

DENSTON  
ASSINGTON GREEN

HAWKEDON  
CLARE

POSLINGFORD  
COWLINGE

STANSFIELD  
THURSTON END and

STRADISHALL  
WICKHAMBROOK

# PARISH PUMP

No 367

parish.pump@gmail.com

SEPTEMBER 2023

Details of Cindy Buxton's presentation are given on *page 3*



*Wickhambrook wildlife film-maker Cindy Buxton with an elephant seal on South Georgia shortly before the invasion by Argentinean forces in 1982. Find out more inside (page 3) on her fascinating talk this October on her rescue by British forces.*

We at Parish Pump are very grateful to our contributors, who have generously funded our latest changes of having a colour front page on our paper editions, so we would like to ask our readers to send us any attractive photographs they have, which have a local appeal. Please send them to [parish.pump@gmail.com](mailto:parish.pump@gmail.com)

## Rector's Ramblings – September 2023



We spend most of our lives going out, or staying in and keeping ourselves busy and occupied whether its sitting and watching TV or listening to the radio, or going out and about shopping and getting jobs done.

We also travel around in different ways too, some of us walk, some go by car or bus or train to places. But what do you notice when you're getting on with your daily routine? And do you notice as much as you think?

I've just moved to the Stour Valley and, from wandering around the streets looking at everything with 'fresh eyes' and chatting to people, it seems there is lots going on!

Plenty of very old and some very new buildings, some newly opened and some closed-down businesses and people from all walks of life, some wealthy and some struggling to make ends meet. But the one thing

I've really noticed is that we are surrounded by such beauty: the fields, trees, parks and green spaces.

When you slow-down running from A to B you begin to take more notice of how buildings, streets and nature look and what might be going on in people's lives. This is a bit like harvest: if harvest was something that happened instantaneously, we'd probably be overrun with food and resources, and everything would be really overgrown.

However, harvest is something which takes time to grow and flourish, it takes significant time, labour, and effort for farmers to grow their crops and take care of them, so they are edible for us to eventually eat.

Harvest comes at such a beautiful time of the year, as we enter into autumn.



### Karen and Mark

*Karen is Clare's new curate.  
Please see her introduction in  
July's edition.*

If we slow down and take our time to be with God in these moments, then we start to notice the change of the colours on the trees, and the changes surrounding us in the villages and towns we live in. We begin to see the beautiful blend of red, orange, green and yellow on the trees and the carpet of leaves below.

However, harvest is also a time of hardship for some, the temperature begins to drop and some people who live just a few streets away from us, will be wondering how an earth are they going to be able to feed themselves or their family and heat their home.

So 'harvest' isn't something that should just happen once a year, we can serve others anytime with our hearts, whether that's physically through giving food or mentally by words of wisdom or just listening to what others have to say - you never know what burden someone is carrying, so we need to be gracious.

As we go about our daily lives, let us think about the ways we can serve God through harvesting other people's lives not just our own and let us be thankful for the material and spiritual gifts God has blessed us with. Amen

# We're here if you need help

love every drop  
anglianwater

**We have lots of ways to help you and your loved ones.**

If you're finding it difficult to pay, we offer:

- Discounted tariffs
- Assistance schemes
- Affordable payment plans

Our **Priority Services Register** can help lots of different people with free practical support, such as:

- Letting you know about upcoming work in your area and help if your water goes off
- Helping protect you against bogus callers, which includes setting a password for your account
- Sending bills in different formats and communicating with you in your preferred language

Find out more

[anglianwater.co.uk/watercare](https://anglianwater.co.uk/watercare)  
0800 011 3774  
BSL [anglianwater.co.uk/bsl](https://anglianwater.co.uk/bsl)

Scan here



*The Revd Dr Karen Smith*

# An Adventure in Antarctica presented by Cindy Buxton

*In March 1982 the wildlife film-maker Cindy Buxton and her assistant Annie Price were coming to the end of seven months filming on the South Atlantic island of South Georgia when they were caught up in an all-too-real drama. The Argentinians invaded and the young women spent four nerve-wracking weeks trapped in their tiny hut before being rescued by HMS Endurance . Listen to her remarkable story of that time and their ultimate rescue by British forces.*



**Thursday 12th October 7:30pm**  
**Wickhambrook Memorial Hall**

**Tickets £15 per person**  
*includes cheese & biscuits*

BYO drinks - Tea & Coffee £2



Tickets via [www.ascw.uk](http://www.ascw.uk), email [tickets@ascw.uk](mailto:tickets@ascw.uk) or call **01440 857 397**




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

**01440 820267**

[info@suffolkoilsolutions.co.uk](mailto:info@suffolkoilsolutions.co.uk)



 We Sell HEATING OIL email us for competitive daily price



## Prices for advertising in this magazine

INSIDE PAGES			
	Price for the period		Price per issue
	12 months	6 months	individual advert
Eighth page	£ 87	£48	£ 10
Quarter page	£ 175	£ 95	£ 19
Half page	£263	£142	£ 32
Full page	£440	£ 242	£50
FRONT PAGE			
	Price for the period		Price per issue
	12 months	6 months	individual advert
Not normally available			
Eighth page	£ 250	£ 135	£ 27
Quarter page	£ 480	£ 250	£ 50
BACK PAGE			
	Price for the period		Price per issue
	12 months	6 months	individual advert
Eighth page	£ 155	£ 83	£ 17
Quarter page	£ 240	£ 135	£ 27
Half page	£ 400	£ 220	£ 40



**ROB HARRINGTON**  
— BUILDING CONTRACTOR —

*From planning to completion and everything in between*



New builds



Period Restoration & Listed Buildings



Extensions



Extensions



Extensions



Outbuildings



Bespoke Work



Landscaping



Alterations

07900 843329 / 01440 423783

[robertcharlesharrington@gmail.com](mailto:robertcharlesharrington@gmail.com)

[www.robharringtonbuilding.co.uk](http://www.robharringtonbuilding.co.uk)

Wickhambrook, Suffolk

**EVERYONE  
PLEASE NOTE**

At present 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 the email address.

*I will ensure you will be put on the list.*

Kind regards, Peter

[parish.pump@gmail.com](mailto:parish.pump@gmail.com)

could you foster?



Visit us at [www.nexusfostering.co.uk](http://www.nexusfostering.co.uk)  
Call us on 01603 951 405

**PEST PROBLEMS SOLVED BY LOCAL SPECIALIST**

**Anglia** DOMESTIC • COMMERCIAL • AGRICULTURAL  
**PEST MANAGEMENT**

insects ✓ birds ✓ moles ✓ rabbits ✓ rats ✓

Based in Lawshall  
Contact Tim Cox



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

**01284 831 042**  
**07776 205 346**

[info@angliapestmanagement.co.uk](mailto:info@angliapestmanagement.co.uk) [www.angliapestmanagement.co.uk](http://www.angliapestmanagement.co.uk)

**NEW TO  
GOOD TIMES**

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

Call Dan on  
**07812 134 267**



## Martin Kinna

## Looking for a silver blue lining

A good friend emails me the letters column from The Daily Telegraph every day of the week. Sometimes they depress me, sometimes they make me angry, and occasionally they make me laugh. If you are not aware of them I should say they are a marvellous bellwether of what a great chunk of the British public is thinking. Generally speaking it appears we are a pretty dissatisfied bunch.

Subjects range from deficiencies in many aspects of the NHS, the lack of bees in certain regions, the inability to get an appointment with a GP, the incompetence of the Government, the Civil Service, the Regional Water Companies, the Railway Companies, in fact just about every organisation with a duty to supply services to the nation. Taxation, especially Inheritance Tax looms large and of course, the outcomes of COVID lockdowns, Brexit and inefficiencies attributed to Civil Servants working from home are frequent topics too.

If this was the only way to assess the performance of Great Britain it would indeed be extremely serious and depressing and that is how I frequently find the contents of this column. Sometimes one short letter can trigger several days of correspondence: people frequently pile complaints upon others such as the impossibility to find NHS Dental Care and, of course, the unfairness of the imposition of Clean Air ULEZ (*Ultra Low Emission Zone*) areas.

Seldom do the relevant Government Ministers respond or even comment. Other Political Parties remain silent too. Do none of them read these letters? It seems we are great at complaining, great at stating what is wrong but poor at getting things put right. Does our only chance to improve matters come when we get to vote every four years? If so our next election period should be clamorous at least.

There is, however, some joy to be found in the Correspondence Column. The other day, out of the blue, came a wonderful letter unconnected with any that I had seen previously. It was from a gentleman who, as the son in a Service Family, had

spent some of his childhood in Cyprus. It was while he was living there he had his first sight of Kingfishers. He described the sheer wonder he had experienced as he watched them feeding from a river bank. Now living in England he has learned how to stay still and unobserved so he can watch them for quite long periods. He asked whether this was not our country's most beautiful bird.

It was such a lovely contrast to the other letters and so full of joy it raised the happiness level of the daily read and made me look perhaps a little more closely at the birds in the garden. I was rewarded that day by seeing the return of a mistle thrush for the first time in eight years. That set the score right for a while. The sight of a lovely bird weighted against all that is wrong in the world? The bird wins hands down!

Hoping you have not developed webbed feet over the last two months, maybe we can all enjoy an Indian Summer from now on. It is amazing how much harvesting was achieved whilst dodging our recent downpours. Now go and see if you can find a Kingfisher!



### DRAFT PLANS FOR THE CREATION OF A COMMUNITY FACILITY in Stradishall

### ST. MARGARET'S REVITALISATION PROJECT

Come and see the draft ideas for a Community Hub in the Church. A weeklong consultation is taking place in the Church 11<sup>th</sup> -17<sup>th</sup> September at various times. This follows the Village consultation concerning the Church's future, when residents supported the Church being repaired and adapted for Community use. There is much more to do, including raising very large sums if these ideas are to come to fruition Everyone needs to be involved and to give an opinion, if we are to be successful in obtaining grants towards the cost. Details are in this month's Pump.

#### Other Events taking place are:

**Come and Hang out with the Bats** - Saturday 9<sup>th</sup> Sept 6.30 pm - Church - see Pump advert.

**Harvest Lunch** - Sunday 1<sup>st</sup> Oct. 12 noon – Church - see Pump advert.

**Art Exhibition with a Difference** - Saturday 21<sup>st</sup> and Sunday 22<sup>nd</sup> Oct. – Church -details later.

**Christmas Event** - Sat 9<sup>th</sup> Dec. - Church – details later.

Any offers of help and support are always appreciated. Contact: [philiprous@hotmail.com](mailto:philiprous@hotmail.com)

### Clare Tour Guides :| Guided Tours of Clare, Suffolk's smallest town. [www.claretourguides.co.uk](http://www.claretourguides.co.uk)

#### BRINGING TO LIFE CLARE'S RICH AND FASCINATING HERITAGE.

Learn the secrets of the town's 1000 year history.

Join **Clare Tour Guides** to learn the secrets of the town's 1000 year history, from Anglo Saxon settlement to the present day. Taking in the castle, Clare Priory, many listed buildings and the railway, the tour brings to life Clare's rich and fascinating heritage. Our public tours run from April (or Easter if earlier) until the end of October, These can be booked at the website above. Private tours are also available by appointment please email us at [info@clarecastlecountrypark.co.uk](mailto:info@clarecastlecountrypark.co.uk) or call 01787 277902 to arrange

## Summer BBQ at Hill Farm, Stradishall

On Sunday 2 July **Joan Clinton** very kindly hosted a Summer BBQ at her delightful home at Hill Farm, Stradishall. The weather forecast was regularly



consulted on the days leading up to Sunday and contingency plans were made for rain and wind. However, on the day itself the sun shone and the forecast high



and varied features of the garden including the pond and wildflower meadow. The diners also met the many horses and young foals at Hill Farm and



winds became no more than a cooling breeze.

