

DENSTON
ASSINGTON GREEN

HAWKEDON
CLARE

POSILINGFORD
COWLINGE

STANSFIELD
THURSTON END and

STRADISHALL
WICKHAMBROOK

PARISH PUMP

No 372

parish.pump@gmail.com

April 2024

A magnificent Suffolk magnolia for your delight



We at The Parish Pump are very grateful to our friend Levi Clements, who has generously paid for the colour front page of this paper edition. Thank you! Please see his adverts on pages 19 and 28

Parish Pump – Call for Volunteers



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

The Pump has been in existence for over 30 years. It started life in Stansfield and, over the intervening decades, has grown to cover 10 communities in our area. Our many volunteers deliver 700 paper copies and a further 400 arrive in the e-mail inboxes of our electronic subscribers.

The Pump has had several editors over the years including Fay and Richard and, more recently, myself – Peter Thompson. I am very proud of the Parish Pump and want to make sure that it continues to grow and flourish for many more years to come.

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

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

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

Thank you. Peter



Stansfield Cricket Club



Annual Supper and Presentation Evening

Saturday 13th April 2024 from 7.30pm

Stansfield Village Hall

*JUST £12 per person, including excellent food ~
variety of curries (vegan option) + licensed bar*

Booking Essential

Tickets/Info:

Nick Burton (07979 590235); Sean Spearman (07814 661797);

Robin Sharp (07941 487219); Jake & Sandra Lakey (01284 789457)

***PLEASE ADVISE US OF ANY DIETARY PREFERENCES
OR ALLERGIES IN ADVANCE SO WE CAN CATER FOR YOU***



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

The Fifty days of Easter

We all know the song 'The Twelve Days of Christmas' but did you know that Eastertide has a whopping fifty days? So **Easter Sunday**, which this year will fall on March 31st, is just the beginning! Easter is the most important time of the Church year and so fifty days of feasting ensue. Celebrating for so long makes perfect sense because the point of the whole gospel is to prepare us for an eternal celebration and feast. (The Lent fasting which precedes Easter fittingly

only lasts only forty days, indicating that fasting will pass away as Jesus said, but the Great Feast of the Lamb will last for eternity). So why fifty days exactly? After his resurrection, Jesus spent forty days on earth before he was "carried up to heaven" (Luke, Acts 1), and then there were ten more days after that before the followers of Jesus gathered for the Day of Pentecost. Pentecost means 'fifty'. (This happened during the Hebrew feast of Shavuot, which is why the followers of Jesus were gathering). So, the fifty days are a celebration of the Resurrection of Christ and all that means for us, culminating with the feast of Pentecost, where scripture tells us that the Holy Spirit descended on the Apostles, leading to the launch of the Christian Church and its mission. Seeing Easter as a season rather than just a day might help us grasp more fully the meaning and implications of Christ's resurrection. We can for example; celebrate the Lord's Supper with a focus on Christ's promise that we will share it anew with him in the coming kingdom, explore the 'Great Commission' the risen Christ gave to us and practise "going and telling" the Good News of our risen Savior in various ways to our



communities and we can celebrate baptisms and hear the testimonies of those who have experienced new life in Christ.

As the disciples grew in their understanding and love for the risen Christ over the fifty days when he arose, appeared to them, ascended into heaven, and poured out the Holy Spirit upon them, may we too experience Easter throughout the entire season to come... whilst indulging in a crème egg or two!

The Revd Dr Karen Smith - Curate, Stour Valley Benefice (Please see Anglican Compass (www.anglicancompass.com) website for further information about the Easter season)

Wickenbrook and District Horticultural Society (Wickhambrook Gardening Club)



Our Winter Gathering

Thirty-six members, including family and friends enjoyed a friendly, if somewhat cold gathering in Philip and Joyce Draycott's barn, Ashfield Green, which had been beautifully cleaned and decorated for the event. The food, including hot baked potatoes and chilli-con-carne, cheese, baked beans and salad, was just what we needed! This was followed by a quiz, based on plants used in food. So many members answered all correctly, that there was a tie-breaker, won by Kathy Cordy. *What fruit was introduced to this country through Bury St. Edmunds? (Answer: the greengage)* After the Raffle, which had some excellent prizes, we said good bye to what had been a very enjoyable evening in good company.

Many thanks to Philip and Joyce for their barn and their hospitality.

Next meeting: **Monday 25th March - The Forgotten Bees. Speaker Hawk Honey**



Please contact: Jackie Merry, Chair. 01440 820555

Ruth Seal



Stradishall Traffic Speeding

Hi,
I am writing this article to try and get something done about vehicles speeding through our village on the B1063.



I walk my dog along the street and the front of St Margaret's Place most mornings.

I am very concerned that it is now a dangerous road due to the high level of speeding vehicles. I normally walk between 07:15 and 08:45 and also some afternoons.

During the week, especially during school term time, I would suggest that 80% of the vehicles are speeding through our village at these times. I have seen cars travelling at 40-50 mph even on Tally Ho corner, where often larger SUV's and vans end up on both sides of the road. How there hasn't been a bad accident i don't know.

I have tried to indicate to drivers to slow down and have received verbal abuse and i know other villagers have received the same treatment.

We were told a couple of years ago that vehicle activated signs were being put in. These have never appeared and I appreciate that the Parish Council have tried very hard but i believe it is out of their control. Perhaps Highways or Suffolk County Council could help. Perhaps someone though could have a

walk in the village during the times above and see the speeding traffic.

I do wonder though if these signs would be effective as too many drivers today I believe feel so entitled that they can go as fast as they like and nothing will happen to them.. Ideally speed bumps would be better but I appreciate the cost of these is extremely high.

It would be nice to see the Police enforcement cameras around, especially at busy times.

Maybe a county councillor will read this and help.

Martin Hurst,
St Margaret's Place.



STOP PRESS

Please also see the article on page 17 from Stradishall Parish Council. This provides an update, as of 4 March, on the efforts the PC are making to help tackle speeding in The Street, A143 Crossroads, Edmunds Hill and Highpoint.

However, things are evidently progressing, this photo appears to be nothing unusual but it is! It is one of the poles for a speed indicator in Stradishall main street.

It is a start!



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

01440 820267

info@suffolk oilsolutions.co.uk



£ We Sell HEATING OIL email us for competitive daily price

Proud members of
Checkatrade.com
Where reputation matters

Registered Heating Business
OFTEC

Prices for advertising in this magazine

INSIDE PAGES

	Price for the period		Price per issue
	12 months	6 months	individual advert
Eighth page	£90	£50	£ 10
Quarter page	£ 185	£100	£ 20
Half page	£275	£150	£ 35

BACK PAGE

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

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



ROB HARRINGTON
— BUILDING CONTRACTOR —

From planning to completion and everything in between



New builds



Period Restoration & Listed Buildings



Extensions



Extensions



Extensions



Outbuildings



Bespoke Work



Landscaping



Alterations

07900 843329 / 01440 423783

robcharlesharrington@gmail.com

www.robharringtonbuilding.co.uk

Wickhambrook, Suffolk



Last year's indoor bulbs flowering again outside this year

PLEASE NOTE

We send an electronic version of our magazine to about 400 people. If anyone in the villages does not receive the Pump or if you know anyone who would like to have it, please message us with their email address. I will ensure you will be put on the list. Kind regards, Peter
parish.pump@gmail.com

could you foster?



PEST PROBLEMS SOLVED BY LOCAL SPECIALIST

Anglia DOMESTIC • COMMERCIAL • AGRICULTURAL
PEST MANAGEMENT 

insects ✓ birds ✓ moles ✓ rabbits ✓ rats ✓

Based in Lawshall
Contact Tim Cox



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

01284 831 042
07776 205 346

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

AWA
GOOD TIMES

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

Call Dan on
07812 134 267



Martin Kinna

You cannot help noticing how low in spirits everyone has become. They (or is it WE?) are fed up with the weather which has been too cold, too wet, too uncertain. A regular conversation blames high prices, immigration, potholes, underfunding, rising prices and all the ills of the world on the Government. The conversation continues “I am not voting for them again !” To which the reply usually goes “But then who ARE we going to vote for?”. This then allows the well-trodden argument to descend into more grumbling and the air of dissatisfaction continues to deepen. Having a chat doesn't seem to be so much fun anymore. The last Election year there was a cartoon in which one character exclaimed his voting decision was easy as he would simply endorse the candidate he hated the least!

I do not think I remember the country ever feeling so dispirited. It was not even like this during the War, and the reason for that is that then we had a common purpose. We knew who we were, we had a common enemy, and no matter our station in life we had to join forces, pull together and get through. We had, in short, to get there by winning the war. Today, if we went to war, would we know who we were collectively, as a nation? Would we easily find such a common purpose? We, who seem to have lost any thought of a common goal, would we be able to join sufficiently to put our joint shoulders to the wheel, bring the country round and into happier times? Not if we carry on like we are! It is difficult to stay positive if you are waiting a year for an operation, or if you suddenly find your pension has disappeared or you have suffered the way some Post Office workers have done. So where does the answer lie? What is going to stop us grumbling and help us turn our faces to the wind, put our shoulders back and regain some of that ‘stuff’ that helped us feel we are British and, however bad things became, we still have something to be proud of and something that makes us happy to get out of bed for? It is a big question, but I feel it is not one where it is too difficult to find an answer.

