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PARISH PUMP

Tear Alert
Please read Martin
Kinna's article on
page 5. I think will
get to you!

No 370

parish.pump@gmail.com

DECEMBER 2023



Come and join us at Stradishall Church for our Village Christmas on Saturday 9th December 12:30 – 4pm with Santa arriving at 2:15pm Find out more inside (Page 19)

1474 - 2024
theDenston 550

Coffee Morning
Thursday 7th December
10am - 12 noon



We at Parish Pump are very grateful to our friends who have generously funded the colour front page of our paper editions. This month it is Denston and Stradishall churches who have stumped up. Thank you!

Rector's Ramblings December 2023



The Rector's Ramblings: "Peace in an unpeaceful world" – December 2023

For most of us, Christmas is a time of year that is often associated with peace, joy, and goodwill. However, in a world that is all too often filled with conflict and strife, it can be difficult to find true peace. As a Christians, we believe that the true meaning of peace can only be found in Jesus Christ.

Peace is often defined as the absence of conflict or war. However, true peace is much more than just the absence of violence. It is a state of tranquillity and contentment that comes from a deep sense of inner harmony.

Jesus is called the Prince of Peace. And at

that very first Christmas, He came to earth to reconcile us to God and to each other. Through His life, death, and resurrection, Jesus has broken down the walls of division and separation that we have built between ourselves and God.

The peace of Christ is a gift that is available to all who believe in Him. It is within that personal relationship that we are able to experience the peace of God in our lives. This peace will not always be easy to find, but it is always worth seeking.

But how can we promote peace in our world? Well firstly we need to start closer to home, by finding peace in our own hearts. We can do this by spending time in prayer and worship, reading the Bible, and fellowshiping with other believers. We can also promote peace by being peacemakers in our relationships with others. We can do this by being forgiving, kind, and patient. Finally, we can pray for peace in our world. We can pray for the leaders of our nations, for the victims of war and violence, and for all people who are seeking peace.

Christmas is a time to celebrate the birth of Jesus Christ, the Prince of Peace. As we celebrate this special time of year, let



Karen and Mark

us remember the true meaning of peace and let us strive to experience this peace in our own lives and in our world.

Here are my final thoughts on the true meaning of peace at Christmas:

- Peace is not the absence of conflict, but the presence of God.
- Peace is not a feeling, but a state of being.

Peace is not something that we can achieve on our own, but something that we receive from God.

May you have a **Merry Christmas and a peaceful New Year!** And I hope to see you at one of our Christmas Services across the benefice.

Mark

**The Revd Mark Woodrow
Rector**

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Autumn Glory



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Cindy Buxton's fabulous talk in October

On Thursday 12th October we were treated to a captivating talk by Cindy Buxton on her time filming the incredible

filming was cut short by the invasion of Argentinian forces during their attempted occupation of the Falkland Islands. Cindy

All Saint's Church in Wickhambrook. Thank you to everyone for their support and to PLACE SETTING for lending us



wildlife of the Falkland Islands and South Georgia. Film and photographs from the time gave us amazing insights into the life of many breeds of penguin, Albatross, other cliff and rock dwelling birds as well as the enormous elephant seal. Her

recounted the re-taking of South Georgia by British forces and their rescue and repatriation back to the UK. Over 180 people were packed into the Wickhambrook MSC for the evening and we raised over £3,200 for the upkeep of

glasses, plates, cups and saucers; POWTERS for their contribution to the selection of cheeses; PRO AV for lending us projector and sound equipment and WICKHAMBROOK STORES for providing extra parking .

Women's Institute CHRISTMAS FAMILY FAIR

Saturday 2 Decemer 2 – 4pm

WI Hall WICKHAMBROOK

Stalls – Craft, Cards, Bottle tombola, raffles, Children's Bran Tub, Maison de Clements gifts and Christmas wreaths, and Matthew Lawfield selling Christmas Trees and of course the WI's tea and cake. All welcome *Free entry*



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Christmas Cactus

PLEASE NOTE

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

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**Martin
Kinna**

What a year it has been! So much that which was not foreseen and a bit of the same old, same old.

Being British, or at least mostly so, we look back on a year of odd weather. Where we are building a new home, we even have pondweed on what we expected to be a lawn. The heavens opened at unlikely times and at others we had to chase around emergency watering in the garden. Nothing can be foreseen it seems and calamities appear all around the world, be they melting ice caps, unexpected wars, deprivation, or disasters.

The Coronation of a new Monarch, a man of intense humanity who cares about the future of the planet, contrasts with the unhappiness we feel from the appalling images we see on our televisions. Where are we heading? Not one media pundit can predict the way.

As we return to our families to celebrate Christmas, and remember happy times together, we are confronted by the unease of living in such great uncertainty. But we have been here before and got through. The reflections of **Armistice Day** point to that.

As I get out the decorations, try to rekindle the lights on the tree, find again the feeling of cheer for those with whom I am so happy to celebrate the season, I cannot but think of those people I see living on the streets, or hear the stories of people who just hope for a meal let alone a Christmas meal, and I feel the anguish of refugees from so many parts of the world, the pain of those trying to live in areas of war torn oppression or simply trying to find somewhere safe to exist.

What a sad world we have made for ourselves even here, in Suffolk, where we can live in relative safety, comfort and daily happiness in our beautiful part of England, in once the most envied country in the world.

We hope to be moving house in the new year and still will be in our tiny village which we love so much. We have begun the great sort out, decluttering, the chucking out and the “Good Heavens! I had forgotten we had that” or the “Where did that come from.?” moments. In doing so I came across a pile of things I had written years ago. Among them was a short piece I had penned while taking a course in “**Creative Writing**” at the **City Literary Institute** in London. We had been asked to write a short seasonal story for children. Please allow me to reproduce it here:

Ragged Robin, a short Christmas story for children.

Time to look forward, and back

How it all began:

When it came to the Collection the Church Warden handed round a brass plate and the congregation began to put in their Christmas offerings. There were sovereigns and half sovereigns and silver coins of many denominations. The raggedy boy stood at the back, by the font. He knew his clothes smelled and he did not want to try to sit by the grand people with their silks and satins and their fur muffs and upset them.

A Church Warden stood before him holding out the plate. What could he give on this, Jesus’s birthday? He had no money or anything. Then he remembered the present he had been given by the lady at the market stall and out of his pocket he drew the bright red apple. Shyly he rubbed it on his trousers and then placed it carefully on top of the coins. It was all he had in the world, but he gave it with all his heart.

The Church Warden scowled and took the plate up to the altar. Then he heard the Vicar say, “Who has given this apple?”. The congregation murmured and began to look about. In a shy, faltering voice the boy said, “Please Sir, I did, Sir “.

Suddenly all eyes were upon him. Robin felt himself blush and he felt weak. “Come here, young man”, said the Vicar and with shaking legs the raggedy lad began to walk slowly up the aisle. “I knew I should have not dared to come into this place”, he thought, “Even if it did look so bright and warm and inviting”. He stopped by

the Chancel steps and stammered, “I am sorry Sir, but it was all I had to give”.

A buzz of conversation went round the congregation. “Then you have given more than anybody else here “, said the Vicar, “and for that you should be rewarded” as from his cassock he took out a sixpenny piece and gave it to the boy.

“And what is your name, boy?”, he asked. “R.R.RRobin Sir”: came the reply.

The vicar turned and surveyed his flock, “: And which of you will take this young man into your home this Christmas?”. There was a pause. One gruff man in the front pew was heard to mutter “Preposterous” under his breath. Then, after a spell that had seemed to last for all eternity to the boy looking so sheepishly at the congregation, a small shrill voice was heard. “Oh, we will, won’t we Mother?”

Robin looked at the little girl who had spoken, her pretty pink face beset with ringlets descending from her small fur trimmed hat, her bright eyes looked beseechingly towards her mother. Her mother smiled and she slowly looked up towards the Vicar.

“Then we will, sir. We will be happy to”. And at the same time her husband nodded his consent.

And this was how the little orphan boy in his raggedy trousers came to meet his new family.

And the rest? Well, the rest is another story. A very merry Christmas to all you readers!

Martin

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Coffee Caravan to bring Christmas Cheer to Stansfield.

The Coffee Caravan will make its last visit of the year to Stansfield Village Hall on Thursday 21 December a festive celebration by serving mulled wine and mince pies alongside the usual offer of proper tea, coffee and homemade cakes. As it is the first day of the school holidays, there will be seasonal activities and treats for children.

The visit from 11am to 1.30pm will also include a lunch of homemade soups, with vegan and gluten free options, served with rolls from the award winning local bakery, **The Friendly Loaf**.

Diana Patrick, of Rural Coffee Caravan, resumed the charity's link to the area in January this year and quickly established her monthly visits as a highlight in

Stansfield. During the past year she has handed out useful advice on claiming support and benefits, signposted people to sources of help, given away three slow cookers and food vouchers and handed out all sorts of gizmos and gadgets ranging from new ferrules for walking sticks to a handy pack for use in power cuts which includes an emergency light. Above all, she has created a cheerful community cafe which provides a warm welcome to everyone - do come and join us on 21 December whatever your age and whether you live in Stansfield or one of the surrounding villages.

So don't forget: Rural Coffee Caravan: Stansfield Village Hall, Thursday 21 December from 11am to 1.30pm!

