THETRUMPET

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





Who's Who

Vicar: The Revd Mandy Maxwell 01223 845047 / stmarystmichael55@gmail.com (If I am out and about, do leave a message)

Church Office: The Bakehouse, 1a Grantchester Road, Trumpington CB2 9LH Closed temporarily - please contact the Vicar or Churchwardens

Website: https://trumpington.church (in the process of being renewed)
Facebook.com/TrumpingtonChurch | Instagram.com/TrumpingtonChurch

Twitter.com/TrumpingtonCofE

A Church Near You: https://www.achurchnearyou.com/church/2697/

Current services are listed on page 5, A Church Near You (url above), 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@

Organist: Geoff Symon 07468 106340 / organist@

Choir Leader: Alan Howard 01223 846096 / choir@

PCC Secretary: (vacancy) Please email vicar@ or pccsecretary@

PCC Treasurer: Edmund Brookes 01223 840374 / treasurer@

Electoral Roll Officer: Janet Hendy 01223 870270 / electoralroll@

Bellringers, Tower Secretary: Lizzie Hopper / bellringers@

Mothers' Union: Stella Chandler 01223 510256 / mothersunion@

The Trumpet

Editor and Advertising: Sheila Betts 07889 706625 / trumpet@ Distribution: Edmund Brookes 01223 840374 / trumpetdelivery@

Cover image: stock.adobe.com

From the Vicar . . .

O Little Town of Bethlehem, how still we see thee lie . . .

Not true this year as we hear sobering accounts of conflict in the Middle East. So many families dealing with such painful losses. And as we read of violence, horror and mounting casualties we can often feel shocking waves of powerlessness, recalling our smallness in the global scheme of things. If you are reading this and have relatives in Israel or Gaza, know that our prayers are with you.

The story of the first Christmas likewise tells of perilous circumstances; Mary did not even have the power to decide where Jesus should be born. Joseph had no option other than to trek miles to Bethlehem to register for the census. And then the little family had no choice but to leave Bethlehem for the safety of their child, lest he should be the victim of a despot's plans for infanticide. Against all the odds, Jesus reaches adulthood. Christmas celebrates God incarnated into human form and into a life that was anything but privileged. If we have a faith and pray, we might give thanks that God became as we are, to understand the suffering, the grime and the fear that any of us, at any time, can be plunged into. We might not be able to effect world peace, but with faith we can pray to the God who humbled himself even unto death, so that we might be raised to live with him and for him, and in our own tiny corner, shine in the darkness.

Christmas at

St Mary & St Michael, Trumpington

See page 4 overleaf for the programme for the Christmas Tree Festival in church on the weekend of 16-17 December, including our Nine Lessons and Carols service on 17 December at 6.30pm, followed by mulled wine and mince pies. Follow the QR code link for further information and to book for the wreathmaking workshop with Marianne from Radhika Flowers and Saturday 'Christmas Strings' concert.

See the back cover for details of our special services over Christmas and page 5 for all our regular services. Mandy



From the Parish Registers

Baptism

05/11/2023 Ayla Hope Spires

Funeral

07/11/2023 James Mark David Merry, known as 'Jim'





Christmas Tree Festival 16 & 17 December

Activities, seasonal music and refreshments throughout

Saturday

Church open 9am to 4pm

Drop-in Children's Craft Sessions 10am to 1pm (free – donations welcome)

Stapleford Flutes 11am

seasonal background music for about an hour

Wreathmaking Workshop 1.30pm to 3.30pm

with Marianne from Radhika Flowers (£45 plus booking fee), book via eventbrite: wreaths-trumpington2023.eventbrite.co.uk

Christmas Strings Concert 4.45pm

(free with retiring collection for Trumpington Food Hub), book via eventbrite: christmas-strings2023.eventbrite.co.uk

Sunday

BCP Communion 8.30am

a short reflective communion service

Experience & Explore 10am

a service with activities, a talk, worship, reflection and refreshments

Come and see the trees from 11.15am

Drop-in Children's Craft Sessions from 11.30am

free - donations welcome

Church closes to the public 4-6pm

Finale: Service of Nine Lessons & Carols 6.30 pm

followed by mulled wine & mince pies

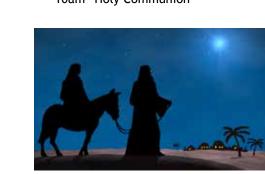
If you would like to enter a decorated tree, themed or imaginative, please download an entry form from the webpage below or email trumpet@trumpington.church