And the answer, I believe, begins in small things. Those used to dealing with children do it most of the time. It is common, “Darling, let's go for a walk” etc. We must look outside ourselves and try to bring positivity to others. I have been inspired by the early stages of Spring, all too easy to see all around us. The early flowers, the hawthorn blossom in hedgerows, the first smell of newly cut grass. It might be cold, but the skies are

Please look up not down!

bluer, the evenings last longer with more daylight. Today I passed so many wildflowers on my short drive to Clare. I saw my first Cowslip of the year. I heard guinea fowl clucking away, and songbirds are everywhere. Life is returning and the sap is rising. Cummon! for heaven's sake, there is a whole new year bursting out there and it is time to take advantage of it and let it fill our lives with more hope. Hope for better health, better prices, better things to do, things to explore, to be out there, to meet people and to do things for other people. How many people do you know in your street, your village or town? Have you even thought of introducing yourself to some you don't know, sharing a cup of tea or offering to fetch something when you are going shopping? It may seem intrusive, even un-British but by opening a door, pressing just a little outside our comfort zones we could be opening up friendships or a sense of community that makes our little world just that bit happier, easier and even fun. I sometimes feel this column is a bit Pollyannaish but since we are seemingly so glum right now perhaps the time is right for us to open a new window and try something we have never done before and join in. You could make a difference and bring a smile. It is what Mary Evans did and her life touched so many of us which is why we will be going to the service of Thanksgiving for her Life, at the Cathedral on April 8th.

In a way on the same tack, are we taking important things we are accustomed to somewhat for granted? Our communities used to have a strong focus on our religion. It is now often said that judging by church attendance we are no longer a Christian society. Across the country there are thousands of congregations with infrequent services and less than double figures. For some this is sad, for others it

does not matter. But for the church buildings themselves it can be a disaster. Imagine waking up one morning and finding overnight somebody had come in and stolen your local church, and the graveyard was unrecognisable in an unkempt undergrowth of brambles with just a few stone fragments sticking through. Gone would be the familiar windows, the monuments and plaques, and the pews polished by generations of bottoms stolen for firewood! Would you not miss it?

I have often said here before that our local churches are our patrimony and our history. It is our right and duty to treasure them. Some have been here since the Doomsday Book was recorded and echo the life, history and the vibrancy of our communities.

You may not be a churchgoer or even a believer but surely it is your duty to help ensure these buildings survive even if at some future date they have to be repurposed. So, what better way of raising the spirits than by making a contribution to help keeping them standing? Contribute to the efforts to raise money for important refurbishment of the fabric or to give a regular donation or volunteer to keep the churchyard vegetation under control. I bet you would feel better for spending an hour or so clearing the ivy or tidying up even one small section. Why not ask what you can do. You will be helping keep your ancient asset safe and functioning, you will meet some of your neighbours who will appreciate your efforts and perhaps most important you may do yourself a bit of good too and make you feel happier and positive..... which was what I was banging on about when I started this!

Enjoy the spring.
Martin Kinna



Beautiful blossom in Hundon

It has to be seen to be believed

St Nicholas Hospice Care - a guest article

The support and services **St Nicholas Hospice Care** provides enables people to have a good quality of life for as long as possible. This may mean managing pain and other symptoms, giving personal care or providing counselling for those with emotional difficulties. Whilst end-of-life care is often needed, it is only part of their work.

There is a 12-bed ward at the Hospice's Hardwick Lane site in Bury Edmunds, but the vast majority of patients, many hundreds, receive support in their own homes or in a care setting. Family and friends are often affected by someone facing the end of life, so practical help, answering difficult questions or just listening is a big part of the service provided. Additional bereavement support is available for children and young people, even if their loved one was not under the

hospice's care.

Running St Nicholas Hospice costs around £8 million a year or £22,000 a day. Statutory funding is only around 20%; therefore, £6.5 million has to be found from the generous giving of our community.

There is an amazing team of doctors, nurses and care assistants who, in turn, rely upon a network of domestic staff, a catering team and many other key functions. Volunteers are an essential ingredient, from receptionists to gardeners, providing administration support or being the mainstay in one of the charity's six shops or donation centre.

If you feel that you would like to volunteer, telephone 01284 766133 or visit the Hospice's website to find out more: www.stnicholashospice.org.uk.



Stop Press: Donkey Time

A local charity brought miniature donkeys to visit. Many patients benefitted from their calm and gentle natures. It was noticed that less pain relief was asked for that day

Hugh Douglas-Pennant .

Books needed for Clare Church



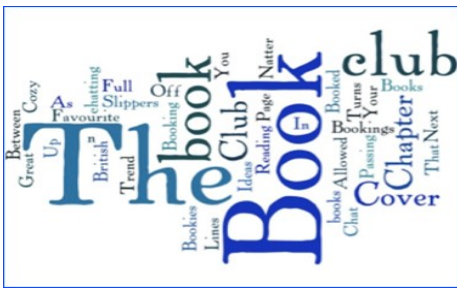
We shall be holding a Bumper Sale of second-hand books in aid of church funds in Clare church over this year's May Bank holiday weekend (**4th, 5th and 6th May - a date for your diaries**) and are anxious to acquire any unwanted volumes. With certain exceptions (out-of-date guide books, Reader's Digest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

James and Mary Standen 33 Callis Street, Clare CO10 8PX 01787 277134 admin@stanwo.co.uk

Bansfield Benefice Services for April 2024

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

Date	Time	Church	Details
06 Apr	10:30 am	Benefice Hall <input type="checkbox"/> <input type="checkbox"/> (Next to Wickhambrook church)	Monthly Traidcraft Coffee morning (10:30 am until noon)
07 Apr	10:00 am	Wickhambrook (Second Sunday of Easter HC)	Celebrant: Revd Eve Bell Organist: [DO] Liturgical colour: <input type="checkbox"/>
14 Apr	10:00 am	Lidgate (third Sunday of Easter HC)	Celebrant: Revd Eve Bell Organist: [KI] Liturgical colour: <input type="checkbox"/>
21 Apr	10:00 am	Denston (Fourth Sunday of Easter HC)	Celebrant: Revd Eve Bell Organist: [CM] Liturgical colour: <input type="checkbox"/>
28 Apr	10:00 am	Cowlinge <input type="checkbox"/> (Fifth Sunday of Easter HC)	Celebrant: Revd Eve Bell Organist: [DO] Liturgical colour: <input type="checkbox"/>



**‘Miss Benson’s Beetle’
by Rachel Joyce.**

Rumour had it we were in for ‘a gentle read’ with ‘Miss Benson’s Beetle’ by Rachel Joyce. We respectfully disagreed! Whilst an uplifting tale of self -discovery, the pursuit of dreams and the deep friendship between two very different



- Harris & Harris Books
(NEW PREMISES)**
- Two floors of new and old books for readers of all ages
 - Fast ordering service
 - Books posted worldwide
 - Gift certificates available
 - Email for bookshop events and newsletter



women, an underside plagued by trauma and tragedy precludes any allusion to ‘gentle’!
The short opening chapter is very dark indeed. It is one day in 1914, our heroine, Margery Benson, is 10 years old and in her father’s study where he has just introduced her to The Golden Beetle of New Caledonia, which may or may not actually exist. On that day Margery has an epiphany ‘she would find the beetle. It was that simple. She would go to

wherever New Caledonia was and bring it home’. An instant later her father receives news that all four of her bothers have been killed in action - he steps through the French Windows and shoots himself. We are then fast forwarded to 1950, ‘Miss

Benson’ is teaching domestic science (‘I was terrible’) in an all-girls school. When she is the butt of yet another of her pupils’ cruel jokes (‘a sketch of a lumpy old woman...clearly Margery’) she finally snaps and dramatically walks out on her dreary life and sets off to fulfil her obsession from childhood to find her father’s beetle. She acquires an unlikely assistant, a pink suited ‘blond bombshell’, Enid Pretty, the opposite of Margery in every way. Each has their tragic back story, which will eventually unfold, and we were pleased for them both as they find emotional fulfilment in a heartfelt friendship. They are on a quest to realise their ‘true vocations’; through all their struggles they help each other become a better person and acknowledge that it is trying which is so important – ‘the real failure as a woman was not even to try’. Indeed, at its heart, this is a story about never giving up. We thought the author does a good job in capturing the drabness and austerity of post war Britain, as ‘men hung around on street corners in demob suits that had once belonged to someone else...Queues. Cold. Smog’. Even blue sky ‘seemed rationed’. Equally she paints a vivid picture of the bright colours and exotic smells which welcome Margery and Enid to the South Pacific Island – things have gone from black and white to brilliant technicolour. Some of us loved the characterisation of the two women: Margery, ‘a snob’, with

her frumpiness, and sharp wit, Enid, with all her ‘wildness’, her make- up, her bleached yellow hair and her resilience. However, others felt they were too far-fetched, rather farcical, more like caricatures and therefore couldn’t feel the weight of the terrible things which have happened to them as much as they thought they should.

