

# The Riverporter

A TOTALLY INDEPENDENT NEWSPAPER • UNCONNECTED WITH ANY GROUP OR ORGANISATION

## How clean is our river?

The final part of The Riverporter's Environmental Special Series from our eco-correspondent Amanda Randall

This year *The Riverporter* has highlighted the problem of plastic waste in our town in the form of take away coffee & tea cups, straws, excessive supermarket packaging, etc. Now we turn our attention to our beautiful river. Does it have a plastic problem too?



Above a watercolour by Stuart Lloyd circa 1900. Below - the same view today, still beautiful. Pictures courtesy Town Team.



**W**e spoke to the Environment Agency and Anglian Water about what they know, what they're doing about it and, of course, what we can do to help.

Much work has been done on the problem of plastic waste in oceans but it's only recently that environmental scientists have started to research levels of microplastic (plastic particles smaller than 5mm) pollution in rivers. A quick skim through 2018 press reports on a study of the River Tame at Denton near Manchester, showed it contained the highest level of microplastic pollution ever recorded. Of course that partly indicates the paucity of such research but it's alarming none the less and very close to home in landlocked areas like ours. Our rivers are the conduit for plastic waste to reach the ocean; a truckload of plastic enters the ocean EVERY MINUTE so we must clean up our act.

Anglian Water is leading the fightback in the UK. Their spokesperson told us: 'We are all aware that plastic pollution is blighting our rivers and seas right across the region. The problem remains that, currently, we do not have measurable levels of plastic pollution in our waterways right now. We know the issue is going on but we do not have the capability to accurately quantify this, and this is part of the problem that we want to tackle. As an organisation, we are set to form a coalition with like-minded organisations in order to rid the East of England of

problem plastics by 2030. It's a tough challenge but one that is necessary for the preservation of our environment. [We are] committed to waterway preservation and conservation through our RiverCare and BeachCare initiatives. Run in partnership with Keep Britain Tidy, volunteers help to clear local rivers and beaches from litter and plastics, having collected more than 50 tonnes of litter in the last year alone!'

The Environment Agency has teamed up with the Speakers for Schools campaign and Business in the Community to inspire young people and business leaders alike to take action against plastic waste through The Great British Plastics Challenge, which anyone can join, check out their website.

### Take action today!

- Don't flush wet wipes or tampon applicators down the toilet
- Stop buying single use plastic. That means throwaway water bottles, cups for takeaway drinks, including iced coffee even on the hottest day, straws, disposable headphones, wet wipes, and so on.
- Buy a reusable metal or polycarbon water bottle. Many shops, cafes and restaurants will refill your bottle for free thanks to City To Sea's Refill initiative; download the Refill app to find your local water filling station of the 10,000+ so far in the scheme.

## THE Chapel Arts Season 2018

A series of concerts and events in the Chapel on St Ives Bridge

### Songs through the Centuries with James Eisner

James is a highly accomplished guitarist, singer and lutenist, accompanying himself on songs from the heyday of the lute such as Dowland's 'I saw my Lady Weep'.



Wednesday 11th July 7.30pm for 8pm

Tickets £10 from [www.ticketsource.co.uk/eventsstives](http://www.ticketsource.co.uk/eventsstives) or The Corn Exchange

The evening starts with complimentary refreshments courtesy of Waitrose

For details [www.theoldriverportstives.co.uk](http://www.theoldriverportstives.co.uk)

More from our Environmental Correspondent . . . Heidi N. D'Tries

## Rough and tumbles in the night . . .

Hello again all you animal fans. Here's something to excite you.

My good friends down on Holt Island reveal that Mr and Mrs Badger have three new cubs who have been playing rough and tumble to camera recently.

Such fun. They emerge only once the reserve is locked of course, but to best way see them is on film at the Friends AGM (see right).

At this meeting that lovely, handsome young lad Patrick Barkham (he can lecture me any day) will talk about his new book *Badgerlands*, and I shall be first in the queue for a copy, oh yes indeedly.

See you there!

**Byeeee! Heidi xxx**

Friends of Holt Island Nature Reserve  
ANNUAL GENERAL MEETING  
Wednesday 25th July 7.30pm  
St Ives Corn Exchange



We are delighted to welcome acclaimed natural history writer and journalist **Patrick Barkham**, author of *BADGERLANDS*.

to tell us everything we ever wanted to know about badgers and more... do join us!



