

October-November 2021

www.ourlovesfarm.co.uk

Who Are Your 2021 Love's Farm Community Champions?



Some of our Love's Farm Community Champion award winners from 2019... who will it be this year?

| Friday 12 November, 8pm, | Love's Farm House

Every autumn, Love's Farm Community Association gets together to celebrate the people who have made an exceptional contribution to our community over the past year. We weren't able to do that last year, but while COVID-19 stopped us getting together, it didn't stop people from going above and beyond to help others in our community.

That's why the 2021 Love's Farm Community Champion awards feel like a particularly special occasion.

We need you to tell us who deserves some recognition. It might be for a community initiative or simply a neighbour who really helped out in a time of need. Nominate someone at www.ourlovesfarm.co.uk/awards — we just need to know your name, their name and why they deserve an award. The closing date is 17 October.

The winners will be announced on Friday 12 November at Love's Farm House. As with previous years we'll be combining the evening with a familyfriendly quiz and (short) AGMs for LFCA and Love's Farm House. It's a great opportunity to find out what's happening in our community and perhaps get involved — please put 12 November at 8pm in your diary.



Half Term Fun at Love's Farm House

You won't want to miss the special events taking place at Love's Farm House during October half term.

The week kicks off with

Inspirations Dance's Acro & Street Dance Holiday Workshop on

Tuesday 26 October. If your child loves bouncing around the house doing handstands and cartwheels, this could be the club for them — and save your furniture in the process! Acro combines gymnastics elements and acrobatic skills with dance, and children will also learn and choreograph street dance and commercial routines. Suitable for children of all abilities aged 5-14. Please visit www.inspirations.dance for more information and to book.

On Thursday 28 October, Limelight Entertainment presents the **Bibbidi-Bobbidi Ball**. The Love's Farm House hall will be transformed into a beautiful ballroom where you can join Cinderella and Aurora for dancing, fun and games, a craft activity and live performances from the princesses. There will also be a lunchbox for your own prince or



Darwin the Chimp comes to Love's Farm House on Friday 29 October

princess to enjoy. Tickets cost £25 and can be purchased by emailing hello@limelightentertainmentuk.com or messaging www.facebook.com/LimelightEntertainmentUK.

On Friday 29 October, join the award-winning Ditto Theatre
Company for **The Unexpected Adventures of Darwin the Chimp**, an adventure of friendship and family and what it means to be home. In a small cage, behind narrow bars, lived a chimp. Every day he was gawped at, poked and taunted. He wondered what life was like beyond the zoo. When a postcard is dropped in front of the chimp's cage he realises that there are others just like him, and so begins a journey that changes everything.

Organised by The Library Presents, the show is suitable for families with children aged 5+. For more information and tickets, visit St Neots Library or buy online at www.library.live.

On Halloween itself, Sunday 31 October, Emmabelle's Princess Parties will be hosting two spooooooooky events. **The Spooks and Sparkles**

Halloween Party is a not-so-scary Halloween event hosted by the Mermaid Princess and the Lilypad Princess. There will be live singing and dancing performances, followalong dancing for little ones to join in. a spooky storytime, plus party snacks and treat bags for each child. For braver children, Once Upon a Wicked Halloween will be celebrating all things spooky and villainous, with two amazing Villain Kid character hosts, lots of singing and dancing, party snacks and a bag of treats to take home. Each event costs £17 per child. To book tickets head to www.ticketsource.co.uk/ emmabellesprincessparties.

Don't forget that Love's Farm House also has a varied schedule of regular activities, with something for everyone from toddlers to teens, acro dance to zumba, coffee mornings to crochet to church. You can find the October What's On Guide on the back page. More information about everything that's going on at Love's Farm House is available at www.lovesfarmhouse.com/whats-on.

Love's Farm Book Club

| Friday 15 October, 7:45pm, | Love's Farm House

Love's Farm Book Club is your local book club, meeting every third Friday at Love's Farm House to discuss the monthly chosen book. Anyone aged 18+ is welcome.

All the books are chosen around a

theme each month and they read all different types of genres. The club kept going on Zoom during the lockdown, and are now back at the Farm House, with the benefit of a well-stocked bar. The club has been running for two years with over 170 members on their Facebook group.

The book for 15 October is The Chain by Adrian McKinty.