One character we all felt confused about was Mr Mundic, Margery’s stalker. We were uncomfortable with why the author would choose to cast an ex-POW as the villain of the piece, given his violent and erratic behaviours are presumably driven by unprocessed post-traumatic stress. We also felt there was never a satisfactory explanation as to his obsession with Margery in the first place. That said, the chapters written from his viewpoint offer some very moving insights into the depravity of war and the terrors he continues to relive
A highlight for all of us was the gathering of ‘British wives’, led by the formidable Mrs Pope, the Consul’s wife. They fill their empty days by doing ‘craftwork’ and we all chuckled when they became a ‘laughingstock’ because their knitted space rockets for the local orphanage had turned out looking like woolly condoms! Humour and pathos are always in close proximity and when Mrs Pope’s own sad background is revealed we were better able to understand her determination to bring down Margery and Enid, simply because ‘they had found a way to be themselves’.

After all their hardships and disappointments, we enjoyed how the final chapters take an upward turn for Margery and Enid, but this book is full of surprises and none of us predicted where the storyline was going. Whilst some felt let down, we all took consolation in the hopefulness offered in the short epilogue. This was an unusual female adventure story which some liked more than others but there was plenty of food for thought! Next time we are discussing **The Library by Bella Osborne** and if you would like to join us please contact annedennis1@live.co.uk or 07557357362.



**We love Stansfield as it is .but...
We would love more children's
activities...more opportunities
for families to get together...
So, a summer family event is
being planned at Stansfield
Village Hall!**

The messages which have prompted this action were given at the village coffee morning in February and were discussed by Stansfield Parish Council at their March meeting. Dolly Whilems from the Village Hall committee and Cllr Pat Barnes for the PC and for Stansfield Good Neighbour Scheme, agreed with Parish Councillors to hold a summer family event at the VH, date to be decided and publicised to residents later.

"We had a clear message from many residents who attended the coffee morning that they valued living in the peace, tranquillity, and beautiful landscape around Stansfield, particularly the views from the many footpaths. The whole valley is designated an LVL (Locally Valued Landscape) by West Suffolk Council which recognises that it is special with its ancient woodlands and field patterns and many listed buildings," said Rex Barnes PC Chairman.

Also discussed in the meeting was the compilation of a list of assets valued by the community in Stansfield, such as the Village Hall, the pub and the old village pumps, but which were not actually listed buildings. "We would welcome ideas from residents on other things which might be included in this list," added Rex. Please email suggestions to the PC on:

stansfieldpc@outlook.com.

D-day Stories

Do you know any stories or Stansfield connections to the D Day landings which took place on 6th June 1944? Do you have any relatives who took part? If so, we would like to hear them and plan to put on a display at the village family event in the summer.

Village Litter Pick

The annual Village Litter Pick is to be held on **Saturday April 6th from 10am to 1pm**. If you could help for a short time and tidy up a stretch of the village, please let us know or just come along. Picking sticks and high viz tabards will be provided, and the event will be run from the Village Hall with refreshments there.

Old Chapel Graveyard

A report on the flora and fauna in the graveyard has been presented to the parish council by Suffolk Wildlife Trust. A working party is being set up by Cllr Martin Slater to discuss the recommendations. If you are interested in joining this, or in seeing the report, please contact Martin on 01284 789545.

Planning

Stansfield Parish Council has welcomed the recognition that our whole valley, from Hawkedon to Wickhambrook, is special.

In West Suffolk Council's new draft Local Plan, which sets out parameters for development in the district for the next twenty years, the valley is designated as an LVL (Locally Valued Landscape), which recognises its special character and quality. Stansfield Parish Council said in their submission to WSC that walks and views across the valley's ancient field patterns and woodlands are particularly

valued by many Stansfield residents and visitors.

The PC also called for WSC to consider adding guidelines and criteria for undertaking housing surveys, before accepting survey results as giving accurate information about potential housing need in a village. The PC asked that the code of best practice for such surveys should be followed, also that residents should be involved in setting the questions and the results should be openly available, to avoid any suspicion of commercial or political pressure. The PC has offered to make the lessons learned in the recent failed survey in Stansfield available to WSC.

The PC also called for WSC to consider setting out criteria for the viability of rural exception sites and for them to limit any developer from seeking to vary planning permission at a later date to potentially increase the proportion of market housing against affordable homes on such sites, as witnessed in some local villages. This practice tends to erode public confidence in the planning system, the PC felt.

Next Stansfield Parish Council Meeting:-AGM, Wednesday 8th May, Village Hall 7pm
Annual Stansfield Parish Meeting Tuesday 14th May, Village Hall 7pm

This is the annual open meeting for residents to raise and listen to ideas and concerns about the village. All residents are invited to attend and are free to speak about any village matters.

Water leaks finding them is an art

As well know **Anglian Water** are an ever presence in our roads of



West Suffolk and today we received a special letter describing the process using a new scientific method inside the water system . I am sure the university academia are having a field day. There are however other methodologies which probably go back decades. I came across one of these today on the road by Stradishall Church. The guy was listening to the ground with a long thin tube. He told me that if the water was running he could hear it and trace where it was going and coming from. Clever eh?!



Happy Hospice Lady

Country Cooking with Louise Mackrill



HUMBLE APOLOGY

I know a lot of you know by now, but last month I was stupid enough to mix up Louise's articles and copied in the wrong one, which told you all about, totally out of season, asparagus! I really apologise to you all and particularly Louise. Sorreee!! Peter

March is a difficult month to eat with the seasons as there is not much about in our gardens. We go quite vegetarian at this time of year, making the most of leeks, kale, spinach and, of course, store cupboard ingredients such as chickpeas & lentils. Look to imports for the wonderful blood orange.

Parsnip & leek curry

Serve with freshly made flatbreads, as per my recipe below

1 leek, halved & finely sliced oil for frying

1 large or 2 small parsnips, peeled & chopped into 2cm chunks

2 tomatoes, diced

1/3 tin chickpeas, drained

1 tbsp curry powder

1 tsp ground cumin

1 tsp ground coriander

1/2 tsp ground ginger

1 tsp black mustard seeds

Heat 1/2 tsp of oil in a saucepan. Gently fry the leek for 5 mins, stirring now and then, transfer to a plate. Fry the parsnips for 3-4 mins in a little more oil until they take on a little colour. Add the tomatoes, leek, chickpeas, curry powder, cumin, ground coriander, ground ginger and mustard seeds to the parsnips. Cook for 1 min then add 300ml of boiled water.

Season. Simmer for 10-12 mins, until the parsnip is tender. Taste, adjust seasoning and serve with flatbreads & chutney.

Flatbreads

Soft and fluffy, these Greek style flatbreads are perfect with curries, casseroles, kebabs, folded for Gyros or to mop up salads and dips. This recipe makes 12, simply halve for 6.

7g (2 tsp) instant dry yeast

480ml warm water

4 tbsp olive oil (+ extra for brushing)

780g bread flour (+ extra for rolling)

1 1/2 tsp sugar

1 1/2 tsp table salt

Place yeast in a bowl, add warm water, stir and leave for 5 mins until foam appears.

Add olive oil, bread flour, sugar & salt. Mix then knead for 10 mins. Place in an oiled bowl and cover until doubled in size. Divide into 12 pieces, shape into



balls, cover while you prepare to cook them. Brush a fry pan (cast iron is best) with a little oil and heat over medium heat. Taking a dough ball roll into a circle 19cm, toss to remove excess flour, then cook about 60-90 seconds until bubbles appear, turn over and cook a further minute. Place on a plate and repeat, brushing the pan with a little oil each time. Stacking them keeps them soft, laying a tea towel over them to keep warm.

You can make ahead and reheat in a hot oven for a couple of minutes. I like to brush mine with warm garlic butter

before serving.

Ottolenghi's blood oranges with burrata

Late winter is the brief but wonderful blood orange season and burrata is second to none. This makes a wonderful starter when entertaining. This recipe serves 4

2 tbsp olive oil

1 1/2 tsp clear runny honey

3/4 tsp dried lavender

1/2 small garlic clove, crushed

1 tsp coriander seeds, toasted

2 (320g total) blood oranges, or 2 medium oranges

4 (440g total) burrata balls

5g basil or micro-basil leaves

coarse sea salt

Place the oil in a small saucepan with the honey, lavender, garlic and 3/4 teaspoon of salt. Bring to a simmer on a medium-low heat and remove at once. Stir well and set aside until completely cool, then add the coriander seeds. Use a small, sharp, serrated knife to trim the tops and tails off the oranges. Cut down the sides of the oranges, following their natural curve, to remove the skin and white pith. Slice into 8 rounds, 1cm thick, and remove the pips. Divide the orange slices between the plates, slightly overlapping, and place a burrata ball alongside. Spoon the coriander seeds and lavender oil over the cheese and orange, top with the basil leaves – tearing them as you go – or the micro-basil, left whole, and serve.

