



Love's Farm News

October - November 2020

www.ourlovesfarm.co.uk

Keep On Keeping On

This is our third newsletter since lockdown began. As we go to press, the world is a little bit more normal than it has been for most of 2020. Children are back at school, shops, pubs and restaurants are open and we're even able to visit each other's homes in small numbers. But this easing of restrictions is fragile. Rising cases and tighter restrictions look likely as we approach winter.

We all feel like we've been put through the ringer, but if there's one thing we can take comfort from, it's that people are more willing than ever to look out for each other.

Back in April, LFCA quickly put in place a shopping service for people who either had the virus or were particularly vulnerable to it. We were pleasantly surprised to find that there was very little demand for this service. Perhaps that's because we're a relatively young community on Love's Farm, but it's also because people were able to call on nearby family, friends and neighbours for support.



**ST NEOTS
COMMUNITY
SUPPORT**

Introducing St Neots Community Support

Because of the low demand for LFCA's COVID support service, we've decided to wind up this operation and refer people to St Neots Community Support (SNCS). This group sprang up in response to the pandemic and they've been doing a truly amazing job supporting residents across the town. We've worked closely with them and we know that — should demand increase — the residents of Love's Farm are in safe hands.

SNCS can do shopping trips, pick up prescriptions and post letters for people who are self-isolating. They're also available if you just need a friendly phone call. Their phone line is open 8am to 8pm daily. Give them a ring on **0333 3355 344** or email info@sncs.org.uk.



Welcome Back to Love's Farm House

We are delighted to be able to re-open Love's Farm House in a Covid-secure way. To keep everyone safe we are carrying out extra cleaning, there are hand sanitiser stations located throughout the building and there is a one-way system in place, with social distancing markers inside and outside the building.

Most of your favourite classes are back and we have lots of new hirers joining us too, so there is something for everyone from babies to adults, Acro to Zumba! All classes have extra safety measures in place and capacity is limited to ensure social distancing, so don't forget to book your space. You can find a copy of our What's On Guide and contact details for our hirers on the back cover, or on our website at lovesfarmhouse.com/whats-on.

The Farm House Bar and Lazy Breakfast are on hold but we are making plans to bring these back as soon as we can do so safely. In the meantime, if you're missing your regular Farm House cappuccino fix, do not fear! The cafe will be running on Thursday mornings at 9-11am in the Hall for your post-school-run or pre-lunch coffee and cake.

Please help us to keep the building safe for our community. Please don't attend in a group of more than six people, make sure you comply with

social distancing and don't forget your face covering. Please do not come to Love's Farm House if you or anyone in your household has had symptoms of Covid-19 in the last 10 days, or if you are required to self-isolate for any reason.

We look forward to welcoming you back to Love's Farm House!

What's New at Love's Farm House

FitSteps

Wednesdays at 2pm, 7.15pm and 8.15pm

FitSteps is an energetic, upbeat dance fitness programme featuring all your favourite Strictly dances. It is designed to give real fitness results while having fun learning your favourite ballroom and Latin dances, with no partner required.

The 8.15pm class introduces the FitSteps Tone programme, where you can improve your balance and posture while learning the same dance moves used in the regular



St Neots Mayor Stephen Ferguson gives his verdict on the new FitSteps class

FitSteps classes.

Classes cost £7 per session or £6 per session when booked as a block. Sessions are suitable for ages 16+ and all abilities. Contact Lynne at fitstepsstneots@gmail.com or visit www.facebook.com/fitstepsstneots for more information and to book.

Inspirations Dance Academy — Acro Dance

| Mondays 4-6pm

Inspirations Dance Academy is bringing its Acro classes to St Neots. Does your child love to do cartwheels and handstands, or dance around the house? In this class they will learn gymnastics skills combined with elements of street, jazz and commercial dance. Suitable for all abilities from 5 to 14 years. Contact Laurie at office@inspirations.dance for more information and to book.

Train with Sophia

| Mondays 6.10-6.55pm

Sophia is a qualified personal trainer who has been offering online and outdoor fitness sessions to local residents, including the Love's Farm Runners, throughout the spring and summer. From October the sessions will move inside to the comfort of the Love's Farm House Hall.