Love's Farm Book Club recently welcomed author Kate Sawyer to discuss her book, The Stranding

Love's Farm House Café and Bar are Back

We're delighted to announce that the Tuesday morning café and Friday night bar are both returning to Love's Farm House.

The café menu has changed a little: as well as our normal extensive tea, coffee and soft drinks menu, we will have croissants, pains au chocolat and pains au raisins for you to enjoy. Pop in from gam to midday on Tuesdays (term-time only) to meet friends and perhaps make some new ones.

Lots of people have been asking when our Friday night bar will return, and the answer is now! Our regular **Cocktails and Karaoke** (first Friday of the month), **Love's Farm Book Club**



Teas, coffees and fresh pastries at the Farm House Breakfast Café, Tuesday mornings from 9am

(third Friday of the month) and **Quiz Nights** (last Friday of the month) are back up and running.

Friday 8 October is the official launch of our latest gallery exhibition, showcasing the works of St Neotsbased artist Karen Macwhinnie.

Visit www.lovesfarmhouse.com or facebook.com/lovesfarmhouse for the latest details.

Love's Farm House Needs You!

Here at Love's Farm House we love to put on events that bring our community together. From barbeques to bar nights to breakfast cafes, from holiday activities to the Halloween disco, we aim to have something for everyone. Our events are run by a team of dedicated volunteers and we are always on the look-out for new members. There are opportunities to get involved in a whole host of activities. You could spend a couple of hours weeding the garden or an afternoon running party

games for children, or even take on a regular role serving bacon butties at Lazy Breakfast on a Saturday morning once a month. Volunteering is a great way to meet people and have fun while helping to make Love's Farm House the premier destination for community events. Everyone is welcome to get involved — no matter your skills, we can find something for you. If you would like to hear more, please register your interest on our volunteer register at tinyurl.com/yvy7cmgr or email jenny@lovesfarmhouse.co.uk.

If you would like to have a bigger say in how Love's Farm House is run, we also are also welcoming new Trustees. Love's Farm House is managed by local residents via a charity called Love's Farm Community Centre CIO. The charity is managed by a Board of Trustees and each year at our AGM we have an opportunity for new Trustees to join us. We'd love you to be one of them!

Our Trustees take overall responsibility for the community centre, including managing the finances, marketing events, applying for funding, setting policies and procedures, employing and managing staff, and ensuring that we meet our objectives of making Love's Farm House a welcoming place for everyone in our community. We aim to have a range of Trustees of varying ages, backgrounds and interests. You don't need any particular skills or experience, everyone will bring something





Do you have an idea or project that will benefit your neighborhood or community but need help funding it? **bpha** may be able to help it happen.

Up to £250 Cash 4 your Community.

This grant scheme could help your new idea or an existing local project. We will consider any ideas, such as:

- Social Inclusion activities e.g. Street Party; Youth Club or an Older Peoples Group
- Setting up a communal garden/allotment or other green initiatives
- · Improvements to communal areas

Priority will be given to ideas that benefit bpha residents and the wider community by enhancing or improving the environment or health and wellbeing of the local people or area and have a lasting positive effect.

If you have **ANY** ideas for a project but are not sure how to go about it, please get in touch with the bpha Community Engagement Team on **0330 100 0272** or email us

communityengagement@bpha.org.uk

different to the table. Meetings take place at Love's Farm House on the first Wednesday evening of each month and all Trustees get involved in one or more of our Sub-Teams, depending on their interests and experience. If this sounds like a role for you, we'd love to hear from you. Please email chair@lovesfarmhouse .co.uk or call 01480 262626 for more information or to register your interest.

Neighbourhood Watch

If you've been to Station Square recently, you might have spotted the first of our brand new Neighbourhood Watch signs!

We have permission from the County Council for 25 more of these signs in various locations around Love's Farm. Thanks to funding from bpha and LFCA, these signs are ready to go up.

Neighbourhood Watch can only succeed with everyone's support, and there are several ways you can get involved:

- 1) Sign up to the scheme at www.ourwatch.org.uk/scheme/ 39264/loves-farm-community (make sure to find the "Love's Farm Community" scheme if you're searching)
- 2) Follow the dedicated Love's Farm Neighbourhood Watch Facebook page
- 3) Volunteer we need some help with:
 - · Putting up signs (no particular



Neighbourhood Watch signs are going up across Love's Farm

- skills, you just need to be confident up a ladder).
- Some admin tasks such as managing the Facebook page
- 4) Meetings are every fourth Wednesday of the month, currently via Zoom but hopefully in person soon. Please register to join the Love's Farm Community scheme to receive the meeting invitations.

