often inside conserving energy and trying to survive the winter. A group of ladybirds is called a 'loveliness'. They do no harm, let them stay. They are so beneficial and can eat up to 5000 insects in a lifetime.

I went to Fowlmere Bird Reserve recently to try and spot the elusive **kingfisher** at the Drewer Hide. I was too late in the day apparently 5.30am being the preferred time with standing room only in the hide. A bit early even for me.



An **otter** has also been seen in the same area which is very exciting. I also came across a **wasp's nest** in what I can only assume was a badger hole. These nests are amazing structures made from chewed wood pulp. I can only hope it's not that big in my roof.

Lots of **barn swallows** at Button End as I write mid-September, all lining up on the telegraph wires. A sign of autumn. They are so lovely to see, such tiny birds that work so hard and travel so far.



Autumn is with us. Please don't be too keen to rake up all the leaves. A huge amount of insects hibernate in the undergrowth which also provides food for other wildlife. Elizabeth Judge.

Cover Picture: Elizabeth helping with the apple harvest in the Harston Community Orchard.

Harston Monday Lunch Club

Every Monday (except August and Bank Holidays) a band of volunteers prepares, serves and clears up a healthy 2-course hot lunch at Harston Village Hall for over 60s living in the parish and nearby. Participants pay £5 a week.

We welcome new members as well as volunteers to cook (meals are prepared in volunteers own homes and brought to the Village Hall), serve and wash up.

If you would like to get involved please contact June Boakes Tel: 01223 870277 email: june@boakes.plus.com.

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Harston Baptist Church

www.harstonbaptistchurch.org.uk

Mary Jones and her Bible

Think for a moment about something you really want. How much would you spend to buy it? How far would you go to get it? Young Mary knew what she wanted. It took years before she could afford it. She was ready to walk 25 miles over mountainous terrain to get it. Mary just wanted a Bible. Mary Jones lived in a small village in Wales at the end of the 18th century. From an early age, Mary loved to hear stories from the Bible. Every Sunday she attended her local chapel and enjoyed listening to people reading from the Scriptures. When Mary was only nine years old, she decided on the most important thing in her life. She wanted to read from her own Bible. Unfortunately, Bibles were hard to come by. They were expensive and Mary's parents couldn't afford to buy one. So, Mary decided to do odd jobs for people and earn enough money to buy a Bible.

Six years later, Mary had saved enough money for her special book. Although the nearest shop which sold Bibles was in Bala, 25 miles away, undaunted she set out on her long journey. In Bala, she discovered that the book shop had sold out of all the Bibles! We can only imagine how upset and disappointed she was.

When the bookseller, Thomas Charles, heard about her long walk and that she would return home empty handed, he gave her his Bible. Later, Thomas Charles wondered if there were other children (and adults) around the country who wanted a Bible but had problems getting one. Soon after Mary's visit, Thomas Charles went to London where he met influential people including William Wilberforce and shared with them the story of Mary Jones. From this meeting the *British and Foreign Bible Society* was formed on 7th March 1804. Its purpose was to provide Bibles throughout the world, in a language people could understand and at a price they could afford.

Most likely we all have a bible somewhere in our homes – like Mary have we discovered its importance. Deut 8:3 *Man shall not live by bread alone but by every word that proceeds from the mouth of God.*



Sunday Services

10.30am we meet in our building for an hour of worship, prayer, teaching from the bible and monthly communion followed by refreshments. During the service we run a creche and a Sunday Club for primary-aged children. 6.00pm on the first Sunday of the month we meet in the church lounge for prayer. On the 3rd Sunday we meet for communion. Both services are followed by refreshments. On the Sunday evenings we are not meeting in the building we have a zoom prayer time at 6pm.

Home bible study groups

We have 2 groups meeting weekly (Wed 7.30pm & Fri 2.30pm) and another group 6.30pm fortnightly on a Friday evening.

Coffee Mornings

Every Thursday from 10.30am - 12 noon we have a coffee morning in the church lounge. On the 2nd and 4th Saturday's of each month during the Harston Community Food Hub session from 11am – 1pm we serve coffee & refreshments in the lounge.

Ladies Fellowship

2nd Sat in the month at 7.30pm. Crafts, cooking, chats, coffee & cakes.

If you would like more information about the life of the church, please look at our website www.harstonbaptistchurch.org.uk or contact Scott our minister on 01223 870434 / 07519 346710 or by email: spatonhbc@gmail.com



**HARSTON
FOOD HUB**

HOW YOU CAN HELP

Photo by [Peter Wendt](#) on [Unsplash](#)

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You can do so by making a donation on our JustGiving page. Just click on our QR code. Thank you so much.



Harston Food Hub
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Shelford Medical Practice	01223 843661
NHS 24hr Helpline	111
Mobile Library Hauxton: 2.40-3.20pm The Green 3.25-4.15pm St Edmunds Way	Harston: 1.20-1.50 The Limes 2-2.30pm Queen's Close

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Tuesday 21 October	Black
Tuesday 28 October	Blue/Green
Tuesday 4 November	Black
Tuesday 11 November	Blue/Green
Tuesday 18 November	Black
Tuesday 25 November	Blue/Green
Tuesday 2 December	Black

CONTACTS

Vicar Revd, Mandy Flaherty The Vicarage, Church Street, Harston, CB22 7NP	01223 650330 vicarhhn@gmail.com
All Saints' Harston Churchwardens: Francis Clarke Joy Richardson	Churchwarden.harston@gmail.com
St Edmund's Hauxton Churchwarden: Thomas Nixon	Churchwarden.hauxton@gmail.com
Music: organists Alastair Oatey Mike Knapton	AlastairOatey77@gmail.com Pmknapton58@gmail.com
Music Group: Rebecca Fitzgerald	Rcf29@cam.ac.uk

Our group of churches also include St Maragret's Newton, who have their own newsletter. For further information about all three churches please see our website : www.hhn.church

Roman Catholic Church

Catholic Mass is celebrated in Our Lady of Lourdes, Sawston. Parish Priest: Canon John Minh. Email: Cambourne.sawston@rcdea.org.uk. Contact: 01223 832397. Charlene Ward is the contact person with Harston. Please feel free to reach out on rcharstonhauxton@gmail.com, whether you are Roman Catholic , of another Christian denomination, or none, with any questions or suggestions

Baptist Church

Minister: Scott Paton, spatonhbc@gmail.com

Tel: 01223 870434

The Village News

Copy Deadline: 12th November 2025

Email: Paru Naik at hvillagenews@outlook.com

Items are included at the discretion of the editor and may be edited if space is short. All submission should be in Ariel Font 11 (A5). If you are interested to help the editorial team put the magazine together, please do get in touch and email Paru Naik on hvillagenews@outlook.com

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