

# PARISH PUMP

No 371

parish.pump@gmail.com

January/ FEBRUARY 2024

## Beautiful Cold Stradishall



**Mary Evans**, a shining light in the lives of so many people and villages locally, died on 23 January after a short illness. She was 68.

Details of her funeral will appear in due course on the website of Stansfield bridge club - [www.bridgewebs.com/stansfield](http://www.bridgewebs.com/stansfield) . A full obituary will appear in next month's issue of the Parish Pump.

We at Parish Pump are very grateful to our friends who have generously funded the colour front page of the paper editions. This month it is Mrs Joan Clinton of Stradishall who has supported us. Thank you!

## Rector's Ramblings Jan/ Feb 2024



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

**Curate's Chronicles – January 2024  
(Having an Epiphany)**

Christmas is over - the tree is down, and the decorations are packed away, January is well and truly upon us. If you are like me, you might be feeling a tad gloomy?! To counteract this feeling, I remind myself that we still have a good reason to celebrate and that is the season of Epiphany. This season begins after the 12 days of Christmas and stretches into February and there are places in Europe that still have their crib scenes on display, which I'm all for. Epiphany means appearance or manifestation, so for us perhaps Epiphany isn't the end of Christmas, but an enlarging of it. Epiphany is the part of the Christmas Story that marks the arrival in Bethlehem of "The Wise Men" or the "Magi". They were outsiders, travellers from a foreign land, and we might wonder about their suitability to play any part in the story. However, they recognised the significance of the coming of Christ, whilst King Herod could not. He saw a threat and, filled with jealousy, was bent on destroying what he could not accept. They saw a child who would change the world forever.

This time last year I was sailing in the Hebrides, it was utterly freezing but it was magnificently beautiful, and the sky was like nothing I've seen anywhere before. I felt my heart and mind expand in awe at the beauty of God's gift.

This past year has been a tumultuous one with the Ukraine-Russia and Gaza-Israel conflicts at the fore. As I look forward to 2024, I wonder what sort of year it will be? God-willing I will be Priested in June and I fervently hope that I can look forward to the year with an enlarged vision and with an open heart and mind. I

pray that I'll spot the 'daily Epiphanies' in which God is revealed in the unlikely and the unexpected.

There is a wonderful hymn that comes to mind:

There's a wideness in God's mercy,  
like the wideness of the sea.  
There's a kindness in God's justice,  
which is more than liberty.

There is welcome for the sinner,  
and more graces for the good.  
There is mercy with the Savior,  
there is healing in his blood.

But we make God's love too narrow  
by false limits of our own,  
and we magnify its strictness  
with a zeal God will not own.

For the love of God is broader  
than the measures of the mind,  
and the heart of the Eternal  
is most wonderfully kind.

If our love were but more simple,  
we should rest upon God's word,  
and our lives would be illumined  
by the presence of our Lord.

**Rector's Ramblings – February 2024  
(Love beyond Valentine's Day)**

As we step into February, the crisp winter air begins to whisper of another kind of warmth - the gentle heat of love. Shops adorn themselves in reds and pinks, heart-shaped merchandise lines the shelves, and thoughts turn to romance and declarations of affection. But is February's love story truly limited to chocolates, roses, and cards? I don't think so.

Whilst Valentine's Day, with its charming traditions and sweet gestures, holds a special place in many of our hearts, let us not forget the broader canvas upon which love paints its masterpiece. February, you see, is a month not just for romantic love, but for love in all its glorious guises.

It is a month to celebrate the love that binds families, the unwavering loyalty and quiet devotion that flows between parents and children, siblings, and spouses. It is a time to cherish the deep friendships that enrich our lives, the laughter shared, the tears dried, the secrets whispered, and dreams supported.

It is a season to extend a hand to our neighbours, the lonely and forgotten,



offering them a cup of tea, a friendly smile, a simple act of kindness that speaks volumes of love.

Love, you see, transcends the confines of romantic relationships. It is a universal language, a force that bridges gaps and builds bridges, a light that shines brightest in the darkest corners. It is the thread that binds us together, the mortar that makes communities strong, the fuel that ignites acts of compassion and inspires selfless service.

So, this February, as hearts flutter and cupid's aim their arrows, let us remember that love's story unfolds far beyond the pages of a greeting card. Let us seek out the faces of love in our everyday lives - in the smile of a child, the helping hand of a neighbour, the unwavering support of a friend. Let us celebrate the love that whispers in quiet moments, that speaks in actions louder than words, that binds us to one another with invisible threads of care and connection.

Perhaps this Valentine's Day, instead of chocolates, we gift acts of kindness. Perhaps instead of cards, we write letters of appreciation to those who hold a special place in our hearts. Perhaps instead of grand gestures, we offer small tokens of love that speak volumes - a listening ear, a helping hand, a shoulder to lean on.

In doing so, we paint a richer, more meaningful picture of love - a love that is inclusive, unconditional, and ever-present. We create a community where love is not just a fleeting February fancy, but a vibrant tapestry woven into the fabric of our daily lives.

So, dear friends, let us embrace February as a month to celebrate love in all its forms. Let us open our hearts, extend our hands, and write our own stories of love that leave a lasting mark on the world, long after the last heart-shaped balloon has deflated.

**With love and blessings Mark  
The Revd Mark Woodrow (Rector)**



**We had a  
beautiful barn owl  
like this in our  
garden log shed in  
mid January. It  
looked  
magnificent!**



## Stradishall - A village Christmas



bell tower was transformed to become **Santa's Grotto**. There were numerous events to entertain the younger ones prior to the arrival of Santa including a Treasure Hunt, Colouring Competition, and story reading. The older ones were able to participate in their own competitions including **Guess the Weight of the Cake, Guess the Name of the Reindeer, and an excellent prize raffle**. There was also a **Pottery Table and a Memory Tree**.

The highlight of the day was the arrival of Father Christmas. He, and his many presents, were expertly transported to the Church by **Denise Stone** using her pony (**Tubby**) and trap. Father Christmas then sat in his Grotto and met with all the children that had waited so patiently to see him. Some 40 children met with Santa on the day.

The refreshment table was in constant use and was well stocked with Christmas pies, gingerbread men, sausage rolls, biscuits, scones, etc. The excellent food was all washed down with tea, coffee, soft drinks and hot chocolate but mainly mulled wine.

A huge thank you must go to all those who spent many hours organising, preparing and hosting this special event. Of course, an extra special thank you to Father Christmas (as so very ably supported by **Charlie Plant**) who made time in his hectic schedule to come and see us in Stradishall. Santa did have a few presents left over.



These were donated to **The Salvation Army** in Bury St Edmunds and ensured some less fortunate children also had the joy and happiness of receiving a gift at

On Saturday December 9<sup>th</sup> the second Village Christmas was held in Stradishall Church. The building was filled with 11 excellently decorated Christmas trees plus beautifully arranged festive decorations on the alter, entrance porch and windows. The

**Please note that, unfortunately, these prices will have to increase slightly in April. Please see page 5**



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Eighth page	£ 250	£ 135	£ 27
Quarter page	£ 480	£ 250	£ 50
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	12 months	6 months	individual advert
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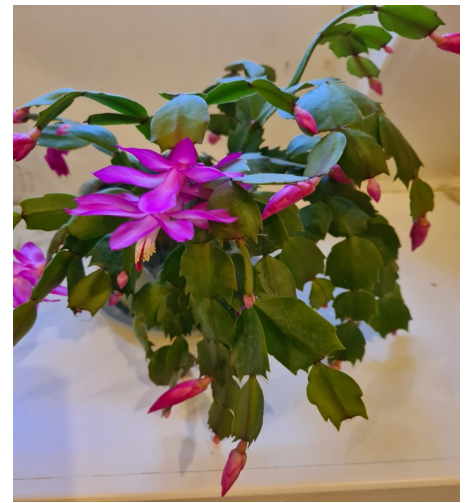
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**Our Christmas cactus**

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

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**Martin Kinna**

**Please step carefully as this year proceeds**

Of course we start, even in February, by wishing each other a very Happy New Year. But thinking about this, is the greeting just a glib little remark or something that carries a real message? How much of the message is hope and how much expectation?

Deep inside our festive season has been buried scandal, unhappiness, war, hatred, protest, destitution and deep unhappiness. The appalling scandal of the Post Office's treatment of its sub-Postmasters, the attempts to cover up the truth of the situation, the inability of our own government to act quickly and effectively to remedy it are all beyond belief. Who is in control here?

Then there is the war in Ukraine, disappearing in concern because of the smoke from the Middle East and on an ever widening front too. In the United States, Congress is treating the war in Ukraine as a football match, not passing the financial bill that will offer continuing aid. Political games, while people are dying on the front lines daily.

