

***Dear All,***

Now is the time to clear up, and clear away the left overs of Christmas. To tidy the house, recycle the Christmas tree and empty bottles – to put away the suitcase from the travels and resume our more normal life and routines.

I do so hope that you have all had a very peaceful and joyful Christmas and wish you a happy and joyful New Year. I hope you haven't been left with too much 'mess' now that the festivities are all over.

Christmas and New Year are times of creating 'mess' and it is messy for many – it is a time of family arguments, a time of burnt offerings at the dinner table, a time of overeating, a time of disharmony, of sadness and of loss, of being alone and of remembering those people who are no longer with us. Life itself is 'messy' and difficult. The festivities we have just shared cannot disguise that fact as we return to work and daily routines this New Year. But life, and living it, is not 'joyless'.

Joy is found in embracing life exactly as it presents itself – all the bumps, upsets, drudgery, inconveniences, pettiness, discomforts and mess included. If we wait for everything to be perfect, neat, larger than life, and all wrapped up in pretty ribbons for us to enjoy them, then our experiences of joy will be very limited ... if we find them at all. Small is beautiful; little things mean a lot; and there is delight in the ordinary. Having someone to hug; trustworthy friends; good eyesight; the rain and the sun; appreciative children ... the list is endless.

So be alert to those small things that bring such special Joy, Laughter, Love and Meaning for each one of us (no matter how messy and difficult our daily lives often feel). They are all gifts from God. Be ready to rejoice in them and share them with others.

Please have a bright, joyful and rewarding 2011.

With every best wish and blessing

*Very best wishes Michael, Vicar*

## **Church News**

We hope the church diary for 2011 will be ready shortly. There are always spare copies in the church, so please help yourself to one if you would like to know what is happening at St. Peter's during the year.

### **Church Jumble Sale – 2.30pm Saturday 19<sup>th</sup> February, Barton School & Village Hall**

**The original way of recycling clothes & items not needed any more!!**

Please support by donating items for the following stalls:-

*Bric-a-Brac (including kitchen items& china (but no electrical appliances); Children's toys; books; bedding & soft furnishings; clean clothing- men's, women's, & children's and nearly new.*

Setting up will be on Saturday morning. It will be helpful if items are brought to the school between **10am & 12noon on Saturday morning.**

**Jumble** can be collected or dropped off before the day to the following people:-

Hugh Greenfield	114 High Street	262005
Anne Coulson	16 Roman Hill	262666
Ruth Barnes	33 Kings Grove	262114

*Hugh & Meta Greenfield*

### **Barton Baptist Church News**

2010 was a busy year for the Church. In place of our usual lent studies, Elizabeth, our Minister-in-Training, led us through the "40 Days of Purpose" studies. We also had a "Light Party", an alternative to Halloween and a highly successful "Spirit of the 40s" evening both under her guidance.

For our Advent Bible studies we changed the time and date of our meetings to Thursday afternoons. This enabled some new people to join us. We will be continuing on Thursday afternoons for our Lent studies, these don't start until the 17<sup>th</sup> March. In the meantime our February Bible studies will be on the 10<sup>th</sup> and 24<sup>th</sup> February starting at 2.30pm.

On the 27<sup>th</sup> February the Baptists from our nearest 5 Villages will be getting together for our 4 monthly joint Celebration Service. Our guest speaker on that occasion will be the Rev Chris Duffett (Paul and Anita's son) who is Vice President of the Baptist Union. It will take place in the Village Hall. There will be a tea at 5pm followed by a service with a difference at 6pm.

As I mentioned in the last Parish magazine, Elizabeth completes her training in June and we, as a Church, will be considering what to do following her departure at the end of August.

*Brian West 264801*

## ***Barton Christian Fellowship***

This month we meet on Wednesday 9<sup>th</sup> February at 2.30pm in the Village Hall. Our speaker will be Annie Nason. She usually talks about Mission Aviation Fellowship (MAF) but this time she will be talking about the Missionary Life of her parents. All are welcome.

*Mary West*

## **Parish Jottings**

### ***STOP PRESS – Speed Review A603***

Margaret, Patrick, Fiona and Francis attended the South Cambridgeshire Traffic Management Area Joint Committee meeting, at Cambourne on 17<sup>th</sup> January. We received a very encouraging response from members of the committee, who stated that they had been impressed by the quality of argument of the many Emails and letters received; the petitions were also read out and we were given the opportunity to present our case. A number of councillors had deliberately driven the route; one even had a spreadsheet of all the responses she had received. All SCDC and County Councillors who spoke were very supportive. We were dealt with in a most professional way. These are still early days, with lots of lobbying to go on behind the scenes, because matters have to be discussed by the County Council Cabinet.

