

## Notes from Community Breakfast 9<sup>th</sup> June 2023 recorded by Ray Munden

**Speaker:** Iga Amal Czarnawska. Iga has a science degree in Chinese Medicine and is fully experienced in acupuncture and runs the practice Vitality Within in Royston. She told a moving story about how she helped treat her son for various ailments by applying acupuncture and other complementary medicinal techniques. At first a healthy child he developed severe eczema and asthma. Conventional asthma treatments did alleviate the symptoms but didn't cure the disease. Along with a restricted diet he was well enough to resume his normal activities but at age 7 he became gaunt, lost energy, became a super fussy eater and developed blurry vision. His eyes showed no problem but his brain was not functioning correctly. He could only manage 1 or 2 days a week at school before he was too exhausted to continue. Medically no reason could be found but Iga was convinced that it was Chronic Fatigue Syndrome but it was 4 months before the pediatricians agreed but could offer no treatment. He also had anxiety, not from thinking but his body telling him that he couldn't do things. Iga therefore started various lifestyle changes and acupuncture and other treatments which resulted in him recovering well and soon he was competing in Chinese martial arts again in which he became double English champion.

### Notes from attendees.

- Sarah Hillman: U3A (Royston); U3A Current Affairs Group continues to grow. If you know any lonely or bored retired people, do tell them about U3A. It costs only £14 a year to join and you can then attend as many interest groups as you like, provided they aren't full up. The group is very supportive and often pass on useful tips and information to each other, and no doubt other groups do too. See links: <https://u3asites.org.uk/royston/welcome> <https://u3asites.org.uk/royston/groups>
- Karin Weston: Rotary Club of Royston. We had a very enjoyable trip to stay with our friends in the Paray Le Monial French rotary club, good company. All went well except the journey home when Eurostar decided they were striking. Too much good food and wine. KidsOut has been held at Wimpole Hall. Approx 100 kids with different needs are entertained at the Home Farm, ½ day and at the Games field ½ day. Tesco kindly provide lunch and Royston club is joined by Haverhill, Cambridge, Cambridge South and Cambridge Sawston Rotary Clubs to run this event. Kite Festival, all set for an enjoyable day on 6<sup>th</sup> August check our Facebook page. We have agreed with Conservators that we can hold the event on the 2 fields it has been held on for the last 30 years or so.
- Ray Munden: Friends of Therfield Heath; Royston Wildlife Group; Meridian Men's Keep Fit. Regular FOTH monthly litter picks take place on the Heath, second Sunday every month from 10.00am. Litter pickers are provided and a free cup of coffee is available afterwards in the Heath café for each participant. Second Wednesday each month from May to September there are Plein Air painting sessions on or near the Heath. Anyone is welcome, £2 members, £3 non-members. There is a Yoga, led by Aline, on the Heath on June 21 to celebrate the longest day in a relaxing way, £8 members, £10 non-members. Now fully booked but look out for cancellations.

- Paul Bowes: Bow Books opens at 10am on Thursday June 15th, with 10% discount for the first week. Then a signing session at noon on Saturday 24th with Jeffrey Archer, followed similarly on July 15th when local author/journalist Oliver Franklin-Wallis signs *Wasteland* - explaining what really happens to all our rubbish! Shop customers meanwhile will see new and second-hand books on most subjects on the ground floor, plus a children's den...with a relaxing Lounge upstairs, displaying a large range of Folio books plus paintings from Royston Art Society to view and purchase. Come and browse!
- John Hedges: HealthAid Royston.– we have a new trustee who has invigorated the committee, having already met with representatives of the Cambridgeshire and Peterborough Integrated Care Board.  
Royston & District Community Transport – after weeks of expecting to be evicted from our office in Royston Hospital, our accommodation is safe for a little longer thanks to Oliver Heald's intervention over the C&P ICB's plan to dispose of the Hospital site. C&P ICB now says that clinical services will remain at the hospital pending a public consultation about community healthcare facilities in Royston. Sir Oliver made the perceptive observation in his speech to the Commons last Monday, that Royston sits in the centre of the geographic footprint of C&P ICB and Herts and West Essex ICB, so any service developments in Royston will benefit two ICBs.
- Lynn Burgess (not present): Royston Library. There will be a Summer Reading Challenge from 8<sup>th</sup> July until 2<sup>nd</sup> September with the aim of keeping children reading during the summer break in an enjoyable and fun way. There's a sporting theme this year, "Ready, Steady, Read!". The Tuesday Chatter group meets on Tuesday 27<sup>th</sup> June and the speaker will be from "The Library of Things", who say "If you need a thing and we have the thing, you become a member, borrow the thing then use the thing before cleaning and returning the thing to us!"
- Jackie : HomeStart will be running the tea room in the Pavilion building at the Melbourn Family Fun Day on The Moor between 1pm and 5pm on Saturday 24th June. **We need your help...** Can you spare an hour on the day to help with serving tea, coffee, and savoury and sweet treats? We are looking for people to help in hourly slots: 1 and 2pm, 2 and 3pm, 3 and 4pm or 4 and 5 pm.

We are also looking for donations of home-baked goodies in the form of savoury items (especially sausage rolls), and sweet treats in the form of small and large cakes (e.g. Victoria sponge, lemon drizzle, fruit cake, cupcakes, traybakes, flapjacks, scones, brownies, biscuits, etc.). We will need a large number of items as this will be a very busy village event. Your baked goodies can be brought along to the event or to the office on **Friday 23rd June between 10am and 2pm**. Even if you are going to be away, perhaps you could bake for us and we can freeze in advance of this event? Please can you let Tracy know if you can help and/or bake by emailing her at [events@hrscc.org.uk](mailto:events@hrscc.org.uk) asap. We are very grateful to anyone who can help at this community event.