Entries close 11 December

The event details and booking links are also on our website: trumpington.church/christmas or scan the QR code below



Trumpington Parochial Church Council, Registered Charity No. 1139132



Services at St Mary & St Michael in December & January

All our 10am Sunday services are zoomed and in-person; other services are in-person only. Find the Zoom link here: https://www.achurchnearyou.com/church/2697/

Sunday 3 December - Advent Sunday

8.30 BCP Holy Communion10am All Age Communion

Sunday 10 December

8am BCP Holy Communion 10am Holy Communion with Junior Church

Sunday 17 December

8.30am BCP Holy Communion
10am Experience and Explore an informal service with
activities to explore the
theme, a talk, refreshments
and space for reflection

6.30pm Annual Carol Service

Sunday 24 December - Christmas Eve

No 8.30am service 10am Holy Communion

3pm Christingle - a family service in aid of the Children's

Society

11pm Holy Communion

Monday 25 December - Christmas Day

8.30am BCP Holy Communion
10am All Age Communion

Sunday 31 December

No 8.30am service 10am Holy Communion

Sunday 7 January

8.30 BCP Holy Communion10am All Age Communion

Sunday 14 January

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

Sunday 21 January

8.30am BCP Holy Communion
10am Experience and Explore an informal service with
activities to explore the
theme, a talk, refreshments
and space for reflection
6.30pm BCP Evening Prayer

Sunday 28 January

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

A guide to our services

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, and with Junior Church on 2nd and 4th Sundays.

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.

Trumpington Memory Café

Every third Wednesday of the month,10am-12 noon

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

The Pavilion, Paget Road, (opposite Anstey Way), Trumpington, Cambridge, CB2 9JF

Call 01223 840268 to book a place and please give your name(s)

ST. MARY & ST. MICHAEL





Memory Café

Harvest and Remembrance themes were the focus of the meetings in October and November. Sally and John Barrett recalled Sally's life on the family farm in Landbeach; how she enjoyed pony trekking and driving a tractor at the tender age of 13!

In November Edmund Brookes appeared in his day office uniform and talked about how the British Legion was founded by Field Marshall Earl Haigh in 1921 to address the social issues experienced by servicemen demobilised after World War I. He also spoke about the role and development of Service Charities from the 19th Century to the present day.

Julie Longland came to demonstrate how to make ceramic flower arrangements and to show us her lovely work.

This is a photo of the baubles decorated by Memory Café for the Christmas Tree Festival in December.



Our Mothers' Union

We do not have our usual meeting in December but we will meet on 11 December to take part in the *Wave of Prayer* at 75 Bishops Road at 11am, when we will pray together for our link diocese across the world and learn about the struggles that many of them have. We will follow this with refreshments and no doubt discussion.

We will be entering a tree at the Christmas Tree Festival in church on 16-17 December. Our tree is called *The Tree of Wishes & Prayers*. Please support the festival and don't forget to vote for us!

This year with our Christmas collection we are supporting Whitworth House by providing them with Primark Gift Cards. They provide a safe space for young women aged 16-24 years and offer support to help them to become independent and achieve their goals.

At 12 noon on 25 January we will meet at 75 Bishops Road for a fish & chip lunch, which will have been pre-ordered.

Let us remember in our prayers all those who will be suffering this Christmas.

Wishing love and peace to you all.

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

Saturday 16 December • St Mary & St Michael • 1a Grantchester Road, Trumpington



Wreathmaking Workshop

during the Christmas Tree Festival with Marianne from Radhika Flowers 1.30-3.30pm, £45 – boook here:

wreaths-trumpington2023.eventbrite.co.uk



Christmas Strings

A concert by Trumpington Strings Orchesstra 4.45pm, free with collection in aid of Trumpington Food hub – book here: christmas-strings2023.eventbrite.co.uk

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?

It is just 6 times a year.

Please contact Edmund: 01223 840374 or trumpetdelivery@trumpington.church

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

MOPS ⇒ THE MUMCO

'MOPS is fab - the best part of their week!' That's what our mums say. It's a space for mums to connect, make friends, share stories, learn about parenting, life skills, have fun, play games, try new things, have an actually hot drink.

