

PARISH PUMP

No 384

parish.pump@gmail.com

May 2025

AN ENTHRALLING EVENING

Imagine – dusk is gathering on a Saturday evening in late March. Rooks are noisily calling in the trees surrounding St Margaret's churchyard in Stradishall. The first bats of the season have appeared, small silhouettes swooping in the waning light.

Giant black spiders lurk in the church porch, and rats hold glowing candles between their paws. The pews are filled with visitors, chatting nervously, awaiting start of the evening's event.

They were not disappointed – CB Jackson, master storyteller, held them enthralled from the beginning. He had tales of ghostly pedlars, a staff carrying people's burdens and fears, and a rector who did unspeakable things with cheese. Somewhere in there was also Marley's ghost, delivering his dire warnings to Ebenezer Scrooge. There was a dash of audience participation in the mix, and copious servings of mulled wine.....An evening to remember.



We are very pleased to advise that we have a new contributor to the Parish Pump this month. If you are a fan or puzzles or quizzes then please check out on page 5. Good luck and we hope you enjoy the first of what will become a regular feature.

We are not so pleased to advise that our excellent Editor is currently incapacitated. Peter was recently involved in a car accident and is currently recovering in hospital.

The remaining, far less experienced, members of the Parish Pump team have finalised this edition. We truly hope everything is correct and that we have not missed anything, especially details of forthcoming local events.

By the time you read this we expect Peter will be home and well on the way to a full recovery.

We sincerely thank Thomas Bedwin Photography for kindly sponsoring the colour pages this month which we think makes the Parish Pump special!



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COST OF MEMBERSHIP £20 PLUS AN ANNUAL SUBSCRIPTION OF £25

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

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WICKHAMBROOK WOMEN'S INSTITUTE

Our monthly meeting was held on Thursday 10th April, a change of day due to the speaker not being available on a Tuesday. The meeting was billed as a Tai Chi Taster Session with Peaceful Warrior Tai Chi. After being told a little about the history of Tai Chi we were invited to take part in some breathing exercises and some hints on posture and relaxation.

The key is to breathe from the abdomen and not from the chest and to allow the shoulders to drop. We did not progress to the iconic arm movements but after some time practising the breathing and mastering the stance we began to feel infinitely more relaxed.

The competition this month was "A Poem of Reflection" and it was interesting to hear different interpretations of this theme. Some people took the theme of physical reflections and some read it more as a mental reflection on life in general.

Rector's Ramblings May 2025 (Remembering Victory, Building Peace)



Dear Friends,

Now that spring has properly arrived our thoughts naturally turn to the flourishing of new life in our fields, hedgerows, and gardens.

This May we are also asked to remember not only life but also death - as we mark the **80th anniversary of VE Day**, on the 8th of May. It is a moment to pause, to remember, and to reflect on a pivotal moment in our history.

Eighty years ago, the guns fell silent across Europe, heralding the end of a devastating war that had cast a long shadow over our world. The celebrations that erupted on that day were an outpouring of relief, of joy, and of profound gratitude for the sacrifices made by so many, found our streets filled with people celebrating the dawn of peace.

It is vital that we, the generations who did not witness the horrors of that conflict firsthand, take the time to remember the immense cost of war and the profound yearning for peace that permeated society in 1945.

We owe a debt of gratitude to the brave men and women who served in the armed forces, to those who toiled tirelessly on the home front, and to all who endured years of hardship and uncertainty. Their resilience and determination paved the way for the freedoms we enjoy today.

Later this year, in August, we will also commemorate the **80th anniversary of VJ Day**, which marked the final end of the Second World War. This too is a moment for solemn reflection on the global scale of the conflict and the further sacrifices made by so many of our local men who served in Suffolk and Norfolk regiments, and lived through untold hardships in Malaya, Singapore, and across the Far East.

These anniversaries are not simply about looking back; they are also powerful reminders of the ongoing work of peace and reconciliation. The journey from the ashes of war to lasting peace is a long and often challenging one. It requires understanding, empathy, and a willingness to forgive. It demands that we learn from the mistakes of the past and actively work to build a future where conflict is replaced by dialogue and cooperation. With Global tensions at an all time high, we must not let hatred get the upper hand again, we must call out aggression, stand up for what is right, and speak out for those whose voice is not heard.

In our own communities, we are called to be agents of peace. This might seem like a grand ambition, but it begins with small acts of kindness, with listening to one another with open hearts, and with fostering a spirit of understanding and respect in our daily interactions. As Christians, we are called to love our neighbours as ourselves, to be

peacemakers, and to seek justice for all.

The message of Easter, which we have so recently celebrated, speaks powerfully of hope and new beginnings. Just as Christ rose from the darkness of the tomb, so too can we find hope even in the face of past suffering and present challenges. The peace that Christ offers is not merely the absence of conflict, but a deeper sense of wholeness, reconciliation, and harmony within ourselves and with one another.

As we commemorate these significant anniversaries, let us not only remember the sacrifices of the past but also rededicate ourselves to the pursuit of peace in our own lives, in our community, and in the wider world. Let us embrace the hope that springs eternal, the hope for a future where peace reigns and reconciliation heals the wounds of division.

May this month of May, filled with the promise of new life, also be a time of deep reflection and renewed commitment to building a more peaceful and just world for all.

With my prayers and blessings,

Mark
The Revd Mark Woodrow (Rector)



Monthly rainfall inches 2024/2025

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

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

Art and Flowers at Rede



Rede Village is pleased to announce that their popular **Art and Flower Festival** is taking place for the third time. The event is a fundraiser for All Saints Church, Rede, and is held every other year.

This year it is on Saturday 31st May and Sunday 1st June, 11am to 4pm.

Although Rede is a small village, it punches above its weight with its diary of events and the village hall is like the Tardis – it's amazing how many paintings were displayed at the last exhibition.

With artists, both professional and amateur, from a fairly wide area, there will be a varied display of work with prices to suit all pockets, including ceramics and glassware.

A display of summer flowers is planned for **All Saints Church**, along with paintings from the **Little Teapots Preschool at Chedburgh**.

