

PARISH PUMP

No 380

parish.pump@gmail.com

December 2024



**Christmas Eve
Carol Service**
at **All Saints Church,
Stansfield 5pm**
Mulled cider and mince pies.
All welcome.



**CLARE CHRISTMAS FAIR 2024 –
FRI 29th and SAT 30th NOV (see p10)**

St Mary's Church, Hawkedon will be celebrating the wonder of Christmas with two important services.



On **Sunday, 22
December at 11am**
there will be a family
friendly Morning
Prayer with carols
followed by seasonal
refreshments and on
Christmas Morning, 25
December at 9am a
Holy Communion
service with carols.

Please do join us at one or both - all will be very welcome. Both are suitable for children and irregular churchgoers! Very best wishes,
Heather Tilbury Phillips htapr@dircon.co.uk
01284 789 250/07774 275656



**St Nicholas' Church,
Denston
Festival of Nine
Lessons and Carols
Sunday December 8th
at 4pm. All are very
welcome**

CHRISTMAS IN POSLINGFORD

Saturday 14th December at 1pm St Mary's Church Please make Christmas decorations, bring your best Christmas pudding and help decorate for the carol service

TO ALL INHABITANTS OF STRADISHALL AND BEYOND

Come along to St Margaret's Church Stradishall

for our **CHRISTMAS WELCOME**

from 4 pm **SATURDAY 21ST DECEMBER**



Refreshments provided. Please wear your favourite Christmas jumper (or come as an elf, or an angel, or...) Write a Christmas Wish to tie on the Wishing Tree. Help us finish the decorations, set up the crib, and switch on the tea lights.

The **CAROL SERVICE** will start at 5pm *All donations will be towards the upkeep of the church and to a local charity.*

We at the Parish Pump wish all our readers and contributors a very happy Christmas and New Year together with a reminder that there is no January edition of the Parish Pump because the printers do not print over Christmas. Once again we thank our anonymous donor who has sponsored our colour front page



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Stradishall Parish Council News

A meeting of **Stradishall Parish Council** took place on Monday 4th November 2024. County Councillor **Bobby Bennett** and District Councillors **Marion Rushbrook** and **Karen Richardson** attended the meeting along with three members of the public.

Updates from County Councillor Bobby Bennett

Cllr Bennett spoke about the following Suffolk County Council issues:

The official opening of the **Haverhill Waste Recycling Centre** on 6th Nov 2024.

Suffolk County Council is in conversation with the new Government about a possible Devolution deal.

Suffolk Highways is working hard to tackle potholes. It is budget setting season. They are aiming for a balanced budget. She pledged £1,000 towards the cost of a new pavilion roof.

District Council report

District councillors **Marion Rushbrook** and **Karen Richardson** pledged £400 of their locality funding towards the cost of a new pavilion roof.

Budget 2025-26

Stradishall Parish Council approved its budget for 2025-26. The precept request will be £13,007. The parish council element for a band D household will be £74.79 per annum an increase from £71.02

which equates to £3.77 per annum per band D household, an increase of 5.31%.

Speed checks in Stradishall

Stradishall Parish Council has been updated about speed checks which were carried out at two sites in Stradishall, one in Stradishall village and one on the A143. Five vehicles were caught speeding on the B1063 and 46 on the A143.

Update from the Friends of Stradishall Church and Community.

Adrian Lee updated the Parish Council. The village survey asking residents' views about the possibility of raising money for a community room in the Church did not get many positive responses and the decision was made to wind up the Friends of Stradishall Church and Community. The PCC agreed to apply for grants for any work needed on the church. The Friends of Stradishall then had to decide what to do with the money raised up until that point. The hope was that some of the money would be given back to the community and could be used to repair the pavilion roof, but the decision was made to give all the money to the Church.

Changes to the Winter Fuel Payment.

You may have heard Winter Fuel Payments being discussed in the news recently. They used to be paid to everyone over State Pension age, regardless of their income. This has now changed. Only people who get **Pension Credit** will receive the one off Winter Fuel Payment this year.

Pension Credit does not just help with heating costs, it opens the door to additional benefits such as help with the cost of dental work, glasses and transport to hospital; help with rent or mortgage interest; and help paying Council Tax. Not to mention a free TV Licence for those aged 75 and over. A lot of people think if they have savings they won't be entitled, but that is not always the case. While 1.4 million households in the UK already receive Pension Credit, an estimated 880,000 people are eligible for



it, but not receiving it. If you have friends or family over State Pension age (currently 66), ask them if they have checked their eligibility. They can find out more here: www.gov.uk/pension-credit or by calling 0800 99 1234.

Applications can be made online or over the phone. See also pages 15 and 16 of this issue

West Suffolk Citizen's Advice has also sent information through about the services they provide which includes support for people of pensionable age to check if they are eligible and make a claim for Pension Credit.

They also support people across **West Suffolk** by providing, free, confidential, and impartial advice on a wide range of issues, including benefits, housing, relationships and family, debt, energy, utilities, and employment. The website address for **West Suffolk Citizen's advice** is <https://suffolkwestcab.org.uk/> or ring 0808 278 7868 Monday to Friday 9.30am to 3.30pm. In recognition of the invaluable service provided by Citizen's Advice, Stradishall Parish Council agreed a donation of £100.

Tel: 07880 686069 Email:

stradishallparishcouncil@yahoo.co.uk

Website: www.stradishall.onesuffolk.net

The minutes of meetings are available on the Parish Council website at www.stradishall.onesuffolk.net. Draft minutes will be published within 28 days of a meeting.

Lidgate Church

**Carol service on Dec 8th
@ 3pm**



Rector's Ramblings – December 24



The Word became flesh
Rev'd Dr Karen Smith

The real reason why we celebrate Christmas is the 'Incarnation'. The Apostle John said 'The Word became

This is a wonderful miracle, a birth in Bethlehem. Judea is still shaping our world. The Incarnation reveals God's love for each one of us. The coming, the death and the resurrection of Jesus healed the relationship between humankind and God. In the Incarnation we see that God shares in our lives, understands our strengths and weaknesses, joys and

received and given in love.
Happy Christmas to you all! **Karen Smith**



flesh and made his dwelling among us.' This incredible gift of the Incarnation is the greatest gift ever given to humanity. It is the gift from our loving God to each one of us, a gift we receive on Christmas day but also every single day of every year. Through this gift God became flesh, Jesus Christ is the incarnation and he took on our nature and shared in our humanity. He is 'Immanuel', in other words 'God with us'.

sorrows, beliefs and doubts and still loves us. This love enables each of us to return our love freely and without fear. Christmas is a time for celebrating love and relationships, a chance to catch up with family and friends. But, let's make sure that we also spend a bit of 'quality time' with God this Christmas. Let's enter into the real spirit of the season and receive the gift of the Incarnation; a gift that cannot be bought or sold, only

Volunteer Drivers Needed

the **VOLUNTARY NETWORK** connecting **Communities** rural transport

If you enjoy driving and have some spare time, you may be just the person we are looking for to support Connecting Communities. **Connecting Communities** is a transport service that helps people to access local services. Last year we provided over 30,000 passenger journeys, many of which were made possible through the support of volunteer drivers.

Volunteer car drivers use their own vehicles to help with various journeys, largely to attend medical appointments. Expenses are paid at 45p per mile. We will support your enhanced DBS check and MiDAS training.