Members FREE Non members £3.00  
Refreshments  
[www.holtisland.org](http://www.holtisland.org)

## What are YOU going to do about Plastic?

Although *The Riverporter* has published six articles about plastic, we will only see positive change if **ALL OF US DO OUR PART**.

If you have done something to reduce your use of plastics let us know and we will publish what it is you are doing.

There are many things that we cannot control, even if we want to, but reducing the use of plastic is something all of us can do.

**SO PLEASE DO WHAT YOU CAN** to help our environment and stop poisoning our wildlife.

**Send us your ideas and plans to:**

[editor@theriverporter.uk](mailto:editor@theriverporter.uk)

# St Ives is Going Vegan

A brand new social event has come to St Ives. The Huntingdonshire Vegan Food Share which meets on the first Monday of each month at The Taproom in Bridge Street.



Members of the group and some of the delicious cakes. Photos: Samantha Ken-Francis.

This event brings together vegans, vegetarians, and those simply curious about adding more meat-free meals into their diet. Attendees, of all ages, bring along a plant-based dish to share, and in return get to sample lots of other new foods and meet new people, all for free.

The group also holds a library of vegan cookery, lifestyle and animal-rights themed books that attendees can borrow, as well as a wide variety of leaflets and magazines.

Amanda Buttriss, Manager of The Taproom, says, 'We're delighted our new meeting room facilities can be used to bring this growing community together. With a vegan head chef and a great vegan menu, we're keen for The Taproom to be a leader in providing vegan-friendly hospitality.'

Organiser Danielle Page of Somersham says 'I'm delighted there has been so much interest already. The group is incredibly friendly and we hope to see lots of new faces over the coming months.'

**Their next event is on Monday 2 July, between 7 and 9pm.**

## STARTING JULY 2ND

### CRAFTS

## at Crossways

**Creative sessions for those living with dementia and their carers**

Lead by Graham Adley and Sandra Souter

**FREE** EVERY FIRST AND THIRD MONDAY AFTERNOON OF THE MONTH AT CROSSWAYS CHRISTIAN CENTRE, RAMSEY RD, ST IVES. PE27 5RF

From 2pm to 4pm

Tel: 07913 346 845 or email: [sandra@souter.org.uk](mailto:sandra@souter.org.uk) for information

in association with 'Memory Lane Singing Café' and 'Love to Move'

## Civic Society of St Ives - 50th Anniversary

**F**ounded in the summer of 1968 to oppose plans to construct the St Ives Relief Road across Hemingford Meadow, the Civic Society's objections resulted in the eventual construction of the bypass to the east of the town. Since then the Society has continued to seek the best for St Ives as the town has grown over the years.

As part of the celebrations the Society took a stall at St Ives Farmers' Market on Saturday 16th June in order to publicise the competition 'Your St Ives '68' and to meet the public and discuss the future development of the town. They wanted to encourage the public's comments, both on the best aspects of St Ives and improvements sought for the town.

**Your St Ives '68** invites entries on the theme of what will St Ives look like in 2068? Entries may be written, painted, modelled or digital; there will be an exhibition of entries in the Free Church on 7 and 8 September 2018.

The Society invited Cambridge, St Neots & Huntingdon Rock Choir to Flash Mob the Market. They entertained visitors and stall holders with three surprise presentations of 10 minutes each.



Above: The Cambridge, St Neots & Huntingdon Rock Choir.  
Right: Civic Society committee members at the Farmers' Market.

From September to May the Society holds monthly meetings in the Free Church in St Ives, details are on their website [www.stivescivic.org.uk](http://www.stivescivic.org.uk).

The Cambridge, St Neots and Huntingdon Rock Choir welcome new members and offer taster sessions, details at [www.rockchoir.com](http://www.rockchoir.com).



**St Ives Choral Society Presents**  
**Celebrated Opera Choruses**  
THE FREE CHURCH, ST IVES, 7.30PM SATURDAY JULY 7TH



Above: The view from the control tent with the event organiser Chris Newland (right in picture) on the microphone.



## What a great day at the St Ives Rowing Regatta

Saturday the 23rd June saw the annual rowing regatta held on Nobels field along the GOBA moorings.

Hundreds of enthusiastic club rowers with their families and friends arrived from clubs across the region to participate in this amazing daylong event. So successful has the event become in recent years that the number of races increased by 50% from last year and over 150 races took place.

