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COWLINGE

STANSFIELD
THURSTON END and

STRADISHALL
WICKHAMBROOK

PARISH PUMP

No 378

parish.pump@gmail.com

October -2024

Brilliant arrangements at the glorious Flower Festival in Denston Church

Summer holidays meant we were short of articles this month but Denston's beautiful flowers came to the rescue so be prepared for lots of pictures



We at the Parish Pump are very grateful to Clasp who has generously paid for the colour front page of this paper edition. Thank you!



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We will be at

Stansfield

Village Hall

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17th October

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Rector's Ramblings – October 2024



Harvest Poem by Susan Y Nikitenko

A harvest of apples, a harvest of corn;
 A harvest of plenty, an autumn adorned.
 With bright coloured leaves, a fall festive blend;
 A wonderful time for families and friends .
 A harvest of pumpkins, a harvest of grain;
 A harvest of bounty, and cool autumn rains.
 A big harvest moon- way up in the sky;
 A harvest of blessing that God has supplied.

Be grateful, be humble, give thanks to the Lord;
 He has showered His blessing here in our world.
 But have we been faithful , and have we been true?
 Have we put God first in all that we do?

A harvest that God sees is not food or crop;
 Not pumpkins, or grain, not apples that drop.
 But God see the harvest of souls needing Him;
 A harvest of people to be saved from their sin.

A harvest of souls and A harvest of love;
 A harvest of mercy from our Father above.
 When we see the harvest, let's see through God's eyes;
 And share with the nations the life He supplies



Monthly Rainfall 2023/2024

2024	Jan	Feb	March	April	May	June	July	Aug				
Nick Burton- Stradishall	55	115	45	64	96	15	94	14				
Tina Lee- Stradishall	57	119	47	87	91	19	93	16				
Sam Slater- Stansfield	51	129	55	60	114	19	85	15				
Rod Taylor- Stansfield	59	121	59	68	99	23	88	16				
Jay Gridley-Hundon	71	128	57	74	104	21	93	16				
Victoria Pakenham - Fenstead End	53	132	59	62	106	21	90	16.5				
Elaine Plumpton Great Saxham	54	129	66	69	78	23	90	16				

2023	Jan	Feb	March	April	May	June	July	Aug	Sep	Oct	Nov	Dec
Nick Burton- Stradishall	42	5.5	95	51	66	19.5	94	56	70	170	88	75
Tina Lee- Stradishall	50	1	75	57	75	22	93	55	68	168	88	69
Sam Slater- Stansfield	36	4.5	111	69	49	22	94	55	73	181	108	80
Rod Taylor- Stansfield	54	6	105	63	46	19	94	62	66	180	95	90
Jay Gridley-Hundon	40	4	111	60	56	24	84	69	66	187	96	89
Victoria Pakenham - Fenstead End	45.5	5.5	93	54.5	36	19.5	92.2	60	73.8	186.8	88	79.4
Elaine Plumpton - Great Saxham	60	4	114	62	65	28	70	63	49	172	85	94



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The Life and Times of a Gardener Christine Walkden

An entertaining and inspirational talk about the thrills and spills of a life as a gardener and broadcaster.

**Saturday 5 October 2.30 – 4pm
Hundon Village Hall.**

Clare and Cavendish Horticultural Societies and Hundon Gardening Club have come together to organise a speaker, famous for her appearances on the TV, with a regular spot on Radio 4 Gardeners Question Time, as well as being a published author.



Tickets are on sale now – They cost £15.00 each and include cake/refreshments and are available from:



Also available from your local Horticultural Society and Hundon Village Shop



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

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



Nick is now holding constituent surgeries and we would be grateful if you could include a note in **Parish Pump** to ask anyone who would like a surgery meeting with their local MP to please contact our office

email: nick.timothy.mp@parliament.uk or letter (**Nick Timothy MP, House of Commons, London, SW1A 0AA**).

Surgeries are booked by pre-arranged appointment. If they could let us have their name, address, telephone contact number and details of the issue they wish to discuss that would be very helpful. We will then contact them directly to arrange a mutually convenient date and venue for an appointment with Nick Timothy at the earliest opportunity. Many Thanks Wendy Kitchin Senior Caseworker to **Nick Timothy MP for West Suffolk House of Commons | London | SW1A 0AA | 020 7219 6191**



Nick Timothy,



YOUR CARAID NEEDS YOU - VOLUNTEER DRIVERS

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

Please consider becoming a CarAid Volunteer Driver. This is not an onerous commitment and may only require one or two trips per month and our drivers all say how much pleasure they get from helping and meeting others. Drivers are paid 45 pence per mile if requested.

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Wickhambrook, Suffolk

Long Melford Silver Band

We are pleased to be able to share that on Friday 8th November Long Melford Silver Band will be joined by The Military Wives Choir Wimbish for a very special and poignant **Festival of Remembrance in St Peter & St Pauls Church in Clare.**

The evening of music will honour the service of, and the sacrifices made by British Armed Forces personnel, those who served in the past and those currently serving. We'll also be joined by serving forces personnel, veterans and members of the Uniformed Services.

The evening will culminate in a **Drumhead Service**, a simple and dignified ceremony where Regimental drums are placed on top of each other to form an altar. This echoes a tradition dating back to the 1700s, when soldiers about to go into battle required a place for reflection and remembrance of their fallen comrades in the face of difficult times ahead. Once the drums are stacked, the Standards are lowered, and the Last Post sounds and a two-minute silence is observed.

Tickets are £8 each and include refreshments during the interval and are available from **Clare Pharmacy, Harris & Harris Books, Humphreys Butchers** or online at www.ticketsource.co.uk/long-melford-silver-band

Thanks

Harry Copsey
Secretary - Long Melford Silver Band



LONG MELFORD SILVER BAND
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WICKHAMBROOK SUMMER FETE COMMITTEE ANNUAL GENERAL MEETING

TO BE HELD ON

TUESDAY 15TH OCTOBER 2024

IN

THE MSC PAVILION AT 7.00 p.m.

ALL WELCOME

**PLEASE COME ALONG IF YOU FEEL YOU CAN HELP WITH THE
SUMMER FETE IN ANY WAY – YOU DO NOT NEED TO SIT ON THE
COMMITTEE – ANY HELP IS MUCH APPRECIATED**

Country Cooking with Louise Mackrill

I am always amazed at how quickly the seasons change along with nature's free bounty. This month I have found rosehips, beech nuts, elderberries, poppy seeds, blackberries, hawthorn berries and crab-apples. How quickly the summer came and went! Early autumn is now upon us so enjoy the last of the fine weather and get foraging. Always be sure you can positively identify any plant before you pick it and never eat any plant you are unsure of. When foraging ensure you leave plenty for wildlife. So this month we will be cooking with fruits in the orchard and on the hedgerows now.

