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PARISH PUMP

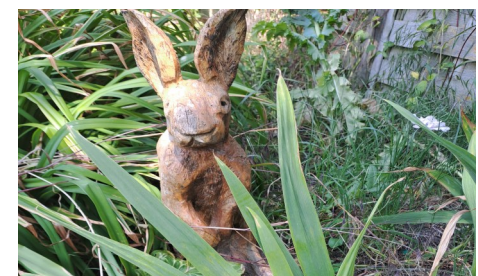
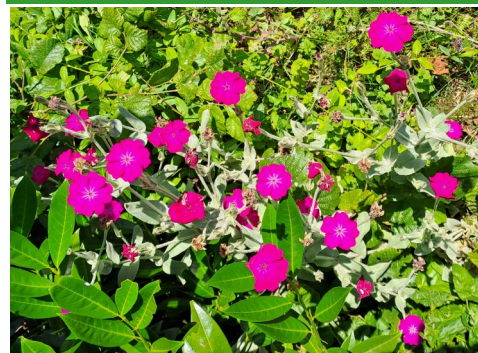
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July 2026

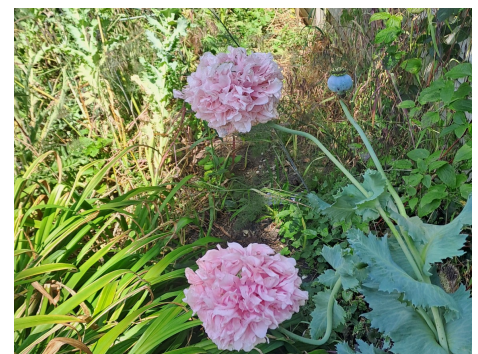
Wickhambrook Garden Club beauties from Polly Pituch



Beautiful colour in Stradishall

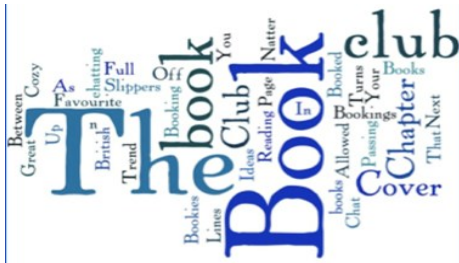


It is surprising what you find!

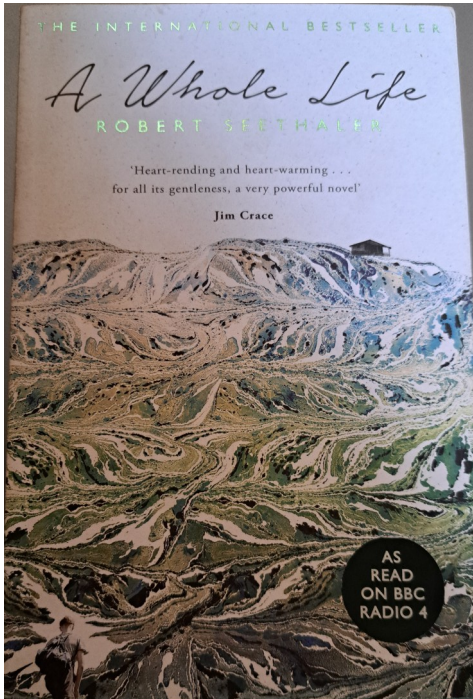


Parish Pump: delivery to Assington Green and Highpoint Estate in Stradishall

This is **another** cry for help please: Due to Paula Green's house move, we need a volunteer to deliver the magazine every month to the houses in Assington Green. It takes about half an hour to walk it or 5 minutes by car. Also we need a deliverer for Highpoint Estate in Stradishall. **Anyone who is interested in either of these please contact Peter on 07711689171. Thank you.**



‘An antidote to modern living’ was how one member summarised this month’s read, *A Whole Life*, by **Robert Seethaler**. Whilst diminutive in size, this novella packs a powerful emotional punch as it chronicles the life of one man, **Andreas Egger**, from cradle to grave. A



solitary man, at one with the summits and valleys of his Alpine home, he lives a seemingly simple life navigating hardship, love and loss with quiet dignity, against a background of World War and the encroaching impact of modernisation.

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A Whole Life, by Robert Seethaler.

Egger is a man of few words and dialogue is sparse, but when it does occur it is laden with meaning and significance. This could be a tête à tête with a fellow worker on a mountain side which, when prompted by a grisly accident, takes an unexpected philosophical turn, or in the tender exchanges with his wife, or even in the brief interviews with his boss who manages to impart nuggets of insight Egger will remember all his life. Neither is the book driven by the plot. It’s mostly a tale of everyday living, even episodes of his life which could be used for dramatic impact, like his childhood beatings by his sadistic uncle and eight years as a Soviet prisoner of war, are faced with equanimity and resilience, without a trace of self-pity. The reader is, in the main, propelled along by the beautiful lyrical prose and the uncovering of a great depth of meaning in small things, which could resonate with our own lives and experiences.

Egger is also a man who can adapt to his environment and what life puts in the way. When the cable car industry comes to his valley, he sees becoming part of the workforce as an opportunity to support a family. A pragmatic move but underneath lies a feeling of being ‘part of something big ... a small but not unimportant cog in a gigantic machine called Progress’. When the tourists come along to ski and hike in the mountains, and guest houses and even a bowling alley spring up, all in the trail of Progress, Egger accepts ‘all these changes with silent amazement’. Knowing every path and peak of his mountainous home, he, himself, decides to become a tourist guide!

Early on we witness Egger falling in love with his future wife following her touch which was ‘barely perceptible yet it left a subtle pain’ and a brief smile so that ‘all his life Andreas Egger would look back on this moment, again and again... her name was **Marie**, and he thought it the most beautiful name in the world’. His love is gentle, honest and total and when he loses Marie his sorrow is total too. It’s a tragedy for which he has no words, and he uses

hard manual labour to cope with ‘that empty silent time’ of grieving. He becomes one of ‘a handful of taciturn men whose bearded faces, burned by the mountain sun, betrayed almost nothing of their emotions’, who travel the mountain roads taking care of the maintenance of the cable cars. The image of Egger suspended in a wooden frame at the end of a thin rope ‘as little by little the black cloud of confused, despairing thoughts that shrouded his heart dissolved in the mountain air, until nothing was left but pure sorrow’ is an unforgettably poignant depiction of grief. He has a profound connection with his landscape – he really sees and feels his natural surroundings and through him we really see and feel them too. Moments of stillness and reverence for nature are conveyed with poetical beauty: when he lies on a hill side and has ‘the impression that beneath his back the earth was softly rising and falling ... in moments like these he knew that the mountains breathed’; when he marvels at tiny, drops of water trembling on the tips of blades of grass, ‘making the whole meadow glitter as if studded with glass beads’; when he ‘hung in the air between mountains, and watched the seasons change beneath him like colourful paintings’. It’s an evocative and deeply moving read but when it came to discussing the book we found ourselves, like our protagonist, rather short of words! It was almost as if it was so well crafted and highly polished it was difficult to pull apart to get stuck into a hearty discussion. We could certainly appreciate the author’s writing skills but some were left wondering to what purpose it was written. If one is looking for a point in it all we thought we could do worse than to look to Egger for some lessons in living – to live more slowly, more attentively, to take pleasure in our natural surroundings and to make the best of things. In all, a small book which leaves a lasting impression, and we were glad we read it – we awarded 4 stars. Next time we are looking forward to reading **The Marchesa**, by **Sarah Dunnant**. We meet once a month on Monday evenings in and around Stansfield and if you would like to join us please contact annedennis1@live.co.uk or