Classes cost £5 per session or £18 for a four-week block, and are open to adults of all abilities. Each session will involve a full body workout, with something different every week to



Sophia's fitness classes were held in the MUGA over summer

keep things fun. More information at facebook.com/TrainwithSophiaA.

Mama Baby Bliss — Baby Yoga

| Fridays 9.45am and 11am

Baby yoga is fun for parents and babies alike. It has huge benefits for your baby including developing balance, coordination and motor skills and strengthening their core muscles. It is also wonderful for relaxing your baby and can help with sleep, wind and colic. In the classes you will learn a series of fun baby yoga moves, accompanied by lovely songs and rhymes to entertain your baby. The sessions also include postnatal stretches for you, plus some relaxation time at the end.

Classes cost £40 for five weeks for BabyBliss Yoga (2-6 months), and £34 for five weeks for Baby Yoga Wrigglers & Movers (7-12 months)

For more information or to make a booking email joanna.miller@mamababybliss.com or visit www.mamababybliss.com/classes/book-a-class/biggleswade-st-neots.

Confident Birth Hypnobirthing

First Sunday of the Month 10.35-11.30am and Thursdays 7.45-9pm

Soothe your way into Sunday with Confident Birth's free monthly Relax & Breathe birth class, or come along to the Thursday evening Calm & Comfort birth workshop to learn how to create calm during your birth experience.

The Relax & Breathe classes will introduce you to an essential breathing technique as well as providing tips for making birth more comfortable. The session will finish with a blissful and baby-bonding hypnobirthing relaxation, all wrapped up in a dreamy mist

of essential oils. The Calm & Comfort workshop will help to ease your worries about giving birth and make you feel lighter and empowered by giving you techniques to ease the intensity of labour and nurture your comfort levels to make your baby's birth a positive and calm experience.

Spaces must be booked in advance. Please visit www.yourconfidentbirth.co.uk for more information and to book.

Trustees wanted

Love's Farm House is managed by Love's Farm Community Centre CIO, a charity set up by members of LFCA and other local residents. Each year at the annual general meeting (AGM)

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)



07912442622
njfitnessandmassage@outlook.com

www.njfitnessandmassage.com



there's a chance to welcome new trustees to the board.

The trustees are volunteers who take overall responsibility for the community centre. At the monthly trustee meetings (on the first Wednesday of each month) they discuss things such as finances, marketing and fundraising, defining policies and procedures, employing and managing staff, planning events and ensuring that the building is run in accordance with the charity's constitution and mission statement — see www.lovesfarmhouse.com/about/mission-statement

Some of the trustees are also regular hirers of the building, and it's useful to have a range of ages, backgrounds and interests to help serve all parts of the community.

If you're interested in becoming a trustee (or would like to volunteer in any other way), the team would love to hear from you. Please email chair@lovesfarmhouse.co.uk or call 01480 262626.

SMART Litter Picks

| 17 October and 28 November

Thank you to everyone who has come along, maintained social distance and helped to clear our shared places and green spaces. The next SMART days will be on Saturday 17 October and 28 November. Meet at the Pirate Ship at 11am or 2pm. Bags and pickers supplied but we're not currently sharing hi-vis or gloves.

Breakfast Church Back at Love's Farm House

After months of meeting by Zoom it was wonderful to be able to bring Breakfast Church back to Love's Farm House on Sunday mornings. Current guidelines means that we can't be more than 30 people in the hall and so we ran two Breakfast Church sessions to keep numbers within safe limits. Session one ran from 9:30-10:15 and then session two from 10:45-11:30. If you want more info about what to expect or what we're doing to keep everyone safe, please contact Helene at community.chaplain@yahoo.co.uk or visit the Love's Farm Church Facebook page.



Breakfast Church is back at Love's Farm House

Youth Club

The primary aged Youth Club has returned to Love's Farm House on a Friday evening running two sessions — the first for Years 3 and 4 and the second for Years 5 and 6. Numbers have been kept to just 12 children per session in order to keep the children safe and because we currently only have use of the hall. Despite the current constraints the Youth Club

team have done their best to keep as much of the Youth Club routine as possible with a good mix of toast, crafts, games, banter and tuck! We have one or two spaces available so please get in touch if you'd like more info — Helene community.chaplain@yahoo.co.uk.