We are looking for new volunteers to add to our team. **If you are interested and would like to find out more, please call 01638 664304.**

This set up is similar to CLASP. Both apply to their own geographical area. If you live in the Clare area please phone John Webb at 07724698283

Monthly Rainfall 2023/2024

2024	Jan	Feb	March	April	May	June	July	Aug	Sep	Oct		
Nick Burton- Stradishall	55	115	45	64	96	15	94	14	99	58		
Tina Lee- Stradishall	57	119	47	87	91	19	93	16	98	68		
Sam Slater- Stansfield	51	129	55	60	114	19	85	15	76	55		
Rod Taylor- Stansfield	59	121	59	68	99	23	88	16	80	73		
Jay Gridley-Hundon	71	128	57	74	104	21	93	16	108	71		
Victoria Pakenham - Fenstead End	53	132	59	62	106	21	90	16.5	88	38		
Elaine Plumpton Great Saxham	54	129	66	69	78	23	90	16	99.6	52		
2023	Jan	Feb	March	April	May	June	July	Aug	Sep	Oct	Nov	Dec
Nick Burton- Stradishall	42	5.5	95	51	66	19.5	94	56	70	170	88	75
Tina Lee- Stradishall	50	1	75	57	75	22	93	55	68	168	88	69
Sam Slater- Stansfield	36	4.5	111	69	49	22	94	55	73	181	108	80
Rod Taylor- Stansfield	54	6	105	63	46	19	94	62	66	180	95	90
Jay Gridley-Hundon	40	4	111	60	56	24	84	69	66	187	96	89
Victoria Pakenham - Fenstead End	45.5	5.5	93	54.5	36	19.5	92.2	60	73.8	186.8	88	79.4
Elaine Plumpton - Great Saxham	60	4	114	62	65	28	70	63	49	172	85	94

Wendy Mansfield

**WICKHAMBROOK WOMEN'S INSTITUTE
LIFE DRAWING with Mitch Karunaratne**



Led by our very own **Michelle Parsons**, we spent a very creative evening connecting to the left side of our brains, training our eye to really observe our

guest model. Michelle guided us expertly though continuous line drawing, drawing with our non dominant hand as well as a tonal drawing - all focused on us

practising to really look, be non judgmental of our skills and to have fun. Lots of quiet concentration, laughter and appreciation of our collective talents filled the hall .



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Half page	£275	£150	£ 35
BACK PAGE			
	Price for the period		Price per issue
	12 months	6 months	individual advert
Eighth page	£ 165	£ 90	£ 20
Quarter page	£255	£ 140	£ 30
Half page	£ 420	£ 230	£ 45

Front page or full page adverts are only considered in exceptional circumstances and with the approval of the Editor. The rate is subject to negotiation.



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For our privacy notice please see: http://www.headwaysuffolk.org.uk/wp-content/uploads/2018/05/Privacy-Notice-website.pdf

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YOUR CARAID NEEDS YOU - VOLUNTEER DRIVERS

If you have seen the regular reports on CLASP CarAid in this monthly magazine, you will be aware that more volunteer drivers are needed to continue to provide the ever increasing demands for its service to your community.

Please consider becoming a CarAid Volunteer Driver.

This is not an onerous commitment and may only require one or two trips per month and our drivers all say how much pleasure they get from helping and meeting others.

Drivers are paid 45 pence per mile if requested.

If you would like to find out more or need transport to medical services, please telephone John Webb on 07724698283.



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Wickhambrook, Suffolk

People of Poslingford Remembering -

The church bells rang out to bring many to the Remembrance Day Service in **Poslingford**, which was led by **Reverend Liz Paxton** and well attended. **Toby Snowling** laid the wreath in honour of his ancestors, whose names are inscribed on the memorial. Other villagers placed tributes at the memorial. A statue created by **Derek Nichols** is once again available to see.

In December, we will be decorating the church in preparation for the Christmas festivities.

There will also be opportunities to make decorations and add them to the trees in the churchyard.

Please bring your favourite Christmas pudding and join us for hot chocolate. Donations for the Community Pantry are always appreciated. **Heather**



Without volunteers, we'd be a nation without a soul



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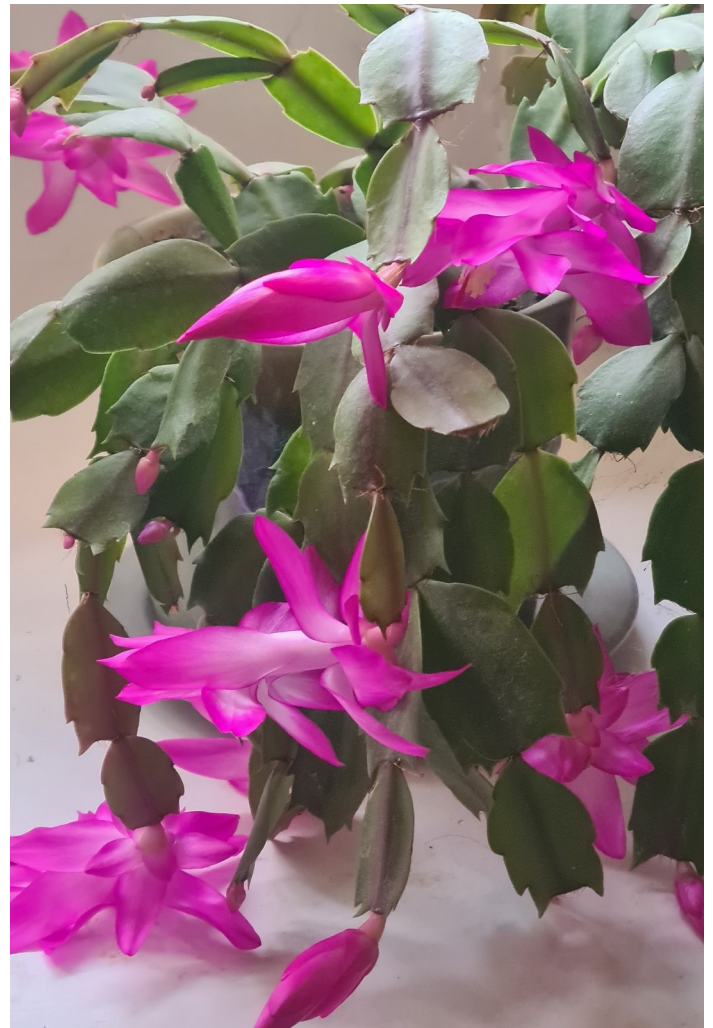
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Once every year the beautiful Christmas cactus

Country Cooking with Louise Mackrill

Comfort food bubbling with home-made goodness.



Chicken, ham & leek pie

16fl oz chicken stock
 3 chicken breasts, skinned
 3oz butter
 2 leeks, trimmed and cut into 1/2in slices
 2oz plain flour
 7fl oz milk
 2-3 tbsp white wine
 3fl oz double cream
 1 teaspoon Dijon mustard
 5oz piece thickly carved ham, cut into chunks
 sea salt & freshly ground black pepper
 Pre-prepared puff pastry
 1 free-range egg, beaten, to glaze



Heat the chicken stock in a saucepan, add the chicken breasts & simmer for 10 minutes, remove and cut into cubes. Pour the stock into a jug and set aside. Melt 1oz of the butter in a large saucepan and fry the leeks gently for two minutes, stirring occasionally until soft, add the remaining butter, stir in the flour & cook for 30 seconds, stirring. Gradually pour in the milk, stirring, slowly add 10fl oz of the reserved stock and the wine, stirring until the sauce is smooth and thickened. Simmer gently 3 minutes. Season, remove from the heat, stir in the mustard, cream, chicken & ham. Pour into a pie dish and set aside to cool.
 Roll out the pastry, drape over the top, crimp the edges and glaze with the beaten egg. Bake at 180 deg C for 30 minutes or until golden. Serve with celeriac mash & peas.
 Of course, this can also be made with left-over cooked turkey & ham!

New Year – New You!

