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STRADISHALL
WICKHAMBROOK

PARISH PUMP

No 369

parish.pump@gmail.com

NOVEMBER 2023

**This wonderful picture was created by the fantastic talent of one of the prisoners in Highpoint. It just takes your breath away.
(See page seven for some more paintings)**



We at Parish Pump are very grateful to our contributors, who have generously funded our recent changes of having a colour front page of our paper editions, This month it has been HAPPY DAYS CHILDCARE who have kindly funded this magnificent colour page. Please see their fine article on page 25. We are very grateful to be able to do something so dramatic.

Rector's Ramblings November 2023



Curate's Chronicles – November 2023 (All about Advent)

Advent marks the beginning of the church year. It is a time for reflection in darkness, for renewal of hope and for a movement towards a beginning.

I have just returned from holiday. I was stuck in a long line waiting to board the aeroplane on the way there but, despite not being a super patient person, I did not mind because I knew what was ahead - sunshine and sangria! When was the last time you waited for something and how did you feel? Waiting definitely feels better when what you are waiting for is wonderful.

Advent is a season of waiting that involves joyful anticipation as the season anticipates the coming of Jesus celebrated at Christmas. Advent teaches us that waiting is a gift, for this season of waiting yields the gifts of slowing down, patience and perseverance. We live in a 24/7 world, constantly on the move, never still, and this can prevent our heart and mind from contemplation and reflection. When I am waiting for something, I tend to scroll the News or Facebook on my mobile thinking time will go by faster. Yet doing this keeps me from slowing my mind. God gives us moments in our day to wait, and these are a gift, they are an opportunity to slow down.

Advent is the season to slow down, Christmas is coming, but it is not here yet. So instead of rushing to get our Christmas gifts for everyone, we can take time to reflect and contemplate what Christmas is about.. We can even place ourselves in the shoes of the Israelites thousands of years ago who were waiting for the arrival of the Saviour. They prepared their hearts for His coming, and so can we as we use the Advent season to draw near to God's Word and spend time in prayer. Waited time is not wasted time, so let us take the opportunity Advent brings to slow down and meditate on the gift of Christ's coming. Advent also teaches us to



Karen and Mark

persevere. In the Old Testament, God helped the Israelites to persevere by giving them prophecies about the coming of the Saviour. He placed hope in their hearts for the future whilst they experienced hardship in the present. When they found their hope failing, they reminded themselves of the arrival of the promised Saviour. Jesus has come and will return and make all things new. The advent season helps us to anticipate that day. Although the present can be hard, the season of Advent encourages us to look ahead and rest in the coming of our Saviour.



The Revd Dr Karen Smith, Curate, Stour Valley Benefice

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West Suffolk at the end of October
would you believe?

Parish Pump
COPY DEADLINE

All contributors & advertisers to submit copy no later than the 21st of the month.

Follow on from John Fellows': sun- scorched window frame. (see October page 23) *Are you alarmed?*

Having discussed the causes of the burnt window frame with **Suffolk Fire and Rescue** I was contacted by a young lady from that organisation asking to visit and inspect the damage. When this was done, I was asked if I had Fire and CO2 Alarms. I explained that there were three of the former and one of the latter. All three were tested and found to be working correctly. **The Fire and Rescue Service are now providing new Fire and CO2 alarms** as, although the



old ones are working, they are considered to be less efficient because of dust and the like. So, I had one replaced and a new one fitted at one end of the landing, away from the one above the stairs. These are powered by lithium batteries which have a life span of 10 years. A new CO2 alarm was also proposed. This service is free to people over 65 who may not have renewed their alarms in recent years. For details contact **Suffolk Fire and Rescue website**. Alternatively, you can contact them on **01473-260588. John Fellows**

Note from John Fellows: Denston Parish Meeting will take place in the Village Hall on Tuesday 7th November at 7pm



**REFURBISHMENT UPDATE
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The CO-OP IN CLARE

is now closed and will reopen at 8am Thursday 30th of November

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

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Martin Kinna

November and a door slams shut

The arrival of November is something very definite. From now on we cannot talk about Indian Summers to come, we must get accustomed to frosty mornings, mists, puddles, and long dark nights. The lower drawers in countless chests are opened to drag out the thicker garments and duly examined for any moth damage that might have occurred. A door has closed on all the year so far. Guy Fawkes's dreadful end is celebrated with glee by some whilst frightened pets shake and cower. The remaining conkers get crushed underfoot. Do children no longer play with them on the end of thick double knotted string? Has that ghastly Safety Elf got at that too? Next then are the moving celebrations at cenotaphs throughout the realm where so many of us honour, grieve, and celebrate the fallen, many of whom lie far away and with no surviving relative who even knew them. Our King was not born during the last World War during which his mother, as a fourteen-year-old, made her first broadcast to our nation's children. I had a sort of Nanny, and her brother was drowned with the crew when **HMS Hood** was sunk. I find myself thinking of him though I never met him.

Just a very young junior lad, perishing as a junior rating in icy water, just another name, another victim, another person to die for my country. Since then, of course, there have been so many conflicts in which our countrymen died: Korea, Malaysia, Iraq, Afghanistan, and countless disputes in Africa. War in Ukraine is a continuing horror and the scenario currently playing out in Israel and Palestine is a dangerous obscenity. Where have all the flowers gone? Long time passing. When will we ever learn, what prolongs this awful stupidity?

Once again, we will stand by our war memorials, read the names of those commemorated there as has been done for centuries. Where we live were once those who stood to remember those called, who had "done their bit" at Agincourt and Harfleur, in the Wars of the Roses, the Crusades. Parents remembered sons, communities their Lords, and nations their Kings just as we do today. November has become a perfect month for remembrance and reflection but as the rain drips from the last leaves we can begin feeling sorry for ourselves and the world. So, it is the ideal time for us to embrace the warmth and the bustle that is to come, for, indeed, the hectic period of Christmas is about to

be upon us with all its anxious preparation, frantic planning, and the feverish feeling we are running out of time with the reality that each year it seems to cost even more.

I recoiled as some unwanted catalogues arrived in October, tried to brush off the guilt at those requests for charitable donations that were put in the bin, and thought yet again that family and friends no longer want 'stuff' so presents are increasingly food treats or nice drink.

In October one can buy crumpets, mince pies and hot cross buns all at the same time which indicates Supermarkets know how to cater for our unseasonal greed. But this is the first month this year we can begin to buy the exceptional mince pies from Small Town Bakery in Clare. These I voted the best of the best anywhere last year. Deep, fruity, and flavourful, try them now to convince yourself that these should become your December staple.

However, as you live your November, with fireworks, in contemplation, or just donning a favourite woolly' do think of all that is coming just round the corner and **take your time to enjoy it.**

Martin Kinna

Bury St Edmunds Bus Station Waiting Room

Good morning,
Please can you share this with your councillors. I am sure you are already aware of some of the ongoing issues of crime and anti-social behaviour that have been taking place at Bury St Edmunds Bus Station over the last few months. I also expect many of you will have residents in your wards who travel by bus into Bury St Edmunds town centre. This update is to make you all aware and explain a decision that I have made as Cabinet Member for Operations, regarding an ongoing situation at Bury St Edmunds Bus Station. The council has a legal duty to the safety of anyone using our buildings and to take necessary action where we can to address any problems that arise. West Suffolk Council has been working since March to support the police in dealing with ongoing issues of fighting, anti-social behaviour, shoplifting and criminal damage at the waiting room at Bury St Edmunds bus station. The police have said they are carrying out regular patrols of the area and have issued dispersal orders. And the council's CCTV room has supported police both with evidence and alerting them to incidents. **But sadly, the issues have continued.** I know that this violence will no doubt be causing fear and anxiety for bus passengers at the bus station, and we cannot guarantee the safety of anyone using the waiting

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room. That is why, with a heavy heart I have made the decision **to close the waiting room from 1 November.** The council will, however, maintain access to the public toilets. We will also continue to work with Suffolk Constabulary to support the police in tackling these ongoing incidents in the town centre. I hope the above explains what has been a difficult decision and will help you should you receive any queries from residents in your area. With best wishes
Cllr David Taylor Cabinet Member for Operations West Suffolk Council. Information from John Fellows.



Headway Suffolk



A proud provider
of social care services in Suffolk

“Our first satellite in Hadleigh has started successfully and we hope these groups

Headway Suffolk press release
12 October 2023

New Satellite Rehab Hub in Newmarket launched by Headway Suffolk



NEW BRAIN INJURY REHAB HUB
coming to
Newmarket
headwaysuffolk.org.uk/satellites

Outstanding-rated charity **Headway Suffolk** is opening a new weekly **Satellite Rehab Hub** in Newmarket for people living with brain injury or a neurological condition on **Monday 11 December**.

The outreach service will open every Monday from 10am – 3pm at Peter O'Sullivan House, 7a Newmarket Road. This is the Injured Jockey Fund's Rehabilitation Centre, adjacent to the British Racing School in Newmarket. The group will include a range of activities designed to help each individual with their rehabilitation needs and provide an opportunity to meet others in a safe and stimulating environment.

It will also provide valuable respite for family carers knowing their loved one is being safely cared for.

