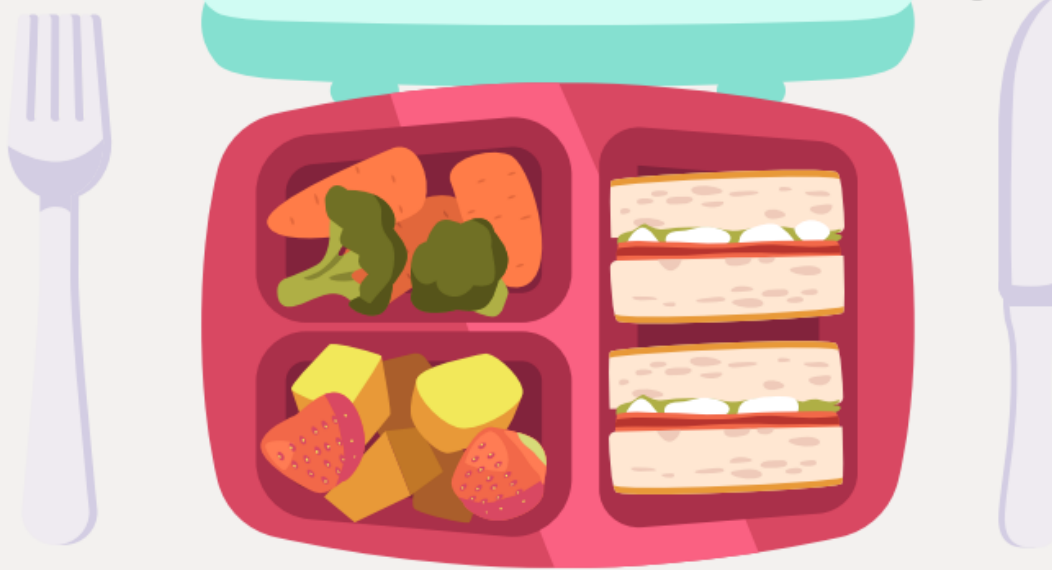




Community Newsletter Spring 2024

Together let's make Lunch Boxes Healthy



Be Food Smart and make healthy choices

Include at least fruit or vegetables, as part of your five-a-day.

Colourful vegetables and fruit provide vitamins and antioxidants to help keep brain cells healthy and improve memory function

Swap white carbohydrates such as bread, wraps and pasta for whole-meal versions.

A source of vitamin B and glucose, which are not only good for our nervous system but also provide a source of energy

Swap full fat dairy options for reduced / low fat alternatives.

These foods contain vitamins, protein and carbohydrates, which help the growth of brain tissue

Include protein, such as eggs, pulses, seeds and fish.

All these foods will help with brain function, improving mental skills and memory development, whilst maintaining energy and focus.

Try to avoid foods which are high in sugar and salt, which can negatively affect learning and memory.

Drink plenty of water and include a refillable water bottle to keep hydrated throughout the school day.



Visit NHS Better Health,
Healthier Families for recipes
and further guidance



Soham Pumpkin Fair

It will soon be time for sowing seed, and we would like you to get in touch if you would like some free pumpkin or sunflower seeds. Please contact: pumpkinsecretary@gmail.com

The Fair has been running since 1975 and is held annually on the last Saturday in September. Every year we raise money for local charities, while providing the community with an enjoyable day out.

This year the Pumpkin Fair falls on Saturday 28th September, and as it is our 50th birthday, we have chosen the following theme:

As we are celebrating, there will be a party atmosphere at the fair! Please get in touch if your club or organisation would like a stall, or if you have an idea for our birthday party!



Our chosen beneficiaries for 2024 are:



Soham Youth
Takeover



St Andrew's Church
Restoration Appeal



Elysian Riding
for the Disabled



Soham North Chapel
Charitable Trust

We are also pleased to announce that we will be working in collaboration with Soham Community Fire & Rescue Station once again, as they will be holding their Open Day at the same time as the Pumpkin Fair!



