

PAXTON POST

J U L Y 2 0 2 5

No. 48



Cup
Winners!



Your free community magazine for Great Paxton and surrounding area

PAXTON POST

Hello Community



I can't believe that we're over halfway through 2025 and this is the 3rd edition that I've been involved with!

I'm so pleased with how many people are reacting positively to the changes, with more people getting in touch to contribute as a result. Thank you all!

The next few months look set to be 'el scorchio' in line with the school holidays, and there are many local facilities, for those wishing to keep everyone entertained come rain or shine.

Did you know that Grafham water provide a holiday club for kids 8+ which is both land and water based?

Ambience Café are running 'Proms in the Park', Wyboston and Little Paxton have aqua parks, Hinchingsbrooke have the grounds as well as craft fairs.

There are so many other activities and locations around us, for both children and adults to enjoy. You might even want to stay home and take a walk around our peaceful village.

Have an amazing 3 months, it will be Autumn before you know it!

Amanda

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Provided by Great Paxton Parish Council

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July Time to plant some spectacular and easy summer flowering perennials such as Delphiniums, Hollyhocks and Foxgloves which are all easy to grow from seed. Come the autumn you can have dozens of plants that will cost just a packet of seeds. These really are the easiest of perennials to grow.



Sow seeds of winter flowering pansies and violas. These are also amongst the easier plants to grow from seed and if started off now will be good strong plants by the autumn and so able to flower throughout the winter period.



A good time to take softwood cuttings of shrubs. Cut a piece of new stem about 6 inches long and remove all flower buds and all but the end 3 or 4 leaves. Place several of these around the rim of a small plant pot filled with a 50:50 mixture of sand and compost. Water and place in a shaded place, don't allow to dry out. It's worth trying almost any plant by this method. It's so simple.

Keep watering and feeding containers regularly. Check them daily. Water, feed and dead-head regularly for the best show.

Keep dead-heading perennials and shrubs such as roses. This keeps them producing more flowers rather than putting their energy into seed and fruit production.

Water autumn and spring planted trees and shrubs during hot dry spells.

Water in the evening when there's less chance the water will be evaporated by the sun before the plants can get it. If you've planted any large perennials, shrubs or trees in the last year, they'll benefit from a little help through their first summer.

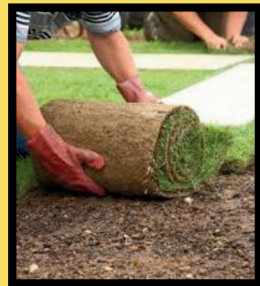


August Feed bedding plants in the ground or in containers, the same for crops such as tomatoes in grow-bags, use a soluble fertiliser as these get to the plant quickest.

Set the mower a little higher than normal in hot dry weather. Best to mow little and often.

An effective way to reduce a whitefly infestation is by vacuuming. Portable vacuums on a low setting are an ideal way of doing this.

If any perennials are particularly badly affected by pests or disease, cutting them back to the ground can be an effective way of revitalizing them.



September Tidy the garden. This helps to reduce the amount of hiding places and food that slugs and snails in particular will have to tide them over the winter.

Diseased leaves should be burnt or taken out of the garden and disposed of, likewise fruit that is damaged by apple scab, plum sawfly or anything similar. Prune any plum and cherry trees you have as soon as possible - now is the time. Scour the retail outlets for summer plant bargains. The end of the year is the best time for new plantings, the soil is still warm and there's time for plants to get established before the winter.

Plant spring flowering bulbs for next year.

A good time to make a new lawn or repair an existing one using seed or turf. The cooler but still reasonable temperatures and more reliable rainfall at this time of year mean that it is one of the best times to do this.

If you have any half hardy plants such as fuchsias or Pelargoniums watch out for cold weather and frosts that may kill them off, they need to over-winter in frost free conditions.



Great Paxton Community Shop



STEP UP • LEAD ON • JOIN IN

Great Paxton Community Shop needs you



We're entering a new chapter - and seeking fresh energy to shape it. As Chair Andy Wylde prepares to step down this September, we're inviting new voices onto the committee - including someone ready to serve as Chairperson.

Could you be our next Chair?

As Chair, you'll guide the committee, champion the shop's future, and help steer us forward - with full support from our Secretary and a collaborative, village-minded team. It's a leadership role with genuine community impact.

Not ready to Chair? Join the team!

We're also looking for committee members who bring new ideas, energy, and local insight. Whether you're great at retail, social media, marketing, or simply love village life, there's a place for you.

We meet monthly - and often catch up for a pint at The Bell too!

Why now?

Thanks to the hard work of recent team leaders and volunteers, day - to - day operations have been streamlined and stabilised. Now we're ready to build on that momentum.

As a Community Benefit Society, the shop belongs to - and is run by - the village. Help shape what comes next.

Interested?

Talk to Andy Wylde, Chair
chair@greatpaxtoncommunityshop.co.uk

While you're here, support our mission:

Spend a Fiver in the shop this week

Give a Little, Help a Lot - volunteer or donate your time, your ideas, your support

Have your say - join the committee or pop in for a chat




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AND WILL GUIDE YOU THROUGH ALL STAGES OF YOUR PROJECT FROM
PLANNING TO COMPLETION.**

ART IN THE VILLAGE

In this issue of the Paxton Post we are focusing on David Lloyd, a true renaissance man, who lists art, poetry, writing and photography amongst his many talents. David started painting when he was only five and in the intervening years has become a prolific artist in acrylic and watercolours.

