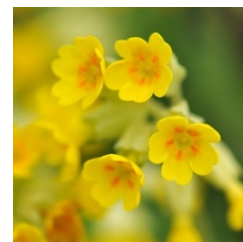




# THE SKYLARK

Longstowe Parish Newsletter

Supplement May 2020



## Longstowe Volunteer Help

Parish Council and Volunteer Group contacts:

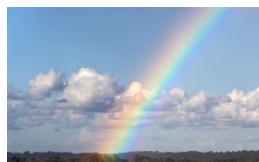
Clerk, Sharon Brown 07587 781217 or [Longstowepc.clerk@hotmail.com](mailto:Longstowepc.clerk@hotmail.com)

Chair, Barbara Cooper 07803 903047 or [bcconfidential@caw.ac.uk](mailto:bcconfidential@caw.ac.uk)

Maddy Crowther 01954 718303 – for urgent food, supplies & prescriptions

Victoria Bevan 07832 100441 – a phone call for a friendly chat.

**Next Parish Council Meeting** – Due to take place virtually on the **21<sup>st</sup> May at 7.15pm**. Please contact Barbara Cooper on [bcconfidential@caw.ac.uk](mailto:bcconfidential@caw.ac.uk) or via phone if you would like the link to join the meeting.



**Village Rainbow Walk** – On your daily exercise walk or cycle, do go once around the village to see all the lovely Rainbows and NHS/Carers support pictures in windows from children and grandchildren!

**Papworth Team Ministry Church@home** [www.papworthteamchurches.org](http://www.papworthteamchurches.org)

## Sunday Worship at 10am via zoom

**11.15am ~ phone-in Team Morning Praise:** A short worship service using the telephone **only** (0330 336 0036), then enter the six-digit pin code (889466).

**Team Morning Prayer at 8.15** every day Monday to Saturday... Pray with us via Zoom

**Team Bible Study** via Zoom... Every Wednesday evening arrive at 7.15 for 7.30pm. We will be looking at Paul's Missionary Journeys.

**Daily Hope** a free national phoneline available 24 hours a day on: 0800 804 8044 – church services, music and prayer.

## Peter's Lockdown Quiz: (All Longstowe clues!)

1. CHEERY TROT – 2 words, once connected with the church.
2. THIS COFFEE POT – 3 words, open three times a week.
3. MARRYING THIS NATIVE – 4 words, "marrying" is the clue.
4. THE GRILLED LEMON – 3 words, once a good place to eat and meet.
5. ALLOWING LETHAL GLOVES – 3 words, hire it for fun!, hire it for almost anything.
6. HOLLOW TANGLES – 2 words, prestigious local private home.
7. TIGHTS HERE – 2 words, long and strung out.
8. BLOCK OUR HORSES – 2 words, lots live here.
9. MORE ADORING – 2 words, still there in the middle of the village but no longer used for original purpose.
10. HER TWO – 2 words. Local name for an area of the village.
11. SWARM FRIGHT – 2 words, now a private home.
12. LOW ISSUE SHEDS – 2 words, a long-lasting temporary solution.

**Exercise Classes** – Keep active for older people, free.

<https://www.facebook.com/oakactivitieskeepactive>

## Libraries –

Borrow eBooks, eNewspapers, and eMagazines, join in with **library** online events. Access to business and ancestry resources.

<https://www.cambridgeshire.gov.uk/residents/libraries-leisure-culture/libraries/library-online>

The Library Presents in your house <https://www.cambridgeshire.gov.uk/residents/libraries-leisure-culture/libraries/library-news/library-presents> click on Library Presents in your House in the list on the web page.

Library – on-line Lego Club. <https://www.facebook.com/CambridgeshireLibraries>

Summer Reading Challenge – Launches 5<sup>th</sup> June 2020.

<https://summerreadingchallenge.org.uk/news/general/silly-squad-coming-soon>

Cambridgeshire Music – **Come and join the fun with our Online Ensembles**

<https://www.cambridgeshiremusic.org.uk/pages/about-us/news/come-and-join-the-fun-with-our-online-ensembles.html>

## Looking after your Mental Health

**Lifeline Plus** – helpline, for people aged 18 and over living in Cambridgeshire and Peterborough, is available **Monday–Friday between 9am and 2pm** via freephone 0808 808 2121.

**7 days a week, between 2pm and 11pm** the same number is Lifeline, managed by Lifecraft who provide support for those in mental health distress: 0808 808 2121.

**Qwell** – wellbeing support/ peer-to-peer support/online forums. Adults are also able to receive help from qualified counsellors via scheduled online chat sessions. [www.qwell.io](http://www.qwell.io)

**Keep Your Head** – this website brings together all the mental health support available across the county – [www.keep-your-head.com/now](http://www.keep-your-head.com/now)

Search for [#nowweretalking](#) on Twitter and Facebook.see

**Cambridge Citizens Advice** on **0344 848 7979**. For general hardship or benefits problems people or contact your support worker.

**Cambourne Food Bank at the Blue School**, open **Thursday** morning between **10–12 noon**. **Now supporting** people from surrounding **villages** with hardship problems.

Voucher required for this:

Voucher holders in Cambourne, for example: family workers, all GPs at Monkfield Medical Practice, SCDC, the church minister, schools in Cambourne and several others.

Or: contact Citizen's Advice Bureau on 0344 848 7979 between 10am and 3.30pm or send a message via their website, which might be quicker, <https://www.cambridgecab.org.uk/>. They should be able to issue code-only vouchers over the phone.

Covid 19 Co-ordination Hubs in Cambs

**Cambridgeshire County Council** [www.cambridgeshire.gov.uk/coronavirus](http://www.cambridgeshire.gov.uk/coronavirus)

South Cambs District Hub – Support for Residents

<https://www.scambs.gov.uk/coronavirus/support-for-residents>

## Peter's Lockdown Quiz - ANSWERS:

1. The Rectory, 2. The Post Office, 3. Saint Mary the Virgin, 4. The Golden Miller, 5. Longstowe Village Hall, 6. Longstowe Hall, 7. High Street, 8. Rushbrook Close, 9. Reading Room, 10. The Row, 11. Wrights Farm, 12. Swedish houses.