Baked figs with blue cheese and prosciutto

This is one of my very favourite starters; tasty, impressive and very simple. Using ripe sweet figs stuffed with nuggets of blue cheese and wrapped in Italian prosciutto creates a chic hot first course in no time.

8 ripe figs
9 oz soft blue cheese such as dolcelatte, St Auger or roquefort
8 thin slices prosciutto

Cut a deep cross into the figs but keep the base attached. Place a nugget of blue cheese into the cross.

Close the fig slightly and wrap around a slice of prosciutto

All this can be prepared in advance. Cook on a baking tray in the oven 190oC for 8 – 10 minutes until the prosciutto crisps up but before the cheese oozes out. Serve immediately on a bed of rocket with a drizzle of balsamic glaze.

Beef steaks with plum sauce

Beef is surprisingly good with plums and this fruity Asian style recipe is incredibly speedy to make.

6 fillet or sirloin steaks
Knob of butter
Marinade
2 tbsp soft brown sugar
2 tbsp dark soy sauce
Juice of 1 lemon
1 garlic clove, chopped
1 tsp fresh root ginger
1 tbsp olive oil
Salt and pepper

Plum Sauce: 125 ml red wine, 3 tbsp red-currant jelly, 1 tsp mustard
225 g plums halved and stoned

Mix the marinade ingredients together and pour over the steaks and leave to marinate, turning occasionally.



Lift steaks from marinade and fry in hot butter for 2 – 3 minutes each side, depending on how you like them cooked. Remove and keep warm.

Add the wine to the juices in the pan, strain the marinade and add to the pan with the redcurrant jelly and mustard. Stir all together, add the plums and heat through with the juices and serve with the steaks.

Spiced pear and apple Danish

This is not so much a dessert but more a coffee or tea-time treat, but now pears and apples are ready it is something that can be knocked up in no time at all.

1 pack ready rolled puff pastry
1 oz butter
1 oz caster sugar
1 large pear & 1 large apple, peeled, cored & chopped
A good pinch of ground allspice and cinnamon
1 tsp fresh rosemary leaves
1 egg yolk, beaten

Cut the pastry sheet into 6 x 4 ½ inch squares and mark a 1 inch inner square from the outside edge. Prick the inside square with a fork and place on a greased baking sheet.

Melt the butter with the sugar in a saucepan and stir in the chopped fruit, spices and rosemary. Cook for 2 minutes to soften slightly. Remove and cool.

Divide the cooled filling into the centre of the 6 pastry squares. Draw the cut borders into the centre of each square and press together with a dab of the egg yolk. Brush all the pastry with the egg yolk to glaze then bake in the oven 190oC for 10 minutes.

Remove from oven, shake over the icing sugar and return to the oven for another 7 or 8 minutes when the sugar should start to caramelize.

Remove from oven and when the pastry is crisp slide on to a wire rack to cool.

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



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

St Mary's Church Hawkedon



Hawkedon Church October services

Sunday, 13 October at 9am BCP said Holy Communion service taken by the Rev'd Clive Fairclough
Sunday, 27 October at 11am. Morning Prayer with hymns

Further information from Heather Phillips 01284 789 250

Very many thanks, best wishes, Heather
Heather Tilbury Phillips
htapr@dircon.co.uk
01284 789 250/07774 275656



Jeff Fellows – different ways to discover your favourite tippie

Having described buying wine from supermarkets

and wine merchants here are some further ways of finding and purchasing your favourite bottles.

Online. Well-known names to look for include long established firms such as **Averys of Bristol and Tanners of Shrewsbury**. I have visited the latter firm, and they have a most comprehensive catalogue.

Wine Merchants. Here are a few more independent merchants in East Anglia. **Peter Graham of Wymondham. Anglia wine of Nayland. Cambridge Wine Merchants. Harper Wells of Norwich. Satchell's of Burnham Market.**

Vineyards. We have three local vineyards which are well worth visiting. By learning how the whole wine making process is completed will add to your appreciation of the finished product. They are, **Giffords Hall, Hartest. IP29 4EX.** Long established vineyard. They have the full

range on sale of Sparkling, White, Rose and Red wines. They also have Wine Tasting, and you can purchase Picnic Boxes to have on your visit. Cellar Door open Tuesday-Sun 11-4pm Coopers Croft, Ashfield Green, Wickhambrook. CB8 8UZ. 01440-820953. Have now 500 vines of both Pinot Noir and Bacchus. Phone to visit.

Ark Wines & Mount Farm Vineyards. Blooms Hall Lane, Sudbury CO10 9BY. (This road is from Stanstead to Shimpling) Have 8 grape varieties growing. Wine tasting, Wine Auctions. I buy virtually all of my wine this way, where I can purchase vintage wines at reasonable prices. Online bidding is the norm. Bargains are there for drinkers who do their homework and there have been very few bottles which I have not enjoyed.

Lacy Scott & Knight. Bury St Eds. Hold two each year. Next one will take place on 06/12/24.

Cheffins. Cambridge. Have their annual wine sale in December. Always interesting wines on offer with colleges

churning, consequently prices reflect that. There are many other houses which can be found by Googling "Wine Auctions". Part of the attraction of this method of buying is finding bottles which would never be found elsewhere. So good hunting.
best, Jeff



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Exercising the little grey cells

A couple of months ago, I volunteered to take part in a research project carried out by the Department of Language and Linguistics, University of Essex, the stated aim of which was to investigate how older people learn a new foreign language (**see below**). The language in question was Croatian, and I was allowed to take part despite my rusty and rudimentary knowledge of Russian, which, to be honest, wasn't all that much help anyway!

The sessions were on-line, totalling four and a half hours over three days. There were two vocabulary learning sessions and vocabulary tests, four Croatian language lessons, a Croatian language test, a test of language learning aptitude, a serial reaction time task, and an exit questionnaire. It was hard work, but great fun!

“The purpose of this study is to understand how different learner profiles in terms of age, occupational status, level of multilingualism, self-concept and cognitive and linguistic ability relate to the learning of the beginnings of a new language that has not been encountered before. Specifically, the study focuses on the relationship between individual learner profiles and language learning success under different conditions in older adults aged 60+.”

I was told at the beginning that I would be randomly assigned to one of two groups, and the language learning materials would be slightly different for each of the groups. This was what intrigued me. Now having received a summary of the main findings, which are complex and fascinating, I have discovered what the two different approaches were, and which group I was assigned to. There was an “explicit” group and an “implicit” group, and I was in the latter. In the explicit version, the learning target was spelled out at the start. In the incidental version, the learning target wasn't spelled out, but we were given additional practice exercises instead. Otherwise, the two versions were identical.

I must admit, as an ex-teacher, I got a bit cross at first at not being given learning objectives, but then found it very satisfying to work them out for myself. In fact, I am now aware that this is currently my preferred way of learning a foreign language. (For the linguistically minded among you, the learning target was adjective-noun gender agreement. There are three grammatical genders in Croatian and adjectives have to agree with the gender and number of the noun. English has its peculiarities, but this isn't one of them!)