Staying with blood oranges as their season is so very short

Blood orange cranachan

4 blood oranges

50g pinhead oatmeal or rolled oats

150ml whipping cream

2 tbsp whisky

150g Greek yoghurt

2 tbsp clear honey

Slice the top and bottom off each orange



and sit them on a board, with a sharp knife cut down between the peel and flesh until all the peel and pith have been removed. Cut between each membrane to remove all the segments. Roughly chop and set aside. Dry fry the oatmeal in a non-stick frying pan, stirring, for 3 – 5 mins until it smells nutty but don't let it burn! Cool. Whisk the cream and whisky to soft peaks, fold in the yoghurt, oatmeal & honey until just combined, spoon half into 4 serving glasses and top with half the oranges, repeat layering and drizzle with extra honey.

Louise

Denston Village Hall 100 Club

Contact

STEFAN TREASURER

Denston Village Hall

Telephone:

01440 820675

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

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

07827 128511
stansfieldgoodneighbours@outlook.com



Jeff Fellows, wine connoisseur:

Spring has now arrived and we can blow

away the physical, and mental, cobwebs with a little pick me up. Flowers are starting to bloom, and the sun is shining to give us all a big boost. The Rhubarb in my garden is now sprouting and out of curiosity I have found a firm who make Rhubarb wine. Lindisfarne (Holy Island off the Northumberland Coast). A pleasing, refreshing drink. It can be drunk straight or with mixers such as tonic, soda or lemonade. It is a dry wine with some tartness and acidity but always with the rhubarb notes to it. £9.50 and 14.5%. It is only available on line at www.northumbriangifts.co.uk

They also do an elderflower version Lots of offers from retailers. A few examples. Waitrose have reduced these, Gascogne Sauvignon Blanc £5.99 11%. Canaletto

Montepulciano £6.49 13.5% Giesen NZ S. Bl. £7.49 13%. vote du Rhone Reserve Hospitaller £9.99 14.5%. This latter wine was fermented in oak barrels for a year and has clear vanilla notes along with cherry, spicy clove hints to it. Roast Beef on 23rd, St George's day would be the ticket.

Turkheim Cremant d' Alsace could start proceedings. all green apples. £9.99 12.5% M & S have an offer on Nye timber Rose. This is arguably one of the best English sparklers. Think fresh red fruits, creamy with currant flavours. £34 (from£44) 12%.

I recently drank a bottle of Valpolicella Ripasso. This is a wine which is then passed over dried to introduce a second fermentation. This adds to the depth, and flavour, of the original. Rich and hearty describes this one. Tesco £12 13.5% The 23rd of April is also **Shakespeare day, with events in Stratford on Avon.** Apparently WS would have drunk sweet wines, such as Malmsey or Madeira which



were common at the time. It would be very pleasing to think that these contributed a little to his prodigious, exceptional work. Every play he wrote contains references to alcohol because basically everyone at the time drank, whether it was wine or ale. It was safer than drinking water. And so say all of us.

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

Advertise your Business

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

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

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

Your Local Handyman Service

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

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

Contact us today on 07812 134267

Your handyman is Dan

FRESH FISH • SMOKED FISH • SHELL FISH



☎ 01787 377768
07971 811947

WEDNESDAY
Willow Tree Farm Shop
9am-1pm

THURSDAY
Coggeshall 7.30am-12.30pm
Long Melford 2.30pm-5pm

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



Stansfield's coffee morning at the Village Hall

Judging by the turnout, the Village Coffee Morning held in Stansfield Village Hall in February was a hit!

Between 50 and 60 attended, mostly residents of the village – quite a large proportion of the 220 total residents. As well as meeting each other and new faces, they enjoyed cakes, savouries, coffee and tea provided by Stansfield Good



Neighbour scheme volunteers and friends, led by **Ann Corlett** who did much of the baking. A community police officer said

he particularly enjoyed the opportunity to meet residents...and of course the cakes! The Village Hall committee ran film trailers and asked for votes for the films to be shown at 'Cinema in Stansfield'

evenings over the next few months. Most votes went to Ali and Ava, an unusual love story, and to Hello Bookstore, a community effort to save their treasured local bookstore.

All seven Stansfield Parish Councillors were present to listen to residents' views on what they might like to PC to work on. The PC also displayed maps and photographs of the whole Upper Glem valley from Wickhambrook to Hawkedon, designated as a **Locally Valued Landscape (LVL)** for its beauty, ancient buildings, field systems and woodlands. Also on show was the explanation for Stansfield being classed as a Type 3 village for planning purposes, with few reasons development can take place there. A novel washing line allowed residents to peg up comments on what they would like to see in the village. Requests for more events for children and families were the predominant theme of the suggestions made. Specific items included a Hallowe'en event and a cinema night for children and mixed children's and adults'

past events, including Bingo Night and a Village Fete, were also referenced. The ideas presented



are all valuable, but immediately the three organisations who ran the coffee morning (the PC, the VH and the GN scheme) decided they wanted to hold a family event at the VH in the summer...details to follow once plans are in place. Children at the coffee morning enjoyed making magic wands and decorating cakes with The Snow Queen, who made a special appearance to entertain them, and their parents! She has pledged to return for those who were unable to be there in February!

Gold Star award for Stansfield Good Neighbours

Volunteers who very promptly cleared away a tree that had fallen from the Village Hall grounds blocking the lane, have been praised by the Village Hall management committee. **"So the Good Neighbour volunteers were the tree clearance fairies!** It was reported to us in the morning but by the time Derek got there with his chainsaw, it had been dealt with. We were both unwell so it was a great relief for Derek to find that he had been spared the job. "Another big fat gold star for the Good Neighbour team," said Dolly Whilems.

"We saw the tree down early in the morning and we thought about reporting it to the Village Hall committee. But, because of the immediate problem for users of the lane, and as it was not



too large to deal with, one of our volunteers went ahead and moved it. The extra bit of good news is that the logs from it are now being stored, ready to be used as fuel by an elderly resident," said Pat Barnes, secretary of the Stansfield GN scheme. The scheme has now been in operation for six months and has dealt with over 20 requests for help. Preps are being made for its first Annual General Meeting on the evening of the 8th April. If you would like details, please ring the **Good Neighbours Helpline 07827 128511.**

Monthly Rainfall 2023/2024

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

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

Stansfield Village Hall News

The Village Hall Committee, Parish Council and Good Neighbour Scheme volunteers were delighted that 50-60 people attended the Village Coffee Morning organised by the three organisations on Saturday 24th February. Good conversations were had with locals about what goes on at the Village Hall and what is needed to keep it up and running. Some of conversations translated in to generous and very welcome offers of support for our Spring Working Party, for which the committee are very grateful. Thanks to everyone who participated in the poll to select films for screening at the village hall during the coming months. All the films offered for selection were suggested by regular members of the 'Cinema in Stansfield' audience so we are happy to be able to say that the three titles that gained the most votes have truly been selected by the community. Top of the list of comments and suggestions hung out to dry on the washing line provided for people to peg their views were requests for more family activities and events in Stansfield. It has already been agreed with the Parish Council that this will be acted on as a matter of priority. In addition we received a list of suggested foreign language films for inclusion in Stansfield screenings! It has been a real pleasure to uncover local interest in world cinema – look out for some further foreign language gems in the future.

Spring Working Party

A big thank you to those who turned up to help out on Saturday 9th March, for our annual spring working party. And to those who couldn't make it but came along the week following to help in the garden and Playground. Several important jobs got done and the hall and grounds look better for it.

Cinema in Stansfield

Our next screening at 7pm on Friday 12th April will be 'Ali & Ava' the top choice from our audience poll at the Village Coffee Morning. Ali and Ava, both lonely for different reasons, meet and sparks fly. Over a lunar month a deep connection begins to grow, despite the legacy of Ava's past relationship, and Ali's emotional turmoil at the breakdown of his marriage.

Running time: 94mins Tickets £5 on the door.

The other two titles selected in our audience poll were 'Hello Bookstore' and 'After Love' which will be shown over the coming months

Murder in Stansfield - Saturday 20th April – BOOKING NOW OPEN

Dreamstone Productions are bringing a unique murder mystery party evening to Stansfield Village Hall. Do you dare attend the evening? **Be warned – it might end in murder!** Enjoy a meal and drinks while the story unfolds around you. Enter into the spirit of this immersive live

spend some time with him on his Suffolk country estate. **The Brigadier has suggested Marlowe give a talk in Stansfield Village Hall about his daring exploits during the war** – in particular, his part in rescuing allied airmen who were shot down by German bombers over a mountainous region of Serbia.

However, the evening does not go as planned. There are one or two uninvited guests who may be out to cause trouble; and as the US enters a period of 'coolness' with Russia, loose talk can still cost lives. Will this be the event in young Philip Marlowe's life that shapes his future as a Private Eye? The Character Actors will guide to through the evening – allow you to experience the plot developing, direct you towards important clues and help you come to a final deduction. You will have the opportunity to question suspects and re-examine evidence as the evening progresses.

