



# Love's Farm News

February – March 2020

[www.ourlovesfarm.co.uk](http://www.ourlovesfarm.co.uk)



Live music, Gin Lab IV, salsa dancing and Scandi Beer — all coming soon to Love's Farm House

## Put a Spring In Your Step at the Farm House Bar



If you've never visited the bar at Love's Farm House on a Friday evening, our programme of events this spring is sure to have something to tempt you.

The foyer transforms into a bar every Friday from 7:30pm, with a wide selection of alcoholic and soft drinks at distinctly reasonable prices. There's a rolling programme of Cocktails and Karaoke, Book Club and Quiz Night on the first, third and last Fridays of the month, plus some special events on the second Friday of the month...

### Valentine's Day Salsa and Merengue Class

| Friday 14 February, 8-9pm

Put some passion into your Friday night with an evening of salsa and merengue dancing. The bar is open from 7:30pm, serving cocktails and much more besides. Dancing starts at 8pm, with 25 minutes of merengue, a quick break followed by 25 minutes of salsa. The music continues from 9pm into the small hours, so you can keep the salsa party going or bust out

whatever moves take your fancy.

This beginners' class is led by Katy and Lia from Katy North Academy of Dance, who are well known to the kids at Love's Farm House, but this class is strictly for adults only. Singles and couples of all abilities are welcome. Tickets for the dance class cost £5 and are available now from [www.lovesfarmhouse.com/tickets](http://www.lovesfarmhouse.com/tickets) or the Love's Farm House office.

## Gin Lab IV

| Friday 13 March, 8pm

Our Gin Lab evenings aren't just about enjoying sensational gin. OK, so they are mostly about that, but we like to throw a bit of science in for good measure.

There'll be eight delectable premium gins for you to try plus a plate of garnishes to experiment with. Try the distillers' recommendations, follow our lab technicians' report or come up with your own concoctions. Your ticket also gets you a double gin and tonic of your favourite tippie, with more available to order from the bar.

Tickets cost £20 in advance from [www.lovesfarmhouse.com/tickets](http://www.lovesfarmhouse.com/tickets) or the Love's Farm House office.

## Happy Hour + Live Music with Lucy Bunce (Harp) and Andrew Fraser (Percussion)

| Friday 10 April, 6pm

We're opening the bar at the earlier time of 6pm on 10 April, with some

great Happy Hour deals from 6pm until 8pm. Pop in for a quick drink on your way home, or come down with the kids to meet your neighbours.

From 8pm we have live music in the hall, with acclaimed harpist and singer Lucy Bunce accompanied by percussionist Andrew Fraser. Tickets for the concert cost £5 on the door.

## Scandinavian Beer and Cheese Evening

| Friday 8 May, 8pm

We're teaming up with Shumë for another evening of exceptional beer. This time we're off to Scandinavia, which has embraced the craft ale revolution with beers that range from crisp and clean to bursting with crazy flavours. The tasting menu includes a taste of five beers plus local cheeses, and there'll be a wider selection of Scandi beers to order from the bar.

Tickets cost £15 in advance from [www.lovesfarmhouse.com/tickets](http://www.lovesfarmhouse.com/tickets), Shumë or the Farm House office.

## Love's Farm Runners

LFR starts off this year with two new Run Leaders. Helene Tame and Claire Wallis have recently qualified and will be joining our Tuesday Intermediates group and Thursday's C25k and the Improvers groups. All groups start at 8pm at the Station Square. Visit <http://groups.runtogether.co.uk/LovesFarmRunners> to register. We welcome Claire, Helene and new runners to our sessions.

## Spanish Classes at Love's Farm House

| Thursdays from 6 February, 8-9pm,

Studied Spanish in the past and looking to pick up where you left off?

If you've studied some Spanish and are looking to improve then these classes are ideal for you. There will be a focus on improving spoken Spanish and comprehension skills while at the same time revising and learning new grammar and vocabulary.

The classes cost £70 for an eight week course. Please e-mail Zoe at [zoelancet@yahoo.co.uk](mailto:zoelancet@yahoo.co.uk) if you have any questions or to register.

## Happy New Year from Love's Farm House

The Love's Farm House Events Team are busy planning the schedule for 2020. We've listed a few on pages 1 and 2 but there's more to come — watch this space!

As well as our special events, we have a great mix of weekly activities in the building. If you fancy getting some exercise, adults can choose between Zumba, pilates, yoga, karate or Nia, and for the kids there are three different types of dance, as well as the St Neots Tang Soo Do Karate Club on Wednesdays where all ages train together. Even the smallest

# MAKING FITNESS FUN AND ACCESSIBLE FOR ALL

Come along to one of my fitness classes in and around the St. Neots area. I offer a range of fitness classes, sports massage and online weight-loss and wellness programmes.