But we've seen that it's more than just us 'mums with little people' - we are a community of mums - making friends, sharing stories, helping with parenting, life skills, having fun. And we want to encourage that, that it's more







THE MUMCO

than just mums of littlies (the 'Pre-Schoolers' of our name) - so we're going to be changing over to a new name for this welcoming mums' community - the MumCo - and making it explicit that you don't have to bring a little one with you - as our precious children grow, we still need, we still benefit from our time together - with the friends we've made in our MOPS journey, sharing stories, helping with parenting, (different) lifeskills, having fun etc.

So, we're not really changing - we're still that space where you can connect - we'll just be shifting our name, to represent our mums' community - The MumCo. And if you're a mum, you're still very welcome to come and check it out and join in.

What do Trumpington mums say about MOPS our mum community here?

'It's great to have the crèche'
'MOPS is the one thing I do for me'
'Meeting other mums like me'
'Can come as you are'



The Mum Community by MOPS International meets alternate Tuesdays in term-time at Trumpington Meadows Community Rooms: 12 December - Christmas party and then 9 and 23 January.

For those with little ones around, we have our Stay+Play on the other Tuesdays: 5 December, 16 and 30 January.

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





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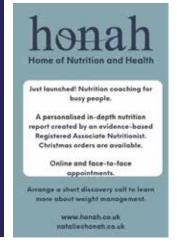
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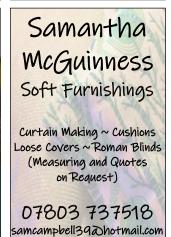
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Community News and Events

Self-employed Support Worker required (6hrs pw)

To support a 34-yearold man with mild learning disability and autism, who lives in Cambridge CB2; to help him with day placement activities and grocery shopping, on Fridays from 12.30pm. You will need a car. £13.50ph, plus fuel cost. DBS required (costs covered). Previous experience of supporting people with learning disabilities/ autism desirable but not mandatory as training is provided.

Please contact Svetlana for more info: svetlana1333@yahoo.com or 07533 133437



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, general 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.



Royal British Legion

As this issue of *The Trumpet* arrives through your letter box, we have completed our 2023 Poppy Appeal and I would like to start by thanking all those who have obviously given so generously, and those readers who answered the call and have assisted with running the stall at Waitrose. Their help is especially appreciated. I will announce the final sum raised in the next issue, but it will again be a significant sum.

Everyone is aware of the ghastly events presently happening around the world. While British Forces are not involved, readers may not be aware that troops have been deployed to the Middle East to protect United Kingdom interests if required. In addition RAF Akrotiri in the Western British Sovereign Base area in Cyprus offers a valuable fixed asset. Watching such of the Remembrance Sunday commemorations and march pasts in London on the television as I was able to, alongside attending church services and parades in both Hauxton and Harston, one cannot fail to admire the courage of many of those who march past the Cenotaph remembering their comrades. Recently I sat at dinner next to a paratrooper who was part of the 2nd Battalion, Parachute Regiment at Goose Green in 1982. He still vividly remembers those comrades he left behind.

The monies raised by this year's and every Poppy Appeal help support the Royal British Legion's work with those who suffer as a result of their military service as well as their families which it is easy to forget, and for this I thank you all.

Edmund Brookes, RBL, 01223 840374

Trumpington Rainbows

. . . are having lots of fun in their meetings for girls aged 4-7 years. This term they're working on the Animal Lover badge, and doing activities around teamwork, celebrations and traditions. They still urgently need to find additional adult volunteers to help at their one hour-long meetings.

Please contact shelforddistrict@gmail.com to find out more or register to volunteer at www.girlguiding.org. uk/get-involved/become-a-volunteer Lisa MacGregor



The Chatty Café Scheme

12

The Chatty Café Scheme is at Waitrose Trumpington, every Monday 10-11.30am If you would like to have a chat while you enjoy your coffee or tea at Waitrose, do come and join us on the Chatty Café table. There will be a yellow sign on the table and one of us to welcome you.

The Chatty Café scheme operates across the UK and is the leading charity tackling loneliness.