Be entertained, mystified, occasionally bamboozled,

and have the opportunity to put on your thinking caps and employ your problem-solving skills whilst experiencing a unique blend of story-telling, classical acting, improvisation, comedy, and murder! You are encouraged to dress up and really get into the spirit of the 1940s noir theme. Men get out your fedoras and women your vintage gowns - there will be a prize for the best dressed Bogart or Bacall! You can be yourself or invent a name and

pretend to be someone else - it is entirely up to you...it is all about fun!

The event is suitable for 10 years and above (with parental discretion). There will be a body but no gore. Any child attending should be able to understand that nobody is dead.

"The plot was as devious as the characters, who mingled amongst us like we were old friends. We left in high spirits, having had a thoroughly worthwhile night out. And we correctly guessed the killer." Emma Delf, "Lets Talk" Magazine "

There will be a Licensed Bar and Raffle. Booking is in advance. **Saturday 20th April**, Doors: 6.30pm – 7pm Start. **Stansfield Village Hall, Hall Lane, Lower Street, Stansfield. CO10 8LW** Tickets **£15/under 18yr £10 and include supper as well as the show.** To book visit: ticketsource.co.uk/stansfield-village-hall Assistance/enquiries: friends@stansfieldvillage.org.uk or **01284 789 192**



SAVE THE DATE

**Saturday
20th April
Murder Mystery
Evening
Stansfield Village Hall**

For full details and tickets visit:
ticketsource.co.uk/stansfield-village-hall

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

Registered Charity 304939

theatre experience, play your part as a sleuth and see if you can unmask the murderer, as you and your friends work together to solve clues and dodge the occasional red herring to figure out whodunnit! One thing is for sure - you are in for a killer evening!

It is 1949. Well known **Stansfield resident, Brigadier Buckson**, has invited his old American army friend, Major David Marlowe, and his son Philip, to



Stradishall Church—the start of a rescue mission

Things are changing in Stradishall church. The first change is the people, but more of this next month, after Easter. This article is about repair of the building.

Porch A rough repair, installing new wall plates has made it safe, stopping the tiles slipping off and thankfully getting rid of that ugly safety tape.

South roof repair This roof was in a disastrous state. Firstly there was a large load of mud and leaves which was blocking the gutter down pipes. This was removed. On examination it appeared that the felt on the bottom edge of the roof covering was probably porous. Also there

were gaps in the bottom metal edging. Using gallons of bitumen sealant and other gunk, the bottom edge was made watertight. The rainwater does not get through now! This water leakage had resulted in the interior south wall being covered in green lichen. Consultation with **our church architect, Mr Philip Orchard**, yielded that after the sealing was finished the lichen was to be wire brushed off then treated with algicide. The

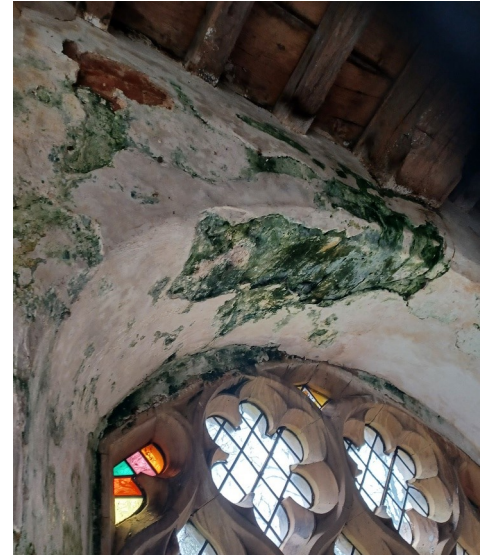
next stage is to restore the white colour with multi coats of limewash. The next stage will be to replace the missing tiles on the chancel roof. *Please watch this space.* This work is to stop the rainwater ingress and preserve the structural wood of the church to give time for the cash to be raised for the planned major roof replacements.



Roof before



Roof after



Before. You must wait to see the after!

THOMAS BEDWIN

Wedding Photography



Photographs to relive your wedding day over and over

Contact: tjbfoto@gmail.com

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



* **Calling All Growers** *

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

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

Stansfield Village Hall Charity No 304939

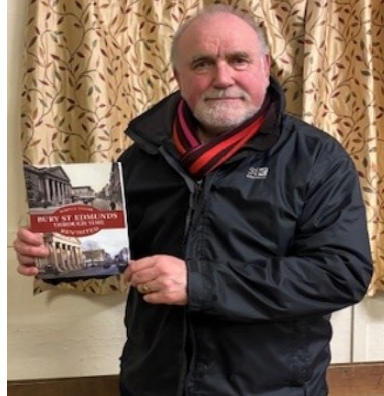
Wickhambrook History Society - Lost Bury St Edmunds by Martin Taylor

Martyn Taylor, local author, and Chairman of the Bury Society was our speaker at the March meeting and his talk was entitled **Lost Bury St Edmunds**. We were treated to many old photographs of the streets of Bury and there were gasps of recognition as we saw the many shops and pubs no longer there. From the Victorian town with its butchers, bakers, and greengrocers where people shopped every day, to the more recent losses of **Laura Ashley and Woolworths**, there was a lot of nostalgia felt in the room.

So much to talk about and remember!

-There were six pubs in Southgate Street
- There was a lido near the centre of the town

-There was a flax factory in the town
-The first estate to be built outside the medieval boundary was the Mildenhall Estate- Comprehensive education led to



demise of the Convent, Silver Jubilee School and East Anglian Girls' School
- The Corn Exchange, Gasworks, Everards Hotel, the Suffolk Hotel, the Manor House Museum, Smiths Row Art Gallery – all loved and lost
- **The King William, the Merry Go Round, The Priors, The Rising Sun, The Minden Rose and the Olde White Hart** are just some of the pubs lost to time and modern life. We very much enjoyed this trip through time.
Our next meeting is on Tuesday 16th April at 7pm for the AGM and at 7.30pm, Captain Karl Lumbers will talk on the Trinity House Story, our lighthouses and their history.
Dorothy Anderson

Gatehouse Charity: NHS Mindfulness Course

FREE NHS FUNDED ONLINE MINDFULNESS COURSES

**FREE NHS FUNDED
ONLINE
MINDFULNESS
COURSES FOR
CARERS AND ADULTS
65+**

**LED BY A CLINICAL
PSYCHOLOGIST**

MINDFULNESS HAS BEEN SHOWN TO:

- IMPROVE SLEEP, EASE STRESS & PREVENT BURNOUT.
- COMBAT FEELINGS OF LONELINESS
- IMPROVE MEMORY, ATTENTION AND CONCENTRATION
- HELP RELIEVE CHRONIC PAIN
- PROMOTE RELAXATION



NEXT COURSES BEGIN MAY/JUNE 2024

**GO TO WWW.THE-MINDFUL-LIFE.COM
TO REGISTER YOUR INTEREST BY
CLICKING ON THE 'APPLY NOW'
BUTTON OR SCAN THE QR CODE
BELOW:**



NHS
Health Research
Authority

Dear friends,

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

Mindfulness has been found to:

Reduce Stress & Improve Mood

- **Boost Memory & Attention: Particularly helpful for those in early stages of dementia or with mild cognitive impairment.**

- **Be effective in reducing the discomfort of chronic pain.**

Help prevent burnout.

Convenient & Engaging: 1-hour weekly sessions via Zoom over 6 weeks, complete with a coffee break and optional extended practice.

Course Dates:

Various start dates in May/June 2024

Places are free but limited to 15 per course, therefore early booking is recommended to guarantee your spot.

Bookings can be made via our website: www.the-mindful-life.com by clicking on the 'apply now' button or email raechel@mindfullife.uk with any queries



Wickhambrook Summer Fete Committee needs your help!

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

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

Our meetings are not long meetings and until just before Fete day are held every two months, closer to Fete day, once a month.

If you feel you would be able to help out and would like more information, please contact

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

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



CLARE LIAISON AND SUPPORT PROJECT
(Charity No. 1029710)

2024 FUNDRAISING
TABLE SALES

CLARE TOWN HALL, 9.30 a.m. to 1.00 p.m.
On the following Saturdays
April 6 - May 18*
June 22
July 20*
August 17*
October 19*
November 16*

*Dates coincide with Clare Market

FOR INFORMATION AND TABLE BOOKINGS.

TEL. 07980 948167
email; fundraising@clasp-clare.co.uk

TABLES £9 (+ Tombola Prize Donation) Double table £15
Tables are provided size: 6' x 2'

DOORS OPEN TO TABLE HOLDERS 8.45 am.

REFRESHMENTS and TOMBOLA in Aid of CLASP
Doors open to table holders 8.45am

For information and table bookings
07724 698 283
ek1000@btinternet.com

REFRESHMENTS and TOMBOLA
Charity No. 1029710

SUFFOLK
LIBRARIES

WHERE
I BELONG

LEGO Club

Clare Library

Saturdays 10:30-12noon



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

clare.library@suffolklibraries.co.uk
01787-277702



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

HMRC charity number: 1134476

Memories are Golden

Open

Monday–Thursday 09.30–2pm

The Old Parkway School, Unity Offices, Park Road,
Haverhill, CB9 7YD

Memories are Golden specialises in offering day care services to individuals living with dementia and suffering from heart conditions, diabetes, and other long-term physical challenges.