Check out my website for class times and dates!

Fit Mum / Mum and Baby Pilates / Zumba / Fitness Pilates C3 (Cardio, Conditioning and Core)



**NJ** FITNESS & MASSAGE

07912442622  
njfitnessandmassage@outlook.com

[www.njfitnessandmassage.com](http://www.njfitnessandmassage.com)



babies and toddlers can exercise with their parents at Fit Mum or Mum and Baby Yoga. If you want to get fitter, healthier or lose weight, book an appointment with the Health Trainer Clinic on Wednesdays for completely free advice and support to achieve your healthy lifestyle goals.

There's fun for children of all ages at Love's Farm House. Book your tinies on to Hartbeeps or Baby Sensory for multi-sensory activities with lots of props and fun. If you prefer less structured play come along to Little Loves toddler group for toys, games, crafts and outdoor play for babies, toddlers and pre-schoolers.

Primary school age children can enjoy Brownies, Guides and Youth

Club (waiting lists apply) or even learn to code at Coderdojo. If your child has additional needs, bring them along to Shining Stars after school on Tuesday for specially structured fun in a supportive, non-pressured environment.

The Youth Cafe offers somewhere for secondary school children to hang out on Wednesday afternoons, with milkshakes, cakes, tea and toast, as well as art, board games and homework help (the Youth Cafe is strictly for School Years 7-11 only).

Breakfast Church meets on most Sunday mornings to worship together after an extensive buffet breakfast. They also run Messy Church after school once a month, for a very different church experience with crafts, games and science activities galore before a short worship time and shared meal.

Relax with a cold beer or posh gin and tonic at the Farm House Bar, open every Friday evening from 7:30pm. There's a busy programme of events (see page 1), or just come along and meet your neighbours.

Bacon butties and pastries are served at Lazy Breakfast on Saturdays at 9-11am, and the Farm House Coffee Shop sells home-baked treats on Tuesdays at 9am-12:30pm (both term time only).

Have a look at the What's On Guide on the back page for times and dates, or visit [www.lovesfarmhouse.com/whats-on](http://www.lovesfarmhouse.com/whats-on) for more details.

*Jenny Bishop*

## Grading Success for Karate Club

Love's Farm House-based St Neots Tang Soo Do karate club have three new black belts. Seen here with other successful juniors after a recent regional belt grading, Matt, Wendy and Mason have all trained at the club for several years to reach this standard. Congratulations to them all. The club trains on Wednesdays from 5.30 to 7pm at Love's Farm House and caters for all ages and abilities. If you're interested in trying out karate just come along on a Wednesday for a free trial, no need to book.



Three new black belts for the Tang Soo Do club

'colours' done, had craft demos, learnt about dairy farming, understood fire safety, learnt about alpacas and thankfully can all bake better than we could before.

If you are free on the third Thursday of the month and fancy meeting up with our friendly ladies in the Football Club, contact me on 07792824707 or email [lovesfarmladieswi@gmail.com](mailto:lovesfarmladieswi@gmail.com).

Look forward to seeing you soon.

*Jayne Evans*

## Love's Farm Out of Doors

*With Phyllis Hooper*

Cold and wet? Actually, at the time of writing, we have had very few frosts so not really cold but, yes, unseasonably wet. There used to be a farmers' saying, "February Fill-dyke", but woe betide us if we have a wet February after all the rain we have already had.

The spring is sprung in some ways. In mid-January we counted four different catkins: hazel, already dropped down (they are the boys with pollen), and if you are lucky you might spot a tiny tuft of red on a nearby bud — that is the girl from which a cluster of Hazel nuts will grow. Then alder, with long dark catkins and cones that look as if they should be on conifers. Pussy willow, beside both our road bridges over Fox Brook, lovely silver, silky buds that will get bigger and then go

## Love's Farm Ladies WI

Three years ago Love's Farm Ladies WI had its first meeting. We met as a result of some advertising by the local WI Federation, and the rest, as they say, is history. We are a group of ladies aged from 20s to 70s who all share the view that there is something to learn in every opportunity, and if it's fun along the way even better!

We have tried burlesque, had our



STAGWORKS  
STUDIOS



## DANCE CLASSES FOR ALL AGES

We offer classes in Ballet, Tap, Jazz, Musical Theatre and Contemporary on Tuesdays, Thursdays and Saturdays.

Book your free taster session!

