

August & September 2023

THE TRUMPET

Produced for the whole community of Trumpington
by St Mary & St Michael Parish Church



The magazine is delivered free to over 6,000 homes in the Parish
Copies are available from the Church and the Bakehouse porch
You can also read *The Trumpet* online at trumpington.church/trumpet

Who's Who

Vicar: The Revd Mandy Maxwell 01223 845047 / vicar@trumpington.church
(If I am out and about, do leave a message)

Church Office: The Bakehouse, 1a Grantchester Road, Trumpington CB2 9LH
01223 846096 / office@trumpington.church

Website: <https://trumpington.church>
Facebook.com/TrumpingtonChurch | **Instagram.com/TrumpingtonChurch**
Twitter.com/TrumpingtonCofE

Current services are listed on page 5, the website, and the church noticeboard.

The following email addresses end in: trumpington.church

Churchwardens:

Edmund Brookes 01223 840374 / churchwarden@
Sheila Betts 07889 706625 / warden@

Children and Families Worker (post shared with St Mark's Newnham):
Natalie Lealand childrenandfamilies@stmarksnewnham.org

Parish Safeguarding Officer: Sheila Betts 07889 706625 / safeguarding@

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The Trumpet

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Cover photo: Clay Farm Community Garden, Sheila Betts

From the Vicar . . .

Summer arrived in late June and retreated in July, just as I had discovered the whereabouts of my sandals. Never mind - as this edition reaches you in August the sun will have returned and with it the pleasures of outdoor swimming, picnics and barbecues. Hopefully. The long summer vacation is a mixed blessing for families but here in Trumpington there is an impressive line-up of events to entertain all ages.

Many parents, myself included, will have to wrestle with the question of screen time - how much, how often and when? The thing is, if screens are denied, alternatives have to be provided. I've hit on the idea of journaling: encouraging a period a reflection and writing each day, not as a dull, academic improvement exercise, but to encourage creative thinking and expression.

Journaling can become a safe space and a place to filter difficult emotions; it is a place to be honest where we can ask the questions that no-one else would know or dare to ask us. Scripture is full of penetrating questions. As was the practice for many Jewish rabbis, Jesus taught using questions such as:

*Why are you afraid, you of little faith?
What do you want me to do for you?
Do you love me more than these?*

Questions like these call us to probe our deepest self. Whatever a person chooses to write about, there is something cathartic about letting go with pen on paper. This was apparent in July when MOPS (Mothers of Pre-schoolers) hosted a session on the practice of journaling with 'Good Life Designed' (sample right). It is hoped that they will return next term for another session.

Mandy



Advance notice: Christmas Tree Festival

As we enjoy the summer holidays Christmas may seem a long way off but we are already putting plans in place for our Christmas Tree Festival from 15 to 17 December. It's free to enter a decorated tree so thinking about it now will give you plenty of time to get creative with your theme!

We welcome decorated trees from individuals, families, community groups, charities and local businesses. There will be workshops and other activities running alongside the festival for everyone to enjoy as we prepare for Christmas.

*Book your slot or contact Sheila for more information:
trumpet@trumpington.church*



AUGUST & SEPTEMBER NOW ON SALE!

Cambridge Arts Theatre

COULD YOU HELP DELIVER THE TRUMPET?

We rely on volunteers to deliver *The Trumpet* to every home in the parish. Could you help us to cover the ever-expanding areas of Trumpington?

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Services at St Mary & St Michael in August & September

All our 10am Sunday services are zoomed and in-person; other services are in-person only. Join a Sunday service online via the website: www.trumpington.church

Sunday 6 August
10am Holy Communion

Sunday 13 August
10am Holy Communion

Sunday 20 August
8.30am BCP Holy Communion
10am Holy Communion

Sunday 27 August
8.30am BCP Communion
10am Holy Communion

Sunday 3 September
8.30am BCP Communion
10am All Age Communion

Sunday 10 September
8.30am BCP Communion
10am Holy Communion with Junior Church

Sunday 17 September
8.30am BCP Communion
10am Experience and Explore: for details of this informal service please see below
6.30pm BCP Evening Prayer

Sunday 24 September
8.30am BCP Communion
10am Holy Communion with Junior Church

A guide to our services

Please note that there is no Junior Church during August and our usual pattern of worship changes during this month.