The 55 people who attended the event thoroughly enjoyed the BBQ of burgers, sausages, venison kebabs and halumi cheese kebabs followed by a huge selection of homemade summer desserts. The backdrop to all this was Joan's magnificent garden and truly complemented the al fresco setting for the event.

The diners took the opportunity to wander around Hill Farm and enjoyed the many

were able to see, in the flesh, the star of the front cover of the July edition of the Pump, namely Rosie and Wilma. As ever our thanks to all those who helped arrange this excellent day but a very special thank you to **Joan Clinton** (and, of course Humpy) who kindly opened her home up to us and allowed us to enjoy her garden and meet her equine friends.

**The event made an excellent £717 for the revitalisation project at Stradishall Church. Well done to all.**



# Historic England

## USAAF Aerial Photographs from World War II

### Stradishall

A collection of fascinating aerial reconnaissance photographs taken during the Second World War by the **United States Army Air Forces (USAAF)** has very recently been made accessible to the public online through the Historic England Archive. The Archive's USAAF Collection comprises over 20,000 photographic prints taken by USAAF photographic reconnaissance (PR) aircraft during the Second World War. Nearly 19,000 frames have been catalogued.

Most of the photographs are vertical aerial photographs measuring 8 x 7 inches, 9 x 9 inches and 18 x 9 inches. Additionally, over 400 oblique 9 x 9-inch aerial photographs have been catalogued.

The photographs are a part of the Archive's M Series Collection. The Archive also includes thousands of aerial photographs taken by the Royal Air Force (RAF) between 1938 and 1945.

Many of the photographs in the USAAF collection show areas of the English countryside that include military sites amongst patchworks of fields. There are views of villages and towns, with coverage extending from Cornwall to the Wash, and from the Sussex coast to urban Lancashire.

The photograph shown here is one of the many contained in the Archive. It is **Stradishall Airfield in late February 1944**. It is not easy to pick out much detail in this photograph but if you go to the website then the display is far larger, and you can also zoom in. The website includes an interactive map, so it is very easy to hone-in on a particular area and to see what it looked like in the later war years. Our region does have significant coverage.

The website address of this fascinating collection is:  
<https://historicengland.org.uk/images-books/archive/collections/photographs/usAAF-collection/>





Given the disturbing subject matter it was not surprising that **Julie Myerson's** psychological thriller, **The Stopped Heart**, stirred up some strong opinions at this month's book club meeting. From the opening page we know something terrible is going to happen and from there on the reader is taken to some very dark places indeed. Some felt the writing not skilled enough nor the plot good enough to give the serious issues it tackles the respect they deserve; these readers were resentful at being 'pulled in' to those dark places. For them the grisly storyline amounted to 'sensationalism' and 'gratuitous violence'. Not so for all. One member took quite a different stance. They read it from a perspective of the ghost/horror/ Gothic genre where the understood intention is all about exploring the dark side of humanity and they were fascinated to see how the author draws on significant themes from a long tradition of such novels. This reader was particularly struck by the parallels to **Bronte's Wuthering Heights**: the arrival of a mysterious outsider, the unhealthy obsessive love story, ghosts at the window... Viewed in this light they felt the author was not sensationalising issues and that she 'got away' with the violence because we were always seeing it mediated through the eyes of witnesses

and victims – had she hopped into the head of the perpetrator at any point, they argued, then it would have stepped over a boundary. Two distinct stories are told in tandem. One story, set in the present, follows Mary and Graham who have moved to an idyllic country cottage after experiencing terrible traumatic loss. The other story is narrated by 13-year-old Eliza who lived in the same cottage with her large farming family over a hundred years before. The stories go back and forth without any warning when they are going to switch – seen as a skilful technique by some but irritating and disconcerting for others! We soon realise that the past and present are blending and mirroring each other. Mary has visions of the past and Eliza's sister has visions of the future. Eddie in the present story is a more benign version of James Dix in the historic story – we know from the start there is something not right about either of them. Worst fears are realised in both worlds. There is plenty of intrigue and we all kept with it – to see

what will happen – hoping for a final twist - but most of us found the ending/endings too abrupt and rather nonsensical, leaving more questions than answers! Mary and Graham are in deep unfathomable grief – Mary says her 'heart stopped' when 'it' happened – they exist but have ceased to live. The reader cannot fail to be touched by the poignant glimpses of what this might look like: 'The pain she feels is beyond pain... a kind of grey desperation – a sense that nothing ...will ever take it away'. However, one thing that unsettled us all was how closely the details of this tragedy in the book actually aligned to a well-known real-life tragedy and this felt both unnecessary and distasteful. A bit of a mixed bag and we eventually settled on two and a half stars! For our next meeting we are reading **The Guest List** by **Lucy Foley**. *We welcome new members and if you would like to join us, please contact Anne at [annedennis1@live.co.uk](mailto:annedennis1@live.co.uk) or 07557357362*



[www.harrisharris.co.uk](http://www.harrisharris.co.uk)

### Harris & Harris Books

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

7b High Street,  
Clare

# CLEMENTS CHIMNEY SERVICES

Proud members of  
**checkatrade.com**  
Where reputation matters

**07810 616 837**  
[clementschimneyservices@outlook.com](mailto:clementschimneyservices@outlook.com)

**COPY DEADLINE**  
Now we have a printed edition of **PARISH PUMP** could all contributors & advertisers please submit copy no later than the 21st of the month?

# Stansfield News



**STANSFIELD Parish Council**  
Working with our local community

Two leaflets (pictured below) have been distributed to all households in Stansfield during August. Both leaflets are designed to be pinned up or kept in a handy place. If you would like **extra copies** of either of the leaflets, or of the small wallet card explaining how to access the defibrillator, please call **Pat Barnes on 07942 282151** or email [cllr.pbarnes@stansfieldpc.co.uk](mailto:cllr.pbarnes@stansfieldpc.co.uk).

Would **YOU** know what to do if someone collapsed from a suspected heart attack? Stansfield has a defibrillator located at the Village Hall (CO10 8LW). The code for access to the defibrillator will be given by ringing **999**. This code can then be given to a volunteer on the VETS number **01284 789209** who will collect the defibrillator and deliver it to the caller so they can stay with the patient whilst waiting for the

## What to do in an Emergency

Contains guidance and advice about several emergency situations and a list of useful numbers to ring. Contacts for the Parish Council appear on the reverse.

**What to do in an Emergency:**  
\*Please keep this leaflet in a safe place\*

**Major incident (with risk to life): Ring 999**  
If you have to evacuate your house and it is safe to do so please turn off electricity, gas and water at main stop valves/taps. Concerned about a neighbour? (Eg: If they are elderly or in ill health) Please check up on them and if in doubt seek help by ringing the appropriate emergency number.

**IN THE EVENT OF EVACUATION:**  
**Emergency Rest Centre: Stansfield Village Hall.**  
Ways to stay in touch: as well as BBC TV, Radio Suffolk 95.5 and 104.6FM

Some Sources of Help and Advice:

**Medical: in an emergency ring 999**  
Ring 111 for non-emergency health concerns.  
Select Options: physical health, Option 2: mental health issues.


**Defibrillator: located at Stansfield Village Hall CO10 8LW.**  
Ring 999 to obtain help and to get the access code, then: 01284 277209 for volunteer assistance (VETS)

**Power Cut: ring 105 (UK Power Network 24 hours.**  
For general advice on coping with a power cut, please go to [ukpowernetworks.co.uk](http://ukpowernetworks.co.uk)

**Highways** eg Tree down, potholes etc: emergency 0345 6066171 (Suffolk County Council)  
Non-emergency please use the Reporting Tool at: [highwaysreporting.suffolk.gov.uk](http://highwaysreporting.suffolk.gov.uk)

**Flood:** in an emergency ring 999  
Flooding on roads: 0345 6066171 Suffolk County Council, or report online [www.suffolk.gov.uk](http://www.suffolk.gov.uk)  
Flooding linked to water or sewerage network: 03457 145145 Anglian Water  
Water Leak: 0800 771881 Anglian Water (24 hours a day)

**Police: ring 999**  
For non urgent matters: Ring 101  
To report a Crime, and for general advice about an incident/concern: [suffolk.police.co.uk](http://suffolk.police.co.uk)



**STANSFIELD PARISH COUNCIL**  
has its own Emergency Plan and can provide help and advice.

**Contact:**

Clerk: [clerk@stansfield-pc.gov.uk](mailto:clerk@stansfield-pc.gov.uk)  
Chairman: Rex Barnes 01284 789238 /07778 058425  
Deputy Chair: Andrew Pallett 01284 789434  
Ann Corlett 01284 789419  
Pat Barnes 07942 282151  
Martin Slater 01284 789545  
Keith Spillett 07815 913915  
Justin Ball 07820 535661

**Stansfield Good Neighbour Scheme:**  
**07827 128511**

This network of volunteers may also be able to offer practical help and/or advice.



Leaflet issued by Stansfield Parish Council: July 2023

**STANSFIELD PARISH COUNCIL**  
has its own Emergency Plan and can provide help and advice.

**Contact:**

Clerk: [clerk@stansfield-pc.gov.uk](mailto:clerk@stansfield-pc.gov.uk)  
Chairman: Rex Barnes 01284 789238 /07778 058425  
Deputy Chair: Andrew Pallett 01284 789434  
Ann Corlett 01284 789419  
Pat Barnes 07942 282151  
Martin Slater 01284 789545  
Keith Spillett 07815 913915  
Justin Ball 07820 535661

**Stansfield Good Neighbour Scheme:**  
**07827 128511**

This network of volunteers may also be able to offer practical help and/or advice.



Leaflet issued by Stansfield Parish Council: July 2023

Emergency Services. Stansfield Parish Council plan to offer further training this Autumn in the use of the defibrillator as well as basic First Aid.

**Next Meeting of Stansfield Parish Council:**  
**Village Hall, Wednesday 13<sup>th</sup> Sept. 2023 7pm**

## Defibrillator: Voluntary Emergency Telephone System (VETS)

# The Lute and Wickhambrook, what's the connection?

The lute is a magical mediaeval instrument, beautifully crafted and coming in so many different shapes and sizes; one only needs to search online to see some of the magnificent forms it can take, and, such complexity having as many as 20 strings. In Tudor times it was a key instrument at Court and at Royal banquets. So what is the association with Wickhambrook? Well it all has to do with the music itself. Once transcribed onto paper, the music becomes available for others to read and play it in a reproducible fashion. Over time collections of lute music were compiled and they were gathered into formal folios. These folios over the years have been treasured and gifted into the safe keeping of prodigious universities such as Oxford and Cambridge in this country and Yale in America. One such folio resided in Wickhambrook during the period 1936 - 1947 being owned and cherished by Miss Dulcie Lawrence-Smith who was an author living in

**Duo Oriana - How like a golden dream UK tour**



- Including music from the 16<sup>th</sup> century Wickhambrook lute manuscript  
- Learn about this fascinating mediaeval instrument  
- [bansfieldbenefice.org.uk/duo-Oriana](http://bansfieldbenefice.org.uk/duo-Oriana)

Wickhambrook All Saints' church, CB8 8XH  
Wednesday 13<sup>th</sup> September @ 7:30pm  
Tickets £10 - [www.ascw.uk/duo-oriana](http://www.ascw.uk/duo-oriana)  
[contact@bansfieldbenefice.org.uk](mailto:contact@bansfieldbenefice.org.uk)  
Tel: 01440 857397  
Car park and toilets available



Wickhambrook. With the realisation of the musical importance this manuscript held for the lute and music heritage worldwide she gave, the now appropriately named Wickhambrook lute manuscript, to Yale university so as to ensure its safe keeping and availability for musicians and scholars everywhere.