Pumpkin and Sunflower

Seed Growing Instructions



We would like to thank
D.T. Brown for providing
us with the pumpkin and
sunflower seeds for 2024

Pumpkin



1. Put your seed in a pot with some compost.
2. Place it on a windowsill and keep it watered.
3. When your plant is large enough and all the frosts have gone, plant it in the garden. (It will need lots of room to grow).
4. Water it well during the summer; take off all the flowers except 1 or 2, leave these to develop into pumpkins.

Sunflower



1. When you plant out your pumpkin plant, you can sow your sunflower seed straight into the garden.
2. It will grow very tall, so put it somewhere sheltered from strong wind.
3. Water it well during the summer.

***Add your photos to our Facebook page, so we can see
how your seedlings are growing!***

Then in September, bring your pumpkin and sunflower to the Pumpkin Fair to be weighed or measured – you never know you might win a prize! (Don't forget you can enter your sunflower in the tallest category, or the widest head). All our competitions are free to enter!

If anybody would like to have a stall, advertise in our brochure or join our committee, please see our website for more information. Alternatively contact office@sohampumpkinfair.co.uk or search Soham Pumpkin Fair on Facebook page or Instagram.

www.sohampumpkinfair.co.uk



NUTC SUMMER TERM COACHING 2024



Summer Term Booking Open Now

Term Dates:

April 15th – July 21st 2024

(no sessions during half-term)

Schedule:

Friday: **10–11am Cardio Tennis (16+)**

Friday: **11–12pm Adult Group (16+)**

Saturday: **10–11am Youth Red/Orange (5–9yrs)**

Saturday: **11–12pm Adult Group (16+)**

Saturday: **12–1pm Youth Green/Yellow (10–15yrs)**

For any questions or queries, please email:

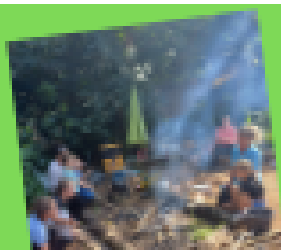
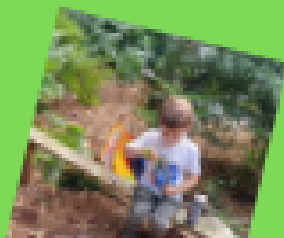
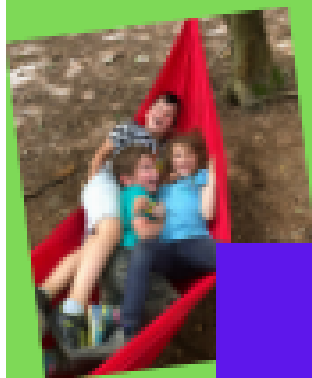
contact@fullswingtennis.co.uk

www.fullswingtennis.co.uk

☎ 07915 876595



Behind 73/75 Duchess Drive, Newmarket, Suffolk, CB8 8AJ



**Join Nana Lavender and her team
at our brand new site
adjacent to the
Sandringham Estate play area!**



Easter Family Forest Fun

**dens, trees, mud,
crafts, fire,
bugs, tools,
hammocks,
archery (Tues,
Weds)**



**Traditional Forest School
9 10 11 April
Sessions: 10-11.30, 12-1.30, 2-3.30
£15 1 Child and 1 adult
£20 2 Children and 1 adult
£25 3 Children and 1 adult
£30 4 children and 1 adult
Additional adults £5
Under 3's free/ parking included
Limited spaces
Terms and conditions apply**

Bookings: www.sandringhamestate.co.uk/events

www.hockeycoachingacademy.co.uk

EASTER HOLIDAY HOCKEY CAMP

at

Ely City Hockey Club

Ely Outdoor Sports Association, Downham Road, Ely CB6 2SH

on

Thursday 11th April 2024



Our camps are suitable for **Beginners** who have limited hockey experience, **Intermediate** players who play at Club or County, and **Advanced** players at Talent Academy, Regional level and beyond.

