

DENSTON
ASSINGTON GREEN

HAWKEDON
CLARE

POSILINGFORD
COWLINGE

STANSFIELD
THURSTON END and

STRADISHALL
WICKHAMBROOK

PARISH PUMP

No 373

parish.pump@gmail.com

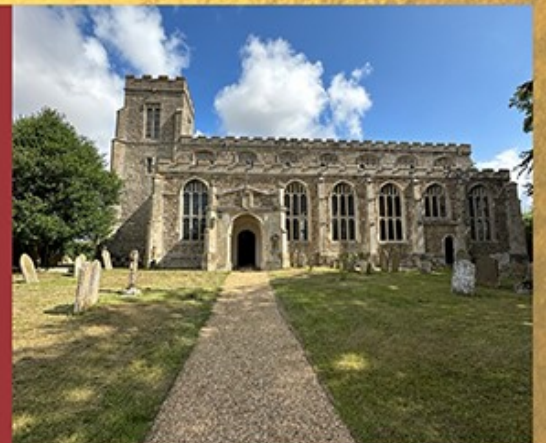
May 2024

The most magnificent Denston church after 550 years.....yes 550!.



1474 - 2024
theDenston 550

Open Gardens
Sunday 16th June
11am - 5pm



Parish Pump – Call for Volunteers PLEASE!



Well maybe your country does not need you just now but **The Parish Pump most definitely does!**

The Pump has been in existence for over 30 years. It started life in Stansfield and, over the intervening decades, has grown to cover 10 communities in our area. Our many volunteers deliver 700 paper copies and a further 400 arrive in the e-mail inboxes of our electronic subscribers. The Pump has had several editors over the years including Fay and Richard and, more recently, myself – Peter Thompson. I am very proud of the **Parish Pump** and want to make sure that it continues to grow and flourish for many more years to come.

I really enjoy collaborating with our contributors, engaging with our readership and volunteers plus the whole experience of producing the Pump. However, **I also realise that I need to be pragmatic.** There will be a time when I will have to hand over the reins to the next generation.

I want to ensure that we have a plan for that transition. This is where we need your help. We are looking for volunteers to learn and actively participate in the production of the Parish Pump. **It is quite enjoyable and addictive really!**

If you are interested then please just let us know either by e-mailing me at parish.pump@gmail.com or calling me on 07711689171. You will need a small amount of IT knowledge and have access to a computer and the internet. Thank you. **Peter**

Becky Cooper Designs

BECKY COOPER
designs
CURTAINS ♥ BLINDS ♥ SHUTTERS ♥ INTERIORS

All soft furnishings
handmade in our own
workshop

Free home visits and advice

Professional measuring and
fitting service

Family business

Helping you choose the right
product for you, your family
and your home



07506 844889



www.beckycooperdesigns.co.uk

Hi, we're **Becky and Richard Cooper** and we moved to Thurston End in 2022, and we'd like to introduce ourselves. Together, we run our soft furnishing and window treatment business, **Becky Cooper Designs**. I started our business near Saffron Walden, on the kitchen table working around school runs in 2010. Since then, my little business has grown, and Richard joined me in 2018. Richard's expertise is in the made to measure products, including rollers, venetians, shutters, conservatory blinds, motorisation and fitting. In 2020 we closed our showroom in Debden Barns, Essex, to offer a fully mobile service. Unlike many other curtain and blind businesses, I still hand-make all the soft furnishings - curtains, romans, pelmets, cushions and Richard does all our fitting. We have lots of fabric books, trim, poles and track samples to choose from and we bring these when we visit during our free home visits. During your appointment we will measure up, discuss your requirements and you get to view all the samples in your own home, alongside your existing furniture and decoration. Every element will be carefully hand chosen to give you a truly bespoke interior. We offer all window treatments so we can help you choose the right product for you, your family and your home. Please pop over to our Facebook or Instagram pages to see what we do and if you'd like any help for upcoming projects, please get in touch, we'd love to hear from you. **07506 844889**
beckycooperdesigns@gmail.com



Rector's Ramblings – May 2024 (The Mary month of May)



The Revd Dr Karen Smith, Curate, Stour Valley Benefice and The Revd Mark Woodrow

As the days lengthen and spring bursts forth in all its vibrancy, we in the Church turn our hearts towards the Virgin Mary, Blessed Mother of God. Throughout May, we remember her with particular fondness, a tradition that stretches back centuries within Christianity.

In our benefice 2 of our 6 churches are dedicated to St Mary the Virgin (in Cavendish and Poslingford), her namesake holds a special place. The very stones whisper her name, a constant reminder of her enduring presence in our lives. But why May? Why this specific month for Marian reflection?

There's no definitive answer, but perhaps it's nature's own cue. May unfolds with the freshness of new life, mirroring the purity associated with Mary. Flowers bloom in vibrant hues, the earth awakens from its winter slumber, and the promise of summer hangs heavy in the air. Mary, ever the vessel of God's grace, embodies this renewal.

Within the Anglican tradition, our

reverence of Mary differs from some other branches of Christianity. We focus on her humanity alongside her divine calling. Mary was chosen by God, yes, but she was also a woman who grappled with uncertainty, fear, and the immense responsibility placed upon her.

The Gospel of Luke recounts the Annunciation, the pivotal moment when the Angel Gabriel appeared to Mary. Her response, "Here am I, the servant of the Lord; let it be with me according to your word," (Luke 1:38) speaks volumes. Here's a young woman, presented with a life-altering proposition, and yet her answer is one of complete submission and faith.

May, then, is a time to contemplate Mary's unwavering faith. Despite the extraordinary circumstances, she trusted in God's plan. In a world that often demands we take control, Mary's surrender to a higher purpose offers a powerful lesson.

But Mary wasn't passive. She pondered the mysteries she was entrusted with (Luke 2:19). She accompanied Jesus throughout his ministry, witnessing his teachings and miracles. At the foot of the cross, she endured the unimaginable pain of watching her son suffer and die (John 19:25).

Her unwavering faith and presence throughout Jesus' life is a testament to her strength. She wasn't simply a vessel; she was a loving mother, a pillar of support,

and a witness to God's work.

So, how can we incorporate Marian reflection into our own lives this May?

Scripture readings: Spend time meditating on the biblical passages that mention Mary. Reflect on her character and the role she played in salvation history.

Hymns: Many beautiful hymns are dedicated to Mary. Singing these songs can be a wonderful way to connect with the tradition of Marian devotion.

Quiet reflection: Take some time for quiet contemplation. Think about the qualities you admire in Mary and how they might inspire your own faith journey.

Acts of service: Remember that Mary was a servant of God. This May, consider doing something kind for someone in need. Volunteer your time, donate to a worthy cause, or simply perform a random act of kindness.

May is a time to celebrate new beginnings, a time to marvel at God's creation, and a time to reflect on the life of the Blessed Virgin Mary. By following her example of faith, strength, and unwavering trust, we can deepen our own connection with the divine and embrace the hope that spring promises.

May this May be a time of blessed reflection for all of us.

Mark

The Revd Mark Woodrow (Rector)

Monthly Rainfall 2023/2024

2024	Jan	Feb	March										
Nick Burton- Stradishall	55	115	45										
Tina Lee- Stradishall	57	119	47										
Sam Slater- Stansfield	51	129	55										
Rod Taylor- Stansfield	59	121	59										
Jay Gridley-Hundon	71	128	57										
Victoria Pakenham - Fenstead End	53	132	59										
Elaine Plumpton Great Saxham	54	129	66										

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

Stansfield Plant Sale

Saturday 18th May
at Stansfield Compasses
12 noon to 2pm



Flowers Vegetables
Herbs Cakes Raffle

Could all donations please be dropped off
between 10am and 11am on sale day to allow time for pricing

Stansfield Village Hall Charity No 304939



Tank Replacement Specialists
 Plastic & Steel Tanks
 Base Construction
 Tank Removal/ Disposal Service
 Oil Bolier Servicing & Breakdowns
 Heating Oil Supplier
 DBS (CRB) Checked & Fully Insured

01440 820267

info@suffolk oilsolutions.co.uk



£ We Sell HEATING OIL email us for competitive daily price



Prices for advertising in this magazine

INSIDE PAGES

	Price for the period		Price per issue
	12 months	6 months	individual advert
Eighth page	£90	£50	£ 10
Quarter page	£ 185	£100	£ 20
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.



ROB HARRINGTON
— BUILDING CONTRACTOR —

From planning to completion and everything in between



New builds



Period Restoration & Listed Buildings



Extensions



Extensions



Extensions



Outbuildings



Bespoke Work



Landscaping



Alterations

07900 843329 / 01440 423783

robertcharlesharrington@gmail.com

www.robharringtonbuilding.co.uk

Wickhambrook, Suffolk

Stradishall Traffic Speeding Update

We have posts now but no lit up signs. On the other hand Anglian water are doing a grand job with bursting pipes: sometimes these slow down the traffic completely!!



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

could you foster?



Visit us at www.nexusfostering.co.uk
Call us on 01603 951 405

PEST PROBLEMS SOLVED BY LOCAL SPECIALIST

Anglia DOMESTIC • COMMERCIAL • AGRICULTURAL
PEST MANAGEMENT

insects ✓ birds ✓ moles ✓ rabbits ✓ rats ✓

Based in Lawshall
Contact Tim Cox



- 24hr call out / 7 days a week
- Contract or individual treatments
- Traditional methods with modern technology
- Discreet service - unmarked vehicles
- RSPH and BCPA trained and qualified
- NPTA member
- £5million public liability

01284 831 042
07776 205 346

info@angliapestmanagement.co.uk www.angliapestmanagement.co.uk

AWA
GOOD TIMES

With over 15 years' experience
let us take care of your themed
parties, DJ, music and events

Call Dan on
07812 134 267



Martin Kinna

Are you confused dot com like me ?