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St Nicholas Hospice Care 'Wills Week'

Each year, more than 300,000 people across the UK receive care and support from hospices. Many of those services are only possible thanks to the generosity of people who choose to leave a gift in their Will. This June, St Nicholas Hospice Care is once again running its Wills Weeks, giving local people the opportunity to have a Will written or updated by a participating solicitor at a reduced cost. Instead of paying a fee, you are invited to make a donation to the Hospice, helping to support patients and families in your community.

St Nicholas Hospice Care needs to raise around £9.5 million each year to continue providing free care. With only a small proportion of this funded through statutory sources, support from the community is vital. Donations made during Wills Weeks and gifts left in Wills play a crucial role in ensuring hospice care remains available both now and for future generations. Leaving a gift in a Will, no matter how small, can make a lasting difference. It can help ensure that people facing dying, death and grief are supported with dignity, compassion and expert care. Wills Weeks is a positive and practical way to make plans for the future while supporting a local charity. To find out more and book an appointment, visit <https://www.stnicholashospice.org.uk> and search for Wills Weeks.

**Stansfield PCC
Village BBQ
Sunday 19th July 2026
At Village Hall,
Stansfield, CO10 8LW
11.00 service in the hall –
optional
12.15 BBQ, BAR &
RAFFLE
Tickets available from
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hugh.dp@btinternet.com
£17.50 pp (8yrs and
under, £8.00) PROCEEDS
GO TO ALL SAINTS
CHURCH, STANSFIELD**



Speeding in Stansfield, and the lanes around the village, was again top of the list of concerns residents raised at the Annual Parish Meeting. But the gates to the Old Chapel Graveyard, and the parish council's response to the killing of sheep incidents in the village last year, were also raised. The Parish Council (PC) was requested to keep up efforts to encourage drivers to slow down and take care in and around the village, especially on Plough Hill. It was reported that the PC had decided at their AGM a week earlier to place a **flashing speed indicator** device in the village, and to investigate the feasibility of installing "gates" at either end of the village, asking drivers to slow down and take care.



A question was posed about the gates at the **Old Chapel Graveyard**. It was reported two gates were ready to hang, having been refurbished by Good Neighbour Scheme volunteers at no cost to the parish, but that the third gate had needed extensive metalwork repair and had only just been finished. It was expected that they would be re-hung this summer. New gateposts had been put in place ready. On the advice of the Suffolk Wildlife Trust, the old graveyard is cut in late summer/autumn, but a path to the seat which offers a quiet and lovely spot for reflection is mowed three times a year. Parish Councillors undertake this work for the village. The horrific incident involving the killing of over 30 sheep by loose dogs in July last year had regrettably dominated the work of the Parish Council in the past year, said **PC Chairman**



Sheep, Speeding and old gates: Stansfield's Annual Parish Meeting

Rex Barnes in his annual report to the parish meeting. Discussions were still ongoing with the Police and the Police and Crime Commissioner about a system for local communities to flag up threats as they are developing, and this had necessarily taken up a great deal of councillors' time. The PC had written to the Police about the threats loose



dogs were posing in the village several months before the major incident in July and had chased up action but had been rebuffed. They had also encouraged people to keep reporting incidents of threats. Police blamed "operational failure" for lack of robust action at an earlier stage. The PC had engaged with the **MP Nick Timothy** to urge Police to take crime in rural areas more seriously and to listen to communities when they flagged up threats. So far a **regular monthly communique** had been put in place, but more engagement was needed, said a parish councillor present at the Parish Meeting.

Several events instigated by, or supported by the PC, had taken place in the year to May 2026, offering extra opportunities to residents to give their ideas and concerns about the village to the PC. Particularly successful had been the Spring Coffee Morning in March with its display of things 'Made in Stansfield'. This was praised at the Parish Meeting. Next up is the village **Fun Day on Saturday August 15th** with its welly wanging, egg and spoon races and table competitions.

Photography, drawings, and stories or poems, about **Stansfield Wildlife** are one idea for inclusion at this event. Volunteers are being sought to help on the day and also prizes for the Tombola. Please contact the parish clerk **Abbie Lee** if you would like to help.

clerk@stansfieldparishcouncil.gov.uk

History Society report for June The Landscape History of Wickhambrook

We had a beautiful evening for our walk

as a typical Green from medieval times



blacksmith etc at what would have been an important crossroads at the former **Plumbers Arms**. There was probably a watermill on the **Denston** side of the road.



around the **Thorns** area of the village with **Michelle Bullivant**, a landscape archaeologist. Starting at the WI Hall, we walked across the recreation ground and along the bank to the school, past the Methodist Chapel and back to the hall but in that short journey we learned so much. None of us had ever noticed the graffiti on the school wall, at child height, near the back entrance, some of which must date back more than a hundred years. This could be a lovely project, to match initials to individual children from the school roll. The Harp field, opposite Thorns and towards **Attleton Green** was pointed out

when cottages faced a triangular field so animals could be watched and kept safe. There is a plaque on the wall of the chapel, near the back door, almost illegible, but we could make out the word 'Circuit'. Something else to research! The dark bricks in a star shape on **Mill Cottage**, next to the shop, are a sign of wealth, rather than a religious symbol. Millers were prosperous people! Back in the hall, Michelle showed us more intriguing facts through maps, aerial photographs and newspaper cuttings. At one time, the **church of All Saints** would have been the centre of the village and there are records of shops, pub,

Aerial photographs of **Ashfield Green** show ancient crop marks and other signs of Roman habitation. The shape of the green suggests it might have been a market. Thorns, Upper and Lower on old maps, could possibly have been named after **William Thorne**, whose name is on the Parish Register and who was born in 1614. There was so much to learn from Michelle, an enthusiastic and engaging speaker. We hope she will return to tell us more about our interesting village.
Dorothy Anderson

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WICKHAMBROOK

SUMMER FETE & FLOWER SHOW

Saturday 11th July

1pm - 5pm

Recreation Ground

Lavenham
Falconry

Tug of War

'Slim Pickin'

Classic Car
Show

Angies
Curious
Creatures

Ballet Shoe
Workshop Display

Circus Workshop

Punch & Judy

Stalls

Inflatables

Grand
Raffle

Family
Dog Show

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for All

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Long Melford Church



SUFFOLK ART SOCIETY Summer Exhibition Long Melford Church 17 July to 2 August

The Suffolk Art Society Summer Exhibition is due to take place in the LADY CHAPEL, of Holy Trinity Church, Long Melford from 17 July to 2 August.