He has lived in Great Paxton for over 20 years and was, until recently, seen regularly walking his dog Bailey who sadly died late last year.

David has sold many of his paintings over the years, mainly by word of mouth.

He is also happy to undertake commissions. All of his paintings have a story and

a meaning behind them, particularly his striking abstract art.

David is a member of the St.

Neots Art Group and has taken part in many exhibitions.

Writing is an important form of expression to him. He has had many

articles published in various publications covering diverse subjects from garden ponds to microlites.



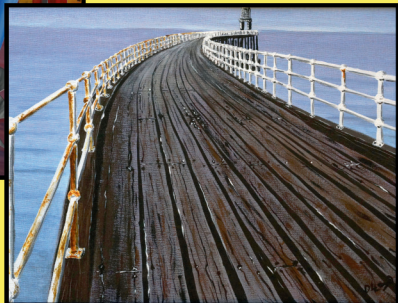
David enjoys writing poetry and even combines them in video presentations.

The Artist

Oh to be an artist, with a canvas and a paint brush in hand
Waving it around like a conductor, orchestrating the band
Listen to the bass, the drums, holding the tempo and rhythm
These are the base colours, dark hues, giving roots in the prism

Next are the strong colours, brushed on, creating the story
The melody, the words, giving the soul, producing the glory
Finally the high notes, they punctuate every genre of music
The highlights, the sparkle, giving art that extra special kick

It all comes together, if you're lucky it hits 'number one'
Art is a journey, radiating warmth, like rays from the sun
Your mind's eye, your soul, on canvas displaying emotion
Unique, every brush stroke makes it a personal creation



If you like David's art and would like more information you can get

in touch by email: lloyd.d@btinternet.com

If you are interested in the "St. Neots Art Group" just search on the internet - it's that easy.

Would you like to share your art?

Get in touch with us.

CHURCH NEWS

Annette will be retiring as Vicar on July 28th, 2025.

After that date here are the details of who to contact on church matters.

For enquiries about funerals, weddings and baptisms please do ring:

Benefice Administrator Nicci Jones on 01480 877215

Or email her at: admin@thepaxtonsbenefice.org

On any other church matters please do contact the Churchwardens.

Their details can be found on the next page.

A thank you from Annette:

It was on October 18th 2006, that I became vicar of the parishes of Great Paxton, Little Paxton and Diddington. Southoe was added in June 2015.

I well remember the service at Great Paxton Church in the evening at which the legal formalities took place led by the then bishop of Ely, Bishop Anthony with many people from the three parishes coming along to welcome me.

19 years is a very long time to have lived in an area and met and been alongside people in many different circumstances in the changing seasons of their lives. These precious times of meeting are very personal and confidential and not in the public domain, but remain at the heart of what a vicar's ministry is all about.

There have been many memorable more public moments – some great fun (including the scarecrow festivals!) and sometimes very sad and I thank everyone from the bottom of my heart who has welcomed me into their lives, if only for a short time in any way.

I have worked hard with the PCC to look after the 1,000-year-old Saxon building which has an international reputation due to its architecture and age. It was good that we were able to find the funds some years ago to introduce a toilet and servery area and improve the bell ringer's facilities and later augment the peal to six bells. Many other repair projects have taken place and there is still a chance that grants that have been submitted will bring in enough money to pay for the south aisle roof to be fixed soon. The upkeep of a parish church is the full responsibility of the vicar and PCC and we do appreciate any support that people feel they can offer.

I have loved being a governor at the local wonderful school and having the opportunity to share collective worship with the children and staff. The end of term services in church have been truly a blessing to be part of.

I am so pleased that the churchyard has been lovingly cared for over the years, having become a little untidy for a while in past years. It has a lot of significance for many people, and I feel sure its ongoing will be maintenance will be a priority for the PCC.

The Christmas Eve carols round the crib services have been awesome and I will miss dressing grown-ups in a variety of crazy costumes as we tell the Christmas story. Then there have been some wonderful weddings, baptisms and although very sad occasions, respectful and moving funeral services.

My thanks as well to the local historians who ran with my passion for history and of course took up the challenge to set up and organise a flourishing local history society.

I was asked recently by someone is there anything that I wish had been different?

My reply would be that often I wish more folk would come along to Holy Trinity on a Sunday morning.



Life is busy for so many people and there are many other things to be doing at the weekend. I understand that for some religion and maybe specifically the Church of England has become irrelevant despite the best efforts of hard-working ministers to offer a relevant message in troubled times.

Being in Holy Trinity Church for me has often meant finding peace and comfort in a frenetic world and I have tried my best to speak of the love of God for us all in a gentle and relevant way. I hope in future more people might discover that sense of peace and calm in a building which stood firm in the village for over 1,000 years as generations have come and gone.

But apart from wishing that there were more who found Sunday worship helpful, in truth I have loved every minute of being Great Paxton's vicar and it is very hard indeed to be leaving.