I found myself disorientated and confused in April. Spring arrived over two days, trees in new leaf, hedgerows ditto. Birdsong everywhere, sheep lambing overnight and in a few days their offspring tearing up and down the fields as if practising for Newmarket. Previously unimaginable drifts of cowslips along the waysides and even some sunshine. Bury St Edmunds was mentioned on the National news for having the same temperature (20 degrees) as London. Was the world returning to normal ? Nowhere near ! Israel said the commentators had managed the unthinkable by surpassing the extremes of horror established in the Holocaust by what they were achieving in terms of slaughter, starvation, and deprivation in Palestine. International organisations proved themselves toothless in only expressing concern and some condemnation over these bellicose activities. Then Israel, after becoming the condemnation of the world, became a hero for beating off attacks from Iran. Palestinian relief fell from a mention on the news and Ukraine seemingly forgotten. Nature renews and surpasses itself in beauty, its regeneration providing hope and joy. Man, it seems, does the opposite

and brings us nearer and nearer to despair. This was allayed at the **marvellous Memorial Service for Mary Evans** in which the perfect balance was struck between grief and celebration. The **Dean, the Very Reverend Joe Hawes**, struck exactly the right equilibrium directing our thoughts to the positive and to the real outcomes of Mary’s life and her husband Richard delivered a wonderful, telling and balanced Eulogy. Hymns were well known , well sung and appropriate and the full service concluded with a very lavish buffet with teas, coffees and many a glass of Bollinger for the many more than 200 members of the congregation. The Readings included two excerpts from St Paul’s Epistles. Opinion is often divided on Paul and non believers can find him rather over the top or tiresome but the words from his letter to the Romans 12.9 - 18 contain the words “extend hospitality to strangers” (refugees perhaps) , “do not curse those who persecute you” (fill in the blanks here) , “live in harmony with one another”. “Do not repay anyone evil with evil”. And finally , “ If it is possible , so far as it depends on you, live peacefully with all”. The second reading was from Philippians 4. 4-9 and contained phrases such as “Do

not worry about anything, let your gentleness be known to everyone” and , perhaps most telling of all, “Whatever is commendable , if there is an excellence and if there is anything worthy of praise , think about these things”. One does not have to be a believer to see the wisdom of all that.

On a lighter note I am indebted to The Week for highlighting a news snippet that gave me pleasure last month. A teacher in Texas has lawfully changed his name to “ Literally Anybody Else”. Mr Else is now hoping to get over 113,000 approval signatures so he can stand as a candidate in the next U S Presidential Election. He has done it to have the satisfaction of seeing his name under the two main candidates so the list will read Donald Trump, Joe Biden and Literally Anybody Else. He gets my vote !

Finally Hello to the very nice lady who made herself known to me whilst shopping at Sneezy’s in Bury the other day. She told me she loved getting the Parish Pump and it always gave her such pleasure. **I hope it does the same to many of you.**
Martin

Stradishall Church roof

If we can finally get the go ahead to make a temporary repair on the chancel roof then we have to give access to the bats that use our church as a ‘maternity roost’ in the late spring. To do this without letting the rain in we are proposing to use a clever ‘bat –tile’. Here is one. Let’s hope we can use it.



Domesday Book Record:

- The church is mentioned in the **Domesday Book**, which dates back to the 11th century.
- At that time, it had **30 acres** of land associated with it.

Norman Chancel and Early English Period:

- The **Norman chancel** (the area around the altar) was **heightened and lengthened** around 1250 during the **Early English period**.
- You can still see evidence of the earlier walls in the form of a **horizontal “scar”** along both sides.

Guess where!?! - —EVERYWHERE!!



Why not? They are pretty!





Books needed for Clare Church-May Bank Holiday



We shall be holding a Bumper Sale of second-hand books in aid of church funds in Clare church over this year's May Bank holiday weekend (**4th, 5th and 6th May - a date for your diaries**) and are anxious to acquire any unwanted volumes. With certain exceptions (out-of-date guide books, Reader's Digest condensed books, encyclopaedias and a few other categories, , all books (especially older ones) in good condition on any subject would be most welcome. If you would like us to take them off you, please contact us at any time. . **James and Mary Standen 33 Callis Street, Clare CO10 8PX 01787 277134 admin@stanwo.co.uk**

Bansfield Benefice Services for May 2024

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

Date	Time	Church	Details
04 May	10:30 am	Benefice Hall  (Next to Wickhambrook church)	Monthly Traidcraft Coffee morning (10:30 am until noon)
05 May	10:00 am	Cowlinge  (Sixth Sunday of Easter HC)	Celebrant: Revd Eve Bell Organist: [CM] Liturgical colour: <input type="radio"/>
12 May	10:00 am	Stansfield (Seventh Sunday of Easter HC)	Celebrant: Revd Eve Bell Organist: [KI] Liturgical colour: <input type="radio"/>
17 May	03:00 pm	Wickhambrook* (Christian Aid week service Methodist church, Wickahmbrook)	
19 May	10:00 am	Stradishall  (Pentecost HC)	Celebrant: Revd Eve Bell Organist: [KI] Liturgical colour: <input checked="" type="radio"/>
26 May	10:00 am	Wickhambrook (Trinity Sunday HC)	Celebrant: Revd Eve Bell Organist: [DO] Liturgical colour: <input type="radio"/>

Year B

* Come and learn more about the work Christian Aid does in our world. Celebrate the good things Christian Aid is able to do with our help and support. Donations given will be passed on to Christian Aid in full.



The Library, by Bella Osborne.



**Harris & Harris Books
(NEW PREMISES)**

- Two floors of new and old books for readers of all ages
- Fast ordering service
- Books posted worldwide
- Gift certificates available
- Email for bookshop events and newsletter

‘Heart-warming’, ‘uplifting’ ‘thought provoking’ were some of the sentiments shared about this month’s book, **The Library, by Bella Osborne**. A testament to finding friendship in unexpected places, it’s a story where hope and redemption triumph.



Maggie is in her seventies, a widow, living alone on her farm with remarkable talents for advanced yoga and the martial arts. Tom is a 16-year-old boy who describes himself as ‘invisible...the person others find easy to forget’. His mother is dead, he lives with his dad who drinks too much, and he is facing an unhappy future working at the dog food factory. The library is a significant presence in the lives of both Tom and Maggie. For Tom it evokes warm and loving memories of his mother and helps him to rediscover the joy of reading. For Maggie it offers the once-a-week opportunity to connect with other people through the book club. It is also the place where Tom and Maggie

first meet, a chance encounter which will change both their lives, as Tom later reflects, ‘what I got most from the library was my friendship with Maggie’. When the library is threatened with closure, they feel a responsibility to go all out in rousing the locals into saving it and putting it back at the heart of the community. A simple and well-constructed story, but with surprising depths too. Tom and Maggie are both looking for something which they find in the other. Tom finds someone who can give him unconditional regard, who can really ‘see’ and ‘hear’ him and who provides a safe haven from a miserable home life. Maggie finds someone who needs her need to nurture. We loved the characterisation of Maggie and Tom; they are complex and ‘real’ and we really cared about what happened to them. The story is told from their alternating points of view. Tom speaks to the reader in the first person, and we thought the author does a brilliant job of getting inside the head of a teenage boy. There is plenty of wit and many funny moments but there are very dark times too. We see through Tom’s eyes the threatening and erratic behaviour of his dad and can feel his fear and dread as a child living with a parent with alcoholism. In contrast, Maggie’s perspective is told in the third person. Kind and intuitive, with her own vulnerabilities, she reaches out to help Tom – and his father. Maggie is a keeper of secrets, and this adds intrigue to the plot. However, we found it somewhat predictable that something bad would happen to threaten the relationship between Maggie and Tom, which becomes rather idealised. When the bad thing eventually happens, we experience the impact on Tom first

hand – all the disgust and disappointment and feelings of reactivated loss. Then there followed the inevitable reparative process as they find a new and more honest way of being friends. The other characters are well drawn too. We liked Christine, the jittery, jobsworth librarian and Savage, the grumpy old man with a soft centre – who we hoped would provide a bit of romance for Maggie! There’s also Farah, Tom’s love interest, with whom he shares many moments of poignant adolescent angst. We thought Tom’s father’s character, Paul, was cast with compassion. Yes, he induced anger and frustration when seen from Tom’s point of view but when seen from Maggie’s perspective we get to understand his ‘sadness, the loneliness, the guilt’. In the final pages all the characters find resolution in one form or another. For Tom it is about maturing and accepting the differences between people and recognising that things are not always black and white. The end is full of the hopefulness which comes from new beginnings. We all enjoyed *The Library*, a straightforward read and a tad formulaic, but full of warmth and sensitivity.

At our next meeting we will be discussing **The Devil’s Bargain**, by former head of MI5, **Stella Rimington**. If you would like to join us, please contact annedennis1@live.co.uk or





It's Murder at Stansfield Village Hall

On Saturday 20th April a great evening was had by all at Stansfield Village Hall when Dreamstone Productions brought their murder mystery evening to town. Audience members were greeted on arrival as guests attending a talk given by **David Marlowe**, a visiting old American Army friend of Stansfield resident **Brigadier Buckson**. Thus making it clear

that everyone would be part of the performance! The story developed throughout the evening until after dinner when heated argument enveloped the proceedings and a gunshot was heard from the bar! Everyone gathered round to view the body and then there was time for deliberation for the guests to decide whodunnit! Congratulations to **John**

Jeffrys and Anya Dunford who figured out who the culprit was and his motive. Pictured is a very smart looking **Gary Aken** with the cast proudly displaying his prize for being the 'Best Dressed Bogart' of the evening. Sincere thanks also go to cooks **Julie Hurst and Ann Corlett** for the delicious event supper.