This **September** we are very fortunate to have attracted **Duo Oriana (a soprano and lutenist)** to Wickhambrook for their only musical engagement in East Anglia whilst they tour the UK. Why not join us for this unique opportunity to hear lute music accompanying a superb soprano voice in the sacred space of All Saints and including pieces from the 16th century Wickhambrook lute manuscript. Details at [www.ascw.uk/duo-oriana](http://www.ascw.uk/duo-oriana)  
**Paul Evans**

## 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. This month we will be cooking with fruits in the orchard and on the hedgerows now.

### Baked figs with blue cheese & 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, Roquefort or keep it British with Stilton  
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.

together, add the plums and heat through with the juices and serve with the steaks.

### Spiced pear & 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.

I 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 & 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.

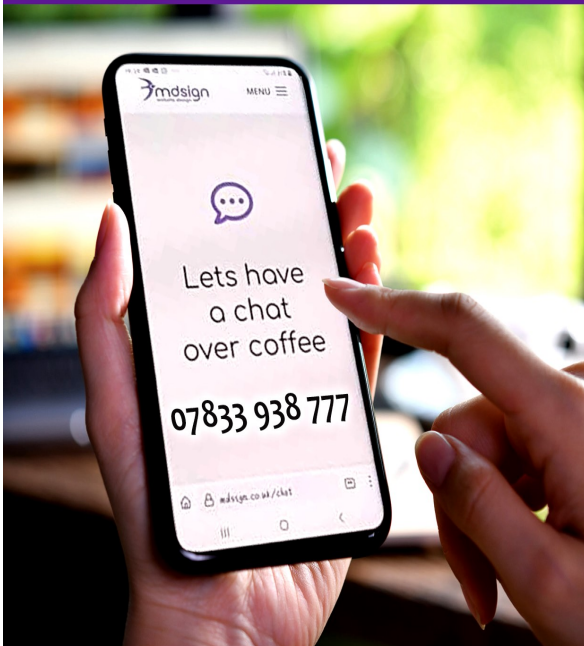


Divide the cooled filling into the centre of the 6 pastry squares. Draw the cut borders into the centre of each square and press together with a dab of the egg yolk.

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.

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



### 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 & pepper  
Plum Sauce: 125 ml red wine, 3 tbsp redcurrant 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



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

# Jeff Fellows - wine connoisseur



**Slightly different take this month. A friend in Bordeaux has emailed me an article describing how Red wine consumption is declining in France,** a figure of 32% in the last decade being touted, causing minor producers to grub up their vines after being promised E6,000 per hectare to do so by the French Government.

A number of factors have brought this about. Entry level mass red wine demand has dropped sharply. Demand from China, the biggest export market, has fallen and indeed was stopped during lockdowns. In addition Bordeaux top shelf wines can be had for E2 per bottle in French supermarkets, **and the price generally has fallen by 20%.**

The absolute top end wines will always be in great demand but lesser producers are either making better wines but in smaller quantities, or changing the use of their land to other products. Just at the same time as our Government is trying to reduce the amount of farmland in production here.

The reduced consumption of red wine is, apparently, being led by the 18-35 age group. The trend is for less alcoholic white, and sparkling, wines and Craft beer.

On that sobering note here are a few bottles which might cheer us up.

M & S are trying hard to keep prices competitive and here are some examples, Classics No.7 Vinho Verde a still dry

white from Portugal. '22 10% and £8.50 Classics No.15 Picpoul de Pinet.

Made from Picpoul grapes in the Languedoc Roussillon region. Use

this as a substitute for Sauvignon Blanc it has some acidity and apple notes '22 12.5% £9 M & S Collection Rose St Victoire, Cotes de Provence. Altogether better example of Rose. It has a strawberry and cream like palate with citrus notes. Dry, '22 13.5% £13 Fleur de Lise. A blush pink rose of red berry, herby, dry palate. '22 12% £8 All the bore to be served at 10-11' and can be drunk as an aperitif.

After last month's discovery of Zibibbo, at Lidl I have discovered that Waitrose are now stocking their version. From Sicily of course but the grape is called Muscat of Alexandria which dates back to Ancient Egypt. I have not tasted this one yet but the blurb states that it has lots of fruit on the palate with a zingy acidity and is Medium dry. '22 12.5% £9.

**Jeff**



## Advertise your Business

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

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

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

## DENSTON VILLAGE HALL 100 CLUB

The draw for the August 2023 Denston Village Hall 100 club is as follows:-

1. Peter Eborall £20
2. Selina Hopkins £10
3. Amanda Crysell £ 5

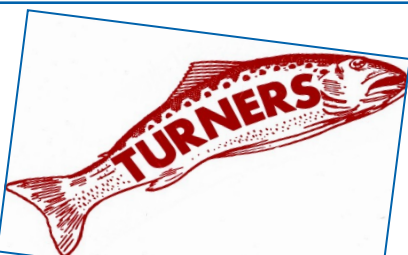
This is the last of the 2022/23 year, so subscription for the following year starting 01/09/2023 would be gratefully received. All Best, STEFAN

**B Z Alexander Ltd**

**Tel: 01440 820675 Fax: 01440 820164**

[www.bzalexander.co.uk](http://www.bzalexander.co.uk)

## FRESH FISH • SMOKED FISH • SHELL FISH



☎ 01787 377768

**WEDNESDAY**  
Willow Tree Farm Shop  
9am-1pm  
**THURSDAY**  
Coggeshall 7.30am-12.30pm  
Long Melford 2.30pm-5pm  
**FRIDAY**  
Clare Market Hill 8am-10am  
Lavenham Market Place 11am-1pm  
Depden 2-4pm



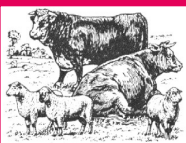
A group of more than 30 members and friends gathered at **All Saints Church** on a beautiful summer evening to have a tour of the building with **Churchwarden Paul Bevan**. Paul had given us some homework in preparation for the tour, four unusual things to find. The Anglo-Saxon figure on the outside of the south wall was easy to spot as it is protected by a Perspex sheet, but the others were more tricky. With Paul's help we found the *apotropaic* device of a daisy wheel by the front door. This was a mark to keep the devil out and they can often be found on inglenooks or chimney breasts in old houses. The benchmark, on the tower, was made as a

point of reference for OS maps, to show altitude and the pudding stone, a composite rock made of minerals of different sizes was found on the south side of the original church building. Do look out for these when you visit the church!

Back inside, Paul gave us an overview of the various parts of the building, and we looked at the tombs of **Thomas Higham, Thomas Priest and Samuel Craddock** among others. We also saw Thomas Higham's helmet which was stolen in the 1970s and eventually found near Dereham. A replica hangs on the church wall and the original is now kept in a

secret location. There was time to look around the building and to peruse photographs and documents while groups of 8 climbed up to the clock tower, a first for most people.

Tea and cake were served afterwards in the Benefice Hall and Paul was thanked for his excellent presentation. Our next meeting is on 19<sup>th</sup> September in the WI Hall at 7.30 when **Geoffrey Rush will talk about the Americans who were stationed here during the War – 'Overpaid, oversexed and over here'**. More information is always available from the secretary, **Gillian Cooper, on 01440 820052**



**J.R. HUMPHREY & SONS**  
YOUR LOCAL FAMILY BUTCHER

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

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

What a wonderfully beautiful garden. Aren't we in Suffolk lucky?



Friday 22nd September

AN ENIGMA PRODUCTION FOR GOLDCREST  
BURT LANCASTER PETER RIEGERT

**LOCAL HERO**  
40<sup>TH</sup> ANNIVERSARY

DENIS LAWSON FULTON MACKAY  
MUSIC BY MARK KNOPFLER  
PRODUCED BY DAVID PUTTNAM  
WRITTEN AND DIRECTED BY BILL FORSYTH

FAIR CARIC® (BUNDTREUR WOLLE ON VERTEGELIEN) GOLDCREST

Doors 7pm Film 7.30  
Licensed Bar - Tickets £6  
booking [ticketsource.co.uk/stansfield-village-hall](https://ticketsource.co.uk/stansfield-village-hall)  
**12A** **Stansfield Village Hall**  
Stansfield CO10 8LW  
Registered Charity 304939

# CLASP CAR AID who are we?



**Did you know there is only one CLASP driver in Parish Pump's 10 villages?**



CLASP was founded in Clare in 1985 to serve those in Clare and the surrounding villages who might be in need of help and support, as well as being involved in a number of worthwhile local activities CLASP operates

**FUND-RAISING EVENTS**  
Are also organised by CLASP, principally Table Sales in the Clare Town Hall seven to eight times per year, not only to help fund the activities mentioned above, but also to make donations to other local worthwhile causes, such as recently committing to the part funding of a defibrillator for use in Clare



**CAR AID**  
A pool of about 20 volunteer drivers take "clients" needing transport from their homes in the Clare area to hospitals, doctors, dentists or other medical practices. **This is free of charge**, but many clients make voluntary contributions to petrol costs.  
**Contact John Webb on 07724 698283.**

**The CLASP MINIBUS,**  
Operated by **qualified** volunteer drivers, is available for hire at very modest rates for use by local organisations. It also collects "clients" from Clare to take shopping to **Supermarkets in Haverhill**, generally on a Tuesday, for which a small charge is made. **For more information contact the Senior Centre Phone 07561 115158.**

## 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.**

**Spitfire Mowers**  
**Sales-service-repairs**  
**ASPEN-Long life fuel for small engines**  
From Strimmers to Chainsaws, Hedge Cutters to Mowers  
Industrial to domestic we have it covered  
We have access to 1000's of Parts  
[www.spitfiremowers.co.uk](http://www.spitfiremowers.co.uk)  
Find us at Unit 4B Clockhouse Farm, Cavendish Lane CO10 7PZ Phone us on 01787736618



**treeworx** est 2005 **NPTC** QUALIFIED



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

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

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

**CLARE BASED**  
**07796 848928**  
[tree\\_worx@yahoo.com](mailto:tree_worx@yahoo.com)



## Macmillan Coffee morning Stansfield



**MACMILLAN COFFEE MORNING**  
to be held in

**STANSFIELD VILLAGE HALL.**  
**SATURDAY SEPTEMBER 23RD.**  
**10AM TO 12 NOON**

TEA, COFFEE, CAKES. CAKE STALL.  
RAFFLE.

ALL DONATIONS VERY  
GRATEFULLY RECEIVED.

COME ALONG AND BRING A

FRIEND AND HELP RAISE MONEY  
FOR A VERY WORTHY CAUSE.

All enquiries to [Ann Corlett. 01284 789419.](#)

Thanks for your help  
Ann Corlett

## Clare Community Food Bank

Free Food at the  
Community Pantry  
in Clare Parish  
Church **07456**  
**863555**



<https://www.boomerangspetfoodbank.co.uk/> You can donate to our Pantry by following the link below;  
[www.tinyurl.com/Clare-Community-Pantry](http://www.tinyurl.com/Clare-Community-Pantry)

## Sunbeam Hypnotherapy

My name is Debbie Pugh and I am a qualified NLP Hypnotherapist, Master NLP Practitioner and Timeline Therapist™, working in West Suffolk.

Would you be interested in learning more about how hypnotherapy might help you?