The full findings are currently being written up in an academic article and I have been promised a copy when it is available. Meanwhile, I know that if I'm lucky enough to go on holiday to beautiful Croatia, I can confidently ask for a green tea or even two blue kettles!!!

Carol Thompson



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Pay bar opens at 6.30pm
 Bidding starts 7.00pm
Complimentary finger food/snacks

A selection of the promises on offer:

- weekend cottage in Peak District (for 2-4)
- homemade curry for 4-6 (in winner's home)
- taxi run to e.g. Airport/restaurant
- 1 hour piano accordion lesson
- bird/bird song recognition walk and refreshments (at Lackford Lakes nature reserve)
- dinner at High Table, Trinity Hall, Cambridge (with a Fellow)
- homemade granola
- homemade brownies
- pen and ink sketch of winner's house
- family photo portrait
- meal and drinks in host's home (for 4)
- bridge for fun with drinks and nibbles (for 4)
- bee keeping experience
- 3 x 1-hour sessions of reiki head massage
- 4 x seasonal hampers for winner
- vintage afternoon tea basket
- homemade greengage jam
- homemade rocky road
- trip down memory lane in a Citroen 2CV
- bell tent (1 night's glamping for 4)

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Farming by Portia Brown

We completed harvest 2024 at the end of August with the combining of the linseed which we grow for oil, a yellow variety



Our Lamb and Hogget boxes were a great success again this month completely selling out. Our meat is all slow grown



which is high in omega-3. The linseed straw/flax straw was then rowed into swaths and burnt. Due to the use of man-made fibres nowadays, we have no use for the straw. The flax straw was traditionally used to make rope and linen of which locally was a large trade in itself in days gone past. All our ewes have had a health check and have been turned onto fresh pasture for a well-earned break after raising their lambs.

This month we welcomed two new rams on to the farm ready for the tupping season in November.

These rams are both bringing in new bloodlines to our rare breed flocks.

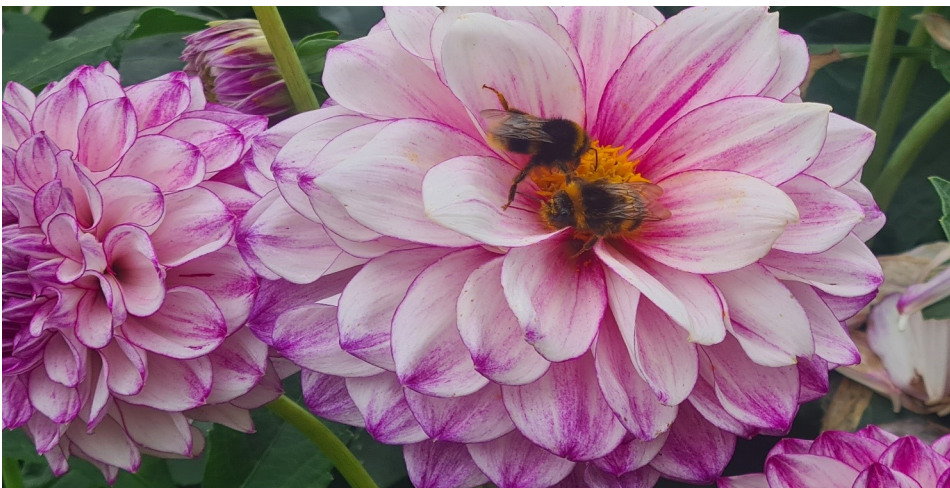
Please feel free to follow us on Facebook and Instagram, **Clare Pedigree Sheep and Cattle** for extra updates on what's happening, on the farm.

and grass fed. Many of you will be aware Suffolk was moved into a restricted zone due to the Blue-tongue virus.

What is Blue-tongue? Blue-tongue is a notifiable disease, It is a disease of animals, not humans, so there are no human or public health issues. Blue-tongue is an insect-borne viral disease to which all species of ruminants are susceptible, although sheep are most severely affected.

Ourselves along with every other livestock keeper in Suffolk and the surrounding counties are closely monitoring our animals.

The darker mornings and darker evenings are a sure sign that autumn is just around the corner.



Who says dahlias aren't bee-friendly !

Summer Fun in Stansfield with Good Neighbours



“Stansfield is a lovely place to live” - that was the prevailing comment made to parish councillors at the Summer Fun Day in Stansfield in August and “Please do this event again next year “

Over 80 people attended the event, held in the Village Hall and grounds. Thanks to generous sponsors, most activities, prizes and the BBQ and even some ice creams were free to residents and children and at no cost to the parish funds. Six parish councillors were present to give residents a chance to bring up any ideas and issues in a less formal way than at parish council meetings, of which the next one is in October. Several issues were raised including that of the unusual amount of growth and dog fouling on local footpaths. Some residents said they were concerned a couple of months ago,

but pleased that the parish council had reported the issues to Suffolk County Council and thanked two parish councillors, along with some residents, for tackling some of the clearance work voluntarily.

In the meantime ideas are sought on what an event could include next year if enough volunteers come forward to help to run it. The event was jointly run by the **Parish Council, the Village Hall Committee and Good Neighbour Scheme volunteers**. *It is wonderful that we have so many volunteers in Stansfield ..thanks to all those who helped to make this event*

truly fun for all. Especial thanks to Derek Adams and Dolly Whilems, who, as well as providing superbly mixed Pimms and good ales, projected the Stansfield PC archive footage of the Stansfield Silver Jubilee celebrations and images of Stansfield life from 1902-present day, for all to see. We are still seeking someone to catalogue and archive this footage”, said Rex Barnes PC Chairman. Any comments and ideas please send to stansfieldpc@outlook.com or phone 07827 128511.

Stansfield Village Hall Management Committee

Notice of Annual General Meeting

Notice is hereby given that the Annual General Meeting will be held at Stansfield Village Hall on Wednesday, 16th October, 2024 at 7.00pm

By order of the Village Hall Management Committee
Derek Adams (Chairman)
16th September 2024

All members of the Parish of Stansfield are welcome to attend

The Sun Rises Over ‘Cinema in Stansfield’ - Perfect Days: a three day Japanese mini Film Festival - 15th 16th & 17th November

Since reintroducing regular screenings at Stansfield Village Hall just over a year ago we have been delighted with the response to a broader approach to programming. Audience numbers remain modest but change from film to film and we have found that overall we are pleasing a greater range and number of people with a programme that includes lower budget independent films and a much wider range of subject and genre alongside much loved classics. Of our most successful screenings two have been documentaries, ‘Hello Bookstore’, the story of a small-town book shop and our most recent screening ‘Moonage Daydream’ the innovative film about David Bowie. However, we were very pleasantly surprised by the strength of positive feedback for the Bhutanese language film ‘Lunana – A Yak in the Classroom’. Subsequently we have received numerous requests for more foreign language features. ‘Cinema in Stansfield’ has generated more than £1,000 to support the running costs of Stansfield Village Hall over the last year and to celebrate we are offering a Japanese mini film festival this autumn bringing three modern masterpieces of Japanese Cinema to Stansfield Village Hall in over three nights in November.