We have lived through the scandal of public buildings not being fit for purpose because of inadequate materials. What is happening to Grenfell Tower? With so many advance predictions about flooding why are we surprised that year on year floods return and with increasing severity? Are we surprised that Tata

decide to close a highly polluting and heavy loss making steel plant in Port Talbot? I take comfort from **Rory Stewart's book Politics On The Edge**, that will finally come out in Paperback in June. It actually tells us in very plain language just where the fault lines lie. Now it is our turn to take the wheel and to ask the right questions and to make a stand for our concerns. This is likely to be an election year in this country. It is certain there will be one in America. Is it a forlorn hope that we will have shown our Political Parties what we want and got them to agree to deliver rather than just voting for whichever Party we dislike the least? We must tread carefully in the coming months because our actions or inactions may determine our future.

And talking of which, did you know that our **Suffolk County Council has recently voted for a 100% cut in Arts Funding in the Region**? Perhaps you feel that this just means there will be a smaller Pantomime in Bury this year. In reality it will mean a lot more than that. Go on to the Bury Theatre website to see how far reaching their activities stretch. Do you know how they partner with so many charities from St Nicholas Hospice, to Age UK and Mind? Did you know they receive 75,000 audience members per year, they engage with 84 schools, 5,000 pupils and 9,000 community participants? Their community engagement is phenomenal and important.

We must have a cultural input in our lives. Football and Gladiators are not sufficient to get our young people dancing and performing, painting and creating, writing and becoming the providers of our future happiness, thought and delight.

For this and any other issue that concerns you consider going to the County Council's Website, [www.suffolk.gov](http://www.suffolk.gov). Here you will find a link to Find My Councillor. **Bobby Bennett** is the one for the Clare Region and make your concerns known. They are your representatives, they are there for you, they direct the policies under which Local Government Officers work dealing with pot holes, housing services or the Arts. Please tread carefully as this year proceeds. **There is a lot riding on what you think and what you do about it**

As I said at the beginning **Happy New Year**, and that is said with much hope. The expectation is up to you.



Beautiful Suffolk again!

**ALERT FOR ADVERTISERS**

**Advertiser Rate Changes from 1 April 2024**

**The Parish Pump is a free community magazine. We do not receive any grants or public funding and our advertisers are our only form of revenue. In the main, our advertisers live and work in our community and we are extremely grateful for their commitment and support to the Parish Pump. Over the past few years, we have not changed our advertising rates and have absorbed our ever-increasing costs from reserves. However, we are no longer able to do that so, with reluctance, we will have to increase our advertising rates. The table below sets out the new rates. These will come into force for any contracts that start after 1 April 2024**

**Please note we do not put adverts on the front page or offer full page adverts. However in, very exceptional circumstances, these can be considered and be subject to negotiation.**

INSIDE PAGES			
	Price for the Period		Price per issue
	12 mths	6 mths	Individual Advert
Eighth Page	£90	£50	£10
Quarter Page	£185	£100	£20
Half Page	£275	£150	£35
BACK PAGE			
	Price for the Period		Price per issue
	12 mths	6 mths	Individual Advert
Eighth Page	£165	£90	£20
Quarter Page	£255	£140	£30
Half Page	£420	£230	£45

## COFFEE MORNING SUCCESS FOR THE DENSTON 550

The morning of Thursday, 7 December couldn't have started duller. But it certainly wasn't a wash-out for Denston's fundraising Coffee Morning, which made an excellent profit of £526. This money



goes towards the Denston 550 celebration events later this year.

Rosemary Macaire welcomed around thirty-five people into her beautiful home



to enjoy coffee and cake and do a little shopping. As well as tables laden with delicious cakes, there were stalls selling candles and room scent (Cornucopia Candles run by Leonora Swinney), cards, labels and wrapping paper (Flamingo Paperie, run by Claire Ebeling), beautiful hand-knitted garments (run by Jane Lowe and David Taylor) and Jardin de Clements



selling the most fantastic wreaths and willow reindeer outside and Christmas decorations, boxes and gift sets inside (run by Linda Dabbs).

Thank you to everyone who came and supported the event so generously. An

especially big thank you goes to Rosemary Macaire, to those who donated raffle prizes, to Claire, Jane, David Leonora and Linda for setting up their



stalls, and to everyone who made cakes and worked so hard.

**Denston looks forward to greeting you again when the gardens are open on Sunday 16 June 2024**



**Article composed by Hilary Bradfield**

## 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 01787 277134 [admin@stanwo.co.uk](mailto:admin@stanwo.co.uk)**

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# STANSFIELD Parish Council

Working with our local community

## Our Village...All Together Now

Stansfield Parish Council is joining forces with the Village Hall Committee and the village Good Neighbours scheme to invite residents to meet up with them at the Village Hall.

The first such event is planned for **Saturday 24<sup>th</sup> February, 11am to 1pm**. More details will be given to each household later in February. The Parish Council is hoping that such events will prove more attractive to some residents than formal council meetings. "We hope that you will drop in and just enjoy a cuppa, and a friendly chat with each other. But if you want to talk about anything to do with the village, our councillors, together with representatives from the Village Hall and Good Neighbours scheme, will be there eager to listen," said Rex Barnes PC Chairman. Derek Adams, Chair, said: "The Village Hall Committee is delighted to partner with the Parish Council and the Good Neighbour scheme for this event. We are keen to keep in touch with villagers and hope very much that you will come and say hello. We look forward to catching up with those of you that we know well, but also, perhaps, to seeing some faces new to the village hall too. It's your village hall and we welcome your views about how it can grow."

Good Neighbour scheme volunteers will be serving refreshments, and on hand to talk about their new scheme which already has helped several residents and undertaken tasks for the village as a whole.

## Speeding in Stansfield

Out of 538 vehicles whose speed was recorded on Plough Hill in Stansfield a couple of months ago, more than half were exceeding the 30mph limit. One was recorded as travelling at 48mph. Suffolk County Council sited the Automatic Number Plate Recognition (ANPR) camera which recorded the following during the week:  
27-30 mph - 245 vehicles  
32-34mph - 212  
35mph+ - 81  
Fastest Speed - 48mph

The Parish Council are due to discuss speeding deterrents at their meetings. Any comments from residents about this issue, or any others would be welcomed. Please contact the Chairman on [rexstansfieldsoc@gmail.com](mailto:rexstansfieldsoc@gmail.com) or 07778 058425 or the Parish Clerk at [clerk@stansfield-pc.gov.uk](mailto:clerk@stansfield-pc.gov.uk).

## Parish Council Meetings 2024:

**31<sup>st</sup> January** (replacing the meeting scheduled for 17 January which was postponed following a forecast of adverse weather).

Future meetings are scheduled for: **13 March, 8 May, 11 September**. Extra meetings will be added if necessary (e.g. If planning applications come forward).

## Rural Coffee Caravan delivers a warm welcome to all

Our regular visit from **Diana Patrick** who operates the Rural Coffee Caravan (organised for the village by **Mary Evans**) went ahead on the 19<sup>th</sup> January. It was a bitterly cold day and plenty of coins went into the village hall meter to ensure that all the heaters were switched on to provide a warm welcome to all who visited. Friends from Stansfield, Clare, Hawkedon and further afield, braved the icy roads and pavements and were treated to homemade cakes, hot soups and fresh rolls. Thanks to **Fay Gridley, Wendy Johnson Houghton, Sarah Hopkins and Diana Patrick** for their excellent culinary donations. Also, thanks to Diana's assistant **Nicola Gates** for her hard work in keeping the refreshments flowing. Diana is an excellent source on localised knowledge and support. She has helped many people gain access to the benefits, services and information they need. More information about the Rural Coffee Caravan charity can be found on <https://ruralcoffeecaravan.org.uk>

Another warm welcome awaits you all on **Thursday 15<sup>th</sup> February from 11am until 1.30pm**. See you then!



"Never thought I would need to call on them for help" .... said a Stansfield resident. **"But....."**

The resident had been told by NHS 111 to go to West Suffolk Hospital "within the hour". So, she rang the village **Good Neighbours Helpline 07827 128511** and a GN volunteer responded immediately and met the request.

*"A big thank you to Stansfield Good Neighbours for responding so kindly to my emergency request to take me to West Suffolk.....they were so lovely", said the resident\*.*

"This is one of the sorts of circumstances in which absolutely anyone could find themselves as we live in such a relatively remote rural village," said the village GN scheme's secretary, **Pat Barnes**.

