



THE INDEPENDENT

# MILL ROAD NEWS

N°16 SPRING 2017

## A healthier Mill Road

This issue's Guest Editor is Daisy Zoll, of Hemingford Road, a consulting curator of natural lifestyles @ [www.chronicalternatives.com](http://www.chronicalternatives.com) –Ed.

Our individual health and wellness, how well we live our life is influenced by three things: the chemical, physical and emotional/spiritual side of life. The chemical side addresses what we put into our body, everything we eat and drink and put on our skin. The physical side examines how and how often we move. At first glance, the spiritual side seems the least relevant but is just as important as the other two sides of the 'life well lived' triangle.

We all need places where we can feel a sense of calm. How do we feel when in the green spaces dotted around Mill Road? We slow down a little when surrounded by

green whether at Parker's Piece, Mill Road Cemetery, Vinery Way Rec or Coleridge Rec.

When we stop for a minute and catch our breath amazing things can happen: inflammation at a cellular level is reduced which is good as this affects how well we age. Allotment holders have known this for a long time and don't just benefit from tomatoes and runner beans by spending their time outside.

The mix of thriving Mill Road communities behave in a similar way to much smaller single celled organisms that exist inside all of us! Symbioses are everywhere and play their part creating strength within the whole.

Read some of the articles in this newsletter and know that you are a part of a community. Our Mill Road community wants to help where it can. – Daisy Zoll

MAGNOLIA TREES ON MILFORD STREET ©CHRYSIE GREECE  
BELOW: COURTESY MILL ROAD HISTORICAL SOCIETY



**Saturday 22 April all day**

### Record Store Day!

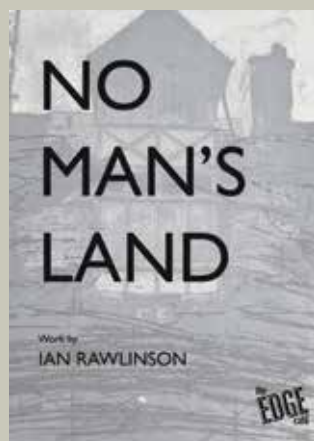
Catch Jess Morgan, Hayseed Dixie, Broadway Danny Rose, The Baby Seals, Saltfen and SIAH performing live in store at Relevant Records 260 Mill Road CB1 3NF

**Tuesday 2 May - Saturday 3 June**

### Exhibition - No Man's Land

A new series of work inspired by memories of Mill Road.

**The Edge Café, Brookfields Hospital site  
351 Mill Road**



**Saturday 20 May**

Free evening of talk and films focusing on the history of Mill Road.

**The Edge Café, Brookfields Hospital site  
351 Mill Road**

**Saturday 17 June 19:00 - 22:00**

### BIG BAND Community Party

Mill Road's biggest party yet — with Big Band music by The Cambridge Groove Orchestra, contributions from the Jazz Festival Choir and an opportunity to have a go at swing dancing with the Cambridge Lindyhoppers. All in support of Lifecraft, a unique charity which supports people who have experience of mental health difficulties ([www.lifecraft.org.uk](http://www.lifecraft.org.uk)). Flyers and opportunities to buy tickets via Eventbrite will soon be available, but please save the date.

**St Barnabas Church CB1 2BD**

**Friday 23 June and Saturday 24 June 19:30 - 21:30**

### Mill Road History Society – Two Plays

June brings a new departure for the society as we premiere two short plays by Paul Crossley, rewriting Chekhov's plays The Bear and The Proposal, set in the contemporary Mill Road area. Tickets will be available to

buy soon; we'll publicise the link soon.