If you can help with any of these things then please drop a line to our coordinator, Caroline Henderson, via neighbourhood-watch@ourlovesfarm.co.uk

Recycle Your Food Pouches

Do you currently put food pouches in the bin? Baby food, yoghurt and other sauces come in these squeezable pouches with plastic caps. These can't go in the blue recycling bins, but thanks to the Terracycle scheme, you can now recycle your empty pouches on Love's Farm. Just take them to the deposit point outside 73 Hogsden

Leys (Priory Hill). You can leave the caps on and all brands are accepted. Email lara4stneots@gmail.com with any questions.

Lara's deposit point is also still accepting medicine blister packs (the plastic and foil packaging that almost all pills come in). In the last three months our community recycled over 9kg of blister packs, diverting waste from the landfill. Please visit www.terracycle.co.uk to find even more local recycling schemes.

Food Waste Trial Begins on Love's Farm

Huntingdonshire District Council has begun a trial for capturing food waste in Love's Farm. One half of the development has received a small kitchen caddy, while the other half has received the same caddy plus paper liners.

The trial will run for six months, and tonnages collected will be analysed and compared to data from previous years to assess its impact.

Paper liners do have their limitations and come with additional costs. During the trial it will be interesting to see if liners increase the captured food waste.

In Huntingdonshire, roughly a third of the waste collected in the grey bins is food waste — more than currently goes into green bins. Food waste in grey bins goes to landfill, where it releases methane, a greenhouse gas 30 times more potent than

carbon dioxide. The best way to avoid this is by reducing the food that is wasted. The best way to dispose of this would be in your green garden bin or a home compost bin.

The District Council has previously researched why residents are not composting their food waste and found that many do not like having to put it loose into their green bins. Many residents comment that having a kitchen caddy and acceptable compostable liners would help them compost more food waste.

HDC is not able to accept compostable starch liners, so staff have looked at what the alternatives are and have decided to run a split trial in Love's Farm. We look forward to hearing the results.

For those who want to reduce their impact on the environment, and wish to start composting their food waste, here are a few tips:

- Food waste can be added to your green garden bins, either loose, wrapped in newspaper, or wrapped in paper liners/bags.
- Food waste could be placed in an old Tupperware pot, lined with newspaper to absorb any liquid runoff.
- Food waste could be placed in the freezer as it is generated over two weeks, then placed into the bin the night before collection.
- Place the green bin in a shaded area, especially during the summer months.

Groovesonix: a Funk and Soul Treat for Love's Farm's Ears

19 November 2021, 7:30pm, St Neots Town Football Club



Live music from funk legends Groovesonix

Groovesonix features members of internationally acclaimed band Jamiroquai plus singer Michelle John and DJ Derrick Mckenzie.

Their set is energised and never predictable, with classic favourites and current hits blended into a flowing set of tight grooves and danceable mixes.

Groovesonix have co-written and performed on platinum selling albums and #1 singles, not only as members of Jamiroquai, but with over 100 artists including Annie Lennox, Tina Turner, George Michael, Robbie Williams and Kylie Minogue.

Tickets for their concert at St Neots Football Club on 19 November cost £19 from www.centrestagelive.com

Love's Farm Runners

Love's Farm Runners meet every Tuesday evening, rain or shine, at

8pm on Station Square. There are two groups: one 'Couch to 5k' group and a second group for graduates from C25k and more experienced runners.

Running is a great way of taking exercise that you can fit around your other responsibilities and exercise is a proven way of improving your general sense of well being as well as boosting energy levels during the day and helping you sleep at night.

The 'Couch to 5k' is a brilliant introduction to running as well as a route back into running if you've gotten out of the habit. Lots of runners will run alone most of the time but almost every runner enjoys the camaraderie and community of running in a group. So whatever your level of fitness or running history, you'd be very welcome to join LFR on a Tuesday evening. Contact Claire or Caroline on lovesfarmrunners@gmail.com and check out the Facebook group too.