Indoor picnic in Stansfield



On Tuesday April 9th we held a family picnic at the Village Hall. The weather couldn't have been worse as it was wet and windy!!! Were we downhearted? NO. We stayed in the hall and there were many tabletop games and floor games, plenty to eat and drink and everyone seemed to have a good time. We had 7 children and 11 parents, grandparents and even neighbours. Also, several helpers. In the May half-term holiday, we would like to have another picnic and perhaps, this time, we could use the 5-a-side pitch if the weather is on our side. We need to know which day suits working mums best. Please tell us which days of the week during the May half-term break would suit you to join our next family event: friends@stansfieldvillage.co.uk

Country Cooking with Louise Mackrill



May 2024

Cooking with kids *As a Grandma I'm always thinking about cooking with the little ones*

Children are never too young to start learning the skills of cooking. It's amazing how they are more likely to eat foods that they have been involved in making. It's such an instant thing for them, preparing all the ingredients, cooking everything and then eating it! Plus, there is something magical & great fun about making a mess in the kitchen, disappearing in a cloud of icing sugar or being covered head to toe with flour. It's one of the most fun, therapeutic, and bonding activities you can do together. I taught my children, and now my grandchildren, to cook from a very early age, along the way teaching them about the importance of hygiene, washing hands, cleaning the work surface and about using fresh seasonal produce but most of all we just have fun. I take them to the shops with me so they can learn how to budget & how much healthier it is to prepare a meal from scratch. This is a good time of year to think about cooking with the children as they will soon be on holiday and we can make little things to eat together, all wearing fun aprons, washing hands before starting and measuring out the ingredients together first.

Pitta bread

I'm sure that children think bread just comes from the shop. Well, they won't believe how easy it is to make these little pitta breads. Plus, they will be learning the basic skill of kneading and rolling. When they are just cooked and warm straight out of the oven, they can be split open and filled with their favourite things for a delicious healthy lunch or picnic. When we are spending a morning cooking, we always prepare these first, then they can prove whilst we make some other things, before cooking just in time for lunch.



250g/9oz strong white bread flour 1 x 7g sachet instant yeast (fast action dried yeast)
1 tsp salt 160 ml/5 1/2 fl oz warm water 2 tsp olive oil

Mix the flour with yeast, salt and add about 4 fl oz of the warm water and a teaspoon of oil, mix and bring together to form a dough adding a little more water as and if necessary. Knead for 5 – 10 minutes until you have a smooth dough - share the kneading so they don't become bored! Pop into an oiled bowl, cover and leave in a warm place until doubled in size, about 1 hr. Then knock back to get rid of air bubbles and divide into 8 or 9 little balls, roll into pitta rounds or ovals, nice and thinly. Heat a baking tray in a hot oven 220oC, then pop the pittas on this and bake for 5 minutes or so, until just starting to

brown and puff up. Remove and leave to cool. Eat with healthy dips such as hummus or split and fill to make a sandwich.

Chicken Goujons

I promise you will never buy ready-made 'nuggets' again once you have started making these yourself. So much healthier and a great filling for the pitta breads.

1 large chicken breast Seasoned flour Beaten egg Natural breadcrumbs.

Slice the chicken breast into strips, then toss these strips in the seasoned flour, dip in the beaten egg and then roll in the breadcrumbs. Lay on a baking sheet, drizzle or spray with a little oil and bake in the oven 180oC for about 20 minutes until crisp and golden. If you prefer you can fry in a little oil, about 4 minutes each side.

Cereal bars

These little healthy bars are perfect for lunch boxes & picnics.

200g porridge oats 120ml rapeseed oil 7 tbsp clear runny honey 110g dried apricots, chopped.
25g pumpkin seeds 110g pecan nuts, chopped. 50g flaked almonds.

Line a 24cm baking tin with non-stick baking parchment. Heat oil & honey in a pan. Remove from heat, add oats, dried fruits, nuts and seeds, stir well. Scoop the mixture into the baking tin & press down firmly. Bake in the oven at 180oC for 20-25 minutes until the edges are golden. While still warm score into 12 bars, leave in the tin to cool completely. These can be stored in an airtight container for 3 or 4 days.



Cheese & ham puffs

I don't know any child that doesn't love these. Sometimes we spread marmite over the pastry sheet with the cheese, instead of ham.



2 sheets puff pastry 1 egg, lightly beaten. 200g grated cheese. 100 g ham, chopped.

Lay the pastry sheets out and brush lightly with beaten egg. Sprinkle the cheese and ham over both sheets, leaving 1cm clear at one edge of each sheet. From the opposite edge tightly roll the pastry up like a jam roll, pressing the clear edge to seal. Repeat with the second sheet. Cut into 2cm slices and place cut side up on baking trays lined with non-stick parchment. Brush the tops with the remaining egg and cook 15 minutes until golden & cooked. Serve warm or cool and keep in an airtight container for a lunch box or picnic treat.

Chocolate crispies

Use whatever cereal you have in the cupboard and try to make & eat on the same day as they lose their crispness (although the children don't seem to notice).

100g margarine 2 tbsp cocoa powder 2 tbsp golden syrup 65g cornflakes

Melt the marga in a fairly large saucepan, then stir in the cocoa and syrup. Mix well, remove from heat, Add the cornflakes, and mix gently until covered thoroughly. Spoon into paper cases and leave to set for about 30 mins until hard.

Denston Village Hall 100 Club Quiz night 21st April

The winners are.

1. The Twitchet Family £20
2. Selina Hopkins £10
3. Jeff Fellows £ 5

STEFAN TREASURER
Denston Village Hall 01440 820675



FREE HELP WHEN YOU NEED IT MOST
Stansfield now has a friendly team of volunteers to help with a range of small tasks

*Collecting shopping or prescriptions.
Minor household tasks. Help with pets.
Driving to medical/dental appointments.
Computer, TV and phone support.
Emergency meals. One-off garden tasks.
Form filling/letter writing. Call or visit for a chat.*

07827 128511
stansfieldgoodneighbours@outlook.com



Jeff Fellows, wine connoisseur

A wine to look forward to with brighter days is Casal de Ventozela. This is a vinho verde from Portugal and made from Arinto grapes. A very clean tasting wine, refreshing and just a hint of spritz. Use as an aperitif or a quaffer. £8.99 12.5%.
 An Italian Southern white, Triplica Greco Di Tufo, a DOCG. £9.99. Slight notes of lemon and apple. A seafood pasta for this one and the blurb states it is delicious with Mozzarella, which I have not tried. £9.99 2021 13%. They have a selection of Spanish wines which are several years old, and all the better for it.
 Condado De Oriza Reserva 2018 is from the famous wine region of Ribera del Duero. Matured for 2 years in OAK casks. 100% Tempranillo. Apparently, Opera is played during this time. Intense colour and nose, sour cherry notes, tannins subdued, and a good finish to it. Would improve again but is drinking well now. £12.99 and 14%.
 Vina Alarde. Another 2018 Reserva. Lacks the body of the above. Slight raspberry notes but sharper on the palate. Has a slight finish to it. £9.99 13.5%
 Also purchased was a Gran Reserva 2015 Marques de Caceres. This is a 14.5% wine

so I need to share it with someone. Alternatively it will go into the cellar.



I also found an interesting bottle in the store: this is a Pinot Noir from NZ. Mount Difficulty Roaring Meg. 2022 Central Otago. When visiting that country in 2005 we drove from Queenstown to Christchurch and passed over Roaring Meg. This is a torrent passing underneath the road and cascading down to a waterway some way below us. Alongside that was a small vineyard. I have no idea how it is accessed, which probably accounts for the £20 price tag.

Jeff Fellows

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

The Darling Buds of May may well have been a popular TV series but to wine growers they are always looking for those first buds on the vine. This is the start of the vine cycle. The buds are very tender and need protection from frosts which are not uncommon, even in May. In due course they will turn into grapes. My daughter has just returned from skiing and brought back a bottle of Italian wine from Switzerland. This was Massaro Salento Primitivo '22. It cost 6.8 Swfrancs (£6). This was a very full-bodied rounded wine with spice notes, and a finish. Normally with a wine this young it sometimes tastes astringent. This one is smooth. A superior bottle. (In the UK there would be £3.20 duty and VAT. to add). You can buy it online from Vivino at £11.86 and the CO-OP have it at £16.50. I have tried a selection of wines from Majestic recently. The results as follows -

Advertise your Business

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.

- Special rates for front or back page adverts
- We can help with your advert design.
- To discuss your advertising requirements, contact;

Peter Thompson
e: parish.pump@gmail.com or please ring 07711689171

Your Local Handyman Service

- Professional Painter & Decorator
- General Handyman
- Flat pack assembly
- Garden Maintenance
- Removals and clearance

We are time served and professional.
Offering a friendly, reliable & efficient service

Contact us today on 07812 134267

Your handyman is Dan

FRESH FISH • SMOKED FISH • SHELL FISH



☎ 01787 377768
07971 811947

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





ROBIN SHARP, Honorary Secretary/Treasurer, Stansfield Cricket Club

Robin Sharp was born in London, moving to Suffolk in 1985 for work. But he'd already been recruited to play for the Stansfield cricket team by Jake Lakey, because the side was 'one short' for a game. He has played for SCC since the 1980's and took up the role of Hon Sec/Treasurer c. 1992. And the rest is history!