The exhibition will be open daily from 10 am to 5.30 pm
EXCEPT

Fri 17 July 1pm to 5.30 pm
Sun 2 Aug. 10 am to 4 pm
ADMISSION is FREE

The exhibition will feature work by 60 artists from across East Anglia showcasing a high standard of artistic talent. The work will cover a wide variety of subjects in many different media. A number of new members of the Society will be exhibiting for the first time.

All paintings will be for sale, with 20 per cent of sales during the exhibition being donated to St Nicholas Hospice. Please let me know if you would like details about some of the artists exhibiting with pictures of their work
Clare Powell. 078902010361.

clarepowell9@btinternet.com

Wickhambrook and District Garden Club Visit to RHN Plant Centre, Barrow on Wednesday 17th June.

About 30 members and friends enjoyed a visit to the Plant Centre, starting with tea and cake, while we listened to Kelvin Harbutt talk about four generations of his family who have run several plant centres and taken their plants to numerous shows all over the country, including Chelsea.

At present he is building up the centre at Barrow for the fifth generation, his daughter and her partner, extending the tunnels from three to six and enlarging the outside area to grow and display their plants for sale.

They grow an impressive 90% of the plants themselves. The remaining are imports from specialist growers and some from Holland. The watering is done by hand, sometimes taking up to eight hours in the day!

For Christmas, one of the tunnels is heated and full of plants, which need covering with fleece in the coldest weather.

A vegetable area is being developed. The heavy clay soil is a "no dig" area with deep compost and bark for paths. The vegetables they grow are sold in the shop, along with other local produce and eggs.

No chemicals are used. Ladybirds and other natural predators are introduced to keep the plants clear of black and white fly. We were unable to enter one of the tunnels as they had just released pollinators, who would need to be left undisturbed for 24 hours.

There is a wide range of compost for sale, with and without peat.



More photos next month

Caterpillars

Are they harmless or dangerous ?

Following the recent photo of caterpillars in the June issue of the **Parish Pump** one of our readers was concerned that they may be the dangerous Oak processionary caterpillars and not the harmless Ermine or Boxtree ones as captioned. Coincidentally the dangerous variety were featured on the Look East TV programme (see below) on the evening of 16 June. **Suzi Fowler Watt** interviewed an expert on trees who confirmed that they had appeared locally and that they were harmful to both humans and animals and should be reported to Tree Alert. At the time of going to press the research is still ongoing but we will keep readers informed of the result.



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Wickhambrook Garden Club Plant care and Summer Colour

A follow up meeting with Jason Breed in May. Returning as our speaker, Jason Breed brought with him a table full of plants which included a few annuals, but mostly perennials.

Small begonias with deep coloured leaves, which he suggested planting in a hanging ball shape and watered through a small length of hosepipe. Dwarf varieties of Zinnias are doing well in our warming climate. He brought to our meeting several unusual perennials, from Day Lilies, which have colours from bright yellow to deep orange, to a range of Rudbekias to Hebes.

He suggested using contrasting plants like blue grasses and Japanese Spurge. Once he had finished his talk, the plants were

for sale.

We ended the evening with social time and refreshments.

Following events:

Wednesday 17th June. Visit to RHN Nursery Barrow
Saturday 1th July. Annual Summer Show. Show off your



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Curate's Chronicles – June 2026 (God's Call to Serve)



Rector's Ramblings – July 2026 (Rooted in Rest)

As we enter July, our countryside is in magnificent, full bloom. The hedgerows are thickening, the fields begin to be heavy with grain, and the long, sun-drenched afternoons present the perfect backdrop for a traditional summer.

For many of us, this is a season of intense activity - fêtes to organise, gardens to tend, holidays to pack for, and children to entertain during the school break. Our diaries quickly become cluttered, and our minds inevitably follow suit. Yet, amidst the vibrant busyness of midsummer, our faith calls us to pause and encounter a profound, sacred counter-cultural truth: the necessity of being rooted in rest.

In our modern world, we often view rest as a luxury, or worse, a sign of weakness. We wear our exhaustion like a badge of honour, measuring our personal worth by the length of our to-do lists. However, a Christian theology of rest teaches us that taking time for ourselves is neither selfish nor optional; it is a spiritual discipline and a divine command. When God established the Sabbath, it was not because He was tired, but to weave a rhythm of restoration into the fabric of creation itself. Rest is an act of trust, a declaration that the world can spin for a moment without our direct intervention, because it is ultimately held safely in God's hands.

"Come to me, all you who are weary and

burdened, and I will give you rest." — *Matthew 11:28*

Jesus Himself consistently modelled this behaviour. Throughout the Gospels, we see Him repeatedly withdrawing from demanding crowds, seeking solitary places in the hills or by the lake to simply pray and be. He understood that to pour out love, grace, and healing to others, He first needed to be filled up in communion with the Father.

If the Son of God required quietude to sustain His ministry, how much more do we need it to sustain our ordinary lives? Taking time for ourselves allows us to step away from the noise, encouraging our souls to drop anchors deeply into the love of God.

To be rooted in rest means allowing ourselves the grace to simply 'be' rather than constantly 'do'. It might mean sitting quietly in the garden listening to the blackbirds, taking a mindful walk through the woods, resting in one of our beautiful churches, or enjoying a slow cup of tea without checking our mobile phones. It is in these unhurried moments that we become attuned to the still, small voice of the Holy Spirit, finding the clarity and resilience we so desperately need.

This July, I invite you to intentionally carve out sanctuary space in your week. Let us relinquish the burden of constant productivity and reclaim the holy gift of leisure. By grounding ourselves in God's peace, we will find that we are

better equipped to love our neighbours, serve our parishes, and appreciate the beautiful world we have been given. With every blessing for a peaceful and restorative summer,
Yours in Christ, **Mark**
The Revd Mark Woodrow (Rector)



Hawkedon Church

The following services will be held at St Mary's Church, Hawkedon during **JULY**: all very welcome.

