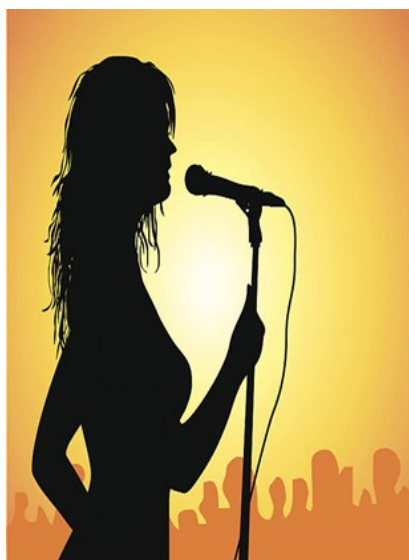


PARISH PUMP

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August 2025

Jazz in St Margaret's Church Stradishall



Jane welcomes
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Margaret's
Church
Stradishall CB8
8YX
Sunday August
10th
Join us at 4.30
pm for *JAZZ
AND SWING*

Tickets £20
(which include
nibbles and a
glass of fizz) are available at the door or by
phone 01440 821278 from 28th July



Lost and found thank goodness!



Alvis TD21: Gorgeous to look at but brutish to handle in the wet.

THE EFFECT OF HOLIDAYS

Unfortunately this month the magazine has suffered from lack of articles,. This is no big deal but you will have to put up with ad hoc pictures obtained from my records .

Kind regards
Peter

**Wickhambrook WI News
June 2025**

After a delicious lunch prepared by the members of Wickhambrook WI Reading Groups, **Hilary Taylor** talked about her book **Sea Defences**, a novel set on the Norfolk coast where two families are facing emotional issues, with the backdrop of the crumbling cliffs. A very social afternoon was enjoyed by 46 WI members and friends.





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Stansfield Bridge Club: calling all Bridge Players

Now is a great time to brush up your bridge skills, ready for winter when you can spend those long dark evenings playing this fascinating game with friends.



And what better place to do it than here in your local community at Stansfield Village Hall.

Stansfield Bridge Club offers two sessions a week, for those who wish to play a competitive, but friendly game. There are Thursday evenings, 6.45 arrival for a 7.00 pm start and a break to have a glass of wine or cup of tea and share the delicious nibbles prepared by our members. You do need to come with a partner. For those who just want a fun afternoon and some help with bidding and play, Wednesday afternoons may be more your cup of tea. We start at 2.00 pm and finish

at 4.30 pm stopping at 3.00 pm for home-made cakes, cheese straws and tea. We also offer the occasional lesson, starting at 1.00 pm to further improve your bridge skills. No need to have a partner for this session just come along, you will be made very welcome. It's a great way to meet friends and maybe find a partner for Thursday evenings.

For more information, please contact Jackie jackiechester73@gmail.com or Pauline paulinebroad3@gmail.com

Pauline & I look forward to seeing you there.

Scarecrows

Saturday 9th August at 2pm

St Mary's Church, Poslingford
Theme - Disney

Straw provided, bring tights, outfits and some imagination!



No Grass too tall give us a call

T: 07717781497

E: josh.barrett24@outlook.com

Rector's Ramblings – August 2025 (A time for rest and renewal)



Dear Friends,
As August unfolds, the rhythm of our town and villages often shifts. School gates are closed, family cars are packed, and the air seems to hum with the quiet anticipation of adventures, near and far. For many, August means summer holidays, a precious time to step away from the routines and responsibilities that fill our days for the rest of the year.


And rightly so! We are created for work, yes, but also for rest. It's a divine rhythm embedded in the very fabric of creation, from the Sabbath day to the cycles of the seasons. Yet, in our bustling modern world, rest can often feel like a luxury, or even an indulgence, rather than a vital component of a healthy, God-honouring life.

This August, as you navigate your own version of "holiday" – whether it's a grand adventure abroad, a staycation exploring local delights, or simply a slower pace at home – I want to encourage you to truly embrace the concept of resting and

recharging. It's not just about stopping; it's about renewing. It's about allowing our minds, bodies, and spirits to replenish. Consider, for a moment, the ultimate example. Even Jesus, in the midst of his tireless ministry, understood the profound importance of rest. We read in the Gospels how he would often withdraw from the crowds, sometimes to pray, sometimes simply to be alone and, yes, even to sleep. Remember the storm on the Sea of Galilee, where **Jesus** was found asleep in the boat? (Mark 4:38). It wasn't a sign of indifference, but of a deep human need, one that even the Son of God embraced. If Jesus needed to rest, how much more do we?

Rest isn't idleness; it's an investment. It's about creating space for God to speak to us in the quiet moments, to rekindle our creativity, to strengthen our relationships, and to simply *be*. When we allow ourselves to truly rest, we return to our daily lives not just refreshed, but often with a renewed perspective and invigorated purpose.

Many of you will know that I am a big fan of the late **Sir Terry Pratchett**, who in his insightful way, captured this beautifully in



his book, *A Hat Full of Sky*, when he asks: ***“Why do you go away? So that you can come back. So that you can see the place you came from with new eyes and extra colours. And the people there see you differently, too. Coming back to where you started is not the same as never leaving.”***

This August, as you perhaps venture away, or simply step back from your usual routine, remember that you are doing so not just for enjoyment, but for renewal. You are creating the space to return with “new eyes and extra colours,” ready to engage with our community, our church, and our **God** with a refreshed spirit. Whether your August involves sandy beaches, mountain walks, or quiet moments in your own garden, I pray that you find true rest and replenishment. May you return, whenever that may be, feeling recharged, renewed, and ready to embrace the autumn with grateful hearts.

With every blessing,

Mark The Revd Mark Woodrow (Rector)

DO YOU LIVE NEAR STRADISHALL CHURCH OR WALK YOUR DOG NEARBY??

We are still looking for people who are able/willing to join our **key holder rota**. We endeavour to keep this peaceful historic building open all year round, during daylight hours. Our rota is very flexible, and well-behaved dogs are always welcome in the church – so if you live nearby, or if you regularly pass the church as a dog walker, and feel you could help, please email parish.pump@gmail.com or ring 07708899579. Thank you.