FIXTURE DATES 2024 FRIENDLY GAMES

DATE	PLAYING	HOME/AWAY	START TIME
Sunday April 28th	Chappel & Wakes Colne	Away	1:00 PM
Sunday May 5th	Early May Bank Holiday		
Sunday May 12th			
Sunday May 19th	Whepstead	Away	1:00 PM
Sunday May 26th	Spring Bank Holiday		
Sunday June 2nd			
Sunday June 9th			
Sun June 16th	Chappel & Wakes Colne	Home	2:00 PM
Sunday June 23rd	Suffolk CAMRA	Home	1:30 PM
Sunday June 30th	Chippenham	Home	1:30 PM
Sunday July 7th	Wickham St Pauls	Home	1:30 PM
Sunday July 14th			
Sunday July 21st	Barrow	Home	1:30 PM
Sunday July 28th	Whepstead	Home	1:30 PM
Sunday August 4th	Milden	Home	1:30 PM
Sunday August 11th	Barrow	Away	1:30 PM
Sunday August 18th			
Sunday August 25th	Old Newton	Home	1:30 PM
Sunday Sept1st			
Sunday Sept 8th	Reach	Away	1:30 PM
Sunday Sept15th	Rain Men	Home	1:30 PM
Sunday Sept 22nd			
Sunday Sept29th			

Club Annual Subscription £30 Payable by 30th June

Match Fees £5



Stansfield Village Spring Tidy Up



The two youngest volunteers at the litter pick

A big thank you goes out from Stansfield Parish Council to the fourteen volunteers wearing high viz vests and armed with picking sticks who walked the lanes and some of the footpaths in Stansfield at the beginning of April. Twelve bags of rubbish were collected, most being from along Thurston Lane and from the top of Plough Hill towards Hawkedon. Refreshments were served at the Village Hall by Stansfield Good Neighbour Scheme.



Two of the five parish council members who helped!

Old Chapel Graveyard

The gates from the graveyard have been removed for repairs and refurbishment, and the cost is to be sponsored by a kind resident. A PC working party is to discuss the report from Suffolk Wildlife Trust

about supporting flora and fauna in the graveyard. Anyone interested in joining the group, or in reading the report please phone Cllr. Slater on 01284 789545. **NB: Please take care if visiting this**

graveyard as there are hidden kerbstones and loose headstones. Hazard signs are in preparation for erection at the site asap.

Annual Parish Meeting

This annual open meeting for all residents to raise and/or listen to ideas and concerns about the village is to be held on Tuesday 14th May at 7pm in the Village Hall. The agenda is open for any issues residents may wish to raise. It is much less formal and very different from a parish council meeting. Speeding in the village, village assets that might deserve recognition (eg the pub, the village hall and the old water pumps), are some of the issues which could be raised.

Good Neighbours: Who Needs them? Anyone and everyone seems to be the answer

The majority of the 25 calls for help to the **Stansfield Good Neighbour** scheme in the first six months of operation came from elderly and/or infirm residents, as might have been expected. But the spread across age ranges and means was in fact very wide, said **Pat Barnes**, secretary of the scheme.

“It is just a matter of circumstance - anyone can need help,” she said. “We would like to encourage residents to contact us...even if it is just because they would like to share a cuppa and have a

chat. We are particularly keen to help young mothers who might feel isolated in our rural community.”

Volunteers from the scheme have also tackled several community tasks, including repairs to the noticeboard, and the very prompt removal of a fallen tree blocking a lane.

Next up are a clean-up of the old telephone booth on High Street, which is now serving the village as a book and information exchange, and a look at refurbishment for two village benches.

Work is also in progress on the refurbishment of the gates to the old Chapel graveyard, which is now a haven for wildlife and a place of quiet contemplation open to all residents.

All of this was reported to the **Stansfield Good Neighbour** scheme AGM held in April. The management committee members all agreed to remain in post for the coming year, and newcomer to the village, **Debbie Pugh**, agreed to be Chair of the scheme. **Helpline Number: 07827 128511**

Stradishall Church—the start of a rescue mission

As I have said before, the first part of the rescue mission is to stop the rain water getting in. Removal of a large amount of soil and leaves, clearing the drain pipes then plastering the bottom of the roof with a substantial amount of waterproofing gunk seems to have achieved this on the south aisle roof. I just had to make it look good so a wire brush helped to remove the green lichen on the interior walls. This was followed by a liberal coat of fungicide. 24 hours later, three coats of limewash made it start to look respectable. It is not finished yet but it is looking good.

The next stage is to replace the broken tiles on the chancel roof. This needs a huge number of shovels to remove the church and HSE bureaucracy. I am glad to say that bit is nearly done including setting it up so the bats can still get in the church for their maternity roost.

Hopefully this is the first part of the mission to bring the church back to its former glory. At least for now one of the roofs is sealed.

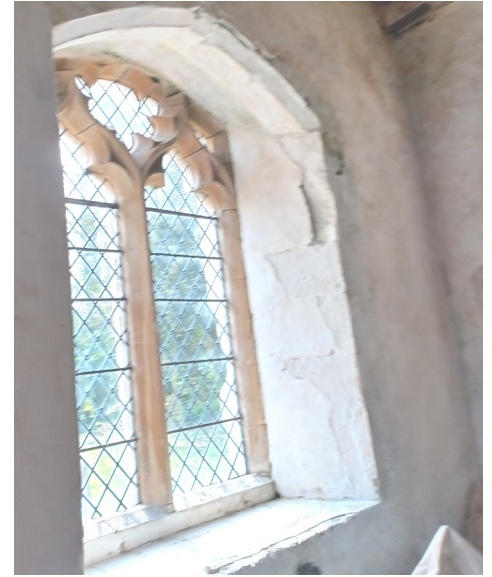
Peter



Before. You must wait to see the after!



One window after, like I said



The other window after

Shakespeare's Birthday

Having referenced Shakespeare in my column last month, I took the opportunity to attend the Shakespeare Day celebrations in Stratford Upon Avon today, 20th April.

His birth was registered as 23/04/1564 and his death at the age of 52 was also on that day, so it has great significance for Stratford.

This was the 460th anniversary of his birth. The town centre from the Town Hall down to Waterside, along that road, where the RSC theatre is situated, turn left up Wood Street, and then left again along the High Street was the route taken by the parade. This consisted of local dignitaries and several Ambassadors and lots of local supporters dressed in the fashion prevalent in WS's time. Other representatives included a contingent of Chinese looking people carrying a banner proclaiming, I presume, their support of WS, this event and the town in general. Lots of nations' flags were positioned along the route. The atmosphere throughout was one of a cordial welcoming of visitors from throughout the world to help celebrate Stratford's most famous son's birthday. The latter part of the parade included the man himself, with quill in hand, followed by the parade with many local schoolchildren carrying flowers which I understand were to be placed on WS's grave.

Jeff Fellows



THOMAS BEDWIN

Wedding Photography



Photographs to relive your wedding day over and over

Contact: tjbfoto@gmail.com

Wickhambrook Local History Society News – April 2024



At the AGM on 16th April the committee and office bearers were re-elected to serve for another year. Chairman **Dorothy Anderson**, Secretary **Gillian Cooper** and treasurer **Pam Miller** reported on an

excellent year of talks and outings and thanked the members for their support.

The Trinity House Story – Captain Karl Lumbers:

Trinity House is best known for the 66 lighthouses which beam light around our shores but there is a whole lot more to learn about this fascinating subject. Karl Lumbers has lived a sea-faring life and now gives talks as part of Trinity House's charitable works.

During the reign of Henry VIII there was a dispute about piloting on the Thames and a group of mariners from Deptford called on the King to enforce training for the pilots as there were at that time no charts of the sandbanks. This led, in 1566 in the reign of Elizabeth I, to the placing of beacons and then to the first lighthouse which was built on land at Lowestoft in 1609. This lighthouse was built of wood and powered by candles and a tax of fourpence was levied on ships that passed

it. These were known as light dues and are still payable today. A huge container ship can pay around £15,000 to pass a lighthouse.

We had all heard of the Eddystone Lighthouse which was also originally made of wood and blew down in 1701. It was rebuilt in stone in 1882 and survives to this day, one of the many rock lighthouses still in use. Trinity House also looks after light vessels, anchored where there is no rock, basically floating masts to give height to the light and to many buoys (from the Spanish word for floating) which now are very sophisticated and can record and send electronic signals.

By 1998, the last lighthouse keepers had all left as technology can now provide all that they did in the past. A sad day, but an indication of how Trinity House has adapted and survived over its 500-year history.

Karl answered questions from the audience before being thanked for his interesting talk.

Our next meeting is on Tuesday 21st May when **Ashley Cooper** will talk on **Rural Rebellion – the Tithe Wars of the 1930s**

.Dorothy Anderson



Karl Lumbers

Gatehouse Charity: NHS Mindfulness Course

FREE ONLINE MINDFULNESS COURSE FOR OVER 65s

Led by a Clinical Psychologist

MINDFULNESS HAS BEEN SHOWN TO:

- ✓ Improve sleep
- ✓ Ease stress and improve resilience
- ✓ Combat feelings of loneliness
- ✓ Improve memory and attention
- ✓ Reduce low mood and anxiety
- ✓ Help relieve chronic pain
- ✓ Promote relaxation



To apply, visit
www.the-mindful-life.com
and click the 'Apply Now' button, or scan the QR Code



SCAN ME WITH
YOUR PHONE
CAMERA

Dear friends,
Are you over 65 or a caregiver? Join our specially designed online mindfulness course, led by a clinical psychologist, and experience transformative benefits from the comfort of your home.

Mindfulness has been found to.