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 next 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**

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admin@stanwo.co.uk



Stansfield residents enjoying a delicious lunch of homemade soup during the November visit of the Rural Coffee Caravan



The Rural Coffee Caravan team in the kitchen at Stansfield Village Hall. left to right **Diana, Garry and Elaine**

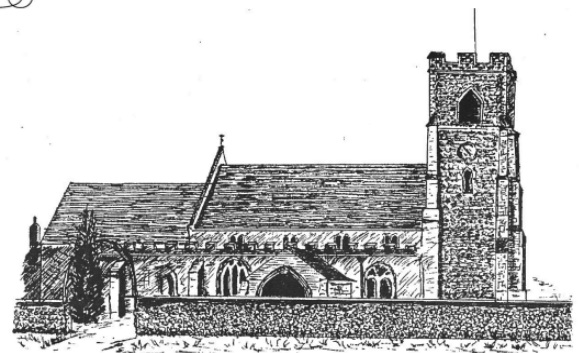
West Suffolk
Council

Christmas and New Year bin collection days

Collections will take place as normal up to, and including, Friday 22 December 2023

Usual collection	Revised collection	Change
Mon 25 Dec	Sat 23 Dec	2 days early
Tue 26 Dec	Wed 27 Dec	1 day late
Wed 27 Dec	Thu 28 Dec	1 day late
Thu 28 Dec	Fri 29 Dec	1 day late
Fri 29 Dec	Sat 30 Dec	1 day late
Mon 1 Jan	Tue 2 Jan	1 day late
Tue 2 Jan	Wed 3 Jan	1 day late
Wed 3 Jan	Thu 4 Jan	1 day late
Thu 4 Jan	Fri 5 Jan	1 day late
Fri 5 Jan	Sat 6 Jan	1 day late

Collections as normal from Monday 8 January 2024



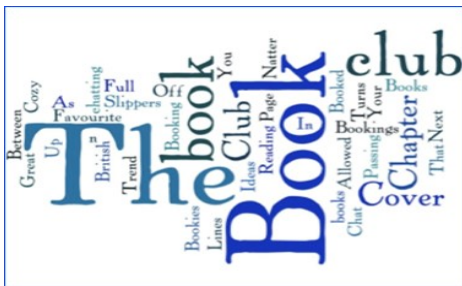
Christmas Eve Carols 5pm
All Saints, Wickhambrook

Followed by Drinks & Nibbles



Christmas Day Service 10am
All Saints, Stansfield





‘This now ranks in my top 5 books’ enthused one member after reading **The Lincoln Highway** by Amor Towles. Some had more reservations than others, but we all found much to enjoy in this rich and complex book.

Whilst seeming to promise a road trip along the Lincoln Highway it turns into an unexpected adventure following the continual digressions which divert our protagonists from keeping to their planned route. We see very little of the Lincoln Highway. The meanderings and going off at tangents was frustrating for some – leading to comments of ‘over wordy’ and ‘too long’. Towles doesn’t follow a normal narrative arc with a clear beginning, middle and end of the story. It starts where we are told all great epics start - in ‘medias res’ – by plunging into the middle of things where ‘there should be just as many important things that have happened as important things that haven’t happened yet’. The chapters count down from 10 to 1 culminating in an ending which is actually a new start, beginning the original desired journey to



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California along the highway. So, we start with chapter 10 which sees Emmett Watson, 18 years old, being driven back home to Nebraska from a juvenile reformatory where he has spent time for the unintentional killing of another teenager or as his warden puts it - being ‘the ugly side of chance’. It’s June 1954, his father has died, the family farm has been foreclosed by the bank, and he is now solely responsible for his eight-year-old brother, Billy. Emmett plans to take Billy to California to start a new life. But first Billy persuades Emmett they should drive his old Studebaker on the Lincoln Highway to San Francisco to find their mother, who walked out on the family years ago. However, two of Emmett’s fellow inmates turn up – stowaways in the boot of the warden’s car: streetwise

Duchess on a quest to ‘balance debts’ and settle scores and his sidekick Woolly, kind and loyal but at odds with the world. They have a very different plan, one which will take the four of them on a momentous journey across America in the opposite direction – to New York City. Their adventures are told from the different perspectives of the characters and whilst it could be a challenge to constantly move from character to character, we thought

it was done well and allows for deep insights into their pasts and inner selves. All the characters are complicated and interesting, and we were sympathetic to them all. There is a repeating pattern of neglectful fathers and absent mothers – we were disappointed that we never get to meet Emmett and Billy’s mother whose backstory is never fleshed out. Sally, hardworking daughter of the Watsons’ neighbouring farmer, is the only female voice in a male dominated cast. But what a voice she is! We thought she was spectacular in how she comes to defy the patriarchal expectations of the time. She is so strong and forthright – we all loved Sally!

The whole story is underpinned by Billy’s big red book which goes everywhere with him, ‘A Compendium of Heroes...’, an A to Z of mythical and real heroes, such that the narrative is interwoven throughout with related themes: What makes a hero? What is honourable? What is right and wrong? What is justice? Emmett is on his own long and complicated Odyssean journey where he is continually being tested and in the last chapters, which become very intense and dark, he becomes the focus of these big questions, and, whilst always a hero to his brother, we remained inconclusive as to where we thought he stood...

It’s long (600 pages) and dense but with so much going on at so many different levels we found this book a hugely thought provoking and rewarding read. For our next meeting we are reading **Small Things Like These** by Claire Keegan. We welcome new members and if you would like to join us please contact annedennis1@live.co.uk or 07557357362

theDenston 550 Coffee Morning

In aid of St Nicholas’ Church Denston

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

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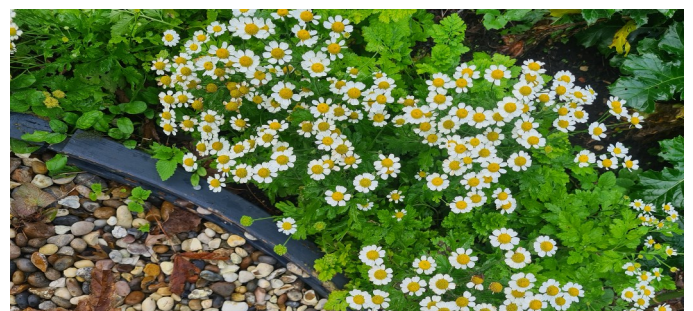
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Feverfew in our garden!



STANSFIELD Parish Council

Working with our local community

Stansfield Parish Council are planning to increase the ways that residents can meet and interact with them and give their views on issues affecting the village.

Some Saturday morning social drop-ins are being planned for the New Year as the first move in this campaign to be more open. These events may be attractive to those who find council meetings too formal or intimidating.

"We very much want to work for the residents on issues they are concerned about. To do this we need their input. Parish Council meetings only allow a short amount of time for this, so we want to offer some new opportunities that are more welcoming, more friendly and encourage residents to voice their views and concerns," said Chairman, Cllr. Rex Barnes.

"In addition, we are setting up a working party to look at the whole issue of community engagement, both information that the council gathers in and gives out, and we invite any residents who would like to help, to join this group. Please let me (rexstansfieldsoc@gmail.com) or any councillor have your name. The first meeting will be in the New Year."

At present there are six formal parish council meetings per year, and this may be reduced to four or five, always with the option to hold an extra meeting at short notice if an issue, such as a planning application, arises.

Next Stansfield Parish Council meeting is 17th January, 7pm, Village Hall.

First Aid AWARE!and the defibrillator

Would you know what to do if the person next to you was choking.... had a stroke. ...stopped breathing....fell down stairs... or...cut themselves badly?

These were a few of the many topics covered by **Dot Parker** of the Community Heartbeat Trust, in her Saturday morning session at the Village Hall in Stansfield on 18 November. It was attended by 15 people with the aim of making them much more confident to act decisively rather than to freeze in a medical emergency. Of course, dialling 999 was the core message, but what to do whilst waiting for qualified help was the focus of this event, organised by parish councillor Andrew Pallett. The Parish Council will now look at ways to spread Dot's message more widely amongst residents in the village. Dot also

demonstrated CPR resuscitation and the use of the defibrillator which the Parish Council owns, and which is situated on the outside of the Village Hall.

NB: Dot's fee for this event was kindly donated by a resident, and in turn Dot pledged to give this fee to the Children In Need appeal. She said she would be delighted to return to Stansfield to give an encore on production of the recipe for the home-made biscuits that were served!

Save Glem Valley—a solar farm coming to a field near Stansfield?

Unightly, occupying food producing land, facing away from the sun, not offering any local benefits and causing road chaos whilst under construction... these were remarks made to Stansfield Parish Council at their November meeting by the Save Glem Valley group, about a proposed solar farm at Boxted near Hartest. Put the solar panels on roofs instead, they pleaded.

They pointed out that Stansfield was the epicentre of a circle with a four-mile radius where there are at least seven proposals to build solar farms on agricultural land in this part of Suffolk. For or against these moves? Please have a look at www.saveglemvalley.org to make your comments.

Speeding in Stansfield

An APNR device which records the speed, and the number plates of vehicles was sited by Suffolk County Council on Plough Hill for a few days in late October. When available, data from this exercise will be considered by the Parish Council as part of their deliberations into the best way of discouraging speeding through the village.

Your comments on this will be welcomed to any parish councillor or the parish clerk David Lines clerk@stansfield-pc.gov.uk.

Libraries...and Long Covid.

West Suffolk Council (WSC) is reviewing library services in the district...Are you happy with these or would you like to see change?

And if you know anyone suffering from Long Covid, WSC may be able to offer some support.

Please contact Sarah Pugh at Sarah.Pugh@westsuffolk.gov.uk.

Parish Clerk

A candidate for this vacant post has been welcomed by the parish council and will

take up office in the New Year. A new laptop computer dedicated to parish affairs has been donated at no cost to the parish, for use by the new clerk, who will initially be mentored by the existing locum clerk.

Village Noticeboard ...and the Village Sign?