Hockey Camp 10.00 a.m. - 3.00 p.m. Ages 8-18

Cost - £45 per player

(15% sibling discount available)

(Optional early bird discount of £5.00 for all bookings prior to 25th March 2024)

We will also be running some:

Small group skills sessions for outfielders only, (max 6 players per coach, per group), 3.30 p.m. – 4.30 p.m. Additional cost £15.00.

1 to 1 Sessions 3.30 p.m. – 4.30 p.m - £35.00 per player

Specific GK training will also be available at these sessions

To book and reserve your place please e-mail:

jess@hockeycoachingacademy.co.uk or coachgrammer@aol.com

Full details regarding the camp and payment options will then be forwarded to you.

((BOUNCE))™

BOUNCEFITBODY.COM

MINI TRAMPOLINE FITNESS FULL BODY GROUP WORKOUT

**Come & ((BOUNCE)) HERE in
SOHAM**

Soham Village College, Sand Street, Ely, CB7 5AA



Scan for timetable & bookings:
((BOUNCE)), BLAST & BARBELLS



@BOUNCEFITBODY



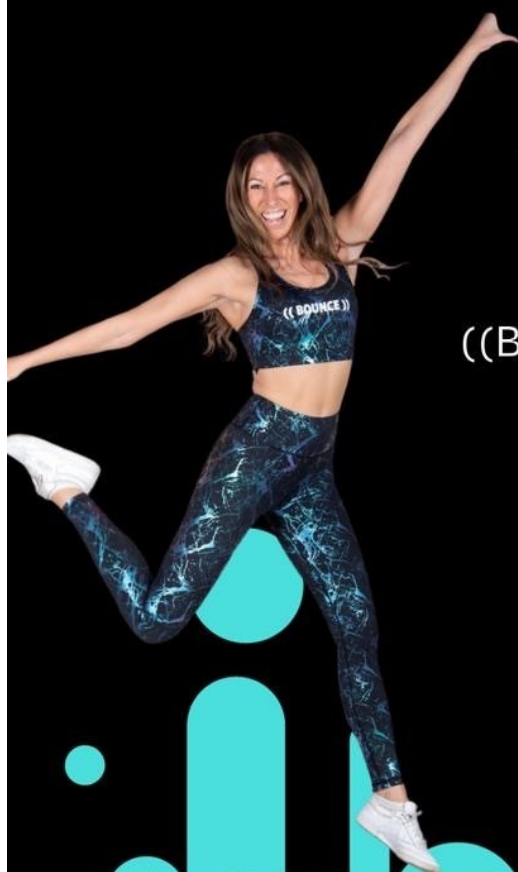
WWW.BOUNCEFITBODY.COM

((BOUNCE))
BOUNCEFITBODY.COM

MINI TRAMPOLINE FITNESS

MONDAY 6.30PM
THURSDAY 6.30PM
SUNDAY 9.30AM

((BOUNCE)) LITTLEPORT
FEOFFEES HALL,
28 CITY ROAD,
LITTLEPORT



[HTTPS://BOOKWHEN.COM/BOUNCELITTLEPORT](https://bookwhen.com/bouncelittleport)

A Parent's Guide to Cyberbullying

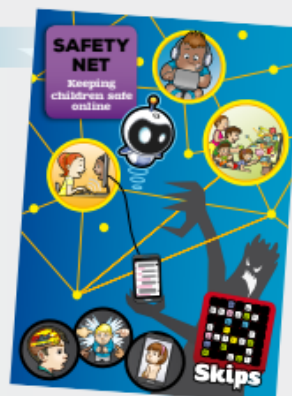


Many young people who are victims of cyberbullying suffer in silence.

They feel they can't turn to parents or a trusted adult for support as they fear they may get in trouble or have their devices taken away from them. It can carry on all day, all evening and all weekend for the world to see, causing a lot of emotional stress to the victim and their family.