**Parish Pump
COPY DEADLINE**
All contributors & advertisers to submit copy no later than the 21st of the month - **PREFERABLY BY THE 18th PLEASE!**
Please note the change

Monthly rainfall inches 2024/2025

2025	Jan	Feb	March	April	May	June	July	Aug	Sep	Oct	Nov	Dec
Nick Burton- Stradishall	55	31.5	11	22	20.5	23						
Tina Lee- Stradishall	45	32	9	25	19	27						
Sam Slater- Stansfield	46	30	5	23	21	20						
Rod Taylor- Stansfield	64	35	13	25	26	29						
Jay Gridley-Hundon	59	26	11	21	26	29						
Victoria Pakenham -Fenstead End	73	33	8	21	30	32						
Elaine Plumpton - Great Saxham	63	42	6	23	17	38						

2024	Jan	Feb	March	April	May	June	July	Aug	Sep	Oct	Nov	Dec
Nick Burton- Stradishall	55	115	45	64	96	15	94	14	99	58	47	42.5
Tina Lee- Stradishall	57	119	47	87	91	19	93	16	98	68	31	38
Sam Slater- Stansfield	51	129	55	60	114	19	85	15	76	55	33	63
Rod Taylor- Stansfield	59	121	59	68	99	23	88	16	80	73	42	51
Jay Gridley-Hundon	71	128	57	74	104	21	93	16	108	71	39	39
Victoria Pakenham -Fenstead End	53	132	59	62	106	21	90	16.5	88	38	39	79
Elaine Plumpton Great Saxham	54	129	66	69	78	23	90	16	99.6	52	43	53



Clare Liaison and Support Project (C.L.A.S.P.)



Registered Charity No 1029710



Clare Liaison and Support Project, (CLASP) is a Registered Charity, established in 1985 and based in Clare, Suffolk.

The founders recognised a need in the local community for support, help and friendship for those living in Clare who, for whatever the reason, felt isolated, lonely, ignored and forgotten, or just wanted to establish social contacts.

The needs are basically the same today as they were back then, although these needs are met in similar, but sometimes different, ways.

The current activities CLASP provides are:



Wednesday Lunch Club

Every Wednesday in the Clare Community Centre, meet with friends old and new for chats and for the enjoyment of each other's company.

[Find out more](#)



Car-Aid

A free service for people who need to visit a hospital, health centre, doctor, dentist or optician, but have difficulty in organising or affording transport.

[Find out more](#)



Minibus

The minibus is used regularly for the transport of attendees of the Wednesday Lunch Club and by other local charitable or voluntary groups.

[Find out more](#)

All of these projects are totally dependent on our volunteers, without whom there would be no CLASP. Currently, we have a total of 88 locally-based, community-minded volunteers, serving in one or more of our teams. There are no paid employees.

To facilitate all this there is a crucially important [Fund-raising group](#) too.

If you are interested in either using one of our projects or becoming one of our volunteers we would be very pleased to hear from you. Please contact either **Nick Clarke**, Chairman, on **07876 561 781** or **Sue Rouse**, Secretary, via e-mail: secretary@clasp-clare.co.uk.

July Farming by Portia Brown

Harvest 2025 is a go with the barley, moisture was good, at 13.6 % What does the moisture mean you ask? We use a moisture meter to determine if the crop is ready to harvest; the moisture must be below 15% for barley. This is important because the grain will spoil when stored if not. Hay harvest is complete; we have the quality but the quantity was not there this year due to lack of rain. The oats will be harvested before the wheat this year leaving the linseed the last crop to harvest. As with the hay, our straw harvest will be the same, quality is there but quantity will be lacking. We will be weaning the 1st lambs and calves over the next couple of weeks giving their mothers a well-earned rest.!



EAR CARE SUFFOLK earwax removal - and much more!



With nearly two decades of NHS experience and as an HCPC-registered paramedic and Advanced Clinical Practitioner, I bring a strong medical foundation to every treatment we offer at Derma Clinic Clare and Ear Care Suffolk. I started this journey on my own, determined to provide safe, ethical, medically-led care – and we’ve since grown into a trusted team of five.

Derma Clinic Clare, based in the beautiful village of Clare, Suffolk, was where it all began. We’ve now proudly launched a second site – Derma Clinic Bury St Edmunds – to meet growing demand and bring our services to a wider community.

We specialise in subtle, natural enhancements including Profhilo, PRP (platelet-rich plasma), light therapy, and polynucleotides. These treatments are designed to restore radiance and confidence without changing who you are. Our ethos is simple: to support the natural ageing process rather than fight it. Ageing isn’t a flaw to be corrected – it’s a journey to be embraced.

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Discover the difference of medically-led care, tailored to you.. **Adam Young**



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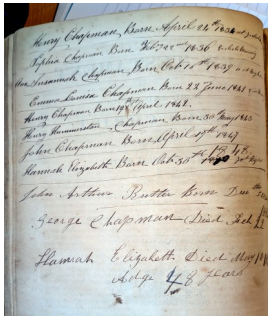
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Chapman Family Bible update



I have been contacted by someone in Salisbury who found a family bible in the charity shop where she works. She has done some research to try to find any family members

who might like to have the bible but with no success. I am hoping that someone local might be able to help **George Chapman** was born in Stradishall in 1810 and married **Susan Marrow**.

I do have an update on the Chapman family bible story. Yvonne Crysell, who now lives in Denston, used to live at The Walnut Tree in Attleton Green, Wickhambrook. This interesting old house has been a bakery, a brewhouse and a carpenter's shop over the years. She remembers that the name George Chapman was carved on one of the beams, so this might have been where he lived.

Dorothy Anderson



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Stansfield Cricket Club versus Suffolk CAMRA (Campaign for Real Ale) Cricket Club



Stansfield CC v. Suffolk CAMRA* CC

Cricket has been pretty thin on the ground this season for Stansfield, but on 13th July SCC upped the ante in terms of selection and performance for the annual battle with Suffolk CAMRA for the “Compasses Cup”, after a 2-year hiatus.

A formidable Stansfield side started strongly after winning the toss and electing to bat, against a depleted CAMRA line-up comprising 9 men. **Stone and Blows** opened and Stone in particular took no prisoners, dispatching the ball to the boundary with regal regularity. It took him just 22 balls to amass his 50 before retiring, undefeated. With his retirement came a change of bowling for new batsman **Smith** to negotiate. The switch-up was stark with **Colin** bowling in-duckers up the hill, creating respectful panic from Blows and Smith.