Starting on Friday 15th with ‘**Monster**’ (12), winner of two awards at Cannes. Director Hirokazu Koreeda (*Shoplifters & Broker*) cleverly tells this story from various perspectives against a haunting soundtrack by the late great Ryuichi Sakamoto (*The Last Emperor, Merry Christmas Mr. Lawrence & The Revenant*). A mother demands answers from her son's teacher when her son begins acting strangely. But as the story unfolds through the eyes of mother, teacher and child, the truth gradually emerges. Who is the monster? "If there are monsters in the story, they're never the monsters that you think they are..." Mark Kermod

On Saturday 16th we have the OSCAR & BAFTA *Best International Feature Film* winner ‘**Drive My Car**’. It has been said it is not about the destination, it's the journey. Director Ryusuke Hamaguchi's ‘Drive My Car’ (15) is a perfectly paced, haunting road movie travelling a path of love, loss, acceptance, and peace. “An engrossing and exalting experience.” Peter Bradshaw, *The Guardian*

"Hamaguchi has made a profoundly beautiful film" Robbie Collin, *Daily Telegraph*
On Sunday 17th, the mini fest concludes with ‘**Perfect Days**’ (PG) directed by Wim Wenders (*Buena Vista Social Club, Wings of Desire & Paris, Texas*). Hirayama cleans public toilets in Tokyo, and lives his life in simplicity and daily tranquillity. He follows a structured everyday life and dedicates his free time to his passion for music and books. Hirayama also has a fondness for trees and photographs them. Through a series of unexpected encounters his past is gradually revealed. Kōji Yakusho gives a remarkable performance (that won him the Best Actor award at Cannes) as Hirayama, a man content to live a simple life that is played out to a superb soundtrack of music from the 60s & 70s from his cassette collection. “A poetic, beautifully balanced character study.” Hannah Strong, *Little White Lies*

Doors 7pm - Films 7.30pm - Licensed Bar
Films in Japanese with English subtitles.

‘**Drive My Car**’ is 2 hr 59min long and will include an interval during which complimentary sushi and sake will be served to the audience.
Tickets £6 (Book all three films for £12, discount will automatically apply on booking the third film.)

Seating limited due to subtitles, advance booking only ticketsource.co.uk/stansfield-village-hall

Generously supported by Local Authorities and our principle funders:



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



Stansfield events in October/ November (continued from the previous page)

Cinema in Stansfield presents...

Creative ARTS EAST

DONALD SUTHERLAND JULIE CHRISTIE

DON'T LOOK NOW!

DIRECTED BY NICOLAS ROEG

Friday 18th October
Stansfield Village Hall
 Hall Lane, Lower Street, Stansfield, CO10 8LW

Doors 7pm | Film 7.30pm | Licensed bar

Tickets £5 on the door

Assistance/enquiries: friends@stansfieldvillage.org.uk or call 01284 789192

Registered Charity 304939

Stansfield Village Hall

7pm doors - 7.30pm start

Saturday 5th October

The Infamous QUIZ

Tickets £10 under 16 £8
inc hot HOME-COOKED supper

Bar Prizes Raffle

$E=mc^2$

Book your ticket, gather your team (up to 8) or join a team on the night.

Booking is in advance:
ticketsource.co.uk/stansfield-village-hall
 Info/help with booking: friends@stansfieldvillage.org.uk or 01284 789 192

Registered charity No. 304939

Unique and interesting products from local makers and producers

Stansfield Christmas Shopping Evening
Wednesday 20th November
6 pm - 8 pm

Prize Draw ~ Refreshments
 Mulled Wine ~ Bar
 Free Entry ~ Free Parking

FREE mince pies for all shoppers!

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

In aid of Stansfield Village Hall Charity No. 304939

Busy Bees and Good Neighbours

Lots of activity from **Stansfield Good Neighbours** this summer... The **bench** near the bridge in the village, which sits between two splendid tubs planted by the village **Bloomers** group, has been renovated. Two other benches in the village are to receive the same treatment before the winter well as helping to organise and run **the Fun Day** at the Village Hall in August, Good Neighbour volunteers have clipped the village hall's roadside hedges. **Wildlife in and around Stansfield GN**

Volunteers are now gathering resources to help the Parish Council to run a community event at the Village Hall on the morning of **Saturday 2nd November**. This coffee morning will feature a talk and discussion with Suffolk Wildlife Trust about the wildlife in and around the village and in the Old Chapel Graveyard, which received some tidying up attention from GN volunteers in September. Anyone attending is asked to bring along any videos and pictures of wildlife they may have. The event is free but there will

be a box for donations to Suffolk Wildlife Trust. **Village Footpaths Map** Good Neighbours have produced a pocket-sized version of the footpaths map held by Suffolk County Council and will be distributing it in the village this month to mark the end of the first year of operation of the Good Neighbour Scheme. **Good Neighbour Helpline: 07827 128511** Please ring if you need help, shopping collected, or a lift to a medical/dental appointment..... or just for a friendly chat.

Stansfield's elegantly cared for sitting bench





Harvest 2024 Complete



WILDLIFE IN STANSFIELD

Hedgehogs - Badgers - Deer - Foxes

BUT did you know that we also have some unusual flora and fauna here, and that the Old Chapel Graveyard is an important site for wildlife?

Suffolk Wildlife Trust's Cathy Smith will tell us more

Saturday November 2nd, 10.30am - 1pm

Stansfield Village Hall

FREE ENTRY - donations at the door for SWT are welcomed

Stansfield Parish Councillors will be available to hear and discuss, any ideas and issues about the village.

Refreshments provided by Good Neighbour Scheme Volunteers

The Old Chapel Graveyard site at Upper Street is maintained by Stansfield Parish Council.

Stansfield Village Hall - Hall Lane - Lower Street - Stansfield - Sudbury - CO10 8LW

Stradishall Parish Council News

A meeting of Stradishall Parish Council took place on Monday 2nd September 2024. County Councillor Bobby Bennett and District Councillors Karen Richardson and Marion Rushbrook attended the meeting along with two members of the public.

Six-month budget review Councillors reviewed the Parish Council's expenditure

funding to help cover the cost and district councillors Nick Clarke, Karen Richardson and Marion Rushbrook who each gave £300. The purchase would not have been possible without their support.

Why are some of the footpaths in Stradishall not cut?

Someone has been using the Parish Council email address without permission

Footpath 8 is not on our annualised cutting schedule. The County Council has limited funding and as such only 1/3 of our Public Rights of Way receive a surface cut each year with those receiving high usage and leading to amenities being prioritised.