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

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

£55 per day

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

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

Saturday 20th April

creative
ARTS EAST

DREAMSTONE
PRODUCTIONS



Murder in Stansfield

PRIZE!
for best dressed
Bogart or Bacall

Join our immersive murder mystery party
Can you and your friends help solve the crime?

Doors 6.30pm - 7pm Start - Licensed Bar - Raffle

Tickets £15 / Under 18 £10 - Supper Included

Booking is in advance - Suitable for 10yrs + (with parental discretion)

To book visit: ticketsource.co.uk/stansfield-village-hall

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

Stansfield Village Hall
Hall Lane, Lower Street, Stansfield CO10 8LW
Registered Charity 304939



Supported using public funding by
ARTS COUNCIL
ENGLAND

Stradishall Parish Council News

A meeting of Stradishall Parish Council took place on Monday 4th March 2024. **County Councillor Bobby Bennett and District Councillors Karen Richardson, Marion Rushbrook and Nick Clarke** attended the meeting. Items on the agenda included approving final information for the internal audit of the Parish Council's accounts and a review of the budget.

Reports from County Councillor Bobby Bennett and District Councillor Karen Richardson

Their reports have been uploaded on the Parish Council's website at <http://stradishall.onesuffolk.net/about-us/meetings/meetings-reports/6th-march-2023/> along with other documents discussed at the meeting.

Cllr Bennett spoke about Suffolk County Council's budget for 2024/25. Some money has been taken out of reserves, but cuts will also need to be made.

There has been another accident on the A143. She had a meeting with Suffolk County to look at ways to improve safety along the road. Suffolk Highways is saying that new speed surveys will need to be carried out as the previous ones are now out of date.

Speeding update

Speeding is an ongoing source of frustration for Stradishall Parish Council. We have tried over the years to get a speed limit reduction along the A143 near the Highpoint Estate and Stradishall

Crossroads and along the B1063 at Edmunds Hill, all without success. Whilst we can submit requests to Suffolk County Council, the decision rests with them as the Highways authority.

We put in a request to Suffolk County Council to install three posts for a vehicle activated sign (VAS) in Stradishall Village in September 2023. We have been told that the posts were ordered at the end of February and should be installed by the end of May. If you have concerns about speeding, we encourage you to email your County Councillor Bobby Bennett and the Police.

Their contact details are:
Bobby.Bennett@suffolk.gov.uk
ceosudburyhaverhill@suffolk.pnn.police.uk

West Suffolk Council Local Plan Submission Consultation.

No development has been allocated in Stradishall under the new Local Plan. Stradishall Parish Council has received an email from Suffolk Wildlife Trust asking people to sign an online 'e-action' to send them messages in support of asking developers to do more for nature. These messages will then be shared with West Suffolk Council to show them that people want more nature in new developments.

Annual Parish Meeting

Stradishall's Annual Parish Meeting will take place on Wednesday 1st May 2024 at 7pm in Café 33. This is a village

meeting, not a parish council meeting, and residents of Stradishall are warmly invited to attend.

Why not come along and find out more about what is happening in Stradishall and meet your local councillors and representatives from other village organisations?

There will also be an open discussion about any issues raised by members of the public.

Dates of future meetings

Wed 1st May 2024 - Annual Parish Meeting at 7pm followed by the Annual Meeting of the Parish Council.

Mon 1st July 2024 Mon 2nd September 2024 Mon 4th November 2024 Mon 6th January 2025 Mon 3rd March 2025 Meetings usually start at 7pm and take place in Café 33.

Dates for your diary

Saturday 20th April 2024 at 10am – spring clean and tidy up on Stradishall playing field to clean and prepare the equipment ready for the summer, followed by a visit to Café 33 for a free roll and a drink for volunteers.

Contact details for Stradishall Parish

Council Tel: 07880 686069 **Email:** stradishallparishcouncil@yahoo.co.uk
Website: www.stradishall.onesuffolk.net

the
VOLUNTARY
NETWORK

connecting **Communities**
rural transport

WEST SUFFOLK COUNTY COUNCIL

Easter bin collection changes

Usual collection	Revised collection	Change
Friday 29 March	Tuesday 2 April	4 days late
Saturday 30 March	No collection	
Sunday 31 March	No collection	
Monday 1 April	Wednesday 3 April	2 days late
Tuesday 2 April	Thursday 4 April	2 days late
Wednesday 3 April	Friday 5 April	2 days late
Thursday 4 April	Saturday 6 April	2 days late
Friday 5 April	Monday 8 April	3 days late
Monday 8 April	Tuesday 9 April	1 day late
Tuesday 9 April	Wednesday 10 April	1 day late
Wednesday 10 April	Thursday 11 April	1 day late
Thursday 11 April	Friday 12 April	1 day late
Friday 12 April	Saturday 13 April	1 day late

Are you finding it difficult to use public transport?

Connecting Communities is available for those who find it difficult to use public transport.

Our service enables passengers to travel locally, for example to visit friends and relatives, attend medical appointments or take a trip to the shops, access education and workplaces, linking with other scheduled services.

There is a central phone number, *Booking line is open Monday to Friday 8am until 4pm.*

Call 01638 664304

We are here to assist with any journeys that you are finding difficult to do using public transport – perhaps you have mobility issues or there simply is no service available where you live.

Our team will look to see if they can offer a transport solution.

Connecting Communities operates Monday to Saturday 7 am until 7 pm
www.suffolkonboard.com



Monthly trips made 17-24-30-14-28-22-24-22-18-29-21-24 Total Year 2022 = 273 c/w 237 in 2021
 32-32-42-24-41-48-31-26-21-25-35-32
 Year 2023 total = 389 total, 32.4 average 47-62
 Year 2024 to date = 109 total, 54.5 average

Bookings March month to date – 14
 The number of trips made in the 2023 year, at 389, was 42% more than made in 2022.

The initial indications continue that 2024 will be very much busier. In January this year we made 47 trips, which is almost 50% higher than the 32 trips made in January last year. This January was a record month for CarAid compared with the 48 trips made in June last year, if we disregard the 21 trips made for Allie

Godwin during that month. During February we made 62 trips, 32% higher than the record trips made in January. This level of activity represents over 3 trips each workday. The current monthly average of 54.5 trips is 68% higher than last year's average of 32.4 trips.

Some good news. We welcome three new drivers. Nick and Barbara Arundale who live in Lidgate, and Paul Bishop from Clare. Paul will be known to many of us. As stated in previous months the demand for our service continues to grow, but sadly our pool of volunteer drivers does not increase making it more difficult for CarAid to continue to serve our community as effectively as in the past.

Once again can I urge all our volunteer drivers to try to identify and encourage

any potential new persons to join our drivers' pool.

I REPEAT. Although having a pool of just over thirty volunteers, some of whom have limited availability, driver resource still continues to be a problem given the very significant increase in client demand this year. Clearly, we still need to attract more drivers in order to provide the level of service to which we aspire, and our community requires, particularly now that demand is increasing. **The ongoing interesting CarAid Statistic** - In the last 71 months, since April 2018, CarAid has helped 225 different clients, making 1,150 trips.

John Webb 9th. February 2024



CAR AID STATISTICS

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

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


DATE FOR YOUR DIARY

CLASP will be holding a Race Night in Clare Town Hall on Saturday 6th April 2024

This is a great activity for all ages

Please make a commitment to attend and invite family, friends and neighbours





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

DO YOU DRIVE?

DO YOU LIKE HELPING PEOPLE?

DO YOU HAVE A LITTLE SPARE TIME?



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

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

CAR-AID
JOHN WEBB
07724 698283

CAR-AID
JOHN WEBB
07724 698283

CAR-AID
JOHN WEBB
07724 698283

CAR-AID
JOHN WEBB
07724 698283

CAR-AID
JOHN WEBB
07724 698283

CAR-AID
JOHN WEBB
07724 698283

Dear drivers
 You will note that the demand for CarAid services **exploded** in February, with the 62 trips made averaging over three trips per weekday. Many thanks to those drivers who enabled us to satisfy that exceptional demand, although not without some difficulty. There were occasions when, if I were blessed with hair, I would have been tempted to tear it out. As of this morning I have taken 22 bookings for March. I am pleased to report that Sue Hickford has joined us as a CarAid driver, but we are losing Rachel Musgrove who is shortly moving to London. Many thanks Rachel for your past contribution.

John Webb

St Mary's Church Poslingford, Fun in the churchyard

A fun filled afternoon in the Churchyard, the daffodils and primroses were out and made a lovely blanket of colour. After hiding small Easter Eggs around the churchyard, the children were encouraged to find them and swap them for additional gifts. Coffee and a hot cross bun were a welcome treat for the adults, while watching and cheering on the egg and spoon races. Donations from this event were taken to the Community Pantry. Next month, join us on Saturday 13th of April at 1pm bring your seeds to exchange with others or join to build bug houses, wild flowers and of course a cup of coffee, slice of cake and a chat

Wildlife and Flowers

Saturday 13th April at 1pm

St Mary Church, Poslingford

Please bring seed to exchange, bug hotels, bird feed and sunflowers.