After a call for quotations went unanswered, a Stansfield Good Neighbour Scheme volunteer stepped in to repair the noticeboard which had been letting in water. They will also look at the village sign which is leaning towards the road. Thanks were given to this volunteer, who has saved the parish funds the cost of this work.

Meantime, the parish councillors in Stansfield wish you a very Merry Christmas and a Happy New Year



Stansfield Good Neighbours

Support from Stansfield Good Neighbours

As well as helping individual residents, the Stansfield Good Neighbour scheme is also helping the village in general. A GN volunteer has repaired the village noticeboard which had been letting in water. This has saved the parish funds for a small job for which it had proved difficult to obtain quotes. During November scheme volunteers took a resident to a medical appointment as well as helping another with a household task. The GN scheme also took a table at the Village Hall Christmas Shopping Evening to raise funds for the Village Hall. Volunteers will be active during the Christmas and New Year period and able to help residents with their shopping or other tasks. The Helpline will be checked at least once per day, although not manned 9am till 4pm as usual on weekdays. Meantime we all at GN wish you a **merry Christmas and a Happy New Year.**

Helpline: 07827 128511

Country Cooking with Louise Mackrill

Getting ready for Christmas and the New Year in advance is vital for busy people so here are some prepare ahead tips
Canapés



Cherubs on horseback are my take on 'devils' using dried apricots instead of prunes. Wrap each apricot in some thin streaky bacon

and pop in the freezer until required. Fry gently or cook in the oven until golden.

Snack

Baked camembert with cranberries. This is a fun thing we make every year and I see it has come back into fashion again in various guises. I keep 3 or 4 boxes of supermarket camembert in the fridge just in case friends pop in unexpectedly. Slice the cheese in half horizontally, spread some cranberry sauce in the middle, put the top back on. On a baking sheet layer some filo pastry, spraying with oil over each piece as you go, using 4 or 5 pieces & bring all together like a parcel spraying completely with oil to seal. Either cook immediately in the oven 180oC for 20

minutes or you can keep in the fridge until required. Everyone can spoon the hot cheese onto crackers or crudities or hunks of bread.

Starter

Bruschetta can easily be made ahead of time. Slice some part-baked baguette, drizzle with olive or rape-seed oil & bake until golden and crisp. Store in a tin until required. Simply top with gently sautéed mushrooms and drizzle with truffle oil before heating in the oven for 15 minutes or so. OR mix roasted colourful peppers with sundried tomatoes & pile onto the bruschetta before heating in the oven.



Starter Chicken liver & cognac pate

can be made several days ahead as the clarified butter will help it keep. Fry chicken livers in oil & butter until cooked. Zoom in a processor with a blob of tomato puree, a splash of cognac, plenty of soft cream cheese, seasoning, and fresh thyme. Bubble some butter to clarify & pour over the pate before storing in the fridge. Serve with toasted brioche or reheated bruschetta as above. **Dessert**

It really is worth buying a box of Panettone if only to make this scrumptious dessert. Prepare the night before & leave in the fridge to soak before cooking the next day. Simply slice the Panettone into triangles & butter well, layering into an oven proof dish. Whisk together 4 eggs, 1 pint double cream, 1 pint milk, 6 oz sugar, vanilla extract & pour over the Panettone. Refrigerate until required. Bake 160deg C about 45 minutes & serve with cream.

Dessert

Black Forest Yule Log can be made ahead and frozen until required. Simply thaw overnight. This is a very light and sophisticated chocolate & cherry dessert which I make every year for those who prefer to steer clear of Christmas



pudding. Not only is it gorgeously sticky & gooey but will also impress family & friends with its artistic yuletide appearance. Plus, it is gluten free.

- 6 eggs separated
- 5 oz caster sugar
- 2 oz cocoa powder
- A little icing sugar
- ~5 oz dark chocolate broken up and melted with
- 5 fl oz double cream to make ganache, cool
- 1 jar black cherry conserve
- ~10 fl oz double cream whipped until thick
- 2 oz dark chocolate

Whisk egg yolks with sugar until pale and just thickening, followed by cocoa powder. Whisk egg whites until stiff and fold into the above. Spread onto silicone paper lined Swiss roll tin and bake 180°C for 20 minutes. Remove and allow to sink and cool. Turn out onto a sheet of greaseproof paper sprinkled with icing sugar. Spread the chocolate ganache over the cake followed by the cherry jam. Roll up lengthways using the paper to guide you. Cut 2 diagonal pieces off each end to represent branches. Cover the whole 'log' with whipped double cream, ends and all. Melt the chocolate in a cup standing in a bowl of boiling water and with a fork blend the chocolate into strips to represent bark. Swirl the ends with the chocolate coated fork and decorate with holly.

Dec 2023 / Jan 2024

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- | | |
|----------------------------------|-----|
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| 2 nd Margaret Coote | £10 |
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Tel: 01440 820675**



Jeff Fellows, wine connoisseur: Compagnon de Beaujolais



I have been a **Compagnon de Beaujolais** for a number of years. Along with two other members we

went to the latest dinner. An occasion where mostly people of a certain age enjoy good food and wine and conversation. This time it was held in The Member's Private Dining Room at the Guildhall in London. There was another function taking place which was attended by **The Honourable Artillery Company** in their most impressive ceremonial uniforms.

Of course, dinner was accompanied with Beaujolais wines. An aperitif of Rose, a vin Blanc '21, and four red wines two from Fleurie, a 2015 and a '17. A Julienas Les Capitans 2015. This was my choice, having more depth to it. Lastly a Brouilly 2015 which was so popular it had all gone by the time the bottles reached me. Lastly a dessert wine from Jurancon, Ch Jolys 2017 I sat next to the President of the Compagnons, a lady called **Prue Waugh**.

This lady was married to **Harry Waugh** who created the C de B. He became a renowned figure in the wine trade. From humble beginnings, he began his career at Harvey's of Bristol. In 1962 he became a director of Chateau Latour, in part due to his ability to remember the wines he had drunk. In 1970 he married Prue and at 69 fathered twins. He had a healthy appetite and drank reasonable amounts of wine.

Asked once after a midday repast by **Jancis Robinson** "Have you ever mistaken Burgundy for Bordeaux?" he replied, "Not since lunchtime." Harry died in '01 at age 97. A better advert for the benefits of drinking wine it would be difficult to imagine.

I suspect most readers know my formula for the festive season. Bubbles to begin with, chilled. A Saint Joseph from the Northern Rhône, one some twenty years old if possible, to go with the turkey, or beef if that is your choice. A soft blue cheese, a Gruyère, even an Edam, would also accompany this wine. If you have Stilton to finish, I would always suggest Port. Waitrose have Warre's LBV on offer at present for £21.99 (reduced from £27). As it has been matured in bottle and is unfiltered it will need decanting.

To all wine enthusiasts out there please drink responsibly.

My best wishes to you all for the festive season.

Kind regards Jeff



Feverfew in Stradishall

Advertise your Business

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

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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



‘Yours and My Need for Plants’ *Wickhambrook and District Horticultural Society*

Wickhambrook and District Horticultural Society met on October 23rd to hear **Robert Brett**, curator of **Hyde Hall**, give an interesting and well illustrated talk with slides. Hyde Hall garden was started in 1950 by the Robinson family and in 1993 the gardens were given to the **Royal Horticultural Society**.



The RHS has a membership of 625,000 and runs the Chelsea Flower Show, considered to be the largest international garden show.

Robert Brett talked about some of the ways we are reliant on plant life. The dominant species in the world are grasses, whereas our staple foods are potatoes, rice and cassava. We use plants for constructing our houses, musical instruments and much more. Ethanol and other bio – fuels are extracted from plants. Cosmetics use aloe vera, lavender and orchids for perfume and creams. Herbal remedies and many pharmaceutical medicines come from plants. In 1630 Europeans found that the South Americans were using the chinchona tree bark to cure fevers. The medicine derived from it, called quinine, was taken by the British to Africa and India. This life-saving medicine opened up these countries to European exploration and settlement. Quinine is used in Indian Tonic water. Aspirin was made from the bark of the willow tree.

Plant extracts are being used in the development of appetite suppressants. However, Coca is used to make addictive cocaine and Ricinus, from castor oil plants, is made into the most poisonous drug, **ricin**, which has no antidote. Whereas, extracts from snowdrops are used to help Alzheimer’s disease and Madagascan periwinkle is used to produce drugs to help Leukaemia and Hodgkin’s Disease.

Plants have influenced technology, for example from observing the sacred Lotus flower leaf where liquids roll up and off the leaf. The “Lotus Effect” is used in roof tiles and car windscreens.

Plant research uses genetics to develop plants that can withstand drought. To protect plants there is a Millenium Seed Bank attached to Kew gardens. **Fascinating plants** such as the Venus Flytrap which capture small insects for food and cacti which have adapted spines into leaves to hold water.

Australian plants have adapted to bush fires and their seed pods open when exposed to the heat. Also, orchids which are dormant until after a bush fire. Other orchids mimic bee shapes, monkey orchids and slipper orchids.

Plant Power Cambridge Botanical Gardens have successfully grown small plants from the Titan tree, whose flowers are open for only one or two days, during which the stink attracts pollinators!

Plant Culture From Dutch flower paintings to Van Gogh’s Sunflowers, plants very often appear in paintings. We are ‘greening up our cities’ all of which shows our love of and need for plants. **Ruth Seal**

Clare Tour Guides :|Guided Tours of Clare, Suffolk's smallest town.

www.claretourguides.co.uk

BRINGING TO LIFE CLARE’S RICH AND FASCINATING HERITAGE.
Learn the secrets of the town’s 1000 year history.