We appreciate that this is very disappointing, but any complaints should be directed to Suffolk County Council via Stradishall's county councillor Bobby Bennett. Her email address is Bobby.Bennett@suffolk.gov.uk If you feel that changes should be made to the paths that are cut, please email Stradishall Parish Council and we can review whether the most widely used paths are being cut or whether changes should be made.

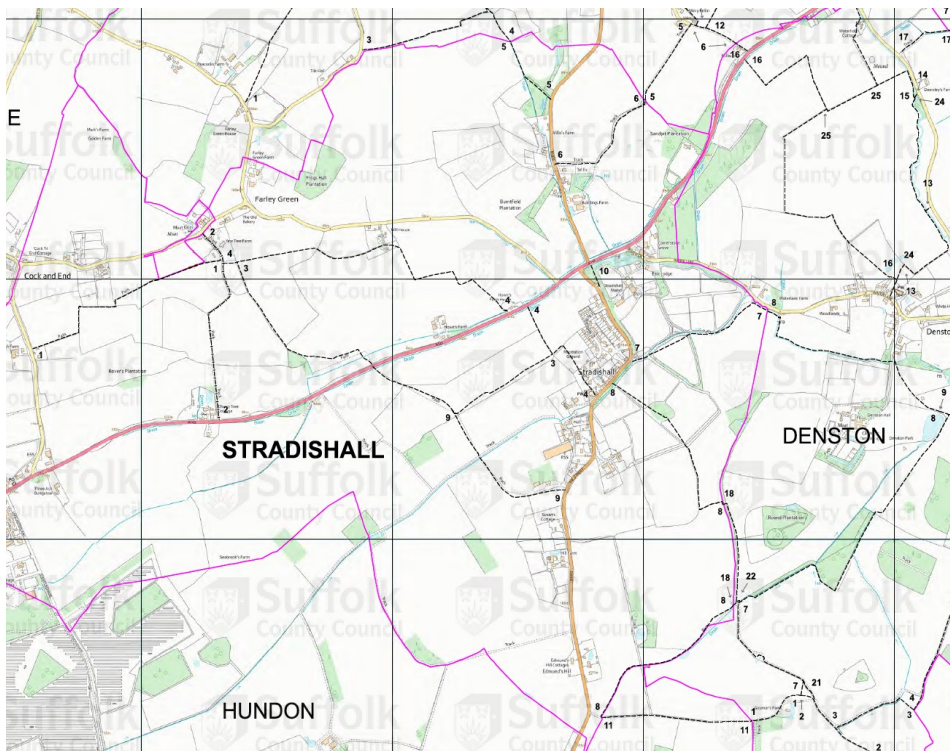
County Councillor's Report

County Councillor Bobby Bennett's report is on the Parish Council website at <http://stradishall.onesuffolk.net/about-us/meetings/meetings-reports/2nd-september-2024/> She is still trying to push for a speed limit reduction on the A143 near the Highpoint Estate.

Government consultation on changes to the National Planning Policy Framework

The Government carried out a consultation on proposed changes to the National Planning Policy Framework. The following key changes are proposed: Mandatory housing targets and the reversal of other changes made by the previous government. A new standard method formula for assessing housing need.

The use of grey belt land for housing. New "golden rules" for land released in the Green Belt The aim to prioritise the types of affordable homes communities need. Support economic growth Deliver community needs Support clean energy and the environment. To find out more visit <https://www.gov.uk/government/consultations/proposed-reforms-to-the->



to date against the budget for 2024/25. The budget is currently on track.

Purchase of a new Vehicle Activated Sign The new vehicle activated sign is now up and running in Stradishall. We hope it will make a difference and encourage more drivers to adhere to the speed limit. Four volunteers have agreed to help with moving the sign around the three sites agreed with Suffolk County Council. Stradishall Parish Council would like to thank County Councillor **Bobby Bennett** for giving £500 of her locality

to report overgrown footpaths. By doing this, they do not receive any updates from Suffolk County Council, we do!

Unfortunately, only a third of public footpaths in Suffolk are cut by Suffolk County Council. This map shows the public footpaths in Stradishall: The only footpaths cut in Stradishall are footpath 4 from bridleway 2, footpath 1 from bridleway 2, footpath 3, bridleway 2 and footpath 5. This was the response from Suffolk County Council to the report about footpath 8:

More flowers

**What can I say?
Their beauty shows
itself in every
photograph**



CAR AID REPORT - Aug 2024

Please note during this month John has suffered with a severe heart problem . Fortunately Addenbrookes came to the rescue and fitted John with a stent . I am really glad to report he is on the mend. We wish John a speedy and full recovery



32-32-42-24-41-48-31-26-21-25-35-32 Year 2023 total = 389 total, 32.4 average 47-62-29-37-38-34-46

Year 2024 to date = 293 total, 41.9 average Bookings as at 3rd. August month to date – 9

The number of trips made in the 2023 year, at 389, was 42% more than made in 2022.

The current monthly average of 41.9 trips is 29% higher than the 2023 level (32.4 trips).

After the *very busy* January (47 trips), followed by the *explosion* in February (62 trips), March *imploded* (29 trips). April with 37 trips experienced a 50% increase over April last year, whereas May (38 trips), was marginally down in May last year. June trips (34) were lower than May, and lower than June 2023. Demand in July at 46 trips was considerably higher than in the previous four months, and almost 50% higher than July last year. As will be seen from the Statistics Summary above, the demand for our service continues to grow. However, the difficulty in finding volunteers has continued. We have drivers taking extended holidays or having other commitments. Nevertheless, we have always managed to provide the service required, despite demands sometimes changing at short notice due to hospital rearrangements. **It is important to note that in Q2 2024 we used 30 drivers during the 3 months, virtually our whole available complement.**

Can I please urge all our volunteer drivers to try to identify and encourage any potential new persons to join our drivers' pool.

I REPEAT. Although having a pool of over thirty volunteers, some of whom have limited availability, driver resource continues to be a problem given the very significant increase in client demand this year. Clearly, we still need to attract more drivers to provide the level of service to which we aspire, and our community requires, particularly now that demand is increasing. **John Webb**

August 2024

CAR AID - STATISTICS

2024	Journeys	Clients	Where to	Drivers	Mileage £	Cancel
January	47	26	14	21	531.75	4
February	62	36	21	22	805.45	4
March	29	21	9	16	383.85	6
First Quarter Total	138				1,721.05	14
April	37	28	9	23	536.40	7
May	38	29	12	16	543.95	2
June	34	27	12	23	521.60	5
Second Quarter Total	109				1,601.95	14
July	46	30	12	23	600.60	8
Third Quarter Total to Date	46				600.60	8
Year 2024 to date Total	293				3,923.60	36
Year 2024 Month to date Average	41.9		Months	7	560.51	

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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

Denston Village Hall 100 Club Quiz night
STEFAN, TREASURER Denston Village Hall 01440 820675