"When we proposed the scheme, some felt that it might not be needed here, as there are many residents willing to help others in the village anyway. But, in just the first three months of operation, we have completed 15 tasks in response to requests for help, so, judging by this and some very lovely comments, we hope it is proving to be a useful and welcome addition. An extra safety net for the village," said Pat. "We have 14 signed up volunteers, with a few more in the pipeline," she added. "They are all very willing to help in many ways, not just driving to medical, physio and dental appointments. Prescriptions and food supplies have been collected, household and garden tasks undertaken for the elderly and infirm, befriending for those who would like some company, and even putting some grit on the roads in icy weather and undertaking minor repairs to the village noticeboard! "

**"Please don't be shy" she urged. "Please call our helpline and talk to us, we enjoy helping out, whether it is for mundane tasks or something more urgent. We cannot specifically offer an emergency service, but we will do whatever we can."** Next on the agenda for the village Good Neighbours scheme is to help to organise some community sessions in conjunction with the Village Hall and the Parish Council. Also to produce a Welcome Pack which will contain information such as local footpath routes, sources of local goods and expert help like plumbing and electrics, where and what is available locally for hobbies, eating out, doctor and medical facilities etc. If you have any ideas for things to be included, then please ring the **Helpline 07827 128511**. The Good Neighbours scheme management committee met in January, and it was reported to be running well within its budget thanks to the generosity of donors and volunteers. West Suffolk Council allowed the grant that they originally gave for the failed housing survey in the village to be redirected to create the Good Neighbour Scheme.

*\*Like all GN schemes, the names of those seeking help and the names of volunteers are never disclosed unless they specifically request*

**Helpline: 07827 128511**



## Country Cooking with Louise Mackrill



I always look at imports at this time of year and there is none better than the wonderful & versatile avocado. Health benefits such as cardiovascular, skin, weight loss, diabetes & arthritis to name but a few. Try these very simple to prepare recipes ...

### Avocado bruschetta

Halve an avocado, scoop out the flesh and mash, with a fork, with some lime juice. Season well & spread on toasted



sourdough or rustic toasts.

### Guacamole

2 avocados, halved, stoned, peeled & diced  
1 large tomato, skinned & finely chopped  
1 green chilli, deseeded & finely chopped  
1 red onion peeled & thinly sliced

Handful of fresh coriander, chopped  
Juice of 1 lime  
Mash the avocado with the tomato, chilli, red onion, coriander & lime. Serve with tortilla chips.

### Ginger

Ginger is a favourite of mine, particularly at this time of year. Our favourite 'anti' – it is anti-viral, anti-septic, antihistamine, anti-inflammatory and great if you have a head cold or sinus congestion. It is also renowned for soothing the stomach and helping to relieve nausea. Try this ginger shot for a comforting nutritious drink ...

Simply blitz a chunk of fresh ginger (scrape the peel off with a small spoon) with freshly squeezed lemon, top up with boiling water and stir in a spoonful of Manuka honey.

OR for an intense ginger shot, juice one apple with a chunk of peeled ginger and knock back in one!

### Sweet potato soup with cumin and ginger

1 tbsp olive oil

2 lb sweet potatoes peeled & cut into ½ inch cubes  
1 lb carrots, ditto  
1-inch fresh ginger, scraped & grated  
1 tsp ground cumin  
2 ½ pints vegetable stock  
Seasoning

Heat the oil in a deep saucepan, add sweet potatoes, carrots, ginger & cumin, and fry, stirring for about 10 minutes until just starting to brown. Add the stock, season well, cover & simmer for around 30 mins until the potatoes & carrots are tender. Blend until

smooth.

To serve garnish with some double cream & chopped chives along with croutons or fresh crusty bread.

### Lemongrass & ginger Morston mussels

2 bags Morston mussels  
2 oz butter  
2 shallots, finely chopped  
2 lemongrass stalks, finely chopped  
2 garlic cloves, finely chopped  
4-inch piece fresh ginger, scraped & finely chopped  
2 red chillies finely chopped  
7 fl oz white wine  
1 x 330 ml carton coconut water  
1 x 160 tin coconut cream  
Handful freshly chopped coriander leaves  
Wash the mussels and remove any dirt, grit & beards. Discard any mussels that are not firmly closed. Melt the butter and sauté shallots, lemongrass, garlic, ginger & chilli without colouring for around 5 minutes until soft.

Increase the heat, add wine, coconut water & cream. Bring to the boil then add the mussels, cover and cook just a few minutes until they open. Scatter in the coriander and stir around to coat well with the sauce. Serve with warm fresh granary bread to mop up the juices.

### Dried Orange Peel

Now is the perfect time to make use of oranges and this dried orange peel peps up anything from a tomato sauce to a chocolate pud. I particularly love it added to casseroles and stews such as beef or game. It will keep virtually for ever as long as the container is airtight.

5 – 6 large oranges Remove the zest, without any pith, in long strips and scatter in a single layer on a non-stick tray or a cake rack over a tray. Place in oven at 110oC/225oF for 3 or 4 hours until they are dry enough to snap. Cool, store in a sealed jar or an airtight container.

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### Denston Village Hall 100 Club January 2024 DRAW

1 <sup>st</sup> Selina Hopkins	£20
2 <sup>nd</sup> Camilla Hamilton	£10
3 <sup>rd</sup> Daphne Bransby-Zachary	£ 5
4 <sup>th</sup> Hill House	£50

(special for the New Year)

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## Jeff Fellows, wine connoisseur:

### A Happy New Year to you all.

There are two events to celebrate in February. Sat 10th is the start

of the Chinese New Year. The year of the Dragon. Here are a few suggestions if you intend to eat Chinese food.

Riesling and Gewürztraminer are the go to grapes. The former is dry and aromatic. The latter is much more full bodied with distinctive notes of fruit, citrus and spicy aroma's. Tesco have a basic Mosel Riesling for £7.25 but is only 8.3% alcohol. Their De Colmar

Gewürztraminer is a better option. Mango and rose, tropical fruits and spicy aromatics. A hefty 14% and £11. Waitrose have a regular Riesling. Cave de Beblenheim which is dry, citrusy and aromatic 12% and £10( down £2). The Gewurz is Cave de Turckheim which proffers lychees and ginger 13.5% and £11.50. There is another wine which can be drunk on these occasions. A

Chardonnay based sparkling wine. Champagne for preference, but most dry sparklers would do. Plenty of options here. Aldi have a Cava at a bargain price of £5.45. They also have a Prosecco 11.5% for £7.50. Tesco offer Condesa Flores Brut Cava 11% £5.75.

The other event is Valentine's Day when we celebrate with our lady love, and



reaffirm our undying love to them. A present is never wrong, flowers of course and as it must be only the best on that day,

Champagne.

In no particular order here are those on my list. Roederer, Bollinger, Veuve Clicquot, Pol Roger and Heidsieck Blue Label. We all have our own favourites so treat your lady. Cheap they are not, but as Coco Chanel is reported to have said, "I only drink Champagne when I am in love, and when I am not!"

Jeff Fellows

## The litter collecting gadger has started again!



## They are all full with litter from our roads!!

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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



## ‘AGM looking forward to Spring 2024’ *Wickhambrook and District Horticultural Society*

### Wickhambrook and District Horticultural Society

Our AGM. was held on Monday 27<sup>th</sup> November in the W.I. Hall. Members present - 24 and 5 members sent their apologies.



We heard reports from **The Chair, Jackie Merry, Treasurer, Deirdre Smith and Flower Secretary, Polly Puxley. Programme Secretary, Matthew Lawfield,** outlined a very varied and

interesting programme for 2024, which include a day outing to Bressingham and an evening visit to

Depton Care Farm and Westley Waterless.

Our first meeting in the New Year, on Monday 22<sup>nd</sup> January is, ‘Meet your our Local Wine Producer’, when **Nick Watson from Coopers Croft Vineyard** will talk us through the process and we will be able to sample the finished product!

On Saturday 24<sup>th</sup> February we are looking forward to **A Winter Gathering at Ashfield Farm** by kind invitation of **Philip and Joyce Draycott.** There will be food and entertainment. £5 for Members and £8 for guests.

We look forward to another happy and interesting year.

Have you considered joining us?

Unofficially we are known as the **Wickhambrook and District Gardening Club**

**There are some random interesting photos in this issue. Have you any that we could use in the future? Please send them to Parish Pump. Thank you Peter**

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

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

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

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

Join **Clare Tour Guides** to learn the secrets of the town's 1000 year history, from Anglo Saxon settlement to the present day. Taking in the castle, Clare Priory, many listed buildings and the railway, the tour brings to life Clare's rich and fascinating heritage. Our public tours run from April (or Easter if earlier)

until the end of October, These can be booked at the website above. Private tours are also available by appointment please email us at [info@clarecastlecountrypark.co.uk](mailto:info@clarecastlecountrypark.co.uk)

or call 01787 277902 to arrange a tour.

## Monthly Rainfall 2022/2023

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

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 by accidentally leaving this article out last month. Sorree!! From Peter

# ALL ASPECTS LANDSCAPING AND FENCING

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



\* Calling All Growers \*

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

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

Stansfield Village Hall Charity No 304939

## Stansfield Village Hall News

### Hear, Hear!

We are delighted to report that in November two hearing loop systems were fitted at Stansfield Village Hall. A hearing or induction loop is a system that allows hearing aid users access to speech, music and recorded sound more effectively. A hearing loop provides a magnetic, wireless signal that is picked up by a hearing aid when it is set to the 'T' setting.