Together with teas on the green, a plant stall and raffle, it all makes for a very enjoyable time for visitors.

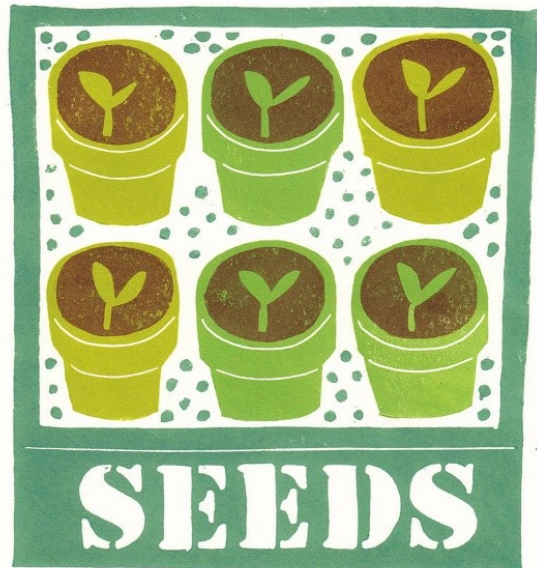
The usual weather proviso, all will be under cover if wet. For further information contact **Jackie Pratten**, email : jackiepratten@icloud.com, phone 01284 850078.

Rede Village Hall and Green
IP29 4BE

Gardeners Get Ready!

donations wanted for Stansfield Plant Sale

Saturday 17th May



*** Calling All Growers ***

Could you raise some extra plants this spring to help support your village hall?

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

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Puzzle Time



This month we are very pleased to welcome **Delphic** to the growing list of our many excellent contributors.



Delphic's contribution is something slightly different for the Parish Pump. **Delphic** will be compiling a puzzle or quiz to get those brain cells working.

In some instances these will be based around our local villages. Other times it will be more general in nature. The form of the puzzles will not typically require detailed online research, just some general knowledge and lateral thinking.

Puzzle 1

**If an Iron Prime Minister lives in Cowlinge
A Queen of Scots lives in Hawkedon
A Handmaid's Tale storyteller lives in Stradishall
Inspector Clouseau and a Beatle live in Clare
Where does the 'Sale of the Century' man live?**

We will print the answer and explanation in the June edition of the Pump.

Good luck!

And to save you looking it up

Delphic (meaning: obscure, mysterious, ambiguous)

M Jordan

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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

IP29 4BE

REDE

IP29 4BE

ART FESTIVAL **with Summer Flowers**

Saturday 31st May, Sunday 1st June, 11am to 4pm

Art Exhibition in Rede Village Hall
Summer Flowers in All Saints' Church

Teas on the green • Plant stall • Raffle

Artworks are by professional and amateur artists and are for sale

IN AID OF ALL SAINTS' CHURCH, REDE

SAVE THE DATE

**WICKHAMBROOK SUMMER FETE AND FLOWER
SHOW**

**SATURDAY 12TH JULY 2025
FROM 1PM – 5PM**

**CAR SHOW, DOG SHOW, INFLATABLES, VARIOUS
CRAFT
STALLS AND ATTRACTIONS, BBQ, BEER TENT,
GRAND
RAFFLE AND MUCH MORE.**

BRING THE FAMILY ALONG FOR A FUN FILLED DAY

WICKHAMBROOK SUMMER FETE COMMITTEE

After a very successful Summer Fete last year, with a substantial amount of money raised, the Wickhambrook Summer Fete Committee are in a position to offer funding to the village organisations who may require funding for any new projects, new equipment etc.

For more information or apply for funding please contact **Maggie Elers** on
email: maggielers@hotmail.co.uk Telephone: 01440 820559

Country Cooking with Louise Mackrill



The sun is shining, the hens are laying, asparagus is sprouting, and the crab season has begun. What more can I say but that these ingredients are a marriage made in heaven. I have two recipes here, one for the most glorious springtime salad on earth and the other for a warming springtime supper.

It's practically a patriotic duty to indulge in fresh asparagus during the month of May. Rich in vitamins, folic acid, iron and potassium, there's little wonder it's known as the 'miracle vegetable'.

Asparagus, egg & crab salad

4 large free range farm eggs
20 locally grown fat asparagus spears
2 fresh Cromer crabs, dressed
4 tbsp good olive oil
1 tbsp fresh lemon juice
1 teaspoon French mustard

Boil the eggs for 5 minutes, plunge into cold water, peel quickly but keep warm. Snap off the base ends of the asparagus spears.

Whisk the dressing ingredients together & season well.

Just before serving, bring a pan of water to the boil, snap off the base ends of the



asparagus & simmer for 2 or 3 minutes until just tender. Drain & divide between 4 plates. Halve the eggs and sit them on the asparagus. Scatter the crabmeat over the top and drizzle with the dressing. Serve with good home-made granary bread or, as a **main meal, with hot buttered Jersey Royals.**

Asparagus & crab linguine with a touch of chilli

300g linguine
3 tbsp extra virgin olive oil
1 bunch asparagus, cut into 1" chunks
1 red chilli, seeded and sliced
2 cloves garlic, finely sliced
1 fresh Cromer crab
Grated zest & juice of fresh lemon
Seasoning
Bring a saucepan of salted water to the boil and cook the linguine until al dente. Heat 2 tbsp of the olive oil in a large frying pan. Add the asparagus along with the chilli and garlic, fry gently for 3 or 4 minutes until the asparagus is becoming tender. Add crab meat, lemon zest and lemon juice. Toss around until the crab is heated through. Season with salt & freshly ground black pepper before tossing with the cooked linguine & 1tbsp olive oil. Serve straight away. This can also be served as a cold pasta salad. Use penne rather than linguine and leave it to cool.

Rhubarb Spice Cake

This wonderfully moist cake can also be heated up (in slices) in the microwave & served with a dollop of cream or custard for pud.

140g of butter, softened
300g self-raising flour
2 tsp mixed spice
1 tsp ground ginger
100g dark muscovado sugar

250g golden syrup
1 tsp bicarbonate of soda
2 eggs, beaten
300g rhubarb, cut into short lengths
Icing sugar to dust



Heat the oven to 180°C and put the kettle on. Grease & line a deep 20cm square cake tin.