Community Café

With the foyer needed as a one-way system, the regular Community Café has found a new home in the hall at Love's Farm House and will happen on a Thursday morning at 9-11am, during what would normally have been the Little Loves parent and toddler slot. Love's Farm Church has taken over hosting the Café for the community and will serve the regular café fare with Helene at the coffee machine as before.

Numbers in the hall are limited to 30, with groups of up to six at tables two metres apart. Masks may be removed at the table but need to be worn until you are seated. The hope is that being able to host little bits of normal in a Covid-secure setting will help to strengthen our relationships



Enjoy a proper coffee at the Farm House Café

and resilience as we manage the ongoing challenges of this pandemic. If you're able to come along on Thursday morning you will be very welcome.

Community Garden



The latest additions to the community garden

These two fish have to be the most resilient and patient goldfish on Love's Farm, with regular visitors to our newest piece of community garden running at the side of our community chaplain's house on 76 Stone Hill. They are regularly visited, fished and returned to their pond!

This small 'sharing garden' is open for anyone to visit, sit in, pick tomatoes, beans, herbs, to count the stone eggs, check the bug hotel or just scoot down the path. The Love's Farm Rock Snake sits on the wall and beautifully decorates the garden edge. Please feel free to pop in or to linger longer.

Love's Farm Runners

Love's Farm Runners are back and stronger than ever! Despite Covid



Love's Farm Runners warming up at Station Square

hampering their sessions, the group remained dedicated to their running, sharing Strava updates and chats on their Facebook page throughout the months of isolation.

They restarted three run groups at the beginning of September: the Intermediates who like to run faster and further, the Improvers group who are making tremendous strides in their improvement, and the Couch to 5K group has taken off again too.

Another run leader joined the group so there are now five leaders with an amazing wealth of fitness experience and knowledge between them.

The sessions adhere to the distancing rules; people are keeping the recommended two metres apart from each other and running in single file when passing others to remain two meters from pedestrians. Each group also runs in different locations to keep the groups separated.

If you wish to join in, the first run session is free. After that please register and book the appropriate group at groups.runtogether.co.uk/LovesFarmRunners

News from St Neots Town Football Club

COVID-19 Club Facilities and Commercial Activities

We are experiencing strange and unsettled times which will continue until the world wins the battle against Covid-19. Just like every other aspect of the economy, football has suffered a significant loss of revenue during this pandemic. Despite the economic challenges Saints are beginning the new season with continued support of their main sponsors Premier Plus Financial Services, Guess Ltd, St Neots Interiors and Goldstraw Jewellery Services. They are also welcoming support from their new kit sponsors Preferred Plumbing and sponsors of Saints Food Terrace, Bosphorus Restaurant, Istanbul Turkish Barbeque, Market Cafe and Hot Spot Pizza & Fried Chicken. Along with some healthy interest in pitch and astro banner advertising, the total number of local businesses that got behind the club is over 30.

As well as supporting the club's ambitions of playing at the highest level possible and to offer development pathway for talented local boys, the local businesses are supporting the club's local charity and community initiatives.

The government has given the club a green light to play home games with up to 500 spectators. They are following match day Covid-19



The Saints in action at Kester Way

procedures initiated by the Government and The FA. As well as having controlled procedures to enter the ground, a one way system has been put in place for food purchases and toilet use.

First Team Update

Following two disappointing seasons, the club is determined to turn things around. The first team has been strengthened with five Cambridge United young professionals and several experienced players. They are aiming to compete at the top end of the league table.

There are three home games coming up:

- Welwyn Garden City on Tuesday 6 October at 7.45pm
- Didcot Town on Saturday 10 October at 3pm
- Biggleswade FC on Tuesday 27 October at 7.45pm

Admission is £8 per adult, £6 for over 60s, £2 for 16-18-year-olds and free for under 16s.

Visit www.stneotstownfc.co.uk to book online and for full details of

fixtures including away games.

Norwich City FC Community and Holiday Sessions

St Neots Town FC has launched new community session with Norwich City on Fridays, which will take place on Gess 3G Astro pitch.