A game within a game played out, with Blows desperate to reach the other end and Smith trying to calm him down between overs. It worked. Blows reached his 50 and retired. Patullo joined Smith and was run out. Smith cracked a six into the Village Hall rendering (no damage!), but then fell clean bowled after a well-crafted 27 to the CAMRA captain. Then came some destructive hitting, followed by more destructive hitting, as **Phillips and Batt** took the bowling apart. Phillips struck a blistering 4 to take him to

53 and obligatory retirement... his maiden 50 for SCC. At the end of the allotted 32 overs, Stansfield had



amassed 249-4. Tea was taken, prepared by the skipper into the early hours of Sunday morning. No Stone was left unturned by Stone, excelling with Marmite Yorkers and sandwiches, perfectly balanced with bread-to-filling ratios. One ungrateful soul complained that a squeeze of lemon would have enhanced the tuna mayo, but you really can't please everyone. CAMRA's reply got off to the worst possible start with **Clayton** (fuelled by 4 cans of Estrella) and Barthorpe

ripping through the top order. First change came quickly, with young **Harry Newell** bowling really nicely,



finding good rhythm, while at the other end Patullo whirled away, earning an LBW with the most adjacent of adjacents. Quite a crowd had gathered, including the welcome presence of Club President **Jake Lakey and Sandra. Smith Jr and Blows Jr** had to be regularly re-briefed, causing a disturbance that would give The Hollies a run for their money. **Brunning and Batt** mopped up the tail and CAMRA were all out for 52 - a huge win for Stansfield. Everyone retired to the Compasses for the Cup presentation. Perfect! **Robin**



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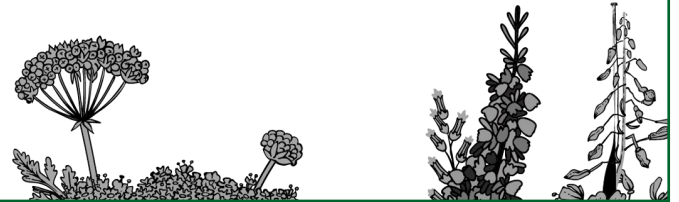
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What about the future of the Parish Pump?

As you know I had a bit of an accident recently which amongst other things focused my mind on what if the outcome had been different.

This is not directly a plea for a new editor but an attempt to give our readers (you!) a taste of what it's like;

1. Basically all you have to do is take all the articles that you receive and combine them with the adverts and make a good publishable newspaper
2. It is both enjoyable and satisfying. It is like a fascinating crossword puzzle with an attractive end result.
3. All the contributors become your friends which is wonderful.
4. As you know PP appears to be popular and lots of readers tell you that, so you get a new lot of friends from them.
5. Finally the magazine has been running for nearly 20 years so it is almost a West Suffolk tradition—So we can't let it die can we?

If anyone wishes to share the process with me you will be very welcome. So please ring on 07711689171 or email

<parish.pump@gmail.com>Kind regards
Peter

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LUNCH MEETINGS ARE HELD ON THE FIRST THURSDAY OF EACH MONTH WITH A GUEST SPEAKER.

FOR FURTHER INFORMATION CONTACT OUR CLUB SECRETARY
TELEPHONE: 07824 309738

Suki lost and found – thank goodness!

At 7am on Sunday June 15th our beautiful cheeky young cocker spaniel **Suki** ran after some crows while out for her walk & then decided to just keep running!

What followed for us were 5 days of exhausting emotional turmoil.



Facebook & our village WhatsApp group were great & news spread fast. A volunteer from 'drone to home' charity spent a whole night looking for her & countless people went out to search, all

in a heatwave too.

5 days later we were beginning to think the worst when at 4pm our phones started ringing. We couldn't believe what we were hearing! She had been found sitting on the side of a road 2 miles away, amazingly not dehydrated but she had lost significant weight, other than that she seemed very much herself!



I can't really describe the emotions felt when we saw her, a jumble of disbelief, relief & complete joy!



We've taken a few weeks to regain our composure (& energy!) & did host a small BBQ to thank some of the people who helped us, but there many more. If you the reader are one of those who just decided to 'pop out' & have a look despite never having met us or Suki, then this is to say a heartfelt thank you from us all. We're not sure how she survived out there, but she did. & we feel incredibly grateful to everyone who showed their love & support during that time. **Corinne, Dave, Suki & family**
Corrinne Snowling xx

Lovely lilies



Memories are Golden

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Memories are Golden specialises in offering day care services to individuals living with dementia and suffering from heart conditions, diabetes, and other long-term physical challenges.

We also support people in their journey towards combating loneliness and isolation from families, friends, and their community.

Our Community Hub provides a safe space to socialise and build friendships, as well as providing meaningful activities, entertainment, and social events, to improve well-being. We also provide a 2 course nutritious meal every day.

£55 per day

We are accredited with Suffolk County Council who can commission service users to attend the hub if they meet criteria

We offer a taster day FOC – If you would like to book a visit please call Kelly on 07538920731
Email: enquiries@memoriesaregolden.co.uk
Website: www.memoriesaregolden.co.uk

Services at Hawkedon St Mary in July/August



Dates for services at Hawkedon St Mary's in July & August:

Very importantly Sunday, 27 July at 11am. - The Bishop will be leading our service of Holy Communion.

All would be very welcome and refreshments will be served afterwards.

Sunday 10th August at 10 am Said Holy Communion

Sunday 24th August at 11 am Morning Prayer & hymns

Many thanks and best wishes, Heather

Heather Phillips. 01284 789 250 or 07774 275656

htapr@dircon.co.uk

Stradishall Parish Council News

A meeting of Stradishall Parish Council took place on Monday 14th July 2025. The meeting was attended by District Councillor Karen Richardson, County Councillor Bobby Bennett and 2 members of the public.

West Suffolk Local Plan

The new West Suffolk Council Local Plan was adopted by West Suffolk Council on 15th July 2025.

Planning application DC/24/0186/FUL – Stradishall Garage

The planning appeal for this application has been dismissed by the Planning Inspector on the grounds of highways safety.

New bus stop on the A143

A few people have commented on the new bus stop on the A143 next to the layby past Mill Lane. We have been told that the bus stop will be a hub for people using the Connecting Communities Service to link in with regular bus services from Haverhill to Bury St Edmunds. The Connecting Communities minibuses will pick people up from surrounding villages and bring them to the hub to enable them to catch a scheduled service.

Funding for bus infrastructure improvements

Stradishall Parish Council has submitted a bid for funding for proper bus stops to serve the Highpoint Estate near Best One Stores, stressing the need for a safe place for people to wait on the busy A143, especially as the bus stops are used by school children and college students.

County Councillor **Bobby Bennett** has emailed her support for this application. We now have to wait and see if our bid has been successful.

New litter bin to replace the one opposite Best One Stores

Stradishall Parish Council has bought a replacement bin which should be installed in the few weeks.

Playing field improvements

The swings on the playing field have been replaced and the roof of the shelter repaired. Stradishall Parish Council would like to thank the volunteers who gave up their time to repair the roof.

Volunteers needed to help repaint the shelter on the playing field. Can you help?

The next playing field project is to repaint the outside of the shelter which is starting to show signs of deterioration. This work will be carried out by volunteers. If anyone would be willing to spare a couple of hours to help, they would be made very welcome.

A drink and bacon roll at Café 33 will be provided for volunteers.