Sift flour & spices into a bowl. Beat together the butter & sugar until light & fluffy, add the golden syrup and sift in the flour & spices.

Dissolve the bicarbonate of soda in 200ml boiling water, pour slowly into the mixture along with the eggs, beating all the time.

Finally stir in the rhubarb. Pour into the tin and bake 50 – 60 mins until firm. Cool in the tin for a few minutes, then turn out and cool on a wire rack, dust with icing sugar.

News From Cowlinge Church

The month of April has seen us roll up our sleeves and spring clean the churchyard.

A windy and sunny Saturday was the backdrop to our efforts. The noise of several trimmers competed with the wind as we trimmed grass and hedges, cleared away dead leaves and pruned defiant ivy from the church exterior.

We were sustained by wonderful cakes and coffee which restored our energies when we flagged, ensuring we did a thoroughly good job. Thank you to everyone who gave their time so willingly.

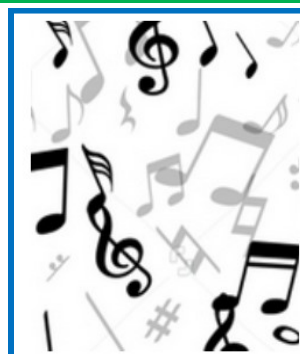
Looking ahead: Saturday 7th June will see the third concert in our music series take place in the church, when The Abbot Consort of Voices will perform for us.

This will be the first opportunity in several years to experience the church's

fine acoustic for voices, which we think will delight both listeners and singers.

Drinks at 7.00pm, the concert at 7.30pm, and payment by donation on the evening.

Do come and join us if you can!



Summer Concert - Abbots Consort of Voices

Saturday 7th June;
7pm

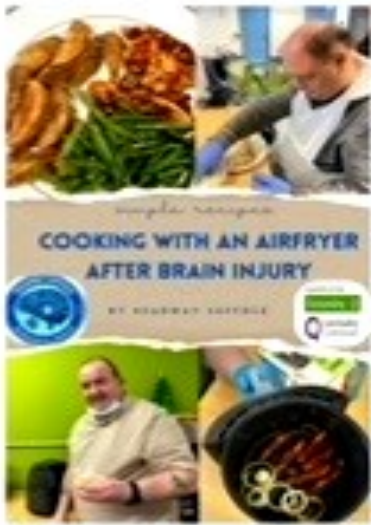
St Margaret's Church, Cowlinge

Tickets by donation, complimentary refreshments included.

For more information see our website:

<https://cowlingechurchcompanions.co.uk/events/>

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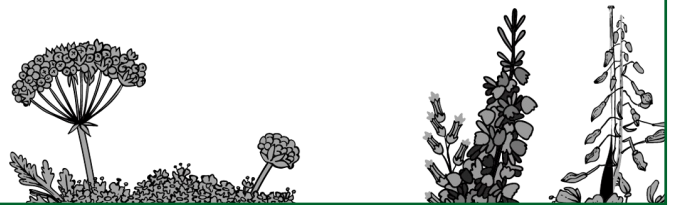
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Jeff Fellows wines

We now move onto Rich Whites. What do we look for wines

that fit this description. Very full bodied, complex and multiple distinct flavours of peaches, pears, mango and vanilla tones to it from oak casks in which they were vinified. There is also a definite buttery finish. Should be drunk with foods of a similar rich variety of tastes. They are invariably more alcoholic and expensive.

The very best examples of these wines are to be found Burgundy in Meursault, Puligny-Montrachet and Chassagne-Montrachet. They all have the attributes listed above and are all made from Chardonnay grapes. As is Corton-Charlegmane, grown at the upper part of the hill of Corton. So called because the Emperor of the same name only drank white wine so as not to stain his long white beard.

These wines command high prices, (the Grand Cru's fetch sums into three figures) so we need to find cheaper

alternatives to enjoy something akin to them.

Wines from the Maconnais, south of Burgundy, also made with Chardonnay are reasonably priced and similar in style, if not in content.

Waitrose have their Cave de Lugny, an unoaked wine, which offers fruit notes. £14.5 and 13%.

They do have Meursault (£65) and Puligny-Montrachet (£75) as well. Majestic offer P-M (£100) and C-Charlemagne at £250. In addition, they have a Famille Roux 1er Cru '21 from the appellation of St Aubin (next to Ch-Montrachet) for £46 and 13%. Expect hints of toasted almonds and hazelnut. The latter is quite often to be found in these wines.

The other major region producing these wines is the Rhone Valley. The grapes of Marsanne, Roussane and Viognier are blended to produce very clean, mouth filling wines.

Waitrose have the economy bottle. Le Bonheur made from Marsanne with citrus hints to it. £9 12%.

Majestic offer Leon Perdigal, Lirac which has two other grapes Grenache

Blanc, Clairette to add to Viognier and produce a wine bursting with peach fruit. £12.5 13.5%.

The following are all also from Majestic.

The other outstanding wine they have from the Rhone is Condrieu. Produced by Guigal this is pure Viognier with distinct apricot peach and citrus notes. Note that this one is 15%, so not to be taken lightly. £37.5

Fortunately, I have found a cheaper substitute. This is Domaine Begude Le Paradis Organic Viognier 21/22. Made by a British couple Catherine and James Kingslake, living in Limoux near the Pyrenees. Vinified in oak casks and producing peach hints to it. £16 13.5%. They also produce a Chardonnay for £14.

For all you Rioja drinkers you may wish to try Muga Rioja Blanco 22/23. made from Macebo grapes and aged in Oak for three months look for citrus hints with apple. A hefty 14% and £13.50.