- **Reduce Stress & Improve Mood**
- **Boost Memory & Attention:** Particularly helpful for those in early stages of dementia or with mild cognitive impairment.
- **Be effective in reducing the discomfort of chronic pain.**
- **Help prevent burnout.**
- **Convenient & Engaging:** 1-hour weekly sessions via Zoom over 6 weeks, complete with a coffee break and optional extended practice.

Course Dates:

Various start dates in May/June 2024
Places are free but limited to 15 per course, therefore early booking is recommended to guarantee your spot. Bookings can be made via our website: www.the-mindful-life.com by clicking on the 'apply now' button or email raechel@mindfullife.uk with any queries



CLARE LIAISON AND SUPPORT PROJECT
(Charity No. 1029710)

**2024 FUNDRAISING
TABLE SALES**

CLARE TOWN HALL, 9.30 a.m. to 1.00 p.m.

On the following Saturdays

May 18*

June 22

July 20*

August 17*

October 19*

November 16*

*Dates coincide with Clare Market

FOR INFORMATION AND TABLE BOOKINGS.

TEL. 07980 948167

email; fundraising@clasp-clare.co.uk

TABLES £9 (+ Tombola Prize Donation) Double table £15

Tables are provided size: 6' x 2'

DOORS OPEN TO TABLE HOLDERS 8.45 am.

REFRESHMENTS and TOMBOLA in Aid of CLASP

Doors open to table holders 8.45am

For information and table bookings

07724 698 283

ek1000@btinternet.com

REFRESHMENTS and TOMBOLA

Charity No. 1029710

SUFFOLK
LIBRARIES

WHERE
I BELONG

LEGO Club

Clare Library

Saturdays 10:30-12noon



New free Lego club for 8+ at Clare Library,
CO10 8QF. No booking required. Get
building, meet new friends, take part in
challenges and have fun!

clare.library@suffolklibraries.co.uk

01787-277702



By donating to Suffolk Libraries you can help us fund crucial additional services that reduce social, digital and rural isolation in our communities. For details visit www.suffolklibraries.co.uk/donate

HMRC charity number: 1134476

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

refinedblinds

A bespoke service for all domestic blinds throughout Suffolk.

Makers and installers of a wide range of window blinds, from Venetian to Roman, Vertical to Wooden.

01284 388 779

refinedblinds.co.uk

Wickhambrook Parish Council News



@Image by Jim and Gwen Ashling

Hello, I hope you are all keeping safe and well. I've enjoyed some lovely weekends working in the garden and it really seems that spring is around the corner, despite some really stormy weather at times! At the beginning of March, we had our first Cemetery tidy day of the year. With a great turnout, we were able to install all the rabbit guards to the new hedging along



Left to right – Mike Lavelle, Mel Karunaratne, Kathy Cordy, Jo Pask and Mary Jolland

Cemetery Road, and clear leaves, brambles, and ivy from around the memorials and the Chapel of Rest. Do come along too if you would like to join us – we're a friendly bunch and meet on the first Wednesday of each month between now and November (10:30 to 1ish). In April, we had a general tidy and extended the compost heap.

Thanks go out to **Mary Jolland** for leading the litter pick on Sunday 29th March, a fantastic turnout of 16 adults and nine children, who collected ten bags of rubbish and some boards and posts. Thanks too to **Barbara Merritt** and the

team at Wickhambrook Memorial Social Centre for their support with facilities and refreshments... Further litter picks will take place on Sunday 2nd June and 3rd November.

1st Wickhambrook Beavers have also been busy, and a big thank you goes out to them and their leader Kingfisher **Noel Micallef** for putting up 8 bird boxes in Wickhambrook Cemetery from kits put together by our Chairman, **Mike Lavelle** – thanks also go to Mike and everyone who contributed wood for the project... April signals the start of a new financial year in the clerk's calendar, with preparation of accounts for the past financial year, and submission of all the documents for the annual audit. At its February meeting the parish council welcomed two new Councillors, Mrs



Left to right – Kathy Cordy, Mel Karunaratne & Roger Medley

Andrea Grimes and Mrs Linda Smith, and we've had a further application to be considered at our April meeting. This means we have just one vacancy left – please do get in touch if you'd like to find out more about becoming a councillor. West Suffolk has recently been consulting on its Local Plan, and the parish council has submitted a representation (summarised below, full details will be posted to the NP pages):

The parish council also agreed to purchase a further memorial bench for the cemetery, to mark the 80th anniversary of D-day in June this year, a "Royal Navy

Past and Present" bench. A further sustainable bench has been purchased for installation at the Inner banks of Six Acres. Our April Estates Committee met on 4th April – take a look at the [draft minutes here](#).

On 25th April, we'll be holding both the [Annual Parish Meeting \(6:00pm\)](#) and a parish council meeting (7:30pm) taking place on 25th April (Dulcie Smith Room, MSC). If there is anything you would like the parish council to consider, [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!

Wishing you all the best, keep safe and well

Hilary Workman
Clerk for Wickhambrook Parish Council



Wickhambrook Parish Council objects to Policy AP53 in its current form. While the Parish Council supports the principle of the development, the policy does not demonstrate that sufficient account has been taken of highway issues and infrastructure capacity or specify that sufficient infrastructure capacity needs to be in place before the development is occupied. Furthermore, given the advanced stage of the preparation of the neighbourhood plan, greater emphasis should be given to that Plan.



Wickhambrook Summer Fete Committee needs your help!

We are in search of committee members and volunteers to help organise and run the village Summer Fete which will be held on **Saturday 13th July 2024**

At present we are a small band of people organising the fete along with some excellent volunteers who help before the day and on the day but now with two people now leaving our committee, we need more committee members and volunteers.

Our meetings are not long meetings and until just before Fete day are held every two months, closer to Fete day, once a month. If you feel you would be able to help out and would like more information, please contact

Deirdre Smith (didgesmith@hotmail.co.uk) **Maggie Elers** (maggielers@hotmail.co.uk)

WE REALLY NEED MORE HELP IF THE SUMMER FETE IS TO CONTINUE

CAR AID REPORT MARCH 2024 CLASP Committee Meeting 4th. April 2024

Year 2024 to date = 138 total, 46.0 average .Bookings April month to date – 10



The number of trips made in the 2023 year, at 389, was **42%** more than made in 2022. The current monthly average of 46 trips is **42%** higher than the 2023 level (32.4 trips) After the *very busy* January (47 trips), followed by the *explosion* in February (62 trips), March *imploded* (29 trips). Part of the reduction was due to ending taking **Paul Clayton** to his Stroke Rehab Clinics (12 trips); Paul has recovered sufficiently from his stroke last September to the point of now regaining his driving licence, and obtaining a mobility adapted car. He and his wife have expressed their sincere thanks to CarAid for the assistance provided since December last year. We welcome Sue Hickford as another volunteer driver, but sadly are losing **Rachel Musgrove** who is relocating to London. Thanks to Rachel for her past contribution to CarAid and I'm sure we all wish her a successful transition.

As stated in previous months the demand for our service continues to grow, but sadly our pool of volunteer drivers does not really increase making it more difficult for CarAid to continue to serve our community as effectively as in the past. *Once again can I urge all our volunteer drivers to try to identify and encourage any potential new persons to join our drivers' pool.*

I REPEAT. Although having a pool of just over thirty volunteers, some of whom have limited availability, driver resource still continues to be a problem given the very significant increase in client demand this year. Clearly, we still need to attract more drivers in order to provide the level of service to which we aspire, and our community requires, particularly now that demand is increasing. **The ongoing interesting CarAid Statistic** - In the last 72 months, since April 2018 when I took over, CarAid has helped 227 different clients, making 1,531 trips. **John Webb 1st. April 2024**

CAR AID STATISTICS

2023	Journeys	Clients	Where to	Drivers	Mileage £	Cancels
<i>First Quarter Total</i>	106				1,318.90	21
<i>Second Quarter Total</i>	113				1,692.85	16
<i>Third Quarter Total</i>	78				1,080.40	5
<i>Fourth Quarter Total</i>	92				1,191.95	9
Year 2023 Total	389				5,284.10	51
Year 2023 Month Average	32.4		Months	12	440.34	

2024	Journeys	Clients	Where to	Drivers	Mileage £	Cancels
January	47	26	14	21	531.75	4
February	62	36	21	22	805.45	4
<i>First Quarter Total</i>	109				1,337.20	8
Year 2024 to date Total	109				1,337.20	8
Year 2024 Month to date Average	54.5		Months	2	668.60	

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

DO YOU DRIVE?

DO YOU LIKE HELPING PEOPLE?

DO YOU HAVE A LITTLE SPARE TIME?

Car Aid is part of CLASP and provides a free service for the people of Clare and the surrounding villages who need to visit a hospital, health centre, their doctor, dentist, optician or physiotherapist, but have difficulty in organising or affording transport. The service is provided from a pool of voluntary drivers who use their own cars to transport their clients to and from their medical destination. All drivers, each of whom have been DBS checked, are reimbursed according to the destination visited.

WE URGENTLY NEED MORE VOLUNTEER DRIVERS TO MAINTAIN THIS VITAL COMMUNITY SERVICE

CAR-AID
JOHN WEBB
07724 698283

CAR-AID
JOHN WEBB
07724 698283

CAR-AID
JOHN WEBB
07724 698283

CAR-AID
JOHN WEBB
07724 698283

CAR-AID
JOHN WEBB
07724 698283

CAR-AID
JOHN WEBB
07724 698283

CAR-AID
JOHN WEBB
07724 698283

CAR-AID
JOHN WEBB
07724 698283

CAR-AID
JOHN WEBB
07724 698283

CAR-AID
JOHN WEBB
07724 698283

CLEMENTS CHIMNEY SERVICES

07810 616 837

clementschimneyservices@outlook.com

theDenston 550 Open Gardens

In aid of St Nicholas' Church, Denston

Sunday 16th June 2024
11am - 5pm



A wonderful chance to enjoy the renowned gardens of **Denston Hall** and those of **Bell House**, both designed by **Xa Tollemache** of Helmingham Hall; plus **five other smaller gardens** in the setting of a beautiful Suffolk village with a magnificent medieval church at its heart which is celebrating its **550th anniversary** this year.

