

SPOTLIGHT ON STAYING AT HOME

Sponsored by

BEACON WEALTH GROUP

Thanks to Beacon Wealth Group we are able to bring you this very special community feature, highlighting some of the fantastic things we as a community have been doing during this time, businesses who have been affected, plus ideas to help keep us going.

Beacon Wealth Group consists of both legal and financial experts:
Beacon Wealth Legal and Beacon Wealth Management.
They are still open for business but are working remotely during this time and offering video and telephone meetings.



Beacon Wealth Group

www.beaconwealthgroup.co.uk

info@beaconwealth.co.uk

01480 869466

Facebook: @BeaconWealthGroupLtd

Twitter: @BeaconWealthIFA

THANK YOU MESSAGES

We asked you if there was anyone you would like to say thank you to, whether they work for the NHS, are a keyworker, volunteer, family member, friend and/or neighbour and we had a lovely response, both on facebook and via email.

Thank you **Vicky Oxley** who set up **St Neots goes on a Bear Hunt**. My kids have loved finding the bears, and the Facebook group now has so many great ideas and activities for the kids.

Thank you to everyone staying home and following the guideline, no matter how hard.

Sarah Beck was amazing at getting everyone together to celebrate **VE Day**. She put in a lot of hours, and it was brilliant! Thank you!

Thank you to local band **indi** and **The Vegas** for their new song **Miss Ya** and it's awesome video - it's upbeat but also captures the mood right now - love it
- **Katie Dundas-Todorov**

Bus drivers, of whom one is my Mum! They are often forgotten, but so integral to the community. Use them sensibly and only if you absolutely have to! They are transporting our keyworkers.
- **Mellissa Bee**

Richard Bourne for supporting local businesses before, during and no doubt after the pandemic. The group **St Neots Referrals and Recommendations** is a life line for many businesses, and his campaigns to put so many in the spotlight every day is amazing!

Thank you to all **NHS, Keyworkers and Volunteers** - you are keeping us all safe and keeping us all going.

Emilly Plattern who set-up **Angel Pie Baking Company**. She has been distributing cakes and sweet treats to people's doorsteps to help cheer them up. I love the fact that you can literally nominate anyone locally and she will deliver, keyworker or not. Thank you it has brought a little light on the darkest days.

DIY AT HOME

During lockdown DIY seemed to become a lot of people's focus whilst at home. From painting and decorating to complete room and garden transformations, it is clear many of you have been very busy.

If, like many, you have loved the idea of doing some DIY or have finished your current project and are looking for some more inspiration, here are a few things that people have been up to.



**BELINDA HICKS
FRONT DOOR RENOVATION
AND
BAKER EXTRAORDINAIRE**

Belinda wasn't much of a baker before lockdown - but wow look at all these creations! I think her family will be asking for cake long after lockdown.

A new skill. Belinda renovated her front door herself - which she confesses took a while, but the results make it look like she has bought a new door!



Before

**JO ORAM
UNIT TRANSFORMATION**

Jo transformed her drop-down bed unit. Adding shelving and giving the current masking tape trend a go, Jo has made what was once a piece of storage into a feature focal point, and it looks amazing!

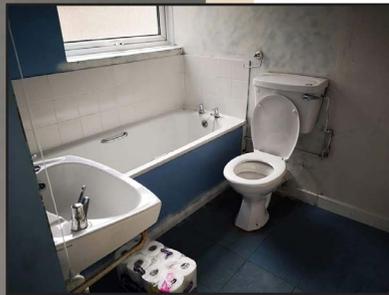
For anyone wanting to try painting using masking tape, Jo recommends painting a base coat first, then once it has dried and the masking tape is in place, to paint over the tape with the same base paint colour to help neaten the lines once you start to add the colour in-fills.



**LINDA RIDDY
CROCHET QUEEN**

We have never tried crochet ourselves but these look very hard and time consuming to do!

Linda Riddy is the mastermind of these wonderful creations and we'd love to see what she is creating next.



Before



**KIRA O'DRISCOLL
BATHROOM TRANSFORMATION**

Kira has been really creative in her first home; transforming her bathroom, and whilst she says it isn't complete yet we are very impressed with the result!

We asked Kira how she updated her floor. "They are self adhesive tiles so they stick down and are perfect for DIY." The tiles Kira has used are from Dunelm, but you can get them from many shops including online.

If any of these DIY projects have inspired you to have a go at something similar we would love to see your results, along with a before picture for comparison.

We are off to start our own project...

LOCAL BUSINESSES IN OUR AREA

Thank you to Beacon Wealth Group for allowing these local businesses to advertise for free this issue.