**ARU Drama Centre, Covent Garden**

**Friday 7- Sunday 9 July all day**

### Cambridge Big Weekend

Festival with a range of activities on offer including games, science and sports workshops, face painting, storytelling, pop-up art gallery, French market, food stalls and performances from show-stopping artists at night plus fireworks on the Friday. **Parkers Piece**



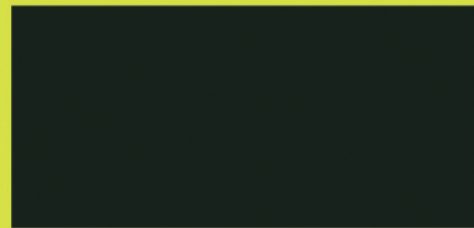




213a Mill Road, circa ?  
From [www.htsestates.co.uk](http://www.htsestates.co.uk)



## AROUND & ABOUT MILL ROAD



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### Mill Road Bridges

is a constituted  
community group  
of 200+ members  
with a steering  
committee of local  
volunteers. We  
aim to promote  
the interests and rich cultural diversity  
of Mill Road and its surroundings, and



com, and Mill Road Meetup.  
[info@mill-road.com](mailto:info@mill-road.com)

to engage with local  
residents, community  
groups, and traders in  
Petersfield and Romsey.  
We share information  
and help build commu-  
nity spirit through Mill  
Road News, mill-road.

## Mill Road Traders News

**W**e would like to thank Tim  
Jones for his contributions  
as Mill Road Coordinator.  
As Tim said in 2016, "My immediate  
focus is investigating which options  
will provide the greatest chance for a  
successful transition from a City Council  
role to one whose objectives and focus  
are local community led."

That transition has now been made.  
The Mill Road Traders Association has

voted to restructure as an independent  
self-supporting entity, starting second  
quarter 2017.

If you have any Mill Road Trader-  
related issues you would like to discuss  
feel free to get in touch with Acting  
Heads Piero D'Angelico (Piero's  
Hairdressing) and Abdul Arain  
(Al-Amin).

– Piero: [p\\_dangelico@hotmail.com](mailto:p_dangelico@hotmail.com)  
– Abdul: [abdul@alamin.co.uk](mailto:abdul@alamin.co.uk)



### Mill Road optometrists wins national award

Taank Optometrists has been an-  
nounced as winner in the category  
of Practice of the Year in the presti-  
gious national AOP Awards, which  
is run by the Association of Op-  
tometrists. Anjana Taank explains  
that "innovation, philanthropy and  
community" have been at the centre  
of building the practice's identity.



## A HEALTHIER MILL ROAD

# Invisible poisons

**W**e are in love with the motor car but  
here in Mill Road, if vehicle fumes were  
yellow we would see that our highways,  
pavements and side streets are being abused by  
clouds of custard-coloured smog. After seeing such  
a spectacle would we remain in love? If we could see  
that cloud's dangerous pollutants as they enter our  
lungs causing cancer, heart disease and breath-  
lessness shortening our lives, our children's lives,  
and detracting from our well-being surely we would  
abandon this relationship to seek an alternative?

A century ago Mill Road was full of horses and the  
only pollutant was manure which was, and is, good  
on our gardens! But fast forward to the 21st Century  
and every day over 200,000 vehicles enter and leave  
our City. Our roads are blocked with cars, many  
of which carry just one passenger. We cannot see  
pollution of course because it is invisible, so we do  
not worry about it, but it is there and something has  
to be done to end this crazy and unhealthy situation.

The government has given our region £100m to sort  
out traffic in the next 4 years with a promise that if  
progress is made another £400m will be available  
over the following 20 years.

A new organisation, the City Deal, has been formed  
from the three Councils in southern Cambridgeshire  
which gives us, for the first time, a regional body to  
tackle this problem.



Their first proposal to close roads to private traffic at  
peak times has been abandoned but there are other  
proposals which would cut pollution which must be  
discussed within the community.

**1. Extending residents' parking** to the areas  
of Petersfield and Romsey not currently cov-  
ered? Yes we will have to pay for permits but our  
streets will no longer be clogged with commuter  
cars or indeed with visitors' cars prowling our  
streets in an endless search for a space.