The Joint Committee voted unanimously to recommend to Cabinet:

1. links 18-19: from M11 to the Wallis bend – a reduction to 40mph (it was clear that they would not go as low as 30mph);
2. link 17: lay-by bend to Haslingfield Road – a reduction to 30mph;
3. links 15-16: out towards Lord's Bridge – a reduction to 50mph.

We must be VERY CLEAR and AVOID any premature celebration: these are merely three separate “recommendations” to the final decision-making body, and it is possible that one or more of these three recommendations are not carried through. The next stage will involve less local and emotional argument, and focus more on the technical aspects of highways management, road specifications, police views on enforcement, budget constraints etc. We may need to ask residents to lobby again when the time comes. However, we can give ourselves a modest pat on the back nevertheless for having passed this initial hurdle!

Thank you for your many efforts, letters, Emails, petitions and protests to support the case for a reduction of speed limits along the A603. A wholehearted effort by the village, the school, Grantchester parents, Fiona Whelan and Francis Burkitt. It was so much appreciated.

***County Councillor Fiona Whelan*** stated that the County Council budget for 2011-2

would not be released until mid-January for approval on 15<sup>th</sup> February. Highways expect to lose 10% of their allocation. Two thirds of lighting bulbs may be replaced to reduce power use and the time alight may be shortened. An expensive court case can be expected over the Guided Bus after the BAM Nuttall handover to a contractor to fix faults.

**District Councillor Francis Burkitt** arranged the production of letters and petitions about reducing speed on the A603, including the provision of a press release, he felt it was our last opportunity for many years to influence the joint County and District traffic committee.

### ***TV Digital Switchover***

Cambridgeshire ACRE has been publicising the TV Digital Switchover at the end of March. Help is available for older and disabled people (0800 40 85 900 or visit [www.helpscheme.co.uk](http://www.helpscheme.co.uk).) For general advice visit [www.digitaluk.co.uk](http://www.digitaluk.co.uk) Margaret Penston who went to a training session may also be able to offer some hints.

### ***Success of Barton Ward Oil Club***

BWOC ordered 360,000 litres in 2010, compared with 100,000 litres in 2009. This year Madingley receives a donation, Barton had it last year.

### ***Notice board and website***

Official notices and full minutes of meetings can be seen on the notice board outside Conkers or on <http://www.barton-cambs.org.uk>

**Next Council meetings:** Tuesday 1<sup>st</sup> February 7.30pm in the Village Hall.

*[Patrick De Backer 262577 bartonpcclerk@btinternet.com](mailto:Patrick.DeBacker262577@btinternet.com)*

## **Village News**

### ***Thank You***

I am so grateful for all the cards, messages of goodwill and support that I have received following my recent hip replacement operation. They were a great source of pleasure – thank you.

I am making slow but steady progress and hope to be back in circulation soon. In the meantime I welcome short visits.

*Jean Ricketts*

### ***The Royal British Legion Poppy Appeal Collection 2010***

Thank you all very much for supporting the 2010 Poppy Appeal. Especial thanks to our collectors, and the owners of the establishments where boxes were placed.

The Collection amounted to **£1251.12** in the name of Barton. In the village, there were a number of Gift Aid envelopes completed to the value of £360 from which tax will be reclaimed, and this should add about **£100** to the collection.

Our Branch is now a Sub-Branch of the Comberton Branch of the Royal British Legion. Mrs Pat Magill has agreed to look after the Village Poppy Collection in 2011.

Any lady or gentleman wishing to know more about membership, or associate membership of the Royal British Legion please get in touch with Mr G. Diplock, the Sub-branch Secretary in Coton on phone number 01954-210662.

### ***Royal British Legion Comberton Branch***

***(now incorporating Barton, Coton & Madingley)***

#### **COFFEE MORNING – SATURDAY 26<sup>th</sup> FEBRUARY 2011**

In Comberton Village Hall, Green End Road – 10.30am to 12 noon.

Stalls for Cakes, Tombola. Raffle, and Bric-a-Brac.

Entrance including Coffee/Tea – £1 Parking available.