8.30am BCP Holy Communion is from the Book of Common Prayer - a quiet, traditional communion service.

10am Holy Communion is a service using liturgy from Common Worship with hymns and music, 2nd and 4th Sundays, and with Junior Church.

10am All Age Communion is a more contemporary communion service specifically for 'all ages'. There is no Junior Church on this Sunday as the children stay for the service.

10am Third Sunday Informal Service without communion. *Experience and Explore* includes a talk, a time for personal reflection, activities for all ages and refreshments.

6.30pm BCP Evening Prayer takes place on third Sundays.

From the Parish Registers

Wedding

01/07/2023 Harry Adam Burdon and Scarlett Poppy Grace Blacker

Funerals

23/06/2023 Peter John Huckle, followed by burial in the churchyard
14/07/2023 Marie Livesey



Sign up for our weekly e-news at <https://trumpington.church>



MEMORY CAFÉ



Where people with varying forms of memory loss can visit with their carers and support each other and have fun

Third Wednesday of the month, 10-12 noon

Come and join us for coffee and cake at

The Pavilion, Paget Road junction with Anstey Way, Trumpington CB2 9JF

If you would like to come, or would like more information, please call 01223 840268 beforehand

PCC Trumpington is a Registered Charity (1139132)

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Memory Café

In June we enjoyed an excellent talk on gardening for wellbeing by Carol Holloway explaining the role and work of the Trumpington Patient Participation Group, in particular the benefits of working outside, with others, in the Clay Farm Allotment. (Meeting details opposite.)

Thanks to Carol, everyone was able to take away potted seeds. The session ended in a timed activity to see who could get the most coverage in a wrapping competition.



If you are interested in the Patient Participation Group, go to <https://www.trumpingtonstreetmedicalpractice.co.uk/patient-group-index>

Our Mothers' Union



How lovely to have the sunshine and be able to have our meetings in the garden. On 24 August we will meet for morning coffee at 10.30am. As well as a raffle we will have a book stall.

Our get together on 28 September will be at 2.30pm. Our programme has yet to be decided upon but I am sure we will have a lovely afternoon of fellowship together.

If you would like to find out about joining the Mothers' Union please contact me on 01223 510256 or email mothersunion@trumpington.church
Stella Chandler



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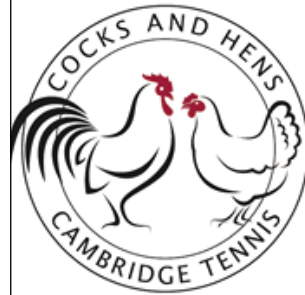
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MOPS (Mothers Of Pre-Schoolers)

MOPS Is a group for mums of babies, toddlers, teenagers. We run a crèche to give you time to relax, be creative, learn a little, make new friends, breathe...

Over the past few weeks we've made bunting (special kudos to the Trumpington Stitchers), done decoupage, drunk plenty of tea and coffee, listened, empathised and reflected during a session of mindful journaling.

We meet on Tuesdays during term-time in the Community Rooms at Trumpington Meadows and there's Stay & Play on alternate weeks for extra space to play and connect.

Stay & Play 10-11am:

5 & 19 September, 3 & 17 October, 7 & 21 November

MOPS with creche 10-11.30am:

12 & 25 September, 10 & 31 October, 14 & 28 November

Follow us on Facebook or get in touch at trumpingtonmops@gmail.com



WE GO TOGETHER

Community News and Events

Royal British Legion

While it is the holiday season for most of us, our armed forces are always on duty with high readiness so that units may deploy anywhere very rapidly. Some will be away from their loved ones for several months often with little communication, so we also think of their families waiting at home. While they will get leave at some other time, it may not be when they would have wished, an unseen side effect of serving the nation.

We are now looking towards our 2023 Poppy Appeal (28 October to 11 November) when we will again be at Waitrose, courtesy of the Partners there. While we have a loyal band of helpers who cover the stand for the full 15 days, we would appreciate any help if it is offered. Especially if you have recently moved to Trumpington, please think about joining us for even just a couple of hours, my contact details are below. Last year we broke the £20,000 barrier for the first time and I would like to think that due to the generosity of our many donors we can do that again. Any donation, small or large, is greatly appreciated. Readers will be aware that this year we will have new all paper and recyclable poppies which I am assured are as durable as the plastic ones we have had for some time. These poppies will be phased in as we use up existing stocks.