The Mini Kickers session at 5-6 pm is aimed at boys and girls aged 2-6 years. Meanwhile, Player Technical Centre sessions are for boys and girls aged 7-13 years. Then at 6-7pm there's a Girls Technical Session for ages 6 to 16.

On 28 and 29 October (during half term) at 9am-4pm there will be sessions for boys and girls aged 4 to 12.

Please contact owen.buxton@canaries.co.uk for further information and to book your child's place.

Post-Covid Plans for St Neots Footfall Club

The word Footfall above is not a typo. Compared to around 300 Clubs at the same level and above in England, St Neots Town is one of the few clubs where facilities are open seven days a week. It has a healthy footfall with the use of the Gess 3G Arena. The club has two function rooms and, once restrictions allow, these will be used for regular fitness and entertainment activities.

The management team wants to increase the club's footfall even further when things return to normal. They have several ideas for this but

are welcoming ideas from local residents. Please contact Mehmet to share your ideas as to what activities you would like to see at the club on 07946 318888 or mehmet@stneotstownfc.co.uk.

For event and facility hire, please contact misslouises@yahoo.co.uk.

Love's Farm Out of Doors

With Phyllis Hooper

Well what a topsy turvy year for weather! Have you noticed how much growth the trees and shrubs have put on this year? I've seen Willows that have grown more than two metres this season.

There is a theory that it has been because of the huge reduction in air pollution due to reduced land and air traffic. Could be, but I suspect it is just the combination and timing of weather. Either way, we do not want to repeat the experiment.

I have had lots of messages about the edibility of all the fruit. Please don't eat any berries except brambles. My suggestion is that none of the apples and pears are poisonous but the bigger they are the more easily cooked. It is better if they are not picked off the trees but from the ground — they are then as ripe as possible. This particularly applies to the quinces. Try sweet pickled pears — great with meat or fish in winter.

My next subject could be a bit

tricky. I don't want to upset anybody nor give wrong information so please take this lightly. When I am out "snipping" in my pink vest, people often talk to me and the conversation invariably comes to the phrase, "It's awful, they really ought to.."

This is my somewhat informed distillation of the "they" and what might ought to be done. During the development of Love's Farm the responsibility for every inch has changed several times; from Gallagers to individual developers, to home-owners and tenants, to maintenance companies. I believe, and hope, it is now largely settled.

The largest areas of green space are managed by Huntingdonshire District Council. They really care about Love's Farm at all levels and communicate well with us. The shortfalls in what "they ought to" do are directly down to what our council tax will pay for.

The trees and verges of the spine roads are the responsibility of Cambridgeshire County Council, but



The balancing pond doing its job after a downpour



The raised beds on Stone Hill in full bloom

maintenance is sub-contracted, at the moment, I believe, to St Neots Town Council, who also do the flower beds at the top of Stone Hill, which are now planted with perennials.

We then come down to the planting around the houses. Twice in the nine years I've lived here I have had to look at my deeds, the Land Registry document we all had when we bought our houses, but forgot about amid the business of moving. This shows exactly what land goes with which house. The developers kindly started off some of the planting (for marketing photos) but those plants are ours and we can love them or grub them — there is no "they".

Then there are some patches which no individual house owns. As each developer moved off-site there could, should or might have been a transfer of these patches to a management company, linked to the area residents by representatives. A yearly charge is made by these companies to care for their agreed remit.

Many people I speak to are having problems with representation and

understanding their management company's remit. Some individuals have taken over small areas to tidy or beautify, which is great until that person tires or moves. The final but interconnecting factor may be a list of covenants (conditions) applied to a house, again found in those original purchase documents. I was horrified to find a list of 17 covenants when I thought of putting solar panels on my house. I naively thought that Freehold meant the house was simply mine.

So, sadly, often the "they" may actually boil down to a "we", or even an "I". Enjoy Love's Farm even with its imperfections.



No surprise that there have been masses of young frogs this year

Advertise Here

Advertise your company or event with a half-page, quarter-page or classified advert. This newsletter is delivered to 1,500 homes on Love's Farm. Please contact Jenny on 01480 262626 (9am-3pm Monday-Friday) or email jenny@lovesfarmhouse.co.uk.