Headway Suffolk successfully launched a new satellite at **Hadleigh Library** on Fridays at the start of October and plans to open further outreach groups across the county, helping more people connect to its day rehab service without the need to travel to its main hubs in Ipswich and Bury St Edmunds.

The charity has identified Aldeburgh, Eye, Framlingham, Haverhill, Leiston, Stowmarket and Sudbury as other towns in need of a satellite and **it wants to hear from people in those areas who would be interested in the service so they can monitor numbers.**

Helen Fairweather, CEO of Headway Suffolk, said: “We are delighted to be opening a satellite hub in Newmarket and we are very thankful to the Injured Jockey Fund for facilitating an excellent space for us to provide our services from in the town.

can grow so we can support more people in both towns.

“There’s lots of people out there who need our help. We had successful satellite hubs before which really helped people to progress before we unfortunately had to close because of Covid.

“A lot of day centres shut during the pandemic and people are missing out on services they need, so we hope people get in touch so we can help them anywhere in Suffolk.”

Anyone wishing to attend the Newmarket or Hadleigh satellite hubs or registering their interest for groups in other towns should contact **Helen**



Fairweather on 01473 712225 or helenmfairweather@headwaysuffolk.org.uk

To find out more, go to www.headwaysuffolk.org.uk/satellites.

Headway Suffolk is a registered charity that supports adults living with brain injury, stroke and neurological conditions through an extensive range of rehabilitation, therapy and care services. In September 2022, it was rated outstanding by the Care Quality Commission, with Louise Broddle, CQC head of adult social care inspection, saying “Headway Suffolk is clearly an important part of the community and other services can look to it as an example of how to deliver outstanding care and support.”

ENDS

MEDIA CONTACTS:

Helen Fairweather, Headway Suffolk Chief Executive
Tel: 01473 712225, Direct Dial: 01473 552834, Email: helenmfairweather@headwaysuffolk.org.uk

David Crane, Headway Suffolk Communications & Marketing Officer
Tel: 01284 702535, Email: davidcrane@headwaysuffolk.org.uk

First Aid and Defibrillator

**Stansfield Village Hall,
18th Nov.**

Stansfield Parish Council are organising a training session in basic First Aid and the use of the defibrillator apparatus, on Saturday 18th November. A certificate of attendance will be issued to participants. Refreshments will be served. For more details please contact **Cllr. Andrew Pallett**:

01284 789434

andrew.pallett.spc@btinternet.com

The White Knights of Stansfield

Stansfield is luckily blessed with some white knights.

When a large tree blocked the road at Plough Hill last month, they galloped to the rescue in double quick time, too. Not in shining armour mounted on white steeds, however. More useful in the circumstances was a JCB.

Tony Honeyball was just about to tuck into his tea when the call to arms came from fellow resident Hugh Douglas Pennant. Tony downed knife and fork and rode his trusty JCB up the road. And in 20 minutes the road was clear again!

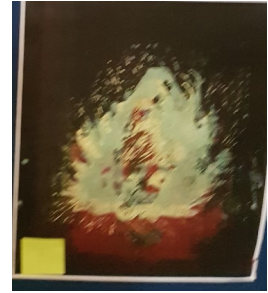
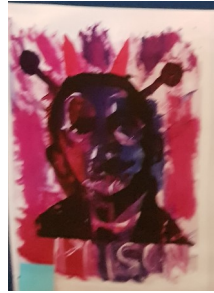
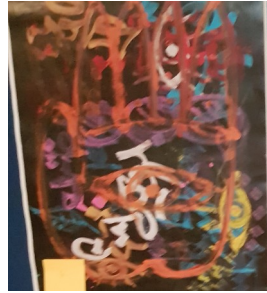
Tom Downey, a local tree surgeon, was likewise summoned by Hugh Douglas Pennant. His was the delicate task of removing the branches lying on telephone wires. Thanks to the skill of Tom and Tony, the tree was removed and the whole operation took less than an hour. So fast was the work that, near completion, parish councillor Martin Slater had also turned up, chainsaw at the ready.

“Stansfield does have some community minded residents and we are very grateful that they are so readily prepared to help in an incident like this. So speedily too!” said Rex Barnes, parish council chairman, who wanted to thank all concerned in minimising the inconvenience for all residents.



The large tree moved out of the roadway at Plough Hill

Highpoint Prisoners' Art Work in Stradishall church



There were lots more and they are inspirational



STANSFIELD
Parish Council
Working with our local community

Stansfield's infamous quiz



The Infamous Quiz – an Evening of Fiendish Fun in Stansfield

On Saturday 7th October Caroline Fardell reigned supreme over her tenth annual Stansfield quiz night and the event has lost none of its sparkle. Caroline was ably supported by Fay Gridley at the scoreboard. Well known for her tough but fascinating questions, Caroline gave her quizlings plenty to puzzle over, making

every correct answer feel like a real achievement! This year's winners were event regulars, calling themselves 'Now We Are Six', who were awarded a well-earned selection of assorted wines to celebrate their victory. The event raffle was blessed with some wonderful donations – thank you to those who contributed such lovely prizes, including several local businesses: 'Small Town/

Bread & Coffee', 'Sea Pictures Gallery', 'Watson's Plants' and 'Your Vinyl Answer'. Thanks to everyone who supported the event and to all the helpers – especially Clare and Anya who produced the delicious supper that was enjoyed at half time. We are delighted to report that the event raised £655 for Stansfield Village Hall.
Pat Barnes

Doors 7pm Film 7.30pm - Licensed Bar - Tickets £5 on door

Friday 17th November
Stansfield Village Hall
Stansfield CO10 8LW

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with MICHAEL IAN BLACK

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and TONY SHALHOUB

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**Stansfield Village Hall, Hall Lane, Lower Street,
Stansfield, Sudbury, CO10 8LW**

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Country Cooking with Louise Mackrill



Venison & Chocolate Chilli

Chocolate works very well with game as the two strong flavours complement each other beautifully. I have added chilli along with the chocolate for extra comfort now the nights are closing in. Chocolate adds richness and glossiness to the finished dish which really is rather indulgent! Queen Victoria and her wealthy subjects with clever cooks were very fond of grouse served in a dark and rich wine sauce finished with a small amount of bitter chocolate, so the combination has been around for a long while. It is important to use extremely good quality dark chocolate. I buy blocks of Willie Harcourt-Coozes 'Willies Cacao' which you can buy online or at Waitrose.

1 tbsp vegetable oil
 1 lb venison shoulder, small cubes rather than minced
 1 onion, red pepper, stick celery, garlic clove, all chopped
 About 8 or 10 red chillies, chopped
 1 tbsp tomato puree
 Pinch ground cumin & ground paprika
 5 fl oz game or beef stock
 5 fl oz red wine
 14 oz can chopped tomatoes.
 Salt & pepper
 2 oz good quality dark chocolate, grated

Fry the venison in hot oil until browned, transfer to a casserole.
 Then fry the onion, pepper, celery, garlic & chillies until soft, adding the tomato puree, spices, stock, red wine & chopped tomatoes.
 Bring to the boil and simmer 10 minutes. Transfer to the casserole with the venison and add the chocolate.
 Simmer for at least one hour until the venison is tender or cook in the oven until tender.

Creamy gratin of butternut squash

This is good enough to eat on its own as a



weekday supper but also a perfect accompaniment to any roast, grilled or casseroled meat, such as the venison here, or fish dish. It is also very adaptable, and I often use other root vegetables like parsnips and celeriac with the butternut squash
 1 large butternut squash, peeled, deseeded, and sliced
 1-2 garlic cloves peeled & crushed
 175ml/6fl oz double cream
 75g/3oz Gruyere cheese,

grated
 Salt and freshly ground black pepper
 Place the butternut squash large (1 litre) pie dish and season with salt and pepper.
 Place the garlic and cream in a saucepan, bring to the boil, then pour over the butternut squash in the dish and sprinkle with the grated cheese.
 Cover with foil & bake in a preheated oven 180 deg C for 45-60 mins, removing the foil after 30 mins, until golden and bubbling.

Pear tarte tatin

I adore this pudding, easy-peasy, super-impressive, autumn on a plate
 8 pears, cored, peeled & halved
 100g caster sugar
 100g butter
 2 star anise
 3 cardamom pods
 1 large cinnamon stick
 2 tbsp brandy
 500g puff pastry
 Tip the sugar, butter, star anise, cardamom & cinnamon into an ovenproof frying pan & place over a high heat until bubbling, shake the pan, stir until it separates & the sugar caramelizes to a toffee colour. Lay the pears in the pan then cook in the sauce 10 – 12 mins tossing occasionally, until completely caramelized. Splash in the brandy & let it flambé then set aside.
 When cool remove cinnamon, arrange the pears neatly with the cardamom pods scattered around. Roll the pastry into a circle to fit the top of the pan, tuck the edges in. Pierce the pastry then bake 15 mins, reduce the oven to 180oC & bake a further 15 mins until golden. Leave to stand 10 mins before carefully inverting onto a serving dish, serve with vanilla ice-cream or clotted cream.

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or call 01787 277902 to arrange



Jeff Fellows, wine connoisseur



These are my comments on some of the bottles I have drunk recently.