Start your year on a great tasting healthy note by adding some superfoods to your diet. You are probably eating a lot of everyday superfoods such as bananas, eggs, broccoli, berries, beans, yoghurt, but here are a few things that you may not have considered:

Sardines

One of the best sources of heart-healthy, mood-boosting omega-3 fats and packed with vitamin D. Simply grill on some wholemeal toast.

Oatmeal

Slow release helps burn fat and will keep you feeling fuller for longer. Start your day with porridge

Kale

Cancer-fighting antioxidants, vitamin C, vitamin A which promotes eye and skin health and may help strengthen the immune system. Serve as an alternative to cabbage or simply sauté with a touch of garlic & chilli.

Pomegranate

Full of antioxidants, low in calories and plenty of fibre. Enjoy a glass of pomegranate juice or the fruit itself as it is.

Quinoa

Packed with fibre and protein keeping you feeling fuller for longer. Simply cook 15 – 20 minutes and add to salads.

Kefir

Packed with beneficial probiotics that may help give your immune system a little extra edge, calcium. Think yoghurt in a glass and can be found in the supermarket's dairy section.

Banoffee Pie

Crushed gingernut biscuits (or digestives)



Mixed with butter and lined in an 8" or 9" tin bottom and sides.

2 x cans condensed milk either boiled for 3 hours (very slowly) or buy
 OR buy 1 or 2 jars of Dulce de Leche, already done OR
 2 x cans condensed milk caramel – which is already done.

Bananas, lemon juice, double or whipping cream Fill the lined biscuit base & sides with the toffee and then slice the bananas and coat with a little lemon juice to stop going brown, top the toffee with the bananas, whip the cream and top the lot with this, then decorate with some sliced bananas and grated chocolate.

Refrigerate

Can't go wrong - carrot cake

an easy cake to impress your friends!
 8 oz /12 oz grated carrots or peelings
 6 oz/8 oz self-raising flour
 6oz/8 oz marg or butter
 6 oz/8 oz caster or light muscovado sugar
 3/ 4 eggs
 1/ 2 teaspoons baking powder
 1/ 2 oz walnuts, chopped
 2 tbsp orange juice
 2 oz ground almonds
 Topping: 2oz soft butter, 4 oz Icing sugar, 6 oz cream cheese beaten together well



Grease and line an 8" cake tin. Set the oven at 180 deg C
 Beat together sugar and marg. Add flour, baking powder and eggs, beating all together until pale and creamy. Then fold in the carrots, walnuts, almonds and OJ until mixed well.
 Pour into the tin and bake for an hour and a half until set. Leave to cool, then turn out and when completely cold spread on the topping.

Louise



Trees for Christmas

*Christmas is coming, it's time to get your tree,
And Wickhambrook is where you'll see
A Norway spruce to go with your goose
Don't think twice it isn't rash
Just thirty pounds of good old cash
A metre and a half from earth to star
And look how the wise men come from afar.*



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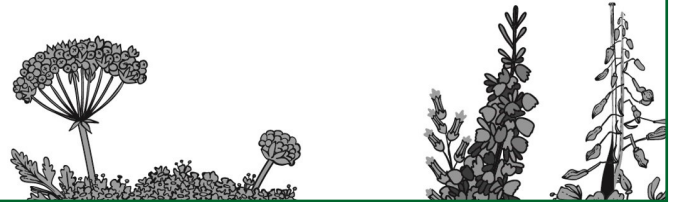
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Jeff Fellows wines recommended for Christmas

Festive season offering.

Christmas, a time for families to get together and celebrate the wonderful Christian festival.

The first part of this piece is for those who have invited the rest of their family to join them (with all the ongoing costs).

As always start with Bubbles as an aperitif, or appetiser.

Aldi have an Organic Cava Brut of 11.5% at a pocket friendly £7.69 to kick things off. For only a little more, Tesco have Cordonio Vintage Brut 12.5% at £8 with a club card.

Majestic have a Loire Sparkler Bouvet Ladubay Brut 12.5% which has honeysuckle and apple notes to it. £10.

If a fish course is next then Aldi's Rias Baixas, Albarino, in a distinctive blue bottle, would provide the necessary crisp accompaniment. 12.5% £8.99. Whether it is Turkey or Beef the following should be

on your list. Majestic offer two Rioja's. Marques de Riscal Reserva 19/20 which has red berry and vanilla notes. Comes in at a hefty 14.5% £15. The other is Vina Pomal Reserva. 15/16. Somewhat older with red fruit and oak notes. Also 14.5% and cheaper at £13.

Christmas Pudding. Off to Waitrose for their Cantine de Vita Marsala Dolce, a white Italian dessert wine. This has black cherry, and dried fig notes. 18% and £13.49 per half bottle.

Cheese. Depending on your palate, and the Cheese on the board drink Champagne, Port or Sauternes. Or indeed red wine, if there is any left.

This part is for those members of families who have been invited.

A corresponding uplift in quality, and price, of the bottles you bring will demonstrate your appreciation.

It really should be Champagne to begin with. That being the case Majestic have Veuve Cliquot Brut 12.5% £42. Bollinger 12% at the same price. My preference would be for the latter. Somewhat cheaper is Heidsieck 12% and £25.



If once again a fish course is served, which may even be Oysters, then Waitrose have a Chablis Domaine Le Chatelain which has citrus and green apple flavours with a mineral finish to it. 13% £17.

Main Course. Majestic have E Rothschild Medoc Les Granges '20. This is a left bank wine and so expect dryness on the palate with fruit tones and vanilla notes to it. 13.5% £18. The same name crops up on a Montagne Saint Emilion 18/19. A right bank wine and invariably more rounded with dried fruit tones to it. 14% £17.

Pudding. Off to Waitrose for their Niepoort LBV Port '19. Expect rich fruit and spice and sweet flavours. As above this would also accompany the cheese. 19.5% £20.

I would also like to take this opportunity to wish you all a very Merry Christmas and a Happy New Year. **Best Jeff Fellows** <jefffellows.crown@gmail.com>

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CLARE CHRISTMAS FAIR 2024 – FRIDAY 29th and SATURDAY 30th NOVEMBER

The Christmas Fair has become a successful and much-loved local event over the last few years, growing in size and reputation and bringing in visitors from far and wide. With around 70 exhibitors in the Parish Church and the Town Hall, you will find a wealth of ideas for your Christmas shopping. These range from decorative ceramics, glass, artworks, floristry and children's books and games to festive fare and drinks, natural soaps, jewelry and accessories, plus many lovely crafted items from our talented and creative stall holders. There will be some fabulous hand-sewn characterful dolls and bears, traditional wooden toys and lots of Christmas decorations as well. As well as the traditional mulled wine and mince pies on offer on both days to help raise funds for the Church, we have two cafes on site, one in each venue, where you can warm up with some delicious hot food or relax with coffee and cake before continuing with your browsing and gift shopping.

There will also be various entertainments on both days, including Father Christmas and Face Painting on Saturday, and from about 4pm, there will be dancing by the Beau Dance team, live music from Serena Grant, a stunt bike display, a roundabout, Hells Bells Morris and the Children's Parade, culminating in the Christmas Lights Switch-On on Market Hill at 6pm.

The Fair will be open on Friday 29th November. It will be open from 5 to 8pm and on Saturday 30th from 10am to 7pm. More information and details will be available on the website - www.clarechristmasfair.co.uk – and will be posted on Facebook and Instagram nearer the time.

So do put the dates in your diary now so you and your family don't miss out. We look forward to seeing you!