The system fitted in the village hall's small meeting room has a microphone over the meeting table so that hearing aid users participating in meetings can hear what is said. This will regularly support Parish Council meetings by maximising the inclusion of both the councillors and members of the public attending.

The system fitted in the Main Hall works in conjunction with loudspeakers or a radio microphone. We hope that this will make events and celebrations much more enjoyable for local people who would otherwise be disadvantaged by reduced hearing.

The village hall committee was impressed by **Audio Electronic Design** who ensured that the village hall's specific needs were met. They took the trouble to include a local resident who is a hearing aid user who was invited to project meetings and

helped to test the system on installation day.

The village hall committee would like to thank Stansfield Parish Council for their financial contribution towards this project. Thanks to **West Suffolk Councillor Sarah Pugh and Suffolk County Councillor Bobby Bennett for generous Locality Grants, and to West Suffolk Councillor Nick Clarke for his Locality Grant donation on behalf of Poslingford Parish Council who also use Stansfield Village Hall for their meetings.**

### Christmas Tree Recycling

Thanks to everyone who participated in our Christmas tree recycling event on the morning of Saturday 6th January, either by leaving their trees out for the two collection rounds in Stansfield, Assington Green and Poslingford, or bringing their trees along to the Village Hall.

A lovely pine and spruce scented layer of chippings has been added to **Stansfield Sensory Garden** to support a good start for new growth in the spring. So, though the winter garden is rather bare you can still enjoy a scented stroll with an alpine touch!

Huge thanks to Chris and Paul from AP Landscapes for their cheerful goodwill

and an energetic morning's work collecting and recycling Christmas trees at Stansfield Village Hall.

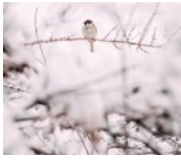
### Cinema in Stansfield

On Friday 9<sup>th</sup> February Cinema in Stansfield is pleased to be showing its first foreign language feature - **Lunana: A Yak in the Classroom**. In this moving and funny Oscar-nominated drama, Ugyen, a daydreaming but discontented young teacher is posted to Lunana, a remote village high in the Himalayan mountains. Will life in Lunana's simple yak herding community break his spirit or steal his heart?

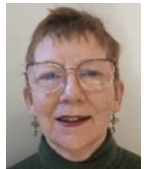
Beautifully photographed in extraordinary Bhutanese mountain locations, Pawo Choyning Dorji's acclaimed debut feature gives a fascinating insight into a region rarely seen on screen.

***Ticket availability for this event will be limited to help us ensure that the subtitles are visible for everyone.*** A second screening can be arranged on Saturday 10th February if there is sufficient demand.

**Advance booking only:**  
[www.ticketsource.co.uk/stansfield-village-hall](http://www.ticketsource.co.uk/stansfield-village-hall) Assistance/enquiries:  
[friends@stansfieldvillage.org.uk](mailto:friends@stansfieldvillage.org.uk) or  
01284 789 192



## Wickhambrook Parish Council December 2023 and January 2024



### December 2023

Hello, I hope you are all keeping safe and well. I always find January one of the hardest months of the year, and with the [cost of living crisis](#) affecting many people, please don't be afraid to seek out help and support – there is a lot out there, and I'll keep posting to the [parish website news](#) whenever any new information comes in. With this in mind, a group of lovely ladies in the parish have got together to put on Warm Winter



Wednesdays in the cold months at the Women's Institute Hall, where people of all ages can gather for free tea, biscuits and soup etc and spend time in company at card games, board games, jigsaws etc. Carols were enjoyed by all at their December event when children from Wickhambrook Primary Academy joined the team to hand out refreshments and sing. At its November meeting, the parish council agreed: A draft budget to be considered and finalised at its January meeting. A grant towards the cost of bringing Memorial Clock back into

commission. Some proposals to address infrastructure and highways issues which, although not the responsibility of the parish council, do have significant and adverse impacts on parish residents. These include: A volunteer team focussed on flooding issues to report to a councillor; and A Community Speedwatch Group (at least six volunteers needed). If you would like to be involved in either, please e-mail [parishclerk@wickhambrook.org.uk](mailto:parishclerk@wickhambrook.org.uk) To support the Climate and Ecology Bill, authorise the cost of purchasing replacement hedging and guards for the boundary between the cemetery and Cemetery Road (following payment of £500 received from SCC Highways). To appoint TOP Garden Services as Grounds Contractor for the year 2024 – 25. To adopt revised Cemetery Fees and Charges. To authorise the cost of conveyancing work to register land in the name of the Parish Council (part of Bury Road Pocket Park). Our next parish council meeting is on 11<sup>th</sup> January 2024 at 7:00pm in the Pavilion, Memorial Social Centre. At this meeting the parish council will be considering the following matters: An Update on Neighbourhood Planning Reviews of Internal Control and income and expenditure against budget The proposed budget and setting of the precept for the next financial year (2024-25) Nominations for the Alf Hicks Biscuit Barrel – thank you for so many! Parish Council Meetings are open to the

public so why not come along? If you would like to get more involved there are lots of ways to contribute, from attending meetings and asking questions, to joining in with volunteer events, becoming a lay member on our Estates Committee, or becoming a Councillor! We currently have three vacancies for parish councillors and are also looking to recruit a lay member to the Estates Committee. If you would like to find out more, please do call me or one of our councillors, or come along to one of our meetings. If you would like to be considered as a councillor, please take a look at the [website](#), and complete and return a co-option application and eligibility form to Hilary. We look forward to hearing from you! You can find draft minutes of our recent meetings here: [Estates Committee – 2nd Nov](#). [Parish Council meeting – 30<sup>th</sup> Nov](#). 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 [parishclerk@wickhambrook.org.uk](mailto: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 New Year, keep safe and well.

### January 2024

Hello, again  
Spring bulbs are starting to appear, and if you're walking past the cemetery, you'll see that the Cherry Trees planted last spring have their first blossom appearing. It's still cold though, so don't forget the Warm Winter Wednesdays being put on at the **Women's Institute Hall on: 24<sup>th</sup>, 31<sup>st</sup> Jan, 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup> and 28<sup>th</sup> Feb**

Pop in for free tea, biscuits, and soup etc and spend time in company at card games, board games jigsaws etc. I try to pop in too, so if you see me and have any queries or issues you want to raise, please do have a chat!

Did you know that The Suffolk Climate Change Partnership, which is made up of all the Local Authorities in Suffolk, have purchased several thermal imaging cameras which they are loaning out to community groups to carry out surveys in their areas for free. Wickhambrook has booked a camera between 13<sup>th</sup> February and 18<sup>th</sup> March. The aim of the project is to raise awareness about insulation, and if possible, help you to improve the energy efficiency of your house. This could mean a reduction in fuel bills, better health and also reducing the total amount of carbon dioxide that we emit into the atmosphere

which is important for stopping climate change. If you would like more information about the project, to participate as a volunteer or have your property included in the survey, please contact the clerk in the first instance. At its January meeting, the parish council: Agreed the budget for the next financial year (beginning in April '24), and the precept **£46,341 based on its agreed 3-year work plan** Reviewed and updated its Scheme of Delegation, Terms of Reference for the Estates Committee and Road Safety Working Group, and its Risk Management Policy and supporting General Risk Assessment Appointed Suffolk Association of Local Council's as Internal Auditor for the current financial year and confirmed that the clerk continue to act as its Responsible Financial Officer Considered nominations for the **Alf Hicks Biscuit Barrel Award** (previously circulated as report **WPC.24.01.09**) to be presented at the Annual Parish Meeting in 2024. Noting the volume of nominations and the joy that has been brought to residents of the parish over the Christmas Season from his lighting and decorations, agreed to award the Alf Hicks Biscuit Barrel Award to George Woods of

Nunnery Green. Extended its thanks to Sandy Thwaite, who has sadly stepped down as a councillor. The public forum session in the meeting focussed on concerns and questions raised by residents about the draft list of Non-Designated Heritage Assets (NDHA's) included in Wickhambrook's Draft Neighbourhood plan, which was open to consultation in December last year. The Neighbourhood Plan Working Group will have considered all responses to the consultation by the end of January, and a further report, looking specifically at any proposed amendments to the draft list of NDHA's, will be considered at an Extra-ordinary meeting of the parish council on 1<sup>st</sup> February, at 7:30pm in the Pavilion, Memorial Social Centre, which of course is open to residents of the parish. Our next scheduled parish council meeting is on 29<sup>th</sup> February 2024. At this meeting the parish council will be considering the following matters: Amendments to the Draft Neighbourhood Plan Appointment of Sole operator at Wickhambrook Cemetery **continued over**

## Wickhambrook Parish Council January 2024 *continued*

Renewal of Insurance Cover in accordance with the Long-Term Agreement and Asset Register Authorising Due Payments for 2024-25 and Direct Debits

Donations to Charities and Local Organisations (if you are aware of any local charities which may benefit from some parish support, please ask them to contact the clerk by 23<sup>rd</sup> February Parish Council Meetings are open to the public so why not come along? If you would like to get more involved there are lots of ways to contribute, by:

attending meetings and asking questions joining the Road Safety Working Group becoming a lay member on our Estates Committee or becoming a Councillor! We currently have three vacancies for parish councillors and are also looking to recruit a lay member to the Estates Committee.