Find other chatty cafés here: https://thechattycafescheme.co.uk

The Clay Farm Centre

We had a lovely autumn season here at the Clay Farm Centre celebrating our 5th birthday and the local children (and adults!) had a fantastic time at our Halloween disco event.

We have plenty going on at the Centre during the festive season including our Chistmas event (see the poster right).

If you are looking for somewhere to take the family in-between Christmas and New Year why not bring them down to the Centre on Thursday 28th December where we will be hosting a festive café morning between 11am-1pm. There will be hot and cold refreshments, mince pies, crafts and board games for the family to do/play. Keep a look out for leaflets, posters and social media posts for future

We wish you all a Merry Christmas and a very Happy New Year.

themed community events!

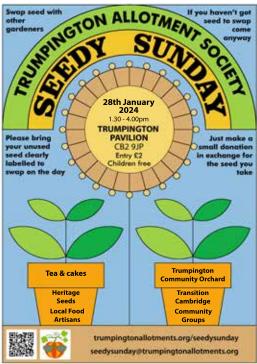
Trumpington Allotment Society

We are delighted to host Seedy Sunday, details right. There will also be local vendors, community groups and refreshments in aid of Trumpington Memory Cafe.

Whatever your interest in 'growing your own' or discovering some of the groups and activities in our community, this event is for you.

There will be a wealth of gardening expertise to answer questions, give advice and perhaps offer new ideas for the growing season. As we get closer to the date, please keep an eye on our website. If you need to contact someone directly, please phone Barbara on 01223 779526. We look forward to seeing your there!!







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Trumpington Kids Clothes Hub

All our volunteers are

working harder than ever to sort and distribute the clothes donations we receive and for which we are extremely grateful. If you are interested in helping, please get in touch. Coming soon! We are in the process of organising a free school uniform rail at Trumpington Park Primary School to match the ones we already have at Trumpington Meadows and Fawcett Primary Schools. We will be posting updates on our Facebook page, so keep an eve out! Our October event, at Fawcett Primary School, was very successful and we welcomed around 58 families. Thank you to the

school for letting us use

the dining hall. We had lots of space to spread out which is essential now as the Hub keeps getting bigger and bigger!

We have two opportunities to get your Christmas jumpers and party wear sorted during December and then come and welcome 2024 at our 1st 'pick your own' stall event for the year on Saturday 20th January at Fawcett Primary.

Thank you to everyone

who has supported us during 2023. We couldn't do what we do without the fabulous community support we receive! 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 the address opposite in the poster.





rumpington

Residents

Trumpington Local History Group

Our final indoor meeting of the winter will be on Thursday 29 February. We will be looking at the history of Trumpington Meadows and south-west Trumpington, from neolithic and Iron Age archaeology through to the new housing and the country park. The Wildlife Trust will tell us about the development of the nature reserve. 7 pm at the Clay Farm Centre; further details in the next edition of *The Trumpet*. All are welcome.

For everything about our varied history you can now access the website from this shortened link: https://linktr.ee/tlhg

If you would like to be on our email mailing list, or get involved in researching our local history, then please get in touch.

Howard Slatter, Chairman, tlhglist@gmail.com

Trumpington Residents Association

The most recent TRA members' meeting was on 23 November, when we had a talk and discussion with Dr Mike Moore, Chair of CUH NHS Foundation Trust. Our next members' meetings are on

31 January and the AGM on 27 March. We are supporting the Clay Farm Centre with their Christmas Fair, at the Centre on 9 December.

See our website for more information: http://trumping ton residents association.org

If you are interested in getting involved, come to a members' meeting or see http://trumpingtonresidentsassociation.org/tra

Individual membership £5 a year; household membership £8 a year.

Email: members@trumpingtonresidentsassociation.org



This half term, the children were very lucky to have a visit from the poet Michael Rosen who visited Fawcett and Trumpington Meadows primary schools and led a poetry workshop with the children - the children wrote their own poems on difficult themes such as loss and refugees as well as hearing some of Michael's more lighthearted pieces. The Federation's schools have worked with Michael for a number of years as part of our passion for giving children as broad a range of opportunities as possible, as noted in the OFSTED report from



Trumpington Meadows earlier this year.