Christina Glover
01787 277100

CLARE
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FABULOUS CHRISTMAS GIFTS
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FRI 29th November 5 - 8pm
SAT 30th November 10am - 7pm

at St. Peter and St. Paul's Church
and Clare Town Hall

CHRISTMAS LIGHTS SWITCH-ON
SAT 30th November 6pm

Entertainment on Market Hill from 4pm

Hot Food
Music
Father Christmas

FREE ENTRY • PRIZE DRAW

Death in the Garden with Michael Brown

A joint meeting of the **History and Horticultural Societies of Wickhambrook** was held in October with a subject that included plenty of history and lots of gardening. **Michael Brown's** talk was subtitled **'Poisonous Plants – Magic, Myth and Passion'** and we were treated to a plant-by-plant analysis with historical anecdotes which was both fascinating and entertaining.

Many plants have beneficial properties, but excess use can be dangerous and here are a few of the many things we learned, with lots of laughter along the way.

Mandrake – is supposed to scream when you pull it out of the ground and if you hear it you will die. However, it takes three years to mature and is expensive to process so the myth of its danger was allowed to spread.

Deadly nightshade – six berries can kill a child, but women used it to make their eyes look bigger and brighter.

Monkshood – also known as aconite, was used by a jealous woman to kill her lover in **The Curry Murder in 2009**

Henbane – used by **Dr Crippen** to kill his wife Cora so that he could run off with his lover.

Opium Poppy – Just like the ones we see in our fields and gardens, but the medicinal ones grown in Afghanistan have much larger heads

Foxglove – very lethal, but excellent for heart problems. It took **Dr Wittering** three years to test its properties

Wormwood – used to make absinthe, but eventually declared unfit for human consumption .

There were many more examples of plants that many of us grow in our gardens without appreciating their properties so we will now treat what we grow with greater respect.

Dorothy Anderson



Memories are Golden

Open

Monday–Thursday 09.30–2pm

The Old Parkway School, Unity Offices, Park Road,
Haverhill, CB9 7YD

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

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Call Dan on
07812 134 267

Farming by Portia Brown

Back at the end of August we harvested the linseed. We have been storing the linseed in storage bins/ silos until this week, as it was collected and taken to be pressed for oil.

Our linseed will be used in the food industry.

Linseed is also used in the cosmetics industry, and other industries

Did you know Linseed oil is also used as an alternative to egg in cooking to bind the ingredients together.

Linseed is one of the oldest seeds grown dating back to the Neolithic period.

The linseed was used as a break crop within our cropping rotation this year; this gives the soil a rest from growing cereals giving it time to reset, reducing the risk of

disease, pests and improving the soil structure.

These fields have now been ploughed and left to naturally break down over the winter period. Next spring, spring oats will be sown.

Our winter cereals have been sown and have had a lovely start due to the mild weather.

Our rams have been put with the ewes, we have the following rams this year, Pedigree Suffolk, Dutch Spotted, Blue Texel, Teeswater, Leicester Long Wool, Gotland and Icelandic. The ewes will then be scanned in February, so we are aware of the lambs that are due.

Our Christmas beef boxes have sold out; we will be delivering these at the

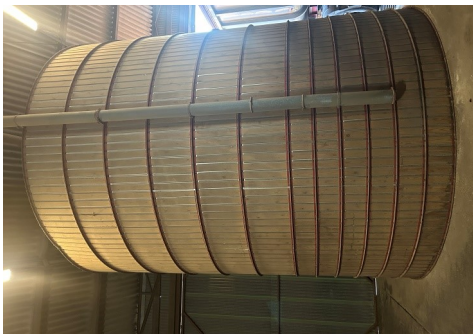
beginning of December.

We have some more wonderful sheepskins available over the next few weeks a perfect bespoke gift.

As I write this, we are planning our trip to London on the 19th to show solidarity and support to rally the labour government on their devastating plans for inheritance tax in the agricultural sector which we strongly believe will have a crippling effect within all aspects of our rural lives and livelihoods.

There has never been a greater time to support the country's farmers: I would ask every one of you to please, support local and buy British produce.

Portia



Storage bins for linseed



Linseed



One linseed shoot



Ram in waiting



2 more Rams in waiting



Ram 4 probably not in waiting.!



Christmas beef boxes



Wonderful sheepskin



Suffolk countryside



No Grass too tall give us a call
T: 07717781497
E: josh.barrett24@outlook.com

Stansfield's special Good Neighbours award

For its busy first year of operation, Stansfield's Good Neighbour Scheme has received an award.

Good Neighbours Helpline: 07827 128511



"The silver plate and certificate came out of the blue almost exactly on our first anniversary", said **Pat Barnes** scheme secretary, "Our 18 volunteers were thrilled!"



They are pictured here celebrating at an informal lunch get together after the **Wildlife** event at the Village Hall at the beginning of November, and for which they had provided and served excellent home baked cakes and refreshments.

Volunteers have completed 54 requests for help during the year.

These have ranged from lifts to medical appointments, help with computer and plumbing problems, collecting prescriptions and shopping and several community projects, including at the Village Hall and the Old Chapel Graveyard.

GN Volunteers also manned a table and helped generally at the Christmas Shopping evening at the Village Hall on November 20th.

Pat Barnes



Snuggle up by the log fire in one of Stradishall's very old houses.

Pension Credit gives you extra money to help with your living costs if you're over State Pension age and on a low income. Pension Credit can also help with housing costs such as ground rent or service charges.

Pension Credit is separate from your State Pension.

You can get Pension Credit even if you have other income, savings or own your

How much could I get?

Pension Credit is worth, on average, £3,900 a year.

You might get extra help if you're a carer, severely disabled, or responsible for a child or young person.

You can use the Pension Credit calculator to find out if you're eligible for Pension Credit and how much you could get: www.gov.uk/pension-credit-calculator

What else could I get if I claim Pension Credit?

If you get Pension Credit you can also get other help, such as:

- The Winter Fuel Payment (or the equivalent in Scotland)
- Help with heating costs through the Warm Home Discount Scheme and Cold Weather Payment
- Housing Benefit if you rent the property you live in
- Support for Mortgage Interest if you own the property you live in
- A Council Tax discount
- A free TV Licence if you're aged 75 or over
- Help with NHS dental treatment, glasses and transport costs for hospital appointments, if you get a certain type of Pension Credit
- A discount on the Royal Mail redirection service if you're moving house

Am I eligible?

You must live in England, Scotland or Wales and have reached State Pension age to qualify for Pension Credit.

How do I apply?

When you apply for Pension Credit your income is calculated. If you have a partner, your income is calculated together.

Pension Credit tops up:

- Your weekly income to £218.15 if you're single
- Your joint weekly income to £332.95 if you have a partner

If your income is higher, you might still be eligible for Pension Credit if you have a disability, you care for someone, you have savings or you have housing costs.

You can apply for Pension Credit online: gov.uk/pension-credit

You can also call the Pension Credit claim line on **0800 99 1234**

What information do I need to apply?

You'll need the following information about you and your partner if you have one:

National Insurance number Information about any income, savings and investments you have Information about your income, savings and investments on the date you want to backdate your application to (usually 3 months ago or the date you reached State Pension age if this is sooner)

You'll also need your bank account details. Depending on how you apply, you may also be asked for your bank or building society name, sort code and account number.

How do I find out more?

You can find out more about Pension Credit by visiting gov.uk/pension-credit

Eligibility criteria apply.



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PROJECT
(Charity No. 1029710)

2025 FUNDRAISING TABLE SALES

CLARE TOWN HALL, 9.30 a.m. to 1.00
p.m.
On the following Saturdays

February 15

March 15

May 17

June 21

July 19

August 16

September 20

October 18

November 15

all dates coincide with Clare Market

FOR INFORMATION AND TABLE
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email; fundraising@clasp-clare.co.uk

TABLES £9 (+ Tombola Priez Donation)

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Tables are provided size: 6' x 2'

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to arrange a viewing or for
additional information.**

Supporting our communities this winter.

