

## Chairman's Report – 29<sup>th</sup> May 2025

Welcome to Sutton's Annual Meeting of the Electorate. It is now two years since the last Parish Council elections in May 2023 and therefore half-way through the term of the current council. We have nine parish councillors following a co-option earlier this year, that still leaves six vacancies. We would welcome more people to volunteer for co-option to fill those vacancies as it does limit progress we can make with some working parties. If you want to become involved or know of others who might be persuaded, do get in touch with the Clerk. The time demands aren't huge and you can really make a difference.

After significant changes in staffing in the previous year the only change in the past year is the appointment of a new part-time caretaker after the previous one left. The Parish Council employs a Clerk and Deputy Clerk to run the Parish Office along with the Time Bank Coordinator. We also have two part-time caretakers and a village lengthman.

Last July we had the referendum for the updated Sutton Neighbourhood Plan. This had a large turnout because the referendum vote coincided with the General Election. Over 86% of people voted in favour. This new plan builds on the previous plan, adding a Design Code, Housing Needs Assessment together with new and revised policies for example to better address biodiversity and climate change.

Our Traffic and Transport working party is continuing to address traffic issues. Following the new policy from the County Council on HGVs, we submitted a Local Highways Initiative bid for a weight restriction through the parish along the B1381 from the junction with the A142 to Earith Bridge for the first time last year. We weren't successful at that point because the decision criteria and required supporting evidence wasn't clear. We have gathered further data and submitted a new bid. This continues to be a major issue with residents and we will continue to push for it.

We have other proposals we are pursuing related to traffic and transport issues. In the next couple of months we are aiming to open up the footpath between St Andrews Close and The Orchards. This will provide a safe route away from The Brook for those living in the north east of the village to reach the primary school, play area and playing fields.

Our Sports & Recreation working party has been investigating how to improve facilities in the village. Next month a Monkey Challenge Climbing Wall will be

installed next to the MUGA on the playing fields, this has been made possible with grant funding. Two planters have been acquired to be used by the Open Spaces group, one on the entrance to the village and the other by the village sign. The working group continues to explore ideas for concrete slab on the Old Rec. With Vistry due to start their Stirling Cross development, the working party will start to look at the plans for additional football pitches and refurbishment of the MUGA. As part of the planning permission agreement, Vistry will provide additional pitches and funds to refurbish the MUGA.

The Climate Change working party continues to investigate initiatives and the Parish Council is near to closing an agreement to install EV chargers at The Glebe.

We are keen to also start up working parties to investigate proposals for a library access point and for better youth provision.

Finally we are now in our fifth year of Sutton Timebank and that continues to go from strength to strength. You should hear more about that later in the meeting.

Mark Inskip  
Chairman  
Sutton Parish Council

## Time Bank update May 2025

### **Coffee mornings**

Our weekly coffee mornings continue to be well attended, and we continue to offer lunch once a month.

Our digital champions offer drop-in sessions and have been able to offer digital support at other times for those that need extra support or support at home. For example, an older couple applying for their 1<sup>st</sup> passport.

Our digital champions have recently been helping residents register for the new Ask my GP online service the surgery is now using.

We have a jigsaw, games, and book library - any overflow from the phone box is put out at coffee mornings and there is extra library space in the Paish council information office.



We held a Cuppa and Cake morning in September to raise money for Magpas Air Ambulance. Alongside the weekly coffee morning we had a raffle, games, and a quiz. All donations from the morning went to Magpas Air Ambulance and we were able to raise £247.60.

### **Games Club**

Games Lunch is the Timebank's monthly get together. The 3rd Wednesday of the month from 11.30 -1pm at The Pavilion. This is a chance to enjoy a boardgame or jigsaw puzzle or for a friendly chat. Refreshments and lunch are provided. This is a free event and welcome to everyone.



### **Christmas 2024**

We had another fantastic Christmas lunch. 52 residents attended and enjoy a full Christmas lunch with pudding. 8 volunteers cooked off site and 10 volunteers helped at the event serving food. Christmas lunch for 2025 has been booked for Friday 19<sup>th</sup> December.

### Litter picks with Open Spaces Group

The Timebank and Open spaces group have put on numerous litter picks this year. For the 2<sup>nd</sup> year running we also had the pleasure to join the Beaver scouts during a meeting where they helped us to litter pick the field and around the playpark. Timebank members can borrow litter picking equipment from the timebank and litter pick at their convenience.



### PPG

The Timebank continues to work closely with the PPG. The PPG team have been a massive support to the Timebank. PPG members volunteer at coffee mornings and support other events. Patients that have been referred to the PPG for social support are supported to attend timebank events.

Weekly balance and strength exercises classes are run by a timebank + PPG member, the PPG (for insurance) and Sutton Charity (for room hire) cover the costs of running this class so it can remain free to those that attend.