Peppoli Chianti Classico, a DOCG, produced by Antinori. Regular readers will remember me extolling the virtues of this producer, one of the oldest established wine houses, in Italy. Still young but full bodied with that dry finish of Sangiovese. A balanced wine with bramble fruits to it. 13.5% 2020 and £12.50 0.375ml. Not seen locally but worth looking out for. Lidl provided a Pinot Noir from **Hawke's Bay, NZ**. Nothing like PN's from Burgundy and although pleasant enough was just ordinary. However, the next day the remaining half bottle was altogether better. It had fruit, some depth and a finish to it. As I have said with a lot of

young wines, take a glassful out, recork, and drink a day or two later. 12% 2021 £8.95.

Famille Perrin continue to produce good wines at reasonable prices. Waitrose have their **Reserve du Mistral 2020**. A hefty 14.5% so treat it responsibly. Think red and black berry fruit. Full bodied and balanced. Reduced to £9.95, and worth it. I have found the English wines which I have tasted to be rather too acidic for my palate. However, when visiting my daughter, I sampled one which was not. This was Colemere Lapwing. The grape is Solaris, a new one on me, and they are grown in Shropshire although bottled elsewhere. Has a distinctive fresh apple taste to it and is quite refreshing. As with grapes this far north the alcohol content is limited, this one is 11.5%. It would be better on a summer morning but is quite pleasant even now. Further details on www.Colemere.co.uk Having described the bottle of **Manzanos Gran Reserva** last month I came across their Finca Manzanos in the Nethergate shop on the Traverse BSE.

Did not disappoint.

Pure Classic Tempranillo. Dry with that slightly sour cherry taste and with a finish. A superior bottle. 2020 13.5% £15

You can now save money if buying the **Finca Manzanos**. Nethergate Wines of Gate House Farm, Depden Green stock this. It is the 2022 vintage but because of the blending system in place this one is as good as the bottle above. My comments above apply equally. 13.5% £10 In addition, they have the Crianza from the same producer. **A blend of Tempranillo, Garnacha and Manueline**. As with all Crianza's it is aged for eighteen months in American Oak barrels. This one has more depth, and body, than the Finca. Lots of berry fruit, with a vanilla background. Would go well with a hearty beef stew, or steak and kidney pie. 13.5% £12

Best, Jeff

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THURSDAY
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Long Melford 2.30pm-5pm

FRIDAY
Clare Market Hill 8am-10am
Lavenham Market Place 11am-1pm
Depden 2-4pm



The people of Poslingford



Poslingford Pumpkin weighing was a splendid morning. We had several entries, with people enjoying a hot drink, Pumpkin Pie, and sausage rolls. **The winning pumpkin, grown by Colin and**

Fiona Cowie, weigh in at 36.85kg -a fantastic effort! We look forwards to some fabulous pumpkin designs and hope to make this an annual event in the village.

The winners of the pumpkins grown in Poslingford :1st Colin & Fiona Cowie :2nd Dave & Corrine Snowling :3rd Frances Wheatley For pumpkins grown outside of Poslingford, 1st Portia Brown, 2nd Hattie and Freddie Fuller, 3rd Rachel Huffey The ugliest pumpkin won by Hattie and Freddie Fuller and the cutest pumpkin won by Rachel Huffey Thank you, Mark Woodrow for use of the Church, Warren Rodwell & Frances Wheatley for bringing the scales, Derek Nichols for judging the cute and ugly pumpkins, Rachel Walden and Annie



Jones for the delicious food and everyone else that makes these events happen.

Dates for your diary

November 12th

Everyone is welcome at the memorial for the



Poslingford Remembrance Service, on Sunday 12th November at 12. Toby Snowling, aged 10 years, has the

honour of laying the wreath for the village. If anyone would like to paint a stone, and lay it at the memorial, it would be appreciated. Saturday 2nd & 9th December at 1pm, We would like to invite everyone to Poslingford Church to make Christmas decorations. All the items will be supplied for making the decorations. If you would like to contribute to The Community Pantry, it would be greatly appreciated. Friday 22nd December at 6pm, will be The Christmas Carol Service, Please save the date.



Annie Jones

Review of West Suffolk Polling districts and polling places

Sent on behalf of West Suffolk Council Elections Team

Good Morning

West Suffolk Council is carrying out a statutory review of polling districts and polling places in readiness for the next **scheduled Police and Crime Commissioner elections on 2 May 2024 and for any UK General Election to be held by January 2025.**

We would like to invite all interested parties to make representations and comments on the existing and proposed polling districts and polling places. The consultation deadline is 10 November 2023.

The review is designed to see if the polling districts and polling places in West Suffolk suit the needs of voters, and includes:

1. Polling district boundaries within each ward in the district.
2. Location of the polling places and stations in each polling district.
3. Access to each polling station.

The aim of the review is to make sure:

Electors have such reasonable facilities for voting as are practicable in the circumstances.

As far as is reasonable and practicable, polling places are accessible to all electors, and consider the needs of disabled persons.

Further details regarding the review such as information on current arrangements and potential changes, maps of the existing polling district boundaries and locations of polling stations, can be found on the council's website: <https://www.westsuffolk.gov.uk/Council/Consultations/review-of-polling-districts-and-polling-places-2023.cfm>

When responding to the consultation, please consider that we must:

Seek to ensure that all electors have reasonable facilities for voting as are practicable in the circumstances; and

Ensure that so far as is reasonable and practicable, every polling place is accessible to electors who have a disability.

Any comments should include, where appropriate, alternative venue suggestions

that may be used as polling places. Comments and representations can be submitted in the following ways:

Email: elections@westsuffolk.gov.uk

Post: Electoral Services, West Suffolk Council, Western Way, Bury St Edmunds, Suffolk, IP33 3YU

The deadline for responses to the consultation is 10 November 2023 and the revised polling arrangements will be considered by West Suffolk Councillors at their meeting of Full Council on 19 December 2023.

We would also be grateful if you could publicise the review in your area so that residents and other local groups may make representations and suggest alternative venues too. Please direct them to our website where details of the review can be found: <https://www.westsuffolk.gov.uk/Council/Consultations/review-of-polling-districts-and-polling-places-2023.cfm>

www.westsuffolk.gov.uk/Council/Consultations/review-of-polling-districts-and-polling-places-2023.cfm

If you have any questions, please do not hesitate to contact the team by email to elections@westsuffolk.gov.uk or telephone 01284 757101. Kind regards

CAR AID REPORT - SEPTEMBER 2023



CLASP Committee Meeting Thursday 12th. October 2023



As previously, and regularly commented, the monthly demand for CarAid services during the earlier part of this year was significantly increased compared with previous years. Also noticeable are the increasing logistically difficult and time-consuming trips we are being asked to complete.

However, it is also noticeable that the current demand for our services has declined during the last three months, reflecting the turmoil within the NHS created by the various strike actions being taken by nurses, doctors and consultants.

Trips made historical monthly summary: -

17-24-30-14-28-22-24-22-18-29-21-24-31 Total Year 2022 = 273 c/w 237 in 2021

32-32-42-24-41-48-31-26-21 Year 2023 to date total – 297

Average 33.0 trips per month this year. Bookings this month to date – 9

Although now having a pool of thirty volunteers, some of whom have limited availability, driver resource still continues to be a problem given the increase in client demand this year. Therefore, we still need to attract even more drivers in order to provide the level of service to which we aspire, and our community requires, particularly when demand increases following the NHS return to normal activity levels.

The ongoing interesting CarAid Statistic - In the last 66 months, since April 2018, CarAid has helped 204 different clients, making 1,301 trips.

John Webb 7th. October 2023

CURRENT CAR AID STATISTICS

2023	Journeys	Clients	Where to	Drivers	Mileage £	Cancel
January	32	22	14	15	452.65	1
February	32	20	14	17	306.45	9
March	42	31	13	18	559.80	11
First Quarter Total	106				1,318.90	21
April	24	21	11	15	294.75	9
May	41	23	14	18	595.75	2
June	48	20	10	18	802.35	5
Second Quarter Total	113				1,692.85	16
July	31	22	13	17	405.90	2
August	26	20	10	20	373.90	1
September	21	16	9	13	300.60	2
Third Quarter Total	78				1,080.40	5
Year 2023 to date Total	297				4,092.15	42
Year 2023 Month to date Average	33.0		Months	9	454.64	

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. Last month we made 48 trips, compared with only 10 in June 2018. At the moment CarAid only has one volunteer driver living in your area, meaning that requests for medical visit trips have to be met using drivers from Clare, regularly creating organisational difficulties. **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.**

HAWKEDON

Blitz 'n Pieces St Mary's Church Saturday 2nd December



Blitz n Pieces are a London-based close harmony trio inspired by the songs and sounds of the Andrews Sisters. Jo, Fran and Victoria have toured extensively across Southeast England with their selection of 40s and 50s

classics, as well as 'vintage-inspired' contemporary numbers. Experienced performers, their credits include solo artist with the Syd Lawrence Orchestra; musical theatre leading roles across London's

fringe and West End theatres and featured artist on many well-known feature films and TV including A Little Mermaid, Cinderella and the Glee TV series.