Are you over the state pension age (currently 66)? Do you have family or friends over the state pension ages? You may be entitled to pension credits? You may have heard **Winter Fuel Payments** being discussed in the news recently. They used to be paid to everyone over State Pension age, regardless of their income. This has now changed. Only people who get **Pension Credit** will receive the one-off Winter Fuel Payment this year. A lot of people think if they have savings they won't be entitled, but that is not always the case. While 1.4 million households in the UK already receive Pension Credit, an estimated 880,000 people are eligible for it, but not receiving it. The quickest way to apply for **Pension Credit** (*see below*) is to call the claim line **0800 99 1234** (a friend or family member can call for you as long as they are with you at the time) or go online www.gov.uk/pension-credit Applications can be made online or over the phone. To ensure you receive your winter fuel payment this year you need to apply by **21st December 2024**

And it's not just help with heating costs - getting Pension Credit opens the door to additional benefits such as help with the cost of dental work, glasses and transport to hospital; help with rent or mortgage interest; and help paying Council Tax. Not to mention a free TV Licence for those aged 75 and over.

Support available this winter

Debt can cause financial hardship and stress. Sometimes even well-managed debt can spiral out of control when life circumstances change. Do not struggle alone. There are several services, both

West Suffolk wide and nationally that can support with financial concerns and managing your wellbeing. For local support please visit the council's Cost of Living support pages: [Cost of living \(westsuffolk.gov.uk\)](http://westsuffolk.gov.uk) Check your entitlement to other benefits such as Housing Benefit, Support for Mortgage Interest, Council Tax Reduction, Attendance Allowance, Carers Allowance and more. These could increase your income and help you better afford your bills. Use an online benefits calculator or contact an advice agency such as **Age UK** or **Citizens Advice**.

www.entitledto.co.uk
For specialist debt advice, the following organisations can help:
Citizens Advice West Suffolk [Citizens Advice West Suffolk](http://CitizensAdviceWestSuffolk.org.uk) | [Free, confidential, independent advice \(suffolkwestcab.org.uk\)](http://Free.confidential.independentadvice.suffolkwestcab.org.uk) Advice line: **0808 278 7868** (Monday to Friday, 9:30am to 3:30pm)
National Debt line Telephone appointments, webchat **0808 808 4000** (9am-8pm, Monday-Friday) <https://nationaldebtline.org>
Christians Against Poverty (CAP) Face to face appointments, home visits 0800 328 0006 <https://capuk.org>
Local Support
Local Welfare Assistance Scheme: www.suffolk.gov.uk/lwas A fund set up

"AM I ELIGIBLE?"

There are many people not knowing if they are able to claim Pension Credit or not this Winter.



Having savings does not affect Pension Credit, so don't let that stop you applying. Closing date for applications is 21st December.

To see if you are eligible, phone 0800 99 1234 or go online: www.gov.uk/pension-credit

"I DON'T QUALIFY, WHAT HELP CAN I GET?"



There are many other support streams available to help people with all kinds of things including funds to help during times of hardship.

To see what could be available to support you, go online: www.entitledto.co.uk

for those experiencing financial hardship and can help with food, heating, clothing, fuel and white goods. Full details and eligibility criteria can be found on the website. This fund is changing so it is important you keep up to date by visiting the website.

Applications are made online, or with support from a partner organisation such as Citizens Advice.

Warm Homes Suffolk: [Warm Homes Suffolk](http://WarmHomesSuffolk.org.uk) Grants available to help insulate and make properties more energy efficient. Eligibility can be checked online or by contacting **03456 037 686**. This fund is available to homeowners, renters and landlords and is provided throughout the county.

PENSION CREDIT

Guarantee credit tops up your weekly income to £218.15 for single people and £332.95 for couples in 2024-25. To qualify for it, you must:

- live in the UK
- have reached pension-credit qualifying age (the same as [state pension age](#))
- have weekly income below £218.15 if you're single and £332.95 if you're in a couple.

If you're a carer, have severe disabilities or certain housing costs, you might qualify for more guarantee credit.

When you apply for guarantee credit, the government looks at all of your income.

This includes both your [basic and additional state pension](#), any income from other pensions, income from any jobs you have and any savings over £10,000.

Some benefits, such as housing benefit, council tax reduction and attendance allowance, aren't included, nor are your personal possessions or your home.

Thoughts of Wildlife ...what do they conjure up? Deer, hedgehogs, rabbits, birds, probably? But what about insects? Insects probably don't immediately spring to mind BUT:



**STANSFIELD
Parish Council**
Working with our local community

“So much of our food production and wildlife species are reliant on insects.

It is a really important topic”, said **Cathy Smith**, Conservation Officer from **Suffolk Wildlife Trust (SWT)** at a presentation at Stansfield Village Hall on November 2nd. The vital importance of insects was emphasised by Cathy who illustrated this fact by saying that raising just one brood



Cathy Smith of Suffolk Wildlife Trust

of blue tits required something like 10,000 caterpillars and insects! Seed and suet feeders were very helpful for adult birds, but insects were vital too, and some species like swifts and swallows were

totally reliant on them. Churchyards were good habitat for wildlife, she said. **The Old Chapel Graveyard at Stansfield** was refuge not only for birds, mammals and insects, but also for some plant species like the wild primroses which make such a pretty sight in Spring, and the ancient yew trees. Apparently 80% of our nation's yew trees are in churchyards. **Poslingford Churchyard** is a haven for butterflies, and **Stansfield C of E churchyard** has some attractive pyramid orchids. Limestone headstones in churchyards are great for lichens. Ancient woodlands, like the several in our **Glem Valley**, are irreplaceable habitats, and Playing Field margins and roadside verges are also important...some communities in **Suffolk** are fostering verges, with some designated as roadside nature reserves by **Suffolk County Council**, with a warden appointed to look out for them: look out for the white marker posts! Some farmers around the old Wool Towns like **Lavenham** are joining together to enhance and connect wildlife habitats across farmland, with help from SWT experts. Gardeners were encouraged to check for the presence of hedgehogs before lighting a bonfire and with long grass to take a higher cut first, in case they, or any other creature might be hiding. Maybe also, if

possible, to leave an area of garden untouched. Hares rest in shallow depressions in the ground, and so are vulnerable to agricultural machinery. Surprisingly there is no close season for the shooting of hares which are rated an important species for conservation. Wildlife corridors were now recognised as important in planning exercises in order for animals to roam in search of food. Hedgehogs could roam 2 kilometres a night, said **Cathy!**

She also spoke about the large projects being undertaken in **Suffolk** by the SWT with donations and volunteer help being vital. To find out more or to join this worthy group please go to

www.suffolkwildlifetrust.org/join-us.

This talk was one of a series of events organised by Stansfield Parish Council at which councillors are present to allow residents to interact with them and give their views on the village. The next will be a coffee morning and village tidy up on April 26th. Good Neighbour Scheme volunteers were thanked for providing and serving refreshments.

Next Stansfield Parish Council Meeting: Wednesday January 8th, at 7pm in the Village Hall

**Chairman of Stansfield Parish Council
Rex Barnes**

Wickhambrook Local History Society News – November 2024

‘By the moonlight I must go to my boke’ was the title of **Kate Jewell’s** talk and she gave us an intriguing look at



medieval education in Suffolk. All children were ‘learning’ even if it was

just housekeeping and farming practice but only the lucky few went to school. Schools were run by the church and pupils, all boys, were expected to train to be priests or lawyers and come back to the parish to serve the community. They learned the alphabet (without j or w which are later additions), prayers in Latin and English, serving the priest, articles of the faith, the Ten Commandments, the seven deadly sins and the seven sacraments. They learned by chanting which is why they are sometimes referred to as **Song Schools**. Although there is not a lot of written evidence of education, we know from the notebooks of **Sir John Hopton of Thorington** that his ward, **Geoffrey Weston** needed shoes, pattens, a cap, candles and a quire of paper when he went off to board at school in Covehithe. A bright child of a lower class might be identified by the priest as worth educating and permission would be sought from the Lord of the Manor to send him to school.