### Upcoming events:

- Sutton Timebanks Big Lunch on Tuesday 3<sup>rd</sup> June from 11.30-1.30pm. The Big Lunch is the UK's annual get-together, ran by the Eden project, for neighbours and communities, with millions of people coming together for a few hours of food, friendship, and fun.
- Sutton Timebanks Repair café on Saturday 28<sup>th</sup> June from 1-4pm at The Glebe. This is our 1<sup>st</sup> repair café and will be supported from Cambridge Carbon footprint. Booking items to be repaired is a must!
- Monthly cinema trips to silver screenings at Viva cinema in Soham. Transport can be provided please check Facebook or the Pepperpot for upcoming films.





## Sutton Cricket Club June 2025

Busy Summer ahead. We are running 10 teams this summer:  
Results so far have been mixed.

- 1st Team Saturday XI P3 W1
- 2nd Team Saturday XI P2 W1
- U8's Allstars Cricket boys and girls
- U11's Dynamo Cricket Boys
- U11's Dynamos Cricket Girls
- U13's Cricket Boys P3 L2 Tied 1
- U15's Cricket P2 W1
- Sunday development side P1 W1
- Midweek XI 20:20. P2 L2
- Women's Team P5 W4

So Over 150 Playing cricket for Sutton teams this summer !

President	Clive Hughes	<b>01353 778488</b>
Chairman	Craig Faux	<b>07774 017560</b>
Treasurer	Alan Rutterford	<b>07813 056502</b>
Secretary	Robbie Braybrooke	<b>07443 331411</b>
Welfare Officer	Dan Grady	<b>07961 560877</b>
Welfare Officer	Emma Harris	<b>07754 035636</b>
Club Captain	Jack Boston	<b>07415 137935</b>
2nd Team Captn	James Phipps	<b>07307 383678</b>
Sunday Team	Josh Grady	<b>07703 348561</b>
Colts Manager	Jon Megginson	<b>07910 388991</b>
Head Coach	Mike Grady	<b>07763 322663</b>
Level 1 Coach	Rohan McCarthy	<b>07922 059232</b>
Level 1 Coach	Freya Megginson	<b>07905 119323</b>
Assistant coach	Josh Grady	
Women Captain	Rowan Megginson	<b>07948 410010</b>

- Thanks to all Parent helpers and assistant coaches
- Thank you to all our club banner sponsors and Matchball sponsors. We really are very grateful.
- This year Sponsors of all the Sutton Colts Teams is:

**DAVID FREAR**

- Our special thanks this Year to Sutton Parish Council for helping us with special funding for new hardball cricket kit for our Womens Team

Our Saturday teams have had some kinder weather than last year for ground preparation. This year we have had to water the pitches to stop them cracking. This compares to last year when we had several games cancelled because of waterlogged conditions !

Our Joint U15 Team start their second season with an easy win v March followed by a high scoring game v Burwell which was just lost.

The new U13 team have some younger players having their first season of hardball cricket having played Dynamos for the last two years. They had a tied game v March U13s last week. 121 runs each , with Sutton bowling a triple wicket maiden in the last over , with the scores level.

The Sutton Womens Team now combines with Haddenham and are expanding and flourishing, taking on some competitive hardball games as well as League games in 20:20 format.

Nets and Practice take place every week on the following days:

**Adults ... Tuesday from 6pm**

**U13's ... Mondays from 6pm**

**U15's ... Wednesdays from 5.30**

**Women and Girls .... At Haddenham**

**Tuesdays from 6.00 til 7 pm (Softball) 7 til 8 (Hardball)**

**Allstars and Dynamos ... Sundays from 9.30 a.m**

We are very pleased with progress over our new net facilities, which had its first test in mid April with our U13's. Thanks to Wilburton CC for gift of three bays of a mobile net and to coaches from Haddenham who are helping us with the Womens and Girls coaching

**SPECIAL DATES FOR YOUR CRICKET DIARY THIS SUMMER:**

**SUNDAY JULY 13<sup>th</sup> SUTTON SPONSORS SIX A SIDE & SUNDAY Aug 24<sup>th</sup> PRESIDENTS MATCH**

Details of contacts and news, results <http://suttoncricketclub.leaguerepublic.com>

AND Sponsor's <http://www.facebook.com/suttoncricketclub>

## Sutton Needlework Group

The group meets on Monday mornings 10am-12 noon in the Pavilion, so if you have a couple of hours to spare, why not come and join us?

We do all types of needlework from embroidery, cross-stitch, knitting, patchwork, ~~classe~~ etc and if you want help with anything there is always someone to help you.

Some of the group make the toppers that go on the post box and are much admired.

We have outings and lunches.