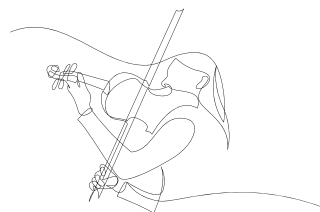
Edmund Brookes, Royal British Legion, 01223 840374

Trumpington Strings

We are a small string orchestra that meets at Denis Wilson Court, Porson Road Cambridge CB2 8ES. The members are from all age groups and we focus on performing 2 to 3 concerts a year, either at Denis Wilson Court or at hospices and care homes in the district. There is no fee to join and the concerts are either free, or entry by donation (the donations are given to local charities such as Trumpington Food Bank, homeless shelters, etc).

We perform music from the standard string orchestra repertoire plus a few more modern items or sing-along material for care home concerts. We are looking for more members for after the summer break - all ages are welcome and ideally we are looking for fairly advanced players, violinists in particular. We are a friendly group and enjoy playing together. Our rehearsals are currently held on Sunday afternoons (weekly or fortnightly depending on players' availability) 2-4.30pm, with tea break. The musical director is Gillian Ruddick, teacher of violin and viola, formerly founder/director of Nova Strings in New Zealand, and with a Cambridge University degree in music.

If you would like more information please contact Gillian direct, preferably by email, gillian.ruddick@cantab.net or on 07516187998.



Cambridge Flower Club (NAFAS affiliated)

We meet at the Memorial Hall, Mill Lane, Whittlesford CB22 4NE on third Thursdays, 6.45pm for refreshments with a demonstration at 7.15pm. New members welcome.

17 August: Open meeting
Tickets £15, doors open earlier at 6.15pm (see details on the right)

21 September: Celebrating late summer
In-house demonstrations, visitors pay £8.

For more information about our meetings or to enquire about joining Cambridge Flower Club please phone Freda on 01223 891464 or email fredaorgee@gmail.com



Trumpington Kids Clothes Hub

Our volunteers continue to work hard to collect and rehome children's clothes free of charge to families who can use them. We recently marked our second anniversary, at which time we calculated that we had prepared boxes of clothes for 552 local children. This is equal to the weight of a 4-berth caravan or a fully grown Black Rhino!

Our free school uniform rails are still available on Fridays, after school, at Trumpington Meadows (some shoes included) and Fawcett schools. Please just help yourself to anything you need.

Our June pop-up event was very popular and a lot of families went away with some cool summer clothes, for their fast-growing kids. Do come along to the next one, which is on Friday 25 August at Clay Farm Centre and join in the fun.

If you can't make it to a pop-up we will gladly pack a box of clothes, for you to collect. Fill in a form online at trumpingtonkidsclotheshub.co.uk



Trumpington Repair Café

Repair cafes are free community events that match experienced repairers with people who need stuff fixed. We had our second one on 15 June and it went very well indeed. We had lots of happy customers, both in the Repair Room and enjoying cakes and company in the Café.

There was a great variety of things taken to the Repair Room: venetian blinds, sewing machines, CD player, standard lamp, trousers, a canvas tentpole bag and something described as 'my favourite top'.



People also signed up for workshops in clothing repairs and tool sharpening.

Trumpington Meadows School made us very welcome, and we have decided to hold our next one there as well, sometime in September/October. Watch out for publicity about our next event.

We have met a lot of local residents who support the idea, and would welcome more volunteer helpers, both on the day and organising it beforehand. We are particularly looking for someone with experience of using Google Forms for bookings and mailouts - could you help?

*Please get in touch if you want to know more:
trumpingtonrepaircafe@gmail.com*

The Clay Farm Centre - Summer Update

The Summer Reading Challenge is up and running in the library, come along with your kids and grandkids, there's still time to sign up! The free 'Ready, Set, Read!' themed challenge encourages reading 6 books across the holidays and rewards each with stickers, activities and, if completed, a medal and a certificate. Our awards ceremony for those who have completed the challenge will be on Tuesday 19 September from 4.15pm.