Jeff



Gatehouse Charity: NHS Mindfulness Course



The Mindful Life Group

www.the-mindful-life.com

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Join our 6-Week Online Programs

Course	Details	Start Date	Cost
Mind Cog Program	For older adults with Mild Cognitive Impairment (MCI), to support memory, well-being, and brain health.	Monday 2nd June 10:30-11:30am	Free
Mindfulness for Older Adults who Care	Designed with the needs of carers in mind. Improve mental health, promote relaxation, and foster a sense of community.	Tuesday 3rd June 2-3pm	Free

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Services at Hawkedon St Mary in May



Sunday, 25 May. Rogation Sunday. 11am. Morning Prayer and walk

around Village Green followed by refreshments. All welcome

Also: Friday, 20 June at 6pm at Hawkedon Village Hall A SPARKLING EVENING of fizz and finery, gems and jewels

Illustrated talk by master craftsman **Andrew Prince** who designs and makes jewellery worn by the stars!

Tickets are £25 each, to include fizz and refreshments, from **Heather Phillips**. 01284 789 250 or 07774 275656

Heather Tilbury Phillips

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Our **Mind Cog Programme** is designed for older adults with Mild Cognitive Diagnosis to improve memory and overall brain health. MCI is recognised as a risk factor for dementia and from a psychological point of view is a 'window of opportunity' to improve cognitive functioning. Despite this, access to support and information for MCI patients and their families is very limited. Our Mind Cog Programme has been developed by Clinical Psychologists to address this and is based on a combination of current research evidence and best practice guidelines.

We also have the **Mindfulness for Older Adults who Care**, a programme tailored to the needs of carers to support mental health, relaxation, wellbeing and foster community. This programme is for people who care for a friend or family member or have done previously. We know that current or previous caregiving can deplete the people who provide it, and this course has been designed to support older adults, wherever they are in the caregiving journey.

All courses are 6 weeks long, are accessed online and are completely free of charge Our **Mind Cog Programme** is designed for older adults with Mild Cognitive Diagnosis to improve memory and overall brain health. MCI is recognised as a risk factor for dementia and from a psychological point of view is a 'window of opportunity' to improve cognitive functioning. Despite this, access to support and information for MCI patients and their families is very limited. Our Mind Cog Programme has been developed by Clinical Psychologists to address this and is based on a combination of current research evidence and best practice guidelines.

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All courses are 6 weeks long, are accessed online and are completely free of charge

Memories are Golden

Open

Monday–Thursday 09.30–2pm

The Old Parkway School, Unity Offices, Park Road,
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Memories are Golden specialises in offering day care services to individuals living with dementia and suffering from heart conditions, diabetes, and other long-term physical challenges.

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

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

£55 per day

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

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

0% Loans Helping Suffolk Homeowners Stay Warm and Cut Energy Bills

For many homeowners, improving energy efficiency can feel out of reach due to the high upfront costs. But with support from [Suffolk County Council](#) and [Lendology CIC](#), more people in Suffolk can now access interest-free loans to make their homes warmer, greener, and cheaper to run. From solar panels and battery storage to insulation, glazing, and heat pumps, these upgrades can reduce energy bills and cut carbon emissions, all while making homes more comfortable. One local homeowner, Mr R from Martlesham Heath, recently shared their experience: *"Lendology's people are kind, helpful, and caring. They take the time to keep applicants informed and guide them through the process. The results were delivered on time and in excellent style."*

The Suffolk Warm Homes Loan offers up to **£15,000 at 0% interest**. This means that you don't pay any interest on the loan amount. However, the **Representative 0.2% APR** is a standard rate used to show the cost of borrowing, including any fees associated with the loan, based on a typical loan amount. This helps potential borrowers compare different loan offers. The loan can be repaid over **terms of up to seven years**. For example, if you borrow £5,000, you could repay it in monthly instalments to a maximum of 7 years, with no interest added to the amount you owe. This makes it more affordable for homeowners to spread out the cost of energy-efficient home improvements.



For more details on the scheme and how to apply, visit <https://www.lendology.org.uk/partner/view/suffolk-council/>

Before starting work, it is recommended that you carry out an **independent retrofit assessment**. This is a thorough review of your home's current energy performance and helps to identify the most cost-effective improvements. For example, an independent assessor might recommend insulation, double glazing, or heat pumps, based on your home's specific needs and budget.

Representative Example (0% fixed interest rate, Representative 0.2% APR). Loans are subject to status and are typically protected by a Title Restriction. Borrow £5,000 over 60 months, £83.33 monthly repayments, with the final payment of £83.53. Total amount payable = £5,020.00, including £20.00 fee for registering the Title Restriction against your property at the Land Registry. The £20.00 fee is only payable if a loan is agreed by Lendology, and you decide to proceed with a loan. We do not charge interest on the fee. A Title Restriction means that you may not be able to sell your home without our permission unless the loan is fully repaid. Missing payments could affect your credit rating and ability to obtain credit in the future. The above example is for indication purposes only.

Eligibility for all loans depends on your individual circumstances and your local council's policy. The loan allows for **early repayment without penalties**. For example, if you decide to pay off your loan earlier than planned, you won't incur any extra charges. This means that if



your financial situation improves and you can afford to pay the loan off sooner, you won't be penalised for doing so.

Wickhambrook and District Garden Club **PLANT SALE** **Saturday 24th May in WI Hall, Wickhambrook**

9am. Please bring your potted plants to the Hall to be sorted for sale. Tea and Coffee will be served.

10am. Sale opens

This is a chance to donate spare seedlings and cuttings to raising funds for our Club.

Also to buy plants you have never grown in your garden before, to fill gaps and experiment with different varieties.

Please come and support us!

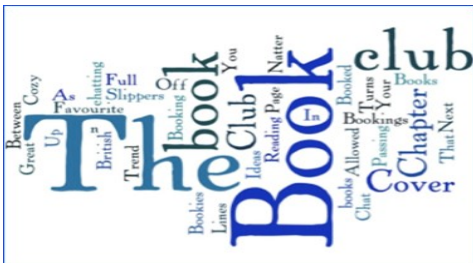
could you foster?