The cost is £3.00 and includes tea/coffee, biscuits and sometimes cake.

New members are always welcome, so why not come for coffee and see what we do.

For more details contact Janet on 01353-778337

## Sutton Open Spaces Group

Sutton open spaces group was set up in 2019 with the proceeds of the village open gardens event. Our aim was to make the open spaces of the village more attractive - modelled on the very successful such group in Witchford and working alongside the Conservation society and its efforts on the wilder bits of the village.

We have had some successes this year. The mass of daffodils at The Brook corner remains a welcome part of spring in the village and we have put further bulbs around the trees recently planted by the district council.

Spring and autumn working parties have kept the brambles under control on the verge opposite the Co-op and the blossom trees planted there are beginning to grow away. The shrubs in Windmill walk were weeded and pruned.

The planters provided by the council at the Co-op and, more recently, at The Brook have been kept beautifully planted and colourful by one of our members and we are very grateful to the council for cutting the grass immediately around them last week so that the display can be seen. We also maintain two of the Co-op's own planters.

Regular maintenance is done on the flower beds immediately around the doctor's surgery and we continue to assist the TimeBank and – more recently - the beavers with litter picking.

Wood chips kindly supplied by Paul Young were spread along the popular footpath at the edge of the village to cover the mud.

A "bring and buy" plant stall in the High Street has raised useful funds for future projects.

There remains plenty of room for improvement however especially in the impact on visitors approaching from the A142. It has proved impossible to maintain a proper wildflower meadow at the Co-op as we hoped but there are some trees and some bulbs there now as well as the planter and we hope that the area can now be cut sufficiently regularly not to be an eyesore.

Windmill Walk is still not attracting the local kids to play on it as we hoped and we have not identified appropriate drough resistant plants for The Green outside the surgery so this area is still dominated by the dog waste bin mentioned last year. We hope to make plans for this area in the autumn.

We would welcome ideas from local residents, and particularly from the council, of areas that would benefit from our attention.

Janet Porter  
Chair Open spaces Group.

# Seeger Health Qigong & Tai Chi (Toolkit for Longevity)

History & Objectives

- The Seeger Health Qigong and Tai Chi classes have the aim to provide village residents with a toolkit for health and longevity
- I'd like to talk for a few minutes about my journey to bringing them to being



## Pre-Covid

- Early life spent practicing martial arts
- Plagued by continual lower back issues
- Mid-life spent building a good career in senior Process & IT Management in Volvo Group with much travel
- Tai Chi & Qigong travel with me - practicing in hotel rooms and grounds

## Post-Covid

- 2020 Lockdown results in a final prolapsed disc and being bedridden
- Spinal surgery required & impressive recovery due to Qigong and Tai Chi
- Neurosurgeon comments are the catalyst for Seeger Health Qigong
- Early retirement from Volvo
- Formal teacher training with the British Health Qigong Association & Deyin Taijiquan Institute
- 2025 Classes running in Sutton Pavilion & Little Thetford Village Hall with Chatteris to come

- Briefly describe your martial arts journey.
- Explain why the proliferation of styles, including work/career constraints ending the martial path etc.
- Describe early injury history during the early work and Karate years.
- Explain the parallel learning of qigong to supplement the martial arts with strength, flexibility and balance.
- Qigong (1957) used in TCM and previously known as Daoyin (Path Gliding - using movement for energy flow), Tu Na (Using breath for energy flow) and Da Zuo (Meditation for energy flow)
- Describe how from the 1990's Tai Chi and Qigong supported growing career in Volvo Group with long hours, much travel and too many hours seated.
- Sitting is the new smoking!
- Describe 2020 back injury and subsequent successful surgery as a catalyst for retirement and the development of the SHQ Toolkit
- Teacher Training with The British Health Qigong Association and the Deyin Taijiquan Institute.
- Started classes in The Pavillion immediately after Christmas and the Little Thetford Village Hall soon after
- Classes suit people who don't like exercise. They are low to no impact movements that use breath, stretching and flexing the joints, muscles and tendons.

## My Background in Martial Arts

- Bak Mei (White Eyebrow) Chinese Kung Fu
- Wado-Ryu Karate
- Shotokan Karate
- Li Style Yang Tai Chi
- Taoist Tai Chi Society
- Wudang Tai Chi
- Wing Chun (Singing Spring) Chinese Kung Fu
- Traditional Yang Family Tai Chi

## My Background in Qigong

- Ba Duan Jin (The Eight Pieces of Brocade)
- The Eight Essential Vessels (Meridian Clearing)
- Ma Wang Dui
- Wu Qin Xi (The Five Animals Styles)
- Yi Jin Ying (Muscle & Tendon Strengthening)



Qigong supports and supplements martial arts by providing strength, flexibility and balance.