Get In Touch

Love's Farm News

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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 (Monday to Friday, 9am to 3pm):
Jenny 01480 262626,
jenny@lovesfarmhouse.co.uk
Chair of trustees:
Raymon Gompelman
raymon@lovesfarmhouse.co.uk
www.lovesfarmhouse.com
  lovesfarmhouse

St Neots Community Support

Help with shopping and other tasks for people who are isolating due to COVID-19. Call 0333 3355 344 (8am-8pm) or email info@sncs.org.uk

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,
davidwells@hotmail.co.uk
Nik Johnson, 07957 210183,
nikmagpiejohnson@btinternet.com

County Councillor

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

Financial Difficulties

Love's Farm Community Money
Advice: www.lovesfarmchurch.com/moneyadvice 01480 260234,
moneyadvice@lovesfarmchurch.com

Community Chaplain, Breakfast Church

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

BPHA

Contact Customer Services on 0330 100 0272 www.bpha.org.uk

Hartbeeps

Ages: 0 to 4, £7 per child.
Contact Sarah on 07872 331260
sarah.armstrong@hartbeeps.com,
www.hartbeeps.com

Inspirations Dance Academy

5-14 Years. Contact
office@inspirations.dance.org
www.facebook.com/inspirationsdancecambourne.

Train with Sophia Fitness Class

£5 per session / £18 for four-week block. Contact Sophia via
www.facebook.com/TrainwithSophia.A.

Zumba, Fitness Pilates and Fit Mums

£6 per class or £30 for a block of six. Contact Nicola at 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 07538 502587, www.babysensory.com

Pilates

£78 for 12 classes. Contact
Laura on 07900 242904 or
laura@laurasfitness.co.uk

Everyone Health

Call 03330 050093 for appointments, or visit www.everyonehealth.co.uk/cambus

St Neots Tang Soo Do Karate Club

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

FitSteps

£7 per single session / £6 per block booked session. Contact Lynne on fitstepsstneots@gmail.com or visit www.facebook.com/fitstepsstneots.

Little Loves

Ages: Birth to Preschool, £1 per family. Contact Helene on 07938 803501, 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,
www.girlguiding.org.uk

Mama Baby Bliss Baby Yoga

Ages 2 - 12 months. Contact Joanna on
joanna.miller@mamababybliss.com
call 07904 374212 or visit
www.mamababybliss.com/classes/book-a-class/biggleswade-st-neots.

Junior Youth Club

School Years 3 to 6. Contact Helene on 07938 803501,
community.chaplain@yahoo.co.uk

Stretdance

Various classes for ages 4+, £4 to £5.50 per class. Contact Katy on 07500 875060, www.katynorthdanceacademy.com

Confident Birth Hypnobirthing

Free. Visit www.yourconfidentbirth.co.uk.

Love's Farm Ladies (WI)

lovesfarmladieswi@gmail.com

Love's Farm Runners

Visit www.facebook.com/groups/lovesfarmrunners

2nd St Neots Beavers, Cubs and Scouts

tinyurl.com/lovesfarmcubs



What's On October 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 or call 01480 262626 for more information.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Hartbeeps 9.45am, 10.45am, 12noon, 1.15pm, 2.30pm Acro Dance 4 - 6pm Fitness Class 6.10 - 6.55pm Zumba 7 - 8pm Fitness Pilates 8 - 9pm	Baby Sensory 10am, 11.15am, 12.30pm Pilates 6pm, 7pm, 8pm Love's Farm Runners 8pm @ Station Sq	Everyone Health 9.30am - 1.30pm FitSteps 2pm Karate 5.30 - 7pm FitSteps 7.15pm FitSteps (Tone) 8.15pm	* Love's Farm Cafe 9am - 11am Contemporary Dance 3.45pm, 4.35pm Brownies 6 - 7.30pm Guides 7.30 - 9pm Confident Birth Hypnobirthing 7.45 - 9pm	Baby Yoga 9.45am, 11am Youth Club 5pm, 6.15pm	Street Dance 9.30am, 10.15am, 11am, 12noon, 1pm, 2pm, 3pm	Confident Birth Hypnobirthing 10.35-11.30am
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