FlexiFitness St Neots - Little Paxton
Lynette 07837925383/ FlexiFitnessStNeots@gmail.com
FB: FlexiFitnessStNeots/

Pilates classes, online on Zoom. A time and place for us to meet and focus on your body's strength and flexibility.
Group available for Pilates chat and videos.



Buckden Day Nursery
01480 810816 / info@davidson-roberts.co.uk
www.buckden-day-nursery.co.uk

Supporting the childcare needs of those that need it, open 7.30am - 6pm Monday to Friday.
Buckden Day Nursery 16, Mill Road, Buckden, St Neots, Cambs, PE19 5SS



Dogs Delight - Buckden, St. Neots
Elishia Emery - 07562545843
FB: Dogs Delight Daycare

Dog Grooming - All breeds small to large. Free run of the paddock with all the toys before their pamper.



Wholehearted Ceremonies - St Neots
Facebook page: /wholeheartedceremoniesuk

Susan is a Family celebrant, I create and deliver unique wedding, baby naming and vow renewal ceremonies.



Mama YGT
mamaygtbirthplans@gmail.com
FB: Mama_YGT-111755093838277/

Online personalised birth plan discussion and writing service with a midwife turned mummy.



ACE Property Maintenance Services Ltd
01480 714072 / Sales@ace-pm.co.uk
FB: ACEPMSERVICES/

Local property services company based in St Neots. Free quotations, competitive quotations. Professional, friendly family run business.

Pelvic Floor & Core Restore Workshop

Thursday 28th May
7-9pm
Live online via zoom



Pilates Works - St Neots & Potton
claire@pilatesworks.me / 07813843980
FB: clairepilatesworks/

Specialist Pilates classes for all abilities online via zoom and pre recorded videos. Pelvic floor & Core workshops and courses for women of all life phases.



FITSTEPS ST NEOTS WITH LYNNE - Stageworks
fitstepsstneots@gmail.com
FB: FitSteps St Neots with Lynne

A "strictly" fun dance fitness class for adults featuring easy to follow Latin and Ballroom routines. Currently classes on Zoom Mondays 3pm and Fridays 5pm. Private classes available.



Liontooth - St Neots.
07590907043 / Lisa.ellison@liontooth.co.uk
www.liontooth.co.uk
FB: Liontooth

Offering marketing services to small and medium sized businesses that don't have the in-house resources. No contracts and no retainers.

ECO-Plumb Plumbing & Heating

Domestic & Commercial, High Efficiency Heating

Eco-plumb
07784008521
FB: ecoplumbcambs/

A small, family run business specialising in providing energy efficient heating and hot water along with gas and plumbing services. Cover Peterborough and surrounding areas.



The Whitehouse Holiday Lettings
whitehousecottage@tiscali.co.uk
www.airbnb.co.uk/p/st-neots-accommodation

Accepting bookings for our apartments from critical workers we have strict cleaning schedules with a break between clients as per the government guidelines.



M. A. Motors (St Neots)
01480 406905
FB: M. A. Motors (St Neots)

We reopened 12 May 8:30-5:30 Monday-Friday Based in Eaton Socon behind Aldi/B&M Family run garage, carry out MOT class 4/7, repairs and servicing, air con regas, vehicle alignment/tracking



Sensory Philosophy - St Neots
Info@sensoryphilosophy.com
www.sensoryphilosophy.com
FB & Instagram: sensoryphilosophy/

Luxury home fragrance. Hand poured soy wax candles and reed diffusers. Natural ingredients, gift wrapped in recyclable, reusable packaging.



CLiCKiTY-CLaCK PaRTiES! - St Neots
07531928075 / clickityclackparties@gmail.com
www.clickityclackparties.com/ FB: clickityclackparties

Party Entertainment Online. Themed Parties and pre recorded videos. Princesses, Dinosaur Explorer, Scientist, Harry Potter, Unicorn, Sonic, Pirates, Any theme!



ACE Building Services Ltd - St Neots.
01480 714072 / building@ace-pm.co.uk
FB: ACEBuildingServicesLtd/

Local building/property services company based in St Neots. Free quotations, competitive quotations. Professional, friendly family run business.



Everybody Sling Dance - St. Neots
Debi: 07531928075 / everybodyslingdance@gmail.com
https://everybodyslingdanc.wixsite.com/debi
FB: Everybody Sling Dance Cambridge & Bedford

Online gentle exercise with your Baby. Fun, easy to follow routines. Enjoy bonding with your baby and some "me" time.