Stageworks Studios, Kings Road, St Neots. PE19 1BF  
01480 223331 | [info@stageworksstudio.co.uk](mailto:info@stageworksstudio.co.uk)  
[www.stageworksstudio.co.uk](http://www.stageworksstudio.co.uk)



Barton Glebe in June

yellow with pollen. Lastly silver birch, whose pink catkins are still quite tight — watch out for them to elongate. The birds have liked the mild weather and have had no difficulty getting out and about after berries and bugs.

Last summer several people told me of a wonderful wild flower meadow in Priory Park. Sadly I didn't get to see it but I shall try this year. When we set up Love's Farm Blooms one of the first suggestions was to make a wild flower meadow. I bet everybody has a different picture in their mind's eye, though most would probably include poppies. My very first job when I left school was for the University of Grenoble collecting wild flower seeds in the French Alps. How lucky was that, but, like many a young girl, I had boys on my mind and rather squandered the opportunity!

Wild flower meadows are governed by soil conditions, management and

of course climate.

Soil conditions encompass such things as acid or alkali, clay, sandy or loam, well-drained or waterlogged. On top of this is aspect — sunny south facing, north facing, sheltered or exposed. All wild flowering plants have evolved to fill one of these infinitely varying conditions.

Management is how these meadows are treated on an annual basis. This could range from no human intervention but deep-freezing for four months of the year right through to short mowing every Sunday afternoon from May to October. Yes, a garden lawn is a 4cm high wild flower meadow if you don't dig up the dandelions and spray the moss! Grazing by cattle or sheep at certain times of the year and mowing for hay have very specific results. For example, if you mow too early you risk taking all the seeds, which is extra protein for the animals but depletes the regeneration of the meadow. Barton Glebe, the woodland burial ground where my husband is, is short trimmed in November and very close grazed by rabbits in spring but is so white and yellow beautiful in June and July.

Maybe I've started to show why I seem a bit reluctant to follow Priory Park's lead. I suspect a lot of mechanical intervention preceded the seed sowing and I am very sceptical about its sustainability. Sounds like a challenge?

Soon be Spring,  
*phyllis.hooper@btinternet.com*

## Get In Touch

### Love's Farm News

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ben.pitt@ourlovesfarm.co.uk  
Advertising Enquiries:  
Jenny Bishop 01480 262626  
jenny@lovesfarmhouse.co.uk

### Love's Farm Community Association (LFCA)

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

### Love's Farm House

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

### 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  
Nik Johnson, 07957 210183,  
nikmagpiejohnson@btinternet.com

### County Councillor

Julie Wisson, 07725 791459,  
julie.wisson@cambridgeshire.gov.uk

### Community Chaplain, Breakfast Church

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

### Sakura Shotokan Karate Club Cambridge

£5 per session. Email Lucas on cambridgekarate@gmail.com

### BPHA

Contact Customer Services on 0330 100 0272 [www.bpha.org.uk](http://www.bpha.org.uk)

### Hartbeeps

Ages: 0 to 4, £7 per child. Contact Anna on 07903 142133 [annac@hartbeeps.com](mailto:annac@hartbeeps.com), [www.hartbeeps.com](http://www.hartbeeps.com)

### Little Miracles

Email [stneots@littlemiraclescharity.org.uk](mailto:stneots@littlemiraclescharity.org.uk) or [facebook.com/LMSstNeots](https://facebook.com/LMSstNeots)

### Abacus Mental Maths

Contact Abi on 07712 659961 or [Bedford@brainup.uk](mailto:Bedford@brainup.uk), [www.brainup.uk](http://www.brainup.uk)

### Zumba, Fitness Pilates and Fit Mums

£30 for a block of six, or pay-as-you-go at Zumba at £6 per class. Contact Nicola at [njfitnessandmassage@outlook.com](mailto:njfitnessandmassage@outlook.com)

### Narcotics Anonymous

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

### Baby Sensory

Birth to 5 years, £70 for 10 classes. [beds@babysensory.co.uk](mailto:beds@babysensory.co.uk) 07538 502587, [www.babysensory.com](http://www.babysensory.com)

### Shining Stars

Email [natalie@shiningstars.org.uk](mailto:natalie@shiningstars.org.uk) or search Facebook for "Shining Stars Children's Charity"

### Pilates

£78 for 12 classes. Contact Laura on 07900 242904 or [laura@laurasfitness.co.uk](mailto:laura@laurasfitness.co.uk)

### Everyone Health

Call 03330 050093 for appointments, or visit [www.everyonehealth.co.uk/cambis](http://www.everyonehealth.co.uk/cambis)