Sunday, 12 July. 9am. BCP Holy Communion
Sunday, 26th. 11am. Morning Prayer with hymns
Tuesday 28th July 6pm Evening Iona worship

Heather Tilbury Philips

Monthly rainfall mm 2025/2026 (Please note the change in units: inches to mm)

2025	Jan	Feb	March	April	May	June	July	Aug	Sep	Oct	Nov	Dec
Nick Burton- Stradishall	55	31.5	11	22	20.5	23	39	25	47	60	118	41
Tina Lee- Stradishall	45	32	9	25	19	27	30	33	46	63	101	46
Sam Slater- Stansfield	46	30	5	23	21	20	54	24	41	54	99	45
Rod Taylor- Stansfield	64	35	13	25	26	29	59	26	48	59	114	43
Jay Gridley-Hundon	59	26	11	21	26	29	22	25	38	77	122	54
Victoria Pakenham -Fenstead End	73	33	8	21	30	32	32	20.5	43	58.5	98	52
Elaine Plumpton - Great Saxham	63	42	6	23	17	38	51	26	60	58	119	49
2026	Jan	Feb	March	April	May	June	July	Aug	Sep	Oct	Nov	Dec
Nick Burton- Stradishall	91	71	18	3	7.5							
Tina Lee- Stradishall	81	65	14	6	8							
Sam Slater- Stansfield	100	57	20	3	11							
Rod Taylor- Stansfield	96	84	25	4	12							
Jay Gridley-Hundon	116	105	28	5	13							
Victoria Pakenham -Fenstead End	90	65.5	24	3	11							
Elaine Plumpton- Great Saxham	94	82	22	9	9							
Robin Stokes - Barrow	84	93	31	13	8							

Martin's back with Spring in his step on his way to Summer or, as some would have it for this article, 'Reflections of a boring gadabout!!'



Delights of Summer

June can really be the start of the busy season. After the May Bank Holiday scorcher, we eventually got a little rain, the lawn gave a sigh of relief, and the hay harvesters followed suit having got their first cut bagged and into storage before the torrents.

On the first of June I was taken as part of a Christmas present to the Royal Opera House to see a long-awaited revival of **La Fille Mal Gardée**, a famous ballet choreographed by **Sir Frederick Ashton** way back in 1960 and since then performed countless times all over the world. It has been absent for some time here and we looked forward to seeing it again.

I first went to **Covent Garden** sixty-five years ago when, for a 21st birthday treat, I went to the first night of a new production of *Fidelio* conducted by **Rudolph Klemperer**, then at the top of his game as the world-famous **Beethoven** conductor. I did not know the opera and was blown away by the grandeur of the building. The cast, though I did not know it then, was world famous and the whole experience was electrifying and, of course, it has remained in my memory ever since.

After that auspicious start I have been to the Opera House more times than I can remember and when I first started working in London, I shared a flat just a hundred or so steps away from the box office of the Amphitheatre, which was separate from the main box office. Walking home from my place of work in Holborn each evening I would pick up a copy of the *Evening Standard* to see what was showing that night at my "Local" (the Opera House) and if it sounded interesting I would make my way to the box office at the side of the building in Floral Street, Covent Garden, pay my eight shillings and then rush up a seemingly endless concrete staircase to get the best place I could in the unreserved seats. Sometimes the only choice was to take a place in the Standing Only area from which one would crane one's neck to see the full stage. Sometimes I would never have heard of the piece I was about to see, nor knew what it was about or who was in the cast but be it opera or ballet I gradually became familiar with the repertoire each season. I would try anything and, in that way, I managed to see famous productions of *Tosca* with **Maria Callas and Tito Gobbi** and found myself getting familiar with the works of **Puccini, Mussorgsky and Verdi** and then, first to my bafflement and then lifelong delight, the operas of Wagner. For Ballet I saw many different casts in

the standard rep of **Swan Lake, Cinderella, Giselle and Nutcracker** and also many works of Ashton. As luck would have it the parents of a school friend realised I was becoming a keen fan and since my friend's father had a senior position in a famous City-based Merchant Bank that just happened to own a box at the theatre, they always asked me to join them if they had a spare seat. That way I began to fore-sake my gallery distant view and get to know the posher downstairs area of the House. As I drank up thirstily all I saw and heard night after night I began to realise that I was building up a treasure store of wonderful memories, becoming more knowledgeable about the classics and drinking in the new music, dance, setting, artistry and performances. In short, I was hooked.

I was also seeing a lot of other theatre. **Lawrence Olivier**, then not even knighted, was beginning to found his National Theatre first at Chichester then at the Old Vic, **Donald Aubrey** was running his International Theatre Seasons at the New Theatre and the Royal Shakespeare had opened its long-term residency at the Aldwych Theatre. Shows like *There's a Girl in my Soup* ran for ages with **Donald Sinden**, *Blitz* arrived then *Oliver!* From **Lionel Bart, My Fair Lady had been at Drury Lane and Tommy Steele had triumphed on Half a Sixpence. One could see Peter O'Toole, Paul Schofield, Donald Woolfit and Alec Guinness** easily and so I could go on but you get the idea of the West End becoming a whole chocolate box of delights and one could still get into the Gods, the upper regions of the auditoria, for two shillings. I felt nothing about seeing some shows two or three times. But I always kept loyal to the Royal Opera House and was a regular visitor there. At some stage after **Sir David Webster** had retired (he had been the genius behind the restoration and reclamation of the theatre after it had stopped being a dance hall especially for the troops during the Second World War) the theatre had hit a financial crisis so I co-authored a book, "*Royal Opera House Covent Garden: A History from 1732*" as a fund raiser. I was also by this time contributing to the magazine **Dance and Dancers** so you can see that whilst I have never actually worked in the theatre it has always been a very strong interest.

Which brings me back to my recent visit and **Ashton's La Fille Mal Gardée**, first performed on 28th January 1960. It was an instant success and remained in the repertoire for many years. One of its famous exponents was the ballerina **Annette Page** who lived here in our part of Suffolk and was known to many locally. The magnificent pastiche "Pantomime" sets designed by **Osbert Lancaster** were redolent of the

Suffolk countryside. This is no mistake as Ashton himself said "there exists in my imagination a life in the country of eternally late Spring, a leafy pastorate of perpetual sunshine and the humming of bees — the suspended stillness of a Constable landscape of my beloved Suffolk, luminous and calm". The tale of the discovery of bits of the original scores for the ballet, and the development of the plot are in themselves fascinating but the final score that **John Lanchbery** concocted and composed, partly from original pieces found in Moscow and Paris, reads like a detective story, but the final version as now used in productions worldwide is a piece of genius, being witty, charming and at times hilarious.

So there on the first of June I was sitting in the Stalls Circle of this magnificent theatre and secretly crossing my fingers that all the delight I remembered from this piece could still be found. And it was! I left the theatre that night as entranced as I had ever been, excited that this ballet had come up as fresh as paint. It could have been its first night and all the magic ingredients were there in their splendour for all to see. The audience was captivated, the new conductor brought out all the humour and delight of the score and the dancers excelled. The curtain calls echoed with the audience's delight from those who were seeing this piece for the first time to us old hands who had held our breath that the old magic would be maintained. It is quite something to leave a theatre so contented and knowing one has just spent an evening at a performance one will remember in detail for ever. It was a wonderful way to begin a summer. I hope you will find such pleasure in the coming month in the things that delight you too.