I will take with me some very precious and enduring memories.

Before hopefully not too long a new vicar will be appointed. There are details on these pages as to who to contact about church matters in the meantime.

I hope you will welcome and support the new vicar when they do arrive as much as I was welcomed all those years ago.

May God Bless you all with his love and peace.

Annette

Here is our regular service pattern

1st Sunday 9.00am Prayer Book Holy Communion

2nd Sunday 11.00am All Age Worship

3rd Sunday 11.00am Common Worship Holy Communion

4th Sunday 11.00am Morning Prayer

There may be some changes in the service pattern after July, but the intention is to try to keep the service rota as it is with cover from visiting clergy until a new vicar is appointed.

The rota will be posted on the church porch notice board and also on the benefice website.

<https://www.thepaxtonsbenefice.org>

The Churchyard

Thank you to Sarah Gray and helpers who keep our churchyard neat and tidy throughout the year. We pay for a regular grass cutter for most of the growing season for some of the churchyard areas, but Sarah does other cuts when required.

We welcome visitors and it is a peaceful place to sit and have some quiet time.

Some memorial stones have been identified as being unstable.

Where we can trace a relative, we are asking if they will take action to repair them.

A notice will be put on unstable memorial stones for relatives who visit to make contact with Sarah.

Wherever it is possible, we do appreciate those who have a relative buried in the churchyard tidying away dead flowers and wreaths or worn vases etc.

Please remember that glass vases are not permitted.

CHURCH CONTACT DETAILS

Vicar: Canon Annette Reed

Tel: 01480 211048

canonannettereed@gmail.com

until July 28th

Church Wardens:

Mr. Bob Hacking

1 Mint Lane

01480 219846

Mrs Andrea Goodyer

7a Church Lane

andrea.goodyer@

clinicallyconnected.com

Church Treasurer:

Mrs Jacqueline Jackson

jnmunro@btinternet.com

Bell Tower Captain:

Mrs. Mary Parnham

01480 394727

maryP2707@hotmail.com

Churchyard

Sarah Gray

07815002853

Great Paxton Church 100 Club

Here are the winners of the April draw

£100 Number 142 Andrea Goodyer

£50 Number 141 Rev Annette Reed

£25 Number 63 Paul Richards

Thank you to everyone who supports the 100 Club.

You can support our church by donating using this QR code on your mobile phone.



Open Gardens at The Old Vicarage Great Paxton

Sunday July 13th , 2025

1.30pm to 4.30pm

By kind permission of Matthew and Sophie Cook.

Another opportunity to enjoy these lovely gardens.

With stalls and a raffle.

£3.00 entry and children free.

Proceeds to Great Paxton Church

GREAT PAXTON FRIENDSHIP CLUB



We meet in the Bell pub every first and third Tuesday of the month

Starting at 11.00 until 12.30
with coffee, cake, friendly chat, a gentle quiz and dominoes

£2.00

If you wish, and most of us do, you can stay for lunch too
Next dates:

July 15th, August 5th and 19th, September 2nd and 16th

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THE TOWGOODS OF PAXTON HILL HOUSE

Look out for a talk and book

The Towgood family were Victorian business owners who lived on Paxton Hill for about 60 years.

They ran a papermill in Little Paxton and employed hundreds in the area. They were great benefactors to the village including building houses for workers, building Towgood Institute and numerous improvements to the church.

That was just part of their story which will be told at the History Society meeting in September, (date to be set) and Graham James is writing a short book about them coming out later this year.

Hear about the family's early life as preachers in Devon, running a bank in London, owning the papermill, which came about partly due to an unpaid bill by Tsar Alexander 1. At Paxton Hill House there was a controversial adoption, a controversial sale of the Towgood Institute and buying a pub by Toseland Road so they could demolish it as they didn't like seeing their workers drinking there.

Oaklands

GARDEN MANAGEMENT



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GREAT PAXTON

PARISH COUNCIL

Thank you to all those residents who joined us at our May meetings for discussion on those additional sites identified by the District Council for potential development in Great Paxton under their latest Land Availability Assessment (Local Plan Update).

Taking on board your comments, the Parish Council formally objected, for various reasons, to development on the following sites :

- GP 5 Land Adjacent 2 High Street
- GP 6 Land South of London Lane
- GP 7 Land to the East of Paxton Hill
- GP 8 Land to the West of Great Paxton.

Councillors have been working for several months on a project to improve street lighting in the Parish. In their view, additional (and better) street lighting would improve safety for pedestrians as well as vehicles and potentially increase the likelihood of financial support from the County Council for future Highways Schemes. From comments made, it was apparent that there was community support for enhanced street lighting and for this work to continue.

As the May meeting was the Parish Council's AGM, it dealt with several procedural issues which included the election of a new Chairman, Councillor Paul Goodyer and Vice-Chairman, Councillor Mrs Jacqueline Jackson.

The Parish Council also welcomed newly elected County Councillor Sarah Caine to the meeting.