On Thursday 10 August we have a free active fun and games session from 10.30am-12pm followed by a free holiday lunch for children. On Thursday 24 August we are having two discos at Clay Farm! The morning disco runs 11am-12.15pm and the afternoon disco runs 4-5.15pm. Tickets for each disco cost £1 per child and they're both followed by a holiday meal.

We have the Lego out on Thursdays in the Café 4-6pm with seasonal colouring activities, books, puzzles and games in the children's library during opening hours. Whether your visit is to choose your next holiday read, catch up with friends or a little coffee break, we can't wait to see you hanging out with us this summer!



Connected Lives, Cambridgeshire Hub

Have a fantastic Summer and Connected Lives looks forward to seeing you in the Autumn.

Community groups

Trumpington Meadows Community Hub starts again at Trumpington Meadows Primary School on 8 September from 11.45am-1.45pm providing a nourishing lunch, wellbeing singing, storytelling, 0-2 years baby clothes hub, toys and craft for all ages.

HonC! stay and play starts at Clay Farm on 13 September from 10-11.30am with toys, craft, wellbeing singing, yummy cake and the chance to chat.

Parenting Courses: Why not join one of our five parenting courses starting this Autumn to improve your relationship with your child(ren). Circle of Security-Parenting Groups give us space to think about why our children behave in certain ways and how we can get that balance of 'no-nonsense kindness'.

Sign up via the QR code or contact katie.logan@connectedlives.org.uk for more information.



Plan of Trumpington Parish

This map has been created especially for *The Trumpet* and is updated regularly, but please contact the Editor if you can help improve it as new roads become occupied.
Email: trumpet@trumpingtonchurch.org.uk

As the map becomes more complicated you may like to consult the regularly updated www.openstreetmap.org

- 1 Sole & Duck Restaurant
- 2 The Green Man
- 3 The Duchesse of Cambridge
- 4 The Lord Byron
- 5 Farthings Trumpington Dry Cleaners, Rumbles Fish Bar, Rulo's Barber, Florist, The Bun Shop (post office/convenience store)
- 6 Shell Petrol Station
- 7 Waitrose
- 8 Trumpington Food & Wine
- 9 Trumpington Village Hall
- 10 Wildlife Trust Office
- 11 Trumpington Pavilion
- 12 St Mary & St Michael Parish Church & Bakehouse (church office)
- 13 Anstey Hall
- 14 Rainbow Nursery
- 15 Trumpington Meadows Primary School
- 16 Fawcett Primary School
- 17 Trumpington Community College
- 18 Fawcett House (Cambridgeshire County Council)
- 19 Hobson Square area including Clay Farm Centre with Eat Lunch cafe, GP Surgery & Library, Welfare Pharmacy, NISA Local, Sainsbury's Local, Dentistry & More, Dao Cafe
- 20 Clay Farm Allotments
- 21 Clay Farm Community Garden
- 22 Foster Road Allotments
- 23 Trumpington Community Orchard
- 24 Trumpington Park Primary School
- 25 Perse Prep School
- 26 St Faith's School
- 27 Cambridge Football Stadium & Kingsway Cambridge (formerly Cambridge Lakes) Golf course
- 28 Trumpington Park & Ride
- 29 John Lewis Distribution Centre
- 30 Nuffield Hospital
- 31 Trumpington Meadows Allotments
- 32 Christ Church Trumpington Church Centre
- 33 Cambridgeshire Care Home
- 34 Trumpington Bowls Club
- 35 Sainsbury's Local
- 36 Glebe Farm Allotments
- 37 Skate Park



Trumpington Stitches

We have increased the number of workshops we run to two a month as they are proving very popular.

Here is the flyer for the next three months. The group is always small (4-6) and informal, and we keep costs as low as possible. Meanwhile, our Chair Carol Holloway has stepped down after seven years and we have a new Chair, Dana Nugumanova.

This October sees the 10th anniversary of Trumpington Stitches, which began as a sewing class funded by the City Council. We have come a long way since then and will be celebrating - details tba.

Our meetings continue on Mondays 7-9 at the Pavilion (£3.50) and Stitch for Charity on Tuesdays 10.20-12 noon at Clay Farm Centre café (no charge).