The Lord would then employ the boy to help run his estate or serve as a priest. Older boys went to Grammar Schools where they learned by ‘opposing’. The Master would ask them a question about daily life, the pupil had to reply in Latin, translate back to English and write it down.

These are known as **Vulgaria**, and many have survived. We were amused to learn from one boy that he hated getting up early, was always hungry and missed home where his mother fed, clothed spoiled him. His is the quote in the title of the talk. Some things don’t change! Some girls were educated in convents along with the novice nuns but evidence of this is rare. After the **Reformation**, no monasteries meant no schools either, but in the reign of **Edward VI** they were reinstated which is why so many are named in his honour.

Another excellent talk by a popular speaker!

Dorothy Anderson

**CAR AID REPORT - SEPT
2024 CLASP Committee**



**Meeting 10th. October 2024
47-62-29-37-38-34-46-33-27 Year
2024 to date = 353 total, 39.2
average bookings as at 5th.**

October month to date – 14
The number of trips made in the 2023 year, at 389, was 42% more than made in 2022.

After the *very busy* January (47 trips), followed by the *explosion* in February (62 trips), March *imploded* (29 trips). April with 37 trips experienced a 50% increase over April last year, whereas May (38 trips), was marginally down on May last year. June trips (34) were lower than May, and lower than June 2023. Demand in July at 46 trips was considerably higher than in the previous four months, and almost 50% higher than July last year. The demand in August (33 trips) was 27% higher than August last year, and September (27 trips) was 28% higher than September

last year. **We are currently running 27% higher than last year, and indications are that this heavy demand will continue.**

As will be seen from the Statistics Summary above, the demand for our service continues to grow. However, the difficulty in finding volunteers has continued. We have drivers taking extended holidays or having other commitments. Nevertheless, we have always managed to provide the service required, despite demands sometimes changing at short notice due to medical rearrangements. **It is important to note that in Q3 2024, as in Q2, we used 30 drivers during the 3 months, virtually our whole available complement.**

I REPEAT LAST MONTH'S COMMENT. - Recognising the increasing difficulty in servicing demand, I propose we concentrate our service on Clare and the immediate villages. We should stop providing CarAid to **Ridgewell and Hundon**. We have no Ridgewell drivers, and our one Hundon driver is currently out of action. Despite regular advertising for drivers in the Hundon Herald, we haven't had a single response.

In addition, we are now passing **Cavendish** requests to Cavendish Care.



The ongoing interesting Car Aid Statistic - In the last 78 months, since April 2018 when I took over, CarAid has helped 246 different clients, making 1,729 trips. **John Webb 5th. October 2024**



Waiting for winter

Car aid Statistics

2024	Journeys	Clients	Where to	Drivers	Mileage £	Cancel
January	47	26	14	21	531.75	4
February	62	36	21	22	805.45	4
March	29	21	9	16	383.85	6
First Quarter Total	138				1,721.05	14
April	37	28	9	23	536.40	7
May	38	29	12	16	543.95	2
June	34	27	12	23	521.60	5
Second Quarter Total	109				1,601.95	14
July	46	30	12	23	618.60	8
August	33	20	11	20	403.20	3
September	27	17	8	18	364.50	8
Third Quarter Total	106				600.60	19
Year 2024 to date Total	353				3,923.60	47
Year 2024 Month to date Average	39.2		Months	9	435.96	

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 poslingfordddd@outlook.com 07814 246 204	Marc Allison marc@theallisons.co.uk	Chris Turner 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 stradishallparishcouncil@yahoo.co.uk 07970717116	Robert Deeks 07940548407	Joanne Kirk stradishallparishcouncil@yahoo.co.uk 077946851198
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

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 bobbybennet@suffolk.couk

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

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The Bansfield Benefice

Services for December 2024 **DRAFT**

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

Please check the Benefice website for changes each week

Date	Time	Church
01 Dec	10:00 am	Wickhambrook 🏰 (First Sunday of Advent HC)
08 Dec	10:00 am	Stansfield 🏰* (Second Sunday of Advent HC)
08 Dec	03:00 pm	Lidgate 🎵 (Carol service)
08 Dec	04:00 pm	Denston 🎵 (Carol service)
15 Dec	10:00 am	Lidgate (Third Sunday of Advent HC)
19 Dec	06:00 pm	Wickhambrook 🎵 (Christingle service)
20 Dec	06:30 pm	Ousden 🎵 (Carol service)
21 Dec	05:00 pm	Stradishall 🎵 (Carol service)
22 Dec	10:00 am	Denston (Fourth Sunday of Advent HC)
22 Dec	05:00 pm	Cowlinge 🎵🔔 (Carol service)
24 Dec	05:00 pm	Stansfield 🎵 (Carol service)
25 Dec	10:00 am	Wickhambrook (Christmas Day HC)
29 Dec	10:00 am	Ousden (First Sunday of Christmas HC)

FRESH FISH • SMOKED FISH • SHELL FISH



WEDNESDAY
Willow Tree Farm Shop
9am-1pm
THURSDAY
Coggeshall 7.30am-12.30pm
Long Melford 2.30pm-5pm
FRIDAY
Clare Market Hill 8am-10am
Lavenham Market Place 11am-1pm
Depden 2-4pm



**The
supplier is
selling up
but the van
system will
continue
next year**

OLD GOAT BREWERY

FINE ALES, BREWED ON THE PREMISES

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DECEMBER

FRIDAY 20TH: WINTER SOLSTICE CONCERT 6PM - 8PM

WITH BRYAN, PENNI & STEVE (FROM THE BOXWOOD CHESSMEN)

PLUS POP UP KITCHEN - TAQUERIA LA GRINGA FROM 5PM

CHRISTMAS HOURS:

24TH: CHRISTMAS EVE 6:00PM - 10PM
CHRISTMAS CAROL PARTY (CAROLS FROM 7:30PM)

25TH: CHRISTMAS DAY 12:00 - 3PM

26TH: BOXING DAY 12:00 - 5PM

31ST: NEW YEARS EVE 6:00PM - MIDNIGHT

1ST JAN: NEW YEARS DAY 1:00PM - 6:00PM

MERRY CHRISTMAS AND HAPPY NEW YEAR, FROM ALL OF US AT OLD GOAT BREWERY!

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SAT: 3PM - 10PM
SUN: 3PM - 7PM**

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Who is who in our local church benefices?

BENEFACTICE	CHURCH (Parish)	RECTOR	CONTACT	ELDERS AND OFFICIALS
BANSFIELD	COWLINGE	The Revd Eve Bell	07815441304	Dr Paul Bevan
	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



Martin Kinna

Martin's Suffolk. Autumn looking to Winter in this changing world.

Usually November, that early harbinger of Winter, comes howling in, scattering the last of the autumn leaves on its way to make us open the drawers of sweaters we have not needed in a while. This month the early days gave us some of the best autumn colour I ever remember, and our Suffolk lanes showed an autumn pallet of great splendour. I do not remember leaves hanging on so long or so beautifully. Wiseacres said it was because of the quantity of rain soaked up in recent months. If so it was almost it. We had New England colours while Spain got the devastating floods.