Martin

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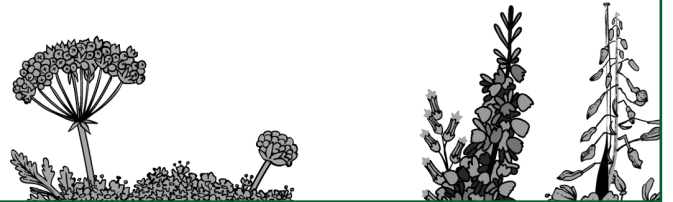
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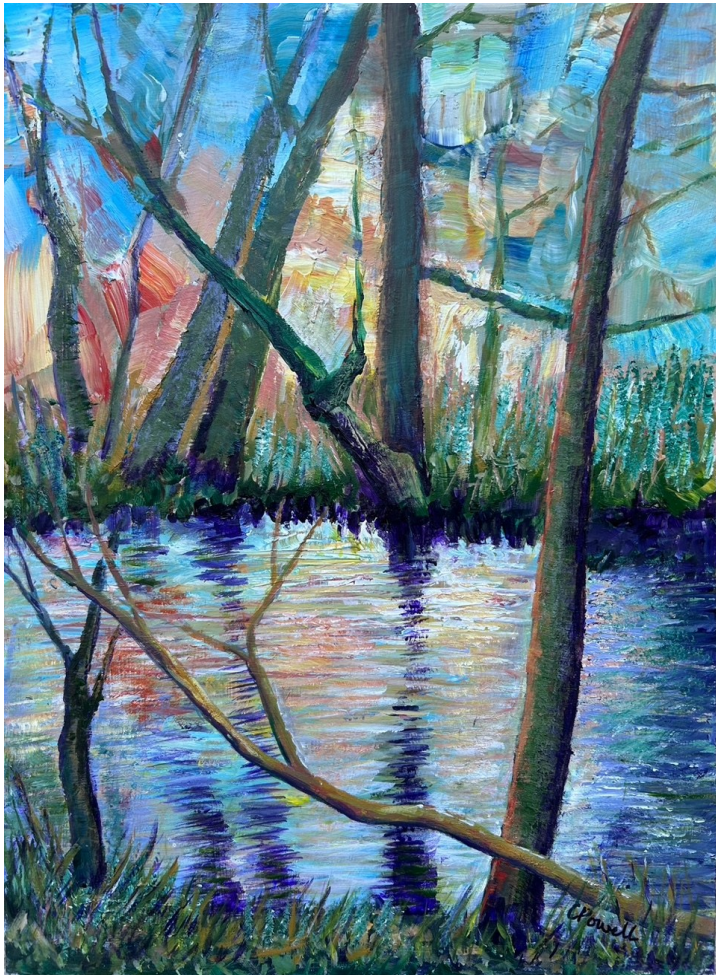
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East Anglian Air Ambulance launches Trek 24 Cambridgeshire Challenge.

East Anglian Air Ambulance is inviting walkers of all abilities to take part in the first **Trek 24 Cambridgeshire challenge** this September to help raise funds for its lifesaving service.

The event takes place on Sunday 6 September and offers three routes - 24 miles, 24km or a family-friendly 2.4-mile walk - all starting from Cambridge and Newmarket Polo Club. The routes will take participants through parts of the Cambridgeshire countryside, including **Cambridge, Grantchester, Fulbourn and Bottisham.**

Funds raised through **Trek 24 Cambridgeshire** will directly support **East Anglian Air Ambulance**, which



recently embarked on its biggest ever fundraising appeal. The charity is seeking to build a new Cambridge base near Fulbourn before the closure of Cambridge Airport in 2030 and needs to raise £8.2 million. Without a replacement base, the charity says emergency response times across the region could increase significantly. Participants on the longer routes will

receive refreshments and a hot meal, while all walkers will receive a Trek 24 t-shirt and a finisher's medal. Subject to taskings, there will also be an appearance by the East Anglian Air Ambulance helicopter.

To book a place, visit: <https://www.eaaa.org.uk/support-us/events/trek-24/cambridgeshire>
To donate directly to the **Cambridge Air Base Appeal**: <https://www.eaaa.org.uk/cambridge-air-base-appeal>

If you have a press/media enquiry, or need an earlier response, please email marcomms@eaaa.org.uk or call 01603 576675. Best wishes, Rachel

A tribute to Robert 'David' Rowlinson, who sadly passed away in March of this year.

David Rowlie or Bald Eagle (CB call sign), was born in Withersfield 13th April 1943 where he grew up within a family of tenant farmers as was very common in those days. His father Frank and most of his many uncles farmed for the Vestey estate or Thurlow estates as it is known today. David was not one for school and spent many hours counting the bricks of the wall in the entrance hall with his hands on his head at his primary school in Withersfield (now the village hall) and rarely attended secondary school preferring to spend time in Howe woods. He later found out he had dyslexia which explained his struggles, although he was never a great one for listening to authority!

David and his wife Ruth moved to Farley Green Farm on the Wickhambrook/Stradishall border in the early 1970s. The farm was in need of some TLC so they were offered the tenancy free of charge for the first couple of years and David made the farmhouse into their home as well as farming the land. His 3 sons, Tim, Jason and Ben all attended Wickhambrook Primary School. The local scouts had regular jamboree get togethers in the paddock at Farley.

David and his brother Colin built up quite a large business, Rowlinson Plant Hire which was very well known in Haverhill and employed 80 people in its heyday. It



was their company that made a huge contribution to the current playing field in Wickhambrook by infilling the lower lying land, up to 18ft in places. The 6 acres that was purchased by the Community Association in the 70s was at all differing levels. Several ideas were discussed to utilise this ground, but after a few beers in the pub, David made the

suggestion to infill so we had a level playing field (forgive the pun). The various committees consisting of the Community Council, the MSC and Parish council all considered that it would cost too much to infill. Fortunately, Rowlinson Plant Hire were looking for places to dispose of soil from building projects in Haverhill. David suggested that Rowlinsons could infill this area which is what we see today. This project came completely free of charge to the village, but was considered to have a value of £500k plus, multiple lorries delivering for quite a long period making dust, mud and noise which very much complained about at the time. It made a huge difference to the playing field and enabled the village to approach the Borough, as suggested by the late John Long, and the RAFT committee was formed to make all the improvements



to the facilities that we have today. We were very lucky at the time to have the late Mike Ellers who enthusiastically worked very hard on this project and achieved grant funding from the borough and other sources.

David was living at Farley Green where he had a track for his Land Rover on his fields to the Cherry Tree pub. During the mid-90s, David and his wife divorced and in time he moved to Linton where he lived for about 12 years with his 2nd wife **Pat Paintin** and her children. At this time he looked after the effluent plant at HMP at Gt Wratting where many people from Wickhambrook worked and knew him. Sadly Pat died and a few years later the man I had known as 'Rowlie' whilst I had a livery yard at Farley Green Farm, asked me to marry him and I became Mrs Rowlinson mk III.

The happiest years of my life, and there were 16 of them, were spent with this dear man who was so popular wherever he

went. Family and friends adored him and our time together at South View, just up



the road a bit from Farley, was always busy with family and friends calling in. Being back in the village, although we are actually Stradishall here, enabled him to get back in a tractor where he was totally content. Harvest time was his favourite time of the year and he put many hours in, sometimes working until 2 in the morning if rain threatened, with Jeffrey Claydon in his favourite 7810 John Deere tractor.