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

Parish Council) – 11<sup>th</sup> January 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 at [parishclerk@wickhambrook.org.uk](mailto: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 the New Year, keep safe and well.

Hilary Workman Clerk for Wickhambrook Parish Council

## Gatehouse Charity NHS Mindfulness Course

FREE NHS FUNDED ONLINE MINDFULNESS COURSE

# BE KIND TO YOUR MIND

FREE NHS FUNDED ONLINE MINDFULNESS COURSE FOR CARERS

- LEARN TECHNIQUES ON HOW TO INCORPORATE MINDFULNESS THROUGHOUT YOUR DAY.
- EASE STRESS & PREVENT BURNOUT.
- COURSES SPECIFICALLY DESIGNED FOR CARERS & FORMER CARERS
- LED BY A CLINICAL PSYCHOLOGIST

NEXT COURSE BEGINS ON 28TH FEBRUARY 2024

GO TO [WWW.THE-MINDFUL-LIFE.COM](http://WWW.THE-MINDFUL-LIFE.COM) TO REGISTER YOUR INTEREST BY CLICKING ON THE [APPLY NOW](#) BUTTON OR SCAN THE QR CODE HERE:



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.

**Here is some information about the courses that The Gatehouse Charity is offering:**

The online mindfulness courses are NHS fully funded and designed to support older adults and carers (over 65) in Suffolk and are led by a clinical 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.

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 for adults (65+) will start on 31st January and the course for carers begins on 28th February. They involve 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 with a further optional 3 weeks for those who wish to carry on practising together. Places are free but limited to around 15. Bookings can be made via [www.the-mindful-life.com](http://www.the-mindful-life.com) or email us direct with any queries at: [raechel@mindfullife.uk](mailto:raechel@mindfullife.uk) Raechel Schoder



## Wickhambrook Summer Fete Committee needs your help

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

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

Our meetings are not long meetings and until just before Fete day are held every two months, closer to Fete day, once a month. If you feel you would be able to help out and would like more information, please contact

**Deirdre Smith** ([didgesmith@hotmail.co.uk](mailto:didgesmith@hotmail.co.uk))

**Maggie Elers** ([maggielers@hotmail.co.uk](mailto:maggielers@hotmail.co.uk))

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



CLARE LIAISON AND SUPPORT PROJECT  
(Charity No. 1029710)

2024 FUNDRAISING  
TABLE SALES

CLARE TOWN HALL, 9.30 a.m. to 1.00 p.m.  
On the following Saturdays

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](mailto: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](mailto:ek1000@btinternet.com)

REFRESHMENTS and TOMBOLA  
Charity No. 1029710

SUFFOLK  
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# LEGO Club

## Clare Library

### Saturdays 10:30-12noon



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

[clare.library@suffolklibraries.co.uk](mailto:clare.library@suffolklibraries.co.uk)  
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HMRC charity number: XY3476

### COMPLIMENTS TO CLASP from Councillor Nick Clark



If you don't know about CLASP then here is a link to their website. | [Contact us \(clasp-clare.co.uk\)](http://clasp-clare.co.uk) It is an amazing organisation made up of amazing people. They host a three course Wednesday lunch for the elderly, many of whom are on their own, often going to people's homes to pick them up and drop them off in the CLASP minibus.

They also host weekly shopping trips to Sainsbury's or Aldi, coupled with a coffee at a garden centre on the way home and provide Car-Aid to help transport folk to and from medical appointments. This is all self funded through fund raising events and small donations if folk can afford it.

A nicer bunch of helpers, who are all volunteers, you would struggle to find. The community spirit is second to none. When mum moved up from Cornwall last year, CLASP made her so welcome and introduced her to so many new friends.

Mum is now fully embedded in this brilliant organisation. So much so she volunteered (possibly!!!) to help another attendee raise a collection for all the helpers to say thank you. Mum then roped me in to help her buy the presents and to present them today. I confess I had to say less than I planned because I was choked up with emotion reflecting on how wonderful CLASP has been helping mum get over dad passing and her relocation to Clare from Cornwall.

We all had a lovely Christmas dinner, all freshly cooked, and were treated to Nigel on the organ so we could sing Christmas carols. A really lovely time.



Stowmarket  
Chorale

Music Director  
William Baldry

## COME AND SING!

Vivaldi

Gloria

L'Estrange

Love's Philosophy

Saturday 10th February 2024

10.30am - 3.00pm

John Peel Centre  
Stowmarket, IP14 1ET

£20 to include music score  
(bring your own food)

Booking: 07912 432220

[tickets@stowmarketchorale.org.uk](mailto:tickets@stowmarketchorale.org.uk)



Registered Charity 280488

[www.stowmarketchorale.org.uk](http://www.stowmarketchorale.org.uk)



Registered Charity No 1029710

# AUTUMN NEWSLETTER 2023

website: [www.clasp-clare.co.uk](http://www.clasp-clare.co.uk)  
email contact: [secretary@clasp-clare.co.uk](mailto:secretary@clasp-clare.co.uk)



*Please use this newsletter and the website link above to share the work of CLASP with any friends and neighbours who could make use of our services or may be willing to support our work in some way*

The aim of this newsletter is to keep friends, members and volunteers of CLASP updated and informed about the services and activities undertaken by CLASP. It is also an opportunity to share successes, areas for development and opportunities to participate in, or improve, our offers of support to residents of Clare and surrounding villages.

### Finance and Fund-raising

is vital to the ongoing work of CLASP; it costs several thousand pounds a year just to continue to offer all of CLASP's services. Further funds will be needed to cover rises in the costs of food, fuel, rents and insurance over the coming year as well as running costs and eventual replacement of the minibus.

**The Tables, Tombola and Teas.** Sales held in the Town Hall are a regular opportunity to raise funds for CLASP. The sales are growing in popularity, with all available tables often being booked and the cafe, with home-made cakes, being appreciated by vendors and visitors of Clare Market. The latest sale on 18<sup>th</sup> November was a 'best ever' raising £435. This brings the total raised this year to just over £2000.

Dates for Table Sales at the start of 2024 are **February 24<sup>th</sup>, April 6<sup>th</sup>, May 18<sup>th</sup>** please put these in your diary and support us by dropping in.

**The Management Committee** are actively researching other possible grants or opportunities for financial support. Please contact our Treasurer, John Knight, via the email above if you have any knowledge of, or access to, possible sources of financial support for CLASP. Mike Arnold, Sue Eyre, John Webb and myself were pleased to attend Clare Priory on the evening of Friday 17<sup>th</sup> November for their annual distribution of grants to selected charities. The monies distributed are raised from the weekend Craft Fair held at the Priory in July. CLASP's contribution of a 'Park and Ride' minibus over the weekend was gratefully acknowledged by the Prior, Fr. Stefan Park, before presenting Mike with a cheque.

On the evening of Friday 24<sup>th</sup> November, **John Webb** and **Anne Hullah** together with **Mike Arnold** and **Sue Packer** attended The Royal Oak in East Bergholt for the James Cartlidge Community Champion Award event at which **John received a Certificate in recognition of his dedication to the role of Car-Aid Organiser. John had been nominated by Paul Dunningham, a long-standing Car-Aid driver.** Another recognition of the contribution that CLASP makes locally.



## DATE FOR YOUR DIARY

**CLASP will be holding a Race Night in Clare Town Hall on Saturday 6<sup>th</sup> April 2024**

**This is a great activity for all ages**

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



Currently, the work of CLASP is advertised through posters around Clare and surrounding villages, adverts and articles in local publications such as the Parish Pump and the Hundon Herald, our dedicated website and Facebook page. If you have ideas for any other ways in which to publicise CLASP, please contact the Secretary using the email above.

*Thank you for your on-going support of the work of CLASP*

### Stella Byrne – Vice Chair

**A poster to look out for—Car Aid always needs new volunteer drivers**

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

DO YOU DRIVE?

DO YOU LIKE HELPING PEOPLE?

DO YOU HAVE A LITTLE SPARE TIME?