Change of November meeting date

Parish Council meetings are usually held on the first Monday in January, March, May, July, September and November in Café 33. Dates are published on the parish council website along with other information about the Parish Council. The website address is <https://stradishallparishcouncil.gov.uk/> The date of the November meeting has been changed to Monday 10th November. The next meeting will take place on Monday 1st September 2025.



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Hi everyone, every month I nearly always need a few photos to fill final white spaces. So if you have any you would like to share please send them to parish.pump@gmail.com
Thanks Peter.

HT Young's Fish Ltd 07880 777967



Helen and Ellie

We are excited and fortunate enough to have taken over from Turners We are a sister brand of Young's Fish Ltd. established in 1981 with second generation fish mongers and a passion for providing a variety of the

freshest quality fish and best service possible. Our trading days will remain the same as follows:

Wednesday - Willow Tree farm shop 9-1pm

Thursday - Coggeshall Market Hill 7-12pm

- **Long Melford 1:30-4pm**

Friday - Clare market 7:30-10am

- **Lavenham 11-1pm**

- **Depden 2-4pm**

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Not only will you appear in over 700 copies of the Parish Pump, hand delivered to all homes in **Stradishall, Stansfield, Hawkedon, Thurston End, Poslingford, Assington Green and Denston.** (also available in **Clare, Cowlinge and Wickhambrook**) you will also be included in our online edition, landing in over 400 email inboxes.

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Peter Thompson

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Call Dan on 07812 134 267

Country Cooking with Louise Mackrill



Our gardens and farmers markets are full of summer vegetables ripe for the picking and ready to be transformed into stunning centrepieces for al fresco dining. There is some lovely fish around this month too. Summer berries are coming to an end now but stone fruits such as apricots, peaches & plums are at their best.

Grilled Mediterranean vegetable ring

This I stole from the wonderful Cranks recipe book many, many years ago & adapted to suit my garden produce. You don't need to stick to the amounts here



if you have got more of one thing than the other but make sure it's a pretty selection.

2 x mozzarella cheeses, sliced & marinated in some crushed garlic & olive oil
 2 aubergines, sliced, 3 courgettes, sliced lengthways, 3 red & yellow peppers, grilled, peeled & cut into 6, 2 bunches spring onions
 1 tbsp balsamic vinegar Seasoning & fresh basil
 Baste all the vegetables except peppers with olive oil & season well. Lay the aubergine slices on a hot griddle and cook on both sides until well browned. Repeat with all the vegetables, except peppers, place in a bowl with the

balsamic vinegar & leave to cool. This can also be done on the BBQ or under the grill. Layer the vegetables in a 25cm oiled ring mould, beginning with the aubergine, follow with mozzarella, then the rest of the vegetables. Wrap the whole thing in cling film and refrigerate overnight. When



required remove film, place a plate on top, then turn over quickly so the plate is the right side up, carefully remove the ring to reveal the many colours. I like to fill the centre with lots of rocket.

Potted shrimps

Have you been to J Sheekey? They do the best potted shrimps anywhere. Here is their recipe. Order your peeled shrimps from our local fish van & make up the day before a trip to the seaside. Excellent picnic food.

100g unsalted butter, softened; 1 lemon
 Pinch of ground mace Pinch cayenne pepper, 40 ml anchovy essence
 200g peeled & cooked brown shrimps
 Salt & freshly ground black pepper
 Place the butter in a saucepan with the juice of half the lemon, ground mace, cayenne & anchovy essence. Simmer for 2 – 3 mins, remove & cool a little. Add the shrimps, stir well, check seasoning. Pack into 4 ramekins or small Kilner jars & put in the fridge to set. Take along some crispbreads or granary rolls with some lemon wedges.

Baked salmon fillet with wasabi mayo

A fillet of salmon is a lovely way to celebrate a warm summer's day and can be delightfully pepped up to make an exciting 21st century meal with this

wasabi mayo.

The fillets take 10 minutes in the oven during which time the wasabi mayo can be whisked together so no need to spend hours in the kitchen. Tubes of wasabi paste can be bought from your local supermarket
 2 salmon fillets 1 ½ tsp wasabi paste, 3 tbsp mayo Seasoning Fresh lime
 Put the salmon fillets skin side down on a non stick baking tray, season with salt and freshly ground black pepper and bake in oven 180°C for 10 minutes. Remove. Meanwhile whisk together the wasabi and mayo with a little boiling water to loosen. Drizzle over the warm or cooled salmon and serve with a wedge of lime and a cucumber salad.

Rosemary roasted apricots

Apricots are at their best right now. Try these warm with vanilla ice-cream for dessert or refrigerate & serve for breakfast with natural yoghurt & toasted almonds.

6 fresh apricots, stoned

1 tbsp caster sugar

1 tbsp honey, we have our own but any local clear & runny will do

Roughly chopped leaves from a sprig of rosemary

Mix the ingredients together & spread on a lined baking tray. Bake in the oven at 200°C for 20 minutes until the apricots have collapsed & the sugar caramelised. Rest for 10 mins if serving warm.



STOP PRESS: Assington Green Sheep Attack (status 22 July)

You may be well aware of a serious incident in Assington Green, Stansfield. The Police are requesting help from the public on this matter. If you can help please make contact with the Suffolk Police as set out in their incident report as follows:

A woman has been arrested after sheep were killed in a reported dog attack in Assington Green, Stansfield. A report was made to police at 8.09pm on 18 July that a number of sheep had been attacked and killed, believed to have been caused by a dog/s, in a field on land near to Assington Green, Stansfield.

In total 35 sheep were killed and another 14 injured. A woman was arrested on 19 July on suspicion of criminal damage, an animal welfare offence, and an offence of dogs worrying livestock. She was taken to Bury St Edmunds Police Investigation Centre for questioning and subsequently bailed to return to police on 19 October. Two dogs were seized, and these remain within police kennels.

Anyone who may have witnessed the incident or who has any information is asked to contact Suffolk police, quoting reference 37/40336/25, via: Website – <https://www.suffolk.police.uk/tell-us> Phone – Call 101
 Crimestoppers – Contact the independent charity Crimestoppers 100% anonymously on 0800 555 111, or via their online form: www.crimestoppers-uk.org

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Renewable Energy in 2004 in Stanhope Open Air Swimming Pool (WOASPA)

The news coverage recently brought to mind the occasion in 2004 when a few of the pool's volunteers were invited to **St James Palace** having been nominated for and awarded the **Queen's Golden Jubilee Award for voluntary service** by groups in the community. We stood next to Holbein's portrait of King Henry VIII, we had canapes and gin and for a short time I had a chat with Queen Elizabeth and her attendants .



Jeff's wines



Hi Peter, Everyday Red wine is the next category as we scroll through the different types of wine.