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

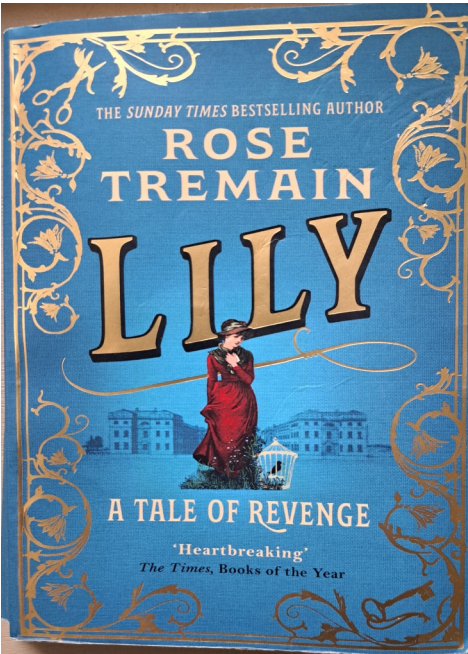
Denston Annual Parish Meeting will take place in the Village Hall at 7pm on Wednesday 7th May





**Book: Lily - A Tale of Revenge.
Rose Tremain**

Those of us familiar with Rose Tremain and her prowess in telling a good story were not disappointed with Lily - A Tale of Revenge. It was easy to get carried along with the intriguing plot which centres around a murder, carried out in revenge and, with the focus on the darker



side of Victorian London, there was much to satisfy those who relish an historical fiction. However, as often happens at book club, when the discussion gets going and different perspectives are posed, a deeper understanding can begin to emerge. With a bit more digging under the surface we started to question whether the motive and premeditated nature of the murder actually stacked up and whether the author succeeded in getting inside the mind of a murderer. Those with their reservations saw some fundamental flaws in the core premises of the novel and clouded what was otherwise agreed to be an enjoyable read.

That said, we thought Tremain does a good job in capturing our imagination from the outset. In the first few pages we are introduced to Lily, our 16 year old protagonist, with 'dimpled cheeks' and whose 'voice is quiet, a skilled maker of wigs, who is in the process of contemplating her own execution. She has committed a 'foul deed' – 'nobody knows yet that she is a murderer'.



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This immediately drew us in and we were compelled to find out who she has murdered and why. As the plotline goes back and forth from her childhood to the present, we discover that Lily is both victim and perpetrator. She was found as a newborn on a wild winter's night outside the gates of a London park by a young police constable who takes her to the London Foundling Hospital.

Once revived she is sent to the countryside, as was the custom, to be nurtured by an honest family' for her early, formative years. Lily's memories of Rookery Farm are full of love, laughter and light and will help to sustain her sanity through the darkness that follows when, according to the law' she is sent back to the hospital. Here she is expected to make reparation for the sins of her mother through living a harsh and repentant life and to learn the skills necessary to eventually be 'useful to society.

There was much to pique our curiosity here in the prevailing Victorian attitudes toward children and in the history and ethos of the Foundling Hospital, which led us to consider more modern versions of institutional care and how these too frequently fail the children placed within them. Throughout the book Lily is haunted by a fear of reckoning and punishment for the crime she has committed. At the same time, she longs for salvation through confessing her crime and receiving forgiveness for she had 'good cause'. Her misery borne out of carrying her 'colossal burden' is tenderly drawn as we see how it sets her apart from others – 'I must go on alone'.

We are told she had a dream about what to do 'to lay the past to rest' and the murder itself is described from the outside, from a third position, how she sees it happening 'in the way the dream had unfolded'. Some felt very let down by this technique as we are denied access to her murderous mind: there is very little real exploration of 'the tangled mathematics of her brain', that is, her thoughts and feelings leading up to the

murder, during the act or in the immediate aftermath. As a result it can all feel hard to believe and casts serious doubts over whether this particular girl could actually carry out this particular crime.

Lily finds a kind of peace and redemption in the end and is ready to step out from her 'foul and suffocating half-life' and to calmly face up to whatever happens next. But it seems a bit contrived, and the reader is left to fill in the gaps as to how she reaches this point. Again, a dream-like quality in the narrative precludes an examination into her internal world and its workings and, as such, her finding resolution feels rather unconvincing.

We generally agreed this was an interesting and entertaining read with a well-constructed plot – although there were complaints it was overly worked and therefore a tad 'formulaic'. As nobody was super enthusiastic and we decided it wasn't a book we would rush to recommend as a 'must read' we plumped for 3 out of 5 stars!

Next time we are reading Normal Rules Don't Apply, a collection of short stories by Kate Atkinson. We welcome new members and if you would like to join us, please contact annedennis1@live.co.uk or 07557357362

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

Fun for Families at Stansfield Village Hall

On Tuesday April 15th we held our Easter Family Picnic in Stansfield Village Hall and, of course, it rained. But we are British and would expect nothing less. We had 25 children, parents and grandparents and helpers and everybody said what a good time it was. Did you know how to make an Easter Bunny out of a sock and rice? Well, ask Rachel Pollitt as it was the most successful of the various crafts and games that were on offer. We also planted sunflower seeds and I have plenty left if anyone would like to plant some

more. Perhaps we could put some in the garden around the Village Hall? Everyone was kept occupied for the whole time as there were many indoor games including badminton. Obviously, a few of the older children ended up on the 5-a-side pitch in the drizzle as they couldn't resist a kick around with a football. Let's look forward to the next holiday and we may even find a dry day!! I couldn't do this without all of the great helpers, so thanks to them.
Ann Corlett



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Could all donations please be dropped off at the Village Hall between 10am and 11am on Sat 17th May to allow time for pricing - thank you

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Cllr Marion Rushbrook

marion.rushbrook@westsuffolk.gov.uk

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

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H Carre-Skinner	£20
Rose Liveroos	£10
Angela Howard	£ 5

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 really seems that spring is here!. I've seen some lovely daffodils on the greens around Wickhambrook (thanks go out to the WI, who planted them last autumn as part of their National Big Help Out) April's focus was on Year end accounts and the Internal Audit. You can see the accounts and audit reports on our website.

Thank you to all who came to the Annual Parish Meeting on 24th April, when the Alf Hicks Biscuit Barrel was presented.