K Fit - St. Neots & Little Paxton
Katrina 07967100603 / kdanceandfitness@gmail.com
www.kdanceandfitness.co.uk
FB: kfitstneots

Local fitness classes including Pilates, Zumba, Kettlercise, Ballet, Bootcamps, core and conditioning. Currently online during C-19.



BRITISH GYMNASTICS FOUNDATION
FB: BritishGymnasticsFoundation

Love To Move programme, an age and dementia friendly seated exercise session was launched online to help encourage older people to keep moving for free. Full length sessions recorded in Buckden, with live sessions each Wednesday morning on Facebook.

VE DAY

Thanks to local Sarah Beck, a local resident who created the Facebook group St Neots Community to Support VEday75 Celebrations, hundreds more people joined in celebrating this important event at home on their driveways, front and back gardens as well as on balconies and indoors.

Here are a few pictures shared by our local community on this fantastic group.



Sarah set up a Just Giving page alongside organising this event so that money could still be raised for The Royal British Legion. At time of writing the total had reached **£1,603**

COMMUNITY SPIRIT

At times like this it is amazing to see the community unite, and they have created some fantastic activities that everyone can take part in!

Here are just a few!



ENCHANTED WOODS

AUNTIES WOOD, LOVES FARM / PIGHTLE, EATON SOCON / PAXTON PITS

Facebook page: @Enchanted Forest Eaton Socon

@The Enchantment of Aunties Wood

A magical walk amongst some of our local wood areas, has found home to some brilliant home-made fairy magic!

The creativity is brilliant, and everyone is encouraged to take part, although at a safe distance, and please do not touch or move any items, or, if adding items you are asked not to add any glitter or items the local wildlife could eat and be hurt by.



ANIMAL HUNT PRIORY PARK

If you go into the woods today you may find these fantastic animals hiding.
Someone has made and hung pictures of different wildlife animals around Priory Park ready to surprise you on your walks.



0333 3355 344

ST NEOTS COMMUNITY SUPPORT

8AM-8PM EVERYDAY

ST NEOTS COMMUNITY SUPPORT

www.snsc.org.uk

Available everyday 8am - 8pm on 0333 3355 344

For anyone self isolating who needs some support. You may want someone to chat to over the phone, have some mail posted, prescription collected or have some shopping delivered to your doorstep.



ST NEOTS GOES ON A BEAR HUNT

YouTube: @St Neots Goes On A Bear Hunt

There are over 1,100 bears around St Neots hiding, ready for you to find them.

Put out by local residents they are all assigned numbers and during your walks you can see how many you can find.



ROCK SNAKES

PRIORY PARK, ST NEOTS / POCKET PARK, ST NEOTS / LOVES FARM PIRATE SHIP / LITTLE PAXTON SCHOOL / BUCKDEN CHURCH / GREAT PAXTON HIGH STREET / OFFORD PRIMARY SCHOOL

Facebook page: @St Neots Rocks

@The Loves Farm Rock Snake

Everyone is invited to paint a rock and add it to the 'snake' at every location.
Something colourful to brighten your day as you walk past.

ENTERTAINING YOURSELF AND OTHERS

Staying at home this long can be hard so we have put together some ideas to help pass the time.

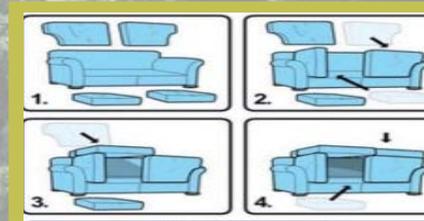
Whether you are at home alone, with children (big or small), there should hopefully be something here for you.

We would also love to see some of your own ideas.
#StayingAtHomeWithBeacon #BInspired



TOILET ROLL FACES

With the hype of toilet rolls recently, why not put them to further use and make some funny faces.



BUILD A FORT

You could use your sofa, blankets, clothes, table and chairs, bedding, table cloths... who doesn't love being a kid and hiding in their own fort?



LEGO CHALLENGE

There are challenges for almost everything, and this challenge above has a different challenge every day for 30 days. Just Google Lego Challenge.



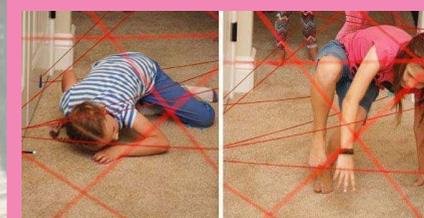
CREATE PLANTS

If you aren't very green fingered but your children love them, why not make your own. This way you don't have to worry about keeping it alive.



TARGET GOLF

Have an empty box? Why not cut a few holes out for target practice. They can even be used for a car garage, or snail races...