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

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

CLASP  
CLARE LIAISON & SUPPORT PRIORY

**Car-Aid Finance Fund-raising Lunch Club  
Minibus Publicity Shopping trips Website Welfare**





# CAR AID REPORT - NOVEMBER 2023

## CLASP Committee Meeting Thursday 14th. Dec 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.

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

32-32-42-24-41-48-31-26-21-25-35

Year 2023 to date total – 357

Average 32.5 trips per month this year Bookings December month to date – 21

Following Storm Babet which hit us in October, Storm Ciaran, which hit on Thursday 2<sup>nd</sup>. November caused the cancellation of two CarAid trips, one to West Suffolk Hospital and the other to The Oaks Hospital in Colchester. Clare appeared to be cut off from all directions for two days, as it was during Storm Babet.

In November we took clients to two destinations we hadn't gone to before, namely The Oaks Hospital in Colchester and a dentist in Needham Market.

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

**The ongoing interesting CarAid Statistic** - In the last 68 months, since April 2018, CarAid has helped 214 different clients, making 1,361 trips.

It is also worth noting that in December we have already made over 100 more trips in 2023 than the 273 trips made in 2022.

John Webb 9th. December 2023

## CAR AID - STATISTICS

2022	Journeys	Clients	Where to	Drivers	Mileage £	Cancels
Year 2022 Total	273				3,594.90	37
Year 2022 Month Average	22.8		Months	12	299.58	

2023	Journeys	Clients	Where to	Drivers	Mileage £	Cancels
January	32	22	14	15	452.65	1
February	32	20	14	17	306.45	9
March	42	31	13	18	559.80	11
<b>First Quarter Total</b>	<b>106</b>				<b>1,318.90</b>	<b>21</b>
April	24	21	11	15	294.75	9
May	41	23	14	18	595.75	2
June	48	20	10	18	802.35	5
<b>Second Quarter Total</b>	<b>113</b>				<b>1,692.85</b>	<b>16</b>
July	31	22	13	17	405.90	2
August	26	20	10	20	373.90	1
September	21	16	9	13	300.60	2
<b>Third Quarter Total</b>	<b>78</b>				<b>1,080.40</b>	<b>5</b>
October	25	20	11	11	343.25	3
November	35	26	15	19	443.25	3
<b>Fourth Quarter Total</b>	<b>60</b>				<b>786.50</b>	<b>6</b>
<b>Year 2023 to date Total</b>	<b>357</b>				<b>4,878.65</b>	<b>48</b>
Year 2023 Month to date Average	32.5		Months	11	443.51	

### 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.**

## PARISH COUNCILS - WHO'S WHO in YOUR VILLAGE?

Parish Council	Chair	Vice Chair	Clerks
<b>Denston</b>	Jeff Fellows <a href="mailto:jefffellows.crown@gmail.com">jefffellows.crown@gmail.com</a> 01440 820 310	N/A	Jeff Fellows
<b>Hawkedon/ Thurston End</b>	Rotating	Rotating	David Jarrold <a href="mailto:dmj1800@icloud.com">dmj1800@icloud.com</a>
<b>Poslingford</b>	Martin England <a href="mailto:poslingfordddd@outlook.com">poslingfordddd@outlook.com</a> 07814 246 204	Marc Allison <a href="mailto:marc@theallisons.co.uk">marc@theallisons.co.uk</a>	Chris Turner 07814246204
<b>Stansfield/ Assington Green</b>	Rex Barnes <a href="mailto:crr.rbarnes@stansfield.pc.gov.uk">crr.rbarnes@stansfield.pc.gov.uk</a> 07778 058425 <a href="http://www.stansfield.onesuffolk.net">www.stansfield.onesuffolk.net</a>	Andrew Pallett <a href="mailto:andrew.pallett@btinternet.com">andrew.pallett@btinternet.com</a> <a href="http://m.com">m.com</a> 01284 789434	David Lines (Locum) <a href="mailto:clerk@stansfield-pc.gov.uk">clerk@stansfield-pc.gov.uk</a>
<b>Stradishall</b>	Ian Hutchinson <a href="mailto:stradishallparishcouncil@yahoo.co.uk">stradishallparishcouncil@yahoo.co.uk</a> 07970717116	Robert Deeks 07940548407	Joanna Kirk <a href="mailto:stansfieldparishcouncil@yahoo.co.uk">stansfieldparishcouncil@yahoo.co.uk</a> 07880 686 069
<b>Clare</b>	Rob Eyre <a href="mailto:rob.eyre@clare-suffolk.co.uk">rob.eyre@clare-suffolk.co.uk</a> 01787 277 559	Paul Bishop <a href="mailto:rob.eyre@clare-suffolk.co.uk">rob.eyre@clare-suffolk.co.uk</a>	Davina Nealec <a href="mailto:lerk@clare-suffolk.co.uk">lerk@clare-suffolk.co.uk</a>
<b>Cowlinge</b>	Linda Aston <a href="mailto:lindaaston555@gmail.com">lindaaston555@gmail.com</a>	Jane Nesham	John Barnett 01440 783 903
<b>Wickhambrook</b>	Mike Lavelle <a href="mailto:mike.lavelle@wickhambrook.org.uk">mike.lavelle@wickhambrook.org.uk</a>	Paul Couzens 07713 740 984 <a href="mailto:paul.couzens@wickhambrook.org.uk">paul.couzens@wickhambrook.org.uk</a>	Hilary Workman 07508 039 810 <a href="mailto:parishclerk@wickhambrook.org.uk">parishclerk@wickhambrook.org.uk</a>

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

West Suffolk District Councillor for **Denston, Stansfield, Hawkedon, Brockley, Wickhambrook, Stradishall, Clare, Hundon, Cavendish, Stoke by Clare, Kedington and others** Bobby Bennett [bobbybennet@suffolk.couk](mailto:bobbybennet@suffolk.couk)

West Suffolk District Councillor for **Whepstead Wickhambrook Denston, Stansfield, Brockley, and Hawkedon**  
Sarah Pugh [sarah@sarapugh.co.uk](mailto:sarah@sarapugh.co.uk)

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

Cllr Nick Clarke - [nick.clarke@westsuffolk.gov.uk](mailto:nick.clarke@westsuffolk.gov.uk)

Cllr Marion Rushbrook [marion.rushbrook@westsuffolk.gov.uk](mailto:marion.rushbrook@westsuffolk.gov.uk)

Cllr Karen Richardson [karen.richardson@westsuffolk.gov.uk](mailto:karen.richardson@westsuffolk.gov.uk)

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

## Anglian Water New Pipeline

As you drive or walk around our local area you may have noticed several construction areas surrounded by blue hoardings, new speed limits and road signs directing traffic to "SPA".

Well what is SPA? The initials stand for the **Strategic Pipeline Alliance** and is the entity that is charged with the delivery of a massive pipeline project. The scheme is one of Europe's biggest environmental projects and has a price tag of over £400 million. Once complete, over 500 kilometres of underground, large diameter, interconnecting pipelines will stretch from North Lincolnshire to Essex. It will allow 265 million litres of water to be moved from the 'wetter' areas in the north to the

'drier' and more populous areas in the south. This will greatly help to combat the risk of shortages and securing water supplies.

Our region is the driest in the UK and we have a rapidly growing population. Without the network demand for water will outstrip supply meaning the east of England could run out of water as soon as 2030. As shown on the map the pipeline is being built in sections. Construction started on the first section of pipeline, between Lincoln to Grantham, in the summer of 2021. The section from Bexwell to Bury St Edmunds has full planning permission and pipelaying started in 2023.





## Smallholding by Chloe Gridley

I hope everyone had a wonderful Christmas and New Year! The sheep have been grazing happily, munching

on hay over the last few months. It has come to that time where we bring them into the shed as we get closer to lambing.

**Our first lambs are due on 21<sup>st</sup>**

**February** so it's time to begin to prepare the lambing area, the ewes will be brought in on the last week on January giving them 3 weeks of luxury while the winter comes to an end. The shed gives them a safe warm space to have their lambs. It will be full of fresh straw, a dry bed for them to enjoy, Ad-lib hay - an all you can eat buffet - they can help themselves throughout the day munching on hay to ensure their rumens continue to work. They will also be given a concentrate feed to ensure they are getting the energy they need to support themselves and the lambs as we get closer to their due date. I will also supply mineral licks, a real treat for them, to lick when they feel they need an energy boost or are lacking any nutrients, these are very palatable to the sheep, and they love to lick the blocks as much as they can. Over the next few weeks, I will begin to make the bonding pens and nursery, ready for when the lambs arrive, the lambs will stay in the shed until they are strong enough to go outside. It really is a wonderful time of year; spring is around

the corner and welcoming new life into the world never gets boring! We will be at Horringer Framer Market on Saturday 3<sup>rd</sup> February and Saturday 2<sup>nd</sup> March, we will have a range of fresh lamb available on our stall, in Horringer community centre, 9:30am-12:30. I am also taking lamb orders. Fresh whole or half lamb boxes will be available for the first weekend of every month. Feel free to get in contact if you have any questions or wish to make an order.