**2. Implementing a tax** on businesses which  
provide more than 10 parking spaces for their  
employees to discourage car commuting into

Cambridge? The revenue raised could be used  
to fund an expanded free park and ride service.

**3. The creation of a £12m new cycle route**  
through both Petersfield and Romsey Wards  
called the Chisholm Trail, this is a solution that  
provides a largely traffic free new route along-  
side the railway.

**4. Our health would also benefit** from a  
better bus service and a number of dedicated  
new bus-ways into the City. Since 'deregulation'  
Cambridge bus routes have been dominated  
by one company, unaccountable to the public,  
which charges high prices.  
Many believe that such an essential service  
should be run by a public body open to the  
scrutiny of the community.

One thing is for sure though, we all need to get  
involved in this issue and not just in protest but as  
citizens we need to find solutions together. Is the  
vision of a tree-lined, pollution-free pedestrian  
boulevard in Mill Road a dream too large for us to  
imagine? South Petersfield Residents Association  
distributed information to every house in our area  
and made representations to the City Deal. You will  
find us at <http://www.sopra.org.uk/>

– Frank Gawthrop, Secretary  
South Petersfield Residents Association  
(All streets between Mill Road and Station Road)

**Reduced mobility** comes in  
many shapes and sizes. We've all felt  
the frustration of not being able to  
move along Mill Road when delivery  
drivers park outside their destination  
and hold up traffic behind them.

Mill Road is a tolerant and  
diverse community in many ways  
but due in part to its geography  
disabled parking provision for the  
shops is sorely lacking. Moving  
slowly (even on good days) and  
slowing up the traffic I can get  
flustered when crossing the road.

Regrettably, I support our  
thriving, local economy much less  
now and get most of my shopping  
online. I use a Mill Road haircutters  
and local taxis when I can't walk  
myself from the disabled parking on  
Guest Road.

The Broadway is no better with  
the council's proposed disabled bay  
not being near the shops either.

I have a blue badge and can't  
walk very well or very far. Combina-  
tions of muscles need to be speak-  
ing to each other lucidly and calmly  
to avoid tumbling over (in place of  
tripping on) the slightest of uneven  
paving slabs.

We know getting access to the  
shops is tricky in a number of ways  
so let's cut each other some slack  
now and then. Mostly we'll feel better  
for being nice (even to the double  
yellow parked delivery drivers who,  
after all, are just doing a job!)

– Daisy Zoll

**You dirty rat!** We live in a street  
with a derelict site at one end. It's

been derelict for over twenty years.  
As it deteriorated, it became a place  
for vagrants to sleep, for people to  
throw their half-eaten takeaways,  
and for fly-tipping. The majority of  
us have had enough. Rats were  
breeding rapidly, as rats tend to do.  
They moved along the row of back  
gardens to find new homes under  
sheds. They colonised our garden.

For me, the situation is  
exacerbated as I have a rat phobia.  
My phobia ruined last summer as I  
could not go outside to the garden.

Of course, we called out  
Environmental Health and the rats  
were exterminated. The rats returned  
in January. Until the site is cleared,  
they will keep returning. I dread the  
summer.

In Cambridge, the city council  
offer a discreet and professional

free service to residents for control  
of cockroaches and bedbugs and  
treatment for rodents. Book an  
inspection: [env.health@cambridge.gov.uk](mailto:env.health@cambridge.gov.uk)  
or call 01223 457900.

– Carol Ann Wood

**Residents carried out a  
safety audit** of Mill Road follow-  
ing local concerns about pedestrian  
safety, especially for older people  
crossing the road. It revealed signifi-  
cant numbers of cars and cyclists  
not stopping at the Zebra crossing  
by Ditchburn Place and also people  
'jumping the lights' at the Pelican  
crossing by Covent Garden. Mill  
Road residents voiced similar con-  
cerns at a recent meeting, reporting  
feeling 'defenceless', suffering  
'near misses' and sensing 'a lack