### Tiny Tots Dance

Ages: 2½ to 4, £4.50 per child. Contact Amy at [hello@tinytotsdance.co.uk](mailto:hello@tinytotsdance.co.uk), [facebook.com/tinytotsdanceclasses](https://facebook.com/tinytotsdanceclasses)

### Youth Café

School years 7 to 11. Contact Helene on 07938 803501, [community.chaplain@yahoo.co.uk](mailto:community.chaplain@yahoo.co.uk)

### St Neots Tang Soo Do Karate Club

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

### Little Loves

Ages: Birth to Preschool, £1 per family. Contact Helene on 07938 803501, [community.chaplain@yahoo.co.uk](mailto:community.chaplain@yahoo.co.uk)

### Dewey School of Dance

Ages: 5-12, £6 per session. Contact Megan on 07801982389

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

[guides@lovesfarmguiding.org.uk](mailto:guides@lovesfarmguiding.org.uk), [www.girlguiding.org.uk](http://www.girlguiding.org.uk)

### Spanish Classes

£70 for an 8-week course, Contact Zoe at [zoelancel@yahoo.co.uk](mailto:zoelancel@yahoo.co.uk)

### Yogabellies (inc. Mum & Baby, Pregnancy)

Contact Niki on 07514 093907, [niki@yogabellies.co.uk](mailto:niki@yogabellies.co.uk), [www.yogabellies.co.uk](http://www.yogabellies.co.uk)

### Junior Youth Club

School Years 3 to 6. Contact Helene on 07938 803501, [community.chaplain@yahoo.co.uk](mailto:community.chaplain@yahoo.co.uk)

### Nia

£8 per class. Contact Ildi at [ildiko.miklos@hotmail.com](mailto:ildiko.miklos@hotmail.com), [facebook.com/ildinia](https://facebook.com/ildinia)

### Streetdance

Various classes for ages 4+, £4 to £5.50 per class. Contact Katy on 07500 875060, [www.katynorthdanceacademy.com](http://www.katynorthdanceacademy.com)

### Life Drawing

£7 per session. Contact Stephen at [lifedrawing@neotists.co.uk](mailto:lifedrawing@neotists.co.uk)

### CoderDojo

[www.tinyurl.com/coderdojo-stneots](http://www.tinyurl.com/coderdojo-stneots)

### Love's Farm Ladies (WI)

[lovesfarmladieswi@gmail.com](mailto:lovesfarmladieswi@gmail.com)

### Love's Farm Runners

Visit [www.facebook.com/groups/lovesfarmrunners](https://www.facebook.com/groups/lovesfarmrunners)

### 2nd St Neots Beavers, Cubs and Scouts

[tinyurl.com/lovesfarmcubs](http://tinyurl.com/lovesfarmcubs)

### Community Money Advice

Call 01480 260234 or email [moneyadvice@lovesfarmchurch.com](mailto:moneyadvice@lovesfarmchurch.com)