I used to have a remote and modest property in Southern Spain in an area known as The Alpujarras which are a spectacular range of hills and mountains between the Sierra Nevada and the Mediterranean. I chose it because it was quiet, remote and not an Irish bar in sight. We had egrets in flocks who passed every morning on their way to feed on the freshwater shrimp in the lakes higher up our valley. At dusk they returned, and we stood under orange trees to count them in, sometimes as many as an hundred and that was the signal for Drinking Time. Yes I did behave like an Ex-Pat sometimes! In the early Spring we had a large group of nightingales which gave us nightly choruses of delightful music seemingly with new cantatas every night.

Here, in Suffolk, we have an early Spotted Woodpecker with a passion for peanuts and many gold finches and tits various who have no idea how expensive are the bags of sunflower seeds we buy them. It is a fair swap but alas I have not seen a thrush all year and the larks on the field opposite our front door are much diminished in number. When we first came to our village people would describe it as being in Barn Owl country. Thankfully they are still here, and one makes a terrible mess in our old church porch.

But now, as I write, the news and weather people are in that first childish delight of telling us that snow is about to paralyse the country and whilst we have seen early flurries in London, not yet in these parts. Plants have been fleeced and put away till Spring and the hackneyed cry of "winter drawers on !" can be heard.

Which brings us slowly to Christmas. This year retailers talk of slow business and fear for profits, and farmers have marched on Westminster. We are being more careful as yet, though there is a lot of publicity for Christmas Fayreism, Carol Concerts and the tiny village of Depden is putting on its lovely Living Nativity at the Care Farm. This is a wonderful free ranging telling of the Christmas story. I believe the Director this year has told the inn keeper he can ad lib! He knows not what he has asked for! Amateur actors can be devilish in building their parts! The performance ends with lovely

tableau, and we stand by a blazing fire with beakers of mulled wine and mince pies. Definitely worth catching. There are even Roman soldiers if **Gladiator 2** has caught your attention.

Hats off to the villagers of Denston this year. They have so much to celebrate their important church anniversary this year. A real achievement and a huge community effort.as indeed are all the works carried out in Stansfield Church.

Soon we will be into a New Year and a year of such uncertainty. Our fresh Government has promised change and looks like making us tighten our belts. In America the new President seems intent on swingeing reforms while in the world's many battle grounds greed and ideology seem set to continue sowing distress and hardship on millions. It is a sad world that has been created but the hope and effort we see all around us must provide hope because without it we are lost.

I hope your Christmas tide is a hopeful one, that you know the best of family kindness and that in the coming year those special things you have planted with hope all come to fruition, that in 2025 you will enjoy good health, find happiness in the beauty that is at your doorsteps, and you get at least one really good present! Merry Christmas to all in Parish-Pump land.

Martin Kinna

Stradishall Church revitalisation

South aisle windows revitalised



Before



After



Remembrance at Stradishall church

The church certainly looks good for Christmas . As shown above a broken blocked up window was repaired which means there is more light coming in from the south.

We had a gentle Remembrance Day event which received some compliments both for the service itself and Remembrance symbols which made the church and the church yard look especially good.



Mary Cleaver

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

**Mary Cleaver Partner - Duty Solicitor and Higher Courts Advocate
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**Standish v Standish: clear guidance
from Court of Appeal on non-
matrimonial assets on divorce**

In the recent case Court of Appeal case of *Standish v Standish [2024]*, the court has clarified two points:

- When property should be treated as matrimonial (or otherwise); and
- When a non-matrimonial asset may be matrimonial (and therefore subject to sharing)

The sharing principle from the 2000 case of *White v White*, is the concept that matrimonial assets are to be shared in equal proportions unless there is a good reason to depart from equality. This principle does not apply to non-matrimonial assets.

Background

The parties married in 2005. The husband had significant pre-marital wealth, and a successful career. The wife was a homemaker with modest pre-marital assets. The husband was a UK national, moved to Australia and met the wife, an Australian national. They moved to the UK in 2010. Divorce proceedings began in 2020.

Towards the end of the marriage in 2017, as part of a tax planning exercise, the husband transferred £77 million of assets to his wife, who would remain non-domiciled, designed to protect against inheritance tax. The case centralised around the impact of these actions.

At first instance, the judge decided that the assets had become matrimonialised due to the transactions in 2017. They were therefore subject to the sharing principle. Of the matrimonial property, which totalled £112 million, the husband was

awarded 60% (£67m) and the wife was awarded 40% (£45m). The judge found there was a further c.£20 million of non-matrimonial assets, not to be shared.

Court of Appeal

The wife appealed, stating that the Moor J should have found that the 2017 assets and her shares in a farm were her own separate property, because she had the title to the assets (i.e. they were held in her name). She did however say that the assets should be treated as though they were matrimonial property and so shared equally.

The husband cross-appealed and argued it was the source of funds that was the critically important factor rather than title, and that the Judge had not adequately recognized this. Additionally, even if the 2017 assets and shares were matrimonial property, the judge's distribution was excessive as insufficient weight was given to the fact that these assets were the product of his pre-marital endeavours.

At the **Court of Appeal**, the wife's appeal was dismissed, and the husband's cross-appeal was allowed. The source of the asset, he determined, and not the title, was the critical factor.

The Court considered three ways in which assets could be matrimonialised:

1. the percentage of the parties' assets (or an asset) which might be said to be non-matrimonial was not sufficiently significant to be treated separately.
2. where non-matrimonial property had been mixed with matrimonial property meaning that, in fairness, it should be included within the sharing principle; and where non-matrimonial property has been

used in the purchase of the former matrimonial home, an asset which tended to be treated as matrimonial, regardless of its source.

Where an asset fell into category (1), the sharing principle would apply. Where an asset fell into category (3), the court will typically conclude that the former matrimonial home should be shared equally although this is not inevitable. Where, however, an asset fell into category (2), the court will have to consider whether fairness requires or justifies the asset being included within the sharing principle. If it does, that does not mean that it must be shared equally. It was held that applying the sharing principle meant an unjustified division of the wealth in the wife's favour. A fair application of the sharing principle would have provided the wife with approximately £25 million.

This case provides clear guidance about whether assets that one party brought to the marriage should be treated as matrimonial or non-matrimonial. Whose name the asset is held in does not matter. Rather, the source of the asset is the critical factor.

The decision in *Standish* means that there is greater scope for argument that an asset brought to the marriage will not automatically be assumed to be subject to the sharing principle. There is however no guarantee as to outcome as the court uses its discretion. For further advice regarding finances on divorce contact **Oslers Solicitors** on 01449 774670 to discuss your case with a specialist lawyer.

Mary

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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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Wickhambrook Parish Council news

Hello, I hope you are all keeping safe and well. The trees have coloured up, the nights are drawing in – winter is coming, Christmas is coming!

Thanks go out to **Mary Jolland** for organising the November Litter pick, **Barbara Merritt** and the **Wickhambrook Memorial Social Centre** for their welcome refreshments and to Cllrs Andrea and Kevin Grimes for organising the litter pick at Bury Road. Thank you too for such a strong turnout. We'll be setting some dates for litter picks in the new year and hope to see you again soon.

Thanks also go out to **Alan and Kathryn Cordy** and their volunteers who did such a lovely job cleaning and decorating the Memorial and the gates into the cemetery leading up to it in preparation for the Service of Remembrance on Sunday 10th November. **Cllr Mike Lavelle** laid the wreath on behalf of the parish council.



Thanks go out to **Cllr Tracey Turner** and the Neighbourhood Plan Working Group – work on the plan has been progressed over the summer, with a grant from Locality for technical support and the commissioning of:

Strategic Environmental Assessment (SEA) and a Habitats Regulations Assessment (HRA)

which West Suffolk Council had required before the draft plan could be submitted to them. These reports have now been received and the draft plan will be submitted to West Suffolk Council in December.