Please see the website for updates or to get in touch: trumpingtonstitches.net



Autumn 2023

Monday evening workshops

All 7-9pm at the Trumpington Pavilion CB2 9JT

● 7 & 21 August Cost £5 per session

Sewing Machine Confidence

Do you have a sewing machine still packed away in its box, or one you've hardly used? Bring it to our workshop (with the manual and any accessories), we'll look at its features, how to clean it, and do basic stitches. We'll go on to make a small tote bag or a drawstring bag.



● 4 & 18 September

Cost £5 per session

Seed heads & flowers in Free Machine Embroidery (FME)

For experienced machine users. Discover the fun of FME to make pictures, cards, or gift tags, with seed head & flower motifs.



● 2 October Cost £5

Strip Quilted Cushion

Learn the skills & techniques to make a strip quilted cushion - putting the strips together and sandwiching layers.



● Booking essential for all workshops

Contact Jackie Covill: jackiec.stitches@gmail.com

www.trumpingtonstitches.net

Summer in Trumpington

Monday 24th July	Tuesday 25th July	Wednesday 26th July	Thursday 27th July	Friday 28th July
<p>Trumpington Stitches Trumpington Pavilion £3.50 7:00pm-9:00pm</p>	<p>★ Music Show Clay Farm Centre 10:30am-12pm Ages 5+ £1 Ticketed event</p> <p>Stitching for Charity in the Cafe @ Clay Farm Centre 10:30am-12pm</p>	<p>Book a table for your group! The Trumpington Community Centre Small Private Hall</p> <p>A limited number of tables available for school groups 7-11 Monday 28th July Trumpington (Price still to be confirmed) 10:30-5:30pm 7/20 per child (bookings available please see)</p>	<p>Stay and Play Free Lego session Clay Farm Centre 4:00pm-6:00pm</p>	<p>Food Hub Trumpington Pavilion 12-1:30pm</p>
<p>Please see separate promotion for details or contact kelly@trumpingtondrama.co.uk ★ Tickets available from the Clay Farm Centre from the 8th July</p>				

Summer in Trumpington

Monday 31st July	Tuesday 1st August	This weekend	Thursday 3rd August	Friday 4th August
<p>Trumpington Stitches Trumpington Pavilion £3.50 7:00pm-9:00pm</p>	<p>Wiggles and Giggles Crafts with the Brownies and the environmental team FREE 0-10years 09:30am-11:30am Trumpington Pavilion</p> <p>Stitching for Charity in the Cafe @ Clay Farm Centre 10:30am-12pm</p>	<p>MUSIC PARKS FREE 0-10years 10am-12pm</p>	<p>Stay and Play Free Lego session Clay Farm Centre 4:00pm-6:00pm</p>	<p>Food Hub Trumpington Pavilion 12-1:30pm</p>
<p>Check this out Sunday 6th August</p>				

Monday 7th August	Tuesday 8th August	Wednesday 9th August	Thursday 10th August	Friday 11th August
<p>Trumpington Stitches Trumpington Pavilion £3.50 7:00pm-9:00pm</p>	<p>FREE Active Family Event Trumpington Pavilion 10:00-1:00pm See separate poster</p> <p>Stitching for Charity in the Cafe @ Clay Farm Centre 10:30am-12pm</p>	<p>Crafts and games on the Park Hobson Rd Park 3:00-5:00pm FREE</p>	<p>Active fun and games Holiday session + lunch FREE Clay Farm Centre 10:30am-12pm</p> <p>Stay and Play Free Lego session Clay Farm Centre 4:00pm-6:00pm</p>	<p>Food Hub Trumpington Pavilion 12-1:30pm</p>