Love's Farm Runners enjoying the evening sun

Breakfast Church

| Sundays, 10am, Love's Farm House

Breakfast Church is back at Love's Farm House every Sunday morning at 10am except for the first Sunday of the month. The morning kicks off with a full breakfast before we turn our thoughts to all the other things that feed us — not least relationships...
For more info contact Helene at community.chaplain@yahoo.co.uk

Messy Church

Messy Church isn't back in person yet but will be offering an October half term 'Takeaway' on the theme of light and hope. If you'd like a pack delivered then please contact Becky or Helene on community.chaplain@yahoo.co.uk

SMART Day

23 October and 27 November, 11am and 2pm, meet at the Pirate Ship

SMART Day is our Love's Farm community effort to pick litter and generally clear and tidy our shared spaces and green places — everyone is welcome to join in! Our next two SMART days are 23 October and 27 November, meeting at the Pirate Ship park at 11am and/or 2pm where you'll be provided with all the kit you need to join in — thank you so much!

Youth Cafe

Wednesdays, 3:30-5pm,

Youth Cafe has relaunched at LFH straight after school on a Wednesday afternoon for young people in Years 7-13. Contact Adele Jones at adele jones@elydiocese.org or Helene on

community.chaplain@yahoo.co.uk for more details.

Library at Love's Farm House

The micro library in the foyer at Love's Farm House has a range of books for everyone to borrow. There are board books, picture books, early readers and story books for children as well as a range of current fiction and magazines for adults.

Thanks to a donation from The Reading Agency, there are now books from the Reading Well collections too. Reading Well supports you to understand and manage your health and wellbeing. The books are all recommended by health experts and cover topics such as stress, anxiety, mindfulness, sleep, bullying and more. There are books for children and young people as well as adults.

We will be rotating the books regularly, so do call in to see what's available, and borrow those that interest you. Titles are also available from St Neots Library, and online at www.cambridgeshire.gov.uk/libraries

Love's Farm Out of Doors

With Phyllis Hooper

What could have been better than our Big Lunch on a glorious autumn day after having waited so long for a good get together! Thanks to Emma and her helpers and all who attended.

So September is giving us some pleasant summer weather, too late for the holidays and for the farmers' crops and poor young trees, which have all suffered with the strange weather of 2021. But the news is not all doom and gloom. It seems to have been a good year for butterflies (I counted 10 different species here on the Farm), moths and insects generally which, in turn, is good news for birds. There are always annual variations in the abundance of any individual species. I have had very few ladybird larvae on my hop vine this year when it is often smothered. Ladybirds hibernate over winter so if we get a cold one there may not be as many next spring.

I was a bit sceptical when I read a sign on the Wintringham path about collecting fruit to make desserts but was delighted to find the first apples to ripen were a very old variety that I remember from my childhood. The rest are still to ripen. I must be getting nostalgic because I have just started making some rose hip syrup. In my youth the Government gave us free (or subsidised) rose hip syrup as a



A Speckled Wood — spotted on Love's Farm

source of Vitamin C — one teaspoon a day after breakfast!

Otherwise this year's harvest is mixed, with very few quinces but more pears. The blackberries have been good but are nearly finished — there is an old saying that you shouldn't pick blackberries after the end of September because the Devil has got into them, but actually they are usually pretty rubbish by then anyway. Do remember that dogwood berries, the little single berries that are black, are NOT good to eat. Be sure to ask if you are foraging. The same applies to fungi, mushrooms and toadstools — if in doubt, DON'T.

Back in the summer I was asking if there was anywhere that we needed a hedge on Love's Farm, because there was a grant we might apply for. I didn't hear back from anyone, but this gave me an idea to plant a hedge maze, mainly for the small children — not as big and tall as the one in Priory Park, but with something in the centre. If anyone knows a chainsaw sculptor perhaps they could let me know!

Hopefully this winter we will get some of our overgrown shrubs and trees cut back a bit. I have noticed several self-sown young willows over on Wintringham already. They really do love our otherwise difficult clay soil! If anyone wants any help or advice, or better still has any ideas or initiatives, please do get in touch — phyllis.hooper@btinternet.com. 07709 903249.