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



Christmas Cactus again! - Be quick or it will be gone!

Monthly Rainfall 2022/2023

	2023											
	Jan	Feb	March	April	May	June	July	Aug	Sep	Oct		
Nick Burton- Stradishall	42	5.5	95	51	66	19.5	94	56	70	170		
Tina Lee- Stradishall	50	1	75	57	75	22	93	55	68	168		
Sam Slater- Stansfield	36	4.5	111	69	49	22	94	55	73	181		
Rod Taylor- Stansfield	54	6	105	63	46	19	94	62	66	180		
Jay Gridley-Hundon	40	4	111	60	56	24	84	69	66	187		
Victoria Pakenham - Fenstead End	45.5	5.5	93	54.5	36	19.5	92.2	60	73.8	186.8		
Elaine Plumpton - Gt Saxham	60	4	114	62	65	28	70	63	49	172		
	2022											
	Jan	Feb	March	April	May	June	July	Aug	Sep	Oct	Nov	Dec
Nick Burton- Stradishall	21	64	35	13	29.5	26	7	60	40	62.5	121	50
Tina Lee- Stradishall	15	48	29	11	22	26	6	58	22	66	117	45
Sam Slater- Stansfield	26	69	36	12	28	31	5	61	88	63	106	N/A
Rod Taylor- Stansfield	17	72	40	15	30	40	10	74	50	62	122	53
Jay Gridley-Hundon	18	77	34	15	37	30	5	66	42	58	118	50
Victoria Pakenham - Fenstead End	21	51.5	32	13	24	10	4	56	41.5	57	110	54
Elaine Plumpton - Gt Saxham	25	71	38	8	30	44	11	70	49	72	128	60

NOTE I owe Rod Taylor, and all the people who take the rainfall measurements , a sincere apology for accidentally leaving this article out last month. Sorree!! From Peter



CAR AID REPORT - OCTOBER 2023

CLASP Committee Meeting Thurs' 9th. November 2023



As previously, and regularly commented, the monthly demand for CarAid services during the earlier part of this year, was significantly increased compared with previous years.

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

Trips made historical monthly summary: -

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

32-32-42-24-41-48-31-26-21-25 **Year 2023 to date total – 322**

Average 32.2 trips per month this year. Bookings November month to date – 12

Would you believe it? CarAid has gone INTERNATIONAL. We had a phone call from a lady in Italy, asking if, at short notice, CarAid could collect some pre-arranged medicines from Clare Pharmacy and deliver to an elderly gentleman in Stoke by Clare. When asked for the gentleman's phone number was told it was irrelevant because he did not speak English and therefore could not speak on the phone. On enquiring for more info, it transpired that he is Italian, and had had an English (now deceased) wife to communicate for him.

The initial call had come from his daughter who was on holiday in Italy. She would normally have dealt with this situation.

Storm Babet, which hit on Friday 20 September, caused the cancellation of two CarAid trips, one to West Suffolk Hospital and the other to Sudbury Health Centre. Clare appeared to be cut off from all directions on that day. Although now having a pool of thirty volunteers, some of whom have limited availability, driver resource continues to be a problem given the increase in client demand this year. **Clearly, we still need to attract more drivers to provide the level of service to which we aspire, and our community**

requires, particularly when demand increases following the NHS return to normal activity levels.

The ongoing interesting CarAid Statistic - In 67 months, since April 2018, CarAid has helped 210 clients, making 1,326 trips.

John Webb 4th. November 2023

Current CARAID statistics

2023	Clients	Where to	Drivers	Mileage £	Cancels
January	22	14	15	452.65	1
February	20	14	17	306.45	9
March	31	13	18	559.80	11
<i>First Quarter Total</i>				1,318.90	21
April	21	11	15	294.75	9
May	23	14	18	595.75	2
June	20	10	18	802.35	5
<i>Second Quarter Total</i>				1,692.85	16
July	22	13	17	405.90	2
August	20	10	20	373.90	1
September	16	9	13	300.60	2
<i>Third Quarter Total</i>				1,080.40	5
October	20	11	11	343.25	3
<i>Fourth Quarter Total</i>				343.25	3
Year 2023 to date Total				4,435.40	45
Year 2023 Month to date Average		Months	10	443.54	

YOUR CARAID NEEDS YOU - VOLUNTEER DRIVERS

If you have seen the regular reports on CLASP CarAid in this monthly magazine, you will be aware that more volunteer drivers are needed to continue to provide the ever increasing demands for its service to your community. Last month we made 48 trips, compared with only 10 in June 2018. At the moment CarAid only has one volunteer driver living in your area, meaning that requests for medical visit trips have to be met using drivers from Clare, regularly creating organisational difficulties. **Please consider becoming a CarAid Volunteer Driver.** This is not an onerous commitment and may only require one or two trips per month and our drivers all say how much pleasure they get from helping and meeting others. Drivers are paid 45 pence per mile if requested.

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



HAWKEDON

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



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

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

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

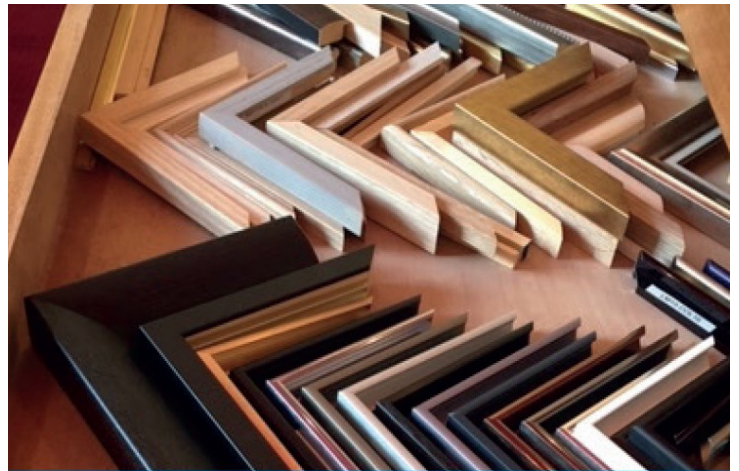
Swing into Christmas
2023

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

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

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

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



SUFFOLK FRAMING @
www.seapicturesgallery.com

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

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

Clare Community Food Bank

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



**You can donate to our
pantry by following this link**
www.tinyurl.com/Clare-Community-Pantry



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

February 24
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

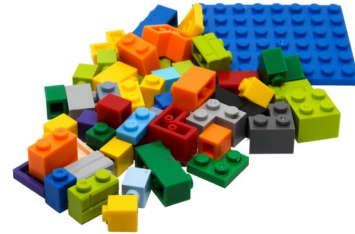
SUFFOLK
LIBRARIES

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



Stradishall Parish Church

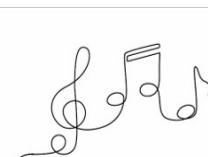
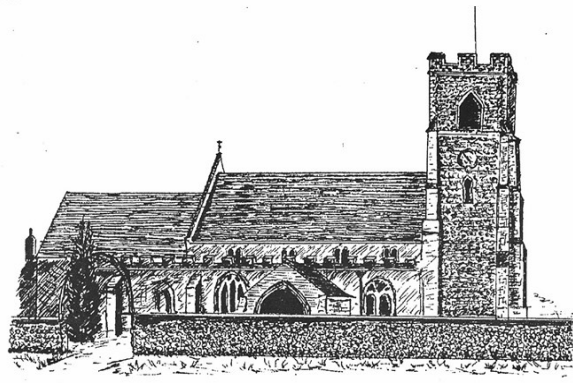
Carol Service

Sunday December 17th 2023
At 3pm



All Welcome

Service followed by mulled wine, soft
drinks and mincepies






Carol Service

All Saints, Wickhambrook

Christmas Eve 5pm
Drinks and Nibbles

All Welcome



Gatehouse Charity NHS Mindfulness Course

Free NHS fully funded
online mindfulness course

Course length
6 WEEKS

Start date
6th December 2023
(Excluding 26th December 2023 &
3rd January 2024)

When?
EVERY Wednesday VIA ZOOM

What time?
12:30-2 pm - MINDFULNESS FOR
OLDER ADULTS (OVER 65)



Would you like to learn about mindfulness?

Mindfulness has been shown to:

- Improve sleep, de-stress and reduce anxiety and depression.
- Combat feelings of loneliness
- Improve memory, attention and concentration
- Help relieve chronic pain

All courses led by a clinical psychologist

To find out more and to book, visit:
www.the-mindful-life.com

anyone aged 65 and over living in Suffolk. I am hoping you are able to spread word about the course to members, and anyone you may know personally who might benefit. I have a small poster that can be added to your newsletter and any other communications you use.

Here is some information about the course:

The Gatehouse Charity is offering an online mindfulness course that is NHS fully funded to support older adults (over 65) in Suffolk, led by a clinical

We have had really good feedback from participants, and we have found that it improves people's attention and memory, as well as reducing loneliness, low mood, stress, anxiety and chronic pain. We have also worked with memory clinic patients, and it has improved memory functioning in people in the early stages of dementia, mild cognitive impairment or people suffering from carer stress. Many participants have found it simply helps them deal with day-to-day stresses.

The course will start on 6th December at 12:30 pm, involves a weekly meeting via Zoom, with audio recordings of the practice and handouts.

Each session is 1.5 hours long, with a coffee break, and the course runs for 6 weeks (Excluding 26th December 2023 and 3rd January 2024) with a further optional 3 weeks for those who wish to carry on practising together.