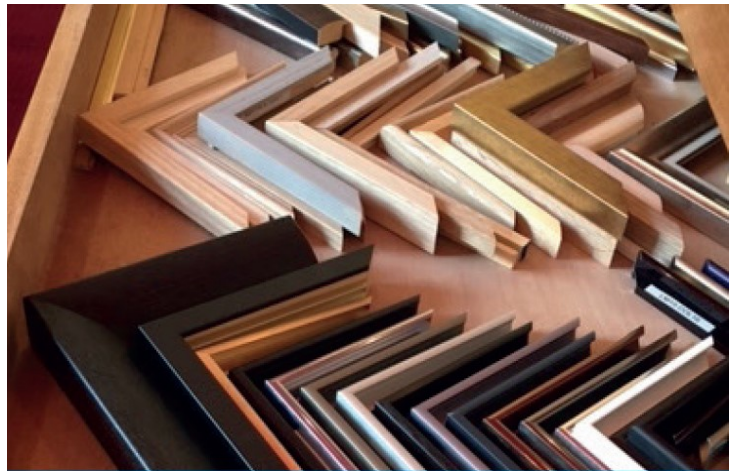
Swing into Christmas
2023

Saturday 2nd December
7.30pm at St Mary's Church, Hawkedon

An evening of festive music with a vintage twist. Journey back in time with the sounds of the 40's, 50's and hits from Hollywood's Golden Era with the all-girl close harmony trio *Blitz 'n' Pieces*.

£15 per head (children under 16 free)
to include seasonal refreshments at Hawkedon Hall afterwards

Tickets from Heather Phillips:
01284 789250 07774 275656 or htapr@dircon.co.uk



SUFFOLK FRAMING @
www.seapicturesgallery.com

For advice on restoration, conservation and framing, come and talk to us for a quote.

Well House | Well Lane | Clare | Suffolk | CO10 8NH
01787 279024 | sarah.alaric@seapicturesgallery.com

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.com/Clare-Community-Pantry



**CLASP
CLARE LIAISON AND SUPPORT
PROJECT
2023**

FUNDRAISING TABLE SALES
Clare Town Hall
9.30am to 1pm
Saturday 18 November
*dates coincide with Clare Market

Single table £9
Double table £15
(+ Tombola Prize Donation)
6' x 2' tables are provided

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: X33476

DENSTON VILLAGE HALL PRESENTS

EMMA & THE DINOSAURS

11 NOVEMBER

7 PM TILL 11 PM

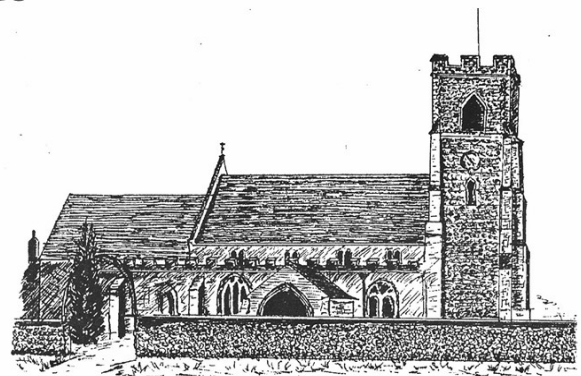
£10

**BRING YOUR OWN DRINKS
BOOK NOW!**

DENSTONVILLAGEHALL@GMAIL.COM

PHONE 01440 820675

Made with PosterMyWall.com



Carol Service
All Saints, Wickhambrook

Christmas Eve 5pm

Drinks and Nibbles

All Welcome



CLARE CHRISTMAS FAIR 2023 FRI 24th & SAT 25th NOVEMBER

The Christmas Fair has become a successful and much-loved local event over the last few years, growing in size and reputation, bringing in visitors from far and wide.

With around 70 exhibitors in the Parish Church and the Town Hall, it provides a wealth of ideas for your Christmas shopping. These range from decorative ceramics, glass, artworks, floristry and books to festive fare and drinks, natural soaps and cosmetics, clothing, jewelry and accessories, plus many fabulous crafted items from our talented and creative stall holders.

As well as the traditional mulled wine and mince pies on offer on both days to help raise funds for the Church, we have two cafes on site, one in each venue, where you can warm up with some delicious hot food or relax with coffee and cake before continuing with your browsing and gift shopping.

There will also be various entertainments on both days, culminating in the **Christmas Lights Switch-On** on Market Hill, 6pm.

The Fair will be open:

Fri 24th Nov 5 – 8pm, and Sat 25th Nov 10am – 7pm.

More information and details will be available on the website - www.clarechristmasfair.co.uk – and will be posted on Facebook and Instagram nearer the time.

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

Christina Glover 01787 277 100 cjglover1@aol.com

CLARE Christmas FAIR

**FABULOUS CHRISTMAS GIFTS
FESTIVE FOOD AND DRINK**

**FRI 24th November 5 - 8pm
SAT 25th November 10am - 7pm**

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

CHRISTMAS LIGHTS SWITCH-ON

SAT 25th November 6pm

Entertainment on Market Hill from 4pm

Hot Food Music Father Christmas

FREE ENTRY • PRIZE DRAW

Carter Jonas
Clare Town Council

Stowmarket Chorale

Music Director
William Baldry

Mozart - Missa in C - Sparrow Mass
Buxtehude - Magnificat
McDowall - Christus Natus Est
Audience Carols

Saturday 2 December - 7.00pm

United Reformed Church, Ipswich Street
Stowmarket, IP14 1AD

Tickets: £18 (under 18s free)
Booking: 07972 668180
tickets@stowmarketchorale.org.uk
Earlybird offer: £15
if booked between 2 - 16 November

Registered Charity 280488 www.stowmarketchorale.org.uk

**theDenston 550
Coffee Morning**

In aid of St Nicholas' Church Denston

**Thursday, 7th December
10am-12 midday**

Bell House, Water Lane, Denston
(by kind permission of Rosemary Macaire)

**Coffees & teas
Cakes, gifts, raffle**

£5 on the door
(cash only please)
to include coffee
and cake

Easy parking
on the road and
along Top Green

If you are unable to come but would like to support **theDenston 550** donations can be made to:

Denston PCC
Sort Code
20-83-50
A/c 80323772

PARISH COUNCILS - WHO'S WHO in YOUR VILLAGE?

Parish Council	Chair	Vice Chair	Clerks
Denston	Jeff Fellows jefffellows.crown@gmail.com 01440 820 310		Jeff Fellows
Hawkedon/ Thurston End	Roger Dicker dmj1800@icloud.com	Pat Hanlon	David Jarrold dmj1800@icloud.com
Poslingford	Martin England poslingforddd@outlook.com 07814 246 204	Marc Allison	Chris Turner 07814246204
Stansfield/ Assington Green	Rex Barnes cllr.rbarnes@stansfield.pc.gov.uk 07778 058425 www.stansfield.onesuffolk.net	Andrew Pallett andrew.pallett@btinternet.com 01284 789434	David Lines (Locum) clerk@stansfield-pc.gov.uk
Stradishall	Ian Hutchinson stradishallparishcouncil@yahoo.co.uk	Robert Deeks	Joanna Kirk 07880 686 069
Clare	Rob Eyre clerk@clare-suffolk.co.uk 01787 277 559	Paul Bishop	Davina Neale
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
Suffolk County and District Councillors	West Suffolk District Councillor for Stansfield, Denston and Hawkeden Bobby Bennet bobby.bennett@suffolk.gov.uk	Sarah Pugh	West Suffolk District Councillor for Whepstead and Wickhambrook



Guided walks in the beautiful countryside of West Suffolk and the Upper Stour Valley. Last Sunday of every month. Meet at Little Bradley Church, CB9 7JD, for a 10.30am start. £5 per walker. Dogs welcome.

www.westsuffolkwalks.co.uk
info@westsuffolkwalks.co.uk
07526 497114

Denston Village Hall 100 Club SEPTEMBER 2023 DRAW

1st Roger Vergine £20
2nd Selina Hopkins £10
3rd Mike Holt £ 5

OCTOBER 2023 DRAW

1st Rosemary Macaire £20
2nd Margaret Coote £10
3rd Peter Eborall £ 5

All Best, STEFAN TREASURER Denston
Village Hall Tel: 01440 820675

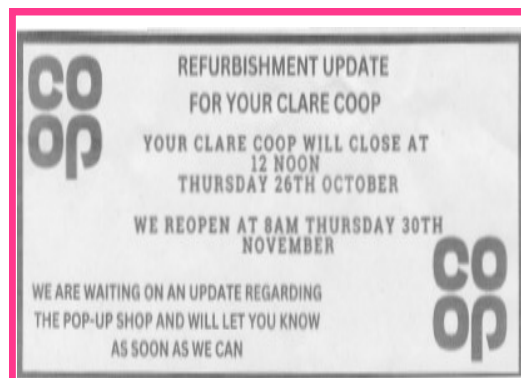
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Clare



www.harrisharris.co.uk



Tackling the Cost of Living Crisis - Pull Out Guide **Issue 10**

Suffolk's Warm Homes Healthy People

Contact Warm Homes Healthy People for support about keeping warm in winter and help for older people with accessing winter fuel payments.