I work with clients to overcome all sorts of problems, most commonly:

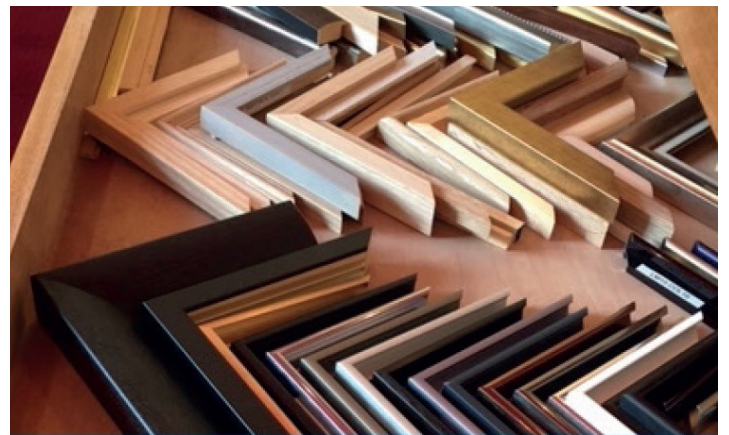
- Phobias
- Anxiety
- Low confidence
- Stress
- Weight issues
- General depression

If you'd like to find out a bit more about how hypnotherapy could benefit you, please drop me an email at

[debbie@sunbeamconsultants.co.uk](mailto:debbie@sunbeamconsultants.co.uk), or call me on 0345 067 0800



[www.sunbeamcoaching.uk](http://www.sunbeamcoaching.uk)



SUFFOLK FRAMING @  
[www.seapicturesgallery.com](http://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](mailto:sarah.alaric@seapicturesgallery.com)



## CLARE LIAISON AND SUPPORT PROJECT - CLASP.

(Charity No. 1029710)

**2023 FUNDRAISING TABLE SALES**  
**CLARE TOWN HALL 9.30am to 1.00pm**

on the following Saturdays:

September 23\*

October 21\*

November 18\*

\*Dates coincide with Clare Market

**FOR INFORMATION AND TABLE BOOKINGS:**

Telephone: **07724698283**

email: **ek1000@btinternet.com**

Tables £9 (+Tombola Prize Donation)

Double table £15

Tables are provided; size: 6' x 2'

**DOORS OPEN TO**

**TABLE HOLDERS 8.45 am**

**REFRESHMENTS and TOMBOLA**  
*in aid of CLASP*

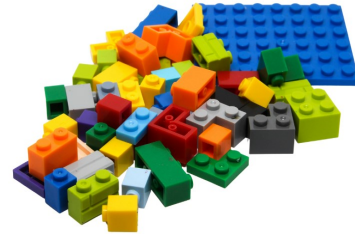
**SUFFOLK LIBRARIES**

**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](mailto: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](http://www.suffolklibraries.co.uk/donate)

HMRC charity number: 1134276

DENSTON VILLAGE HALL PRESENTS

# EMMA & THE DINOSAURS

11 NOVEMBER

7 PM TILL 11 PM

£10

**BRING YOUR OWN DRINKS**

**BOOK NOW!**

[DENSTONVILLAGEHALL@GMAIL.COM](mailto:DENSTONVILLAGEHALL@GMAIL.COM)

PHONE 01440 820675

Made with PosterMyWall.com

## YOUR Village Hall Needs YOU!

### Stansfield Village Hall

New Committee Member Needed

to be our

### BOOKING SECRETARY



For further details please contact

01284 789 192

[friends@stansfieldvillage.org.uk](mailto:friends@stansfieldvillage.org.uk)

Registered Charity 304939

## Stradishall Flower Festival at St Margaret's Church

Over the weekend of 5 & 6 August a Flower Festival was held at Stradishall Church. The theme of the Festival was **hobbies**. There were 17 very imaginative and excellent displays for the many visitors to admire. Themes included, amongst others, walking, caravanning, gardening, jam making and history. The talented young children from **Happy Days Child Care in Stradishall** also provided and displayed some superb artwork which included favourite footballers, dinosaurs, pets and families. The weather on Saturday was persistent

heavy rain but the stoic residents of Stradishall ventured out in their numbers to admire and enjoy the displays, have a chat, and enjoy a cream tea. The weather on Sunday was far better and it was very pleasing to welcome more visitors from our local area to the Church and for them to see and enjoy the arrangements and refreshments on offer. In all over 110 people attended the event. As ever our thanks to all those who helped arrange this excellent weekend but a special thank you to those who provided the

glorious displays namely, Lesley Bass, Linda Burton, Joan Clinton, Happy Days, Madeline Dedman, Isobel Deeks, Thelma Farrow, Judi Gladwell, Jane & Robert Helliwell, Kay Ives, Tina Lees, Lesley McRandall, Carol Owens, Diana & Philip Rous, Kathy Sandford, and Janet Willis. A very special mention also to Scarlett Latache (aged 7) who created such a delightful arrangement. The event made an excellent **£762** for the revitalisation project at Stradishall Church. **Well done to all.**

**Stop Press**  
The Flower Festival made the front page and page 11 on Thursday 10th August of the *Haverhill Echo* with some great photos!



**Exotic tea anyone?**



**Under 12's - Miss Scarlett, isn't it lovely?**



**Beautiful flowers on Stradishall High Street**

<b>PARISH COUNCILS - WHO'S WHO in YOUR VILLAGE?</b>				
	<b>Chair</b>	<b>Email / telephone</b>	<b>Vice Chair</b>	<b>Clerks</b>
<b>DENSTON</b>	Jeff Fellows	<a href="mailto:jefffellows.crown@gmail.com">jefffellows.crown@gmail.com</a> 01440 820310		Jeff Fellows
<b>HAWKEDON/ THURSTON END</b>	Timothy Cawston	<a href="mailto:dmj1800@icloud.com">dmj1800@icloud.com</a>		David Jarrold <a href="mailto:dmj1800@icloud.com">dmj1800@icloud.com</a>
<b>POSLINGFORD</b>	Martin England	<a href="mailto:poslingforddd@outlook.com">poslingforddd@outlook.com</a> 07814 246204	Marc Allison	Chris Turner 07814246204
<b>STANSFIELD/ ASSINGTON GREEN</b>	Rex Barnes	<a href="mailto:cllr.rbarnes@stansfield-pc.gov.uk">cllr.rbarnes@stansfield-pc.gov.uk</a> 07778 058425 website at <a href="http://stansfield.onesuffolk.net">stansfield.onesuffolk.net</a>	Andrew Pallett <a href="mailto:aatriplea@btinternet.com">aatriplea@btinternet.com</a> 01284 789434	David Lines (Locum) <a href="mailto:clerk@stansfield-pc.gov.uk">clerk@stansfield-pc.gov.uk</a>
<b>STRADISHALL</b>	Ian Hutchinson	<a href="mailto:stradishallparishcouncil@yahoo.co.uk">stradishallparishcouncil@yahoo.co.uk</a>	Robert Deeks	Joanna Kirk 07880686069
<b>CLARE</b>	Rob Eyre	<a href="mailto:clerk@clare-suffolk.co.uk">clerk@clare-suffolk.co.uk</a> 01787277559	Paul Bishop	Davina Neale
<b>COWLINGE</b>	Linda Aston	<a href="mailto:lindaaston555@gmail.com">lindaaston555@gmail.com</a>	Jane Nesham	John Barnett 01440 783903
<b>WICKHAMBROOK</b>	Mike Lavelle	<a href="mailto:mike.lavelle@wickhambrook.org.uk">mike.lavelle@wickhambrook.org.uk</a>	Paul Couzens 07713 740984 <a href="mailto:paul.couzens@wickhambrook.org.uk">paul.couzens@wickhambrook.org.uk</a>	Hilary Workman 07508 039810 <a href="mailto:parishclerk@wickhambrook.org.uk">parishclerk@wickhambrook.org.uk</a>
<b>Suffolk County and District Councillors</b>	Bobby Bennet <a href="mailto:bobby.bennett@suffolk.gov.uk">bobby.bennett@suffolk.gov.uk</a>	<b>West Suffolk District Councillor for Stansfield, Denston and Hawkedon</b>	Sarah Pugh	<b>West Suffolk District Councillor for Whepstead and Wickhambrook</b>

## **STRADISHALL VILLAGE EVENTS CALENDAR DATES FOR THE DIARY 2023**

2022 proved to be a very successful year for the village gatherings and 2023 is looking to be *even better*. These events are organised and run by a group of volunteers whose aim is to raise money to repair the Church and create a **Community Centre** for the village.

Please do support these events: whilst donations are always appreciated, we would be just as delighted to see you for a cup of tea and a chat. We are always open to new ideas and suggestions and if you would like to get involved, drop Philip a note at [philiprous@hotmail.com](mailto:philiprous@hotmail.com).

Keep following for details and watch for more events to be added soon.



welcome

[www.westsuffolkwalks.co.uk](http://www.westsuffolkwalks.co.uk);  
email: [nfo@westsuffolkwalks.co.uk](mailto:nfo@westsuffolkwalks.co.uk);  
Tel :07526 497114

**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 10:30 start. £5 per walker. Dogs

## **STRADISHALL CHURCH**

2 boxes are located at the church gates. If you have any surplus food to donate, or produce from your garden place them in the box. Help yourself to whatever is there.

Contact: [philiprous@hotmail.com](mailto:philiprous@hotmail.com).



# Tackling the Cost of Living Crisis - Pull Out Guide **Issue 8**

## Uniforms for Schools in Clare.



**St Peter & St Paul's church** have a clothes rail for unwanted uniforms. This rail is for parents to leave any uniform their children don't need, and for any parents to take items that they do need. Saving clothes going to landfill and saving money too. What's not to like?! **Telephone 01787277515**



The colder weather will be here all too soon, and there is no time like the present to get winter ready.



*"I need help heating my home and reducing my fuel bills"*

Claim the benefits you're entitled to e.g. **Winter Fuel Payment**. This is an annual payment. If you've reached State Pension age, you may qualify for a payment of between £250 and £600 in winter 2023/24, depending on your circumstances. These amounts include a Cost of Living Payment. You'll usually be paid automatically if you get a State Pension or certain other benefits. Call the Winter Fuel Payment Centre to find out more (0800 731 0160, [gov.uk/winter-fuel-payment](http://gov.uk/winter-fuel-payment)). **Cold Weather Payment** In England and Wales, if you get Pension Credit or certain other benefits, you'll usually get a Cold Weather Payment of £25 each time the temperature in your area is at 0°C (32°F) or below for seven days in a row between 1 November and 31 March. This is paid to you automatically.

### Warm Home Discount

You may qualify for a £150 discount on your electricity or gas bill if you receive Guarantee Pension Credit or you're on a low income. Contact your energy supplier or the [Warm Home Discount Scheme](http://gov.uk/the-warm-home-discount-scheme) to find out more (0800 107 8002, [gov.uk/the-warm-home-discount-scheme](http://gov.uk/the-warm-home-discount-scheme)). In winter 2023/24, there will be extra government support with the cost of living if you're getting a State Pension or certain other benefits.

### Switching energy tariff or supplier

Switching can be a good way to save money on your fuel bills. There may be fewer deals at the moment, but it's still a good idea to check that you're on the best tariff. Contact your supplier or visit [ofgem.gov.uk/informationconsumers/energy-advice-households/](http://ofgem.gov.uk/informationconsumers/energy-advice-households/) switching-energy-tariff-or-supplier for more information.

*"I need help heating my home and reducing my fuel bills"*

Make energy efficiency changes. You may get help with insulating your home through the **Energy Company Obligation (ECO)** scheme. You may also get help to repair or replace your window glazing or heating system if you: • receive certain benefits • are in fuel poverty • live on a low income and are vulnerable to the effects of a cold home. If you're a tenant, you must get permission from your landlord.

### Apply for a grant

If you're struggling to pay your bills, contact your supplier. They must help you to work out a solution. Some energy companies have grants or trusts that can help. Contact your own supplier first. Find out if you might qualify for a local or national grant scheme at Charis Grants (01733 421 021, [charisgrants.com/individuals](http://charisgrants.com/individuals)) or visit our webpage [independentage.org/managing-your-energy-bills](http://independentage.org/managing-your-energy-bills). In Scotland, visit [homeenergyscotland.org/](http://homeenergyscotland.org/) find-funding-grants-and-loans.