CLEMENTS CHIMNEY SERVICES

Proud members of
Checkatrade.com
Where reputation matters

07810 616 837
clementschimneyservices@outlook.com

Cinema in Stansfield presents...

creative ARTS EAST

Friday 12th April
Stansfield Village Hall
Hall Lane, Lower Street, Stansfield CO10 8LW

ADEEL AKHTAR CLAIRE RUSHBROOK

ALI & AVA

A FILM BY CLIO BARNARD

Doors 7pm - Film 7.30pm - Licensed Bar - Tickets £5 on door
enquiries: friends@stansfieldvillage.org.uk or 01284 789192
Registered Charity 304939

Generously supported by Local Authorities and our principal funders:

Supported using public funding by
ARTS COUNCIL ENGLAND

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

Please recycle me

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

West Suffolk District Councillors (People relevant to Parish Pump villages)

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

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

Sarah Pugh Sarah.pugh@westsuffolk.gov.uk

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

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

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

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

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

Clare Community Food Bank

Free food at the Community Pantry in Clare Parish Church
07456 863 555
www.boomerangspetfoodbank.co.uk/



You can donate to our pantry by following this link
www.tinyurl/ClareCommunityPantry





Smallholding by Chloe Gridley

Lambing time in Stansfield



As you well imagine Chloe is extremely busy this month. We hope, she will find sometime in her hectic schedule to let us have an update on all things “small holding” next month. We need to be patient!



ST. MARGARET'S REVITALISATION PROJECT STRADISHALL



STRADISHALL COMMUNITY SURVEY UPDATE

As mentioned in previous editions of the Parish Pump a survey was circulated to all the households in Stradishall in February.

The purpose of the survey was to help Stradishall's various community organisations assess the level of interest of the residents of Stradishall for a community facility within the village.

The survey posed two crucial questions. The first was to determine the interest of the village for a community facility. The second question sought to understand if

those in favour of a community facility considered it should be located either integrally with the Church or a purpose-built building within the village.

The survey return date was Wednesday 21st February and the returns have now been assessed. 195 surveys were issued, 38 households responded and 157 did not. This equates to a response rate of 19.5%.

Of the 38 responses 37 were in favour of a community facility. Of the 37 households that were supportive 18 (9.2% by all households) favoured the Church

location, 14 (7.2%) favoured a purpose-built facility and 5 (2.6%) expressed no preference.

The results of the survey have been passed to the **Parochial Church Council (PCC)**. They are currently assessing how to best proceed with the revitalisation project. It is anticipated that the PCC will communicate the outcome of their assessment at the end of April.

Further updates on the project will be provided in future editions of the **Parish Pump**.

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: parish.pump@gmail.com or please ring 07711 689 171



**Stansfield
Good Neighbours**

07827 128511

stansfieldgoodneighbours@outlook.com

FREE HELP WHEN YOU NEED IT MOST

Stansfield now has a friendly team of volunteers to help with a range of small tasks

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



RED KITE TILING

Floor and Wall Tiling Specialist

Do you need tiling work done?

Based locally to Wickhambrook, and covering the West Suffolk area, Red Kite Tiling provides Ceramic, Porcelain & Natural Stone floor and wall tiling services.

If you have tiling requirements you would like to discuss, including small jobs or repairs, please get in touch for a **FREE** no obligation consultation and estimate.

Reliable, friendly and responsive service. Fully insured

07833 794570

info@redkitetiling.co.uk www.redkitetiling.co.uk



**Well-presented office to rent
in central Haverhill
Suitable for professional use
as an office, studio or
workshop.**



**Super-fast broadband
Good natural light
Letting term: negotiable &
flexible.
Please call 01440 708063 to
arrange a viewing or for
additional information.**

Happy beginnings, Happy futures.



Happy Days Childcare



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

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

01440 820 027

debbie@happy-days-childcare.co.uk

1, Lancaster Way, Stradishall. CB8 9YD.



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

OLD GOAT BREWERY

FINE ALES, BREWED ON THE PREMISES

WINE, SPIRITS & SOFT DRINKS ALSO AVAILABLE

WWW.OLDGOATBEER.COM

THE COMPASSES
HIGH ST,
STANSFIELD
SUDBURY. CO10 8LN



01284 789009

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

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



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

Please note the Old Goat Brewery has undergone substantial refurbishment and is now open and is ready for lots of activity in the Spring.

Who is who in our local church benefices?

BENEFACTICE	CHURCH	INCUMBENT VICAR	CONTACT	ELDERS AND OFFICIALS
 BANSFIELD	COWLINGE	The Revd Eve Bell	07815441304	Dr Paul Bevan Mrs Fiona Evans
	DENSTON			
	LIDGATE			
	OUSDEN			
	STANSFIELD			
	STRADISHALL			
	ASSINGTON GREEN			
	WICKHAMBROOK			
STOUR VALLEY	CLARE	The Revd Mark Woodrow	01787277515	The Revd Dr Karen Smith
	POSLINGFORD			
SUFFOLK HEIGHTS	HAWKEDON	The Revd Clive Fairclough	01284 615828	Mrs Heather Phillips Mr David Taylor
SUFFOLK HEIGHTS	THURSTON END	As Hawkedon	As Hawkedon	As Hawkedon

DKC PLUMBING

Oil Boiler Specialists

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

- Oil Boiler Servicing
- Oil Boiler Breakdowns
- General plumbing
- and More...

95% of
boilers are
fixed in the
first hour!

Check Us
Out On
Line



Call **07375995198**

www.dkcplumbing.co.uk



Guess where?



INFORMATION
PACK



YOUTUBE
VIDEOS

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



HOW TO APPLY



EMPLOYERS
GUIDE



SWIFT TO SERVE

BE AN ON-CALL FIREFIGHTER
PROTECT YOUR COMMUNITY
CHALLENGE YOURSELF

**APPLY
NOW!**



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

Wickhambrook Farmers' Market



With your continued support we will return in April and then the second Sunday monthly.

Thank you
Martin

Wickhambrook Fire Station

Recruiting *On Call* Firefighters



NEED MORE?

OPPORTUNITY
BELONGING
COMMUNITY



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

SUFFOLK FIRE AND RESCUE SERVICE

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

A1CARS

SUFFOLK (LTD)

24 hour taxi and
Executive Service
Airport Transfers

book@a1cars.co.uk

www.a1cars.co.uk

01284 766 777

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

Denston Village Hall presents:



DENSTON

QUIZ NIGHT

Saturday
20 APRIL

Doors open at: 07:00pm
Start at: 07:30pm
@ Denston Village Hall

£5

Come alone, or
form a group

Bring your own drinks

For registration & further information:
denstonvillagehall@gmail.com
or phone: 01440 821641

Gardeners Get Ready!

donations wanted for
Stansfield Plant Sale
Saturday 18th May



* Calling All Growers *

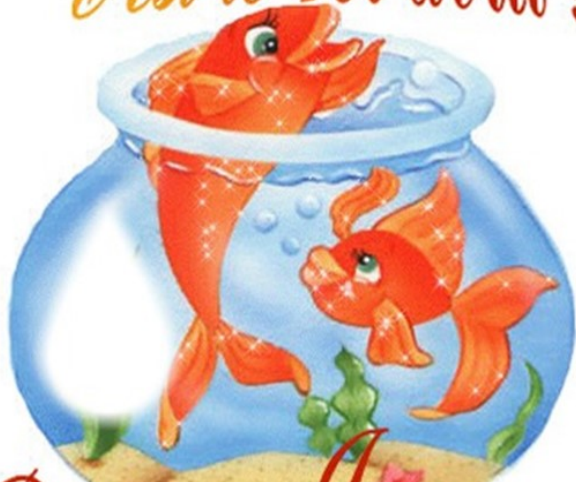
Could you raise some extra plants this spring
to support the Village Plant Sale

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

Stansfield Village Hall Charity No 304939

We solemnly declare that *this edition* contains no *April Fools' articles. We have posies in Poslingford, but no treacle mines, speed calming in Stradishall, but no spaghetti trees. *For the Francophiles: Joyeux Poisson d'Avril!

C'est le 1er avril!



Bonne Journée

YOUR CARAID NEEDS YOU - VOLUNTEER DRIVERS

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

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

Drivers are paid 45 pence per mile if requested.

If you would like to find out more, please phone **John Webb on 07724698283.**

Stansfield Village Hall



Join our friendly committee

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

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

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

Come and join us!

Interested? – get in touch
01284 789 192

friends@stansfieldvillage.org.uk



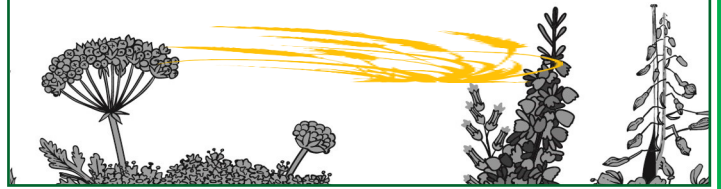
WATSONS PLANTS

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

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

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

Louise Watson 07952 638016 Chris Watson 07941 640560



Please note that in the winter months Watsons are not open on Mondays or Tuesdays.