**Please come and support our local branch.**

*Cornie Thorne*

### ***Barton Lunch Club***

**Friday 4<sup>th</sup> February 12.30 for 1pm.** In the village hall. For cancellations or reservations please contact Anne Coulson 262666.

*Anne Coulson*

### ***WI***

January's meeting was a talk by Veronica Bennett on Gardens and the National Trust. She is a volunteer with the National Trust and gave us an insight into the Trust's work keeping 250 gardens and parks in order. She had some wonderful slides which brightened up a cold January evening. The February meeting is a members evening on the 8<sup>th</sup>, and the Annual Meeting is on 8<sup>th</sup> March.

*Sue Clemo*

### ***Barton Playgroup***

Unfortunately, the New Year has not begun well at Barton Playgroup. The big freeze over the Christmas period resulted in burst pipes and the flooding of the Playgroup premises. Resources have been lost but, more fundamentally, the fabric of the building has been affected.

Following consultation with the loss adjusters, the entire wooden floor will have to be removed and replaced – a great shame since we have only recently replaced the floor coverings. Therefore the building is currently unfit for use.

However, Barton Playgroup has continued its duties by decamping to the Village Hall until the building is habitable once again. Although the incident is unfortunate, staff and children are making the best of this new adventure.

This temporary location has enabled the Playgroup to take advantage of the space provided by the Village Hall in this half term's topic of 'Our Bodies'. The children will look at Keeping Healthy campaigns and fitness programmes to understand the importance of maintaining health. They will also participate in PE games to encourage teamwork and to look at why games have rules and how they can keep you safe.

Another regrettable result of the flood means that our Toddler Group on Monday afternoons will be suspended until further notice.

We would like to take this opportunity to thank those parents and villagers who have assisted us in our time of need.

*Jaszia Lindon*

### **BRIG**

You may have noticed that works has started on the new Sports and Social Pavilion on the Recreation Ground. We had a ground breaking ceremony on the 9<sup>th</sup> December attended by Representatives of South Cambridgeshire District Council, WREN, Cambridgeshire Football Association, Parish councillors, BRIG committee members and interested villagers. It is hoped that the building will be completed by the end of May 2011. It is really a great step forward.

However, fundraising towards furnishing the Pavilion continues and a "Wish List" of needed items will be circulated in March. We hope that you may feel able to sponsor some of these items. We also hope you will be able to support the following fundraising activities in 2011; any offers of help would be appreciated.

**10<sup>th</sup> April: NGS Open Gardens** 20% of gate money to BRIG

**22<sup>nd</sup> May: NGS Open Gardens & Teas** 20% of gate money to BRIG. *Offers of help are welcomed.*

**11<sup>th</sup> June: Safari Supper** *(Details to follow)*

**9<sup>th</sup> July: BRIG Stall at Village Day**

**Mid-October: BRIG calendar 2012 and cards go on sale**

**12<sup>th</sup> November: Autumn Coffee Morning** *(Jams, Marmalade and Chutneys)*

*Meta Greenfield, Secretary*

### **Barton Friendship Club**

In December 2010 we had our usual Christmas dinner thanks this time to Alison Foster. Our entertainment was provided by the WI Federation Players which was fun and very much appreciated. Thanks to all who helped make it so successful an occasion.

Our meeting on 1<sup>st</sup> February will be a games afternoon starting at 2.30pm and on 15<sup>th</sup> we will be having a speaker from the *Bobby Scheme* set up to help vulnerable people feel safe in their own homes.

Anyone is welcome to join us for these meetings. For future reference, we always meet on the 1<sup>st</sup> and 3<sup>rd</sup> Tuesdays of each month.

*Brian West*

### ***Barton Parish Institute (Village Hall)***

The Village Hall Management Committee's AGM will be held on Tuesday, 22<sup>nd</sup> February at 7.45p.m. in the Village Hall. Do come and hear about all the work this group does throughout the year to keep the Hall in good order for village use.

*Hugh Greenfield*

### ***Barton Gardeners***

Our last meeting of 2010 was the ever-popular Mince Pie Morning. We broke the record this time with a brilliant turn out of members and visitors who enjoyed the convivial atmosphere, good conversation and warm mince pies. A variety of festive stalls and a seasonal raffle added to the mix. This year, to help with fund raising for the Village Day Show, we asked for donations to refreshments and were pleased that so many of you made the small contribution of £1 – thank you. The Barton Gardeners' next meeting will be on **Tuesday, 15<sup>th</sup> March** when we will welcome **Philip Whaites**, Head Gardener at Wimpole Hall. He will be speaking to us on *Wimpole Gardens – Past, Present and Future*. Further details will be in the next edition.