These are those bottles which can mean a glass with lunch, a bottle over a pizza or two, or a relaxed BBQ or a dinner party.

What to look for. These wines will invariably be bright in colour, usually with higher alcohol levels. As they are young the fruit will be the obvious indicator with red and black cherry notes prevailing. Dry, herby and spicy parts are another feature. They will be balanced so that nothing predominates and be medium bodied. In other words, everyday drinking.

Top of the list would be wines made from Merlot, followed by Tempranillo, Sangiovese, Grenache and Malbec. Corney and Barrow, Rous Road Newmarket have two in this category at acceptable prices. C & B Vin de France is a blend from Languedoc. 12.5% £9.25 A well-known house Maison Sichel offer their Claret. Aged in Vats with raspberry, and cherry fruit notes. 13.5% £12.25. Majestic offer a number of Bordeaux Superieur wines at around the £7 & £8 level. My choice would be Chateau Méaume 21/22. This has dark plum and blackberry hints for evening BBQ's. 13.5% £10. Sainsbury's have an offer on saving 25% if your purchase 3 bottles of their designated Taste the Difference bottles, including sparkling, wines. So here are my selections: Vinedos Rioja Crianza from Bodega Muriel, a long-established

producer, which has black fruit notes. 13.5% £9.

Malbec TTD from South Africa which offers spicy berry fruit 11.5% £8.50 Lisboa. TTD from Portugal. Same red/black fruit but more depth. 13.5% £7.75 Côtes du Rhône Villages TTD France. A blend of Grenache and Syrah offering a richer mouthful of black fruits. 14% £9.50.

Note that although this month's piece is about soft red wines the above offer includes other categories of wine.

Asda has two to consider. Both are in the ES range and are good value. Bordeaux Superieur offers plum and blackcurrant fruit. 13.5% £7.48 Sicilian Reserve has been vinified in oak casks so offers vanilla hints with the black fruit notes. 13.5% £8.75.

Jeff Fellows



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Wickhambrook, Suffolk

Wickhambrook and District Garden Club

On Saturday July 12th the club held their Annual Flower and Produce Show in conjunction with the Fete. The Hall looked very beautiful with the entries displayed against white cloths and many cups to be won taking centre stage. We were substantially down on entries this year as the severely hot weather had taken its toll on our gardens. However, amazingly, most classes had contributions, with the **Wilkinson Family**



winning the family cup. Well done them! The cookery section was very well supported with the bread and tea bread classes having most entries. The WI Shield for the best tea bread was won by the **WI President!** The school entries were much admired as well as individual children's entries. It would be lovely, though, to see more young people entering next year. We had a new class this year - Cottage Gardens - and there were 11 entries from the villages of Denston, Stradishall and Wickhambrook. We would like to thank Polly and her team for organising the Show, to the judges who gave up their morning for us and for **Dr and Mrs Draycott**, our President, who presented the cups. Hopefully next year we will be flooded with entries



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Jazz in St Margaret's Church Stradishall




Jane welcomes you to St Margaret's Church Stradishall CB8 8YX Sunday August 10th Join us at 4.30 pm for JAZZ AND SWING

Tickets £20 (which include nibbles and a glass of fizz) are available at the door or by phone 01440 821278 from 28th July

PARISH COUNCILS - WHO'S WHO in YOUR VILLAGE?

Parish Council	Chair	Vice Chair	Clerks
Denston	Jeff Fellows jefffellows.crown@gmail.com 01440 820 310	N/A	Jeff Fellows
Hawkedon/ Thurston End	Rotating	Rotating	David Jarrold dmj1800@icloud.com
Poslingford	Martin England martin.england@poslingford-pc.gov.uk 01787 278413	Marc Allison marc.allison@poslingford-pc.gov.uk 07958337282	Chris Turner clerk@poslingford-pc.gov.uk 07814246204
Stansfield/ Assington Green	Rex Barnes rexstansfieldsoc@gmail.com 07778 058425 www.stansfield.onesuffolk.net	Andrew Pallett andrew.pallett.spc@btinternet.com 01284 789434	Annie Lines stansfieldpc@outlook.com
Stradishall	Ian Hutchinson clerk@stradishallparishcouncil.gov.uk 07970717116	Ed Hollingsworth https://stradishallparishcouncil.gov.uk/	Joanne Kirk clerk@stradishallparishcouncil.gov.uk 07880686069
Clare	Rob Eyre rob.eyre@clare-suffolk.co.uk 01787 277 559	Paul Bishop paul.bishop@clare-suffolk.co.uk ,	Davina Neale clerk@clare-suffolk.co.uk
Cowlinge	Linda Aston lindaaston555@gmail.com	Jane Nesham	John Barnett 01440 783 903
Wickhambrook	Mike Lavelle mike.lavelle@wickhambrook.org.uk	Paul Couzens 07713 740 984 paul.couzens@wickhambrook.org.uk	Hilary Workman 07508 039 810 parishclerk@wickhambrook.org.uk



Clare Liaison and Support Project (CLASP)
Registered Charity No 1029710

Can you help?

We are looking for a volunteer to join our friendly and supportive team as our CAR-AID CO-ORDINATOR

What is Car-Aid?
Volunteer drivers take local people to and from medical appointments. The service is offered free-of-charge but many clients make a voluntary donation towards our costs.

What does the Co-ordinator do?
Using a dedicated mobile phone (provided by the charity), the Co-ordinator receives requests from clients and arranges transportation to hospital, doctors, dentists, opticians, etc from our pool of around 30 volunteer drivers. Once identified, the driver contacts the client to confirm details. On average, around 35 journeys per month are arranged. The Co-ordinator is a member of the CLASP Management Committee and attends monthly committee meetings and provides regular reports.

Knowledge of Excel and access to a computer is required.

Interested and would like to know more? Please call 07724 698 283 or email our secretary@clasp-clare.co.uk

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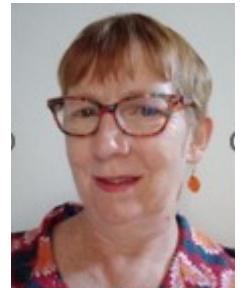
Cowlinge church fun day



Saturday, 19th July saw a multiplicity of activities taking place at **St Margaret of Antioch's church in Cowlinge**. Bell ringing, organ playing, a graffiti hunt, brass rubbing and history tours were greeted with enthusiasm by children and adults alike, with the opportunity to have-a-go with guidance from the experts. This was also the afternoon where **Cowlinge** residents were treated to magnificent pieces of cake as a thank you for returning their copies of the recent survey about the future of the church in the village. It was a happy and friendly occasion, giving residents the opportunity to wander inside the church, some for the first time. Thank you to **Christopher Moore** who oversaw the organ playing, and thanks to the bell-ringing team who patiently instructed novices throughout the afternoon.