Suffolk's Warm Homes Healthy People is a project designed to help vulnerable people and families make their homes cheaper to heat.

The project can provide the following for eligible residents in Suffolk:

Grants for First Time Central Heating. Boiler or heater stopped working? Warm Homes Healthy People can lend you electric heaters and point you in the direction of any grant funding available such as assistance in applying for a local authority renovation or home assistance grant.

Do you own or privately rent your property? Warm Homes Healthy People can arrange for an independent surveyor to visit your home and discuss energy efficiency improvements that could make a real difference to your heating bills.

The project can also access grants to help pay for insulation and basic draught proofing

Specific support is available for pre-payment meter customers. Pre-payment meter customers who would like support with their energy bills can contact prepay@eastsuffolk.gov.uk to find out more, or call Prepay West 07769 365796 or Prepay East 07769 366229

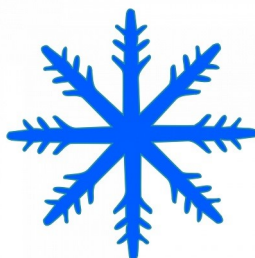
The support covers the whole of Suffolk and is available for all residents, whether they are in social housing, council tenants, owner occupiers or private renters. Find out more about pre-pay energy meter support.

Call Warm Homes Healthy People on 03456 037 686 or email whhp@eastsuffolk.gov.uk.

Prepare for freezing temperatures and bad weather

Winter weather can be unpredictable and can sometimes stop us getting out. But there are things you can do to prepare:

- Keep some extra food in the cupboard or freezer in case you can't get out to the shops. You could even do your food shopping online and get it delivered to your door. Water pipes can freeze and burst when it's cold, so it's important to know where your main stopcock is – and to check that it's easy to turn in case you need to turn the water off. If it's jammed, you might need to replace it.
 - Keep a mixture of salt and sand handy to put on steps or paths when it's icy – this can help you avoid a fall. Visit your local DIY shop or ask the council, as some provide free bags.
 - If you're worried about walking your dog in icy weather, contact the Cinnamon Trust (Tel: 01736 757 900 www.cinnamon.org.uk). They might be able to match you with a dog-walking volunteer in your area.
- Think about your health There are often winter bugs going round, so it's sensible to take precautions:



- Make sure you have your yearly flu jab. It's free if you're aged 65 and over, you're a carer or you have certain long term health conditions – just ask your doctor or your local pharmacy. It's a good idea to ask whether there are other winter vaccines you're eligible for.
- Order repeat prescriptions in plenty of time, particularly if the weather might stop you getting out to pick them up. Ask your local pharmacy if it offers a prescription delivery service.
- Keep simple cold, flu and sore throat remedies at home.
- Follow simple hygiene measures to avoid germs, such as regularly washing your hands and keeping your distance from anyone with any symptoms of a bug or illness.



This November, thousands of Zero Heroes across the country will be challenging themselves to cut out food waste completely by taking part in FareShare's Zero Waste Challenge. Will you join them?

What is the Zero Waste Challenge?

The rules are simple, just aim for zero food waste (or as little as possible) to go in the bin. Eat anything edible and explore new ways to use your food waste. From banana skins to broccoli stems, we've got plenty of recipes and tips to help you cut out waste completely.

The challenge kicks off Wednesday 1st November. We recommend two weeks, but you can take part for as little or as long as you want, whether it's one week or the whole month.

You can do this on your own, or sign up and get sponsored by friends, family and colleagues. When you sign up (online), we'll send you a link to your unique fundraising page where you can collect donations. Plus, we've got plenty of fundraising ideas and tips to help get you started.

Funds raised by amazing Zero Heroes like you help FareShare to tackle food waste and fight hunger across the UK. Every £1 you raise will help us to deliver the equivalent of four meals. You'll be playing a huge part in saying no to waste and getting more good food to people who need it. Every bean raised really does count!

Cut food waste

- Be greener
- Help people going hungry
- Crack a challenge
- Learn new recipes
- Discover new food tips
- Save money

One challenge, lifelong hacks.
Sign up online <https://fareshare.org.uk/zero-waste-challenge/>

Fuel



With the cost of fuel generally rising and such large fluctuations in cost based on supplier, it is becoming increasingly important to do what you can to save money on your fuel spend. There are two ways to approach saving money on fuel – find the cheapest fuel and reduce your fuel usage.

Fuel Prices:

With fuel prices fluctuating so frequently, it can be difficult to keep track of the cheapest supplier near you. Fortunately, there are free tools available that do this for you. The GoCompare price comparison tool www.gocompare.com/motoring/guides/petrol-prices will show you the 5 cheapest suppliers near you and only requires your fuel type and postcode. If you'd prefer an app, [then PetrolPrices](#) is available as well. This app will show suppliers near to a location of your choice and the prices they are offering. Prices are typically correct to within 72 hours.

Drive Efficiently

While it is important to source your fuel from the cheapest supplier where possible, it is equally important to simply use less fuel in the first place. With the help of the RAC, here are some tips to drive more efficiently and reduce your fuel usage.

1. Gentle Right Foot: Excessive speed and acceleration guzzles fuel. Be gentle with your acceleration and breaking, and drive in the highest gear possible within the speed limit.
2. Keep Momentum: Look ahead and break gently. If you have to stop and accelerate, this will consume more fuel.
3. Don't Get Dragged Down: Take off your roof racks and boxes. These create wind resistance, which means your engine has to work harder and uses more fuel.
4. Maintain Your Vehicle: Regular servicing improves the efficiency of your vehicle. Also, ensure your tyres are inflated to the correct level. Over and underinflated both affect fuel economy.
5. Do AC and heat use fuel? Yes. They require engine power to operate, and therefore increase fuel usage. Use them only when it is necessary, to save on fuel.
6. Combine Journeys: Instead of making several short trips, can you combine them into a single journey? A warm engine runs more efficiently.
7. Lighten the Load: The heavier the vehicle the more fuel is used. Take unnecessary items out of your vehicle (don't forget the boot) to make it lighter.
8. Cruise Control: On an entirely flat surface, cruise control can help fuel economy by keeping the speed constant. However, on hills it is less efficient as it does not react to the gradient change as quickly as we would.

Plan your journey

Check you are taking the most efficient route to your destination. Take into account factors such as total miles to destination, roads used (city roads with frequent stops, long straight roads, dual carriageways etc.), roadworks or road closures and weather conditions etc. This doesn't have to take hours to map out every mile. Simply taking 5 minutes before you leave to check your maps app on your mobile or a route planner online can make a big impact.

Insurance

When it comes to insurances, there are many different types – life, health, personal injury, home and contents, vehicles, appliances, gadgets and the list goes on and on.

As with many of the above sections, making sure you find the best insurance deal is key. Sadly, there are often no rewards for loyalty in this sector, and insurers typically increase their prices year-on-year the longer you stay with them. It's important to be aware when your deal is due to end and to compare deals with other suppliers to get the insurance you need for the cheapest price. There are a few factors to consider when looking at deals for insurance, including:

Level of coverage e.g. unlimited buildings insurance or set figure?

Extra-features included e.g. is it cheaper to include breakdown cover in your vehicle insurance or independently?

Length of term e.g. life insurance to cover until maximum age (typically up to 90 years old) or until retirement age?

Joint or individual e.g. multi-car insurance or individual policies, typically with separate suppliers?

Comparison websites will take all of this into account when sourcing the best deal for you. You may need to run a few calculations to try out different features or policy types, but it could save you £100s every year.

Stay safe:

The winter months can often feel isolating, but there's lots you can do to stay safe:

Check your smoke alarms are working. Your local fire service might be able to come round and do a free home fire safety check for you – and you might even be eligible to get free smoke alarms fitted. They'll also offer useful information leaflets. You can find the contact details of your local fire service at www.fireservice.co.uk.

- Install a carbon monoxide alarm in each room with a gas or solid-fuel burning appliance.
- Consider fitting a grab rail if you have steps at your front or back door. Ask your local Age UK for more information or take a look at our guide **Adapting your home**.
- Keep a torch handy in case there's a power cut. You could also keep things like a radio, mobile phone or laptop charged, just in case.
- Could you ask someone to pop over to check in if there's a long period of particularly cold weather?



Smallholding by Chloe Gridley



October is a quiet month on the smallholding, we have given the ewes and rams an MOT to check that they are fit and healthy for breeding, some of the ewes were getting too old for breeding so they have moved to their forever pet homes. The other ewes that are fit and healthy and still young enough to breed have gone in with the ram. I have decided to keep only our rare breed Llanwenog ewes choosing to mate them with our **Suffolk ram** this year. Llanwenog is a Welsh hill breed of sheep, with woolly heads, much like Shaun the Sheep! We have had Llanwenog for some years now, they were the original breed of sheep we bought back in 2014. They are a small breed, perfect for smallholding, they don't make large finishing weights, but they make up for this in flavour and matched with a **Suffolk Ram**, this will help give a bigger finished weight. The Llanwenog lambs have a full flavour and produce tender meat making them a great product for something a bit different and special.