In summary amongst other more formal business, the Parish Council also:

- Approved Grant Funding of £1500 for the Parochial Church Council, Recreation Ground Management Committee and Community Shop as well as £50 towards St Neots Museum. Remember as residents of Great Paxton you are entitled to free entry to the museum.
- Welcomed the delivery of an additional MVAS Unit for the High Street (speed indicator) and a new waste bin for The Spinney.
- Approved a feasibility study (prepared by County Highways) for traffic measures at the north end of the High Street and now await the outcome of an application for funding towards the scheme.
- Received the RoSPA Safety Inspection Report on Saxon Green Play Area.

Thank you from the Parish Council to Matt Gearing of Gearing Locksmiths who provided a replacement lock free of charge for the maintenance gates to the Play Area. Much appreciated.

Next Meeting, to be held at the Sports Pavilion, next to the Recreation Ground on 21st July at 7.30pm.

Please join us.

The Parish Council welcome all your contributions.

Christine

Parish Clerk

Alzheimer's Society Dementia Support in Cambridgeshire

We have a team of fully trained Dementia Advisers who are here to support everyone affected by dementia or worried about memory, their family members and carers.

As well as providing you with information, we will find ways to help you to cope with the situation that you face and offer a listening ear.

We have a range of services including one-to-one support, groups, information sessions and we are available in over 60 GP surgeries around the county.

If there is any way we can help you, please give us a call on 01223 620962 or email at cambridgeshiredementia@alzheimers.org.uk.

DISTRICT COUNCILLOR'S REPORT



Council leaders have announced they have identified three preferred options for creating new unitary councils across Cambridgeshire and Peterborough.

From April 2028, rather than dealing with separate county, city, and district authorities, residents will access all services – from road maintenance and bin collections to education, planning, social housing, social care, and support with benefits – through a unitary council.

In a joint statement, council leaders have said:

"The three options each contain two new unitary councils that would in future cover the entire Cambridgeshire and Peterborough area and replace all existing local authorities:

Proposal A – A North-West/South-East Option

- Unitary 1: Peterborough City Council, Huntingdonshire and Fenland District Councils – along with County Council functions.
- Unitary 2: Cambridge City Council, East Cambridgeshire and South Cambridgeshire District Councils – along with County Council functions.

Proposal B – A North/South Option

- Unitary 1: Peterborough City Council, East Cambridgeshire, Fenland and Huntingdonshire District Councils – along with County Council functions.
- Unitary 2: Cambridge City Council and South Cambridgeshire District – along with County Council functions.

Proposal C – An East/West Option

- Unitary 1: Peterborough City Council, East Cambridgeshire and Fenland District Councils – along with County Council functions.
- Unitary 2: Cambridge City Council, Huntingdonshire and South Cambridgeshire District Councils – along with County Council functions.

"We are taking an evidence-based approach, inevitably the different needs and local identities of our areas will have a significant impact on the preference of our own councils, and we must respect that.

"We encourage residents, our partner agencies and businesses to feed into this process by sharing what matters most to them through an engagement exercise being launched next week.

"We also want to take this opportunity to reassure residents that services will not be affected, and to praise the collective local government workforce across Cambridgeshire and Peterborough for their continued efforts on behalf of our communities during this period of change. We appreciate that reorganisation may create some uncertainty for them which we will work with government to do our best to mitigate."

Cllr. James Catmur

Great Paxton Community Room



At Gt. Paxton School we have a small community room that is available to hire. The room is self contained with a kitchen and toilets and also has an enclosed garden which makes it an ideal space for children's parties and family celebrations.

For more information contact:

Mrs. Charlotte Clark, School Administrator office@greatpaxton.cambs.sch.uk
telephone 01480 472132 (option 4) for the school office

Can We Be Inspired By History?

The history of the village does not have to be about King Cnut's armies sailing down the River Ouse past the village or how Anglo-Saxon stonemasons worked on building the church. Sometimes looking back at times within many villagers' memories can still prove interesting.

A new addition to the archives is a Paxton Post from 1993. Although it was only 32 years ago it was striking how different the village was then regarding groups and organisations.

Having said that, some things are still relevant to his day.

A good example of this was the Parish Council reporting about their attempts to get speed reductions, such as chicanes, along the High Street. The County Council had said that they just missed out on the necessary funding in the previous year. This near-miss had given hope that this funding should be imminent. We are still waiting.

Given that the population was much smaller then, with the estate past the school still under construction, the list of activities that were available then which no longer exist is surprising lengthy:



A Women's Institute, a youth club, a badminton club, a babysitting circle, a squash club, a dominoes team, a cricket team, a neighborhood watch (arguably now known as Great Paxton Community Facebook group)

There was even a theatre group which put on pantomimes. Many of these groups used the newly-built Community Room in the school and the new pavilion at the recreation ground.

Other points of interest in this edition were adverts for the Manhatten Nursery on Paxton Hill (I wonder if they sold Big Apple trees!) selling 100 types of conifers. The shop then on the corner of Adams Lane included a Post Office section.

Crime statistics for 1992 included 5 burglaries in the village, 1 theft of a vehicle, and 3 thefts from vehicles. Finally, to show problems are not always new ones, there was information about the shortage of NHS dentists.

I am just wondering if news of all these groups that once existed might just inspire some villagers to revive some of them.