With Christmas approaching, we would be delighted to see anyone from across the Trumpington community at the Winter Fayre, taking place at Trumpington Meadows school in the evening of 15 December! Events will start from 3.30pm and volunteers would also be very welcome! It will be a great event for all the family so please do come along.

We are always delighted to welcome visitors, or volunteers, into our schools so if you would like to visit, or get involved with supporting, either Fawcett or Trumpington Meadows schools, please do get in touch.

Ollie Monro, Head of School Trumpington Meadows Primary School 01223 840299 (choose Trumpington Meadows option) www.trumpingtonfederation.co.uk



Trumpington Community Orchard

We have had a relatively quiet autumn with the last of the wildflowers, butterflies and dragon flies. The local visitors have enjoyed both the fruits of the heritage apple trees as well as the crab apple trees which this year produced a bounty of wild apples for juicing and puddings.



With the help of teams of volunteers from Astra Zeneca, Bidwells and Heineken, the meadow has been cut and the hedgerow trimmed so the Orchard looks neat and tidy ready for the winter. Although the meadow was cut traditionally using scythes, this has not yet attracted the attention of local media, despite their fascination with traditional farming methods at King's College, possibly because this is just the usual annual upkeep at the Orchard!

The habitat enhancement has continued to provide an autumn pantry for the small birds and mammals; a number of squirrels have been seen feasating on hazelnuts and chestnuts on the picnic tables - kindly provided for their convenience! The local sparrows have again colonised all the nesting boxes in the Swift Tower for the winter - it is nice to see full use being made of the accommodation all through the year.

The Orchard continues to be a valuable educational resource for our local schools and we had an enthusiastic day of visits by four classes from Trumpington Park School. It was rewarding to see how curious and interested the youngsters were in many different aspects of nature and the observational beehive was a particular hit. The Orchard also provides an opportunity for personal development activities of secondary schools and we are lucky to have weekly visits from the Leys students who readily help with a variety of maintenance tasks that enable us to keep on top things.

The school visits have, however, reminded us that the picnic tables and benches are coming towards the end of their useful life and will need replacing in the near future. We have thus put in two funding applications with the Community Chest Fund and CCF Fund for Nature, so fingers crossed we will be able to replace the worn furniture in the next year. We were too late for the Council's Environmental Improvement Fund, but will apply next year if opportunity allows.

Thanks to The Trumpet, we have a possible volunteer to run bat walks and possibly a moth night, and maybe a new Stars at Night event so keep a lookout for notices here and on the Orchard gate and noticeboard.

The folk musicians, dancers and the Lord-of-Misrule have confirmed 14 January at 2pm for our annual Wassail event in the Orchard - keep an eye out for posters.

The next Orchard maintenance session will be at 11am on 10 December and as always you need to come dressed in weatherproof clothing and footwear and we will provide gloves and necessary tools.

Hope to see you soon! Contact us: email trumpingtonorchard@yahoo.co.uk Visit: www.trumpingtonorchard.org or call Susanna on: 07722 568020

Clay Farm Community Garden

We hope you can join us for our Christmas Garden Party on Thursday 14 December, 5-8pm, all the details are on the flyer to the right. This event is free but donations are welcome - by cash, card, via donation page or the link below always welcome.



Do you enjoy walking through our Garden, maintained by a small band of volunteers funded solely by the events we organise?

If you would like to support us with a donation big or small, you can contribute by visiting clayfarmgarden.org or scan the QR code.



CLAY FARM COMMUNITY GARDEN

Christmas roast served by Rotisserol Homemade mulled wine plus hot drinks

Fire pit \$ marshmallows
Sing carols with local Church Choir at 6pm

Christmas photo shoots with Gabriella Fuzi (Please book in advance)

THURSDAY 14 DECEMBER 5-8PM

SCAN QR CODE FOR MORE INFORMATION, PRE-ORDERING FOOD, PHOTO SHOOT BOOKINGS CLAYFARMGARDEN.ORG





Patients Group - Clay Farm & Trumpington Street Medical Practice

Our AGM elected a new Chair, Sina Beier and continuing Vice Chair Carol Holloway, with a new Action Plan for the next 12 months. We are keen to improve direct communication with patients, so if you would like to be on our mailing list to keep in touch please do let us know. We are especially keen to hear from Carers as we are



supporting the Practice to achieve standards set by Caring Together to better serve Carers. We will also be running sessions to help people understand how best to make appointments, get repeat prescriptions and access information online. Look out for more information on posters and Facebook about this. We recognise the tough job the staff do so we plan to have a Christmas tree in Clay Farm reception area for thankyou cards, to give staff a boost for the festive season - cards will be provided, do fill one in if you are there.