The ewes are getting on well with the

ram. We put the ram in on the 29 September - as I speak, he has covered 75% of the flock. First, we used a blue raddle colour, we then changed the colour to see if he covers any ewes a second time, meaning they were not properly covered the first time. The ram will mount the ewes and, in the process, leave a mark on their behind, we have started with blue and then moved to the red. After 6 weeks all of the ewes should be covered, and we can roughly calculate due dates. We will keep him running with them until around Christmas time to make sure they have all been served.

We will be at **Horringer Farmers market** on Saturday 4th November and Saturday 2nd December, 9:30-12:30 with fresh lamb available. From whole and half leg joints, whole and half shoulder joints, neck fillets, chops, leg steaks, shanks and mince. Come along and say hi!

We are now down to just 2 pigs. These will go in the second week of November and then we will leave the paddock to rest for 6 months before contemplating using it again. Giving the paddock chance to recoup and their muck to penetrate the ground and feed the soil. Our next batch will arrive in early January. We will be using a different paddock which they haven't been in for over a year. It has fully grown again and is ready for the pigs to give it a good turning over.



Chickens: It will soon be time to shut them in ready for avian-flu restrictions. Mum has been busy tidying up pens ready for winter months. Stocking up on wood shavings for the floors and hanging feeders so that rodents can't access the feed. Rodents will be in from the fields now that the harvest is in, they will be looking for a warm dry home with a decent food source so keeping feeders hanging helps to combat this. Although rats can jump! So, feeding the right amount daily, rather than filling the feeders ensures there is nothing much left by the end of the day. The flip side of this of course is the eggs will be eaten instead. Usually, hens stop laying from Bonfire night through until Valentines Day so it won't be long before the egg supply dries up completely. Some of the hens are going through a moult, which takes up the hen's energy. She will not lay while this is happening, instead much of her feathers will fall out and new ones will grow. She will look really scruffy whilst this happens but will look lovely and clean and full when they've grown back!



ST. MARGARET'S REVITALISATION PROJECT STRADISHALL



A Village Christmas at Stradishall

**Saturday 9th December 12.30 – 4pm in Stradishall Church
(Free Entry)**

**Father Christmas will be arriving at 2:15pm
Come and say hello and receive a gift (£3 charge)**

Plus

**Treasure Hunt, A Memory Tree,
Guess the Reindeer's Name, Guess the Weight of
the Cake, an abundance of Christmas Trees,
Refreshments**

**And, of course, the
obligatory
Mulled Wine and
Mince Pies**

Come and help support St Margarets Revitalisation Project



Still aglow from a second consecutive victory over Chippenham CC the previous week, on 9th July Stansfield travelled into Essex to take on Wickham St Pauls CC. Stansfield batted first and when the innings closed, after 35 overs, they had scored 193 for 6 wickets, with Akshaye Prathipati scoring 58 runs (including seven 4's and two 6's), Kit



Phillips 32 (four 4's, one 6) and Sohan Cooray stranded on 49 not out (five 4's, one 6), 1 short of his half-century. A decent score - was it enough? Bowling, Blows and Akshaye accounted for the hosts' No's 2 & 3 batsmen for 19 and 9 respectively, but Wickham put up some very strong bats in Cooper (66 not out) and Moss (80 not out) who steered them home, winning the match by 8 wickets with 8 overs to spare. On 23rd July, Stansfield were on the road again, to Milden Cricket Club (MCC) - at 269 feet, reputed to be Suffolk's highest cricket pitch, compared with Stansfield's 246 feet. A first-time encounter here, after 2022's washed-out match. Stansfield won the toss and elected to bowl to a side

Stansfield Cricket Club

mustering only 9 players. To his surprise, Jim McElhinney was invited to open the bowling, but he responded with gusto. The MCC openers started well and were getting into their stride when a blistering change of pace from McElhinney Snr obliterated their number 2's off-stump for 3. Blows' usual dependable strike-rate was clearly lacking at high altitude, and he was withdrawn after 4 scalpless overs being replaced by Cooray.

New batsman Lomax and remaining opener Cunningham began building a partnership, but with Clayton introduced to the attack, he trapped Lomax LBW for 16. Better was yet to come off another Clayton delivery, having reached his half-century and going for further glory, Cunningham skied one. But true glory went to Kieran McElhinney, making what one spectator allegedly described as *'the most serene, graceful and technically accomplished left-handed, backwards diving effort'* they had ever seen, to take the wicket.

With the dangerman removed for 53, the rest of the MCC were promptly skittled out, posting just 119-8; Cooray took 2, Patullo and Weston 1 each. Cooray also managed a run out, damaging a finger in the process - true commitment! Tea was taken - a connoisseur's mix and plentiful strawberries that delighted the SCC

players. Patullo and Blows opened the Stansfield reply but within a few balls, Patullo was felled by a ball to a sensitive area.



The sound of ball on box resonated around the ground, and Patullo remained on all fours for several minutes, taking deep breaths and making yoga-style moves. He revived, eventually going on to score a dogged 14 before putting leg before wicket. Blows was bowled cheaply for 6, evidently still disorientated from acute mountain sickness, cueing the arrival of McElhinney Jnr.

The MCC opening bowlers pegged back the SCC batsmen. First change heralded a switch in pace from McElhinney, unleashing the full potential of his new locally sourced willow, cracking some glorious pull shots and giving the Milden boys something to chase. In his exuberance he sent one skyward, only for the same man he removed earlier with his glory-catch to be waiting with open hands, happy to gain revenge - out for 26. In strode Skipper Stone and wasted no time in sending balls flying to all corners of the ground; Kit Phillips hit the winning ball for 4. Stone finished unbeaten on 42, overseeing a cracking victory by 7 wickets for Stansfield, with beers and a few cricketing yarns at the Groton Fox afterwards. *(Thanks to a mystery correspondent for greatly contributing this report)*

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The Bansfield Benefice



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

Services for November 2023

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

Date	Time	Church	Details
05 Nov	10:00 am	Ousden (All Saints' Sunday HC)	Celebrant: Revd Eve Bell Organist: [DO] Liturgical colour: ○
12 Nov	10:00 am	Stansfield (Third Sunday before Advent HC)	Celebrant: Revd Eve Bell Organist: [KI] Liturgical colour: ●
12 Nov	12:00 pm	Wickhambrook (Remembrance Service at Cemetery)	Celebrant: Revd Eve Bell Organist: [] Liturgical colour: ●
19 Nov	10:00 am	Wickhambrook (Second Sunday before Advent HC)	Celebrant: Revd Eve Bell Organist: [CM] Liturgical colour: ●
26 Nov	10:00 am	Stradishall (Christ the King HC)	Celebrant: Revd Eve Bell Organist: [] Liturgical colour: ●

Bar A

Remembrance Sunday

At noon there will be acts of remembrance at

- Stradishall memorial in Stradishall church and
- Wickhambrook memorial in Wickhambrook cemetery.

From All Saints' Day to Christ the King is called Kingdom Season

HC = Holy Communion; CW = Common Worship Order One; BCP = Book of Common Prayer;
SOP = Songs of Praise; MP = Morning Prayer; CWOT = Common Worship Order Two
[Organist's initials]
Elders: FE = Fiona Evans; PB = Paul Bevan



Who is who in our local church benefices

BENEFICE	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			
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



07827 128511

FREE HELP WHEN YOU NEED IT MOST

Stansfield now has a friendly team of volunteers to help with a range of small tasks (*see overleaf*).

Call them on: 07827 128511

stansfieldgoodneighbours@outlook.com

Our friendly volunteers will normally answer calls made between 9 am and 4 pm on weekdays, and we will aim to check phone and email messages daily.

Wildlife and the Chapel Graveyard in Stansfield

Graveyards can be peaceful havens for wildlife, and this was very much in the minds of volunteers who gave the old chapel graveyard in Stansfield its annual tidy up this month.



The chapel graveyard before tidying up work started...



Then whilst work was in progress Advice was given in advance of the work by a conservation officer at Suffolk Wildlife Trust. Consequently,



some areas were left untouched for wildlife, and cuttings left in piles to provide habitat, particularly for hibernating hedgehogs. Hedges were trimmed carefully to leave the bases undisturbed. Long grasses were cut, not too short, and raked away.

Martin Slater, a parish councillor who has ancestors buried there, organised the work in mid-October. He was helped by two more councillors and three residents. Martin said, *"Thank you to all those who helped. It was a lovely morning and there was a good spirit and camaraderie. We didn't manage to finish it all and hope more volunteers will come forward to help at a future date."*

Pat Barnes

VOLUNTEERS ARE OFFERING HELP WITH A WIDE RANGE OF TASKS SUCH AS:

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



Footpath Clearing Too!

The volunteers who tackled the chapel graveyard were so enthusiastic about their work that the next day they tackled the footpath towards Denston that starts by the bridge in the village! Nettles, brambles and long grass have now been strimmed to provide a clearer pathway, as can be seen in this photo..



Wickhambrook Farmers' Market



.What can you say :October's market's traders turned out in freezing weather with their awesome array of produce and craft in true style .

Again as always thank you for your

support and bringing your products which are so lovingly displayed. So many wonderful people who also braved the cold, Without you the market would not be. Thank you for supporting your market .