### Smart meters

You could consider getting a smart meter installed if you want to keep track of how much gas or electricity you're using. Ask your energy supplier for details.

To view the full booklet visit <https://www.independentage.org> or call Independent Age Help Line on 0800 319 6789.

Anglia Care Trust Money Advice team have published a booklet to help you save money on everyday living costs, to try and tackle the rising cost of living. Full of tips on how to save money on your utility bills, on fuel, subscriptions, shopping and lots more, it's useful for anyone struggling and wanting to find the best deals around.

## Reducing your food bill

When it comes to reducing your food bill, many factors have to be taken into consideration for your individual circumstances. These include your specific dietary requirements, your food budget, shops available in your area and your schedule. As such, it is difficult to provide targeted advice or average savings figures. That being said, the guidance below could potentially save you £100s or even £1000s each year on your food bill.

### Downshift Challenge:

When looking to save money on your monthly bills, the Downshift Challenge is arguably the change with the greatest impact if followed through. With so much choice available for just about every product in the supermarket, it can be difficult to know what to buy. There are typically four brand levels for most products; Premium, Branded, Own-Brand and Value. Let's use Pasta Sauce from Tesco as an example

The theory is simple – swap one of each item in your basket down and see if you can tell the difference. If not, switch to the cheaper product. If you can tell the difference, ask yourself; is it better or worse than my usual brand? Is the cheaper product enjoyable enough to make the switch?

Not every product switch will be a success, and that's ok. Keep exploring and trying new products. If you find one cheaper than your 'usual', make the switch.

### Meal planning:

Planning your meals up to the next food shop and writing down a shopping list of all the items you need will help to stop those impulse purchases and overbuying. This will also help to reduce food waste (and thus money waste), as you are buying what you know you need, rather than a scattered approach to buying random combinations of food, which makes it difficult to stick to a budget.

**Stock check** Which brings us onto the next point – always take a look at what you already have before you start meal planning and writing down your shopping list. If you have some fresh produce leftover from last week, plan your meals this week to use it up before it expires. Also, if you already have 10 jars of pasta sauce in the cupboard, you probably don't need to buy any more this week. Avoid buying what you already have and what you don't need.

For those of you in rural locations with limited options, have a look at getting

product that is on offer. For general pantry items such as pasta, rice and tinned goods, this can save money in the long run by stocking up. But if you do this with every shop, you could ultimately end up spending more and overfilling your cupboards.

**Cheaper cuts** When buying fresh meat, consider swapping out for the cheaper cuts. Instead of chicken breasts, could you buy chicken thighs or chicken drumsticks instead? You can often get more chicken for less money.

### Swap where you shop

Where you choose to do your food shopping can drastically change the amount you spend. Supermarkets such as Aldi, Lidl and Asda typically come out cheaper than most other suppliers. That being said, with deals such as Tesco's 'Aldi Price Match' or 'Clubcard Prices', and Sainsbury's 'Locked In' products, this can fluctuate based on product.

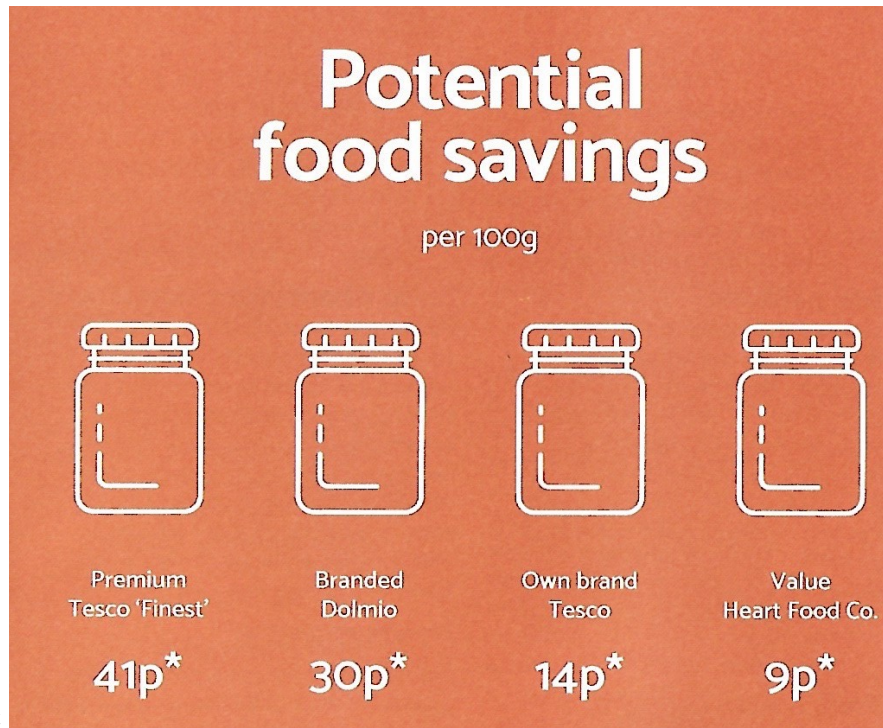
**Fresh vs frozen** Frozen goods are often considerably cheaper than the fresh equivalent. Consider swapping out some of the fresh produce for frozen, particularly for meals where there is little noticeable difference such as the chicken

in a chicken pasta bake.

**Batch cooking** There are several ways to approach Batch Cooking. You can plan to double the quantity of your evening meals and save the extra portion for your lunch the next day or as a meal to keep in the freezer for a future date. You can also cook a meal to serve several portions and put them away to serve as your lunches for the whole week, or plan ahead to freeze them for those busy days.

Batch cooking can not only help to create meals which per-unit are low in cost, but also reduce the need for takeaways when you have little time to cook as you have meals ready to go.

**Don't shop hungry** This one might sound silly, but it holds merit. When you're hungry, you shop with your stomach and are more likely to overbuy on your food shop. Simple fix, shop after a meal or have a snack before you go.



\*Prices correct as of 31/3/22. Do check at your own supermarket for the best savings.

your shopping delivered. If your nearby shops are expensive, then delivery from a cheaper supermarket (including delivery fee\*) could still bring your overall food cost down. \*Bring the delivery fee down by choosing off-peak hours or flexi-slots.

**Deals and offers** Looking out for the best deals and offers can cut your food bill down considerably. There are many different kinds of offers out there - £5 off, 25% off, 3 for 2, Buy One Get One Free (BOGOF), Price Match, Clubcard Price and the list goes on. **CAUTION:** Supermarkets are clever. Every detail about supermarkets, from their products and offers to the store layout, are all designed to make you spend more. It is instinctive to want to buy more of a

Next Month - Internet, TV and Landline, This information has been kindly provided by Anglia Care Trust. Their complete booklet can be obtained from a visiting **Coffee Caravan (Stansfield Thursday 21st September, 10am - 12pm)** or call **Anglia Care Trust on 01473 622888** and they will send you a hard copy.

# Smallholding by Chloe Gridley



With all the moisture we have had this summer, it has really helped the grass to thrive. A complete contrast

from last year! We have been able to move the sheep around regularly keeping them grazing different parcels of land. We have also been topping the grass behind them to promote new growth, this has been growing back so quickly due to the rain, we can then move the sheep back to enjoy the fresh growth much sooner than previous years.

The rainfall this summer has also allowed the grass to recover well after cutting the paddocks for hay. We have managed to get all our hay done now in between the rain and the barn is now bursting full. It's all stacked up in the dry ready for the winter feed; all that is left is to finish the haylage which we will do towards the end of August while the weather is still on our side. There will be plenty of food for the sheep over the winter.

All the lambs are now separated from their mothers and are doing very very well. They really tuck into the grass and grow so quickly and mature into older sheep suddenly! The ewes are also

doing very well without their lambs, they can now begin to put their condition back on after a long spring and early summer caring for their young. The fresh grass growth will allow them to bring their condition back up quickly and will also fatten the lambs very well, the grass has all the nutrients they need to thrive.

Now that the lambs are close to their top weight, they will soon be ready to produce some lovely lamb for you to try. They really do live a happy life in this lovely part of Suffolk. If you would like to try some, please do not hesitate to contact me. Our next batch will be ready for Horringer Farmers Market on Saturday 2<sup>nd</sup> September, if you wish to reserve some cuts for collection, then do let me know. We will also be at the market on Saturday 7<sup>th</sup> October if you are unable to make the September market.

Horringer farmers market is held in the community centre from 9:30am until 12:30 on the First Saturday of every month. We always have individual chops, joints, neck fillets, leg steaks and shanks as well as small portions of mince and diced. We also have our minty lamb burgers that are always very popular and sell out fast! Selling individual portions - it is a great way try a specific cut that you may like to try – come along and say hi!

The pigs have been growing well. I love to see them wallowing in their water pit, or bathing in a shady spot in amongst the trees. They can be seen from the footpath, and I am aware several people like to stop and watch them. These will be sold over the coming months in Pork Boxes, or in individual cuts which will be sold at Horringer Farmers Market. We have sold out for September, but if you would like to reserve a box for October or November then do let me know. Each box is £90 and contains 2-3 roasting joints, chops, pork and apple burgers, traditional sausages, chipolatas and offal (by choice).

Mum's chickens are enjoying free roaming. The chicks that hatched unexpectedly with a broody hen who had hidden herself, are growing well and becoming confident. They now run to greet mum rather than scatter away from her! Learning that she is the provider of food and treats. Their mum is now starting to distance herself from them. She will do this as they become young adults, she will teach them to look after themselves and then they will be left to integrate with the rest of the flock and find their own space in the pecking order. Some of the other hens have already introduced themselves by flying over the Herras fencing partitions and joining them for some scratching around time. These hens usually fly back to their flock later in the day, or when food is about.

It has become quite apparent that Avian Flu is being reported more and more. The notifications mum receives from Defra are starting to be more frequent and mum is already planning her winter cover solutions. Each year she tries to improve the accommodation to give the birds as much freedom as possible without putting them at risk. No doubt more netting will be erected.



## FLU CLINICS 2023

WICKHAMBROOK SURGERY - BOOKINGS OPEN 25.8.23

**Wickhambrook Surgery**

HOW TO BOOK AN APPOINTMENT

IT IS POSSIBLE TO BOOK AN APPOINTMENT FROM 25.8.23

**Online:** [If we have your mobile number recorded you will receive a text message inviting you to book your appointment online.](#)

**Telephone:** **01440 823819**

Our temporary phone line will **ONLY** be open on:

Friday 25th August

Tuesday 29th August

Wednesday 30 August

\* 9.30am—1.30pm and 2.30pm—5.30pm

\* 9.30am—1.30pm and 2.30pm - 5.30pm

\* 9.30am—1.30pm and 2.30pm—5.30pm

If you miss the above dates/times please call the surgery reception during the afternoon only.

**Flu Clinics at Wickhambrook Surgery**

- **Age 65+**
  - Saturday 30th September
  - 8am—1.40pm
- **Age 65+**
  - Saturday 7th October
  - 8am—1.40pm
- **At Risk Patients**
  - Saturday 14th October
  - 8am—1.40pm
- **Children aged 2-3 yrs**
  - Wednesday 25th October
  - 9am—12.30pm

Please note children of reception age up to year 11 will be vaccinated by the school nursing team.

You are eligible for a flu vaccination if:

\*You are: aged 65 years or older \* under 65 years of age and considered "at risk" - this includes: a chronic health problem such as heart or lung disease \* pregnant \* a healthcare worker \* a carer or live with someone with a chronic health condition

Guess where this came from? Answers on a postcard!!





# Stansfield Cricket Club



On 11<sup>th</sup> June, Stansfield arrived at Chappel and Wakes Colne CC on a blisteringly hot day.

The track was dry and hard, the outfield fast. Skipper Stone won the toss, thought about bowling..... and batted. A

wise decision: 35 overs in the dirt didn't sound like anyone's idea of fun.