This is the August 2024 draw for the 100 cub

David Gregory	£20
Selina Hopkins	£10
Amanda Crysell	£ 5

PARISH COUNCILS - WHO'S WHO in YOUR VILLAGE?			
Parish Council	Chair	Vice Chair	Clerks
Denston	Jeff Fellows jefffellows.crown@gmail.com 01440 820 310	N/A	Jeff Fellows
Hawkedon/ Thurston End	Rotating	Rotating	David Jarrold dmj1800@icloud.com
Poslingford	Martin England poslingfordddd@outlook.com 07814 246 204	Marc Allison marc@theallisons.co.uk	Chris Turner 07814246204
Stansfield/ Assington Green	Rex Barnes rexstansfieldsoc@gmail.com 07778 058425 www.stansfield.onesuffolk.net	Andrew Pallett andrew.pallett.spc@btinternet.com 01284 789434	Annie Lines stansfieldpc@outlook.com
Stradishall	Ian Hutchinson stradishallparishcouncil@yahoo.co.uk 07970717116	Robert Deeks 07940548407	Joanne Kirk stradishallparishcouncil@yahoo.co.uk 077946851198
Clare	Rob Eyre rob.eyre@clare-suffolk.co.uk 01787 277 559	Paul Bishop paul.bishop@clare-suffolk.co.uk	Davina Neale clerk@clare-suffolk.co.uk
Cowlinge	Linda Aston lindaaston555@gmail.com	Jane Nesham	John Barnett 01440 783 903
Wickhambrook	Mike Lavelle mike.lavelle@wickhambrook.org.uk	Paul Couzens 07713 740 984 paul.couzens@wickhambrook.org.uk	Hilary Workman 07508 039 810 parishclerk@wickhambrook.org.uk

West Suffolk District Councillors

West Suffolk District Councillor for **Denston, Stansfield, Hawkedon, Brockley, Wickhambrook, Stradishall, Clare, Hundon, Cavendish, Stoke by Clare, Kedington and others**

Bobby Bennett bobbybennet@suffolk.couk

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

Sarah Pugh Sarah.pugh@westsuffolk.gov.uk

West Suffolk District Council for **Clare, Kedington & Hundon ward** Cllr Nick Clarke -

nick.clarke@westsuffolk.gov.uk Cllr Marion Rushbrook

marion.rushbrook@westsuffolk.gov.uk Cllr Karen

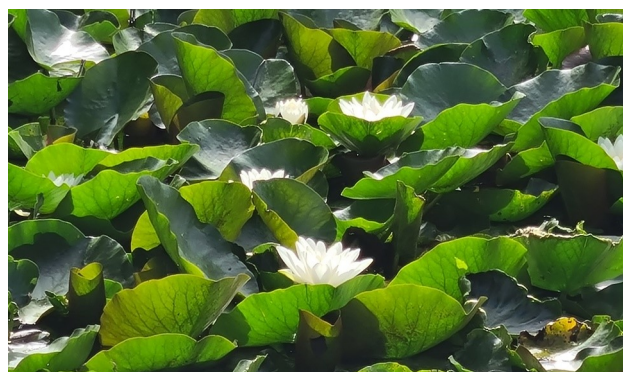
Richardson karen.richardson@westsuffolk.gov.uk

MacMillan's Coffee Morning

The Coffee Morning is on Saturday September 28th.

10am to 12 noon. in Stansfield Village Hall. Teas, Coffees, Cakes and Raffle. Do come along and support a good cause. All donations of cakes and raffle prizes would be very much appreciated. All enquiries to Ann Corlett on 01284 789419.

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Fine music at St Margarets Church Cowlinge



Brahms Horn Trio

**Saturday 5th October; 7:30pm
St Margaret of Antioch Church
Cowlinge**

*Robert Spivey - French Horn
Stephen Calder - Violin
Christopher Moore - Piano*

Doors open at 7pm for a complimentary drink.

Tickets are free, with a retiring collection towards the restoration of St. Margaret's Church.

Please let us know if you will be joining us- email cowlinge.church.companions@outlook.com or reply through our website by scanning the QR code



Horn Trio Concert at Cowlinge Church on the 5th of October

Cowlinge Church Companions are delighted to be able to invite you to join us on the **5th October**, when we welcome three incredibly talented local musicians who will be performing the Brahms Horn Trio. **Robert Spivey** first played the French Horn at the age of 11 when the school had run out of trumpets. Later, after his professional life as a consultant, Robert returned to his French Horn and now plays with orchestras and chamber groups in Suffolk and Cambridgeshire.

Stephen Calder, violinist and leader of the Sudbury Symphony Orchestra, grew up in a musical family. During his military career, Stephen took his music with him, playing with the army, and went on to study at the Birmingham Conservatoire on his return to civilian life.

Christopher Moore, the good friend of Cowlinge Church who delighted us in July with his organ recital, returns as the pianist to complete the trio. Christopher has had a long and varied career in music and particularly enjoys chamber music and accompanying instrumentalists and singers. He now lives in Clare and is busy as pianist, organist and harpsichordist as well as being involved in many aspects of musical life both in Suffolk and further afield.

The concert promises to be a wonderful evening, and we hope lots of you will make it. Tickets are free; there will instead be a retiring collection towards the project to restore **St Margaret's Church, Cowlinge**.

Complimentary drinks will be served from 7pm and the concert will start at 7:30. Please let us know if you are joining us by emailing

cowlinge.church.companions@outlook.com

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Who is who in our local church benefices?

BENEFACTICE	CHURCH (Parish)	RECTOR	CONTACT	ELDERS AND OFFICIALS
 BANSFIELD	COWLINGE	The Revd Eve Bell	07815441304	Dr Paul Bevan
	DENSTON			
	LIDGATE			
	OUSDEN			
	STANSFIELD			
	STRADISHALL			
	(Assington Green)			
WICKHAMBROOK				
STOUR VALLEY	CLARE	The Revd Mark Woodrow	01787277515	The Revd Dr Karen Smith
	POSLINGFORD			
SUFFOLK HEIGHTS	HAWKEDON	The Revd Clive Fairclough	01284 615828	Mrs Heather Phillips Mr David Taylor
SUFFOLK HEIGHTS	(Thurston End)	As Hawkedon	As Hawkedon	As Hawkedon



Martin Kinna

Our Suffolk land and beyond

Funny old year so far. I am already looking back at things that have meant a lot and, in some way, have defined what I think, about the world, about our country and about where we all are privileged to live round here, in this very special region covered by the reach of the **Parish Pump**.

Let's start with what is round here. This is an area of relatively clean air, very open skies, wonderful spaces, views, and lovely villages and towns, shops, leisure and sporting activities, and the Arts everywhere. Hardly a day goes by without hearing the mantra "Aren't we lucky!", and we truly are. We are particularly fortunate in the people who live around us.