BRAMPTON FLOWER CLUB

In May, our Summer Social commenced with a talk from Rebecca Chambers - "The Shopkeeper's Daughter" an expert on house plants who gave us lots of useful tips on buying and caring for them. This was followed by a "Victorious" celebration supper recognising the 80th Anniversary of VE day. For our June demonstration we welcomed Andrew Key from Sleaford His floral demonstration themed "May to September" was beautiful and the arrangements were raffled at the end of the evening. Future floral demonstrations are:- Wednesday July 2nd: Linda Seabrook, No meeting in August Wednesday September 3rd: Paula Routledge



Doors open at 6.45pm for a 7.15pm start
Everybody is welcome. Visitor fee £8
The Lady Olivia Hall, 85 Central Avenue, Brampton.

Any queries please contact Maggie Horne: 07970885694

Graham James



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Great Paxton Community Shop



PAID ROLE-COMMUNITY SHOP COORDINATOR

WE ARE
HIRING

Great Paxton Community Shop is hiring a **Community Shop Coordinator** Part-time | Modest pay | Big impact

What's the role?

We've called it Team Leader before, but this role is more than that. We're looking for someone to coordinate daily activity in the shop, support volunteers, and keep things running smoothly. You'll be the vital link between the shop floor and the committee, helping us stay open, responsive, and connected to local needs.

You'll be...

- Organising stock and presentation
- Supporting and motivating volunteers
- Communicating day-to-day insights to the committee
- Sparking customer feedback and community ideas
- Contributing to promotions and partnerships

Why it matters

This isn't a role that will make you rich financially, but it could enrich your life. It's a chance to contribute something meaningful, be part of a community benefit initiative, and help keep our village centre thriving. You'll be supported by a collaborative committee and a welcoming group of volunteers, all working towards a common goal.

Want to know more?

Talk to Andy Wylde, Chair

Email: chair@greatpaxtoncommunityshop.co.uk

Or drop into the shop and say hello.

While you're here, support our mission:

Spend a Fiver in the shop this week

Give a Little, Help a Lot - volunteer or donate your time, your ideas, your support

Have your say - join the committee or pop in for a chat

ST. NEOTS TO BUCKDEN

St Neots Market Square (Stop B)	10:25	12:14
St Neots, opp Church Street	10:26	12:15
St Neots Bedford Street (near)	10:28	12:17
St Neots The Crescent (near)	10:28	12:17
St Neots Barringer Way (near)	10:29	12:18
Great Paxton, opp Brookside	09:19	10:34 12:23
Great Paxton, opp Adam's Lane	09:20	10:35 12:24
Offord Darcy, opp Orchard Way	09:22	10:37 12:26
Offord Darcy, opp Graveley Road	09:22	10:37 12:26
Offord Darcy, opp Miller Close	09:23	10:38 12:27
Offord Cluny Station Lane (near)	09:24	10:39 12:28
Buckden Mill Road (o/s 123a)	09:28	10:43 12:32
Buckden Park Road (near)	09:30	10:45 12:34
Buckden Hunts End (near)	09:30	10:45 12:34
Buckden, opp Silver Street	09:31	10:46 12:35
Buckden Church Street (near)	09:32	10:47 12:36
Buckden, in Surgery	09:33	10:48 12:37



BUCKDEN TO ST. NEOTS

Buckden, in Surgery	09:45	10:50 12:55
Buckden Silver Street (near)	09:47	10:52 12:57
Buckden, opp Hunts End	09:48	10:53 12:58
Buckden, opp Park Road	09:48	10:53 12:58
Buckden Mill Road (opp 123a)	09:50	10:55 13:00
Offord Cluny, opp Station Lane	09:54	10:59 13:04
Offord Darcy Miller Close (near)	09:55	11:00 13:05
Offord Darcy Graveley Road (near)	09:56	11:01 13:06
Offord Darcy Orchard Way (near)	09:56	11:01 13:06
Great Paxton Adam's Lane (near)	09:58	11:03 13:08
Great Paxton Brookside (near)	09:59	11:04 13:09
St Neots, opp The Crescent	10:05	11:10 13:15
St Neots, opp Bedford Street	10:05	11:10 13:15
St Neots Market Square (Stop B)	10:08	11:13 13:18



TIGER

On Demand

What is Tiger On Demand?

TIGER on Demand is a new, flexible concept for delivering public transport services. Rather than being restricted to travelling along specific routes and at specific times, you can book a journey to and from anywhere within the TIGER on Demand travel zones using any of the virtual bus stops.

When can I travel?

Monday to Saturday from 06:30 – 19:00. There is no service on Sundays or Bank Holidays.

How do I book?

The quickest and easiest way to book is by downloading the Tiger on Demand app, available on Google Play and App Store. Booking can be made up to 48 hours in advance of the journey.

Book by app or alternatively you can book by visiting www.tigerondemand.co.uk

If you prefer to book over the phone, you can call 01480 595 440.

The call centre is open Monday to Saturday from 06:00 – 19:30.

- Adults £2 per journey • Under 5s travel for FREE • Children aged 5-16 £1 per journey
- Concessionary Bus Pass Holders and Disability Bus Pass holders travel for FREE
- Tiger Pass Holders £1 per journey.