©Image by Jim and Gwen Ashling

Nominations were opened to residents of the parish in November, and this year, the Warm Winter Wednesdays volunteer team was chosen by the Parish Council for the award. They reach so many people, have forged strong connections with Wickhambrook Primary Academy and have been able to support other local charities with their fundraising. We also heard at the meeting of the many successes of clubs and societies in Wickhambrook.

In April there were two very successful litter picks, with eighteen bags of litter and some other items collected! We also had a successful morning tidying the cemetery on 2nd April, and installed new chestnut paling to protect hawthorns planted in March.

One of the memorial benches also received some TLC and has been set back on its paviours in the old cemetery.

We have some upgrades to the childrens play areas scheduled in May and June with thanks to matched funding from West Suffolk. At the play area on the recreation ground, new grass tiles and rubber mulch will be installed, and at Bury Road new feet will be installed to the existing swing sets.

Thanks go out to Cllrs Kevin Grimes and Mel Karunaratne for their inspections of the play equipment.

Grants were recently approved for: Wickhambrook Fete & Flower Show – First Aid & Medical Cover £240.24 Memorial Clock at All Saints Church (service and maintenance) £420.00

Take a look at the draft minutes for both this and the Annual Parish meeting here.

May sees the Annual Meeting of the Parish Council, which takes place on 29th May at 7pm in the Dulcie Smith Room, Wickhambrook Memorial Centre. Check out the agenda and reports at which will be published on 22nd May. <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.

We have a commitment from our Suffolk County Councillor to fund two Tube surveys at Wickham Street as we continue with our request for this speed limit to be reduced from 40mph to 30mph for safety reasons – we have also had the support of Nick Timothy MP who met with councillors and local residents earlier this year to find out more about our concerns.

In March, our draft Neighbourhood Plan was submitted to West Suffolk Council.

The Wickhambrook Neighbourhood Plan Submission consultation (Regulation 16) commenced on Tuesday 8 April (9am) and will last until Friday 23 May (5pm) 2025.



The plan and supporting documents can be viewed and commented on online at Wickhambrook Neighbourhood Plan Submission (Regulation 16) consultation – West Suffolk Planning Policy Consultations from the start date.

Hard copies of the plan and the SA and HRA are available to view at West Suffolk House and the Mildenhall Hub, and available locally at The BT Call Box, Shop Hill and in the foyer of the Wickhambrook Memorial Social Centre. It's taken a lot of work to get here and thanks go out to the Neighbourhood Plan Working Group and Cllr Tracey Turner for all their hard work on this project.

Finally, there are two commemorations this year with VE80 Day on Thursday 8th May, and VJ80 Day on 15th August, marking the end of the Second World War.

A commemorative event is being planned by the Wickhambrook Local History Society for Sunday 17th August at the Wickhambrook Memorial Social Centre. 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 t.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



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Wickhambrook, Suffolk

**Wickhambrook and District
Garden Club 24.03.25 Plants
Suitable for Dry Shade - Simon
McWilliams**

Simon gave us an excellent talk about the many, splendid plants he brought to the meeting and, which later, we were able to



buy. The plants were many and varied from early Spring woodland plants which flower before the canopy of leaves come out, to varieties of shrubs, verbenas,



camelias, berberis and magnolias which tolerated shade, but need watering in the first year after planting. Many well-known plants have varieties adapted to shade and dry conditions, such as sweet peas, cyclamen and heucheras. His Nursery, "Hedgehog Plants" is in The Barn, Risby, and is certainly worth a visit. There you can get advice about what will do well, in problem areas in your garden. Phone 01284 811055. He has many exciting and unusual plants. The next meeting on Monday 28th April is Garden Design, from Concept to Com-



pletion, speaker Louise Gilhooly. What we should have done from the start! We were reminded of our visit on Sunday 21st at 2pm to the specialist bulb grower in Clare. It is free, but we will be expected to buy some bulbs. On Thursday 31st July, there will be a coach trip to Hyde Hall. Cost of coach is £25 and free entry for members. Non-members pay £16.80 admission. There will be live music, craft people and many nurseries will have stalls there.

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News from Poslignford

Another beautiful spring day brought everyone together for a glass of beer and a fun-filled quiz.

Entry to the quiz was a donation to the Community Pantry, a fitting contribution.

The collected donations were handed to Mark for distribution.

With a mix of questions, answers, and picture rounds, Karen—our wonderful local rector—proved to be an excellent quizmaster.

As the answers were revealed, there were plenty of groans of “Oh, I knew that!” and bursts of laughter.

The winning team—Annie, Camilla, Will, and Tillie—took home a well-deserved Easter Egg as their prize.

Looking ahead to May, we’ll be hosting a seed and plant swap, complete with a friendly cup of tea and a good chat.



Plant and Seed Swap

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- Long Melford 1:30-4pm

Friday - Clare market 7:30-10am
- Lavenham 11-1pm
- Depden 2-4pm

Music in country churches - Wickhambrook All Saints

I must confess that until this year I had not heard of the charity "Music in country churches" (MICC). MICC has arranged outstanding concerts in many country churches since 1989 and made donations of more than £600,000 to the churches that have hosted its concerts.

His Majesty the King is their Patron and has taken a keen interest in the Charity and the causes it supports - attending many of the concerts.

For more information about this charity please see <https://musiccountrychurches.org.uk/about-us/>.

Wickhambrook All Saints is therefore very pleased to announce that they will be hosting an MICC event on Thursday 12th June at 6:30pm.

The concert promises to be an amazing evening with the music

being performed by Fiori Musicali - <https://fiori-musicali.com/>.

Fiori, showcasing some of today's finest specialist musicians, was founded in 1983 and are one of the UK's principal providers of classical and early music concerts outside London.

Fiori's passion is to bring to life the music of the past, making it accessible to all. Tickets for the concert at **Wickhambrook All Saints** on Thursday the 12th of June at 6:30pm can be obtained from <https://musiccountrychurches.org.uk/tickets/>.

We hope to see you there to enjoy the music and support both MICC and All Saints. **from Paul Bevan**

History Society News April 2025

The speaker at our April meeting was one of our members, Moira Walshe, who has published a book on the history of her family, *The Clarks of Crofton Hall*.