*Happy gardening! Sue Edwards*

### ***Neighbourhood Watch***

We have again had a few cases of car crime in the past few months. Please don't leave anything in your car that may tempt a thief.

As the price of oil rises, there is an increased risk of oil theft from your domestic oil tanks. We have had at least two of these in 2010. Please report any such thefts to the police as they can solve some of these crimes, and they can help to prevent future thefts.

No system will prevent a really determined thief from stealing your oil, but the police suggest that you do what you can to make it harder for them. Police recommendations on how to prevent your oil from being stolen can be found at <http://www.cambs.police.uk/crimeprevention/advice/advice.asp?ID=171>. I have also put a copy on the back of the notice board at Conkers. A strong lock that is resistant to bolt cutters is a good start. Please see the notice board, or contact me, for details of a lock that will fit on to the filler pipe of certain metal tanks.

*Bev Edwards*

### ***Barton Tennis Club***

The Club's Annual General meeting will be held on Thursday 17<sup>th</sup> February at 8pm in the Village Hall. Everyone is welcome to attend – you don't have to be a

member – and wine and cheese will be provided. For those who may be new to the village we have two excellent hard courts on the Recreation Ground, and this coming season will see the opening of a fine new pavilion adjacent to the courts.

*Ray Scrivens, Secretary, Barton Tennis Club*

### **John Bowen Productions**

John Bowen Productions are very sorry to have disappointed everybody who applied for tickets for the *Pie & Mash* evenings in the Village Hall. We had to cancel owing to unforeseen circumstances but we will be presenting the show at a future date. So please look for details in the next issues of this magazine.

*Judith Bowen*

### **Murder Mystery Evening**

Once again a “Murder” is announced! On Friday, February 25<sup>th</sup>, Maud Evans and her merry band of friends will be enacting yet another dastardly deed! Come along and see if you can solve the mystery and enjoy a superb meal in good company. tickets @ £12.50 can be obtained from Barbara Tomes (C-262692) or Judith Bowen (C-262186). Please let us know at the time of booking if you are a vegetarian. Not only will you have an evening of fun but Maud will provide, at her own expense, a WELCOME DRINK! although you are asked to bring your own drink to accompany your meal. There will also be a stupendous raffle, so bring along your money, as all profits will go to St Peter’s Church, Barton.

### **Barton Drama Group**

The Annual General Meeting will be held on Monday 21<sup>st</sup> February, at 8pm in the Village Hall. The group was formed in 1981 so we are celebrating 30 years this year. Come along and find out our plans for 2011 and see if you would like to get involved in some way. We will give you a warm welcome. Wine and nibbles will be provided. If you can’t get to the meeting but would like to know more, then please contact the Secretary, Helen Newstead on C-262543.

The Drama Group's next production will be "Something to Hide", a thriller by Leslie Sands. It will run from 23<sup>rd</sup> – 26<sup>th</sup> March, 8 p.m. in the Village Hall.

Tickets £7.50 and £5.50 from Norma Eaton 263561

### **Visit to Donarbon on 16 December 2010**

Fourteen residents visited Donarbon on behalf of Barton Energy Group. After an introductory talk by Karen Brenchley, the Education Centre Coordinator, we toured the site by minibus with her and Julian Ayres, the South Cambridgeshire Recycling Support Officer, who was very helpful in answering our difficult questions.

Donarbon was originally involved in skiphire and quarrying. Ten years ago the

company moved into composting and now a high percentage of Cambridgeshire's waste is processed there. The contents of our blue bins currently goes to Edmonton in Kent but everything from the black and green bins goes to Donarbon. Everything which can be recycled or composted is winnowed out from the black bin contents and the amount of rubbish going to landfill is substantially reduced. The landfill pits are organised in such a way that any liquid leaching out is captured and recycled and a different pipe network captures methane emissions which can be burned to make electricity.