Our next venture is into the theatre world. On Friday, 5th September the church hosts a performance of **Pride and Prejudice**.
Margaret, Cowlinge Church Companions

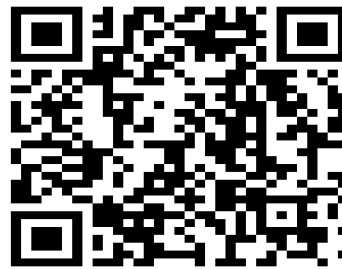
Wickhambrook Council minutes



Hello, I hope you are all keeping safe and well. July has been a busy month with both the Estates Committee and an extra-ordinary meeting and the usual parish council meeting at the end of the month. We also had a stand at the Wickhambrook Fete and Flower Show (a fantastic event!) which we used to showcase our progress on the Neighbourhood Plan, Road Safety and Volunteering Opportunities – we're looking to recruit to the following roles:

- Litter picking (one morning, three or four times a year)
- Cemetery tidy mornings (monthly—March to November)
- Community Speedwatch (we now have a core group, and new members are always welcome!)
- Road Safety Working Group—meeting three to four times a year
- Flooding issues volunteer team
- Become a councillor—we currently have a vacancy for two councillors
- Footpaths volunteers –reporting to the footpaths officer
- Specific projects such as helping to clean play equipment

You can do as little or as much as you like —we value every contribution, and every little bit helps us help our community! Below are a few pictures of activities volunteers have helped us with over the past year.



You can use the QR code to request more information about volunteering with the parish council. You can find draft minutes of our [meetings](#) here. Our next meetings will be: Estates Committee – 4th September; and Parish Council – 25th September

Both held in the Pavilion, Wickhambrook Memorial Social Centre. If there is anything you would like the parish council to consider at a future meeting, [please do get in touch with me](#)

Over the summer we'll be carrying out a consultation on Road Safety in Wickhambrook, specifically looking at speeding, especially on the A143 at Wickhambrook! The survey is open until 31st August, and you can [click on this link](#). It will only take about five minutes, but would be so helpful to the parish council in making its case for a reduction in the speed limit at Wickham Street. Our Neighbourhood Plan is nearing completion. It provides a planning framework for the parish for the next 16 years. When finished, it will be used by West Suffolk Council when deciding planning applications in the Parish. But before that,

it needs to be the subject of a Parish Referendum.

WICKHAMBROOK NEIGHBOURHOOD PLAN 2023 - 2041



We hope that the Independent Examiner will soon complete the examination of the Plan and that it can go forward to a Parish Referendum this autumn. If you would like to find out more about our Neighbourhood Plan, please take a look at the Neighbourhood Plan on our [Parish Web Pages](#). Do feel free to forward this message

on to neighbours, friends and family in the parish and ask them to get in touch with me at parishclerk@wickhambrook.org.uk if they would like to be included in our e-newsletter mailing list! Wishing you all the best, keep safe and well

Hilary Workman Clerk for Wickhambrook Parish Council

Denston Village Hall 100 Club Quiz night STEFAN, TREASURER 01440 820675

This is the June 2025 draw for the 100 club

1. Selina Hopkins	20.00
2 Jeff Fellows	10.00
3 Laura O'Neill	5.00

This is the July 2025 draw for the 100 club

1 John Crysell	20.00
2 Camilla Hamilton	10.00
3 Selina Hopkins	5.00

Thanks Stefan

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The Bansfield Benefice



The Bansfield Benefice



The Bansfield Benefice is the collective name for the Parishes of Cowlinge, Denston, Lidgate, Ousden, Stansfield, Stradishall and Wickhambrook in the Diocese of St Edmundsbury and Ipswich, Suffolk, United Kingdom.

Services for July 2025 **DRAFT**

<https://www.bansfieldbenefice.org.uk/services/>

Date	Time	Church	Details
06 Jul	10:00 am	Ousden (Third Sunday after Trinity HC)	Celebrant: Revd Eve Bell Organist: [KJ] Liturgoical colour: Proper 9
13 Jul	10:00 am	Cowlinge 🛎 (Fourth Sunday after Trinity HC)	Celebrant: Revd Barbara Sherlock Organist: [KJ] Liturgoical colour: Proper 10
20 Jul	10:00 am	Lidgate (Fifth Sunday after Trinity HC)	Celebrant: Revd Eve Bell Organist: [CM] Liturgoical colour: Proper 11
27 Jul	10:00 am	Denston (Sixth Sunday after Trinity HC)	Celebrant: Revd Eve Bell Organist: [DO] Liturgoical colour: Proper 12

Year C

HC = Holy Communion; CW = Common Worship Order One; BCP = Book of Common Prayer;
SOP = Songs of Praise; MP = Morning Prayer; CWOT = Common Worship Order Two
(Organists initials)
Elder: PG = Paul Swan



Please check the Benefice website each week for any changes



an Ice Age. This scenic region lies south of the Canadian border and the Great Lakes and is called **the Finger Lakes**. It was originally home to the indigenous people of the **Cayuga Nation** and is now a 600-person farming community.

Stansfield Scheme inspires America!

The Good Neighbour Scheme in Stansfield, which provides help both for individual residents and community projects, now has a spin-off in America! Inspired by the work of the Stansfield scheme, which has undertaken 90 tasks in the 20 months since it was founded, a retired professor from Cornell University has started a similar scheme in his hometown of **Interlaken, near Ithaca**, in upper New York State.

Professor Franklin Becker and his wife Harriet have been visiting Stansfield for over 40 years to see friends **Pat and Rex Barnes**, and last year they collected all the basic information and policies necessary to start a program of their own. Working with the Interlaken Community Group they are recruiting local volunteers and are now starting to publicise the scheme and liaising with other local organisations. Here is a picture of them with their brand-new Good Neighbours stall at a recent event in Interlaken: Interlaken lies between two forty-mile-long lakes formed 2 million years ago in



Cayuga Lake



Peter post crash

Many of you have been very kind with your enquiries about my bodily state after the crash. Firstly it is nearly 3 months ago now and apart from ankle pains, the effect of the bruising and cracked ribs is nearly gone.

The best bit is that I now have an E-bike so I am not as trapped by no licence as much as I was at first.



So far the pace maker has given me no problems at all. I can't quite run a 4 minute mile yet but I can't have everything!



Mary
Cleaver

Address: 6 Signet Court, Swann Lane, Cambridge CB5 8LA .
Telephone: 01223 792331 Email: cambs@oslers.co.uk

What Happens to Pre-Marital Assets in Divorce? A Look at *Standish v Standish*

A recent high-profile divorce case – *Standish v Standish* – has shed new light on how the courts deal with wealth that one partner brings into a marriage. The decision is especially important for anyone entering marriage with substantial assets or expecting to receive inheritance or gifts.