Unusually, Moira started finding out about her family when she was a teenager, inspired by old photographs.

Spanning 130 years, the book gives a great insight into the lives of a Victorian family in London, their everyday concerns and their contact with famous friends and neighbours including PM Spencer Perceval, Pedlar Palmer a bare knuckle boxer and Ruskin, the writer and critic.

Written as a story rather than a series of documents, this book is a tribute to Moira's research and writing ability.

At the AGM, the committee was voted in to serve for a further year with the addition of Cheryl Penhaligan.

The Chairman, Secretary and Treasurer all reported on a successful year for the society.

Members are looking forward to this summer's visits to Cherry Hinton, the site of a lost watermill and to Easton Lodge, a historic house at Great Dunmow



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The Myth of the Common Law Spouse and the Government's Pledge for Reform

The idea of the “common law spouse” is one of the most enduring and widespread myths in UK family law. Many people believe that after living together for a certain period, cohabiting couples acquire the same legal rights as married couples or civil partners.

However, this is simply not the case. In England and Wales, there is no such legal status as a “common law marriage,” and cohabiting couples are left with significantly fewer rights when relationships break down.

Unlike married couples, cohabitants have no automatic rights to each other's property, pensions, or financial support upon separation, regardless of the length of the relationship or whether they have children.

Even if one partner has made significant contributions financial or otherwise they may be left with nothing unless formal legal agreements are in place. This can lead to severe financial hardship, particularly for women who may have taken on unpaid caregiving roles. The disparity in legal protections has been widely criticised by family law professionals and social justice campaigners.

Cohabiting relationships are the fastest-growing family type in the UK, and yet the law has failed to keep pace with modern society. Recognising this legal gap, the Law Commission has repeatedly called for reform to provide fairer treatment for separating cohabitants, especially in cases involving shared assets or children.

In response to mounting pressure, the UK government made a manifesto pledge to readdress this legal imbalance.

While specific details remain under development, the government committed to exploring legal frameworks that could offer greater parity between cohabitants and divorcing couples.

This could include introducing basic financial remedies for cohabitants who suffer economic disadvantage following separation—especially where one party has sacrificed career prospects to raise children or support a partner.

Such reform would not create a parallel to marriage by default, but it could offer much needed protection in circumstances of vulnerability

For example, cohabitation law reform might include rights to claim a financial settlement or a share of the home under certain conditions, rather than leaving matters solely to complex property and trust law principles.

Until any legal changes are implemented, the only way cohabiting couples can protect themselves is through cohabitation agreements and making wills.

These can outline how property and finances should be dealt with if the relationship ends, providing clarity and reducing potential disputes.

Ultimately, addressing the myth of the common law spouse is not just a matter of legal clarity it is about ensuring fairness and security for the millions of people who choose to build a life together outside of marriage.

The government's pledge is a welcome step, but action must follow words to create real change.

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UPDATE ON THE MYSTERY OF MICHEL LERPINIÈRE

You may remember a short article in the previous edition about the unexplained appearance of a carved box containing the ashes of **Michel Lerpinière**. We still don't know how it came to be left in the church porch in Stradishall, but we have uncovered some information about Michel himself.

Apparently, he lived in Home Cottage on The Street, with his partner Raymond Notley, until his death in 1992, at the age of 53. Ray continued to live there until some twenty years ago, possibly with a new partner, who subsequently returned to his native Finland. Both Michel and Ray were active in village life, including running a village event in the style of an Antiques Roadshow. This is not surprising, as they both had an interest in Fine Art. Ray lectured on Fine Art for the V and A and worked for Sotheby's at one time. He also wrote a number of books on collecting glass.

In 1981, a group of like-minded people were drawn together by their interest in Carnival Glass, and the Carnival Glass Society was established in 1982, with Michel as its Inaugural Secretary. This Society is still in existence, www.thecgs.co.uk, with members across the globe. At its inception, Home Cottage was the registered office, as it was for The Association for the History of Glass, which Ray set up after Michel's death.

Michel's death was registered in Bury St. Edmunds. The mystery of how his ashes came to be left in the church porch remains.

With thanks to Robert Helliwell, Terence and Val Hurst, and the Carnival Glass Society



Wickhambrook and District Village Garden Club

This is a new class in the **Flower, Vegetable and Craft Show**, to be held in Wickhambrook Memorial Hall on Saturday July 12th, when the results will be announced and a special cup awarded. Residents of Wickhambrook, Stradishall and Denston may enter. The gardens will be judged by members of local garden clubs in this area.

To enter your garden, please email Polly at pollypuxley@aol.com or text

07588811069



Cottage Garden Cup



Friends with a grand house in Mallorca issued an invitation for us to fly over and spend a few nights on the lovely Spanish island. We looked out at our then leaden skies, booked a flight out of London City airport and here I am, typing this overlooking a broad garden filled with roses, succulents and cacti with clever planting of perennials most of which are in bloom and the scent of orange blossom hangs on the air. Sorry you are not all here ! When we began our descent over this island it was striking how green it all looked. Normally by now - although to us Brits it is early in the season - the effects of droughts and fierce sun have already left their scars. But Spain has had a most unusual period of sometimes violent and unseasonal weather. Headline floods in Valencia last autumn led to protest marches against the local council. Elsewhere in Spain from the arid reaches of Almeria through to Cordoba blistering heat gave way to torrential rains, floods and landslides. Global warming was making itself felt throughout the land. Dried up river beds became filled with raging torrents and the whole peninsular has been greened. The effect is very beautiful. This part of the horticultural paradise is somewhat advanced from our own, being several weeks ahead, and it is the perfect place to find a warm spot, lie down and think of England. As a treat we bought a copy of The Times at the airport and the flight time was long enough to read it cover to cover. Flying can seem a privilege, a period when one is suspended, away from the normal interferences and take a look from the artificial distance at whatever we choose. And there are certainly a wealth of things to mull over right now. The turmoil caused by America's sudden espousal of high tariffs, the Chinese reaction to these, the near demise of British Steel and the hasty and sometimes not well considered words being hurled across borders. A lot of this is instigated by America's President who is described in the Press in a most alarming way. Never before have the gloves been so resolutely off. Matthew Paris, the Times correspondent for whom I have always had a high regard comments that Trump is a bullying and demented President, and an elderly and vicious occupant of the White House, whose mental powers are disintegrating, and he is, in fact, nothing short of a foul mouthed bully. Strong