David sadly passed away at home this year on 3rd March aged 82, my son Tom's and my granddaughter's birthday coincidentally. His funeral later in the month was attended by over 200 mourners and a John Deere tractor led his hearse into the crematorium. His love and laughter will remain with us forever, but he is very sadly missed and the result of his generosity at the playing field will continue to be used, appreciated and enjoyed by Wickhambrook and its surrounding villages for many years to come.

At Farley Green Farm there was a flint sign that had stood on the verge for many years and had been made by John Long. The very heavy sign followed David to Linton and then to South View but on the 29th May the current owners of Farley Green Farm came and collected it and it is back in its original place nearly 30 years later. **Judy Rowlinson**



I featured this two months ago, and we were so impressed we went back again. It was gorgeous with lots of prints by great artist, even King Charles..

Fine Art Printmaking for all in Great Thurlow

Curwen Print Study Centre is an educational charity based in Gt Thurlow. We were established to keep handcrafted Fine Art printmaking skills alive for future generations. We do this by teaching courses across all printmaking techniques; Lino, Etching, Screen, Lithography, Letterpress, Collagraphs & much more, to all ages & abilities, plus

we provide open access facilities to those with printmaking experience who would like to develop their own work with technician support. Our gallery offers a changing exhibition programme which is free to visit any weekday. In addition, we own an archive of prints dating from the 1950's featuring many of the great artists of the 20th Century including Henry Moore, Barbara Hepworth, Elisabeth Frink, Edward Bawden, David Hockney, Paula Rego to name just a few – all of whom editioned in The Curwen Studio with Stanley Jones MBE Master Printer our founder. We were open as part of Suffolk Open Studios on the weekend of 6 & 7 June from 11 – 5pm when in addition to print demonstrations & a tour of our studios an exhibition of international repute was on display. Throughout June, Curwen is showing original prints & lithographs by Marc Chagall, regarded as one of the leaders of 20th Century art. This is free to view, & the prints are available to purchase with proceeds supporting us as a charity. There is ample free parking adjacent & disabled access. www.curwenprintstudy.co.uk 01223 892380 enquiries@curwenprintstudy.co.uk



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CLARE LIAISON & SUPPORT PROJECT

with Carol Reay-Glover



Problem page

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 have recently retired and I fear I am not fitting in at home and driving my wife mad. I have always worked. It's who I am. So I was dreading retiring and the. Reality is worse than I imagined. I struggle with everything. My wife also worked but retired 3.years ago. So, she's got her life pretty much sorted. And she's the sort of person who makes friends easily and finds things to do. I am the opposite. I was sociable at work but don't make new friends easily. Also, I don't see the point of inventing a hobby I'm just not interested in. Every day I ask my wife what she's doing, and I can feel that she feels guilty because there's always something. I miss structure to my day and drift about. People keep giving me ideas as to what to do or what to join and that drives me mad too. I fear I come across badly in this, but I also think I. need some help.G

Dear G,

Retirement is a major life change and what you are experiencing is a lot. You were used to one lifestyle and now you are faced with adjusting to another. Give yourself some empathy for what you are going through. It's a big change and change is difficult. Your wife has been retired for longer and anyway she is a different character. You like structure and do not want to be signing up for hobbies that you just aren't interested in. That's fair enough and great self-awareness. Maybe start with giving yourself time to adjust to a major change. Breathe into it, look around yourself and tell yourself you will adjust, but in your own way and own time. You are the key to this. Being able to listen to yourself and hear what it is you would like to do and be. Whatever the answer to that question is, it's OK. Because it's you you're seeking to hear and please. You could see a counsellor who would help you in this process but if that doesn't suit then you can work this through yourself. Make notes on what you would like retirement to look like for you, not for anyone else. Start with what you do know. Make a list of what you have liked in your days. Then in another column start free thinking things which might bring what you'd like into your life. 2 columns. What you'd like and ideas that may bring that to you. If for example you list structure to pick something you've mentioned, then an idea could be to make your household chores more structured. Or you might feel volunteer charity work might appeal. Be free and open with all of your ideas, not working with other people's suggestions which do not take account of you. There are no wrong answers. This is your very own exploration just for you. Play with ideas. Gradually, you may begin to get a sense of what a good retirement would look like for you. Once something is envisaged, it's easier to bring it about. Good luck G and do give yourself time. I have places to refer you for counselling if you would wish. **Carol**



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Wickhambrook Parish Council News



Hello, I hope you are all keeping safe and well.



I've enjoyed some lovely weekends working in the garden and it's hard to believe that we are already heading into summer. We have seen some lovely wildflowers in the cemetery which have established as following the pollarding of some trees and removal of

the cypresses leading to the Chapel of Rest over the previous two years. We've also found some newly established Bee Orchids We have had some recent upgrades to the children's play areas, including work to the cableway completed in May and June. Thanks go out to **Cllrs Kevin Grimes and Mel Karunaratne** for their inspections of the play equipment.

We have three meetings in July – An Extra-ordinary meeting after the Estates Committee on 2nd July to consider a planning application ([DC/25/1736/HYB](#) – Land off Bunters Road, Wickhambrook), and our scheduled parish council meeting on 29th July (please note that this is a Wednesday, a day earlier than usual!), which will include a look at West Suffolk's 2045 Local Plan Scoping consultation. Check out the agenda and reports at which will be published on 26th June and 24th July respectively. <https://wickhambrook.org/parish-council-agenda/>. If there is anything you would like the parish council to consider, [please do get in touch with me](#).

Our MP for West Suffolk, **Nick Timothy**, held a Forest City Action Day



in Wickhambrook on Saturday 20th June. You can also find out more about Forest City in Nick's [most recent newsletter](#). I'll keep posting any information we receive on this matter. Here are two further links:

<https://www.forestcity.uk>
<https://www.stopforestcity.co.uk>

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 clerk@wickhambrook-pc.gov.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



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Charles Hamilton – Church Warden Best wishes Charles



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Wickhambrook WI June Meeting

This year will see Wickhambrook WI celebrate it's 100th birthday and several events and projects are being planned. One project was instigated at our June meeting; it is a plan to paint a large mural to be displayed in our WI hall. Michelle, our artistic committee member had sketched out a picture illustrating the village of Wickhambrook with some of its most iconic buildings and views. The drawing was transferred onto board and broken up into sections. Members were tasked with painting the mural using the colour scheme set out by

Michelle. During the course of an hour the hall was a hive of activity as groups of members set about painting and filling out the outline sketch we had been given. It was a very sociable time as members engaged with the task and spent time chatting. At the end of the hour most of the mural had been completed. Michelle then planned to take the boards back to her studio in order to add some finer detail. Everyone agreed it had been an enjoyable and engaging evening. **Wendy Mansfield**



PLEASE NOTE THE CURRENT UPDATE	PARISH COUNCILS - WHO'S WHO in YOUR VILLAGE?		
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Half page	£420	£230	£125

Parish Pump: some up and coming changes

Unfortunately Microsoft are withdrawing their support for 'Publisher' which is the software we have been using for many years to produce the magazine. We have searched for an alternative and it is not easy but we have come up with an alternative called 'Affinity' which is extremely complex. This may mean that there may be a few glitches that inevitably occur. We ask you all to bear with us on this matter. We need to start before October. Many thanks for your understanding.