Email us at ppg.tsmp@gmail.com or sign up on the website form here: https://www.trumpingtonstreetmedicalpractice.co.uk/ppg-signup

Trumpington Repair Café Group

Our third Repair Café went very well, with lots of repairs carried out, items rescued from going into landfill, and money saved on buying replacements. It must be admitted that a few things were found to be beyond repair, but at least their owners knew that they had tried their best, even if items had to be taken home in pieces ready for the recycling bins!

The October Repair Room successes included winter coats, VHS recorder, toasters, sewing machines, lawnmower, CD player, kitchen blender, shorts, strimmer, parasol, cordless drill, jeans, bike light, dress, TV and a bag. To quote the feedback from the owner of a mended





toaster 'Repaired, yippee. Well organised knowledgeable help'. Another wrote 'my favourite coat was mended and I look forward to wearing it again. Thank you!' We want this group to carry on holding events like this in Trumpington and we are making sure that we have at least two people who can do every job involved. The next Repair Café will be on Sunday 21 January 2024, 2-5pm in the Trumpington Meadows school as before, and we are looking for people to help run the actual café - serving drinks and cakes to the repairers and other customers. Everybody is very friendly, the kitchen is well equipped and there is a lovely atmosphere. Would you like to help?

Please contact Philippa on trumpingtonrepaircafe@gmail.com or 07739 530716 or if you would like to know more.

Repairs are booked online using this link https://lintr.ee/trurepcaf Please get in touch if you know someone who would like something mended but doesn't use the internet.



Cambridge Solidarity Hub: Trumpington Forest Gathering

I would love to invite you to the Trumpington Forest Gathering, which is offered by Cambridge Solidarity Hub. It is currently a monthly session at the forest school clearing near Byron's Pool Car Park. Since Easter 2023 it has grown from 28 to 62 people. Helen Bell, Alex Clare-Young, Hannah Henley and Sonya Sireau work together to develop this gathering in response to feedback from all who come.

We work to honour diversity and facilitate community and that resonates with each of our day-to-day lives. We share stories, songs, snacks, community, and connection and welcome folks of all ages, of all faiths and none. The gatherings are informal and include activities for all. In October, we shared a story about a monster and responded by creating monsters from natural materials to remind us of the things that we are afraid of, both inside and outside of ourselves. We then lit sparklers to listen and look for wonder in the forest dusk.

Our next meetings and themes are 23 December (Refuge), 27 January (Comfort), 24 February (Hibernation), 27 April (Growth) all at 4pm.

At the moment, these events are free and unticketed. Revd Dr Alex Clare-Young (they/them/my name) Founder of Cambridge Solidarity Hub, Working out of Downing Place URC, @cambridgesolidarityhub / solidarityhub.co.uk



Trumpington Stitchers

Our 10th birthday party went with a swing! We recognised the work behind the scenes that has made Stitchers such a success and thanked all the Steering Group members, past and present, for that. Carol was presented with a cushion covered in memorabilia of past projects as a thank you for seven years of being the Chair.

Meanwhile, our meetings continue, with growing numbers at the Tuesday morning 10.30-12 Stitching for Charity group at Clay Farm café, who fill two boxes a month with goods sent to Knit for Peace and local charities.

Monday meetings and workshops at the Pavilion 7-9pm are always popular and our latest workshop flyer is here. We are refreshing our poppy wreath for the Remembrance Sunday parade to the War Memorial and we are looking forward to making pom-pom gingerbread men at the Clay Farm Centre Christmas event on 9 December. Lots more information, photos and our contact details are on our website https:// trumpingtonstitchers.net





Monday evening workshops

All 7-9pm at the Trumpington Pavilion CB2 9JT ● Cost £5



4th <u>or</u> 11th December

Christmas bunting

Using a sewing-machine, you will make a short of piece of bunting to take home. Suitable for beginners.