stuff - but nothing like as hot as the rhetoric used in some other papers. I do not remember such invective against an American President in my life time. But Parris is choosing his words carefully and urging that Britain stands firm and with Europe in presenting a joint stand against the hectoring tirade from across the Atlantic and he is not for appeasement or kow-towing at any price. Then there is all the comment about how we should either "square up" to China or accept its goods that America is going to try to tax into oblivion and a lot of wisecrack comment that the old-world order has changed almost overnight. I cannot help wondering from my drowsy hammock by the Hockneyesque pool, whether things have changed that much. Big powerful countries have been led by sleepy, ineffective leaders in the past. Is it refreshing to have new erratic, undereducated ones with poor manners shake things up a bit ? Perhaps it helps to clear the political dust a bit but in the end what does it solve ? The sad thing is the amount of warfare that it is going on, in Syria, Ethiopia, along the borders of Thailand, Myanmar and Bangladesh. Whole

regions of Africa are beset by civil strife, refugees, displaced peoples and that is not to mention the horrors of the Ukrainian conflict and what Russia is planning next and the holocaust that is happening along Gaza's and Israeli borders. It seems, as we look across our greening fields, growing hedgerows, nesting bird life and all those things that go to make up for a glorious Spring we are less and less capable of running our lives in tune with Nature, less and less able to get on with each other, to tolerate each other and feel the need to rebuild our defences, shout rude words at each other and reduce our little self-interested worlds to the scrapping inanities of the playground. These are not the thoughts I want to be having, here, in my hammock under an azure sky. Out of nowhere came the thought promulgated by W H Auden "if we do not love each other we will die".

I hope you enjoyed the Easter period and its feeling of renewal. I only wish I could see renewal and honesty, and hope being just round the corner.
Martin Kinna

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 May 2025 DRAFT

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

Date	Time	Church	Details
04 May	10:00 am	Stradishall <small>(Third Sunday of Easter HC)</small>	Celebrant: Revd Eve Bell Organist: [CM] Liturgical colour: <input type="radio"/>
TBC May	10:00am	Wickhambrook* <small>(Christian Aid week Bring and Buy Methodist church, Wickhambrook)</small>	
11 May	10:00 am	Stansfield <small>(Fourth Sunday of Easter HC)</small>	Celebrant: Revd Eve Bell Organist: [MK] Liturgical colour: <input type="radio"/>
18 May	10:00 am	Cowlinge <small>(Fifth Sunday of Easter HC)</small>	Celebrant: Revd Barbara Sharlock Organist: [DO] Liturgical colour: <input type="radio"/>
TBC May	03:00 pm	Wickhambrook** <small>(Christian Aid week service Methodist church, Wickhambrook)</small>	
25 May	10:00 am	Ousden <small>(Sixth Sunday of Easter HC)</small>	Celebrant: Revd Eve Bell Organist: [CM] Liturgical colour: <input type="radio"/>

Please check the Benefice website for changes each week

No Grass too tall give us a call

T: 07717781497

E: josh.barrett24@outlook.com

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,

My grandfather is 72. We are very close and as I have had my kids young, he's a wonderful great granddad to my two young children.

A story line on a soap has stirred him up. He was what he calls a 'foundling' baby. He was adopted at birth. He's always been OK with this because he had a lovely family. Of course, his mum and dad have long since passed. Anyway, because we chat a lot, he's recently started opening up about how he's always wondered who his birth mother was and what led to her leaving him as she did. He feels guilty having these thoughts, but they seem to be building within him rather than going away. Last week he said, 'I just wish I knew more'. My heart goes out to him. With my babies being young I couldn't imagine leaving them under any circumstances. But this is not about me. I'd like to help my granddad. But where to even start?

G

Dear G,

You paint such a lovely picture of your relationship with your grandfather. I understand your wish to help him and feel sure you can.

Firstly, I urge you to always act openly and with his explicit consent. He has had many important experiences in his life where others acted for him so it will be important to explain to him you would like to help and engage him in any action you take. Try to ensure he prepares himself for the different possible outcomes.

This is NOT an area of expertise for me. I would however start by contacting the local authority that handled his adoption. They will have records which will be a great place to start. I also think they will probably have some expert advice on how to proceed.

We all see TV shows about long lost relatives, so we know it is possible.

These days you can take a DNA test and gain matches online. There are even genealogists who take on projects such as this. But I would start with the official route and try to learn the facts. Then take it from there.

I hope you and your grandfather have a safe and positive journey through this.

Carol

Bringing Neighbours Together with Kindness, Support and Friendship



This new message and banner has been prepared for Stansfield Good Neighbours scheme and was due to

meeting at one of the volunteers' homes in the village. It was announced that 50 requests for help had been received in the year, almost one a week.

scheme in future. Only one outside request has in fact ever been undertaken.

The majority of requests were for lifts to medical appointments or shopping, and also for small domestic tasks involving plumbing, computers etc.

The management committee and officers will remain the same for the coming year, with Debbie Pugh as Chair, Ann Corlett finance, Pat Barnes secretary, and Sammie Watson Safeguarding.

Community assets, like the Village Hall, where the children's play surface has been deep cleaned, the grounds of the Old Chapel graveyard, and the village benches, have also had work undertaken by volunteers.

The scheme still has more than a third of its original £1000 fund which came from West Suffolk Council, and sponsors have agreed to cover basic expenses for the coming year

It was decided, for a number of practical and safety reasons, that only calls from within the Stansfield parish boundary could be accepted by the

Pat Barnes.



receive its first airing at a village coffee morning at the end of April.

The Stansfield GN scheme celebrated the end of its first full year with a

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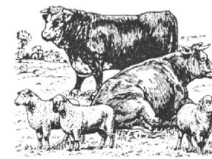
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