You can pay using your debit or credit card when booking over the phone. Payment not accepted on bus.

TIGER On Demand is available in West Huntingdonshire, Fenland, East Cambridgeshire and South Cambridgeshire.

Visit the website to see which areas TIGER covers.



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I provide personalised dog walking and small pet care services in Great Paxton,
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Canine First Aid Trained
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Certified in Small Pet Care
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5-Star Reviews from happy clients



Hi, I'm Carrie.

**I've lived in Great Paxton since 2006 and have
been passionately running my pet care
business since 2021.**

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Little Paxton Gardening Club

Where gardening and friendships blossom

Our Summer 2025 Programme continues until Monthly Club Meetings recommence in September in Little Paxton Village Hall at 8pm with:

Wednesday
2nd July

Summer Club Visit
The Manor House
Fenstanton

Club members only.
Must be booked in
advance

Saturday
12th July
12 - 5pm

Plant Sale
Paxfest
QEII Playing
Fields

Annual Fund Raising
Come to buy a variety
of plants at bargain
prices

Wednesday
6th August

Summer Club
Visit
Chapel Street
Ely

Club members only.
Must be booked in
advance.

Wednesday
3rd
September

Luci Skinner
from
Wootens of
Wenhaston,
Suffolk

Tonight we will explore Salvias,
from the hardy forms through to
the more flamboyant.
Luci will help us select the best
for our gardens and how to plant
and grow them successfully.

Visitors are always very welcome - £4 per meeting (including refreshments). We'd love to have you join us!

For further information: PAULA HAYWARD Tel. 07717 846 712



Petanque

Tuesday League

	W	L
The Vine	7	0
Buckden Village Club	6	1
Anchor A	4	3
Bell A	4	3
The Barley Mow	3	3
Bell B	2	4
Anchor B	1	6
Cambridgeshire Hunter	0	7

Wednesday League

Summer League	Pts	P	W
Crown	45	6	5
North Buckden Badgers	45	6	6
Anchor	27	6	2
Barley Mow	26	6	3
Bell Ringers	20	6	2
Bell	17	6	0

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KEEP PAXTON TIDY



We are lucky to live in such a lovely village surrounded by open countryside.

It's up to us all, no matter what age, to keep everywhere tidy and not leave litter and mess around the place.

Please show respect by keeping our village tidy. Parents please teach your children not to litter and to use the bins provided. Thanks to Pete Stanley for clearing up the mess recently in The Spinney.



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The Offords WI enjoyed an afternoon outing in May travelling in shared cars all the way to Brampton!

We had arranged a visit to the Samuel Pepys House which sits on the main road from Brampton to Huntingdon.

The house dates back further than the 17 th Century and is Grade One listed.

A later extension, in similar building style, was added, maybe by Pepys himself.

The Custodians, Chip and Emma, live in this extension looking after the house and grounds and promoting the Pepys Society, all of which helps to preserve the building and its surrounds.

Up to 20 can visit at one time by arrangement and Chip is keen to widen the circle of people interested in this wonderfully preserved house.

Chip also will go out to give talks, as well as being himself an author – and diarist.

Chip gave us a guided walk around the house elaborating on Pepys life and works – and of course the famous Diary! A lively and humorous Question and Answer session followed and we were all quire fascinated.

This was followed by a walk around the gardens and if you go in May, we can promise you the most fantastic Wisteria which you can actually walk underneath! Oh the scent as the flowers brush your face! Finally, we had tea and lovely cakes back in the house and everyone there was so helpful. It was such a pleasant afternoon and we learned so much more about the amazing history of the Huntingdon region.



Our next outing will be to the MAGPAS Headquarters in Alconbury. If you would enjoy these outings or the talks we have, please do join!

Our next speakers are:

July 8th: John Bowness speaks on Yelling Heros and Villains.

September 9th : A History of Christian Names.

October 14th: Liz Houghton on Parkinsons Disease.

Meetings are on the second Tuesday at 7.30 in the Village Hall, Offord Cluny.

Marion Warden

Tel: 01480 819743

Marion



DIAMOND

DOG GROOMING

Contact Jocelyn on

07707 477 516



Navigating Menopause with Strength & Support

Why Nutrition Matters More Than Ever

Menopause is a natural life stage — but for many women, it brings a wave of unexpected challenges: disrupted sleep, mood shifts, fatigue, stubborn weight gain (especially around the middle), and a general sense that your body is no longer playing by the same rules.

That's because **your hormones are changing** — and with them, your body's needs are changing too. As levels of **Estrogen** and **Progesterone** decline, the body's ability to manage stress, energy, and inflammation is impacted. **Estrogen is naturally anti-inflammatory**, so as it declines, **inflammation tends to increase**. This, combined with a rise in **cortisol (the stress hormone)**, can lead to disrupted sleep, brain fog, low mood, and increased visceral fat — the kind that gathers around your middle and affects long-term health.

This is where nutrition and lifestyle habits can be transformational.

I'm **Caterina Wills**, a registered Nutrition Coach who specialises in helping **busy midlife women** thrive through menopause with **practical, personalised nutrition and lifestyle strategies, and personalised coaching** that make nourishing yourself simple, enjoyable and **life-changing**.