Clive and Anna Standish married in 2005. At the time, Mr Standish already had significant personal wealth. In 2017, he transferred around £80 million to Mrs Standish's bank account, based on tax advice that she would use the money to set up trusts for their children. However, the trusts were never created, and the money remained in her name. When the couple divorced in 2020, Mrs Standish argued that the entire £80 million had become matrimonial property – meaning it should be shared equally. Initially, the court agreed, awarding her £45 million, on the basis that the funds had been “matrimonialised” by being placed in her name.

But **Mr Standish** appealed, and the case eventually reached the Supreme Court – the UK's highest court. The Supreme Court made an important clarification: just because assets are legally transferred to a spouse does not automatically mean they become “matrimonial property” to be shared equally on divorce. What matters most is the source of the wealth – not whose name it ends up in.

The court found that most of the £80 million came from **Mr Standish's** pre-marital assets. Since it wasn't used jointly during the marriage – for example, to buy a family home or fund shared activities – and since the purpose of the transfer was tax planning, it wasn't fair to treat it as matrimonial.

As a result, **Mrs Standish** received £25 million – a smaller share, based only on the part of the money that the court believed had truly been used within the marriage.

What Does This Mean for You?

If you're getting married and want to protect assets you already own, this case shows it's possible – but you need to be careful. It helps to keep those assets separate, use them thoughtfully, and document your intentions. Pre- or post-nuptial agreements can also be a wise

precaution.

In short, the courts are willing to recognise pre-marital wealth – but only if it hasn't been mixed too deeply into the shared life of the marriage.

Mary Cleaver

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Who is who in our local church benefices?

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	DENSTON			
	LIDGATE			
	OUSDEN			
	STANSFIELD			
	STRADISHALL			
	(Assington Green)			
WICKHAMBROOK				
STOUR VALLEY	CLARE	The Revd Mark Woodrow	01787277515	The Revd Dr Karen Smith
	POSLINGFORD			
SUFFOLK HEIGHTS	HAWKEDON	The Revd Clive Fairclough	01284 615828	Mrs Heather Phillips Mr David Taylor
SUFFOLK HEIGHTS	(Thurston End)	As Hawkedon	As Hawkedon	As Hawkedon

Puzzle Time

Puzzle 4

A Local Refresh...?

QS UNTHRONED
KOBI MACRQ WOK
KNOW Q HAD
NEW LQIC
A LADS Q SHIRT
QI FLATNESS
STQNE REASONING
SPRINGFLQOD
LQREC
NEON DQS

A *Delphic's Quest* prize pen will be awarded to a randomly drawn correct entry each month. To enter, please submit your answer to delphicsquest@gmail.com (feedback also welcome.) The closing date for submissions is 16th August.

Answer to Puzzle 3: Dr Black

[The clues gave White, Plum, Peacock and Scarlett. The link was Cluedo characters – and the unfortunate victim in Cluedo was Dr Black (Mr Boddy in the US version).

NB - In recent editions Mrs White has been replaced by Dr Orchid, the step daughter of Dr Black, and that answer was also accepted due to her unfortunate family loss.]

Congratulations to Anya Dunford of Assington Green who is the winner of last month's puzzle.



Yours to win!

West Suffolk District Councillors

West Suffolk District Councillor for **Denston, Stansfield, Hawkedon, Brockley, Wickhambrook, Stradishall, Clare, Hundon, Cavendish, Stoke by Clare, Kedington and others** Bobby Bennett
bobby.bennet@suffolk.co.uk

West Suffolk District Councillor for **Whepstead Wickhambrook Denston, Stansfield, Brockley, and Hawkedon**

Sarah Pugh sarah.pugh@westsuffolk.gov.uk

West Suffolk District Council for **Clare, Kedington & Hundon ward**

Cllr Nick Clarke -

nick.clarke@westsuffolk.gov.uk

Cllr Marion Rushbrook

marion.rushbrook@westsuffolk.gov.uk

Cllr Karen Richardson

karen.richardson@westsuffolk.gov.uk

St Mary's Church Lidgate



We will be holding our cheese and wine party at Street Farm, next to the village pond, by kind permission of Barbara & Nick Arundale on August 9th @ 6.30 pm to 10 pm
Cost Adults £12, children 5 to 12 £5 Raffle Tickets available from Janet
01638 500587

Stradishall Cricket team 1950. Do we have any names of players?



Community steps up to support St Nicholas Hospice Care and the hospice looks ahead to new adventures

It's hard to express just how much it means when our community rallies behind **St Nicholas Hospice Care** and so far this summer that support has been in full bloom. In June, around 850 people took part in our Sunset Walk, only the second time we've held this special event. As the sun set over Bury, families, friends and colleagues walked side by side, some in remembrance, others in celebration, but all united for hospice care.



Just a week later, over 1,500 visitors wandered through the Hidden Gardens of Bury. More than 30 generous garden owners opened their gates, sharing hidden courtyards, colourful borders and peaceful green spaces. Together, these events will help fund the £22,000 the charity needs to raise every day to continue its work across West Suffolk and Thetford.

If this summer's spirit of giving has inspired you, why not look ahead to 2026? The hospice has recently launched two bucket list fundraising challenges: a London to Paris cycle ride, and a Sahara Desert Trek. Whether you fancy cycling to the Eiffel Tower or hiking under desert stars, you'll make memories to last a lifetime and raise vital funds for local hospice care.

To everyone who's walked, opened a garden gate or is planning an adventure: thank you for standing with us. Find out more about hospice fundraising challenges here: https://stnicholashospice.org.uk/event_categories/challenge/

Cowlinge Church

Jane Austen's
Pride & Prejudice

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Martin Kinna

To Rain or Not to Rain ? Golly what a question !

I am sitting here at the dining table for the first moment of peace so far today. There won't be many moments like this later on. However, Peter, our esteemed editor, is snapping at the heels of the correspondents to this journal for their articles and unless I can manage it now it will never happen.

Tonight is the first performance of **Shakespeare in Love at the Green Arena in Rede**. The build up to this has been intense. Not only the logistics of bringing the show to deepest Suffolk, finding accommodation for a cast of thirty people or so, feeding them, keeping them hydrated and arranging transport all over the place has been quite a business. **Clive and Louise Drayton** who live at Pykards Hall, the home of the delightful Green Arena, have been full on mowing, fixing the car parking, doing signage, arranging loos in many configurations and helping to dress the set.