Tickets: £10 per person
(cash only please)

Children under 12: Free
Dogs on leads are welcome

CAR PARKING: FOLLOW SIGNS IN DENSTON VILLAGE

TICKETS: TO BE PURCHASED AT THE MARQUEE ON TOP GREEN,
DENSTON CB8 8PW

Tea and cake served
on **Top Green**
(included in the ticket)

Souvenirs,
gifts and
plant stalls

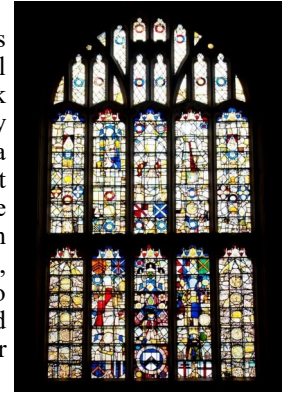


CONTACT: Camilla Hamilton: camillahamilton@btinternet.com 07867 598145

ST NICHOLAS' CHURCH DENSTON "BEGUN 1474"

theDenston 550

celebrates five hundred and fifty years in the life of a beautiful medieval church in the heart of the Suffolk countryside. The focal point of a tiny village with a population of barely a hundred, it is one of the great East Anglian churches and shares its late perpendicular style directly with King's College Chapel, Cambridge, and the families of stonemasons who built both that magnificent edifice and the chapel at **Henry VI's** other foundation at Eton.



Almost unchanged in more than five centuries, by the 1980s St Nicholas' was in a dreadful state. The roof leaked and damp and rot pervaded the whole building. The church was in imminent danger of collapse and was considered for redundancy. However, the fighting spirit and determination of a small number of parishioners and their magnificent efforts saved the day. Under the headline "England's Godforsaken Churches" it featured in a Sunday Times article in October 1988 as "*the church that refused to die*". After a complete restoration, St Nicholas' was saved for future generations, and today it retains its place as a "must visit" East Anglian church in a region that is not short of architectural gems.

The purpose of **theDenston 550** is to showcase and celebrate the life of a magnificent building that has stood watch unflinchingly over the passage of 550 years and this summer sees a series of fundraising events which we hope will be widely supported.

St Nicholas' Church, Denston

SUMMER CONCERT

Saturday, July 6th at 6.30pm



theDenston550
1474-2024

STELLARUM

A leading chamber choir from San Diego
performs sacred and popular songs
to celebrate 550 years of Denston Church

Tickets £15 each, to include a glass of wine

Apply to Heather Phillips Email: htapr@dircon.co.uk Phone: 01284 789250

All proceeds for the fabric of the churches of
St Nicholas, Denston, and
St Mary, Hawkedon

Support Stansfield Plant Sale!



Could all donations please be
dropped off at The Compasses
between 10am and 11am
on **Sat 18th May**
to allow time for pricing
- thank you



**Good Quality
Raffle Prizes Needed**

Put your unwanted gifts to community use!



Calling All Bakers!
We Need Cakes

All donations gratefully received

Stansfield Village Hall Charity No 304939

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 poslingforddd@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 clerk@stansfield-pc.gov.uk
Stradishall	Ian Hutchinson stradishallparishcouncil@yahoo.co.uk 07970717116	Robert Deeks 07940548407	Joanna 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 (People relevant to Parish Pump villages)

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

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

Sarah Pugh Sarah.pugh@westsuffolk.gov.uk

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

Cllr Nick Clarke - nick.clarke@westsuffolk.gov.uk

Cllr Marion Rushbrook marion.rushbrook@westsuffolk.gov.uk

Cllr Karen Richardson karen.richardson@westsuffolk.gov.uk

Please note this month we have made a determined effort to update these tables. However if anyone sees any mistakes or any changes please let us know

Clare Community Food Bank

Free food at the Community
Pantry in Clare Parish
Church

07456 863 555

www.boomerangspetfoodbank.co.uk/



You can donate to our
pantry by following this link
[www.tinyurl/Clare
Community Pantry](http://www.tinyurl/ClareCommunityPantry)



Smallholding by Chloe Gridley

We have finished lambing!! Lambing is the busiest time of year on the farm, it is also one of the most tiring months too.

I'm up most hours of the day and night keeping an eye on the expecting mums to ensure they deliver their babies safely. It is also one of the best months, bringing new life into the world never gets boring. We have had a very successful year, lots of healthy, strong lambs have been born, with a majority of twins; some singles and 1 triplet.

The grass is growing well but due to all the rain we have had, it has made the fields so wet! The weather is slowly getting better, and we hope for a little more sunshine to help dry out the land and give the grass the energy it needs to thrive. Grass needs water and warmth to grow, it also needs a level of sunshine to allow it to grow with quality and packed with nutrients.

The lambs were such a joy to watch, they spring around having lots of fun with their siblings. It's a lovely sight to watch them grow, and don't they grow fast! However, now that lambing has finished, I have sold my entire flock. With the current cost of living crisis and the high rise in running costs of the smallholding, the increase in veterinary fees and sundries associated with keeping livestock, looking at my books it didn't

take long to work out that I will not see a profit again this year. No one can sustain this year on year and therefore I am making the difficult decision to say goodbye.

Looking to the future, we will be leading a more self-sufficient lifestyle, keeping just a small handful of animals to fill our own freezers, and feed our family. I will continue to follow traditional farming methods with these animals to ensure they lead their best lives.



On that note, the pigs have arrived, 4 lovely oxford and sandy black weaners. They are in the dappled shade of the woodland, there is plenty of food on the floor for them to forage, including nettles, brambles and all sorts of seeds and nuts that fall from the plants and trees. Pigs love to forage finding little treats hidden in the soil. The pigs are also fed twice a day to give them the necessary nutrient that they need to thrive and grow to a healthy size.

Walkers have already commented on how lovely it is to see them back.

Mum has now brought her hens home to a large enclosure which is netted to keep out wild birds and to stop disease from spreading and to also stop the crows from stealing the eggs. The cost of chicken feed has rocketed to nearly double what it was pre-covid, so keeping a smaller number of hens is far more manageable.



Considering disease control, DEFRA have now made it law to register all chickens. The threshold for mandatory registration is to be reduced from 50 birds to 1, which means all



poultry and captive bird keepers will be legally required to register their birds. Poultry keepers will be required to review their poultry register entry annually to ensure their details are up to date, this will come into force in autumn 2024.

Chloe Gridley

We at the Parish Pump are so very saddened to learn of Chloe's decision to stop running the small holding as a commercial venture. We know it must have been a very difficult decision to make. We all owe Chloe and Fay many, many thanks for their years of excellent contributions to The Parish Pump. We all wish Chloe well for the future and, hope that one day, we can encourage her to write for us once more.

STRADISHALL COMMUNITY SURVEY UPDATE and relevant parish business

The results of the survey have been passed to the **Stradishall Parochial Church Council (PCC)**. They are still assessing how to best proceed with the revitalisation project. It is anticipated that the PCC will communicate the outcome of their assessment at the end of April. The details are slightly delayed because the PCC itself is changing with Robert and Jane Helliwell retiring after many years of excellent service to the parish. We wish them well and thank them for all their hard work. Further updates on the project will be provided in future editions of the **Parish Pump**.

STRADISHALL PAROCHIAL CHURCH COUNCIL

ANNUAL PAROCHIAL CHURCH MEETING TO BE HELD AT ST MARGARET'S CHURCH, STRADISHALL, ON TUESDAY APRIL 30th 2024 AT 6PM

Opening Prayer

AGENDA

THE VESTRY MEETING

Apologies for absence.

Nomination and Election of Church warden(s).

THE ANNUAL PAROCHIAL CHURCH MEETING

Minutes of previous APCM.

Annual report of the work of the PCC.

Rector's report.

Financial report and approval of the 2023 accounts.

Deanery synod report. Electoral roll report.

Benefice report.

Election of PCC members.

Election of secretary and treasurer.

Election of Deanery Synod representative.

Appointment of independent examiner.

Any other business. Date of next meeting. Closing prayer.

Poslingford Pudding Club

Saturday 11th May at 1pm
St Mary's Church Poslingford. Please bring your own pudding

Another glorious sunny Saturday afternoon had the People of Poslingford making bug houses and planting wildflowers in the Churchyard, to help the wildlife. A welcome cup of tea and a slice of cake were enjoyed, a variety of plants and seeds were exchanged, including pumpkin plants, some of which are from the "winning" pumpkin from last year's competition.

Donations from this event have been taken to the Community Pantry. The next event to be held is Pudding Club, on Saturday 11th May at 1pm. Please bring a pudding, a bowl, and spoon. Tea & coffee will be supplied. We are looking forward to seeing everyone.



OLD GOAT BREWERY

FINE ALES, BREWED ON THE PREMISES

WINE, SPIRITS & SOFT DRINKS ALSO AVAILABLE

WWW.OLDGOATBEER.COM

THE COMPASSES
HIGH ST,
STANSFIELD
SUDBURY. CO10 8LN



01284 789009

TAPROOM HOURS:
FRI: 4PM - 10PM
SAT: 3PM - 10PM
SUN: 3PM - 7PM

disappointed with your website?
or looking for your first ...




mdsign.co.uk | coffee@mdsign.co.uk | 01440 820222

Please note the Old Goat Brewery has had a substantial re-fit and is now open and ready for lots of business in the Spring.