STRING MAZE

Who hasn't fancied themselves as a James Bond? The difficulty level is up to you.



SHADOW ANIMALS

It doesn't just have to be animals. Choose what you would like to draw, and where the sun creates its shadow place a piece of paper, and trace it. :)



CREATE PICTURES

No matter the age you can have fun recreating images from nursery rhymes/songs, videos... You could even use the pictures to create your own 2021 Calendar - now that is being organised!



PUPPET SHOW

Another one if you have an empty box. Cut out or make your favourite animals, characters, stick them on straws/ice-cream sticks... and let your imagination run wild.



RECREATE A PART OF YOUR FAVOURITE MOVIE

Have you seen the Lion King opening sequence recreated with toys, and a Rafiki mask? What would you recreate?

FREE ONLINE EDUCATION RESOURCES

Compiled by a home education group and being distributed widely, here are some excellent resources for home education for the kids.

DK Find Out

<https://www.dkfindout.com/uk/...>
Activities and quizzes

Khan Academy

<https://www.khanacademy.org>
Especially good for maths and computing for all ages but other subjects at Secondary level. Note this uses the U.S. grade system but it's mostly common material.

BBC Learning

<https://www.bbc.co.uk/learning/coursesearch/>
This site is old and no longer updated and yet there's so much still available, from language learning to BBC Bitesize for revision. No TV licence required except for content on BBC iPlayer.

Futurelearn

<https://www.futurelearn.com>
Free to access 100s of courses, only pay to upgrade if you need a certificate in your name (own account from age 14+ but younger learners can use a parent account).

Seneca

<https://www.senecalearning.com>
For those revising at GCSE or A level. Tons of free revision content. Paid access to higher level material.

Openlearn

<https://www.open.edu/openlearn/>
Free taster courses aimed at those considering Open University but everyone can access it. Adult level, but some e.g. nature and environment courses could well be of interest to young people.

Blockly

<https://blockly.games>
Learn computer programming skills - fun and free.

Scratch

<https://scratch.mit.edu/explore/projects/games/>
Creative computer programming

Ted Ed

<https://ed.ted.com>
All sorts of engaging educational videos

National Geographic Kids

<https://www.natgeokids.com/uk/>
Activities and quizzes for younger kids.

Duolingo

<https://www.duolingo.com>
Learn languages for free. Web or app.

Mystery Science

<https://mysteryscience.com>
Free science lessons

The Kids Should See This

<https://thekidsshouldseethis.com>
Wide range of cool educational videos

Crash Course

<https://thecrashcourse.com>
You Tube videos on many subjects

Crash Course Kids

<https://m.youtube.com/user/crashcoursekids>
As above for a younger audience

Crest Awards

<https://www.crestawards.org>
Science awards you can complete from home.

iDEA Awards

<https://idea.org.uk>
Digital enterprise award scheme you can complete online.

Paw Print Badges

<https://www.pawprintbadges.co.uk>
Free challenge packs and other downloads. Many activities can be completed indoors. Badges cost but are optional.

Tinkercad

<https://www.tinkercad.com>
All kinds of making.

Prodigy Maths

<https://www.prodigygame.com>
Is in U.S. grades, but good for UK Primary age.

Cbeebies Radio

<https://www.bbc.co.uk/cbeebies/radio>
Listening activities for the younger ones.

Nature Detectives

<https://naturedetectives.woodlandtrust.org.uk/naturedetect.../>
A lot of these can be done in a garden, or if you can get to a remote forest location!

British Council

<https://www.britishcouncil.org/school-resources/find> Resources for English language learning.

Oxford Owl for Home

<https://www.oxfordowl.co.uk/for-home/>
Lots of free resources for Primary age

Big History Project

<https://www.bighistoryproject.com/home>
Aimed at Secondary age. Multi disciplinary activities.

Geography Games

<https://world-geography-games.com/world.html>
Geography gaming!

Blue Peter Badges

<https://www.bbc.co.uk/cbbc/joinin/about-blue-peter-badges>
If you have a stamp and a nearby post box.

The Artful Parent

<https://www.facebook.com/artfulparent/>
Good, free art activities linked to from this Facebook page

Red Ted Art

<https://www.redtedart.com>
Easy arts and crafts for little ones

The Imagination Tree

<https://theimaginationtree.com>
Creative art and craft activities for the very youngest.

Toy Theater

<https://toytheater.com/>
Educational online games.

Twinkl

<https://www.twinkl.co.uk>
This is more for printouts, and usually at a fee, but they are offering a month of free access to parents in the event of school closures.