In **Parish Pump Land** life goes on; we are very aware of the changing seasons, the sun on the fields and the patter of sometimes persistent rain. Every season has its beauty, its delight and its challenges. The ones that seem to concern us most are things like getting an appointment with the doctor or dentist, can I get to the market in time? what is the matter with the car? Sometimes it is easy to forget the horror and the cruelty of the real world outside. Here we are cushioned by blankets of wool or even sometimes of snow.

When looking beyond our borders, however we wish to set them, it is only too easy to see these horrors or at least a few of them. There are so many after all, and all over the world. **Google** brings them to our mobile phones whether we want to see them or not. Some are close to

home in the shape of epidemics, poverty, hardships, ill health and death but in our local world where it is so easy to find beauty and pleasure, we easily forget the things that should also be important to us.

There are those of us who admire the gift of Royalty and our unwritten Constitution for the stability and the sense of National Identity they offer us as a People. But some also deride old traditions or make fun of such events as the **Trooping of the Colour**. We can easily put too much significance into **Strictly Come Dancing** and overlook that which we should pay on Armistice Day, and we can even dismiss all too easily our musical heritage as exemplified in the **Last Night of the Proms**.

This year's closing concert was a special delight. It contained a real variety of music of all sorts, marvellously performed. The traditional last section I found to be fun but of course it is easy to dismiss such old chestnuts like **Rule Britannia!** as jingoistic throwbacks to a past no longer relevant. This year I found them to be moving. The tunes alone of the famous Sea Shanties, the Spirituals, such as **Swing Low Sweet Chariot**, not only take me back many decades to the time when I first heard and learned them, they also took me back to a time when things seemed more certain, when we perceived Britain as a Nation to be a solid, achieving country, with a place and a direction in the world, as these choruses proclaim from the time they were first written. Then there was more certainty in our role and identity than where we find ourselves in now.

Today communication is so instant, we

are battered by news and opinion of every stripe, we scarcely can see a way forward and the actual base of our very being seems to be built on such shifting sands. As each age becomes ever more confusing, I find it important to go back to the basics of what is really important. to be a person with a place in our country and its future. Too old to fight for my country now, I wonder who will, should the need arise. Who really cares about our country when our national identity seems to be in question. Loyalty for our football team is a given, cheering on our athletes at international games is another. But where do we hear the cheers for our country? In Brexit? In our inherent decency? I no longer think so.

Apart from the **Proms** that I found so satisfying one further event uplifted my spirits last month and that was the publication of the second volume of poetry by our marvellous Postie, **Richard Whiting**. It is entitled **The Degas Tree** which is the story behind the Chestnut Tree in **Upper Somerton**. **Planted as a conker found by Degas's** grave in Paris and now a proud flourishing tree. A lovely story. This new volume contains much of local interest, sights, sounds and feelings of the natural world here in Parish Pump Land. It also contains memories of people special to the poet and every page contains its own delights and pleasures. If you enjoy the written word, the well-turned phrase and the area all around us I suggest this book is for you. It is published by **Littoral Press and I am sure Kate Harris of Harris and Harris bookshop** in Clare has copies or can get one for you. **Bravo Richard**, you too are one of our local joys!
Martin Kinna

Stradishall Church revitalisation

As reported last month the first phase of the revitalisation is finished and the church looks really nice. It is somewhere back to its former glory. The next phase is to carry out some tests on the South Aisle, North Aisle and Chancel rooves to assess whether there is any substantive damage. The Edmundsbury Diocese now has a new officer, Toby Hart for small grants and repairs and has some money available that we are applying for to carry out this work. Toby is responsible for this



Mary Cleaver

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

Mary Cleaver
Partner - Duty Solicitor and Higher Courts Advocate
[Oslers Solicitors](#)

Lawyer Type: • Solicitor

Years Qualified: 25

Early Neutral Evaluations/Private Financial Dispute Resolution Hearings are gaining popularity in England and Wales due to the backlog of court hearings

What is an Early Neutral Evaluation?

Early Neutral Evaluations or Private Financial Dispute Resolution Hearings allow separating couples to hire a 'judge' or a neutral evaluator privately for a day to review all the financial information the couple have provided and hear the case. The 'judge' or evaluator will then give them a good indication of what a likely outcome would be if they were to proceed to a final hearing. During the day the parties are encouraged, to negotiate to see if they can reach an agreement between themselves to prevent the need for a court application.

Like a court FDR Hearing, an Early Neutral Valuation or Private FDR is 'without prejudice', which means that nothing said or heard during the Early Neutral Evaluation will be heard by the court, if a settlement can't be reached on the day. The separating couple will not be tied to the negotiations or indications made during the day if they cannot reach an agreement.

Why Choose Early Neutral Evaluation?

Early Neutral Evaluations / Private FDRs are gaining popularity in England and Wales due to the backlog of hearings

courts are experiencing. Separating couples can expect to wait months for formal FDRs to be listed in the Court, while Early Neutral Evaluations can be scheduled at a time and date convenient for the separating couple.

Early Neutral Evaluations are not held in Court but in a more comfortable setting such as a solicitors' office, barrister's chambers or conference facility. This can take some of the pressure and stress out of the day.

The private 'judge' or neutral evaluator will have time in advance of the appointment to consider all the information. The 'judge' for the day will only be focused on the case at hand and will be able to give the matter their full attention in order to give a realistic indication of the outcome of the case.

Although the indication from the 'judge' is not binding, it is likely to lead to the separating couple reaching an agreement, or at the very least to narrowing the outstanding issues.

The separating couple can choose who they want to instruct as the 'judge' for their Early Neutral Evaluation / Private FDR. This includes anyone with relevant experience in family law financial remedy cases.

Benefits of Early Neutral Evaluations / Private FDRs

The separating couple can choose who will act as their 'judge' or neutral evaluator

The separating couple can choose a mutually convenient date, time and location and may take as many breaks as are required throughout the day.

The Early Neutral Evaluation / Private FDR is usually held in an environment that is less stressful and more comfortable than the court.

Whilst the separating couple will have to pay privately for the 'judge', usually an Early Neutral Evaluation is more cost effective than the court process.

For further advice regarding finances on divorce contact **Oslers Solicitors on 01449 774670** to discuss your case with a specialist lawyer.

Mary Cleaver

Advertise your Business

Not only will you appear in over 700 copies of the Parish Pump, hand delivered to all homes in **Stradishall, Stansfield, Hawkedon, Thurston End, Poslingford, Assington Green and Denston.** (also available in **Clare, Cowlinge and Wickhambrook**) you will also be included in our online edition, landing in over 400 email inboxes.

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Poslingford, Stride and Ride and Pumpkins

Poslingford Church was bustling with activity during **the Ride and Stride** event, as participants gathered to raise funds for Suffolk churches. Warm hospitality greeted visitors, courtesy of **George & Melody Green**, who generously offered a refreshing drink and biscuits.