Places are free but limited to around 15. **Raechel Choder**
raechel@mindfullife.uk

You may recall that Suffolk residents had the opportunity to attend an **online mindfulness course** last year? We had a huge response from your community with many enjoying the sessions and I am pleased to inform you that the course is running again from **6th December for**

psychologist. The course has been run successfully in the NHS for several years in later life and stroke services.

The course is based on the mindfulness-based stress reduction course developed by **John Kabat Zin** but has been adapted for this population.



 **Stowmarket
Chorale**

Music Director
William Baldry



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

Saturday 2 December - 7.00pm

United Reformed Church, Ipswich Street
Stowmarket, IP14 1AD

Tickets: £18 (under 18s free)

Booking: 07972 668180

tickets@stowmarketchorale.org.uk

Earlybird offer: £15

if booked between 2 - 16 November



Registered Charity 280488

www.stowmarketchorale.org.uk

Free Online Mindfulness Courses

LED BY A CLINICAL PSYCHOLOGIST

Week commencing 8th January 2024:

Mindfulness for Carers and Former Carers aged 65+

Week commencing 29th January 2024:

Mindfulness for Later Life Adults aged 65+



For more information and to book visit:

<https://the-mindful-life.com>

Bookings can be made via the 'apply now' link on the website

Tackling the Cost of Living Crisis - Pull Out Guide **LAST ISSUE**

IMPORTANT NOTE: TO ACCESS ANY LINK: RIGHT CLICK ON blue text AND CLICK ON 'open hyperlink' If you do not have access to a computer or phone read the note below (LHS)



This month I am providing resources available from the internet. The internet links will only work on the electronic version of the Pump so if you

don't have a computer, you can ask at your local library, or maybe a friend or family member can help you to access this valuable resource? Another place to ask is at the Rural Coffee Caravan. You can also email parish.pump@gmail.com and we can send you any internet links that you require.

There is help available to support you:

[Turn2Us](#) - Advice and support to help maximise your income and manage your Budget

[Credit Unions](#) - These can help you with affordable loans

[Citizens Advice](#) - For free and impartial advice on all aspects to support you through difficulty

Benefits

- Are you claiming all the allowances due to you?
- If you are a carer, you may be entitled to [Carer's Allowance](#) and/or an extra amount called the 'carer element' within Universal Credit. This could mean £69.70 a week in Carer's Allowance if you care for someone at least 35 hours a week and you, the person you care for and the type of care you provide meet the criteria
- [Personal Independence Payment \(PIP\)](#) (for adults under state retirement age), [Attendance Allowance](#) (for those over state retirement age), and [Disability Living Allowance \(DLA\)](#) (for children under 16, for new claims) are not means-tested. The assessment considers the way that your health conditions affect your daily living and mobility needs.

Benefits and money advice

[Turn2Us](#) - Advice and support to help maximise your income and manage your Budget

[Credit Unions](#) - These can help you with affordable loans

[Organisations and services offering advice on money matters](#)

[Organisations who can support you if you are in poverty](#)

[National Debt Line](#) - or call 0808 808 4000. Webchat function is also available on their website

- If you have concerns about your money situation, your bank will be able to offer advice and support. Do reach out to



them to understand what is available to you as a customer.

Benefits are paid by the central government, not your local council. You can read more about [how benefits work](#) on GOV.UK.

If you're not sure if you'd be able to claim benefits, you can use a [benefits calculator](#) to find out.

Benefits advice

There are lots of organisations and services who can support you with benefits advice, including:

[Citizens Advice](#)

[DAS - Disability Advice Service, East Suffolk](#)

[DANES - Disability Advice North East Suffolk](#)

You can also find [other financial advice](#)



services

They can help you with advice about:

- your legal rights
- managing your money
- how to deal with financial problems

Grants

A grant is an amount of money that a government or local authority gives to an individual or an organisation for a particular purpose, such as support with housing costs.

If you are struggling financially, there are grants available which you may be eligible to apply for which can help lessen the burden. The following support is administered by Suffolk County Council:

Household Support Fund

You can visit the [Household Support Fund](#) page to find more information.

The Local Welfare Assistance Scheme

The Local Welfare Assistance Scheme (LWAS) is administered by Suffolk County Council and helps those experiencing financial hardship. There are lots of reasons why you may be in hardship and if you are eligible, LWAS can provide financial help.

The scheme is not intended as emergency support and only one application can be made per household. LWAS is not intended as long-term support. The quickest way to make an application is via the webform, using your smartphone, tablet or computer. If you have all the information required to make an application the webform will take approximately 15 minutes to complete. To make an application and find out whether you are eligible for support, please visit the [Local Welfare Assistance Scheme webpage](#).

Help with Health Costs: if you have a low income, the [NHS Low Income Scheme](#) could help pay for:

- NHS prescription charges
 - NHS dental treatment charges
 - the cost of sight tests, glasses and contact lenses
 - the cost of travelling to receive NHS treatment
 - NHS wigs and fabric supports
- Check to see if you are eligible: [NHS Low Income Scheme](#)

Help with funeral costs: This can be an expensive time, and can be unexpected and not planned for, bringing financial worry for those remaining. Bereavement might also affect the benefits of those left in the household. For information and support see; <https://www.gov.uk/when-someone-dies>

Martin Lewis' [Money Saving Expert](#) is the UK's biggest consumer website, with more than 16 million users a month. The site's dedicated to cutting your bills and fighting your corner with journalistic research, cutting-edge tools and a massive community – all focused on finding deals, saving cash and campaigning for financial justice.

Fay Gridley

IMPORTANT NOTE TO ACCESS ANY LINK: RIGHT CLICK ON [blue text](#) AND CLICK ON 'open hyperlink' (if you do not have access to a computer or phone see the note on the previous page top)



The Government website has lots of resources and links to support you and your family at this time.

[The Help for Households](#) campaign has been launched to raise awareness of the support that is available nationally for those that need it most.

[Suffolk Infolink](#) details all the support in your community which is local to you and through various national charities and organisations.

Food banks

There are a number of foodbanks throughout West Suffolk, for further details on how to access the foodbanks please visit their website:

[Suffolk Baby Bank](#)
[InfoLink - St Peters Church Brandon](#)
[Haverhill Foodbank](#)
[Lakenheath Community Food Bank within the Abundant Life Church](#)
[Lightwave Red Lodge:](#)
[Lightwave - Helping Hands Café](#)
[Newmarket Open Door - Foodbank and community pop-up shop](#)
[West Suffolk Vineyard Church - Storehouse, Bury St Edmunds](#)

Bury St Edmunds

[Gatehouse - Foodbank](#)
[The Harvest Centre Brandon - Harvest food parcels](#)
[King's Church Mildenhall :- Emergency Food Bank](#)

Bury St Edmunds
[Still Good Food - Best Before Project](#)

National support
[NHS - Healthy Start](#) provides vouchers for pregnant women and families with a child under four years

old on a low income to buy basic food items. Phone: 0345 607 68231

Advice on how to cut down on your food waste from [Food Savvy](#).

[Love Food Hate Waste](#) is another website giving advice on how to cut down on your food waste.

[Olio](#) - Find anything from local businesses which is nearing its sell-by date, spare home-grown vegetables, breads from your local baker or even groceries from your neighbours.

[Too Good To Go](#) app - Make sure good food gets eaten, not wasted. Every day, delicious, fresh food goes to waste at cafes, restaurants, hotels, shops and manufacturers - just because it hasn't sold in time. The Too Good To Go app lets customers buy and collect Magic Bags of this food - at a great price - directly from businesses.

<https://apps.apple.com/gb/developer/kitcher-limited/id1521215205>

is a free smart kitchen app that is designed to help you do just that with helpful reminders and recipe ideas based on what you've already got, so you'll never be stuck for meal ideas

Further Help:

School costs

If you're on a low income, you might be able to get help with some of the costs of sending your child to school:

- many schools offer support to families who need financial assistance with uniforms, for example by giving you vouchers towards the cost.
- it's also worth checking if your school has any second-hand uniform sales – this can be a good way to pick up lower-priced uniform at a fraction of the retail cost. Is your child eligible for free school meals? Check through [Suffolk County Council - Apply for free school meals](#)

Further support in West Suffolk

[Home Start in Suffolk](#) is ready to support families through their toughest times. Phone 01473 621104
email: headoffice@homestartinsuffolk.org

Families Together Suffolk: Offering support to families across Suffolk with 121 family support, group work and early intervention. For more details visit: [Families Together Suffolk](#)

National support

Visit the Government's [Childcare Choices](#) website to find out how you can save money on your childcare. Whether you have toddlers or teens, you could get support.

Government support with childcare: [Help for Households - Family support](#)



Making a difference to rural communities throughout Suffolk

Cost of living advice **Local services advice**

The Rural Coffee Caravan
Will be at
STANSFIELD VILLAGE HALL
11am—1:30pm

THURSDAY 21 DECEMBER

Tea, Coffee, Soup + Roll, Cakes.

Come along and join us for a natter with old friends and make new ones over coffee, information and of course cake.

We look forward to seeing you there.

CHARITY No: 118723 Children Welcome.

Tel/Fax: 01379 855 338
enquiries@ruralcoffeecaravan.org.uk
www.ruralcoffeecaravan.org.uk

PARISH COUNCILS - WHO'S WHO in YOUR VILLAGE?