The races started from just upstream of Nobels field with the finishing line on the GOBA landing. Our beautiful Great Ouse river certainly presented a challenge for many of the visitors though as the river's gentle curves saw many rowers heading into the reeds as they concentrated on their rowing techniques.

Trophies galore were presented by our aptly named Deputy Town Mayor, Dan Rowe and the appreciative visitors and teams were all entertained by a 40-piece orchestra with refreshments and a bar tent.

Left: Deputy Mayor Dan Rowe presents the silver trophy to Anna Relton the cox of the 'Isle of Ely' rowing club 8's who put on a masterly display of rowing power.

having your say ...

# The Riverporter



## Dear Erik PAWS FOR THOUGHT

Get it off your chest, email Erik at: [editor@theriverporter.uk](mailto:editor@theriverporter.uk)

## Happily the report of Sammy's demise was greatly exaggerated!

Great news! It seems our long term friendly Seal, Sammy, has been spotted alive and well passing back and forth between Jones Boatyard and Hemingford lock.

This is great news for our river visitors who love to watch out for his occasional appearances.

However, this does mean that the unfortunate seal, whose mortal remains were spotted last month, must have been one of Sammy's visiting friends.



## AMBER PAGE lights-up first Chapel Poetry session

The 1st Chapel Arts Poetry Pit of the season, on Tuesday 19th June, saw an astonishing style of Slam Poetry from the award winning Amber Page (left).

She was 'inspirational' with her delivery. Not one dull moment sneaked in and the audience were completely captivated with her amazingly poignant, personal poems.

The evening also included songs by David Gardner and lively reactionary recitals from the regular poetry folk.

Don't miss the next gathering with yet another stunning poet from Stamford, also performing in The Chapel on the Tuesday 21st August at 7.30 pm.

### One of the crews was a man light!



### Dear Editor,

Ref your report on the cleanliness of the town.

A simple solution to the bird mess in Cow and Hare passage would be for the owner of the aircon unit, sitting above the south end of the passage, to replace the broken and ineffective bird deterrent spikes above the unit.

Yours sincerely Nic Wells

## Is it a movement?!

The Riverporter has now made it to Cape Verde, wherever that is. Apparently it's off the coast of Africa, below the canary Islands.

Fortunately there are a lot of places you can pick up FREE copies. They are available from the Corn Exchange, the Library and at the following newsagents; Mace, WH Smiths, Premier Store in East Street, Needingworth Road Stores, Kings Hedges Post Office and Whateleys Newsagents at Constable Road and Morrisons and it is now on-line at [www.theriverporter.uk](http://www.theriverporter.uk)



## On-line News

Recent discussions on-line have included comments about ensuring animal's paws are not burned when taking dogs for a walk on pavements that get very hot during spells of sunny weather and about bullying at Ivo school.

This latter issue garnered a lot of comments on the *stives discussion/your views and rants Facebook page*, which included claims that several people's posts had been removed from the site. Community sites like this can be good and bad in equal measure. Some people give good advice while others may be inclined to give advice that, if not exactly illegal, could inflame the issue.

Another item raised was the threatening behaviour of two men in the town and along London Road (see comment below). Some of the points made included why the police did not show up when called and suggestions that St Ives suffers from not having a visible police presence. Someone also noted the irony of this, considering the fact that Cambridgeshire's Police & Crime Commissioner lives here.



Monday evening 8pm. One of the drinkers fast asleep among the debris of broken glass and empty containers on The Quay.

## Anti-social behaviour in St Ives IF YOU SEE IT, REPORT IT!

Issues of drink fuelled anti-social behaviour continue to occasionally blight our lovely town and we are advised by our local police to always report it by calling 101. But, be warned, this can be long winded and be prepared to hold on the phone for a while. We need our police support and at a time of continuous funding cuts we need to speak up for St Ives and fight for our services.

As a town we see very little police presence, except when more major incidences occur, and yet we're told that minor crime is increasing. We only rarely see traffic and parking control. The police advice is simple if you think something is wrong report it. Ring 101 and be persistent. From the police point of view if it's not on their records it didn't happen. If we don't report it then we will slowly lose even more of our police men and women.

Further signs of anti-social behaviour was noted last week along The Waits, where human excrement was found in a flowerbed, in an area frequented by some of the 'drinkers'. The whole area stank but fortunately this was reported to the Town Council who removed the mess. We hope that the police have been informed of this public health matter, so that they can see the situation is getting out of control and will get round to re-establishing the lapsed no drinking policy.