The production lighting and sound has involved a large van packed with cable and gismos . The technical operators from this group stayed up till Midnight

the night before making sure the stage and all its effects looked at their best. And all this in the blistering heat of the country's third heat wave. There are more than a few very tired people wandering around today !

But overnight what happened ? Longed for rain fell for most of the night ! Uncertain times are ahead. As I type this it has started to teem down again, a real gully washer, Oh dear ! Will there be a show tonight or not ? There is even some talk of thunderstorms to disrupt this evening too.

All this effort from so many people could result in a cancellation. We will have to wait and see. We try not to ask ourselves whether all this amount of planning, fretting and working can possibly be worth it. But that thought is just a fleeting one because, whatever happens , it has been worth every sleepless night, extra shopping lists, making up of spare beds, making of sandwiches, buying bottled water. Our village hosts who open their houses to the strangers, who themselves act or operate the lights, give so generously and trustingly. The offers of help that come from so many local households, the people who trustingly buy their tickets all make such a difference to the success or otherwise of the event. But these kindnesses give back as well. They are the glue that brings our communities together. They add



something special to our lives, we get to know each other better and to laugh and spend more time in each other's company. They are, in short, what living in the country is all about. We are kind people at heart. Many go the extra mile regularly. We help out and give our efforts, but our lives are so much the richer for our involvement . Those who do not attempt to be part of our villages or events are missing out so much.

That is more or less all I have time to record here. I am holding my breath and hope that those who believe in the efficacy of prayer are fervently doing all they can to make it happen.

Any proceeds will go to **Medecins Sans Frontieres** and local charities. They sorely need the money. You can imagine how I am crossing my fingers right now. Our thanks to everybody involved in this project. To hosts, suppliers of services and to all who bravely bought tickets. You will help the causes we are serving and we hope you benefit from your involvement.

I will leave Peter the opportunity of telling you what happens, just watch this space! **Martin Kinna**

Peter : "A lovely experience for a great cause"

Martin can uncross his fingers now – at least as far as last night's performance is concerned. No rain, and the only thunder was provided by the subtle sound effects system. As I write this, on Sunday lunchtime, the rain has just started again, but gently.

From the team with the wheelbarrows, transporting our chairs etc upon our arrival, to the orderly exit from the carpark into the dark Suffolk night, all was perfection.

And the play? Perfect. A talented and enthusiastic cast and crew and a witty

and insightful play, presented in the aptly named Green Arena. The production far exceeded my expectations, which were based on other outdoor performances I've seen.

The relatively small stage and relatively large cast demanded rigorous blocking and overall choreography, without making the audience aware of any restrictions, and all flowed superbly.

We couldn't help but be caught up in the love story, the social and political wheeler dealings, and the young bard's search for inspiration.

This undocumented period in Shakespeare's life gave licence to anachronisms and flights of fancy from the writers of the original screenplay, intricately linked with Shakespeare's own plays and poetry, and skilfully presented to us by the Tower Theatre company.

If I have one criticism of last night's performance, it was the initial reluctance of the audience to laugh – perhaps they were overawed by the experience???

Carol Thompson



Problem Page

with Carol Reay-Glover



CAROL is a trained counsellor living locally who can offer advice on personal problems, such as relationships, divorce, child issues, employment, depression - or general worries. Email her in complete confidence at carolreay1@icloud.com

Dear Carol,

I find I am dogged by financial worries, and it affects all my life. It affects my marriage and my other relationships too. I live in constant fear about having enough money. I have a regular job, my husband has a regular job, and we are both thoughtful and careful. But you can never plan for all the things that life throws at you. And also, the amount we have spare is so narrow if you get me almost every month we are thrown out. It's such a constant pressure. I was just going through my outgoings which I keep a note of each month and realised this time last year we needed 4 new tyres this month which nearly finished us off. Then there was a huge plumbing bill last month to find. The kids are grown up, but they often need a bit of help as well. I would so LOVE to be able to help them more. I hate thinking of them struggling with all this as we have to. It sucks the joy right out of life. C

Dear C,

When we publish this email I imagine so many readers completely getting where you are coming from. It is a huge struggle and for someone who is careful and thoughtful as you describe yourself, it can be so debilitating and even feel unfair. When you spoke about the sudden unexpected costs coming at you like a plumbing bill, or having to buy four new tyres, I was reminded of that saying – life is what happens when you're busy making plans.

I am glad to receive your email as one form of getting this off your chest.

You mention this issue affects your marriage and other relationships. I am sure it does C. Financial difficulty is a major source of marital conflict. When we feel bad or worried we can often take this to our partners. When it's day in, day out as you describe, it will of course impact on relationships. Let me say I hear you and although you have to go through this every month it does sound like you and your husband have got this and are careful together. That's a true strength to be proud of. Let me suggest a few things. If you feel this issue is affecting your mental health do see your GP and access some free counselling. Citizens Advice are also brilliant at helping out with financial matters but it sounds like you're on top of them, but weighed down by them. But they may have helpful suggestions on financial management. I wonder if you could contain your financial discussions and anxieties to one or two days a week? You could say to your husband you will only discuss these on Tuesdays and Wednesdays for example and keep a little notebook on other days of things to discuss on those days. That way you buy yourself free time. Then work actively to add joy into your life. Have a fun brainstorm together of what you do and could do to feel more joyful. Literally up the importance of what you enjoy doing. Prioritise it even more. Maybe thinking of showing your kids how to find joy in the face of financial pressure could be a joyful thing in itself? I hope some of this is helpful C and you can continue to manage as you clearly do.

Carol

Advertise Responsible Home Loans in Your Parish Magazine (via Jeff Fellows)

My name is Louise Shewry from **Lendology** CIC, a responsible finance provider working with Suffolk County Council on their Warm Homes Suffolk initiative. The Warm Homes Suffolk initiative delivers a suite of offers, grants and finance to ensure Suffolk homeowners are supported appropriately with home improvements.

The Warm Homes Suffolk Loan is an innovative initiative by Suffolk County Council offering **interest-free loans of up to £15,000** to help homeowners make their properties warmer, safer, and more energy efficient. The loans can fund energy efficiency upgrades such as insulation, solar panels, batteries, double glazing, or heat pumps, with repayment terms of up to seven years at 0% interest. The scheme officially launched in November 2024. It is a critical part of Suffolk's efforts to reduce carbon emissions, lower energy bills, and enhance the well-being of residents by improving their living conditions. We would love **your help in spreading the word** about this valuable resource available in your area. We are interested in advertising in your upcoming issue and would also welcome the opportunity for an editorial feature if possible. We are happy to provide artwork as needed. Please let me know if this is something you'd be open to or if you need more information. Best regards, **Louise**

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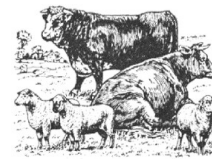
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