Get In Touch

Love's Farm News

Editor: Ben Pitt

ben.pitt@ourlovesfarm.co.uk Guest Editor for election coverage plus advertising enquiries: Jenny Bishop 01480 262626 iennv@lovesfarmhouse.co.uk

Love's Farm Community Association (LFCA)

Chair: Marcus Pickering marcus. pickerina@ourlovesfarm.co.uk www.ourlovesfarm.co.uk



Love's Farm House

Bookings and general enquiries (Monday to Friday, 9am to 3pm): Jenny 01480 262626, jenny@lovesfarmhouse.co.uk Chair of trustees: Raymon Gompelman raymon@lovesfarmhouse.co.uk www.lovesfarmhouse.com If lovesfarmhouse

St Neots Community Support

Help with shopping and other tasks for people who are isolating due to COVID-19. Call 0333 3355 344 or email info@sncs.org.uk

Town Councillors

Stephen Ferguson, stephen. ferguson@stneots-tc.gov.uk Caroline Gregson, caroline.gregson @stneots-tc.gov.uk Rob Simonis robert.simonis@stneots-tc.gov.uk Ben Pitt, ben.pitt@stneots-tc.gov.uk

District Councillors

David Wells, 01480 211629, davidjwells@hotmail.co.uk Ben Pitt, 07703 169273 ben.pitt@huntingdonshire.gov.uk

County Councillor

Stephen Ferguson, 07525 987460, stephen.ferguson@cambridgeshire. gov.uk

Financial Difficulties

Love's Farm Community Money Advice: www lovesfarmchurch com/ monevadvice 01480 260234. moneyadvice@lovesfarmchurch.com

Breakfast Church

Helene Tame, 07938 803501 community.chaplain@yahoo.co.uk

BPHA

Contact Customer Services on 0330 100 0272 ww.bpha.org.uk

Hartbeeps

Ages: 0 to 4. £7 per child. Contact Sarah on 07872 331260 sarah.armstrona@hartbeeps.com. www.hartbeeps.com

Acro Dance

5-14 Years. Contact office@inspirations.dance or www.facebook.com/ Inspirationsdancecambourne.

Train with Sophia **Fitness Class**

£5 per session / £18 for four-week block. Contact Sophia via www.facebook.com/ TrainwithSophiaA.

Zumba, Fitness Pilates, **Pregnancy Pilates and Fit** Mums

Contact Nicola at nifitness andmassage@outlook.com, www.nifitnessandmassage.com.

Tiny Talk

Ages birth to 2 years, £6.50 per session, contact Claire on clairep@tinytalk.co.uk

Narcotics Anonymous

https://ukna.org or call the helpline on 0300 999 1212

Baby Sensory

Birth to 13 months, £37,50 for 5 classes 07538 502587 beds@babysensory.co.uk, www.babysensory.com.

Shining Stars Children's Charity

Contact Natalie on natalie@shiningstars.org.uk or www.shiningstars.org.uk

Pilates with Laura

£78 for 12 classes. Contact. Laura on 07900 242904 or laura@pilateswithlaura.co.uk

Healthy You

Call 03330 050093 or visit www.healthyyou.org.uk

Youth Café

School years 7 to 13. Email Adele at adele.jones@elydiocese.org

St Neots Tang Soo Do **Karate Club**

Ages: 6 to adult. £4.50 per person / £9 per family. Contact Paul on 07790 217170

FitSteps/Broadway Boogie

£7 per single session / £6 per block booked session. Contact Lynne on dsmdancewithlynne@gmail.com or facebook.com/dsmdancewithlynne.

Contemporary Dance

Ages: 5-12, £5-6 per session. Contact Megan

info@deweyschoolofdance.co.uk. www.deweyschoolofdance.co.uk

Love's Farm Rainbows, **Brownies & Guides**

quides@lovesfarmquiding.org.uk. www.girlguiding.org.uk

Mama Baby Bliss Baby & **Toddler Yoga**

Ages 2 - 12 months. Contact ioanna.miller@mamababvbliss.com call 07904 374212 or visit www.mamababvbliss.com/classes/ book-a-class/biggleswade-st-neots.