It can very quickly lead to the victim feeling trapped, scared and vulnerable to grooming and blackmail.



scan the QR code with your phone's camera for Parent Guides on how to help keep your children safe online

Online safety is when young people know who they can tell if they feel upset by something that has happened online.

Parents please contact your school to enquire attending their next e-safety workshop or have any concerns.

Working with Home Office 'PREVENT', The Police and Crime Commissioner and Children's Safeguarding Partnerships to help keep children safe online.

Skips Educational Email: info@skipssed.com Tel: +44 121 227 1941

Developed in partnership with



SING! TOGETHER



Come and Join Us
in SOHAM!

A singing and music-making programme for people living with dementia, memory loss and their carers, run by registered charity All In Sound.



No experience is needed, just come along and take part in a safe, fun and friendly environment.

Supported by funding from

**Cambridgeshire
Community
Foundation**



**Cambridgeshire & Peterborough
Integrated Care System**

All In Sound

Making Music Together

Registered Charity (CIO) No: 1179012

Find out more:

Photo credit ©Tas Kyprianou

www.allinsound.co.uk or 01353 662022



Join us on Facebook!
Stretham Charity Shop
and Auction



73 High Street
Stretham
CB6 3LD

STRETHAM YOUTH CENTRE Charity Shop

FIRST FULL WEEKEND OF EVERY MONTH
Saturday 10am-4pm & Sunday 12pm-2pm



FOOD & ART PAYRES



Saturdays: 6th April, 7th Sept and 7th Dec
special guests including Ma Bright & Emma with their
cakes, bakes, pickles and jams; locally grown veg;
crafts & gifts; many more!



All donations gratefully received
funds raised goes to running Stretham Youth Centre



BOOK NOW!
for great discounts!



SCHOOL HOLIDAY CHILDCARE EXCLUSIVE SCHOOL DISCOUNT!

USE CODE:
SCHOOL10

LOCAL CAMP AVAILABLE!
Use code for an **EXTRA £10 off**
your booking!
*Minimum of 2 days



Visit **barracudas.co.uk**
or call 01480 467 567



SCAN ME &
LEARN MORE!



*Not to be used in conjunction with other offers



www.strethamyouthcentre.com

Stretham Youth Centre

73, High Street, CB6 3LD

MOTIV8

£2.00 entry fee

A vibrant drop-in for young people with additional needs aged 13—20 yrs

Wednesdays 7—9pm

Pool, games consoles, café, air hockey, arts n crafts, table football,
chill out zone, cooking and eating sports, trips, games, activities, fire pit etc

**Places must be
booked in advance**

To find out more or to register interest please contact us:

by phone – 07734252288 by email - strethamyouthcentre@gmail.com

Registered Charity, no 1097050



**WHEELCHAIR
FRIENDLY**

CUH SECURITY TEAM FUNDRAISING SKY DIVE

MAY 13, 2024

DID YOU KNOW THAT IN 2022, 18%
OF CHILDREN AGED 7-16 YEARS
HAD A PROBABLE MENTAL HEALTH
PROBLEM?

SADLY, WE SEE A PERCENTAGE OF
THESE CHILDREN AT CUH.

THIS IS WHY THE CUH SECURITY TEAM ARE DOING A
10-PERSON TANDEM SKY DIVE TO RAISE FUNDS TO
SUPPORT CHILDREN AND YOUNG PEOPLE AT
ADDENBROOKES HOSPITAL.



PLEASE SPONSOR US BY SCANNING THE
BARCODE OR VISITING OUR JUSTGIVING PAGE:
[https://www.justgiving.com/page/
martyn-grass-1688028726404](https://www.justgiving.com/page/martyn-grass-1688028726404)

STATISTICS TAKEN FROM NHS DIGITAL - MENTAL HEALTH OF CHILDREN AND YOUNG PEOPLE IN
ENGLAND 2022.