Monday 14th August	Tuesday 15th August	Wednesday 16th August	Thursday 17th August	Friday 18th August
<p>Trumpington Stitches Trumpington Pavilion £3.50 7:00pm-9:00pm</p>	<p>Wiggles and Giggles Crafts with the Wildlife Trust FREE All ages 10:00am-12pm</p> <p>Stitching for Charity in the Cafe @ Clay Farm Centre 10:30am-12pm</p>	<p>Bring the whole family and make Trumpington Community Picnic Tea</p> <ul style="list-style-type: none"> • Family friendly • Children's menu • Free parking • Free coffee • Free drinks • Games and 10x10k • Games and 10x10k • Games and 10x10k • Games and 10x10k <p>Book your table for details and see our full menu on the website: www.trumpingtondrama.co.uk</p>	<p>KPAA SAGAs</p> <p>• 10 x 10k • 10 x 10k • 10 x 10k • 10 x 10k</p> <p>Book your table for details and see our full menu on the website: www.trumpingtondrama.co.uk</p>	<p>Food Hub Trumpington Pavilion 12-1:30pm</p>
<p>Please see separate promotion for details or contact kelly@trumpingtondrama.co.uk ★ Please book via "Bookwhen" from the 10th July using the QR code</p>				

Monday 21st August	Tuesday 22nd August	Coming Soon	Thursday 24th August	Friday 25th August
<p>Guided walk Trumpington Meadows Nature reserve 9:30am-12:30pm Please pre book on wildlifeboard</p> <p>Trumpington Stitches Trumpington Pavilion £3.50 7:00pm-9:00pm</p>	<p>Stitching for Charity in the Cafe @ Clay Farm Centre 10:30am-12pm</p>	<p>BOOKEN Thursday 24th August 2023</p>	<p>★ Holiday Disco + lunch Clay Farm Centre Times 11-12:15pm and 4-5:15pm £1 Ticketed event</p> <p>Stay and Play Free Lego session Clay Farm Centre 4:00pm-6:00pm</p>	<p>Food Hub Trumpington Pavilion 12-1:30pm</p>
<p>★ Tickets available from the Clay Farm Centre from the 8th July</p>				



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Trumpington Food Hub

When are we open?
Every Friday except when it falls on a public holiday

What time?
From 12pm to 1.30pm

Where are we?
Trumpington Pavilion
Paget road, CB2 9JW

Can I donate?
All donations are gratefully received and can be dropped off on Friday mornings from 9am

Can I Volunteer?
If you would like to help with our food hub in any way please contact the food hub co-ordinator at foodhub@trumpingtonresidentsassociation.org

Trumpington Residents' Association (TRA)

The TRA needs your help if we are to continue with the wide range of activities that we have undertaken in recent years. Here is an update about what we do.

We hold regular members' meetings with guest speakers and discussions of developments and issues of concern (there is information about the next meetings on the News page on the website, details below). Since 2009, we have also run Trumpington Pavilion on behalf of the City Council. This has been very successful but, if we are to continue, we need additional help from one or two people who are able to support the staff in managing the service. In the last three years, we have also run Trumpington Food Hub from the Pavilion, helping around 150 people each week, with lots of support from funders and volunteers.

We have a long track record of organising community events, including Jubilee and Christmas celebrations, but we need new volunteers to be able to do so in the future.

The Trumpington of today has benefitted immensely from the TRA's engagement with the design of the major housing developments and the Local Plans, giving support, but raising concerns where appropriate. Transport plans to meet the growth in jobs and population and the rapid development of our close neighbour, the Cambridge Biomedical Campus, also demand continued attention.

We need help with all these activities, if we are to continue to have an impact on behalf of residents. See the web site for more information:

<http://trumpingtonresidentsassociation.org/>

If you are interested in getting involved, come to a members' meeting or see the TRA meetings page on the website. Individual membership is £5 a year; household membership is £8 a year. Email: members@trumpingtonresidentsassociation.org



Royal Wedding celebration April 2011
photo: Andrew Roberts



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Girlguiding Trumpington

Trumpington Guides and Shelford Guides were very glad of the hot weekend at the end of June when the overnight temperature didn't drop below 18°C, when 20 girls slept outside in shelters they'd constructed from cardboard boxes to raise money for Jimmy's Night Shelter in Cambridge. So far, they've raised an amazing £1,100!

Trumpington Brownies also had lots of fun in the summer term with a very enjoyable owl-themed sleepover with outdoor games, craft activities and, of course, a campfire with s'mores. More recently, they enjoyed a trip to ClipnClimb thanks to a grant from Cambridge City Council.



We'd love some more adults to join in and help with all the fun!