Peter

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**Quiz Master: Marc and Helen Allison
Old Goat Brewery @ The Compasses, High St. Stansfield. CO10 8LN**

**STANSFIELD COMPASSES QUIZ
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As the prize for winning the February quiz at the Compasses pub, Old Goat Brewery in Stansfield, the winners **Anya, Pat and Neil**, chose Stansfield Good Neighbours and Stansfield Bloomers to receive the cash that has been collected via publican/ brewer Roy Elder and quiz masters **Helen and Marc Allison**.

The quiz is a fun evening held at the Old Goat / Compasses on the third Thursday of each month. It is a light- hearted evening and is only £1 per person to join in, which all goes to charity. Marc and Helen do a great job presenting the quiz, with a varied range of questions with subjects known to most ages.

So if you fancy an enjoyable evening in congenial surroundings please come along. The next quiz night is Thursday 21st May, " Eyes Down " at 7.30pm **Patricia Whelan.** (Stansfield resident)

Please note the summer hours which apply now

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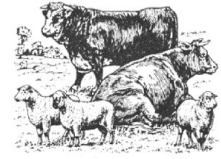
Children and Social Media: What Parents Need to Know

Social media has become part of everyday life for children and teenagers, but many parents are surprised to learn how little control they may have once their child begins using online platforms. While apps such as TikTok, Instagram and Snapchat set minimum age limits (usually 13), in practice many children begin using them earlier, often with or without parental knowledge. From a family law perspective, the key issue is not just access, but responsibility and risk. Parents remain legally responsible for safeguarding their children, including their online activity. This can include exposure to inappropriate content, contact with strangers, cyberbullying, and the long-term impact of digital footprints that are difficult to remove. One of the most common misconceptions is that privacy settings make social media "safe." In reality, even private accounts can involve sharing beyond a child's control, whether through screenshots, group chats, or content being forwarded. Once material is online, it is extremely difficult to contain. Family breakdown cases increasingly highlight the role of social media in disputes between parents and teenagers, or between separated parents themselves. Concerns can arise over one parent allowing unrestricted access while the other seeks tighter controls, leading to disagreement about what is in the child's best interests. In more serious situations, online behaviour can also become relevant

in family court proceedings, particularly where there are safeguarding concerns. Courts focus on the welfare of the child as the paramount consideration, and online activity can sometimes form part of that wider picture. However, this is not simply a matter of restriction. Experts increasingly emphasise the importance of education and communication. Children are far more likely to stay safe online when they understand risks, feel able to talk to trusted adults, and are guided rather than simply prohibited from using platforms their peers are on. Practical steps for families can include setting clear household agreements about screen time, regularly reviewing privacy settings together, and encouraging open conversations about what children are seeing and sharing online. Parents may also wish to familiarise themselves with reporting tools and safety features built into the platforms themselves. As technology continues to evolve, so too do the challenges it presents for families. The law provides a framework for protecting children, but in practice much of the day-to-day safeguarding happens at home, in ordinary conversations between parents and children. Used wisely, social media can be a way for young people to connect and express themselves. The challenge for families is ensuring that this digital world is navigated safely, responsibly, and with appropriate guidance.

Mary

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RHN Barrow visit see Ruth's article on page 6



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Jeff's wine

The taste, flavour and complexities of Red wine have had books written about them and yet there are always new styles, producers and methods of vinifying grapes such that we discover new, and old, bottles which appeal to our palates. Most people have their particular favourites but here are some brief descriptions of the more common Red wines on offer and their qualities.

Barbera. Fruity, low tannin but acidic.

D'Alba Considered to be the most food friendly wine in Italy.

Cabernet Franc. Used in Bordeaux blends to make wine more rounded but is the main grape of the Loire producing light flowery wines. Cabernet Sauvignon. Sharp, tannic are the characteristics of CS. Constitutes the major part of the blends on the left Bank in Bordeaux. (Medoc, St Julien, St Estephe) Softens with age but that means decades of development. Classed wines from here need 30, or more years to be at their best.

Gamay. Beaujolais is made from this grape. Fruity, lively, thirst quenching. Meant to be drunk young but there are now producers making vintage wines. Quite acceptable to chilling. Also used to make Bourgogne Passetoutgrain. 2/3 Pinot Noir and 1/3 Gamay.

Grenache. Garnacha in Spain. Varies from light table wines to big, bold and black, (Priorat in Catalonia). Has low Tannins and acidity Malbec. Full bodied, very dark colour and suitably rustic. Argentina has taken on the World title for Malbec and is admirably suited to accompanying the grilled meats from the Asado.

Merlot. The major grape for producers on the Right Bank of Bordeaux, St Emilion and Pomerol. The blends from there are a

reversal of the Left Bank being 60% merlot and 35% Cab Sauv, with C Franc at 5%. Is low in tannin and acidity and tastes of red fruit notes. These wines are softer than the LB but still need many years to reach their best.

Nebbiolo. Top Italian grape which produces Barolo. Needs many years to mature because it is so acidic and tannic.

Pinot Noir. I am sold on Burgundy and PN. It has been tried in many countries (Germany where it is known as Spätburgunder) including some Tasmanian PN which I enjoyed but the real thing is always the best as it invariably has the combination of tastes and flavours which are never replicated. The important thing to note is the size of the plots in Burgundy. Clos Vougeot extends to 50 hectares but there are dozens of individual plots. So, the art of buying well is to find a vigneron whose wines suit your palate. Because it is a small area, as opposed to Bordeaux, the price of the wines reflect the demand. The most expensive red wine in the world comes from Vosne Romanee from the Domaine of the same name. Only 6,000 bottles are produced annually. Earlier this year a bottle of 1945 DRC was sold at Auction for \$812,500. Several reasons for this. Only 600 bottles were produced that year, but it was also the last vintage made from ancient vines which were from the pre-phyllloxera era. Virtually all French vineyards suffered from this disease which caused the vines to die off. The crisis was overcome by using p'era resistant rootstock from the USA, thereby reestablishing the French wine

industry.

Light in colour with notes of cherry with acidity describe these wines.

Pinotage. South African. A cross between PN and Cinsault a workmanlike grape.

Primitivo. Southern Italian grape. Also known as Zinfandel in US. Produces big beefy full-bodied wines with notes of black fruit.

Sangiovese. If you have drunk Chianti, then you have tasted these wines. Taste of red fruit and has a characteristic slightly acidic finish. Also used to make Brunello de Montalcino and is blended with CS/ Merlot to produce the wines known as Super Tuscans, such as Sassicaia and Tignanello.

Syrah/ Shiraz. Once again big and bold rustic wines. Fruit filled with spice notes.