**'Rob Simpkin – club-best bowling figures v. Chappel & Wakes Colne'.**

Blows and McElhinney opened and faced accurate bowling. McElhinney nicked Brown behind for 6 and walked, despite the umpire not hearing it. In his first knock of the year, Blows ticked along with singles and was joined by debutant Joe Theva, a last minute replacement for Sharp. He too nicked Brown and departed for 7. With the score 54-2, in came Stone and soon hammered a cover drive for 4. Blows and Stone kept the scoreboard moving, with a steady mix of singles and boundaries, with Blows reaching his 50 with a late cut and, as agreed, retired not out and was replaced by Phillips. He and Stone maintained the rate before the skipper too reached his 50 - a captain's innings that really consolidated the match.

Phillips continued with Cooray, but after a couple of boundaries the latter was deemed LBW by Blows (now umpiring) for 10. Simpkin got off the mark, but then offered a catch. In came Spearman. The 200 came up in the 28th over and the pair pushed on, aiming for 250. In doing so Phillips holed out for a well-constructed 45....some serious promise shown! Spearman (12 no) and O'Connell (3no) closed the innings on 241 from the allocated 35 overs. A run rate of 6.88. Tea was taken...picnics a-plenty. 241 was a tough ask for Chappel's weary batsmen having endured 35 overs in the

heat. So it proved, as Weston (7-0-34-0) and Clayton (7-1-23-1) kept the rate down. Clayton took the scalp of Chappel's number 2, smartly caught by Theva. Uncle Sohan and nephew Joseph combined at 1st change for a spin assault. Cooray (7-1-20-3) edging his junior with some canny bowling, but not without a fight - Theva finished with 5-0-28-3. The job all but done, Simpkin mopped up with a caught, an LBW and a bowled sealing victory, his club-best figures of 3-11. Chappel all out 116 – a win by 125 runs.

The home game against Wkepstead on 25<sup>th</sup> June was cancelled through their lack of a side. As Matt Clayton put it, 'Wkepstead ducked the local rivalry and blamed it on players'.

So, for the actual first home fixture of the season – extraordinarily late on 2<sup>nd</sup> July - Stansfield were to host Chippenham, still basking in the glorious victory over the visitors the previous year (the first of this Millenium). Find out next time if lightning can strike twice at the Meadow....

[\(Thanks to Sam Blows for help with this report\)](#)

*Happy beginnings, Happy futures.*



## Happy Days Childcare



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

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

### 01440 820 027

[debbie@happy-days-childcare.co.uk](mailto:debbie@happy-days-childcare.co.uk)

1, Lancaster Way, Stradishall. CB8 9YD.

## refinedblinds

A bespoke service for all domestic blinds throughout Suffolk.

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

01284 388 779

[refinedblinds.co.uk](http://refinedblinds.co.uk)

# OLD GOAT BREWERY

**NOW OPEN!**

**FINE ALES, BREWED ON THE PREMISES**

WINE, SPIRITS & SOFT DRINKS ALSO AVAILABLE

**THE COMPASSES  
HIGH ST, STANSFIELD  
SUDBURY. CO10 8LN**

**WWW.OLDGOATBEER.COM**

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



**01284 789009**

## Old Goat brewery current situation

**The Old Goat Brewery at the Compasses in Stansfield** reopened for customer service in July 2023

The pub is over 500 years old and has been a fixture in the community until it closed in 2020

Now under new ownership of **Roy Elder and Alexis Rudd**, the pub is serving as a tap room for the **Old Goat Brewery**

It is currently a wet led pub with bar nibbles whilst future plans for pop-up food events are under review awaiting local and visitor feedback interest

**Opening times:** Monday to Thursday: closed

Friday: 4pm to 10pm

Saturday: 3pm to 10pm

Sunday: 3pm to 7pm

**Contact details:**


Phone: 01284 789009

Email: [info@oldgoatbeer.com](mailto:info@oldgoatbeer.com)

Website: [www.oldgoatbeer.com](http://www.oldgoatbeer.com)



## Who is who in our local church benefices

BENEFICE	CHURCH	INCUMBENT VICAR	CONTACT	ELDERS AND OFFICIALS
 <b>BANSFIELD</b>	<b>COWLINGE</b>	<b>THE REVD EVE BELL</b>	<b>07815441304</b>	<b>Dr Paul Bevan Mrs Fiona Evans</b>
	<b>DENSTON</b>			
	<b>LIDGATE</b>			
	<b>OUSDEN</b>			
	<b>STANSFIELD</b>			
	<b>STRADISHALL</b>			
	<b>ASSINGTON GREEN</b>			
<b>WICKHAMBROOK</b>				
<b>STOUR VALLEY</b>	<b>CLARE</b>	<b>THE REVD MARK WOODROW</b>	<b>01787277515</b>	<b>The Revd Dr Karen Smith</b>
	<b>POSLINGFORD</b>			
<b>SUFFOLK HEIGHTS</b>	<b>HAWKEDON</b>	<b>THE REVD CLIVE FAIRCLOUGH</b>	<b>01284 615828</b>	<b>Mrs Heather Phillips Mr David Taylor</b>
<b>SUFFOLK HEIGHTS</b>	<b>THURSTON END</b>	<b>As Hawkedon</b>	<b>As Hawkedon</b>	<b>As Hawkedon</b>

## Going LIVE. Help from Good Neighbours in Stansfield

\*\*\*\*07827 128511\*\*\*\*

Call this number to access help from Good Neighbours in Stansfield on a range of daily tasks like:

- Attending medical and dental appointments
- Shopping/ errands
- Small household and garden jobs
- Cooking an occasional healthy meal
- Regular chats and befriending

The Stansfield Good Neighbour Scheme is expected to go live around the 15<sup>th</sup> of September and all households in the village will shortly receive a postcard detailing the services on offer to residents, and how to access help.

Fifteen people with a wide variety of skills and resources are volunteering help for their fellow village residents. A core number of the volunteers have been DBS checked but this is not essential for all tasks. More volunteers will be welcomed... please contact the secretary, **Pat Barnes**,

email: [stansfieldgoodneighbours@outlook.com](mailto:stansfieldgoodneighbours@outlook.com) The management committee of Stansfield GN Scheme have opened a bank account and successfully applied for insurance for this scheme which is to operate under the rules and guidance of the Suffolk GN network, which represents over 40 such schemes.



**STANSFIELD**  
**Parish Council**  
*Working with our local community*

DOORS 6.30PM - EYES DOWN 7PM

**TOP PRIZE £100**



**BINGO**

SATURDAY  
**SEPT 16TH** night **STARTS 7pm**

**STANSFIELD VILLAGE HALL**

**Great fun for all the family**

**All Tickets £8 Licensed Bar Raffle**

Booking: [ticketsource.co.uk/stansfield-village-hall](http://ticketsource.co.uk/stansfield-village-hall)  
Info or help with booking 01284 789192

Stansfield, Sudbury, Suffolk CO10 8LW

In aid of Stansfield Village Hall - Reg. Charity 304939



**CAKE. COFFEE  
AND A GOOD  
GIGGLE**

**Macmillan Coffee Morning**

**Our 32nd annual event!**

**Please come and support this worthwhile event.**

**Raffle / Coffee / Tea / Super Cakes & great company. All Welcome.**

**Hopefully weather will be kind to us and we will be able to have tables outside again.**

**FRIDAY 29<sup>th</sup> September 2023**

**Held in the WI Hall,  
Wickhambrook**

**From 9am – Noon**

**If you just want to donate, pop name & money through my door, Deirdre Smith, 41 Nunnery Green or pop along on the day & donate at the door and take a slice of cake home. Event run by Deirdre & friends. 01440 820747.**

**Headway Suffolk is a charity, rated outstanding by CQC, that supports adults with acquired brain injury, stroke and neurological conditions through an extensive range of high-quality services.**

**Headway Suffolk to open new outreach hub in Newmarket**

Outstanding-rated charity Headway Suffolk is looking to open a new outreach hub in Newmarket for adults living with brain injury, stroke or neurological conditions. The satellite group will include a range of activities designed to help each individual with their rehabilitation, care and support needs in a safe and stimulating environment with an opportunity to meet others, as well as providing valuable respite for family carers.

It will initially start with an Understanding Brain Injury programme, where Headway's therapists will help clients understand and manage the effects of their injury or condition on their daily routines.

Headway Suffolk CEO Helen Fairweather said: "We want to prevent people having to travel to our main hubs in Ipswich and Bury St Edmunds.

**"The most important thing now is for people to come forward if they need our help or would like to find out more about the new Newmarket outreach hub or know anyone else who might benefit from it."**

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.** Louise Broddle, CQC head of adult social care inspection, said: "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."

You can contact **Headway on 01473 712225** or email [helenmfairweather@headwaysuffolk.org.uk](mailto:helenmfairweather@headwaysuffolk.org.uk), or visit [www.headwaysuffolk.org.uk](http://www.headwaysuffolk.org.uk).



**NEW BRAIN INJURY  
REHAB HUB**

coming to

**Newmarket**



[headwaysuffolk.org.uk/satellites](http://headwaysuffolk.org.uk/satellites)

# Wickhambrook Farmers' Market



Another fantastic market this month! Thankyou to our amazing traders and everyone who came to support us. We had a few new traders this time with some wonderful products and more traders joining us for the next market on 10th September. Here's some of what to see at this growing market

Amanda and the amazing team will be serving tea coffee and cakes in the pop up café, **E and G butchery** and farm shop will be doing their magic and supplying bacon rolls from their stall in front of the stage. While there, check out their wonderful bakery, fresh meat and fruit juices. **Derrick of Silverfins of Dereham** is joining us again with his wonderful Cromer crabs and fresh sea food. **Coopers Vineyard** excellent wine **Gin Mill** I'm told also excellent. **Totham Bangers** quality sausages **Cambridge** artisan cheese Cakes and cookies by **Jack Cousins** Vegetables Jam's **Luke's Bees** lovely honey and more. **Cancer Relief** - please support this worthy charity .

**Jenny's** hand made cards. **Shirley Shadford** and her beautiful jewellery.

**Sheila's** hand made comfy cushions **Turn and Burn** beautifully decorated wooden products. **Smith Jesmonite** products something for everyone. **Anne Louise** jewellery pictures and gifts. **Tropic** skin care products **Siobhan Smallwood** beautiful crystals.

**Gary Watson** utilities saving you on household **Variant** floral photographic cards

**Jude's** ceramics **Chilly Blooms** flowers **Narlas** natural dog treats **Rougham Hall** nursery plants and bulbs **Stitched 4 U** embroidery and much more.

**Sue Bedding** art and mosaics **Stocks** small stiches With more to follow.

**All this just for you so if you're not doing anything come see us in the Wickhambrook Memorial Social Centre Cemetery Road Wickhambrook CB8 8XP**

Have a tea or coffee, meet friends and enjoy the market. Thank you for your support

Martin Smith

# WICKHAMBROOK Farmers Market

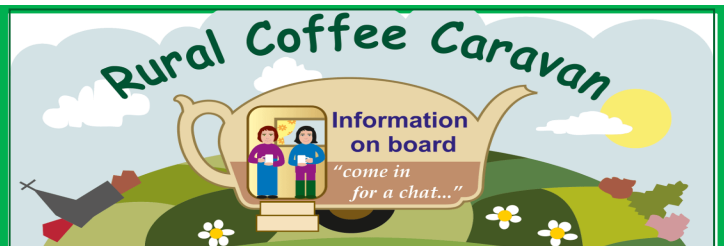
AT THE MSC HALL

SECOND SUNDAY  
MONTHLY

9:30am till 12:30pm



MSC: Memorial Social Centre  
Cemetery Road Wickhambrook CB8 8XP



## Coffee Caravan to offer lunch from the autumn

Regulars at the monthly Coffee Caravan in **Stansfield Village Hall** have backed plans to introduce a cafe lunch from the autumn offering homemade soup and a roll - as well as the

usual cakes and coffee. The Rural Coffee Caravan has visited the village monthly since January and turns up every third Thursday from 10am to 12 noon when refreshments, home made cakes, including gluten free, are served - free of charge although **donations are very welcome!**



The award winning Rural Coffee Caravan was set up in 2003 to create social spaces in rural places by bringing communities together and providing information and advice to enable people to improve their health and well-being. There is always a raft of leaflets, free gadgets, help and advice on offer on a wide range of topics from gizmos to enhance your cyber security, or protect your drink from being spiked, to advice on claiming entitlements or help getting a smoke detector installed.