# A HEALTHIER MILL ROAD CONT.



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of respect for pedestrians'. Illegal pavement parking and speeding were also reported and ideas for improvement included clearer signage about traffic restrictions and better police enforcement. –Linda Jones

**Our pharmacies want us!**  
Have you had questions about a prescription but not had a chance to ask the doctor further details because they were too busy at the surgery to carefully explain everything to you?  
This is what community pharmacies are for and luckily, we have two along Mill Road:

- **Petersfield Pharmacy**  
56 Mill Road  
Tel: 01223 354383
- **Romsey, Well Pharmacy**  
(AKA Co-op Pharmacy, Unity House Pharmacy)  
Tel: 01223 210662

They can do a load of things that are really handy to get done without needing a doctor's appointment first: Repeat prescriptions, safely disposing of leftover prescriptions, assessing minor ailments, help with reducing smoking and/or drinking, providing emergency contraception where possible, Carer's support, chlamydia screening and treatment service and condom supply service. The list is almost endless!  
Call them up and see if they can save you a trip to the doctor.  
– Daisy Zoll

**Light is not a luxury.** Last year the struggle between local residents and Robinson College drew to a close with the planning Inspector ruling that Robinson College's plan to build on gardens in Romsey Terrace would compromise future residents' amenity, particularly light. Thus the city's planning officers and the inspector disallowed a proposal which could well have compromised the health of inhabitants of this area. As with Mill Road's traffic problems, access to light issues demonstrate that our health is dependent upon good

town-planning as well as the efficient running of the health service. Bad planning decisions cost the NHS money.

As light falls from the sky for free its true value is rarely acknowledged and of course too much of it can trigger skin cancer.

Therefore we often fail to appreciate that sunlight is essential to our health and well-being as it allows our bodies to produce Vitamin D, a substance essential to the absorption of a host of minerals, notably calcium and phosphates.

Vitamin D deficiency can result in bone diseases including osteoporosis and rickets and the advancement of certain cancers. Insufficient exposure to sunlight has also been associated with depression.

Getting the balance right is therefore important and those of us from a non-European heritage do need more exposure as we do not absorb the stuff quite so easily. Age is also a factor as the elderly can find it more difficult to search out open space, so therefore need their sunlight to be available by their backdoor.

NHS.UK tells us to 'aim to strike a balance' and advises that we should seek shade around mid-day from March to October. Arguably protecting yourself from something which is too plentiful is easier than searching it out when it is scarce. How do we ward off rickets, osteoporosis and cancers during a Mill Road winter? When the days are short, many Mill-Roaders start work before dawn and stop after dusk and we are also living in a built environment which is becoming increasingly dense and high.

– Nicola Terweil

**Community Listener volunteers needed**  
Meet Lizzie (photo on page 6), who is one of our local Healthwatch Cambridgeshire volunteers and is helping us with a new project to look at how health and care services communicate with people who have a sensory loss. Lizzie told us, "I am a service user myself and have disabilities so I rely on good

Is it time to show  
your eyes some  
love?

We all take our sight for granted from time to time. A hectic family life and work commitments can push a trip to the optometrist further down the to-do list. But what makes that annual visit so important even when you're fit and healthy?

Eyes are an indicator of overall health so your eye exam does more than establish your prescription for glasses or contact lenses. Your optometrist is often the first person to identify health problems before you know they even exist, including chronic conditions like glaucoma, diabetes and high blood pressure.

Haven't given your eyes a second thought for a while? Don't worry, great eye health begins at home. Here are some ways to help keep your eyes in tip top shape:

**Eat your carrots.** The old wives' tale that carrots help you see better carries an element of truth as they're packed with eye-nourishing Vitamin A. Poor nutrition is linked to diseases such as age-related macular degeneration (AMD) so your eyes benefit most from a balanced diet that includes eggs, fresh fruit and vegetables, and omega 3-rich foods like oily fish, nuts and seeds.