NOW OPEN!!

Who is who in our local church benefices?

BENEFACTORY	CHURCH	INCUMBENT VICAR	CONTACT	ELDERS AND OFFICIALS
 BANSFIELD	COWLINGE	The Revd Eve Bell	07815441304	Dr Paul Bevan Mrs Fiona Evans
	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

Happy beginnings, Happy futures.



Happy Days Childcare



- Accept golden tickets for two year olds.
- Offer up to 30 hours funding for preschool children.
 - Open 7am – 6.30pm.
- Dedicated baby room with own garden.
- Wrap around and holiday care for children aged up to 11 years.
 - Fresh, home cooked meals daily.

Based at Stradishall, we are a set in a rural location on convenient commuter routes to Haverhill, Newmarket, Clare and Bury St Edmunds.

01440 820 027

debbie@happy-days-childcare.co.uk

1, Lancaster Way, Stradishall. CB8 9YD.

DKC PLUMBING

Oil Boiler Specialists

We Are An Ex-military Run Business With Good Standards And We are Highly Rated By Our Customers

• Oil Boiler Servicing

• Oil Boiler Breakdowns

• General plumbing

• and More...

Call **07375995198**

www.dkcplumbing.co.uk



95% of
boilers are
fixed in the
first hour!

Check Us
Out On
Line



INFORMATION
PACK



YOUTUBE
VIDEOS

Wickhambrook fire-station now recruiting
WWW.SUFFOLK-FIREFIGHTERS.CO.UK



HOW TO APPLY



EMPLOYERS
GUIDE



SWIFT TO SERVE

**BE AN ON-CALL FIREFIGHTER
PROTECT YOUR COMMUNITY
CHALLENGE YOURSELF**

**APPLY
NOW!**



For specific questions on fire fighting please email: sfrs.recruitment@suffolk.gov.uk
See page 25 (over)

Wickhambrook Farmers' Market



Held second
Sunday
monthly.

Thank you
Martin

Wickhambrook Fire Station

Recruiting *On Call* Firefighters



NEED MORE?

OPPORTUNITY
BELONGING
COMMUNITY



Recruitment hotline 01473 260588
www.suffolk-firefighters.co.uk

SUFFOLK FIRE AND RESCUE SERVICE

Wickhambrook needs some more firefighters. If you are interested in any way whatsoever, please contact Martyn Hazelwood at sfrs.recruitment@suffolk.gov.uk or telephone the number below 01473 260588 at 9am to 5pm from Mondays to Thursdays and 9am to 4pm on Fridays

A1CARS

SUFFOLK (LTD)

24 hour taxi and
Executive Service
Airport Transfers

book@a1cars.co.uk

www.a1cars.co.uk

01284 766 777

Try our new app
Search A1 Cars Suffolk on the App Store or Play Store

The Forgotten Bees Speaker Hawk Honey

Hawk Honey has studied bees all his life. Since 2014 he has worked for the Suffolk Wildlife Trust at Lackford Lakes as a Visitor Engagement Officer.



Apart from honeybees, which in the UK are mainly domesticated, there are 250 species of solitary bees and bumble bees. Hawk told us they are 200 times more effective pollinators than honeybees.

However, the numbers have been decreasing since 1945, when hedgerows were pulled out to increase the size of fields and boost food production.

Also nitrates, used by farmers as fertilizers to increase yield, affect the

bee's development for example some emerging without wings. 97% of wildflower meadows have disappeared since 1930.

In addition, neonicotinoids which replaced DDT as insecticides on many arable crops are far stronger and have a negative effect on pollinators. Hawk told us, one drop can kill one thousand bees by paralyzing the insects. For example, in China so many insecticides are used, killing the pollinators, that people are having to pollinate fruit trees themselves with paint brushes!

We can help these essential pollinators by leaving old dead wood about, hanging bee hotels facing south, leaving dandelions, dead nettles, and thistles to grow and planting cosmos and buddleia along with other bee friendly plants.

Bumble bees use sand and earth to make their nests.

One species find empty snail shells in which to lay their eggs, which pupate for eleven months, before emerging as fully formed bees.

Their natural enemies are some varieties of moth, also Cuckoo Bumble Bees and wasps, who will take over the nest and eat the developing bees, then lay their own

eggs.

Hawk Honey brought along examples of dead bumble bees and a nest, which is quite different from the honeybees'. Hawk's talk was very well illustrated with videos and pictures of the different bee species. His incredible enthusiasm and deep interest in these bees gave us an excellent and very informative evening together and there were lots of questions from members.



Contact: Jackie Merry (Chair) 01440820555

Date: Monday 25th March 2024

Next Meeting on Monday 22nd April

Clematis throughout the Year - speaker - Roy Nunn

And after that Monday 20th May

Closer to Nature - A Wilder Garden - Speaker - Jim Paine

Gardeners Get Ready!
donations wanted for
Stansfield Plant Sale
Saturday 18th May



*** Calling All Growers ***

Could you raise some extra plants this spring to support the Village Plant Sale

Herbs, flowers, fruit and veg - all gratefully received.

Stansfield Village Hall Charity No 304939



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, please phone **John Webb on 07724698283.**

Stansfield Village Hall



Join our friendly committee

Stansfield Village Hall needs new volunteers to join the committee and undertake some of the tasks of running a successful village hall.

The main qualifications we are looking for are enthusiasm and a willingness to do something for your community.

Specific roles that need filling are Treasurer and Booking Secretary, anyone with bookkeeping experience or good people skills would be particularly welcome.

Come and join us!

Interested? – get in touch
01284 789 192

friends@stansfieldvillage.org.uk



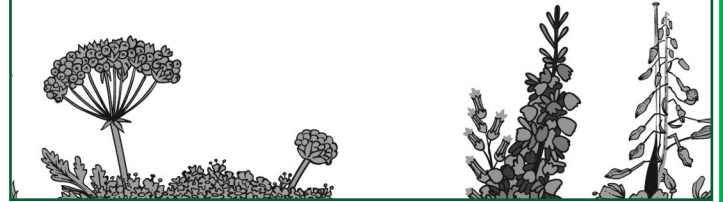
WATSONS PLANTS

Watsons Plants is bursting with a beautiful array of perennial plants. The quality of our plants is second to none and we are confident they will be thriving in your garden for years to come. We have a substantial choice of quality shrubs and garden plants at hugely competitive prices.

For the discerning gardener or enthusiastic beginner, we have something for everyone.

enquiries@watsonsplants.co.uk watsonsplants.co.uk
Watsons Plants Ltd, Bury Road, Depden, Bury St Edmunds, Suffolk, IP29 4BU

Louise Watson 07952 638016 Chris Watson 07941 640560



Rural coffee caravan in Stansfield

A bright spring morning greeted visitors to the latest **Rural Coffee Caravan at Stansfield Village Hall** on Thursday 18th April. We not only enjoyed some delicious cakes, but were also treated to an aeronautical display from a Spitfire. It transpired that one of my work colleagues had been treated to a trip as a 60th birthday present!

May's visit will be on **Thursday 16th May between 10am and 12 noon.**

There will be another fine selection of cakes, including gluten-free options. **Diana Patrick** will be on hand with a raft of information on local and national agencies, organisations, activities and support services. There is also a book exchange stall and historical pictures and photographs. This event is open to all people from Stansfield and surrounding villages. Refreshments are all free.

Kind regards

Wendy

Wendy Johnson Houghton 01284 789572 07824 465308



Rural Coffee Caravan

Making a difference to rural communities throughout Suffolk

Come and share a pot of tea, our welcome is warm and our friendship free!

We'll be visiting
Stansfield Village Hall
Hall Lane, Lower Street, CO10 8LW

Rural coffee caravan returns to Spring and Summer hours

We would like you to have the opportunity for some company and a catch up with your neighbours over a cup of tea or coffee with biscuits and cake. We bring a great source of information along with the free refreshments.

We look forward to seeing you.
All Welcome!

Information on board
"come in for a chat..."

www.ruralcoffee caravan.org.uk tel: 01379 855 338

Rural Coffee Caravan is a registered charity No. 1187673



Mary's page

**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
[Oslers Solicitors](#)

Lawyer Type: • Solicitor

Years Qualified: 25

Landmark ruling overturns earlier court ruling which stopped wife getting any more than 29% of assets in divorce settlement

A landmark Court of Appeal judgment has stopped the "floodgates opening" for wealthy men holding on to their wealth and wives not getting their fair share after a divorce. The original earlier court ruling awarded the wife, who was the sole carer for the couple's severely disabled child, only 29 per cent of the couple's combined wealth because of the alleged "special contribution" to the marriage made by the husband, a highly successful businessman. Lord Justice Moylan overturned the original ruling, from December 2017, in mid-December last year in the *XW v XH* Court of Appeal judgment. He said: "In this case, the wife's enormous contribution to the welfare and happiness of the family, as the homemaker and principal carer of AB, both during and after the marriage, has been and will be incalculable. She has devoted herself to the day-to-day care of

a child with special needs and by doing so has freed the husband to a very considerable extent to enable him to pursue the business activities which have generated the enormous wealth now available." The lawyer who represented the wife and fought to overturn the original verdict, said the judge in the initial ruling had not taken into account the wife's domestic contribution to the marriage and had based his decision on the husband's earnings. The case stopped the "floodgates opening" for women losing out on what they are entitled to in divorces, the lawyer said. She also said that one of the key issues is known as "special contribution", or the so-called "genius argument", explaining that the term refers to an "exceptional" ability to make money which is unmatched by the other spouse's input. This was the argument put forward for the husband as to why the wife shouldn't receive an equal share of the assets. The lawyer, said: "It is

a highly flammable legal construct that can be deployed in cases where there are high levels of family wealth, and can potentially be very discriminatory – primarily towards women. Rummaging through the attic of marriage to find arguments for 'special contribution' is a dangerous thing to do." There have not been any cases where a judge has ruled the wife or the mother made a "special contribution" to the family, the lawyer added. The recent Court of Appeal judgment reconfirms the "main foundation of fairness" within divorce settlements whereby a wife who is a homemaker and child carer should not be discriminated against in favour of a husband who is able to go out and earn a wage "as a result of having a strong foundation at home". For further advice regarding finances on divorce contact Oslers Solicitors on 01449 774670 to discuss your case with a specialist lawyer.