Junior Youth Club

School Years 3 to 6. Contact Helene on 07938 803501, community.chaplain@yahoo.co.uk

Love's Farm Book Club

Join the Facebook group at www.facebook.com/groups/ lovesfarmbookclub

Street Dance

Various classes for ages 4+, £4 to £5.50 per class. Contact Katv on 07500 875060, www. katynorthdanceacademy.com

Love's Farm Ladies (WI)

lovesfarmladieswi@gmail.com

Love's Farm Runners

Visit www.facebook.com/ lovesfarmrunners

2nd St Neots Beavers. **Cubs and Scouts**

tinyurl.com/lovesfarmcubs





Monday Tuesday Wednesday

Pilates

Shining Stars

Times as above

what's On

October 2021

Events are at Love's Farm House foyer, hall or meeting room, or out and about. Events with a * mean just turn up. For others, please book in advance. Visit www.lovesfarmhouse.com or call 01480 262626 for more information.

Friday

Toddler Yoga 9.30am Baby Yoga

10.30am, 11.30am Youth Club

5pm, 6pm * Cocktails &

Karaoke at the **Farm House Bar** 8pm - 12am

Saturday

Street Dance 9.15am.

9.45am, 10.30am, 11am

Pilates 6.30 - 7.25pm

Sunday

Pregnancy

Wicked

Halloween

3.30 - 5pm

Monday	Tuesday	wednesday	Inursday	8pm - 12am		
Hartbeeps 9.30, 10.30, 11.30, 12.45, 1.55pm * Stitch Street 1pm Acro Dance 4 - 6pm Fitness Class 6.10 - 6.55pm Zumba 7.05 - 7.50pm Fitness Pilates 7.55 - 8.55pm	Baby Sensory 9.45am, 11am, 12.20pm Shining Stars 3.30 - 5.30pm Pilates 6pm, 7pm, 8pm Love's Farm Runners 8pm @ Station Square	Healthy You 9.30am - 1.30pm Tiny Talk 11am - 12noon FitSteps FAB 2pm * Youth Cafe 3.30 - 5pm * Karate 5.30 - 7pm Broadway Boogie 7.05pm	Little Loves 9.30 - 10.30am Contemporary Dance 3.50pm, 4.20pm, 4.50pm Brownies 6 - 7pm Guides 7.30 - 9pm	Youth Club 5pm, 6pm * Farm House Bar 7.30 - 11pm	Street Dance 9.15am, 9.45am, 10.30am, 11am	Breakfast Church 10am Pregnancy Pilates 6.30 - 7.25pm
Hartbeeps * Stitch Street Acro Dance Fitness Class Zumba Fitness Pilates Times as above	Baby Sensory 9.45am, 11am, 12.20pm Healthy You Stop Smoking Clinic 1pm - 4pm Shining Stars 3.30 - 5.30pm Love's Farm Runners 8pm @ Stn Sq	Healthy You Tiny Talk FitSteps FAB * Youth Cafe * Karate Broadway Boogie Times as above	Little Loves 9.30 - 10.30am Contemporary Dance 3.50pm, 4.20pm, 4.50pm Brownies 6 - 7pm Guides 7.30 - 9pm	Toddler Yoga 9.30am Baby Yoga 10.30am, 11.30am Youth Club 5pm, 6pm * Farm House Bar 7.30 - 11pm * Love's Farm Book Club 7.45pm	Street Dance 9.15am, 9.45am, 10.30am, 11am	Breakfast Church 10am Pregnancy Pilates 6.30 - 7.25pm
Hartbeeps * Stitch Street Acro Dance Fitness Class Zumba Fitness Pilates Times as above	Baby Sensory Stop Smoking Clinic Shining Stars Pilates LF Runners Times as above	Healthy You Tiny Talk * Youth Cafe * Karate Times as above * LFCA Meeting 7.30pm	Little Loves Contemporary Dance Brownies Guides Times as above	Toddler Yoga Baby Yoga Youth Club * Farm House Bar Times as above	* SMART Day 11am & 2pm @ the Pirate Ship Street Dance 9.15, 9.45, 10.30, 11am Shining Stars 12.30pm	Breakfast Church 10am
25	Acro & Street Dance Holiday Club 10am - 12noon Stop Smoking Clinic	Healthy You 9.30am - 1.30pm	Bibbidi-Bobbidi Ball 10.30am - 12,30pm	The Library Presents: The Unexpected Adventures of Darwin the Chimp	30	Spooks & Sparkles Halloween Party 12.45-2.15pm Once Upon a

* Quiz Night @

7.30 - 11pm

Farm House Bar

3 - 4pm