



St Paul's Community Newsletter

September 2025

Welcome!

This community newsletter is a space to share updates across the different parts of our St Paul's community. No matter what brings you to St Paul's, whether it's a meal, foodbank, or a service, you are a welcome part of this community.

Contributing to the newsletter

Would you like to contribute something to the next community newsletter?

- News about upcoming local events that others might be interested in
- Your own art, writing, or photography
- A write-up of or photos from a recent trip or activity we did together

Please send anything to Emma (emma@stpaulscambridge.org.uk) or bring it to the office.

Dates for your diary

Thursday 2nd October: walk in the Botanic Gardens.

Thursday 16th October: **tenpin bowling** at the Leisure Park. More details about timings and bookings below.

Monday 3rd November: if all goes to plan, the first **St Paul's Fairbite** session. More info about Fairbite below!

Thursday 6th November: walk in the Botanic Gardens.

Sunday 30th November: **Pantomime!** This year's Arts Theatre pantomime is Sleeping Beauty.

Fairbite (opening 3rd November)

Work is well underway towards our new Fairbite social supermarket project. In partnership with Cambridge City Foodbank, St Paul's will be setting up a Fairbite Food Club to provide affordable food shopping to members on low income. We hope that this will reduce the need for Foodbank emergency parcels, and strengthen relationships with our local community.

Lucy and Eileen from CCFB are working to install the shop in the Lower Tower Room. Do get in touch with the office (office@stpaulscambridge.org.uk) if you could help with clearing and tidying the space ready for the shop. Contact Emma (emma@stpaulscambridge.org.uk) if you would like to be involved in volunteering longer term. As a volunteer you might:

- Show people round the shop and help them choose their items (10 items for £5, plus fruit and veg and various extras)
- Make teas and coffees and chat to people in the community café
- Restock the shelves and set up the shop ahead of opening times
- Pick up supermarket donations from a local shop or café

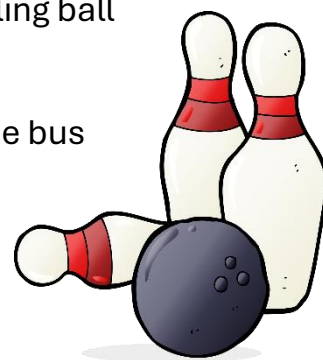
Do chat to Emma if you'd like to hear more!

Tenpin bowling (16th October)

Our next community trip is to the Leisure Park on Hills Road to go bowling! No skills required, barriers and ramps available if throwing a bowling ball sounds tricky for you. There will be pizza!

Meet at St Paul's at 1.30pm on Thursday 16th October to get the bus down the road. We ask for a contribution of £5 per person.

10 spaces available – book now.



Pantomime (30th November)

This year's Arts Theatre pantomime is Sleeping Beauty. We are going on Sunday 30th November for the 3pm showing.

Book now in the office or directly with Emma – subsidised cost of £15 per adult and £8 per child.

Thursday Creatives

The Thursday Group meets from 11am on Thursdays for relaxed creative activities. No special artistic skills or experience required! The group is open to all adults, with particular welcome to anyone with learning disabilities or mental health challenges.

We are very excited that **on Thursday 11th September, Sarah will be showing us how to make bookmarks!** Other weeks we will play board games, or do some mindful colouring. On the first Thursday of every month we go for a walk in the Botanic Gardens instead (see below).

Do join us this autumn. It is free and you are welcome to stay for lunch afterwards (£4) but you don't have to.

Botanic Gardens walk

Next walks: 4th September, 2nd October, 6th November

First Thursday of every month, starting at the Station Road entrance at 11am. Or meet us at St Paul's at 10.45. We get free entry, for more information about the walk see:

<https://www.stpaulscambridge.org.uk/social-activities>.

Our **August** walk was very popular! We had a lovely time learning about bees and other pollinators: did you know that bees are mostly colourblind, but they can see the colour purple? We also visited the lake and enjoyed the water lilies. Then we headed back to some picnic tables for a picnic lunch in the warm weather.



Summer Party: board games and meal deals (31st July)



We had a lovely time playing Snakes and Ladders – congratulations to our winner, Marisa! Thank you to Denise for teaching several of us dominos. And Sarah showed us some of her lovely craft creations. Thank you to Gabby for bringing food to share.

Hunstanton seaside trip (28th August)

We had a lovely day at the seaside, with absolutely perfect weather. No one got lost, and we enjoyed fish and chips, crab sandwiches, sweets, and ice creams. It wasn't just a seaside trip – it was a birthday party too for one of us! We sang happy birthday on the coach and ate birthday cake and there were balloons and a birthday banner.

We can't wait to go back to the seaside next year, and voted on which beach to go to next. The winner was Southwold!



ST PAUL'S COMMUNITY PROGRAMME

Monday Foodbank 4-5.30pm. Emergency food provision, voucher required.

Simple Supper on Mondays 6-7pm. Free community meal, open to all (donations appreciated but optional). Followed by simple candle-lighting service in the chapel at 7pm.

Thursday Creatives 11-12pm. Informal arts, crafts, colouring, and friendly conversation.

Thursday Lunch Club 12.30pm. £4 for a homemade two course meal. Join beforehand for hymn singing and a short candle-lighting service at 12pm.

Friday Lunch Club 12.30pm. £5 for a homemade two course meal, followed by tea and coffee. Chapel service at 12pm midday.

Friday Foodbank 3-5pm. Emergency food provision, voucher required.

KEY CONTACTS

Imogen Nay, vicar

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Emma Caroe, community development worker

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Anna Pile, children and families worker

anna@stpaulscambridge.org.uk

St Paul's Office

office@stpaulscambridge.org.uk, 01223 576899. Office hours 10am-4pm.

Rachel Hutchison, parish safeguarding officer

safeguarding@stpaulscambridge.org.uk

Safeguarding Duty Messaging Service: 01353 652747 (office hours)

Thirtyone:eight Helpline: 01353 652747 (out of hours)