Most months there is also a display of local memorabilia and in June a book exchange of good quality hard backs and paperbacks was introduced. The organisers are now working on arranging activities for youngsters when the Coffee Caravan visits during the school holidays. Over the months, representatives from other organisations across Suffolk including our local Community Police Officer, County and District Councillors, and staff from Active Lives Suffolk and Suffolk Health Watch have called in to chat to visitors. Do come along and join us! **Mary Evans local resident**

# Give your kids a treat for **free!** - Fay Gridley



## PLACES WHERE KIDS EAT FREE (OR FOR £1) DURING THE 6 WEEKS SUMMER HOLIDAYS 2023



COURTESY OF MONEY SAVING CENTRAL

### **ASDA**

Kids eat for £1 All Day, Every Day at Asda cafes, with no adult spend required.

### **TESCO**

Kids eat free with a purchase of 60p+ from Mon 24th July - Fri 1st September 2023

### **SAINSBURYS CAFES**

Kids eat for £1 with the purchase of an adult hot main. From 11:30am every day.

### **BEEFEATER & BREWERS FAYRE**

Two children under 16 can get a free breakfast every day with one paying adult!

### **THE REAL GREEK**

Kids under 12 eat FREE every Sunday for every £10 spent by an adult

### **TABLE TABLE**

Two children under 16 can get a free breakfast every day with one paying adult!

### **TRAVELODGE**

Buy 1 Adult Breakfast from just £8.99 & up to two kids eat breakfast for free

### **HUNGRY HORSE**

Kids eat for £1 on Mondays & up to 2 Kids get free breakfast with 1 adult breakfast

### **PREMIER INN**

Buy 1 Adult Breakfast from just £8.99 & up to two kids eat breakfast for free

### **SIZZLING PUBS**

Every Monday to Friday, 3 - 7pm, kids' mains are £1 with every adult meal.

### **IKEA**

Kids get a meal from 95p daily from 11am

### **MORRISONS**

Spend £4.49 & get one free kids meal all day, every day.

### **GORDON RAMSEY RESTAURANTS**

Kids under 8 eat FREE all day, every day at selected Gordon Ramsay restaurants

### **PRETO**

Kids up to age 10 eat free all day, every day with paying adults at Preto in Half Terms

### **BILLS**

2 kids eat FREE all day, every day from Monday 24th July - Friday 1st Sept 2023

### **BELLA ITALIA**

Children eat for £1 with any adult main. The offer is valid 4-6pm Mon to Thurs.

### **WHITBREAD INNS**

Two kids under 16 eat for FREE with every adult breakfast purchased

### **SA BRAINS PUBS**

Children can eat for £1 with any adult main. Valid All Day Wednesdays

### **FUTURE INNS**

Under 12's eat for free with any adult meal. During the school holidays

### **PAUSA CAFE @ DUNELM**

Kids get 1 mini main, 2 snacks & a drink FREE with every £4 spend after 3pm

### **YO! SUSHI**

From Mon 17th of July until Fri 11th of Aug kids eat free with every £10 adult spend

### **TO BE CONFIRMED...**

M&S and Farmhouse Inns

Copyright of MONEY SAVING CENTRAL

# A1 CARS

SUFFOLK (LTD)

24 hour taxi and  
Executive Service  
Airport Transfers

[book@a1cars.co.uk](mailto:book@a1cars.co.uk)

[www.a1cars.co.uk](http://www.a1cars.co.uk)

01284 766 777

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

## KEDINGTON MARKET

First  
SUNDAY  
Monthly

9:30 - 12:00

Foods \* Crafts \* Café

## Your Local Handyman Service

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

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

Contact us today on 07812 134267



## Wickhambrook Parish Council



July was a busy month for meetings, with an Extraordinary meeting for planning preceding the Estates Committee on 8<sup>th</sup> July, and an ordinary meeting on 27<sup>th</sup> July.

### Parish Council Meetings are open to the public so why not come along?

We hope that you will find it interesting, and we would like to increase our community engagement. This helps to ensure that the decisions that are reached have the support of local residents. You never know, you may wish to get more involved – there are lots of ways to contribute, from attending meetings and asking questions, to joining in with volunteer events, becoming a lay member on our Estates Committee, or becoming a Councillor! We currently have four vacancies for parish councillors and are also looking to recruit a lay member to the Estates Committee.

If you would like to find out more, please do call me or one of our councillors, or come along to one of our meetings. If you would like to be considered as a councillor, please take a look at the [website](#), and complete and return a co-option application and eligibility form to Hilary. We look forward to hearing from you!

You can find draft minutes of our July meetings here: [Estates Committee](#) – July 6th [Parish Council meeting](#) – July 27th Key decisions and actions from the July parish council meeting include:

Approval of the [Community Actions](#) for inclusion in the draft [Neighbourhood Plan](#) A [review of the budget lines](#) and transfers of funds between revenue budgets and from Earmarked to General Reserves Approving a proposal from Suffolk County Council to install a [new bus shelter](#) on Cemetery Road [Reviewing charges for clubs](#) using Six Acres (no

change for next financial year) Agreeing the [specification for the grounds contract](#) for the next financial year. The Estates Committee also approved funding for some additional fencing and markers at the cemetery and Six Acres, and a new Parish Noticeboard (the same size and shape as the existing one) for Shop Hill. A commemorative plaque has also been ordered and installed by the Cherry Trees planted earlier this year commemorating the **late HRH the Queen's Platinum Jubilee**.

Work to test safety of Memorials in Wickhambrook Cemetery was also completed in July (if you are a family member of a memorial that has been made safe, [please do contact me](#)), and the pond at Genesis Green has just been cleared.

**Hilary Workman** CiLCA Clerk & RFO for Wickhambrook Parish Council

Tel: 07508 039810 E-mail: [parishclerk@wickhambrook.org.uk](mailto: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>

## Harvest Lunch Stradishall



Come and join us for a delicious Harvest Lunch A choice of Casseroles with Crusty Bread, fabulous Desserts, Tea, Coffee and treats.

At

**St Margaret's Church  
Stradishall  
Sunday 1<sup>st</sup> October 2023**

**From midday**

**£20.00 - Children under 12 £10**

**Please bring your own drink**

Please contact Philip Rous or Judi Gladwell [07896222240](tel:07896222240) or [01440 821843](tel:01440821843)

[philiprous@hotmail.com](mailto:philiprous@hotmail.com) or [judi.gladwell@btinternet.com](mailto:judi.gladwell@btinternet.com)

to obtain your tickets



# WATSONS

PLANTS

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

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

[enquiries@watsonsplants.co.uk](mailto:enquiries@watsonsplants.co.uk)

[watsonsplants.co.uk](http://watsonsplants.co.uk)

Watsons Plants Ltd, Bury Road, Depden, Bury St Edmunds, Suffolk, IP29 4BU

Louise Watson 07952 638016

Chris Watson 07941 640560



## Wickhambrook WI August Meeting: The Life of a GP

At the August Meeting we welcomed our local GP from Wickhambrook Surgery, **Dr Khan, together with Caroline George** who is the Deputy Practice Manager. Caroline told us about the services offered by the surgery and day-to-day running which involves more and more technology. The surgery endeavours to keep in touch with as many patients as possible by text and email. They provide enhanced services such as flu vaccines and currently Whooping Cough vaccinations. Dr Khan described her journey to becoming a GP. Originally from Bangladesh Dr Kahn wanted to be a doctor from the age of 5. She was inspired by visits



back to Bangladesh and seeing how different medical services were there. Five years of medical school, which included a placement at Harvard, was followed by two years Foundation Training. At university Dr Khan was President of the Bangladesh Society. After a further 3 to 4 years Dr Khan had to choose a specialty and chose to go into General Practice. She explained that she has a particular interest in Women's Health, from puberty to menopause and all the accompanying problems. There was a chance for members to ask questions afterwards and Dr Khan was happy to answer questions about herself and the workings of the surgery.



### DRAFT PLANS FOR THE CREATION OF A COMMUNITY FACILITY IN ST. MARGARET'S CHURCH 11<sup>th</sup> -17<sup>th</sup> SEPTEMBER

### ST. MARGARET'S REVITALISATION PROJECT STRADISHALL

**Please come and see the ideas to create a Community Hub and the refurbishment and repair of the Church. We need your views.**

**Plans, Images and Costs are available to view in the Church, with members from the Group to answer questions**

**at the following times:**

**Monday 11<sup>th</sup> Sept 2-4 p.m.**

**Tuesday 12<sup>th</sup> Sept 6-8. p.m.**

**Thursday 14<sup>th</sup> Sept 6-8 p.m.**

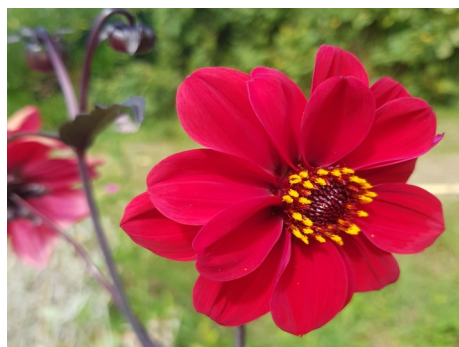
**Friday 15<sup>th</sup> Sept 6-8 p.m.**

**Saturday 16<sup>th</sup> Sept 2-4 p.m.**

**Sunday 17<sup>th</sup> Sept 2-4 p.m.**

**If you are unable to attend, but would like to see the details, or have any other comments, please contact: [philiprous@hotmail.com](mailto:philiprous@hotmail.com)**

## The jewels of our Suffolk countryside





Mary Cleaver



OSLERS SOLICITORS

## The Family Court in 2023

The Family Court is creaking under the strain. Care cases are by law supposed to take 26 weeks to conclusion, with only judges being permitted to extend the time frame where the reasons for the delay are justified. However, in 13 of the 42 Designated Family Judge areas in England and Wales, the wait is double the recommended target. On average, children who have been removed by the state are waiting 46 weeks to learn if they are to be returned or placed for adoption. The delay and uncertainty can only cause distress for children and parents, plus a huge burden on the state

and the professionals involved. It is not much better in private family law proceedings, where the litigants are the parents in dispute over the arrangements for the children. More than 80,000 children are presently caught up in private family law proceedings, according to court statistics, where the wait to reach a conclusion is on average 44.9 weeks according to figures collated in 2022. In this type of case, the government wants to help families reach an agreed position sooner and without recourse to the courts and indicated that mediation should be compulsory in all cases. However, the Law Society and those involved in providing mediation services are clear in their advice that attendance must be

voluntary for mediation to be as effective as possible. The overriding advice to Government was that tax-payers money would be better spent extending legal aid to cover early legal advice. The advantage of Early Advice is clear:

- it provides a "reality check",
- it can manage unrealistic expectations,
- can assess a client's suitability for mediation,
- and reduce conflict as a result.

There are also benefits for those who must go to court as it could guide a parent in how to prepare properly, advise on useful and available support services and offer up solutions that might not have been otherwise considered.

The Law Society and Resolution also reminded Government that there are other available dispute resolution options, like Arbitration or Collaborative Law and that legal aid should be extended to include these potential non-court solutions.