Rural Coffee Caravan

Making a difference to rural communities throughout Suffolk

Come and share a pot of tea, our welcome is warm and our friendship free!
We'll be visiting
Stansfield Village Hall
Hall Lane, Lower Street, CO10 8LW

Next Visit 18th April
2024

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

We look forward to seeing you.
All Welcome!



www.ruralcoffeecaravan.org.uk tel:01379 855 338



Rural Coffee Caravan is a registered charity No. 1187632



Organic seasonal Suffolk grown veg boxes delivered direct to your doorstep

To order, visit our website
www.sunshineandgreen.co.uk



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



Mary Cleaver



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

Absent Parents

Government and the court system have for a long time grappled with the problem of ensuring an absent parent makes a financial contribution to the cost of raising children. The Child Support Agency was set up in 1993 as a means of trying to recoup the cost of paying benefits to approximately 900,000 single parent families. Now called **the Child Maintenance Service ('the CMS')**, it is an agency within the remit of the **Department for Work and Pensions** and has recently been audited by the National Audit Office to consider whether it achieves value for money for the taxpayer. The National Audit Office's report revealed serious failures in the collection of payments to support separated parents in caring for their children. The CMS is used by 18% of separated

families to assist in their financial arrangements. There are two processes offered by the CMS - 'Direct Pay' and 'Collect and Pay'. 'Direct Pay' is a system by which the CMS calculates the maintenance due but the parents are responsible for transferring the money between themselves. The 'Collect and Pay' system not only calculates the maintenance due but goes one step further and arranges the transfer of the money between the parents. A fee of 20% is charged to the paying parent for this service and the receiving parent is charged 4% of the amount collected. In the UK, around 270,000 children are covered by Collect and Pay arrangements. However, the audit report revealed that £440 million is owed to separated parents who use the 'Collect and Pay' system as of

October 2021. This demonstrates what families have been experiencing for a considerable time and indicates that the CMS is not fit for purpose, is incapable of successfully investigating the paying parent's means and enforcing the payment decision, thereby contributing to the struggle single parent families face when in the poverty trap. If it could achieve its mandate, significant savings would also be achieved in the cost of welfare benefits to keep families above the poverty line.

Please note Mary has been extraordinarily busy this month and has not been able to give us an article this one from 2022

Hi there I'm your local specialist in Chimney works covering Suffolk, Essex and London. I currently work with a number of Chimney Sweeps as their first point of call to recommend me to their customers. I'm hard working honest and very reliable. I install all types of Chimney pot bird guards. Chimney pots, Liners and Log Burners. We also sweep chimneys as well. If I can assist you in anyway please don't hesitate to contact me. We also advertise with **Check a Trade**. Please see all our reviews on there. I'm available on email, ClementsChimneyServices@outlook.com
Tel; 07810616837 Many thanks, Levi
Clements Chimney Services

CLEMENTS CHIMNEY SERVICES
Your local specialists in all chimneys works
All types of chimney pot bird guard cowlings
Chimney pots • Log Burners
Liners • Repointing of chimney stacks

©7810 616 837 • clementschimneyservices@outlook.com

Logos: HETAS, Checkatrade.com (Proud members of), myBuilder

Levi Clements, our chimney specialist, very kindly paid for our colour front page

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

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

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

Chimney Matters Town and Country



Professional Chimney Sweeping

Fully Insured

Mobile : 07767 864127

Phone: 01284 789663

www.chimneymatters.co.uk

CARS WANTED PETROL OR DIESEL



CASH PAID

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

ALL MOTORCYCLES WANTED

Darren 01376 326163

Young People of the Year

Reveals, Recognises and Rewards Positive Role Models

Tony Gearing MBE

Founder, YOPEY (charity 1145573)

email: tony@yopey.org

tel: 01440 821654

mob: 07711 255 675

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

www.yopey.org | yopeybefriender.org



Problem Page

with Carol Reay-Glover



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

Dear Carol

I am a trans woman and I moved to this area a year ago. I moved from London and before that was in Sydney. I am finding the attitudes around here very different, and I feel more than a little uncomfortable. Big cities I guess are very liberal and up to date on things. Here I notice if I don't speak about myself openly it's fine but if I am honest about everything, people sometimes are visibly, openly shocked. Then treat me as though I'm a weird curiosity. I moved here with my job but don't know whether to stick it out or plan a move back to London. I'd be interested in your thoughts.
M

Dear M,

My first thought is to hear you and respect your experience. You are speaking from direct personal experience, and you notice a difference here from other places you have lived. It's very important to be able to live an authentic life so I see your dilemma. Whether this is just the chance of who you have encountered while living here is so hard to say. I have no data to go on. Are attitudes significantly different in different areas? It seems very possible. Of course, there is much more diversity in big cities and acceptance of diversity can lead to a celebration of diversity which in turn leads to inclusion. At the same time, I would also hope that people everywhere could be respectful. My thought would be to be as open as you want to be - to always be yourself. One might hope that this could even drive change if change is needed. Having said that you must live your life for you, not to help others gain broader experience. Speaking as a local resident I hope you can stay in the area. And that as you meet more people you find greater awareness, maturity, and empathy from those you encounter.
Best wishes M
Carol

Wickhambrook WI March Meeting



For our March Meeting we were joined by **Paul Roe and Holly the Wellness dog**. An ex

police officer of 30 years standing Paul had come along to talk about his experience of dealing with PTSD. Paul had been attacked on New Year's Eve 1998 when he was knocked to the ground and kicked unconscious. After three months off work he was just told to get back to his job without any form of counselling or help in any way. During his career Paul was unfortunately caught up in the aftermath of several serious train crashes : Paddington Rail Crash 1999; Hatfield Train Crash 2000; Potters Bar Train Crash 2002; finally the Reading Train Crash 2004. All these incidents involved fatalities and eventually took their toll on Paul's mental health. At that time there was little help available for serving officers and they were expected to get on with the job. Paul finally had a breakdown six years ago and eventually



Paul Roe and Holly

retired from the police force in 2003. Together with his dog, Holly he set up **Blue Paw Wellness and Trauma Support** with the aim of helping others who were in a similar situation. Paul and Holly visit workplaces talking to people who are suffering from stress or PTSD and helping them to come to terms with their problems. During the course of the meeting Holly wandered around quite happily moving from person to person for a stroke and a fuss. It has been said that stroking a dog or other pet can lower a person's blood pressure significantly. Paul has been involved with the Royal Foundation where he met Prince William who has talked about mental health and related to the time he spent as a helicopter pilot. Paul ended his talk with a powerful video "The Sound of Silence" showing how people can be helped by being encouraged to open up about their feelings and emotions. He says that he and Holly will continue their work in order to help as many people as possible.
Wendy Mansfield



**Lots of Kingcups
in the pond with
lots of mating frogs
that you can't see!**

PLANT SALE!

DON'T MISS OUT, GRAB A BARGAIN



Bedding,
Perennials and
Vegetables

Refreshments
available

Free Entry

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

treeworx

est. 2005 NPTC QUALIFIED



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

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

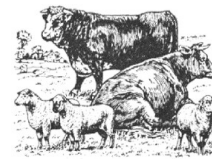
To discuss your requirements and for
a free no obligation quote please call:

CLARE BASED
07796 848928
tree_worx@yahoo.com



J.R. HUMPHREY & SONS

YOUR LOCAL FAMILY BUTCHER



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

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

ALL ASPECTS LANDSCAPING AND FENCING

- | | |
|---------------------|-----------------------|
| - FENCING / GATES | - TURFING / SEEDING |
| - PATHS / PATIOS | - DRIVEWAYS |
| - CURB STONE EDGING | - TARMAC / TAR & CHIP |
| - GARDEN CLEARANCE | - DIGGER WORK |

Father and son business Many Years Of Experience

JOBSALLASPECTS@HOTMAIL.COM

01284 624089 - 07990 795302



e with PosterMyWall.com



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 265 425
Email: kevin.gridley12@gmail.com



Rothwell's Carpet Cleaning

Carpet Cleaning & Stone Floors, Upholstery, Rugs

A few points that make us stand out,

Rothwell's has been in business since 1993

We're an honest local family firm.

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

Members of both the NCCA and TACCA.

We will move the furniture.

100% satisfaction or it's FREE.



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

01638 428 060 www.Rothwells.biz



EXPERT FOOTCARE

AVAILABLE IN WITHERSFIELD, CB9 7SE

FREE ONSITE PARKING AVAILABLE



ALL ASPECTS OF FOOTCARE COVERED INCLUDING:

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

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

**Book your
appointment!**



J.A.P. Architects

Market Hill, Clare, Suffolk CO10 8NN

T: 01787 279490

E: enquiries@japarchitects.co.uk

W: www.japarchitects.co.uk



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

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

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



David Pryke Motor Repairs Limited



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

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