8th JanuarySewing scrap bag

The most useful thing you will ever make! No more bits all over the floor when you miss the bin! Snip your threads and trimmings into this bag next to your workspace.

Basic machining experience needed



22nd or 29th January

Basic sewing machine skills

or complete beginners or unconfident starters, with or without your own sewing machine.



• 12th and 19th February

7ins

How to remove, replace, insert them. Bring your own item and zip to work on. (To be discussed with tutor in advance.)

Booking essential for all workshops

Contact Jackie Covill: jackiec.stitchers@gmail.com
£5 charge can be reduced or waived for those on low income – please speak to Jackie
www.trumpingtonstitchers.net





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Cambridge Citizens Advice

66 Devonshire Rd, Cambridge CB1 2BL



Connected Lives: Cambridgeshire Hub

Our motto at Connected Lives is to help relationships thrive. Our team of volunteers, trained staff and activities aim to support this goal through helping those we meet, to build a healthy community.





Community Groups

Hands on the Circle (HonC!) stay-and-play group at Clay Farm Community Centre

Wednesdays 10-11.30am with toys, craft, baby area, wellbeing singing, yummy cake and chat. Join us on 16 December for our Christmas party!



Feel Good Friday at Trumpington Meadows Primary School - all are welcome

Connected Lives

TM Community Hub continues every Friday 11.45am-1.45pm providing a nourishing lunch; pre-schooler stay and play; wellbeing singing; storytelling; 0-2 years baby clothes; craft; a listening ear for wellbeing and mental health issues; signposting and referrals for financial help, bpha housing issues and Cambridge City food bank. Open until 8 Dec when we hope to enjoy some Christmas fun! We restart in the new year.

Parenting Course with a difference

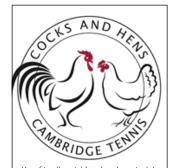
Why not join one of our supportive relationship-based parenting courses starting in the New Year. This 8-week course is suitable for parents/carers/grandparents/nannies with children of all ages. The course helps us strengthen our relationship with our child(ren), understand the root causes of tantrums and anxiety and enhances our own and our child's self-esteem. Sign up via the QR code or contact katie.logan@connectedlives.org.uk for more information.



BodyMindConnections Sessions

Join us in the new year for 1.5 hour sessions combining Pilates (no experience needed) and storytelling; providing opportunities for deeper thinking for parents/carers through reflection, exercise and relaxation. The sessions are run by a trained Pilates/Yoga teacher and an experienced mental health practitioner. A fun and gentle way to connect more with ourselves and each other. Sign up via the QR code or email helen.bell@connectedlives.org.uk to find out more.





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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





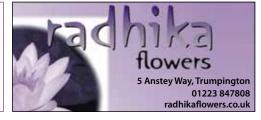
Can I Volunteer?

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

Comberton Ramblers

Join our friendly group for walks of 5-7 miles on alternate Sundays. Only assistance dogs are allowed on walks. Your first two walks are free then membership is

£10 per person per year. For more info contact stella.hardwicke2274@hotmail.com



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 5 January 2024, to trumpet@trumpington.church

The Trumpet is published by Trumpington Parochial Church Council (Registered Charity No.1139132) (the 'PCC').

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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 SocietyWe manage Foster Road allotments: www.trumpingtonallotments.org



Christmas Tree Festival 16 & 17 December

Seasonal Music and Refreshments throughout

Saturday 9am-4pm Church open

10am-1pm Drop-in Children's Crafts (free)

1.30-3.30pm Wreathmaking Workshop (£45, pre-book)

4.45-5.45pm Christmas Strings Concert

(free, but seats must be pre-booked)

Last day

to enter a tree

Monday 11 December!

Sunday 8.30am BCP Holy Communion

10am Experience & Explore, informal service

11.15am-4pm Church open

Drop-in Children's Crafts (free)

4-6pm Church closed

6.30pm Finale: Service of Nine Lessons & Carols

followed by mulled wine & mince pies

Do join us for our Christmas services



We look forward to welcoming you

Christmas Eve 3pm Christingle Service 11pm Holy Communion

Christmas Day 8.30am BCP Holy Communion 10am All Age Communion

See page 5 for all our other services



For more information, a decorated tree entry form and booking links please visit trumpington.church/christmas or use the QR code