No fads. No detoxes. No restrictive diets. No supplements or extremes.

Just a **science-based approach** tailored to your goals — built around food you actually enjoy.

Through **1:1 coaching**, I help you:

- ✓ **Regain energy, clarity, and emotional balance**
- ✓ **Improve hormone health and reduce inflammation**
- ✓ **Build strength and support muscle and bone health**
- ✓ **Reduce visceral fat and improve metabolism**
- ✓ **Nourish your body using easy-to-understand principles**
- ✓ **Feel more confident in your own skin — without joyless dieting**

You'll gain the confidence and skills to make your nutrition effortless and sustainable. Most menopause symptoms can be reduced — and often eliminated — through the right nutrition, exercise, and lifestyle protocols.

Whether your goal is to boost energy, feel stronger, or simply feel more like yourself again — I'll meet you where you're at and guide you step-by-step with a realistic, personalised plan that fits your life.

Testimonial

"Caterina helped me understand that my body actually needed more fuel and nourishment, not less. I was over-exercising and under-eating. Who knew that could hold me back? With her guidance and deep knowledge, I began to tweak my diet and started to exercise more strategically. That's when the magic really began. The most incredible part? The changes to my lifestyle didn't just shift my body fat — they transformed how I feel. My menopause symptoms have almost completely disappeared. I sleep better, I'm less anxious, the aches and pains have gone, no more brain fog, and I'm so much stronger. I honestly could go on and on. I can't recommend Caterina enough. These are the kinds of changes that don't just change your body — they change your life. xx"

I also offer nutritional support for clients using GLP-1 or medications (Mounjaro, Wegovy, Ozempic) to help manage appetite and weight. Whether you're on this journey or considering it, I can help ensure your body is still getting the nourishment and balance it needs for long-term health and to protect your muscle mass, the secret to staying strong and healthy long-term

Let's help you feel strong, vibrant and in control again — because you don't have to just get through menopause. You can truly thrive.

☎ 07939448674

✉ contact@caterinawillsnutrition.uk

📘 Facebook: **Caterina Wills Nutrition New**

👉 I offer a free 30-minute appointment to chat about your needs and how 1:1 support can help you feel your best. Just reach out — I'd love to hear from you.



BELL NEWS

Well what a first 6 months I have had! I don't think I've had time to let my feet stand still.

We have the most teams this pub has ever had!

All year in summer and winter I have 5 darts teams, 2 ladies teams on Tuesday and 3 teams on a Thursday!

During the summer we boast 4 petanque teams, 2 on Tuesdays and 2 on Wednesdays.

Throughout the football season we have two teams playing on a Saturday.

That's something quite special, not forgetting our weekly booze and brushes and the history society!

These teams are the backbone of a village pub!

We recently entered two teams in the St Neots fire pull raising money for young burns survivors. Our team alone raised over £3000 and the event itself over £30,000. We love this event and I'm fortunate enough to get a team in every year.



Coming up we have so much!!!!

July 12th we have a Rat pack and Dean Martin tribute act from 8.30pm

July 19th is Kev's Quiz and the rum festival. Tickets to be purchased for the rum festival via me.

Sat 30th August Soul Man returns. This is a ticket only event from 12.30pm to 5pm.



Pub open afterwards.

Our monthly quizzes with Danny have been such a success boasting at least 50 people every month! I'm hosting my 10th golf society on 28th June where 40 golfers head to Mount Pleasant in Lower Standon to see who can be crowned champion!!! It's been a pleasure leading this event for 10 years and is always a great day out.

The Facebook page is updated daily and website accordingly. The support and success of our village pub is primarily down to you, customers and friends who keep coming so thank you. Here's to another fantastic 6 months at the helm!



We WILL make this poster fit on the page :)



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jocelyn.ward26@gmail.com

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GT. PAXTON U12'S

Great Paxton U12's won the May 2025 Biggleswade 6 a side football tournament!

The tournament consisted of a group stage, semi final, and final. All games were 12 mins.

We were up against 11 other local teams and had a rocky start.

In our first game we conceded in the first few seconds due to a mistake after kick off but equalised after 5 minutes and battled to the very end, scoring with the last kick of the game to win 2-1.

Our second game was a thumping 3-0 loss! After conceding early we pushed forward trying to equalise and left ourselves vulnerable at the back.

Not to be defeated we adjusted tactics and became more defensive by changing formation.

We won all other group games 1-0 and progressed to the semi finals, where we were up against a team who had not yet conceded during the tournament.

It was a challenging game, with both teams giving their all. We scored after about 8 minutes with a beautiful team goal from outside the box to progress into the final.

The final was an intense battle between two very equal teams and we scored in the last 90 seconds!! The other team threw everything at us to get the equaliser but we parked the bus and our goalie made a fantastic save before the final whistle.

The trophy is on display in The Bell for all to see :)

Jamie S



Great Paxton Reading Group



Hello All,

We read Finding Hildasay by Christian Lewis last month. What a story.

I read it in two reads, it was so good!

It is a true story - I could not remember hearing about it during lockdown although he was on the news a few times. Christian walked the whole of the UK's coastline and tells of his trials and tribulations on his walk.