# What's On

## February 2020

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.co.uk](http://www.lovesfarmhouse.co.uk) or call 01480 262626 for more information.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Hartbeeps</b> 9.30, 10.30, 11.45 & 1.00  <b>Shotokan Karate</b> 6 - 7pm * <b>Zumba</b> 7 - 8pm * <b>NA</b> 7.30 - 8.30pm <b>Fitness Pilates</b> 8.10 - 9.10pm	* <b>Farm House Coffee Shop</b> 9am - 12.30pm  * <b>BPHA drop in</b> 10am - 2pm <b>Baby Sensory</b> 10am, 11.20am * <b>Shining Stars</b> 3.30 - 5.30pm  <b>Pilates</b> 6pm, 7pm, 8pm <b>LF Runners</b> 8pm @Stn Sq	<b>Fit Mum</b> 9.25 - 10.10am <b>Everyone Health</b> 9.30 - 1.30 <b>Tiny Tots Dance</b> 10.30 - 11.30am * <b>Youth Cafe for Sec School Yr 7-11</b> 3.15 - 5.30pm * <b>Tang Soo Do Karate</b> 5.30 - 7pm  <b>Yoga</b> 8.15pm	* <b>Little Loves</b> 9.30 - 11am <b>LFR Walkers</b> 2pm @ Stn Sq <b>Contemporary Dance</b> 4pm & 4.45pm <b>Brownies</b> 6 - 7.30pm <b>Guides</b> 7.30 - 9pm <b>Spanish</b> 8 - 9pm  <b>LFR Couch 2 5k</b> 8pm @ Stn Sq	<b>Mum &amp; Baby Yoga</b> 10.30am * <b>Messy Church</b> 3.15 - 5.15pm <b>Youth Club</b> 6 - 7pm * <b>Cocktails &amp; Karaoke at the Farm House Bar</b> 8pm- 12am	* <b>Nia</b> 8 - 9am * <b>Lazy Breakfast</b> 9 - 11am <b>Street Dance</b> 9.15, 9.45, 10.30 & 11am	<b>Life Drawing</b> 9.45 - 11.45am  <b>Pregnancy Yoga</b> 6.45pm   <i>Love's Farm House is available to hire for private parties. Please call 01480 262626.</i>
<b>Hartbeeps</b> 9.30, 10.30, 11.45 & 1.00  <b>Shotokan Karate</b> 6 - 7pm * <b>Zumba</b> 7 - 8pm * <b>NA</b> 7.30 - 8.30pm <b>Fitness Pilates</b> 8.10 - 9.10pm	* <b>Farm House Coffee Shop</b> 9am - 12.30pm  <b>Baby Sensory</b> 10am, 11.20am * <b>Shining Stars</b> 3.30 - 5.30pm  <b>Pilates</b> 6pm, 7pm, 8pm <b>LF Runners</b> 8pm @Stn Sq	<b>Fit Mum</b>  <b>Everyone Health</b>  <b>Tiny Tots Dance</b>  * <b>Youth Cafe for Sec Sch Yr 7-11</b>  * <b>Tang Soo Do Karate</b>  <b>Yoga</b> <i>Times as above</i>	* <b>Little Loves</b>  <b>LFR Walkers</b>  <b>Contemporary Dance</b>  <b>Brownies</b>  <b>Guides</b>  <b>Spanish</b>  <b>LFR C25k</b> <i>Times as above</i>	<b>Mum &amp; Baby Yoga</b>  <b>Youth Club</b> 6 - 7pm * <b>Farm House Bar</b> 7.30pm - 12am <b>Salsa &amp; Merengue Class</b> 8 - 9pm	* <b>Nia</b>  * <b>Lazy Breakfast</b> 9 - 11am <b>Street Dance</b> 9.15, 9.45, 10.30 & 11am	<b>* Breakfast Church</b> 10 - 11.30am
<b>Shotokan Karate</b> 6 - 7pm * <b>Zumba</b> 7 - 8pm * <b>NA</b> 7.30 - 8.30pm	<b>Silver Rock Craft Club</b> 10 - 11.30am * <b>Shining Stars</b> 3.30 - 5.30pm  <b>Pilates</b> 6pm, 7pm, 8pm	* <b>Tang Soo Do Karate</b> 5.30 - 7pm * <b>LFCA Meeting</b> 7.30pm	<b>Spanish</b> 8 - 9pm * <b>LF Ladies (WI)</b> 8pm @ SNFC	* <b>Farm House Bar</b> 7.30pm - 11pm * <b>Love's Farm Book Club</b> 7.45pm		<b>* Breakfast Church</b> 10 - 11.30am <b>Pregnancy Yoga</b> 6.45pm
<b>Hartbeeps</b> 9.30, 10.30, 11.45 & 1.00  <b>Sh. Karate</b> 6 - 7 pm * <b>Zumba</b> 7 - 8pm * <b>NA</b> 7.30 - 8.30pm <b>Fitness Pilates</b> 8.10 - 9.10pm	* <b>Farm House Coffee Shop</b>  <b>Baby Sensory</b>  <b>MS Meet-Up</b> 12 - 2pm * <b>Shining Stars</b>  <b>Pilates</b>  <b>LF Runners</b> <i>Times as above</i>	<b>Fit Mum</b>  <b>Tiny Tots Dance</b>  <b>E'one Health</b>  * <b>Youth Cafe for Sec Sch Yr 7-11</b>  * <b>Tang Soo Do Karate</b>  <b>Yoga</b> <i>Times as above</i>	* <b>Little Loves</b>  <b>St Neots Business Hub</b> 12 - 2pm <b>LFR Walkers</b>  <b>Cont. Dance</b>  <b>Brownies</b>  <b>Guides</b>  <b>Spanish</b>  <b>LFR C25k</b> <i>Times as above</i>	<b>Mum &amp; Baby Yoga</b> 10.30am <b>Youth Club</b> 6 - 7pm * <b>Quiz Night @ the Farm House Bar</b> 7.30 - 11pm	* <b>Nia</b> 8 - 9am * <b>Lazy Breakfast</b> 9 - 11am <b>Street Dance</b> 9.15, 9.45, 10.30 & 11am <b>Coderdojo</b> 3.30 - 5.30pm	