**Next Market dates are :-
12th November**

which is also Remembrance Sunday. We will be observing a minute silence in memory of Wickhambrook's service men and women who gave their lives and to whose memory our fantastic hall is dedicated.

We will be joined by the British Legion

representatives with poppies in the foyer.

Also military vehicles outside the entrance to the market.

**10th December
is our Christmas market**

which will be from 9.30 till 2pm.

We will be joined by Haverhill Lions club. There will also be an appearance of none other than Santa Claus with his sleigh and reindeer, also some of Santa's elves.

So bring the children and let's have a magical day.

Can't wait for this one .

Thank you for your continued support.



**MSC: Memorial Social Centre
Cemetery Road Wickhambrook, CB8 8XP**

Wickhambrook Garden Club and Horticultural Society Meeting.

7.30pm on September 25th at the WI Hall 'Gardening on Chalky Clay' We were few in number owing to a clash with another meeting, but were treated to a very entertaining and informative talk by **Geoff Hodge**. Geoff is a full-time writer and speaker about gardens and gardening. He has edited **Garden News, Garden Answers**, written eight books on gardening and worked for the RHS. It was established that in our area (Wickhambrook) we have heavy boulder clay with chalk underlying it. Geoff said it was a positive soil to have as it holds moisture and nutrients but the structure needs to be improved for plants to grow healthily and successfully. Improvers could be 1. Leaf mould, mushroom compost, and composted bark 2. Sharp gritty sand - not silver or builders' sand 3. Lime, calcified seaweed, or gypsum added at 500 grams per square metre.

These ingredients will in time transform a clay soil, but it is important to mulch to a depth of 2-3 inches each year. For planting he suggested: 1. Trees and Shrubs: Silver birch, Berberis, brooms and cotoneaster, hollies, heather and clematis. 2. Herbaceous perennials: Wood anemones, asters, phlox, grasses, scabious and daffodils 3. Bulbs: Allium, Narcissus and Daffodils We went away aware that the most important thing we could do for our gardens and plants is to improve the structure!! Lots more work I'm afraid.

Report by Jackie Merry



**Remembrance
Stradishall Parish Church
Sunday November 12th 2023
12 noon**

**Laying the wreath and reading the names
on the War Memorial**

Coffee Caravan Stansfield November 16th

Coffee Caravan to start serving lunch from 16 November

The Coffee Caravan's next visit to Stansfield Village Hall on Thursday 16 November will be at the new time of 11am to 1.30pm when we will be serving a lunch of a choice of homemade soups and a roll along with our usual homemade cakes with tea and coffee.

No need to book, just come along to meet friends and neighbours and enjoy a chat over lunch.

Wickhambrook Women's Institute Meeting:

This month we welcomed two very different speakers on the theme of "Saving Water". Lesli Tunbridge is the **WI Climate Ambassador** and Richard Farrow is Delivery Support Manager for



Water Recycling Maintenance at Anglian Water. Lesli explained that Climate Ambassadors were only established in 2016 when she became one of only three in the country. Lesli's remit is visit and speak to WI's, to attend meetings of Climate Ambassadors and encourage WI members to make their voices heard. She showed us graphs and diagrams showing how we need to save and



recycle water wherever possible along with suggestions for reusing and repurposing water.

Richard began by saying that, geographically, Anglian Water is the largest water company in the UK. They collect water from 6 million customers and return it to the environment. Some of the challenges faced include Climate Change, the future acute shortage of water in East Anglia, Population and economic growth and environmental protection. Richard was at pains to point out that Anglian Water promote various community projects to educate the public on how to save water and set up schemes to improve the environment. Currently only 7% of our region's rivers are classed as good. One of the biggest projects under construction is the new pipeline which is due to bring water from the Humber area down into East Anglia. Members were

keen to hear how this would eventually affect our water supply. The meeting was a useful and helpful opportunity to link into the WI's current



National resolution on "Clean Rivers for All" and offered plenty of food for thought on how we can all play our part in water conservation.

Wendy Mansfield



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Happy Days Childcare

Happy Days Childcare

has been long established in Stradishall. It first opened in 2002 at its current location and was later taken over by the current owners in 2016. We provide flexible sessions for families of children up to 10 years old and we are open between 7am-6.30pm all year around - except for Christmas week.

The setting has large gardens for children to enjoy the outdoors. One for the baby room and a shared space for the 2-5-year-olds. The garden includes features such as a mud kitchen, vegetable patch and wild area as well as bikes, climbing apparatus and slides. Inside the building there are three large rooms that allow each age group to have their own space and age-appropriate toys. We have our Bunnies Room for children aged 0-2yrs which includes a separate sleep area; Guinea Pig Room for our toddlers



2-3yrs and our Fishes Room for our preschool children 3-5yrs. Our preschool children benefit from having an early year's teacher on site following the Early Years Foundation Stage curriculum and developing the children's school readiness and confidence for starting in Reception. We have a wide variety of nutritious meals on our menus, carefully balanced for the needs of the age group. They are cooked from scratch on site and children enjoy these at lunch time while socialising with their friends. We can cater for allergies and preferences and the needs of younger babies. Breakfast and **After school club is available for primary school children along with drop off and pick up for Hundon, Thurlow and Wickhambrook schools** and during the school holidays we provide a Holiday Club. **01440820027 debbie @happy-days-childcare.co.uk**





Wickhambrook Parish Council Update and Newsletter



Update October 2023

At the parish council's September meeting the Neighbourhood Plan Working Group

(NPWG) provided an update on progress in preparing the Neighbourhood Plan for Wickhambrook. A lot of work has been completed since July, including: a review of the final landscape appraisal, reviewing the headline policies in the Neighbourhood Plan framework a slight adjustment to Community Action to ensure that it is inclusive; and compiling the list of non-designated historical assets

Up to 62 non-designated historical assets have been identified and submitted to the West Suffolk Conservation Officer for assessment & verification. Property owners will be informed via letter and will be able to make comments at this stage. If a property meets the acceptance criteria defined by West Suffolk and is confirmed by West Suffolk officers it will be retained on the list. The final list of properties will be listed in the Neighbourhood plan.

The NPWG had also met with our consultant, Ian Poole (Places4People) to discuss the AECOM Master design plan. Following some initial discussions with West Suffolk about NPWG's ideas Ian reported that:

- West Suffolk agrees that uses on the site could be expanded to include both Class E and Class F2
- Class F2 would allow for community facilities including the possibility of a new health centre
- Class F2 would also allow for a small

shop selling local essentials if smaller than 280 sqm and not within 1000 metres of another shop (NB planning policy allows uses to change within a use class but not between classes)

Ian had also discussed with West Suffolk reducing the sqm (area) devoted to mixed use on site 4.12a (for example to 450 sqm). West Suffolk suggest writing a draft policy to define the aspects of mixed use on the site and to ensure no single building would be of any great size. Any mixed-use provision on site 4.12a would have to have off road car parking facilities to meet West Suffolk's requirements.

Update on NP timetable (link to Wickhambrook NP Timetable July 23)

- The parish council considered the Draft Neighbourhood Plan supplied by Places4People for statutory consultation at its meeting on 28th September and noting the points raised at Minute 23.09.07 https://wickhambrook.org/wp-content/uploads/23.09.28_DraftOrdinaryMeeting_WP_CMinutes.pdf approved it, subject to any minor amendments and non-substantive changes, agreed by Places4People and the Chair of the NP Working Group
- The Parish Council are required, as part of the statutory six weeks consultation, to consult a range of bodies including neighbouring parish councils, local authorities and government bodies.
- In the last days of October, a Neighbourhood Plan information leaflet will be delivered to all homes in the parish, explaining where and how people can look through the Plan and how they can comment on it.
- Around the end of October, the

statutory six weeks public consultation with the village will start. This will include the consultation with other bodies and will run through to 22nd December.

A 'drop-in' launch event for the start of consultation will take place on Saturday 4th November between 10.00 am and 2.00 pm at the Women's Institute Hall, Cemetery Road

- You'll also be able to pick up a copy of the plan at the following venues, if you find it difficult to access online: Wickhambrook Memorial Social Centre Foyer

Wickhambrook Stores
The Greyhound Inn and Twenty-One The Phone Box at Shop Hill
Once the consultation has closed, anything in the Plan that needs to change considering comments from various parties including parishioners will be brought to the NPWG & PC for agreement of modification of the Plan. The revised Plan will go to West Suffolk for further six weeks consultation before being sent on to the external examiner. Following any final changes to Plan in light of any comments from West Suffolk and requirements of the external examiner, West Suffolk will call and organise a referendum on the final Neighbourhood Plan (which may not be until autumn 2024). Additional grant funding has been received, and a budget to the year-end has been approved.