If you're interested, please contact Lisa: browniestrumpington@gmail.com or register to volunteer at: www.girlguiding.org.uk

Trumpington Local History Group

After two successful and well-attended village history walks in June, we are now looking ahead to our programme of indoor meetings.

The first of these will be on Thursday 28 September, when we will be presenting various topics on the theme of 'Post-war Trumpington 1945-1980', 7pm at the Clay Farm Centre, admission £2.50. The following two meetings will be on 16 November and 29 February - details to follow next time.

Our website (trumpingtonlocalhistorygroup.org) now has reports of recent activity, including Dr Sam Lucy's excellent February talk on 'Excavations at Trumpington Meadows: Putting the Trumpington Cross in Context' and local Coronation events in May. If you want to know anything about Trumpington's past, you will probably find it on the website somewhere - just use the search box at the bottom of each page.

Trumpington Meadows exhibition at the Museum of Archaeology & Anthropology

From 21 June 2023 to 14 April 2024, new evidence about the bed burial and cross discovered during the Trumpington Meadows excavation are a highlight of an exhibition in the Museum of Archaeology and Anthropology in Downing Street, Cambridge: 'Beneath our Feet: Archaeology of the Cambridge Region'.

The exhibition has a reconstruction of the bed burial, with some of the most important finds placed in position, including the cross, pins and other grave goods. It also includes a forensic artist's likeness of the teenage girl. Following isotopic analysis of her bones and teeth, it is thought that she moved to Britain as a young girl, around 7 years old, probably from the area that is now Germany, and she was around 16 years old when she died. The evidence from the excavation shows that the community at that time (7th century AD) had inhabitants who raised sheep, kept chickens and grew crops, spun wool, played board games and gathered in a large hall. For information about the excavation and subsequent research, also the

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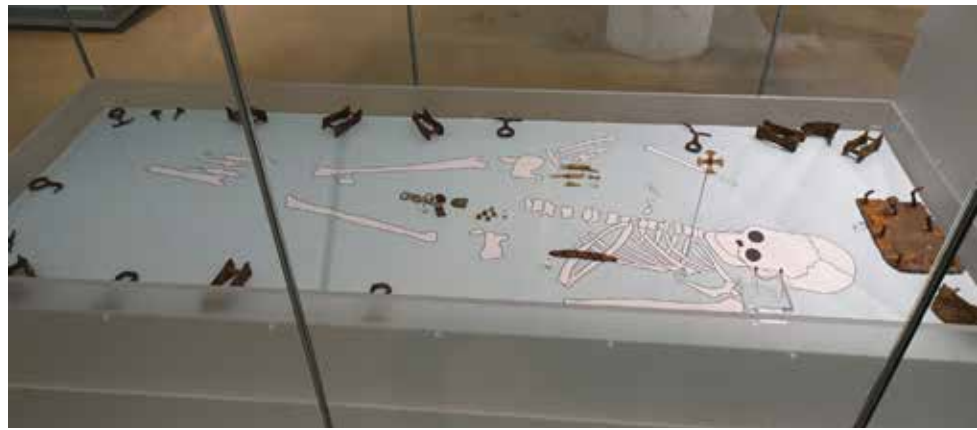


Contact us to book your group activity
01223 847433 weekday mornings

pavilion@trumpingtonresidentsassociation.org
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visits and meetings we have had to discuss the results see our website:
http://trumpingtonlocalhistorygroup.org/subjects/subjects_trumpingtoncross/
Howard Slatter, Chairman, tlhglst@gmail.com

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Kate Bennett
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kbennettlegal@gmail.com

Trumpington Community Orchard

The wildflower meadow is in full bloom and the apple trees are covered with fruit. Thanks to a willing bunch of Astra Zeneca volunteers from Chesterford Park, the meadow around the trees has been tidied and paths to them properly defined. The herb garden has also been weeded and replanted. The trunks from the thinned out cherry thicket have been colonised by a variety of wildlife and provided a feast for the birds nesting in the boxes and trees.

The refurbished Swift Tower boxes were all greatly appreciated by the local sparrows and the returning swifts, both happily sharing the accommodation. It is really amazing to see pairs of swifts and sparrows taking turns in entering the same box with no squabbles evident despite the small spaces available for parents and their offspring. This year there have been at least seven pairs of swifts nesting in the boxes and the newer pairs have occupied those in the front of the tower while the returning pairs appear to occupy the side boxes. The summer brood of sparrows has already fledged and the baby swifts should be ready to leave their nests in the next few weeks. There has also been interest in the tower from a number of new pairs so it is likely that all the boxes will be occupied when they return next year.