Tannat. This is known as "black wine" because it almost resembles that colour. Comes from SW France. Tannins means that it needs many years to soften off but it is worth the wait. Black fruit best describes this one.

Tempranillo. Grape used in Rioja And elsewhere. Arguably the greatest grape in Spain. Best wines from Ribero del Duero use this. Tannins and acidity are subdued and red fruit notes are apparent.

Touriga Nacional. Grape used to make Port. Naturally deep dark colour and earthy notes to it.

When deciding what to eat with any of these wines consider their qualities. Big and bold wines need food of a similar weight and alcohol level, roasts and stews and the like. Light and summery means lower alcohol levels and salads, risottos, fish, chicken.

Best, **Jeff**



Who is who in our local church benefices?

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Puzzle Time

Puzzle 14

- A small aquatic toy that floats in your bath
- A means of identification attached to the back of a car
- An emoticon on your phone
(in typed text it's represented by a colon and right hand bracket)
- Dipsy, Tinky-winky and Po's colleague
- A donut eating safety inspector at the Springfield Nuclear Power Plant



If you're wearing 'this' what have you won?

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 July 2026.

Answer to Puzzle 13: Strawberries and Cream

[The answers were: Court (Margaret), King (Billie Jean), Perry (Fred), Murray (Andy/Jamie), Wade (Virginia), Sinner (Jannik), Cash (Pat) and Williams (Venus/Serena) – all Wimbledon Winners]

Congratulations to Deidre Smith of Wickhambrook who is the winner of June's puzzle.



**Yours to win
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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 June 2026 **DRAFT**

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

Date	Time	Church	Details
07 Jun	10:00 am	Wickhambrook (First Sunday after Trinity HC)	Celebrant: Revd Eve Bell Organist: <input type="checkbox"/> Liturgical colour: ● Proper 5
14 Jun	10:00 am	Stradishall (Second Sunday after Trinity HC)	Celebrant: Revd BArbara Sherlock Organist: <input type="checkbox"/> Liturgical colour: ● Proper 6
18 Jun	07:00 pm	Wickhambrook (Archdeacon's Visitation)	Celebrant: Revd Eve Bell Organist: <input type="checkbox"/> Liturgical colour: ●
21 Jun	10:00 am	Lidgate (Third Sunday after Trinity HC)	Celebrant: Revd Eve Bell Organist: <input type="checkbox"/> Liturgical colour: ● Proper 7
28 Jun	10:00 am	Denston (Fourth Sunday after Trinity HC)	Celebrant: Revd Eve Bell Organist: <input type="checkbox"/> Liturgical colour: ● Proper 8

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The band's excellence will be supported by the church's fine acoustic, that delights all the musicians who play there. **The performance begins at 7.30pm**, with drinks from 7.00pm. Tickets are by donation on the evening, and remember to bring a jumper. We so look forward to welcoming you to this special first for Cowlinge church.

Margaret
Cowlinge Church Companions



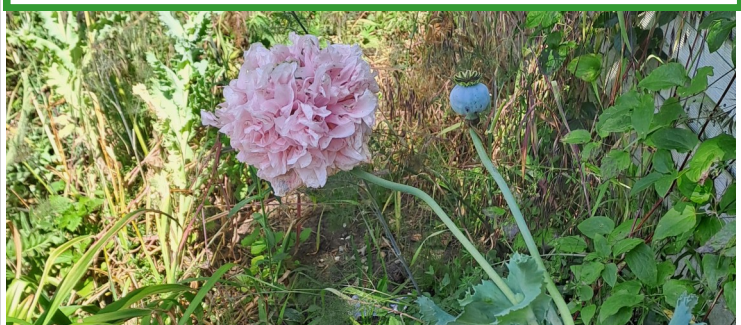
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Portia's arable crops and fleeces

on nicely. As we are a small Farm every little counts, and we need to make sure we maximise on everything we grow. Our wheat is for milling, our Barley is for feed but we have some exciting news as

we will be growing malting barley for seed for brewing next year . We grow our oats for breakfast cereals. All our Sheep are now sheared and will be feeling much happier. We had some stunning fleeces and some very excited ladies who came to collect the raw wool which they will now process. **Portia**



STANSFIELD C.C.



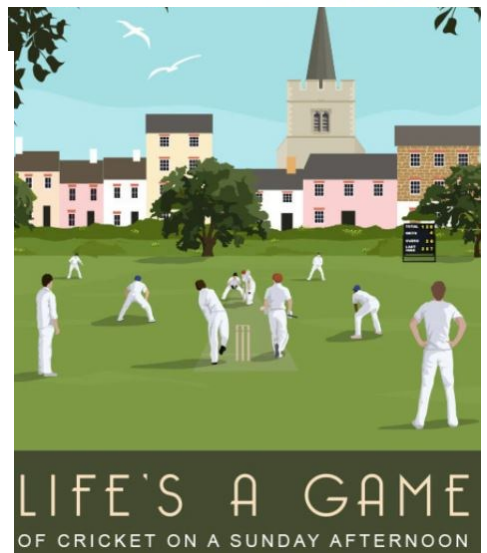
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Sunday 5th July	Barrow	Away	1.30pm
Sunday 12th July	Leavenheath	Home	1.30pm
Sunday 19th July	Village Hall Booked		
Sunday 26th July	Suffolk CAMRA	Home	1.30pm
Sunday 2nd August	Barrow	Home	1.30pm
Sunday 9th August	Chippenham	Away	1.30pm
Sunday 16th August			
Sunday 23rd August	Lidgate & Ousden	Home	1.30pm
Sunday 30th August	Summer Bank Holiday		
Sunday 6th September	Rain Men	Home	1.30pm
Sunday 13th September			
Sunday 20th September			
Sunday 27th September			

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care home from an independent living facility that lacked community. "If I didn't see anyone walking by, I wouldn't see anyone all day," he says. "Here, I see people all day long, and the activities team does a very good job." The activities in each Care UK

care home are tailored to its individual residents. "As soon as I tell the activities team my interests, they look at how they can organise things", John says. He enjoys activities that keep him busy and challenge him mentally, like crosswords and quizzes. "I watch Lingo, and because I said I enjoy it, the team bought me the game." One team member is even teaching him Italian. "We laugh about going to Italy to speak Italian." Because John's eyesight is deteriorating, the team makes special visits to his room each day to tell him what activities are on. Nurturing interests John has gardened since he was 13, having learned from his father at their allotment during the war. Now, at 91, the team encourages him to keep busy as head of the Gardening Club. Here, he's made a name for himself, winning the home's tallest sunflower competition with a 9ft 6in flower. "It was incredible!" he says. Each Care UK garden is designed for older people to enjoy as independently as possible. John thinks the raised beds are "brilliant". "I can't bend down, so I wouldn't be able to do anything without them," he says. Team members also offer John extra help to get around the garden. "The team bring things to me and take me to the garden centre to buy what I need," he says. "They are very good indeed. I'm quite content here." Trust us to care

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