## REASONS TO BE SHUT PART 8





Yoga is an extremely effective and beneficial form of exercise, helping our bodies become healthier, stronger and more supple.

Body & Sole with Verity offers Yoga, Pregnancy Yoga and Postnatal Yoga classes during the daytime and evening.

# yoga • reflexology

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verity@bodyandsole.me  
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Clinical Reflexology Practitioner  
Qualified to Level 5

Yoga Practitioner with over  
10 years experience

Body & Sole with Verity offers targeted clinical reflexology treatments which focus on the following areas:-

- Anxiety • Insomnia
- Maternity care • Stress
- Hand reflexology and much more

Monday - Thursday by appointment only

## Screen St Ives

An independent community cinema in the Corn Exchange

Films are screened on the third Friday of each month in the main hall (Screen 1) and on the first Thursday in the month, upstairs in the Tony Burgess Room (Screen 2). Doors open at 7.30pm for all Screen St Ives shows and films start at 8pm. Refreshments are available before the screening. All tickets cost only £5, and are available online or in person at the Corn Exchange, St Ives.

### Screen 1: Friday 20th July NIGHT MOVES

15

(Director: Kelly Reichardt, USA 2014, 1hr 53mins)



This exciting character-driven thriller tracks the journey to radicalism made by Dena (Dakota Fanning), and Josh (Jesse Eisenberg), as they become eco-warriors who are planning to make a dramatic statement no one will forget.

## What is Reflexology?

Reflexology, also known as zone therapy, is a technique of applying gentle pressure to reflex points on the feet or hands. It is based on a system of zones and reflex areas that purportedly reflect an image of the body on the feet and hands, with the premise that such work effects a physical change to the body. Reflexology was introduced to the United States in 1913 by William H. Fitzgerald, an ear, nose, and throat specialist, and he claimed that applying pressure had an anesthetic effect on other areas of the body. It was modified in the 1930s and 40s by Eunice Ingham, a nurse and physiotherapist who claimed that the feet and hands were especially sensitive.

Reflexology may aid:

- Stress and anxiety
- Insomnia/ Sleep disorders
- Circulatory and digestive disorders
- Maternity care / Hormone imbalances
- Palliative care
- Hand reflexology

Picture - courtesy of Body & Sole.



We are always pleased to support community groups by including details of their activities. Businesses may advertise for as little as £15 - email: editor@theriverporter.uk

ADVERTORIAL

## Are Letting Agents worth the Investment?

Mike Ellis of Ellis Winters says new regulations have implications for landlords



The moves to stamp out poor landlord practice and ensure that tenants are protected can only benefit the reputation of the rental industry. However, the implementation of so many new regulations in a relatively short space of time does have implications for landlords and how they manage their property.

With ever stricter guidelines and fines in place, whether you are renting out one property as a retirement investment, or a whole portfolio, landlords need to ensure that they are fully compliant. Recent changes implemented in the rental industry range from amending rules around charging for references, credit checks and contracts to fines of up to £5000 if a property falls short of new energy rating requirements. While this is all good for the industry's reputation, it can be difficult for landlords to stay up to date with the raft of changes and what they mean in practice. That's why many landlords choose to use a letting agent.

Reputable agents have to keep up to date with changes in legislation and undergo training and examinations to ensure they have the right knowledge to advise landlords on a whole range of issues from health and safety to investing in the right BTL property.

Good letting agents will offer a varying level of service from charging a one off fee to find suitable tenants, collect references, carry out checks and set up tenancy agreements, to full management which includes of all aspects of managing a property, maintenance, rent collection and troubleshooting. This enables landlords to choose the level of service that best suits their needs - and their budget. Of course, some landlords prefer to save their money and manage a property themselves, but this can often be a false economy.

Good letting agents will have a good knowledge of the local market as well as a network of tenants and potential tenants. This enables them to offer sound advice and helps to ensure higher occupancy rates than the DIY approach. For those who want to ensure their assets are well managed and protected, a good agency is well worth the investment.

**Call our expert rental team today on 01480 388888 for more professional letting advice!**



# ellis winters & CO

Ellis Winters (St Ives) Ltd 15-17 White Hart Court, St Ives, Cambridgeshire PE27 5EA Tel: 01480 388 888 | Email: info@elliswinters.co.uk | www.elliswinters.co.uk

## The Riverporter

is published by Ron Westrip and John Souter. email: editor@theriverporter.uk www.theriverporter.uk

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