Green bin waste is composted – “in vessel” for kitchen waste, “open” for garden waste. Kitchen waste is shredded and placed in concrete vats known as clamps, with removable roofs to keep the heat in and the rain out. The compost spends 2 weeks in a clamp. It is rotated after 1 week to mix it thoroughly. It reaches temperatures of at least 60°C so any lurking pathogens are killed. After a further 7 weeks in the open the compost is sieved to remove any large material remaining. This goes through the whole process again. Eventually a small residue will have to go to landfill. Garden waste is composted in the open and the end product is mainly supplied to farmers, although members of the public may help themselves provided they come armed with a shovel and sacks.

Donarbon can process both liquid waste and building materials and everything possible is done to make sure that a minimum amount is sent to land fill.

The most impressive facility at the site is the MBT – Mechanical Biological Treatment plant which uses Swiss and German technology and processes all the material from our black bins. On arrival, splitters empty the waste out of bags and move it to a conveyor belt which takes it to giant sieves (trommel screens) which sort items by size. Glass and stone are mechanically separated for recycling, huge magnets remove ferrous metals and eddy-current separators remove non-ferrous metals. Plastic passes through a laser recognition process and is removed by an air jet. The remaining waste is shredded by the Terminator and sent to a composting hall which houses 2 enormous tanks, 70m by 200m. After being mixed with water and regularly rotated by a giant wheel over 7 weeks, the waste is sent to landfill once toxic gases and poisonous liquids have been siphoned off. In the future technology may advance to the point where better use can be made of this waste.

Is all this effort worthwhile? The only possible answer is yes. Clean waste from the blue bins can be sold for cash. The less waste we send to landfill the smaller the landfill tax bill will be. This tax is scheduled to rise and exceeding EU landfill limits leads to fines. Our individual efforts at home mean that we are all helping to keep our Council Tax down.

The Energy Group found the tour fascinating and would encourage everyone to visit the site.

*Bev Edwards (with help from Sue Edwards and Mike Bithell)*

### ***New Access at Dragonfly***

Dragonfly, the Beauty and Holistic Day Spa at Burwash Manor, has installed a stairlift, so all customers can now get to us comfortably and safely! For appointments or more information, please call 01223 263469.

### ***Grantchester Barrel Race – Boxing Day 2010***

Grantchester Barrel Race Thanks to the coordinated efforts of a large number of volunteers, the annual Barrel Race took place on Boxing Day. As usual, it featured many disasters and triumphs – eg Burwash Manor won the County Championship. For a detailed account of the event, please contact Francis (contact details on back cover) or visit the Barton village website ([barton-cambs.org.uk](http://barton-cambs.org.uk)) for a full report, YouTube clip & Cambridge Evening News item. A huge thanks to all 80 rollers, and to the estimated 1,200 spectators.

*Francis Burkitt and John Bailey*

### ***When did you last read a really good book?***

Have you heard about The Doorstep Service?

This amazing free Cambridgeshire Libraries service matches volunteers who love reading with book-lovers who struggle to use their local library because of health or mobility problems.

Perhaps you like to be terrified with a tale of horror, intrigued by a mystery, escape into a romance or ride the range with the cowboys – whatever sorts of books appeal to you: you can have a regular supply brought to your home each month.

Talking books on cassette or CD and large print editions are available as well as the usual standard print hardbacks and paperbacks. To find out more about how to start having books delivered.

Contact the following Coordinator: Hilary Firth, 718358 or [hilary.firth@cambridgeshire.gov.uk](mailto:hilary.firth@cambridgeshire.gov.uk) for City and South Cambs. areas.

### ***Comberton Ramblers – Join our friendly group for wonderful walks***

Comberton Ramblers' Association walks an average of 5-6 miles every fortnight on a Sunday morning. We are a very friendly group who totally enjoy the lead walks in our beautiful countryside. There's time to take a rest break if needed or to simply stop and enjoy the view or visit places of interest along the way.

February's walks are on 6<sup>th</sup> starting from Harlton, a six-mile walk with pub lunch (advance booking essential); contact Liz & Sean Moran C-871967 or 07807 282 787; Sunday 20<sup>th</sup> from Reach (4½ miles); contact Janet (07980 940 583) or Brian (07748 928 846) or C-263387.

Our members come from many local villages and from within Cambridge itself.

Go on, give us a try, you'll have the benefit of an exhilarating walk plus the companionship of a group of like-minded people.

Membership is £7.50 per person for the year and people under 18 are free.