**Block UV rays.** Sunlight accelerates eye ageing so it's essential you protect your eyes from UV light year round. Choose sunglasses that sport a European CE mark or British Standard BSEN 1836:2005 to ensure the best quality lenses. Since 80% of UV damage to eyes occurs before the age of 18, make sure your children are wearing hats and sunglasses.

**Adopt the 20/20/20 rule.** Staring at screens is taking its toll on our eyes. Use this simple trick to reduce fatigue and strain: every 20 minutes take a 20 second break and focus your eyes on something 20 feet away.

– Anjana Taank



**mill road tv**  
a youtube channel

141 Mill Road, Cambridge CB1 3AA  
millroadtv @millroadtvuk  
info@millroadtv.co.uk  
www.millroadtv.co.uk



Hi there! I'm Becky from Willis Road and I'm on a mission. Over the next few years, I have set myself a challenge to raise £5000 to save 50 acres of rainforest for my favourite charity, the World Land Trust. One of the main events I have organised is a Ceilidh taking place on May 6th at St Pauls Church.

The incredible Cambridge University Ceilidh Band will be playing for us and we will have a drinks bar, a raffle (with incredible prizes, including sponsors from up and down Mill Road which I am super grateful for) and much more! Tickets are £8 for an advance ticket (£10 on the door) and include a FREE

glass of bubbly in our sparkling drinks reception! Event/raffle tickets: Facebook and other social media: 'World Land Trust Ceilidh Cambridge' and 'Becks £5000 for 50 acres of Rainforest Challenge'. It would be great to see you there! becky.lockyer21@gmail.com



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**THE MILL ROAD NEWS** is published by the non-profit organisation **Mill Road Bridges**, c/o The Six Bells Pub, 11 Covent Garden, Cambridge UK. Mill Road Bridges is a volunteer community group serving Petersfield & Romsey wards in Cambridge. We welcome your submissions on any topic about the Mill Road community. Send images and short articles to [info@mill-road.com](mailto:info@mill-road.com). Please note that articles cannot favour a political party, they should not be of a purely commercial nature, and we reserve the right to edit, refuse, or postpone use of submissions.

healthcare and support, such as having a good relationship with the GP.” Our volunteers are people like you who live or work in Cambridgeshire. You know the place you live and the people in your community. We need your help to talk to more people about Healthwatch and find out what care is like for them.

- You will listen to people within your local community who have used health or social care services. This may be your family, neighbours and friends, or people you meet within your local networks.
- You may visit local groups, chat with people and record what they have to say.
- You might talk to people about Healthwatch Cambridgeshire. This may involve giving a short presentation, or working with us on a display stand.

We will give you training and support, as well as paying agreed out of pocket expenses. Contact Heather or Elizabeth for an informal chat. Call 01480 420628, email [enquiries@healthwatchcambridgeshire.co.uk](mailto:enquiries@healthwatchcambridgeshire.co.uk) or visit [www.healthwatchcambridgeshire.co.uk](http://www.healthwatchcambridgeshire.co.uk)

**Cambridge Street Aid Fund** Cambridge residents and visitors are being encouraged to help rough sleepers and vulnerable people by donating to a new charitable fund, rather than give cash directly to people asking for money on streets.

Cambridge Street Aid

Helping people on the street to turn a corner

Giving money to people on the street might only help to keep them there. Instead, every penny you donate to Cambridge Street Aid will be spent on helping people leave the streets behind.

To donate £3 text CAMB3 £3 to 70070 or visit [www.camstaid.org.uk](http://www.camstaid.org.uk)

It's your choice: loose change or real change

Every penny of the money donated to the fund will go directly to increasing provision for those most in need and homeless in Cambridge. The new fund will give grants of up to £750 to help vulnerable people on the streets get the support, accommodation and employment they need to turn a corner in their life.

Many residents and visitors who encounter people on our streets are tempted to help by giving them money. However studies by prominent charities such as Thames Reach in London have suggested that **the public's kindness can often hinder someone's ability to get off the streets if money from begging is spent on substances detrimental to their health.**

**Some people who beg on Mill Road already have a place to live while some genuinely homeless people also choose not to beg.**

The city's direct access hostel on East Road, Jimmy's, offers free-to-enter accommodation and welfare support while many organisations work with the council to support rough sleepers and the vulnerable off the streets.