## Sutton Feast report to Meeting of the Electorate 29<sup>th</sup> May 2025.

The Sutton Feast Committee in it's current form was set up back in 1999, a bringing together of people in the village, primarily from the clubs and groups that already existed, such as the football club, ( yes we did have a very thriving senior football club back in those days) the cricket club, the W.I. etc etc, these groups were pulled together, with the help of the Parish Council at the time, with a view to make sure the village of Sutton did something to remember the turning of the century.

That was 25 years ago, and we are still here, still going strong, and still upholding the ethos and spirit of the Feast organisation, I have often used the phrase, "in the village, for the village, by the village".

So what have 25 years experience taught us? Well, Sutton is a pretty damn good village to live in, and be involved in. We have also learned that times have changed, expectations have changed, and sadly so has the red tape, that as competent organisers, we now have to go through to be able to bring events to the residents of this village.

Years ago, it was possible to organise an event, almost, as the saying goes, "on the back of a fag packet", well, in the same way that cigarettes are now packaged differently, our planning, research, accountability and documentation has had to move on, so that fag packet has now changed to a reasonably substantial A4 ring binder.

The expectations of people has moved on, and we hope we continue to meet those expectations, with the major events that we host, with the help and support of the Parish Council, without their grant assistance to cover our public liability insurance we might not be in the position we are in now.

As with everything in the modern world, costs are going up, as have our budgets for staging events, many people in the village have no clue how much it costs to put on events like our flagship, Picnic in the Park, or indeed the relatively new addition, the village Firework display.

We have always, tried to embody the community spirit, and where possible bring other clubs and groups in to events we have run, and we continue to do that, over the last few years we have built very good working relationships with Sutton Scouts, St. Andrews Church, The W.I and Nellies and the School, we try to work in conjunction with everyone, not in opposition, to that end, we do make available some of our equipment, like gazebo's, fencing, signage, even our PA system, let's face it, there is no point in a group in the village hiring or buying something, if we already have it in our lock up container.

So what have we done in the last year?

This is not in chronological order, but in my view as Chair of Sutton Feast, I am putting these points in order of importance, so bear with me.

1. At our AGM last year, we gained 3 new members of our committee, 3 new people with new ideas, and new views, and almost most importantly, they are very much younger than the rest of the committee, so they bring not only youth, but youthful views and opinions. Between them, they are already dragging us into the 21<sup>st</sup> century with new ideas on social media, and have redesigned our Logo.

2. Picnic in the Park, since last years Meeting of the Electorate, our Annual Picnic in the Park was in August, our biggest event of the year, and quite possibly, last year, was the best, so far. The date for this year's event is Saturday 30<sup>th</sup> August.
3. The Fireworks Display in November, at the Old Rec, has now a firm place in the diary for people of the village, This Firework Display, is organised in equal parts with the Sutton Scouts, neither group could organise and staff an event of this size by themselves, but together, we seem to be able to pull it off, and put on a good, well laid out, well organised show, with lets face it, quite a good display of fireworks for a village of this size. Not even a broken-down lorry on the A142, which caused traffic chaos in the village threw too many spanners in the works, we just delayed the display, so those held up by the traffic were able to be there.
4. The Santa Grotto. The Scouts Santa Sleigh for many reasons was not possible last year, so we stepped in, with the help of some of the Scout team to put on a magical Santa's grotto, in the Firestation, dozens of children got their chance to meet Santa, in their own village.
5. The Colour Blast Run, in July, is also now becoming a regular event, giving loads of kids the chance to get really, really messy, for a good cause, and have a load of fun at the same time.

All, or maybe I should say none of these events would be possible to organise without the dedication and countless hours put in by the different sub committees of the Feast, arranging for almost every situation we can think of, completing risk assessments and our Event Management Plans, but also without the cooperation and help provided by our ever growing number of volunteers, we as a group are good at organising, but without the volunteers on the day, sometimes in the days before, and after events, giving up their free time, it would simply not be possible to organise these events. We hope the volunteers get something out of "doing their bit", many have met and become friends with new people in the village, in many ways, when you volunteer, you get back more than you give, and it's a shame more people don't have that feeling of giving back to the community they live in, but we keep on trying.

I think it is a testament to the way we do things, that at Picnic in the park and the Fireworks display, there was only 1 case where the medical people we employ, actually had to administer any sort of care, and that was to a little boy who had spilt his hot chocolate on his hand.

The feast committee, are always willing to take on board any suggestions for events, we accept criticism of what we have done, without learning from criticism, we cannot improve, but most of all, we try to be all inclusive, we try to keep cost down for all our events, which in turn makes the entry prices as affordable as we can.

If anyone here this evening or at any time would like to come and talk to me, or any of the committee about getting involved in any way please do so.