On Friday 30th June enjoy a fun-filled evening with author Sarah Harrison at Meldreth Village Hall. Sarah is best known as the author of over thirty successful novels and has lived locally for nearly fifty years. Sarah will be sharing her GSOH - observational, confessional, all guaranteed relatable. Expect to take a sideways look at underwear, old age, beauty products, exercise, dating, childbirth, supermarkets, telly, road users and technology, to name but a few. A fun evening, so bring your friends

along. Tickets are £20 to include a light supper, 7pm for a 7.30pm start. There will be a licensed bar and a raffle. Book your tickets via email at [events@hrscc.org.uk](mailto:events@hrscc.org.uk) or phone 01763 262262.

- Chris Lee: Repair Cafe; Royston Choral Society; Princes Trust. The next Royston Choral Society Concert is a celebration of English Music (including Ralph Vaughan Williams and Sir Michael Tippett) is at 7.30pm on Saturday 17th June at St Johns Church. Tickets from <https://www.roystonchoralsoc.org.uk> and on the door £15. The next Royston Repair Cafe at Coombes Community Centre is on Saturday 19th August (2 - 5pm). Free online booking from 1st August via [www.facebook.com/RoystonRepairCafe](https://www.facebook.com/RoystonRepairCafe). The last repair café had a record 80% success rate.
- John Frogget: Royston Radio. Royston Radio was officially launched on 1<sup>st</sup> May at the towns May Fayre. They have been working closely with The Twinning Association and met with a wonderful group of French guests from La Loupe on 19<sup>th</sup> May. They enjoyed a session learning about the station and looked at how to access the various shows on our website, making requests and participating in a short history talk about Cambridge.  
Director Fonz Chamberlain and his team have met with the new Mayor, Councillor Lisa Adams on Wednesday 7<sup>th</sup> June. She has recorded an introductory message for all the residents of Royston and the surrounding areas. We have expressed an interest in helping to run the Royston Picture Palace since Saffron Screen decided to end their management on Sunday 28<sup>th</sup> May.  
Our Radio schedule is almost full with shows on every day to suit all tastes. We have 60's, 70's, 80's 90's, 00's, Jazz, Country, Dance, Love Songs, Pop, Blues, Soul, Dance, Folk and 3 chat shows including the very popular Royston Rant show which is broadcast on a Sunday between 5pm and 6pm and are looking forward to hosting some live music events this year inviting local bands to perform. We have also donated Alexa devices to local care homes and community-based businesses.  
Royston Radio will soon have a new app and we will be announcing an official launch date soon. We have also been asked to participate in this year's Creative Royston "Force of Nature" and will be running open days.
- Zoe McKeating: Mind in Herts. Mind in Mid Herts began two new outreach groups in Royston, in February this year. We are seeing new attendees each week and there is a real impact on the service users' wellbeing. We hold an arts/crafts group on Wednesdays (2.00-3.30), and we hold a talking wellbeing group on Thursdays (11-12). If interested, we do have to complete a risk assessment first just so we can best support users at the groups - then we will share location details. Do get in touch if you have any referrals for us as we always welcome new members. There's no commitment required, just drop by when you want. Be amongst like-minded people where peer support is available as well as a free cuppa and a smile in a non-judgemental space. [zoe.mckeating@mindinmidherts.org.uk](mailto:zoe.mckeating@mindinmidherts.org.uk)
- Iga Amal Czarnawska: Vitality Within. A **free talk about Menopause - managing symptoms with Chinese Medicine**, will be held on Thursday the 13th of July, 7pm - 7:45pm. It will show you why menopause is a blessing in disguise! 42 Upper King Street, Royston. Spaces are limited, please reserve your spot by emailing [iga@vitalitywithin.me](mailto:iga@vitalitywithin.me).  
You can find the **fMRI slides of the brain** Iga talked about on her website. If you found the talk interesting, you may wish you download a guide to three acupressure

points which will give you an insight into your health when painful! Both are to be found at: [www.vitalitywithin.co.uk/free-resources](http://www.vitalitywithin.co.uk/free-resources)

- Joanna Aldridge: Granta Medical Social Navigator, Granta Medical Practices. I have started to see Royston Health Centre patients and will be based there on a Wednesday (afternoon to start with). The Tesco Community Garden is open tomorrow from 2-4pm. Barkway Market went well – it was very well attended with over 2800 paying adults – plus children. But the weather meant that people didn't hang around for very long. It was dry but overcast and cold. We are still getting in final costs and hope to let everyone know how much was raised soon.
- Lisa Megraw, Mel Fenn; Royston Lesiure Centre. As an aside it was pointed out that there is a shortage of foster carers in the area. The centre are currently offering a 30% discount on 3 months membership for students.
- Bob Tulloch: All Saints Church, Melbourn. Bob helps to look after the church and told us he has great delight in showing visitors various pagan symbols in the church, including 2 green men in the rafters and a goblin.
- Kimmi Cosby: All Saints Church Community Hall, Melbourn. The community hall at the church is available for hire for events. On 8<sup>th</sup> July there will be a Puddings and Prosecco evening and a concert in Oct