Parish Council	Chair	Vice Chair	Clerks
Denston	Jeff Fellows jefffellows.crown@gmail.com 01440 820 310		Jeff Fellows
Hawkedon/ Thurston End	Roger Dicker dmj1800@icloud.com	Pat Hanlon	David Jarrold dmj1800@icloud.com
Poslingford	Martin England poslingforddd@outlook.com 07814 246 204	Marc Allison	Chris Turner 07814246204
Stansfield/ Assington Green	Rex Barnes cllr.rbarnes@stansfield.pc.gov.uk 07778 058425 www.stansfield.onesuffolk.net	Andrew Pallett andrew.pallett@btinternet.com 01284 789434	David Lines (Locum) clerk@stansfield-pc.gov.uk
Stradishall	Ian Hutchinson stradishallparishcouncil@yahoo.co.uk	Robert Deeks	Joanna Kirk 07880 686 069
Clare	Rob Eyre clerk@clare-suffolk.co.uk 01787 277 559	Paul Bishop	Davina Neale
Cowlinge	Linda Aston lindaaston555@gmail.com	Jane Nesham	John Barnett 01440 783 903
Wickhambrook	Mike Lavelle mike.lavelle@wickhambrook.org.uk	Paul Couzens 07713 740 984 paul.couzens@wickhambrook.org.uk	Hilary Workman 07508 039 810 parishclerk@wickhambrook.org.uk
Suffolk County and District Councillors	West Suffolk District Councillor for Stansfield, Denston and Hawkeden Bobby Bennet bobby.bennett@suffolk.gov.uk	Sarah Pugh	West Suffolk District Councillor for Whepstead and Wickhambrook

‘Club Origami’ takes Stansfield into its fold

On Sunday 12th November, a dull grey day in Stansfield was brightly lit for families attending ‘Club Origami’ at Stansfield Village Hall by the show’s creative cast. The children attending all

show’s creator, **Takeshi Matsumoto, and fellow performer Makiko Aoyama** laid a paper path from the main performance area in our main hall to the door of the adjoining meeting room. Opening the door, they entered at floor level silently engaging the waiting children with origami animals and shapes and making one or two. The children were each given a piece of paper and encouraged to make something. The performers then led the children along the paper path to the performance area next door. Gently the children’s paper shapes arranged stage front were brought to life by the dances. Other origami shapes were introduced – with birds taking flight and a samurai helmet ceremoniously set over

recognition from excited little ones seeing a creature’s coming to life from paper to dance. But when a sea of shredded paper was introduced ‘stage invasion’ began immediately. The dancers, now dressed in shredded paper suits created a moving finale with **Makiko** completely wrapped in paper, lifted into the air by her partner and letting paper ‘snow’ fall down gently on the children playing joyfully below. The beautiful live music composed and performed by **Robert Howart** then began pulsing energetically as the dancers burst noisily out of their paper cocoon and invited the children to riotous play amongst the paper storm. All inhibitions now dissolved whole families joined the performers on the floor for a movement and paper creation workshop. The event closed with a stunning family catwalk show, with parents and children displaying the paper outfits they had made together. Heartfelt thanks to **Takeshi, Makiko, and Robert** for planting a beautiful acorn in the imagination of all those attending ‘Club Origami’. A truly touching and creative experience



aged between 1-6 years were included by the performers from the outset. The

the dancer’s head. There were occasional squeals of

Derek Adams
Chair, Stansfield Village Hall
Management Committee



Smallholding by Chloe Gridley



November is another one of those quieter months on the smallholding. All the lambs are

continuing to grow well, they have been moved onto their winter pasture now and are being fed hay. Feeding them hay over winter allows them to maintain their body condition over the harsh months when the grass nutrients are low. The nutrients in the grass reduce in late October/November time when the grass growth slows, these nutrients will pick back up in the spring when the warmer weather arrives. We make the hay in the late spring when the nutrients in the grass are at their highest. We dry and bale the grass and store it ready for the winter months. It is important to give them a supplement when the grass can no longer provide the vital nutrients that the sheep need to mature and grow well. We provide this with "lick buckets". Quite literally buckets of minerals and vitamins which the sheep lick when they feel they need it.

All the ewes have now been covered by the ram, only two ewes were covered for a second time meaning that first time round the ram missed them.

Overall, he has done a great job! We used red as our second raddle colour so we can easily see how many he had covered twice and didn't cover the first time.

It is important that we keep an eye on their body condition over the winter,

much like the lambs they will need supplementing as the grass is not sufficient for them to maintain their own body condition as well as growing lambs over the winter months. We will be bringing them in the shed towards the end of January to keep a close eye on them and give them a tailored diet as we get closer to their due dates.

The last of the pigs have gone for this year, we are letting the land rest before new weaners arrive in January. We purchase our weaners (piglets that are 8 weeks old) from the local rare breed society registered keeper. We are keen to rear these lovely animals. Not making weights big enough for the commercial farmer, these pigs are smaller but tastier. Their meat being flavoursome and succulent, with a little extra fat than you would see in the shops. Their sausages are amazing! Bacon is not really something we can do as they just don't grow wide enough to enable this. Bacon comes from the back beside the backbone – hence back bacon. It is the same part of the animal as chops come from. Our chops are small in size, so we have them cut thicker to give a decent sized meal. Streaky bacon comes from the belly of the pork. It is extremely fatty. Whilst we could make this type of bacon, it is only popular at Christmas when we all want our pigs in blankets! And belly of pork is not something we are required to provide often so this meat often goes into making more sausages or burgers.

Chickens: with the rising cost of feed and the constant battle with the crows mum has decided to downsize considerably.

Having reached 80 hens and 6 cockerels. Too many! She sold her Ixworths to a new enthusiast who travelled all the way from Mid Wales to collect the birds. Ready to start a new adventure with breeding this lovely dual-purpose bird. She did hang on to a few favourites who have stayed behind! The crossbreeds that hatched earlier this year and last year will either go to new homes or stay with us. The modern Langshans are not up for rehoming. They are being offered back to the registered keeper who lives in Kent. Or they will live out their days with us. Mum has often joked about why they are so rare, having had very few eggs from them in the years of keeping them and those that were incubated were all male! That's a tough way to keep them thriving! Needing more hens is important to continue the breed. Some are now at the end of their laying lives so I doubt she will manage to hatch any females next year.

We will once again be at Horringer farmers market on Saturday 2nd December, the last one of the year! We will have plenty of fresh lamb available at the market ready for your freezers to enjoy over the Christmas period, including large joints for Boxing Day. We will be at the community centre between 9:30am-12:30, come along and say hi.

Chloe November 2023



ST. MARGARET'S REVITALISATION PROJECT STRADISHALL



A Village Christmas at Stradishall

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

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

Plus

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

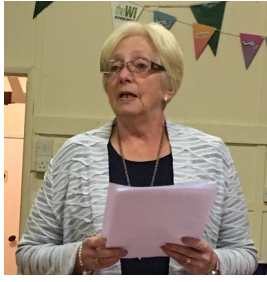
**And, of course, the
obligatory
Mulled Wine and
Mince Pies**

Come and help support St Margarets Revitalisation Project

Wickhambrook WI November Meeting : "A Survivor's Story"

The title of this month's talk did not prepare us for the harrowing tale we were to be presented by **Jeannie Bloomfield, a member of Walsham Le Willows WI and the National Federation** who told us her life story. At the age of 15 she was

told to leave the family home to fend for herself. She worked as an apprentice hairdresser and found lodgings wherever she could. She found herself in the hands of an older man who proceeded to abuse her physically, sexually and emotionally. Jeannie was married at 17 and had two sons, all the while being beaten and abused. Six months pregnant with her third child she was hurled down the stairs resulting in the stillbirth of a daughter. Eventually she was beaten so badly that she was hospitalised and was finally able to escape with her children. Given a new home and the chance to start again Jeannie realised how little help there was for women in her situation back in the sixties. Most abuse was classified as "domestic" and the police were unable or unwilling to interfere. Jeannie became a tireless campaigner for legal aid for women who had been abused. Indeed this



became a Resolution taken up by the **National Federation of Women's Institutes.**

Jeannie initially became involved with "Relate" and in 1977 she moved to Suffolk and joined the WI. She is now the Patron of Bury St Edmunds Women's Aid Centre which works to help women who have suffered the sort of abuse that Jeannie experienced for 10 years. Jeannie refuses to be classified as a "victim" as she feels that she did nothing wrong and is keen to channel her energy into helping others.

Jeannie was then joined by two fellow workers from the **Women's Aid Centre : Tracy Harvey, an Outreach Support Worker and Louise Mallan, Refuge and Young Person Support Worker.** They described the kind of help given to women and children who turn up at the centre, often with very few belongings. This ranges from practical help with bedding, clothing, toys etc to help with filling in forms and applying for legal aid. The aim is to offer safety, security and

support in a welcoming environment. The support workers run workshops and go into schools talking about healthy relationships. The refuge in Bury has 8 rooms and a large garden ideal for children to enjoy outside space. The three speakers were also joined by **Judy Harper who volunteers at the Women's Aid Centre.** She was keen to promote the invaluable work carried out at



Bury and pointed out that there are far more shelters for animals than battered women in this country! Despite the horrendous experiences suffered by the women, what came across was the positive and upbeat attitude of the people at the Centre and it was hard not to admire the work being done to help women who have suffered greatly in their lives.