Although the cutting season is drawing to a close, the grounds contractors have been out and about undertaking hedge cutting and clearing brush.

The storms and very wet weather resulted in a lot of flooding issues in the parish last winter. You can sign up for flood alerts and warnings for your property or business here: <https://www.gov.uk/sign-up-for-flood-warnings> and you can also check for flooding in Suffolk here: <https://check-for-flooding.service.gov.uk/location?>

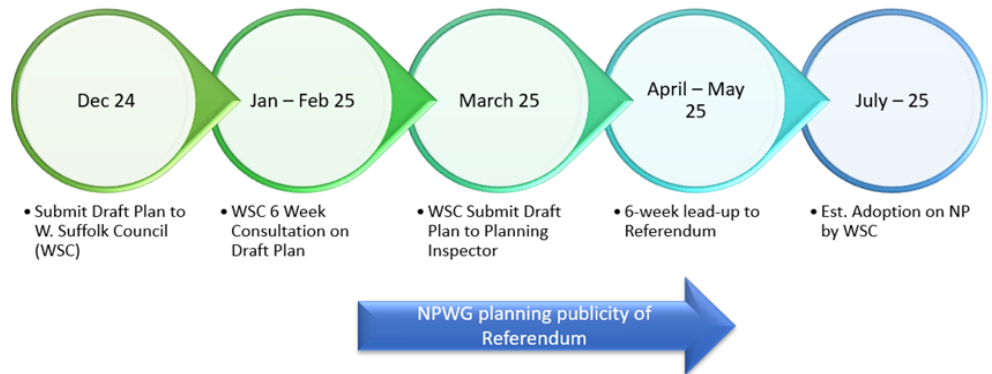
The Wickhambrook Neighbourhood Plan

Your village
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Your future

<https://wickhambrook.org/neighbourhood-plan/>



Wickhambrook Parish Council



[location=suffolk](#) – this one includes a map You can also call the floodline for advice: Telephone: 0345 988 1188 Textphone: 0345 602 6340 Open 24 hours a day, 7 days a week Suffolk County Council is asking affected residents to report significant flooding to individual properties using the [Highways Reporting Tool](#), or if you don't have access to the internet, to call **SCC Customer Service 0345 606 6171**. If you would like to volunteer with the parish council to help with activities that could help to reduce the impact of flooding, please contact the clerk.

Parish Council Meetings are open to the public so why not come along? We hope that you will find it interesting and we would like to increase our community engagement. This helps to ensure that the decisions that are reached have the support of residents. You never know, you may wish to get more involved – there are lots of ways to contribute, from attending meetings and asking questions, to joining in with volunteer events, becoming a lay member on our Estates Committee, or becoming a Councillor! We currently have one vacancy for a parish councillor and are also looking to recruit a lay member to the Estates Committee. If you would like to find out more, please do call me or one of our councillors, or come along to one of our meetings. If you would like to be considered as a councillor, please take a look at the [website](#), and complete and return a co-option application and eligibility form to Hilary. We look forward to hearing from you!

Our next meeting takes place on Thursday November 28th at 7:00pm, in the Pavilion of the Memorial Social Centre. Please do join us, particularly if you have any issues you wish to raise or questions you would like to ask. The [Agenda](#) includes:

- The Parish Council's Draft Budget
- Grounds Contract for 2025

The parish council's meeting in January will consider any revisions to the draft budget and set the precept for the next financial year.

We'll also be considering nominations for the [Alf Hicks Crystal Biscuit Barrel](#), to be presented at the next Annual Parish Meeting. If you would like to nominate an individual for their outstanding service to the parish, please drop a line to the clerk not later than 31st December.

If there is anything you would like the parish council to consider at a future meeting, [please do get in touch with me](#). 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!

Thank you once again to everyone who has supported the parish council in its work this year. Wishing you all the best for Christmas and the New Year, keep safe and well.

Hilary Workman
Clerk for Wickhambrook Parish Council

PLEASE NOTE

We send an electronic version of our magazine to about 400 people. If anyone in the villages does not receive the Pump or if you know anyone who would like to have it, please message us with their email address. I will ensure you will be put on the list. Kind regards, Peter parish.pump@gmail.com

**Parish Pump
COPY DEADLINE**
All contributors & advertisers to submit copy no later than the 21st of the month. PLEASE!

Poslingford Church

Apologies all round to the Poslingford pumpkin people. I completely missed the account of their lovely competition -so here you are

****People of Poslingford****

The last weekend of September, **St. Mary's Church in Poslingford** was beautifully decorated and welcoming for the Harvest Service, which saw a great turnout. The church was adorned with fruits, flowers, and corn dollies.

The people of **Poslingford** have celebrated a fantastic year filled with wonderful events, meeting neighbours and making new friends. At the October event, we weighed a variety of pumpkins, some grown within the village and others brought in from outside, all varying in size. Rosettes were awarded, with cheers, laughter, and applause for the different categories.

Our local **Police Constable, Cheryl Claydon**, visited to introduce herself and was asked to judge the pumpkins impartially. This year's winning pumpkin weighed an impressive 22.95 kg and was grown by **Dave and Corrinne Snowling** in Poslingford. A tremendous effort! Additionally, we had a beautifully crafted wooden spoon designed by Elaine England for the "loser". Looking ahead, we have more fun events planned, including making Christmas decorations and a Christmas pudding-eating contest, always accompanied by tea, coffee, and cake. Details will follow. In November, we will hold our **Remembrance Day** service at the war memorial by the church at 11:45 AM. We invite everyone to join us. If you would like to paint a poppy on a stone, please bring it along; these will be laid at the memorial. Afterwards, we will enjoy tea, coffee, and cake in the church.

Throughout the year, we have received many lovely contributions for the Community Pantry.

A big thank you to everyone who has participated and enjoyed the events. Without your support, these activities would not be possible!



Winter Mahonia - the bees love it



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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 always read the problem page in the magazine and wonder who people are. I read problem pages wherever I find them. I like them. I really do. I wonder if you enjoy doing it. It must be a funny thing to do.

I am an old lady and haven't written to a problem page before ha ha ha. That's not to say I haven't had any problems in my life because I have. I have had my share of things going wrong in my life ha ha ha. Not that I am going to share my life story with everybody here ha ha. So funny I am writing in to you now. I am a wee bit worried. You see. I am worrying I might be going a bit soft. Perhaps. I find myself being sort of forgetting. I also get a bit muddled. In lots of ways. I forget where I have put things a lot. I am still driving and must do because I wouldn't get about without the car but two times I have forgotten where I left the car. Two times. It's so stupid and I can be daft sometimes, but I am worrying about myself. I don't want to go see anybody so don't tell me to. I thought I'd just write in so I can say I have written to a problem page once in my life ha ha ha.

M

Dear M,

It's lovely to receive your email. I bet I am not the only one thinking I would like to hear your life story. I bet it's interesting.

M, I am sorry you are worried and fretting about this. It must be horrible for you forgetting where your car has been parked for example. And you need your car as you say. You don't sound in the least bit daft to me. You say you feel muddled sometimes and that you often forget where you put things. Thank you for telling me about this.

I am really sorry M but I am going to ask you, urge you in fact, to make an appointment with your GP. It's important to get this checked out and just see that there is nothing wrong. I do believe it's important M so I want you to do that. Email me again if you have any doubts.

I wish you all the very best M,
Carol

Glorious Suffolk in Autumn



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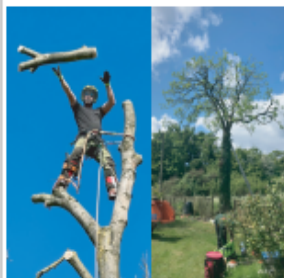
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