Hilary Workman CiLCA Clerk & RFO for Wickhambrook Parish Council

Tel: 07508 039810 E-mail: parishclerk@wickhambrook.org.uk Website: Parish Council - Wickhambrook Village
My normal working hours are mornings Monday to Friday. <https://www.electoralcommission.org.uk/i-am-a/voter/voter-id>

Newsletter October 2023

Hello, I hope you are all keeping safe and well. The trees are colouring up, the nights drawing in – I think autumn is truly here now! We were very fortunate with the weather for our October volunteer morning, and our wonderful volunteers completely cleared the Skate Park of weeds! Our next activity is a [Litter Pick](#) led by Mary on 29th October, and the last Cemetery tidy morning of the year on Wednesday 1st November. Thanks to our



(left to right) **Roger, Mary, Ken,** and our new Councillor, **Mel Karunaratne.**

I'm really pleased to let you know that at our September meeting the parish council

co-opted a new Councillor, Mel Karunaratne. Welcome Mel! We're still looking to recruit a further three councillors, so please do get in touch with me or any of our councillors if you would like to find out more. Also in our September meeting, the parish council approved: the Draft Neighbourhood Plan (consultation on this will start in early November) - see above. They decided to support the 20's Plenty for Suffolk campaign (calling on Suffolk CC to implement a default 20mph speed limit on streets where vehicles and people mix, with 30mph an exception. Considered four planning applications (for which it had no objections) Decided to continue to fund the Memorial Clock on an ad-hoc basis. Considered an outline bid for Six Acres and play area improvements for grant funding and asked the clerk to develop a template grant application. My

main work in the run up to the November meeting is preparing the draft budget for 2024-25. Please take a look at [our current work plan](#) and [let me have your views](#) on priorities, or any activities you think the parish council should be budgeting for. We have now taken delivery of our new parish notice board, which should be installed soon, together with new posts at Six Acres, and a gate from Footpath 26 into the Memorial Garden. If there is anything you would like the council to consider at a future meeting, [please do get in touch with me](#). Do feel free to forward this message on to neighbours, friends and family in the parish and ask them to get in touch with me 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

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.

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Come and join us!

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A major fundraising event in aid of

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will be held in
Hall Barn, Great Thurlow
(by kind permission of the Vestey family)

SATURDAY 11TH NOVEMBER
6.45pm for 7.30pm. Carriages at 10.30pm

The evening will commence with a Champagne Reception Supper will be served after a 40 minute performance by **THE EAST ANGLIA CHAMBER ORCHESTRA** which will include music by Handel, Mahler and Elgar



Tickets £45 before 3rd November 2023, £50 thereafter.
Apply to mollyhawkins10@aol.com



**Mary
Cleaver**



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When is conduct relevant in financial proceedings?

Whether someone's conduct in the marriage and during divorce proceedings should have a financial implication for them is always complicated. Often one party will feel aggrieved by the way that the other has behaved and how this has contributed to the relationship ending.

In some cases, one party may feel that they are entitled to more of the matrimonial assets because of the other's behaviour. It is not the case however that just because one party behaved badly, they should receive less. It all depends on the type of behaviour and whether that behaviour has resulted in a financial impact. This issue was considered in the recent case of *Tsvetkov v Khayrova*. The judge ordered that the matrimonial assets should be shared equally; however the wife was heavily criticised for her conduct and ordered to pay towards the husband's legal costs.

Facts of the Case

The parties were born in Russia however subsequently acquired UK citizenship. They married in 2009 and separated in 2020. They had two children. The matrimonial assets were calculated at £48 million. Findings were made against the wife in respect of her conduct during proceedings. Her misconduct included:

- sharing financial information regarding the husband's business
- attempting to hide assets from the husband.
- repeatedly lying to the court about the location of valuable jewellery

The parties combined overall costs were £3 million. As a result of her conduct, the wife was ordered to pay 50% of the husband's costs, in addition to her own costs.

Court Guidance on Conduct Allegations from the hearing

The party alleging conduct:

- has a duty to prove the facts relied upon. There is a high threshold. The conduct must result in a negative financial impact to the other party.
- must raise the issue of conduct at the earliest opportunity, ideally within the Form E.
- The allegations must be clearly set out, explain why they meet the threshold and identify the financial impact.

If possible, the court should give an early determination on the merits of any conduct claim. It may be that the court requires the parties to provide specific statements on this issue alone. Should you wish to speak to a solicitor about divorce and finances, contact Osler's Solicitors on 01449 774670 to discuss your case with a specialist lawyer.

Mary Cleaver

Wickhambrook Local History Society – October meeting

Our monthly meeting was about **stained glass** and the speaker, **Christopher Parkinson**, who is presently co-authoring a book on stained glass in Essex was the perfect person to guide us through local examples of this art and craft.

The earliest example of coloured glass in church windows was in the twelfth century and the church in Rivenhall still has some of this. Glass is basically melted sand with flux added, and could only be used in medieval times in small quantities. As the years went by, other processes like adding silver nitrate and using enamel were invented and Christopher had many beautiful photographs from local churches - **Denston, Depden, Thurlow, Lidgate and Nowton** -

to illustrate his talk. He also told us about the designers of windows from **Pugin, William Morris, Charles Kempe** and others who worked locally. The first woman to work in stained glass was the designer **Mary Lowndes**, a former suffragette. Most of us had heard of John Piper who was working in the 1980s but the big surprise was the beautiful window in the church at Whittlesford which commemorates the pandemic. One side is dark and shows the bad side of people in masks and behind windows and the other is light and bright and shows people hugging and gathering together. This brought the subject right into the 21st Century and made us all want to go and visit our beautiful local churches

Dorothy Anderson.



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

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with Carol Reay-Glover

Problem Page



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

Dear Carol,

I am completely fed up and it's a problem I feel is of my own making.

I have 5 children. All boys. They're now late teens and twenties. Three still live at home although one is a bit on and off with that.

I am sick and tired of being the domestic slave to it all. Even the ones who live away bring washing home! I just feel fed up to the back teeth.

I work part time, so I am often really tried. But I clean, cook and clear up. And do the washing.

My husband works full time so has never done much in the way of housework. I do it all. For years I just got on with it but suddenly, I don't know why, I am sick and tired of it.

I'd like to go on strike although I don't really believe in strikes. I wish I could go back and make them do domestic tasks. I'm tired out and fed up. **B**

Dear B

, Before reading my reply, I want you to go back and read your email to me. You tell me three times you are fed up. I think you need to hear that yourself and commit yourself to change.

You have 5 children and bringing them up will have been a joy I am sure but also extremely hard work. And you have shouldered all the domestic work there. Just because it is unpaid it is still work B.

It sounds like you have put yourself into a subordinate position and shouldered all the domestic work. I am afraid the only person you can change is yourself. So, make today the very last day you do everything. First set out what you now would like.

I suggest you produce a rota of housework that involves all 5 of you living in the home now. All your children are all old enough to do domestic tasks and if they are divvied up 5 ways, actually no one will have too much to do. If you have cooked, then they clear up. But make your rota one where they also all cook too. Then talk to your husband first as your partner and equal adult. Get him on side so you present a united front.

Then talk to your sons. Having an action plan will enable you to make it more than just telling them how you feel. It will show them things have to change. In your opening sentence you say the problem is of your own making. Forgive yourself that as you meant well in doing what you did. But now commit to change. It will do everyone good, and your boys will learn to shoulder domestic chores which will benefit them in their future lives too. Have courage and determination B and good luck! Carol

Stansfield: Flying Start for Good Neighbours!

Stansfield's Good Neighbours scheme was off to a flying start with four requests for help in the first two weeks of operation.

Volunteers hold a dedicated mobile phone **07827 128511** which residents can ring for help with a variety of tasks/circumstances. In the first two weeks of last month (October), they received and dealt with :

Lift to medical appointment

Lifts to the Covid/Flu vaccination centre in Clare Connecting a motorist who wanted to pay for some accidental damage to some property with the resident affected

Help with a garden task

"Just goes to show that this kind of service is needed and appreciated," said one of the Good Neighbour (GN) volunteers. "We are pleased with the good start but we are not complacent... we realise we need to demonstrate that the scheme is useful and to tailor it to needs in the village. These early stages are a learning curve for us all. We will later be organising some opportunities to discuss the scheme and possible developments with residents," said the GN secretary, Pat Barnes. After a couple of months of operation, the GN management committee will meet to

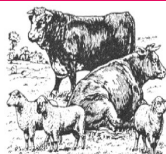
assess the responses and how to develop and promote the scheme further. Anyone who would like to offer any thoughts, or to volunteer, please ring the **Helpline number 07827 128511**.

Normally the names of GN volunteers and the residents they help are kept strictly confidential. But Tom Elvin and



Audrey Bedford who were the first Stansfield residents to be helped by the scheme wanted to share their experience. Our picture shows them enjoying some refreshment and a natter in a Clare café in between having their vaccinations and visiting the Post Office and shops. They praised the Good Neighbour scheme for organising the trip and said it was good to know that they could ask volunteers who were ready and willing to help, rather than feel they might be inconveniencing or putting on someone by asking.

Pat Barnes



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Linda Burton's 5 mile race



We were blessed with a beautiful sunny day for the race. The sun was shining but the 3 mile hill at the start of the race was still there. **I managed to cut 1 minute 13 seconds off last year's time, so I was well pleased.** My 'chip' time was 48min 42secs. Paul Woods from Somerton won the £75 prize for his guess of 48mins 37secs. **I raised £335 for the Church Restoration Fund.** Many thanks to all who helped to achieve this. **Linda Burton**

**What a splendid achievement!
Linda deserves congratulations
from all of us.**

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