Wendy Mansfield



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8TH: POP UP KITCHEN - CHILLI BROS FROM 5PM

15TH: POP UP KITCHEN - LITTLE PIZZA OVEN FROM 5PM

CHRISTMAS HOURS:

24TH: CHRISTMAS EVE - CHRISTMAS CAROLS & YULE PARTY 5PM-10PM

25TH: CHRISTMAS DAY 12:00 - 3PM

31ST: NEW YEARS EVE PARTY - FROM 8PM

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

Church Services in Bansfield Benefice in December

Date	Time	Church	Details
03 Dec	10:00 am	Lidgate 🎄* (Advent Sunday HC)	Celebrant: Revd Eve Bell Organist: [CM] Liturgical colour: ●
10 Dec	10:00 am	Denston 🎄* (Second Sunday of Advent HC)	Celebrant: Revd Barbara Sherlock Organist: [KI] Liturgical colour: ●
10 Dec	03:00 pm	Lidgate 🎄 (Carol service)	Celebrant: Revd Eve Bell Organist: [DO] Liturgical colour: ○
14 Dec	06:30 pm	Wickhambrook 🎄 (Christingle service)	Wickhambrook Primary Academy 🍊 🕯️ ○
17 Dec	10:00 am	Cowlinge 🎄 (Third Sunday of Advent HC)	Celebrant: Revd Eve Bell Organist: [CM] Liturgical colour: ●
17 Dec	03:00 pm	Stradishall 🎄 (Carol service)	Celebrant: Revd Eve Bell Organist: [KI] Liturgical colour: ○
17 Dec	05:00 pm	Cowlinge 🎄 (Carol service)	Celebrant: Revd Eve Bell Organist: [KI] Liturgical colour: ○
22 Dec	06:30 pm	Ousden 🎄 (Carol service)	Celebrant: Revd Eve Bell Organist: [DO] Liturgical colour: ○
24 Dec	10:00 am	Ousden (Fourth Sunday of Advent HC)	Celebrant: Revd Eve Bell Organist: [] Liturgical colour: ●
24 Dec	05:00 pm	Wickhambrook 🎄 (Carol service)	Celebrant: Revd Eve Bell Organist: [DO] Liturgical colour: ○
25 Dec	10:00 am	Stansfield (Christmas Day HC)	Celebrant: Revd Eve Bell Organist: [] Liturgical colour: ○
31 Dec	10:00 am	Stradishall (First Sunday of Christmas HC)	Celebrant: Revd Eve Bell Organist: [CM] Liturgical colour: ○

Who is who in our local church benefices?

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



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For specific questions please email: sfrs.recruitment@suffolk.gov.uk (see page 23. PTO)

Wickhambrook Farmers' Market

On behalf of all the market traders



Thank you for all your support since we moved back to the Memorial social centre in July . Please come and see our Christmas market on the **10th of December**

We will be raising funds for the Haverhill Lions club this time around. Bring the kids to see Santa Claus who will be joining us from 10am with some of his Elves

Tea coffee and cakes in the pop-up cafe. And plenty of wonderful products for Christmas .

It's been a pleasure to see you this year and hopefully next year .

With your continued support we will return in the New Year in February and then the second Sunday monthly.

We wish you a very merry happy Christmas and prosperous new year

**Thank you
Martin**

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01473 260588 at 9am to 5pm from Mondays to Thursdays and 9am to 4pm on Fridays

Harris and Harris Books—change of premises



On Saturday 14th October 2023 at 10am sharp, **Harris & Harris Books** threw open the doors to a brand-new chapter. After two long years of planning, restoration and refurbishment, the little bookshop of 12 years finally moved into the bigger premises 5 doors down. An auspicious day on the book-world calendar as it happened to be



National Bookshop Day, so now there will be no excuse for forgetting the bookshop birthday.

A queue of booklovers greeted us that morning and with a flick of a bookmark, the bookshop was full. In fact, we have been open for a few weeks now and we couldn't be more delighted by the wonderful response from our lovely customers. We have seen so many visitors from near and far and our visitors book is shaping up very nicely with glowing reports.

The new bookshop at **3a High Street** still retains the charm of the old bookshop, but there is now more room to browse the many more shelves of new and old books for readers of all ages. There are bigger and brighter display areas, somewhere to sit and now room for events – all on one floor. There is even a writing desk to write your Christmas cards, write your thank you notes or shopping lists. You could even write your novel! That's up to you.

As the evenings draw in, our thoughts are moving to the festive season, so you'll find lots in store to suit everyone's taste in books and of course we're on hand to help you find the perfect book. As with the old shop, if you can't find what you want, we can order it in, usually in a day or two. We look forward to welcoming you to the new and improved **Harris & Harris Books** soon .

Find us on Instagram, Facebook and Twitter 01787 277267

The people of Poslingford



November saw the **Remembrance Service in Poslingford** starting with the Church bell being rung, and several residents attending the **service of Remembrance given by Mark Woodrow and Peter Dawkins**. After which **Hattie Fuller, aged 6**, had the important job of placing the wreath. A new statue made by **Derek Nicholls** can be seen at the Poslingford War Memorial.

Dates for December: Making of Christmas decorations - Saturday **2nd December at 1pm** Poslingford Church Making of Christmas decorations and Saturday **9th December at 1pm**. Poslingford Church Carols by Candlelight service - Friday **22nd December at 6pm** Poslingford Church These are free events with craft equipment & refreshments provided, a **donation to the Community Pantry would be appreciated**. We look forward to seeing everyone there.



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

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Stradishall Parish Council News

A meeting of Stradishall Parish Council took place on Monday 6th November 2023. County Councillor Bobby Bennett and District Councillors Marion Rushbrook, Karen Richardson and Nick Clarke attended the meeting along with five members of the public.

Updates from County Councillor Bobby Bennett

Cllr Bobby Bennett spoke about the following Suffolk County Council issues: *Their current budget consultation. Their consultation on the future of library services.*

They have moved over to their new Highways contractor - Milestone.

A question was asked about school closures during the recent flooding. Schools were late closing and some parents had difficulties getting their children back from school.

District Council report

The report is available on the Parish Council's website.

Reporting flooding to properties.

Following Storm Babet, which led to significant flooding in Suffolk, Suffolk County Council is encouraging affected residents to report significant flooding to individual properties using the [Highways Reporting Tool](#). If you do not have access to the internet call the SCC customer service number: **0345 606 6171**.

Once a report has been submitted, officers will contact the resident to gather further information and prioritise those locations that meet the criteria for an official investigation (known as a **Section 19 Investigation**). It is anticipated that this initial contact will be made during the following week. The investigations will follow, but until the scale of the challenge is determined it is difficult to estimate how long it will take to complete this task. It is expected to take at least several weeks but could take months before all of

the investigation reports are published.

Flooding on roads

Flooding on roads should also be reported to Suffolk County Council using the [Highways Reporting Tool](#). Photos can be uploaded as well.

Budget 2024-25

Stradishall Parish Council approved its budget for 2024-25. The precept request for 2024-25 will be £10,133. The parish council element for a band D household will be £58.38 per annum an increase from £55.08 which equates to £3.30 per annum per band D household, an increase of 5.99%.

Update on the installation of the VAS posts in Stradishall village Locations for three post have been agreed and Stradishall Parish Council is waiting for Suffolk County Council to install them. **Stradishall Thermal Imaging Project** The Suffolk Climate Change Partnership, which is made up of all the local authorities in Suffolk, has purchased several thermal imaging cameras which they are loaning out to community groups to carry out surveys in their areas for free. Stradishall Parish Council has booked a camera from **TUESDAY 30th January to Monday 12th February 2024**. Our aim in running the project is to raise awareness about insulation, and if possible, help improve the energy efficiency of your house. Thermal imaging works by detecting the infra-red radiation emitted by a building and using it to determine the temperature of the surface of walls, windows, doors, roof etc. Objects at different temperatures emit varying amounts of infra-red and the infra-red camera translates these differences into an image with different colours representing cool (blue/purple) to hot (white/red) temperatures. A thermal image of the outside surface of your house is useful because it can show areas which maybe



conducting heat from the inside to the outside of the house and help you decide where insulation might be needed. Infra-red radiation cannot pass through glass and so the camera cannot see through your windows, doors or walls. This means that a thermal imaging survey will not invade your privacy, and only the outside surface of the house can be seen.

If you are a Stradishall resident and would like us to include your house in the survey, **please contact Stradishall Parish Council by emailing**

stradishallparishcouncil@yahoo.co.uk or ring 07880 686069, Monday to

Wednesday during office hours. One of our councillors will be carrying out the surveys and has been trained to use the camera. Surveys will be offered on a first come first serve basis. **Surviving Winter Appeal 2023 -24** Suffolk Community Foundation and Citizens Advice have

launched a campaign to support people who are struggling to pay their heating bills. To get help call the Surviving Winter team at Citizens Advice on 01473 298 634. Tel: 07880 686069 Email:

stradishallparishcouncil@yahoo.co.uk
Website: www.stradishall.onesuffolk.net

The minutes of meetings are available on the Parish Council website at www.stradishall.onesuffolk.net. Draft minutes will be published within 28 days of a meeting. **Joanne Kirk**

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

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



07827 128511

FREE HELP WHEN YOU NEED IT MOST

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

Call them on: **07827 128511**

stansfieldgoodneighbours@outlook.com

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

Wickhambrook Parish Council Update and Newsletter



Hello, I hope you are all keeping safe and well. The trees have coloured up, the nights are drawing in – winter is coming!

Thanks go out to Mary

Jolland for organising the November Litter pick, and Barbara Merritt and the Wickhambrook Memorial Social Centre for their welcome refreshments. Thank you too for such a strong turnout. Ten adults and two children collected nine bags of rubbish, a wooden board and the bottom of a cone! We'll be setting some dates for litter picks in the new year and hope to see you again soon.

Thanks also go out to Alan and Kathryn Cordy and their volunteers who did such a lovely job cleaning and decorating the Memorial and the gates into the cemetery leading up to it in preparation for the Service of Remembrance on Sunday 12th November. **Dorothy Anderson**, Village Recorder, and two pupils from Wickhambrook Primary Academy laid the wreath on behalf of the parish council.