I am going to read the second book too as this one only covers about half of his walk.

I thoroughly recommend reading this.

Happy Reading

Amanda

Planning Ahead: The Importance of Regular Pension Reviews

As the years pass and retirement comes into clearer view, many of us begin to reflect on the future—our hopes, our plans, and our financial security. One of the most important steps you can take to prepare for a comfortable and stress-free retirement is to regularly review your pension provisions. This isn't just good advice for those nearing retirement—it's essential.

Why Regular Reviews Matter

Life doesn't stand still. Over time, our circumstances, goals, and may pension laws can change. Regularly reviewing your pension ensures that your retirement savings stay aligned with your needs and expectations. Here are some key reasons to make pension check-ups part of your routine:

1. Stay on Track with Your Goals

A pension review helps you see whether you're saving enough for the kind of retirement you hope for. Reviewing it helps you spot any shortfalls while there's still time to adjust.

2. Maximise Your Pension Value

Are your pension funds performing well? Are the fees reasonable? Is your investment strategy suitable for your age and risk tolerance? A review gives you the chance to make more informed decisions about where your money is going and whether it's working hard enough for you.

3. Understand Your Options

As you near retirement, you'll need to make decisions about how to access your pension—whether through a guaranteed fixed income, a flexible income, or lump sum withdrawals. A review helps you understand the pros and cons of each option and choose the best fit for your circumstances.

4. Tax Efficiency

Tax rules around pensions can be complex and have changed over time. Regular reviews help ensure you're making the most of tax allowances, like the annual contribution limit and the tax-free lump sum available when you retire. More big changes are scheduled for 2027.

5. Account for Life Changes

Marriage, divorce, career changes, inheritance, or even moving house can all affect your retirement plans. A pension review helps you reflect these changes in your long-term financial planning.

Getting Started

For detailed guidance, you should consider speaking with an independent financial adviser.

I have lived in the village for 26 years and worked as an adviser for 43 years.

I offer a free initial consultation and can help ensure your pension and other investments are on the right track and working in your best interest.

I offer a free initial consultation and can help ensure your pension and other investments are on the right track and working in your best interest.

Please feel free to contact me to arrange an initial discussion.

**Chris Wills Dip PFS
Brooks Wealth Management
34 Thorpe Wood, Peterborough, PE3 6SR
Mobile: 07512 349325
chris@brookswwealth.co.uk**

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September 12th, 26th



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GREAT PAXTON HISTORY SOCIETY

**MEET MONTHLY
ALL WELCOME**

Godmanchester at War

Our Open Meeting was on 9th June 2025 in The Bell Marquee.

Local historian Roger Leivers spoke about Godmanchester at War. 25 people came and it was very interesting to hear about life and death then.

Roger has written several books about Godmanchester, the Stirling plane that crashed there, and the 'goings on' at Farm Hall. We hope to book Roger again for another talk.

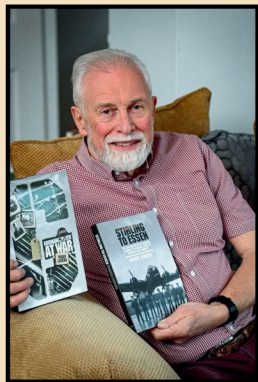
Living History Festival

Living History Festival on St Neots Market Square 6th September 2025.

We will have a stall at this festival. Please put the date in your diaries. It was a very interesting event last year, with plenty to see from many different eras of British history.

Pepys' House, Brampton

We had an interesting visit to Pepys House in Brampton. Would there be interest in arranging a group visit next year? The custodian is also willing to come and speak so I am thinking about this for our one of our open meetings.



A cabinet full of dioramas created to illustrate the life and times of Samuel Pepys, and a window that was certainly used by Pepys.

Once it looked out onto the garden, now it looks into a room in the 'new' extension, added a hundred years or so after Pepys.

The Towgoods – a treat to come

Graham J is researching the family that lived in Paxton Hill House and owned the papermill in Little Paxton. When ready he will give us a presentation, hopefully in early autumn at The Bell.

The History Society had a small display about this at the Open Gardens, and at the Church midsummer fayre that was read with interest on both occasions.

We also have an offer from a member of the Buckden History Society to tell us about the Saxon settlement discovered there before house building off Lucks Lane.

Do you have ideas for other speakers or activities then contact Jacqueline Wieczorek on **01480 477035** or by email on **jacqueline.wieczorek@gmail.com**

All our meetings are open to everyone.

We don't charge any fees except for the Open Meeting.

It's a chance to talk about all things historical, local and national as well as teasing out memories from the older residents, and looking at interesting items brought along.

Meetings are held on the second Monday of each month if we can, 7.30 to 9.30pm at the Bell, during the cribbage season.

Next one will be in September. When I know the date there will be emails and Facebook posts.

Website: <https://greatpaxtonhistory.weebly.com/>

Please visit the website. If anyone has some more pictures of people and places in Great Paxton we would be pleased to see them.

Contact us by email: **greatpaxtonh@yahoo.com**

Also see GreatPaxton1000 website full of interesting information **<https://greatpaxton1000.co.uk/>**



GEARING

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