Our next volunteering session is on Sunday 17 September (11am-2pm) - please join us, we need all the help we can get. Note this is grandparents day, and grandparents are welcome to come with their grandchildren!

Finally, we would like to re-instate the moth day and bat walks as these are a great opportunity for local children (and adults!) to learn about wildlife - so if you know any moth or bat identification experts please pass on our contact details.
Hope to see you soon. Contact us on trumpingtonorchard@yahoo.co.uk or visit www.trumpingtonorchard.org or call Susanna on: 07722 568020



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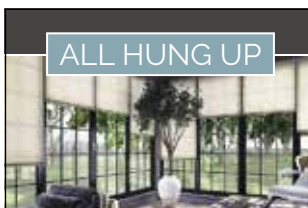
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Patients Group - Trumpington Street and Clay Farm Medical Practice

Would you like to help make our local Medical Practice the best it can be? We are keen to have more people join our Patients Group. We meet on Zoom four times a year with Practice Managers and GP Partners, and we aim to be a collective voice for patients.

If you would like to understand more about how our GP Practice operates and contribute to improving patient experience, please do get in touch via the website, where further information about the group, the constitution and meeting notes can also be found. The link is here, we are in the Meet the Team section:

<https://www.trumpingtonstreetmedicalpractice.co.uk/patient-group-index>



Trumpington Park PSHE partnership develops teachers of tomorrow

An innovative partnership between Trumpington Park Primary School and Cambridgeshire PSHE Service, part of Cambridgeshire County Council, is helping to prepare the next generation of primary school teachers for the classroom.

Around 75 trainee teachers from the University of Cambridge benefit each year from the subject-specific training as part of their Primary PGCE programme. As part of this training, which spans three identical sessions for 25 trainees, they experience 'on the job' learning at Trumpington Park Primary School, led by Headteacher and PSHE specialist Mel Shute, in PSHE development days.

Steph Hoskin, Lead Adviser at Cambridgeshire PSHE Service, said: 'Our relationship with Trumpington Park Primary School goes back many years. They are fully committed to PSHE and wellbeing is at the heart of their school. Children are front and centre of everything they do, and they are the perfect inspiration for developing teachers.'

VIPS (VERY IMPORTANT PENSIONERS)

- The VIPs are a group run by the pavilion staff, who work with the members of the group to plan their sessions.
- Activities range from art, games, citizen advice, and independent living, to bingo, days out, quizzes and much more.
- We meet every 2nd Wednesday of the month, except August, from 10.30am to 12 noon.
- Everyone welcome: come and meet some new friends, join in with talks and enjoy a cup of tea or coffee and cake.

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For more information about the charity, please visit cambridgeunitedcharities.org or email cambridgeunitedcharities@gmail.com

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The Trumpet

Information and articles for possible inclusion in the next issue of this magazine are welcomed and should be emailed to the editor by: Friday 1 September, to trumpet@trumpington.church

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Other Community Groups

Girlguiding Trumpington
 Jubilee Room, Village Hall
Rainbows (age 5-7) Tuesday 5.30pm
Brownies (age 7-10) Wednesday 6.30pm
 Join or volunteer at www.girlguiding.org.uk/interested

1st Trumpington Scout Group
Beavers (age 6-8) Wed, Trumpington Meadows School (TMP) or Trumpington Meadows.
Cubs (age 8-10.5) Tue, TMP or Meadows; Wed, Fawcett School.
Scouts (age 10.5-14) Thu, Fawcett School.
 All term-time only. More info or to volunteer email gsl@1sttrumpingtonscouts.org.uk

Trumpington Allotment Society
 We manage Foster Road allotments:
www.trumpingtonallotments.org

Comberton Ramblers

Join our friendly group for walks of 5-7 miles on alternate Sundays.

Only assistance dogs are allowed on walks.
 First two walks free then membership is £10 per person per year.

For more info contact stella.hardwicke2274@hotmail.com
 01954 210049 / 07930951703

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