For more information and a further list of our walks, please contact the Secretary, Eileen Marsh on C-262940 or email [eileen@thecovert.fsnet.co.uk](mailto:eileen@thecovert.fsnet.co.uk)

**Comberton Ramblers website: - [www.combertonramblers.org](http://www.combertonramblers.org).**

### **CVC Events**

The College Drama and Music Departments are preparing for their annual musical extravaganza which is to be Audacious Productions' interpretation of Copacabana by Barry Manilow. The show will be presented from March 16<sup>th</sup> to March 19<sup>th</sup>. Tickets will cost from £4.50 to £8.50 and will be available from mid-February from WisePay if you have a child at the College or from Cb3 reception.

Booking and information@combertonleisure.com and C-264444.

<b>Date</b>	<b>Event</b>	<b>Doors Open</b>	<b>Price</b>
4th February	<b>CVC Rock Night</b>	7pm	£3
18 <sup>th</sup> February	<b>Custard Comedy</b>	8pm	£8 adv / £10 Door
19th February	<b>Comberton Youth Theatre's Love of a Nightingale</b>	7pm	£5/£3
4 <sup>th</sup> March	<b>Festival Players' Fantastical Musicals</b>	7pm	£5/£3
11 <sup>th</sup> March	<b>Custard Comedy</b>	8pm	£8 adv / £10 Door
16 <sup>th</sup> – 19 <sup>th</sup> March	<b>Copacabana</b>	7pm	£4.50-£8.50
24 <sup>th</sup> March	<b>Auction of Promises</b>	7.15pm	More details on CVC website
31 <sup>st</sup> March – April 2 <sup>nd</sup>	<b>Bourn Players' The Wizard of Oz</b>	For times and ticket info, please go to <a href="http://www.bournplayers.org.uk">www.bournplayers.org.uk</a>	
9 <sup>th</sup> April	<b>Cambridgeshire Youth Orchestra</b>	For more information, please visit <a href="http://www.cambridgeshiremusic.org">www.cambridgeshiremusic.org</a>	
15 <sup>th</sup> April	<b>Custard Comedy</b>	8pm	£8 adv / £10 Door

## ***Sure Start Children's Centre – What's on***

**Monday: Speech and Language Drop-in.** 4<sup>th</sup> Monday of the month. 12:30pm-2pm at the Children's Centre

**Tiny Talk Baby Signing.** Beginning 28 February at Toft Village Hall 1:45pm-2:45pm. 6 week course. Please ring to book

**Tuesday: Additional Needs Group** 9:30am-10:30am at the Children's Centre. 1<sup>st</sup> and 3<sup>rd</sup> Wednesday of the month

**Stay and Play** 2pm-3:30pm at Caldecote Playgroup

**Wednesday: Childminders Group** 10am-12pm at the Children's Centre

**Thursday: Stay & Play for Under 2's** 10am-11:30am at the Children's Centre

**Ante Natal Clinic with Gillian Harrington** 9:30am-12:30pm at the Children's Centre

**Saturday: Working Mum's Café** 10am-11:30am at the Children's Centre. 1<sup>st</sup> Saturday of the month

### **Little Footsteps – Caldecote Children's Centre**

Caldecote School, Highfields Caldecote, CB23 7NX, 01954 214444

[caldecotechildrenscentre@cambridgeshire.gov.uk](mailto:caldecotechildrenscentre@cambridgeshire.gov.uk)

[www.cambridgeshirechildrenscentres.org.uk](http://www.cambridgeshirechildrenscentres.org.uk)

## ***Great British Fish and Chip Supper – Friday 20<sup>th</sup> May 2011 – Hold a Fish and Chip Supper to help spinal cord injured people live full and independent lives***

If you would like to hold a fish and chip supper to raise money for the Spinal Injury Association?

We are sponsoring a national event on Friday 20<sup>th</sup> May 2011

SIA will provide a fundraising pack containing hints and tips, recipes, invitations and donation envelopes. You may like to hold a fish and chip supper in your own home, at work or hold a larger supper at your local community centre.

Money raised will help individuals who become paralysed and their families, by providing services and publications which enable and encourage paralysed people to lead independent lives.

Every year in the UK over 1,000 people experience a spinal cord injury and there are an estimated 40,000 spinal cord injured people in the UK alone.

For more information or request a fundraising pack call Elizabeth Wright on 0845 678 6633 xtn 229 or email [fishandchips@spinal.co.uk](mailto:fishandchips@spinal.co.uk) or visit [www.spinal.co.uk](http://www.spinal.co.uk)