In September, attendees had the opportunity to craft unique corn dollies using a combination of wheat and lavender. These charming creations will be used to decorate the church in preparation for the upcoming Harvest Festival service on Sunday, 29th September. The Community Pantry was supported, with the donations being taken to the Clare Church. Looking ahead to next month, for the **Pumpkin competition**, featuring an array of categories. For more details, refer to the poster highlighting the event

Pumpkins

Saturday 12 October at 1pm

St Mary Church, Poslingford

Categories as follows-
Home grown (in Poslingford) - weight - 1st, 2nd, 3rd
Grown/ purchased elsewhere - weight -1st, 2nd, 3rd
Cutest pumpkin -1st
Ugliest pumpkin -1st

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Showing off Stradishall Church !!

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

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

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

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

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Wickhambrook Parish council news



Hello, I hope you are all keeping safe and well. Autumn already, and our next Volunteer morning is scheduled for

Wednesday 2nd October. We meet at the Chapel of Rest at 10:30 and will be tidying up in the cemetery until around 1pm if you would like to join us. Just drop me a line at

parishclerk@wickhambrook.org.uk

A grant for technical support continued work preparing the Neighbourhood Plan (NP) has been approved by Locality (a government funded body) and AECOM will soon be starting work on this. For more information on the preparation of our Neighbourhood Plan, take a look at the website: <https://wickhambrook.org/neighbourhood-plan/>.

We still have a vacancy on the parish council and would really like to recruit a new team member as soon as possible. Take a look at the [website](#) and please do contact me if you have any queries.

At its September meeting the Estates Committee approved:
work to parish trees
repairs to the Chapel of Rest roof and
a revised grounds contract specification for the parish council to consider (which includes the establishment of some wildlife areas across the parish, supporting Community Actions identified in our Draft Neighbourhood Plan).

The September parish council meeting looks at:

- An update on the Neighbourhood Plan and Road Safety issues (including a Community Speedwatch scheme)
- A review of income and expenditure against the approved budget
- Two planning applications
- A proposal for securing access onto the Recreation Ground and Six Acres
- Finalising the grounds contract specification for 2025/26

Nominating an individual to lay the wreath at the Remembrance Day ceremony

You can find draft minutes of our recent meetings here:

[Extraordinary Meeting](#) – August 15th

[Estates Committee](#) – September 12th

Do feel free to forward this message on to neighbours, friends and family in the parish and ask them to get in touch with me at

parishclerk@wickhambrook.org.uk if they would like to be included in our e-newsletter mailing list!
Keep safe and well

Hilary Workman
Clerk for Wickhambrook Parish Council



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 sister is going through a very painful divorce. She has three children and is in a custody tussle. Her husband is emotionally abusive to the children, and they are notably suffering. It's a dreadful situation. I just don't know how I can help. It feels wrong to sit by and watch kids be so damaged. What would you suggest? R

Dear R,

What a difficult situation to be in. I completely understand that you desire to do something rather than stand by and see children suffer. You don't say anything about the abuse they are suffering and so I want to say it is important to get clear on whether there is anything happening which is against the law. If your sister has a lawyer or mediator, please discuss this with them urgently. You would need to describe clear examples of what the emotional abuse is, what form or forms it takes. If there is no lawyer, then please consult **Citizens Advice**. Even your GP might be able to help. You sound close to your sister. Have you sat down with her and asked her directly how you can help? If not, do so. She may benefit from a kind but clear explanation of how worried you are about the children. Do this supportively, not accusatorily. She sounds like she needs help. You could explore whether witness statements from you might strengthen her case for example. Or perhaps she would like hands on caring help with the kids?

Discuss with your sister whether you could agree a consistent approach between you to the children and you could offer to have small chats with them and be someone outside of mum and dad who is there for them and who they can open up to. If you feel the situation calls for it, you could see whether your sister would like to find a counsellor for them. Their school should also be informed about what is going on and may be able to give positive advice.

In short, I think step forward and offer to help as much as you can. Be there, be active, talk and be there to hear how the children feel.

I hope the situation is resolved quickly R.

Carol

Richard Franklin's superb example of how to do Stride and Ride

Having cycled the **Suffolk Historic Churches Trust Ride & Stride** for a number of years, I decided to make this year a slightly different challenge. With seven churches in the Bansfield Benefice this had the potential for an interesting loop that could be run via trails, footpaths and some of the quiet country lanes. The route started and finished at **St Margaret's Stradishall** and I set off just after 10am. A short jog down **Edmund's Hill** to the church to collect my sticker, then off to **St Nicholas' at Denston** via the footpaths. Denston had its flower festival in full flow and a planned Choral Evensong for the Sunday. The next stop

-strewn wood and finally, leading up to the church, passed nodding stabled horses. The next leg crossed the ford at Purton Green and up and through the fields and I thank the farmhand who paused crop



spraying for several minutes to allow me to run round and off up the hill. After a pasture of recently shorn alpaca the track wound its way to join the road just before the A143 and I crossed to arrive at **All Saints, Wickhambrook**.

From the centre of the village a gentle climb up the bridleway and wooded trails eventually led to **Ousden**. There a descent of the 10% hill and jog to the path leading up to **St Peter's** where several classic cars had congregated. Leaving, the route returned testing the legs up the 10% incline and took a footpath to the right. For several kilometres this offered amazing views from the ridgeline with many kites soaring in the sunshine (pick your collective noun: a *soar*, *wake*, *kettle*, *husk* or *roost*!)

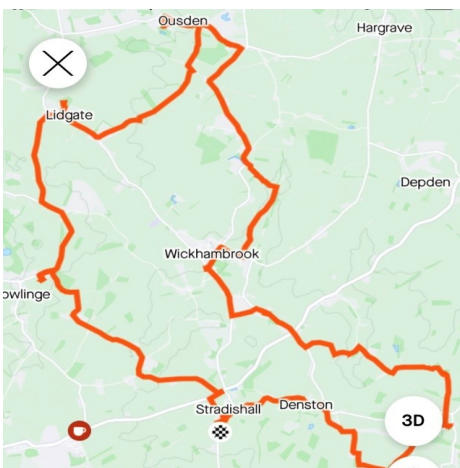
St Mary's at Lidgate was atop another hill and, hot and thirsty, I was greeted

with a wonderful selection of refreshments which included a can of ice-cold ginger beer which at that moment could not have been bettered. A descent of the hill led to the road section that climbed and rolled, eventually arriving at **St Margaret's in Cowlinge**. At that time, the church was unmanned so a quick stop and off back to



St Margaret's via Farley's Green. The route ended up at 22 miles and took just over 4 ½ hours. The weather had been glorious, and it proved another fun adventure. As always, the real heroes were the wonderful greeters and volunteers that make the event such a special day. Congratulations to everybody that took part.

If anyone would like to donate, Peter has the form and half of the sponsorship goes to St Margaret's. Richard Franklin (Pumpkin's dad...)



was **All Saint's at Stansfield**, and the route crossed fields of generally disinterested cows, trailed through a nettle

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