

## SPALDWICK NEIGHBOURHOOD WATCH

**Take Five To Stop Fraud Week** is part of the national campaign from Financial Fraud Action UK and the Government, backed by the banking industry coming together to tackle fraud.

The advice being issued this week is **really simple** but it can stop you becoming a victim of fraud.

1. A **genuine** bank or organisation will **never** contact you out of the blue to ask for your PIN, full password or to move money to another account. Only give out your personal or financial details to use a service that you have given your consent to, that you trust and that you are expecting to be contacted by.
2. Don't be tricked into giving a fraudster access to your personal or financial details. Never automatically click on a link in an unexpected email or text.
3. Always question uninvited approaches in case it's a scam. Instead, contact the company directly using a known email or phone number.

**Call 101** For all **non-emergencies**, general enquiries and to report crime. In an emergency, when a life is in danger or there is a risk of violence or serious injury or when a serious crime is being committed please **call 999**. Or use **Crimestoppers** to make a report **anonymously** by calling 0800 555 111

By e-mail at [HuntsCops@cambs.pnn.police.uk](mailto:HuntsCops@cambs.pnn.police.uk)

David Henrick 01480896556 david.consult@btinternet.com

### Feb/Mar Waste Bin Collection

Green	Thur 1st	Thur 15th	Mar Thur 1st
Grey	Tues 6 <sup>th</sup>	Tues 20th	Mar Tues 6th
Blue	Tues 13th	Tues 27th	Mar Tues 13th

## SPALDWICK NEWS

### FEBRUARY 2018



**TOGETHER  
NETWORK**



Join us on  
13th Feb

**Shrove Tuesday**

**12.00 – 2.00**

**St James Church**

**Sweet and Savoury Pancakes**

**Raffle**

**HELP US RAISE MONEY TO HELP END**  
**HUNGER IN ENGLAND**

## Qualified City & Guilds Painter & Decorator

**General Building and Maintenance work**  
**Outdoor maintenance: patio, fencing, paths**  
**laid, guttering cleared**

**Reliable, attention to detail on all work**  
**References on work done in Spaldwick**  
**available**

**Please call R & B decorating for a**  
**quote: 07512 732019 or 07952560952**

## Spaldwick Parish Council

Chairman: Steve Fane de Salis

Clerk: Ms Ramune Mimiene, 24 Manchester Rd., Brampton,  
 Huntingdon PE28 4QF

Phone: 01480 535265 email: [clerkspaldwick.pc@gmail.com](mailto:clerkspaldwick.pc@gmail.com)

Website: <http://www.spaldwickparishcouncil.org.uk>

The next meeting will be held at Spaldwick School on Thursday  
 15<sup>th</sup> February at 8.00pm

### SPALDWICK NEWS

From John Blatch

I have been publishing the Spaldwick News for several  
 years now and am ready to pass the task on.

There are two choices. Firstly is there a volunteer from  
 within the village who would like to take over? Secondly  
 the Kimbolton Parish Magazine already also covers the  
 other 5 villages in our local group (Barham, Stow Longa,  
 Tilbrook, Easton and Covington) and the editor is ready to  
 take news from Spaldwick as well for its monthly issue  
 and to supply copies for distribution

If anyone would like to become editor (and printer)



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or visit: [www.ijcbuildingservices.co.uk](http://www.ijcbuildingservices.co.uk)

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45 Viking Way, Bar Hill, Cambridge, CB23 8EL

For items in the News email  
[john@blatch.com](mailto:john@blatch.com)

For items on the Website email  
[info@spaldwick.com](mailto:info@spaldwick.com)

# Spaldwick Church

## February Services

4th	09.30am	Morning Worship	Jill Dighton
11th	4.30pm	Messy Church	
18th	09.30am	Parish Communion	Stephen Bowring
25th	5.00pm	Prayer and Praise	Stephen Bowring

Stephen Bowring (Vicar) 01480 860792

John Blatch (Churchwarden) 890853

## LOG BURNERS

Storm Eleanor in January brought down a tree (Ash?) in the churchyard. It is now clear that this tree died some years ago and was just waiting an extra puff of wind to fell it.

The tree surgeon has taken away the small stuff but has stacked the larger logs against the west fence. The logs are about 20cm long and just need splitting. Having been dead for years they should be dried out and ready for the stove (but no guarantee)

Please help yourself. If you want access to the churchyard by car please contact John Blatch

## Stay Well This Winter

Winter weather can be seriously bad for our health. Being cold can aggravate existing conditions and raise the risk of increased blood pressure, heart attacks and strokes. However, there are lots of things you can do to stay well this winter.

- **Get expert advice from your pharmacist**  
If you start to feel unwell, even if it's a cough or a cold, don't wait until it gets more serious. Seek advice on the best treatment from your local pharmacist.
- **Make sure you get your free flu jab**  
Flu is a highly contagious and can cause serious complications for at risk groups. Adults over 65; those with long-term health conditions; children aged two to eight; carers and pregnant women may all be eligible for a free flu vaccination – ask your GP practice today.
- **Stock up your medicine cabinet**  
A well-stocked medicine cabinet can help you treat common winter ailments such as coughs, colds, sore throats and sickness bugs at home and will save you going out if you feel unwell. Ask your pharmacist about essential medicines to keep at home.
- **Keep warm**  
Keeping warm, both inside and outdoors, over the winter months can help to prevent colds, flu and more serious health problems such as heart attacks, strokes, pneumonia and depression.
- **Get the right help**  
Make sure you're receiving all the help you are entitled to. Learn how to make your home more energy efficient and take advantage of financial schemes to keep up with energy bills.  
Visit [www.nhs.uk/Livewell/winterhealth/Pages/KeepWarmKeepWell](http://www.nhs.uk/Livewell/winterhealth/Pages/KeepWarmKeepWell) for details.

For further information on staying well this winter visit [www.nhs.uk/staywell](http://www.nhs.uk/staywell)

## Alice's Pet and Baby Sitting Service



- Dog walking
- Watering Gardens
- House, Pet and Baby sitting
- Contact Alice Rutherford on: 07803 293404 or [Alice.k.rutherford@aol.co.uk](mailto:Alice.k.rutherford@aol.co.uk)



## Do you need help in the garden?

Available gardening at weekends in Spaldwick, all tools provided and available most weekends all year round. Services include\* Lawn mowing and strimming, weeding, jet hosing

Please contact me to discuss the job

Mobile **07761583973** Email  
[lorcanharbour12345@gmail.com](mailto:lorcanharbour12345@gmail.com)

Or come to Threeways, The Green, Spaldwick  
(yellow house, red door)

FREE inclusive games for all!

# Community Power House Games

Power2Inspire invite you to come and enjoy simple, fun, accessible games in these hour-long weekly sessions.

Try a new sport each week, including Boccia, Goalball, Table Cricket, New Age Kurling, Seated Volleyball, Parachute Games and Polybat.

Open and accessible to all – whether you are disabled or not, old or young – these are great ways to get out, meet new friends and enjoy the benefits of moderate exercise.

## Huntingdon Tesco Community Space

Abbots Ripton Road, Sapley, Huntingdon, PE28 2LA

**Tuesdays 9.00-10.00am**

9th Jan – 27th March 2018 (excl. school holidays)



For more information call **01223 781364**  
or email [sally.gibson@power2inspire.org.uk](mailto:sally.gibson@power2inspire.org.uk)