Saturday 4th November marked the launch of our consultation on the [Draft Neighbourhood Plan](#) with an event at the WI Hall. Thanks go out to the Neighbourhood Plan Working Group, who have put so much time and work into getting us this far, and the ladies of the WI for the hall space and refreshments.

Thank you too to everyone who dropped in that day to look at the plan, ask questions and raise concerns, particularly about recent flooding and ongoing road safety issues. Please be assured that the parish council has listened to your views and is looking into how it can work with both volunteers and statutory bodies to address these concerns. You'll also see in the Draft Plan how some of the concerns that you've raised in the past (which touch on those issues) will be addressed through Community Actions.

You should already have received a Neighbourhood Plan [information leaflet](#) which was delivered to all homes in the parish, explaining where and how you can look through the plan and comment on it. If you haven't received a leaflet, please contact either the [clerk](#) or one of your [councillors](#). You can also view our summary of the draft plan on this [short video](#).

Your comments are really important to us! Please read our [Draft Neighbourhood Plan](#) and then go to our [on-line survey](#) to tell us what you think (or [download a form](#)).

Don't forget if you don't have access to the internet, paper copies will be available to borrow from the following locations:

- Wickhambrook Stores
- Greyhound pub
- Phone box at Thorns Corner
- Memorial Social Centre

You can also borrow a paper copy from any of your Parish Councillors or email: neighbourhoodplan@wickhambrook.org.uk.

You can submit your completed comments form by posting it in the post box in the phone box at Thorns Corner. This is your chance to help create a vision for development in Wickhambrook for the next 20 years. To make sure the Neighbourhood Plan reflects your views, please send in your comments – even if you support everything in the draft Plan. Follow this link for more information on the [Draft Neighbourhood Plan](#).

Although the cutting season is drawing to a close, the grounds contractors have been out and about completing some of the projects the Estates Committee has been working to bring about this summer, including:



1. New gate into the Memorial Garden
2. New posts at the tennis courts
3. A new parish notice board.

The cold damp weather in October caused condensation problems with our defibrillator box at the Memorial Social Centre and it had to be taken out of service until this could be resolved. With thanks to both Cllr Paul Couzens, who has fitted new seals, checked electrics, and sealed the cabinet, and advice from Peter Vince, the defibrillator is now back in commission.

With thanks to our Suffolk County Councillor, Bobby Bennett, who approved a grant of £1000 from her locality fund, the Public Rights of Way team have now extended the planings to create an improved surface on Footpath 25, from Coltsfoot Green all the way to the bottom of the steps up to Six Acres. Thanks also go to Roger Medley, our lay footpaths officer, who worked so hard to bring this about.



We've also just had confirmation from Suffolk County Council Highways that the new bus shelter will be installed at Cemetery Road in the week commencing 4th December.

The storms and very wet weather have resulted in a lot of flooding issues in the parish recently. You can sign up for flood alerts and warnings for your property or business here: <https://www.gov.uk/sign-up-for-flood-warnings> and you can also check for flooding in Suffolk here: <https://check-for-flooding.service.gov.uk/location?location=suffolk> – this one includes a map

You can also call the flood line for advice: Telephone: **0345 988 1188** Textphone: **0345 602 6340**

Open 24 hours a day, 7 days a week Suffolk County Council is asking affected residents to report significant flooding to individual properties using the [Highways Reporting Tool](#), or if you don't have access to the internet, to call SCC **Customer Service 0345 606 6171**. If you would like to volunteer with the parish council to help with activities that could help to reduce the impact of flooding, please contact the clerk.

The parish council's meeting in January will consider any revisions to the draft budget, and set the precept for the next financial year. We'll also be considering nominations for the Alf Hicks Crystal Biscuit Barrel, to be presented at the next Annual Parish Meeting. If you would like to nominate an individual for their outstanding service to the parish, please drop a line to the clerk not later than 31st December.

If there is anything you would like the parish council to consider at a future meeting, [please do get in touch with me](#). Do feel free to forward this message on to neighbours, friends and family in the parish and ask them to get in touch with me t.parishclerk@wickhambrook.org.uk if they would like to be included in our e-newsletter mailing list!

Thank you once again to everyone who has supported the parish council in its work this year. Wishing you all the best for Christmas and the New Year, keep safe and well. **Hilary Workman Clerk for Wickhambrook Parish Council**

Hilary Workman CiLCA Clerk & RFO for Wickhambrook Parish Council

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

WICKHAMBROOK NEIGHBOURHOOD PLAN

Your village - your voice -
your chance to comment

Public Consultation
4 November - 22 December 2023



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Please note that in the winter months Watsons are not open on Mondays or Tuesdays. There should be more details in our next edition



Stansfield Cricket Club



Please note that current cricket club news will be available in our next issue



**Mary
Cleaver**



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Women are losing out as couples are trying to divorce as cheaply as possible

Both the Guardian and i newspapers have recently reported on **The Fair Shares report** led by the University of Bristol and the Nuffield Foundation which found that women are losing out on fair divorce settlements because couples are trying to divorce as cheaply as possible. Research has found that most couples have so few assets that the vast majority are trying to sort out the arrangements themselves, which includes resolving issues with property, pensions and maintenance. The report found that more than one in ten couples in England and Wales sought no advice or information to help them with their divorce and only two in five divorcees made use of lawyers as a source of information, advice, or support. Many of the couples said that their fear of the cost of legal advice was the deterrent, but when legal advice was used nearly a quarter of the divorcees surveyed said that it cost less than £1,000. The report's author, **Emma Hitchings**, who is a professor of family law at the University of Bristol said: "In the wake of cuts to legal aid and hampered by a lack of financial and legal knowledge, couples are trying to divorce on the cheap, but this means they are bypassing a legal system designed to achieve fairness. That is leaving women worse off and putting their

future financial security at risk." The report also found that only one in ten divorcees with a pension yet to be drawn had arranged for pension sharing. Emma Hitchings said: "Although legal processes are largely fair, they are not being used, the equal division of pension pots is not the norm: only three in ten of those who had any assets to divide in the first place reported receiving around half of the net asset pool. More than a third of divorcees did not know the value of their own pension pot, let alone their spouse's," she added. "Without all assets, particularly pensions, being considered on divorce, the future financial security of many women, who generally have smaller pension pots than men, is being put at risk." There are proposals for reform being considered by the Law Commission and the divorce (financial provision) bill in the House of Lords has been presented to parliament, which would make equal sharing of assets the default. **Ash Patel** the programme head for justice at the Nuffield Foundation said that the research "highlights the persistence and prevalence of myths around divorce, and

clearly demonstrates the often-unequal financial footing of parties going into, and coming out of divorce, here women appear more financially vulnerable, tending to be financially worse off than men in the years after the divorce." The research revealed that almost a fifth of divorcing couples have no assets to divide at all, with a quarter of divorcees ending up with nothing or just debts. The average value of the divorce pot, which included the home, pensions, savings and any debts was £135,000. **Emma Hitchings** said: "This presents a totally different picture to the media portrayal of substantial divorce settlements of the very wealthy and gives an important reality check on what 'everyday' couples are experiencing on divorce." Should you wish to speak to a solicitor about divorce and finances, contact **Osler's Solicitors on 01449 774670** to discuss your case with a specialist lawyer

Mary Cleaver.

Wickhambrook Local History Society – News November 2023

At our November meeting we entered the dark and deadly world of poison with our speaker, **Mike Wabe**. He brought along tubes of poison, each one containing a deadly dose. From arsenic to belladonna, cyanide, digitalis, hemlock, strychnine, aconite and thallium each one was described in terms of appearance, effect, speed of use and any known antidotes. Many of these are derived from plants and would require vast quantities to be effective. Gardeners among us already knew of laurel, monkshood, foxgloves etc and that belladonna can be found in potatoes, aubergines and tomatoes. The Victorians used many poisons to kill insects and vermin and these were freely available. The use of arsenic in fly paper is well known and thankfully in modern times these substances are banned or well controlled. Sometimes the margin between helpful and deadly is very small so we must be grateful for our modern understanding of how poisons work. Mike gave case histories of famous poisoners and how they used these toxins. A gruesome subject, but a very interesting one! **Our next meeting** is on Tuesday 19th December at 6pm with a savoury supper and a short talk. Please contact the secretary, **Gillian Cooper (01440 820052)** to book a place.



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Problem Page



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

Dear Carol

I should be happy because my son is getting married. And I am happy and really like his fiancé. He's my youngest of two kids.

My daughter married a few years ago and we're really close. But I am frightened I'll lose my son. That's what they say isn't it? A daughter's for life but a son's only yours until he has a wife.

This all sounds very stupid and I don't show them I feel this. But will I lose him?

I couldn't bear it if I did.
I love my kids so much.

A

Dear A,

I am so glad you wrote in and have shared your worry. You feel it's irrational I can tell but it is how you feel.

When your children grow up and form their own relationships, making their own lives it can feel like a loss. The phrase '**empty nest syndrome**' is a real thing, so you are not stupid to have this fear.

I think what is going on is that he is your last child at home, the youngest and it is going to represent change. Change is difficult.

These proverbs - like the one you quote - can fuel the fire of our worries.

You are close to your son and sounds like you have a good relationship with your future daughter-in-law too. Ties and bonds do not disappear with marriage, they simply change and expand.

Things will change for you, but you can put your energy into a positive relationship with them both going forward. Think about how you will keep things close when they are married; about things you could still do with your son. He will still be an individual as well as a husband. You can also of course think about things you can do with them as a couple.

I am sure you will adapt and even find joy in the new situation.

Best wishes A,
Carol



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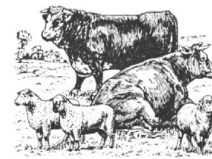
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