Cllr Kevin Price, Executive Councillor for Housing, said: “Cambridge Street Aid will provide a simple way for residents and visitors to help those on the streets turn their lives around. Donations can be made by a text message or through the Street Aid website.

“There are many reasons why people are sleeping rough or asking for money and it's understandable that people want to respond to someone seen on the streets, usually by giving them cash, but we would like to ask them to consider if this is the

best way to help. “By donating to Cambridge Street Aid members of the public can be assured that 100% of their money will go directly in grants to help some of the most vulnerable in the city. The city council and its partners will continue to expand the help we provide for homeless people in Cambridge but, at the end of the day, we respect their right to make their own choices, whether to take

## Letters & opinions [Write to secretary@mill-road.com](mailto:Write to secretary@mill-road.com)

Dear Fellow Residents, Want improvements to a Cambridge play area or open space? Put it forward for S106 funding. [twitter.com/camcitco](https://twitter.com/camcitco) or [www.cambridge.gov.uk/s106-priority-setting](http://www.cambridge.gov.uk/s106-priority-setting). I'm particularly thinking of improvements to the play area at Great Eastern Street including the lighting and if any way could be found to design out the attraction to street drinkers to use it as a drinking den/toilet.

– Richard Wood, Perowne Street

(Guest response) Very good point to raise Richard. I can see the carpark from my kitchen window, and I barely need both hands to count the times I've seen the play area being used in the four years I've been here. Given how dark it is over there, and – far more importantly – the street drinkers, that's hardly surprising. To be honest, given the dearth of parking in the area and the inevitably rather bizarre chemistry between a car park and a play area, I'd have thought one option would be to remove the play area entirely and turn it over to pure parking. Or at least move the play area to the front and fence it off securely. Not trying to remove family facilities, but it really isn't one at the moment... The car park could at the very least do with some clearer signage to make it apparent who can park there and what the rules are. (And seemingly it needs a “stating the obvious” notice about not blocking in other users – I've had several people coming into the pub recently desperately trying to locate the owner of a [insert car description here]

We appreciate your kind letter! – Ed.

## A new café on Mill Road helps promote and nurture recovery

A ground breaking new café on Mill Road has just opened its doors. Its aim is to provide individuals in long term recovery from substance misuse a safe, supportive space to develop skills, lost confidence and generate opportunities for positive change.

The Edge Café, 351 Mill Road (the front of the Brookfields Hospital site) is open for business serving great coffee and delicious healthy food to the general public. The Edge café is a community café with a recovery heart. The Café provides space for those in recovery to meet, volunteer, gain paid employment, share skills and experiences and feel part of the local community. The Cafe is an independent resource and is registered as a social enterprise, it runs as a commercial business in order to provide sustainability for the project. This is the first dedicated Recovery café to be developed in Cambridgeshire and follows the model of successful projects in other parts of the country.

We have a range of arts and crafts workshops, skills share and wellbeing groups in development which will run out of the café including ‘Knit and Natter’, Poetry and Reading, Art, Mindfulness and Meditation, IT Skills, Job Application and CV writing, and Saturday morning Pilates. We also hold Art exhibitions and have a conference room in the building, ‘The Hayman Room’, which is fully equipped for meetings which can be rented out by the community and local groups or businesses.

Please follow us on Facebook and Twitter or visit our website: <http://theedgecafecambridge.org>

– Andy Ahmad-Cooke  
Recovery Coordinator

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Receive emails about community events! Join Mill Road Bridges on [www.mill-road.com](http://www.mill-road.com) or email [secretary@mill-road.com](mailto:secretary@mill-road.com). You may also submit an event for consideration. Mill Road Bridges is open to anyone with an interest in the Mill Road neighbourhood.



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