## Denston Hall Park development

Denston Hall is a grade II listed building and became officially listed on December 19, 1961. The local authority that listed this building was St Edmundsbury Borough Council. An 18th-century house, it has 16th-century buildings at the rear, and also the remains of a 16th-century house that is said to have occupied part of the grounds. The Denston estate was then lost in 1565 but was later returned to William Burd. He died in 1591, passing the estate to his son in 1602, where it



was again re-seized by the crown for debt and then "leased to Sir John Robinson". Robinson then bought Denston Hall in 1617, and it was kept within his family until the early 19th century. Some parts of the buildings are

older than others, however the Great Hall is dated early 18th century, evident with red and blue brick headers, a raised brick band and parapet. Denston has a first recorded population of 277 people in 1811. This slowly grew to peak in 1841, with a total population of 341 people. Denston Hall is set within a designed parkland landscape on the southern slopes of the river Glem valley, Denston Park is to the south of the village of Denston and the hall, its gardens and part of the parkland to the east of the hall buildings are within the designated Denston Conservation Area. The recent purchase of an area of farmland to the south and the west of the existing parkland has created an opportunity to extend Denston Park to create a more sustainable and inspiring contemporary parkland landscape which a significant increase in biodiversity. NEW STRUCTURAL PLANTING AND PARKLAND AND TREES The new parkland landscape will be managed as traditional parkland; the existing arable fields will revert to pasture and new structural planting,

with groups of parkland trees, individually planted specimen trees, will reinforce inherent landscape character and enrich local views. The round shape of some of the groups of trees reflects that of the 'Round Plantation' to the southwest of Denston Hall, which is now lost but can be seen on historic maps. New 'green lanes' will ensure those using the public rights of way which traverse the parkland will experience a more attractive and varied sequence of views.



**Cine Clair  
Film Night**

**Last  
Thursday  
Every  
Month**

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

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

Email for a full film programme  
[clare.library@suffolklibraries.co.uk](mailto:clare.library@suffolklibraries.co.uk)

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

**B Z Alexander Ltd  
Chartered Accountants**

For all your business requirements including:

- Accounting
- Self assessment tax returns
- Bookkeeping
- Payroll

**Initial consultation FREE OF CHARGE**

**Contact Stefan Bransby-Zachary FCA**

Located in Denston

Tel: 01440 820 675

Email: [stefan@bzalexander.co.uk](mailto:stefan@bzalexander.co.uk)

**Chimney Matters**  
Town and Country

**Professional Chimney Sweeping**  
Fully Insured

Mobile : 07767 864127  
Phone: 01284 789663  
[www.chimneymatters.co.uk](http://www.chimneymatters.co.uk)

**Organic seasonal Suffolk  
grown veg boxes delivered  
direct to your doorstep**

To order, visit our website  
[www.sunshineandgreen.co.uk](http://www.sunshineandgreen.co.uk)

Follow the story of your food from seed to your  
doorstep on social media @sunshineandgreen

**Young People of the Year**  
Reveals, Recognises and Rewards Positive Role Models

**Tony Gearing MBE**  
Founder, YOPEY (charity 1145573)

email: [tony@yopey.org](mailto:tony@yopey.org)  
tel: 01440 821654  
mob: 07711 255 675  
Woodfarm Cott, Bury Rd, Stradishall, Newmarket CB8 8YN  
[www.yopey.org](http://www.yopey.org) | [yopeybefriender.org](http://yopeybefriender.org)

# 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](mailto:carolreay1@icloud.com)

**Dear Carol**

My oldest friend has had breast cancer for 5 years and has just heard she only has 3-6 months to live. It's been years filled with surgery, drug regimens and several rounds of chemo. It's awful.

The thing is I don't know what to do, say or even feel. She lives a long way away from me. I phone but she doesn't always pick up. We do have a plan for me to go to see her. Also, I have asked her to stay. I just feel powerless and just don't know how to help. She must feel just - well - it must be so hard.

What do I do?

C

**Dear C,**

I am so sorry to hear about your friend. It sounds like it's been a long haul and that she has been through a great deal.

You yourself have also been going through it with her. I think you'll say it's nothing compared to what she has been through, but you will also have been suffering. It takes an emotional toll.

Powerlessness is so difficult. The problem here is I think bearing this difficult situation and accepting that at some level there's nothing you can actually do.

Except of course to stand by her, support her and give her your loving kindness. I suggest when you do see her you try to discuss how best you can do that. I think it has to be at her pace; whether she wants/needs anything practical and or emotional. Sometimes it's sadly about bearing the unbearable. I wonder if that's behind your question as to what you do.

I trust, from your email that you will be there for her as she comes to the end.

That's all the living can do for the dying, accepting that we all come to death in our time.

I send you my heartfelt warm wishes C,

## Monthly rainfall 2023: mm

	Jan	Feb	Mar	Apr	May	June	July					
Nick Burton-Stradishall	42	5.5	95	51	66	19.5	94					
Tina Lee- Stradishall	50	1	75	57	75	22	93					
Sam Slater- Stansfield	36	4.5	111	69	49	22	94					
Rod Taylor- Stansfield	54	6	105	63	46	19	94					
Jay Gridley-Hundon	40	4	111	60	56	24	84					
Victoria Pakenham - Fenstead End	45.5	5.5	93	54.5	36	19.5	92.2					
Elaine Plumpton - Gt Saxham	60	4	114	62	65	28	70					

## Monthly rainfall 2022: mm

	Jan	Feb	Mar	April	May	June	July	Aug	Sep	Oct	Nov	Dec
Nick Burton-Stradishall	21	64	35	13	29.5	26	7	60	40	62.5	121	50
Tina Lee-Stradishall	15	48	29	11	22	26	6	58	22	66	117	45
Sam Slater- Stansfield	26	69	36	12	28	31	5	61	88	63	106	N/A
Rod Taylor- Stansfield	17	72	40	15	30	40	10	74	50	62	122	53
Jay Gridley-Hundon	18	77	34	15	37	30	5	66	42	58	118	50
Victoria Pakenham - Fenstead End	21	51.5	32	13	24	10	4	56	41.5	57	110	54
Elaine Plumpton - Gt Saxham	25	71	38	8	30	44	11	70	49	72	128	60

Please note the wide differences between 2023 and 2022 and the substantial differential between June and July 2023



# Clare Liaison and Support Project Summary for August 2023



Clare Liaison and Support Project was established in 1985. Today, CLASP continues to support residents to establish social contacts and offers practical help with transport for medical appointments and shopping. CLASP is run entirely by volunteers and is supported by an active fund-raising group.

### Wednesday Lunch Club

(contact: 07561 115 158)

Every Wednesday CLASP welcomes senior citizens to meet with friends old and new. The day starts at 10.30am with coffee and biscuits and opportunity to

socialise. A three course, freshly prepared lunch is served at 12.30pm followed by tea and cake at 2.30pm.

A small raffle is organised each week with optional afternoon activities such as jigsaws, crafts, Scrabble and Bingo. Free transport is offered using the CLASP minibus. There is a small charge of £6.00 per week. We have places available for new guests (and volunteers).

### Car Aid (contact: 07724 698 283)

Car Aid provides a free service for those who need transport to attend medical appointments. Car Aid uses a pool of voluntary drivers, no charge is levied on

the clients, but many choose to make a voluntary donation. This year Car Aid has averaged 37 trips per month and we always welcome more volunteer drivers.

### Minibus (contact: 07842 141 281)

The minibus offers a door-to-door shopping trip to Haverhill twice a month. It is available for hire by any local voluntary or charitable group at a very modest rate, with a driver supplied. If you are interested in using one of our services or becoming a volunteer we would love to hear from you.

Stella Byrne

## Stansfield Church BBQ



With her usual vigour, enthusiasm and cooking expertise **Louise Cairns** not only hosted our Church BBQ but did the vast majority of the work. Pre lockdown was the last time that the Stansfield Church had held their barbecue to raise funds, that perpetual requirement. Louise, with her husband Hugh, used their normal powers of mental persuasion to sell over 100 tickets. The lunch is preceded by our

usual Sunday Eucharist service held in our church tent in the Cairn's garden and conducted by the Benefice priest **Revd. Eve Bell**. The weather forecast had been dubious but all remained fair for a truly great day. Louise had prepared an array of dishes to accompany the normal BBQ fare. A great variety of raffle prizes ensured that guests "invested" generously, leading to an overall profit exceeding £1,800.

Many commented how great that it was to

meet friends and neighbours once more. Covid and lockdowns strangled social activity in our villages so this delightfully English event cheered us all and was most helpful in assuring us that life might just be returning to normal. Stansfield Church Council are genuinely and enormously grateful for everyone's support

## Christmas trees for sale at Wickhambrook

*"Take a look in Wickhambrook  
And come to me for your Christmas  
tree.*

*A Norway spruce to go with your  
goose.*

*Don't think twice, it isn't rash,  
Just thirty pounds of good old cash.*

*A metre and a half from earth to star*

*And look how the wise men come*

*from afar."*

[lawfield.ma@gmail.com](mailto:lawfield.ma@gmail.com)  
Telephone 01440 821379



K T GRIDLEY  
GENERAL BUILDING

All types of building works undertaken

Groundworks

Cart-lodges and Extensions

Brickwork, Blockwork and Flint Walls

Garden Fencing, Paths and Patios

Maintenance and Repairs

Springbank, Stansfield, CO10 8LP  
Tel: 01284 789309 Mobile: 07702 265425  
E: kevin.gridley12@gmail.com

# Rothwell's Carpet Cleaning

## Carpet Cleaning & Stone Floors, Upholstery, Rugs

*A few points that make us stand out,*

Rothwell's has been in business since 1993

We're an honest local family firm.

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

Members of both the NCCA and TACCA.

We will move the furniture.

100% satisfaction or it's FREE.



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

**01638 428 060 www.Rothwells.biz**

# J.A.P. Architects

Market Hill, Clare, Suffolk CO10 8NN

T: 01787 279490

E: enquiries@japarchitects.co.uk

W: www.japarchitects.co.uk



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

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

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

## A chance to win a cash prize!



All you have to do is guess the exact time, in minutes and seconds, it will take for **Linda Burton** to run 5 miles in the **Thurlow 5-mile race on the 22<sup>nd</sup> of October 2023.**

If you would like the chance to win £75 (£50 kindly donated by our editor Peter Thompson) please fill in the form below and drop off your £5 'bet' to The Old Cottage, Edmunds Hill, or to Robert Helliwell at Church Cottage Stradishall.

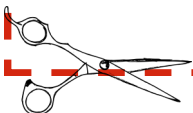
The winner will be the first correct time drawn after the race (or that closest to it). All proceeds will go towards the **Stradishall Church Restoration Fund.**

Things to consider: Linda Burton is in her late sixties, the weather could be foul as it was last year, the time is measured by an electronic tag that registers the time from strips laid across the road

Name \_\_\_\_\_

My guess for Linda's time to run 5 miles \_\_\_\_\_  
minutes \_\_\_\_\_ seconds.

Phone number \_\_\_\_\_  
Address (if UK taxpayer) \_\_\_\_\_



## Come and Hang Out With The Bats In The Church



Following last year's well supported talk by the Suffolk Bat Group, there is another chance to learn all about the bats in the Church and what has been discovered. There will be a fantastic opportunity to use bat detectors in the churchyard around sunset to see and identify bats following the talk.

**Saturday 9<sup>th</sup> September**

**6.30pm**

**St. Margarets Church**

**Stradishall**

**£2.50 to include refreshments**

Further details contact [philiprous@hotmail.com](mailto:philiprous@hotmail.com) telephone 07986 222240

**We look forward to seeing you on the night.**

**Held in support of Stradishall Church Revitalisation Project**