Stansfield's B-B-Qs June and July

**Village BBQ in aid of All Saints Church, Stansfield
On Sunday 28th July**

At

Laurel Bank Farmhouse, Assington Green, Stansfield CO10 8LY

11 am Garden Church Service (optional)

12.15 pm Full BBQ & desserts

BAR

Tickets available from Louise Cairns Mackrill

01284 789279

louise.mackrill@gmail.com

BAR & RAFFLE

£15 per person (under 10 Years's £5) Proceeds to All Saints Church, Stansfield

Cine Clair Film Night

**Last
Thursday
Every
Month**

Doors Open 6:30 PM
Film Starts 7:00 PM

At Clare Library, Guildhall,
High Street, Clare, CO10 8NY.

Email for a full film programme
clare.library@suffolklibraries.co.uk

By popular request Clare Library is going to trial having subtitles to help those with hearing difficulties.

B Z Alexander Ltd Chartered Accountants

For all your business requirements including:

Accounting

Self assessment tax returns

Bookkeeping

Payroll

Initial consultation FREE OF CHARGE

Contact Stefan Bransby-Zachary FCA

Located in Denston

Tel: 01440 820 675

Email: stefan@bzalexander.co.uk

Chimney Matters Town and Country



Professional Chimney Sweeping

Fully Insured

Mobile : 07767 864127

Phone: 01284 789663

www.chimneymatters.co.uk

Young People of the Year

Reveals, Recognises and Rewards Positive Role Models

Tony Gearing MBE

Founder, YOPEY (charity 1145573)

email: tony@yopey.org

tel: 01440 821654

mob: 07711 255 675

Woodfarm Cott, Bury Rd, Stradishall, Newmarket CB8 8YN

www.yopey.org | yopeybefriender.org



CARS WANTED PETROL OR DIESEL



CASH PAID

WITH OR WITHOUT MOT
CARS, ESTATE CARS, 4X4s,
TRUCKS, VANS

ALL MOTORCYCLES WANTED

Darren 01376 326163

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 am going to come straight out with this. I am gay. And I cannot, cannot tell my family. They aren't exactly homophobic, but they are kind of disparagingly jokey about gay people. Male and female. Particularly female. I am a man by the way. I live half at home, half in a flat with friends. And increasingly I feel I lead a double life and it straight-jackets me. In fact, I am both sick of it and scared about it. If I have to listen to another dig about girlfriends and time moving on, I swear I will erupt. I don't think I'd be sending this email if I wasn't at breaking point. But don't say tell them because I can't. Aghhhh! I'm so stuck. Please help! T

Dear T,

It's a great step out of your stuck-ness to even send this email. So well done. I really appreciate your awful dilemma. And I hear loud and clear that you are at breaking point. You are about to erupt. Step 1. Hear yourself. Respect yourself. You cannot abide the status quo much longer. I hear you T. I respect that. Step 2. What are your options here? Could you for example live 100% of the time in your flat? If so, would that solve the problem? I want to ask you a question – can you envisage living your entire life with your family not knowing who you are? Here's my suggestion. Yes, I do think the eventual path leads you to telling your family. But start safely inside your own head. Allow yourself to imagine doing it. Play with the idea in safety. Imagine the worst possible reaction, imagine the best, imagine the *in betweens*. Imagine telling them all together and imagine doing it one by one. Imagine all and any options – someone else telling them, a family member seeing you accidentally with a boyfriend. In short, face the situation within the safety of not facing it. If you have good friends kick it around with them. I think if you do this you can get used to the idea slowly and gently. Give yourself time. I am sorry you have to lead a double life at the moment T. I value your courage emailing it to tell me and yourself that this way of life is not serving you at present. I hope you find a way to free yourself from that straight jacket and live the full, accepted life you deserve. Best wishes, Carol

Wickhambrook WI April Meeting with Susan Cariello



Wendy
Mansfield



Susan Cariello



For our April Meeting we welcomed **Susan Cariello** who came to talk about her **handmade bags**. Susan studied at St Martin's before going off to New York to work in a design studio. The studio had an embroidery archive and this sparked an interest in embroidery techniques. Susan returned to the UK and set up her own business working freelance designing and

making handbags from scratch. She has spent the last 18 years designing and making handbags; each one is individual with spectacular embroidered decoration. Her work also extends to cushions, purses, headbands and wall art. Many examples of her work were on display and available to buy. Next it was our turn to have a go at creating some simple

embroidery work. Members had been asked to bring an embroidery hoop, a square of material and a needle. Once we were all set up Susan talked us through how to embroider a simple flower and a leaf. Results were mixed to say the least but the expressions of deep concentration on members' faces were a testament to their efforts!

PLANT SALE!

DON'T MISS OUT, GRAB A BARGAIN



Bedding,
Perennials and
Vegetables

Refreshments
available

Free Entry

Saturday 25th of May 10.00-12.00
WI Hall Wickhambrook
Any donation of plants greatly
received

treeworx

est 2005 NPTC QUALIFIED



All aspects of tree surgery
undertaken, fully insured
and to British standards 3998.

- Crown reductions
- Crown thinning & lifting
- Felling & removal
- Fruit tree pruning
- Hedge work

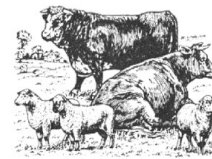
To discuss your requirements and for
a free no obligation quote please call:

CLARE BASED
07796 848928
tree_worx@yahoo.com



J.R. HUMPHREY & SONS

YOUR LOCAL FAMILY BUTCHER



**Always a fine selection of meats,
cheeses, dairy products, poultry and
smoked hams**

5, Market Hill, Clare, Suffolk.
Telephone 01787-277294

Cinema in
Stansfield
presents...

creative
ARTS EAST

HELLO BOOKSTORE

A FILM IN CHAPTERS BY
A.B.ZAX

"Compelling and
heartwarming."

A drama worthy of Hollywood
magic created by Frank Capra
and Jimmy Stewart.
Thomas Farragher, *The Boston*

Friday 10th May

7.30pm | Stansfield Village Hall

Hall Lane, Lower Street, Stansfield, CO10 8LW

Tickets: £5 on the door | Licensed bar available

Doors 7pm | For more info email

friends@stansfieldvillage.org.uk or call 01284 789192

In aid of Stansfield Village Hall - Registered Charity 304939



Generously supported by Local Authorities and our principal funders:



Supported using public funding by
**ARTS COUNCIL
ENGLAND**



Find out more by visiting
www.creativeartseast.co.uk



KT GRIDLEY
GENERAL BUILDING

All types of building works undertaken

Groundworks

Cart-lodges and Extensions

Brickwork, Blockwork and Flint Walls

Garden Fencing, Paths and Patios

Maintenance and Repairs

Springbank, Stansfield, CO10 8LP

Tel: 01284 789309 Mobile: 07702 265 425

Email: kevin.gridley12@gmail.com



Rothwell's Carpet Cleaning

Carpet Cleaning & Stone Floors, Upholstery, Rugs

A few points that make us stand out,

Rothwell's has been in business since 1993

We're an honest local family firm.

Our large truck mounted machines mean more cleaning & drying power for excellent results.

Members of both the NCCA and TACCA.

We will move the furniture.

100% satisfaction or it's FREE.



*Call Oliver and Max Campbell
for expert help today.*

01638 428 060 www.Rothwells.biz



EXPERT FOOTCARE

AVAILABLE IN WITHERSFIELD, CB9 7SE

FREE ONSITE PARKING AVAILABLE



ALL ASPECTS OF FOOTCARE COVERED INCLUDING:

- Nail trimming
- Cracked heels
- Corns
- Callus
- Fungal & thickened nails
- Ingrowing toenails
- Athlete's foot
- Verruca's

☎ 01440 421 798
✉ rosehillfoothealth@yahoo.com
🌐 www.rosehillfoothealth.co.uk

**Book your
appointment!**



J.A.P. Architects

Market Hill, Clare, Suffolk CO10 8NN

T: 01787 279490

E: enquiries@japarchitects.co.uk

W: www.japarchitects.co.uk



Established in 1965 J.A.P Architects is an award winning chartered practice.

Our services range from feasibility stage and project conception through to design and detailing, building regulations and, if required, contract administration.

We offer a free first-stage consultation to establish the scope of our client's requirements



David Pryke Motor Repairs Limited



**FOUR WHEEL ALIGNMENT
DIAGNOSTICS
TYRES AND BATTERIES
CLASS 4 MOTs
ALL MECHANICAL REPAIRS
AIR CONDITIONING**

Unit D Townsend Bridewell Street
Clare Suffolk CO10 8QD
Tel/Fax 01787278016
www.davidprykemotorrepairs.co.uk
Email: davidpryke@aol.com