Chickens: After what we believe to have been an Owl visiting regularly and killing a lot of mum's hens, she has decided to downsize. As you know, we have had many problems with predators, and we feel it is no longer an option to keep hens free ranging. It is a shame as they clearly enjoy life outdoors and roosting in the trees, but it's no fun arriving for the morning feed finding your hens laying dead.

So, we will be reducing numbers to just 20 laying hens and keeping them in a predator proof enclosure. Whilst they will have plenty of space, it will not be the same as free range.

The Ixworth breed had done so well reaching up to 80 hens, one of the largest collections in the country, Mum has started off many a new keeper with the breed and only has one set left to rehome which includes her favourite cockerel, Bill. A gentle soul his genes are a perfect example for breeding from. Should

anyone have a keen interest in breeding, along with the Ixworths, there is a trio of Modern

Langshan looking for a new home.

These are extremely rare and a condition of keeping them is to agree to join the breed society. This breed has been saved from the brink and there are strict rules to adhere to to ensure only the purest birds progress to represent the breed. Mum didn't have any great success with them, breeding just cockerels and is convinced that their lack of laying is why they are so rare (!), but some other members say theirs lay well. **So maybe it's a challenge for someone to take on. Up for it? Chloe**



### ST. MARGARET'S REVITALISATION PROJECT STRADISHALL



**The next stage is to carryout a village survey to attempt to establish democratically where the village wants to go from here**

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



£5 per walker.

Dogs welcome.

[www.westsuffolkwalks.co.uk](http://www.westsuffolkwalks.co.uk)  
[info@westsuffolkwalks.co.uk](mailto:info@westsuffolkwalks.co.uk) 07526 497114

### 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



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

**Call: 07827 128511**

Email: [stansfieldgoodneighbours@outlook.com](mailto:stansfieldgoodneighbours@outlook.com)

## Wickhambrook WI December Meeting : Pilates and Poetry

What better way to start off a new year than with some gentle stretching, waking up our bodies after the Christmas break, and a relaxing guided meditation. Thanks to **Cathy Watts** who led us in a fun and informative Chair Pilates session – accessible to everyone and a challenge to our coordination at times! We rounded this off with inspiring original poetry celebrating women with **A Poem celebrating women'** A positive start to 2024.

Mitch Karunaratne



**Wendy Mansfield**

## 'A Poem celebrating women'

*WI Friends for 40 Years*

*We had it all, we did it all  
Or this is what we're told  
But how does all this progress  
Affect us now we're old?*

*In the Sixties we had mini skirts  
Great music and more cash  
By the Seventies we were mothers  
Our youth gone in a flash.*

*The Eighties we were back to work  
And juggling jobs and kids  
No time for any hobbies  
But this is what we did.*

*The Nineties saw us in our prime  
A balance could be found  
The Millennium brought retirement  
And a chance to turn things round.*

*Throughout it all the WI  
Was there to help us cope  
With friendship love and laughter  
And the chance to hope*

*That even in our later years  
We still can have a voice  
To argue, campaign, spread the love  
Be happy and rejoice.*

*It's great to be a woman  
in 2024  
Our world has changed but we're still  
here  
To help it as before.*

## WICKHAMBROOK Farmers Market

**MSC HALL 11th**

**SUNDAY February**

**9.30AM TILL**

**12.30PM**



Happy New Year and thank you to everyone who has supported our market and traders last year— hopefully we can keep it going this year. Our Christmas market managed to raise an amazing sum of £ 201.59 for Haverhill Lions club. Thank you again to everyone who came to see Santa. We look forward to seeing you all in February for the start of a new year of markets with our regular traders and new exciting things to come. Don't forget to come and grab some amazing products and produce .Valentine's Day is just around the corner. **Martin Smith**

*Happy beginnings, Happy futures.*



## Happy Days Childcare



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

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

## Church Services in Bansfield Benefice in February 2024

Date	Time	Church	Details
04 Feb	10:00 am	Stansfield (Second Sunday before Lent   HC)	<b>Celebrant: Revd Eve Bell</b> <b>Organist: [CM]</b> Liturgical colour: <input type="checkbox"/> Proper 1
11 Feb	10:00 am	Stradishall <input type="checkbox"/> (Sunday next before Lent   HC)	<b>Celebrant: Revd Eve Bell</b> <b>Organist: [KI]</b> Liturgical colour: <input type="checkbox"/>
14 Feb	07:00 pm	Wickhambrook* (Ash Wednesday Ashing service)	<b>Celebrant: Revd Eve Bell</b> <b>Organist: [-]</b> Liturgical colour: <input type="checkbox"/>
18 Feb	10:00 am	Wickhambrook (First Sunday of Lent   HC)	<b>Celebrant: Revd Eve Bell</b> <b>Organist: [DO]</b> Liturgical colour: <input type="checkbox"/>
25 Feb	10:00 am	Lidgate (Second Sunday of Lent   HC)	<b>Celebrant: Revd Eve Bell</b> <b>Organist: [DO]</b> Liturgical colour: <input type="checkbox"/>

Please note the Old Goat Brewery is currently undergoing a substantial refurbishment and should be back available in the New Year

## 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			
WICKHAMBROOK				
STOUR VALLEY	CLARE	The Revd Mark Woodrow	01787277515	The Revd Dr Karen Smith
	POSLINGFORD			
SUFFOLK HEIGHTS	HAWKEDON	The Revd Clive Fairclough	01284 615828	Mrs Heather Phillips Mr David Taylor
SUFFOLK HEIGHTS	THURSTON END	As Hawkedon	As Hawkedon	As Hawkedon

# 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+



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

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

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## Wickhambrook Farmers' Market



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

We wish you a very prosperous New Year  
Thank you  
Martin

## Wickhambrook Fire Station

Recruiting *On Call* Firefighters



# NEED MORE?

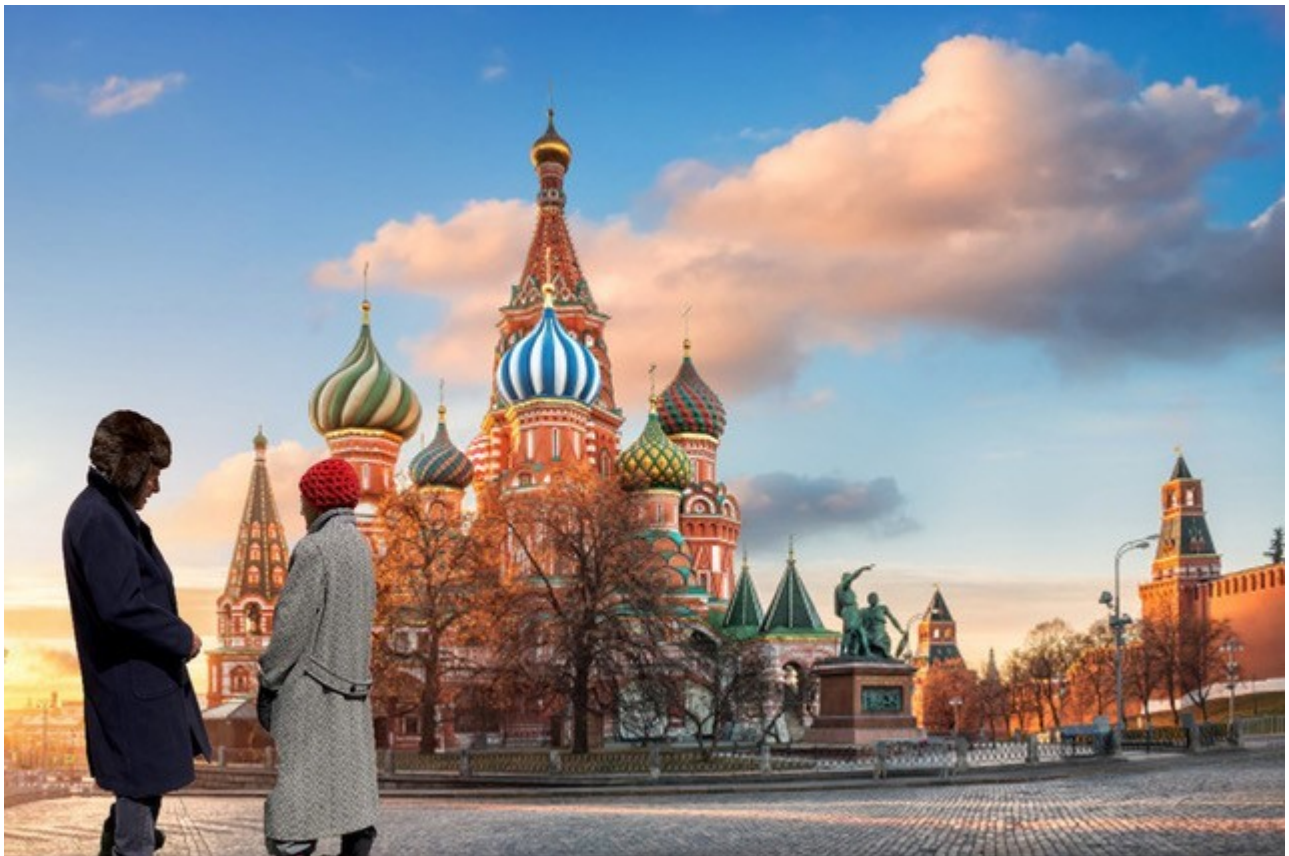
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Recruitment hotline 01473 260588  
[www.suffolk-firefighters.co.uk](http://www.suffolk-firefighters.co.uk)

## SUFFOLK FIRE AND RESCUE SERVICE

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



Guess where when?

## Poslingford: another village Christmas

December was an extremely busy month, Saturday mornings allowed for Christmas decorations to be made.

Everyone, young and old, enjoyed being creative with glitter & glue. The results were hung on one of the trees in the churchyard and made a spectacular display. The inside of the Church was festively decorated ready for the Carols by Candlelight service.

The turnout was overwhelming, a record in recent history, with 88 people & 1 dog attending.

The **Reverend Mark Woodrow** delivered an amazing service. A variation of the Christmas Story through various



chocolate bars, distributing them throughout the congregation, before sausage rolls, mince pies and mulled wine were enjoyed by all.

Beating the January blues on a chilly Saturday saw roughly 30 of the villagers come together to share Cheese & Wine in the Church. Discussions included our February get-together Pancake races! All welcome. Finally a big thank you to **Warren Rodwell, Glenn Smith & Philip Herring** for clearing the fallen trees allowing villagers to navigate home safely in the recent storms



## Pancakes!

Saturday 10th February at 1pm

St Mary Church, Poslingford

Bring your favourite pancake topping and your frying pan for Pancake eating and pancake races!

We would be very grateful for donations of eggs, flour and milk, as well as uses of portable camping stoves

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# Stradishall Parish Council News

## Stradishall Parish Council News

A meeting of Stradishall Parish Council took place on Monday 8<sup>th</sup> January 2024. County Councillor Bobby Bennett attended along with District Councillors Nick Clarke and Karen Richardson and three members of the public. The Parish Council discussed a few items, including approving documentation for the annual audit in April 2024.

### New defibrillator in Stradishall Village

A second defibrillator has been installed in Stradishall. It is located in a secure cabinet on a fence in the area to the left of St Margaret's Church off the access to the Orchards. The postcode is CB8 0YW.

A defibrillator is a portable device which gives an electric shock to the heart through the chest wall to someone who is in cardiac arrest.

Anyone can use it and no training is necessary. If a person is unconscious and not breathing normally, dial 999 immediately. The operator will give you the access code to the defibrillator. If possible, send someone to fetch the defibrillator and start CPR.

CPR stands for cardiopulmonary resuscitation and involves giving chest compressions by pressing up and down on the casualty's chest to help pump blood around the body when the heart can't. The 999 operators will tell you how to give CPR.

Once you have the defibrillator, switch it on and then follow the spoken instructions. You will need to put pads on the casualty's chest. Pictures on the pads will show you where to put them. The defibrillator will then detect the heart's rhythm and tell you whether or not you need to press the button to deliver a shock. Continue with CPR until the ambulance service arrives or the casualty regains consciousness.

The British Heart Foundation has information about how to use a defibrillator on its website along with a free 15 minute online training video about how to give CPR <https://www.bhf.org.uk/how-you-can-help/how-to-save-a-life>

### County Council Report

Bobby Bennet's report is available on the Parish Council website at <http://stradishall.onesuffolk.net/about-us/meetings/meetings-reports/8th-january-2024/> She spoke about the budget for 2024/25. Suffolk County Council is very

disappointed with the Government's recent financial settlement. It was less than they needed, and they are going to have to make significant reductions. They will have to withdraw subsidies for Arts and Culture. The West Suffolk Archives will also be closed and moved to Ipswich. There will be redundancies in Suffolk County Council as well. Their precept increase will be 4.99%, 2.99% for Adult and Social Care and a 2% general increase. This is an increase of £1.43 per week for a band D property and £1.12 per week for a band B property (Band B properties are the most common in Suffolk). She will also follow up about speed reductions on the A143.

### District Council Report

Nick Clarke spoke about the West Suffolk Archives moving to Ipswich. This is one of the consequences of the decision to cancel the Western Way project as the archives were going to be relocated there.

### Budget 2024-25

Stradishall Parish Council reviewed its precept request to West Suffolk Council as there is not enough leeway in the budget to cover unexpected costs and to support future projects. The precept request will be amended from £10,133 to £12,327. The parish council element for a band D household will be £71.02 per annum an increase from £55.08 which equates to £15.94 per year for a D household. Band A, B and C properties will pay less and people on a low income or in receipt of benefits will get a reduction.

### Update on the St Margaret's Church revitalisation project

Spencer Gladwell updated the Parish Council about the project. Full details are available on the Parish Council website. They would like to carry out a village survey to gauge interest in a possible community facility and whether this should be in the



church or on the playing field. The Parish Council thought this was a good idea and offered their support with the survey.

### Potholes

With the recent cold and wet weather there are a lot of potholes on the roads. It is important that they are reported online as soon as possible to Suffolk County Council. Give details of the location, size and depth of the pothole and if possible a photo (but only if it is safe to stop and take one). Once a pothole has been reported online you will receive a report number. The pothole will be assessed by a Highways Officer against Suffolk County Council's criteria for repair. You will then receive an update giving information about future repair. The timescale for repair can vary depending on the type of road. If you do not received an update from Highways or if the pothole is not repaired within the given timescale, please contact our parish clerk, as she can follow up with Highways or escalate via County Councillor Bobby Bennett. You will need to give the report reference number as well.

To report a pothole (or any other Highways problem) online to Suffolk County Council visit <https://highwaysreporting.suffolk.gov.uk/>  
**Contact details for Stradishall Parish Council** Tel: 07880 686069 Email: [stradishallparishcouncil@yahoo.co.uk](mailto:stradishallparishcouncil@yahoo.co.uk) Website: [www.stradishall.onesuffolk.net](http://www.stradishall.onesuffolk.net)  
Minutes of meetings are available on the Parish Council website.

## Advertise your Business

Not only will you appear in over 700 copies of the Parish Pump, hand delivered to all homes in **Stradishall, Stansfield, Hawkedon, Thurston End, Poslingford, Assington Green and Denston** (also available in **Clare, Cowlinge and Wickhambrook**) you will also be included in our **online edition**, landing in over 400 email inboxes. • Special rates for front or back page adverts • We can help with your advert design. • To discuss your advertising requirements, contact:

**Peter Thompson: [parish.pump@gmail.com](mailto:parish.pump@gmail.com) or please ring 07711 689 171**

## Stansfield Village Hall



**Saturday 9th March**  
**9am – 1pm**

Can you spare an hour or two between the hours of 9am and 1pm to help the village hall committee spruce up the village hall and grounds?

Jobs will include painting, weeding, cleaning, tidying up etc . . .

Indoor and outdoor tasks available.



Refreshments will be provided.

Stansfield Village Hall Charity No. 304939

## Wickhambrook Local History Society –News

December and January have been busy months for the History Society Committee.

Our Savoury Supper was well-attended and delicious food prepared by the committee was followed by a talk on a famous local artist, **Mary Beale**. **Jenny Barley**, a member of the committee, had researched Mary's life and it was an astonishing story. Born in Barrow in 1633 to **Dorothy and John Craddock**, she was encouraged to paint by her father.



At that time Bury St Edmunds had a flourishing community of artists from whom Mary was able to learn and she became one of the few people of her time to make a living as a successful portrait painter, supported by her husband, **Charles**, and eventually they had a studio in Covent Garden.

Later this year, Moyses Hall Museum will be putting several of her portraits on display as part of a wider exhibition.

We heard on the morning of our January meeting that the speaker had Covid so a last minute talk by the History Recorder and a quiz prepared by the secretary entertained the members.

Next month's meeting in The Lost Windmills of Cherry Hinton with **Michelle Bullivant**. This is on Tuesday 20<sup>th</sup> February at 7.30 in the WI Hall and all are welcome.  
**Dorothy Anderson**

# CLEMENTS CHIMNEY SERVICES



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## 50/50 Shared Care

When couples separate, it is becoming more common that parents want to share the care of the children. The advantage could be that it enables both parents to work and each parent can help the other with childcare. It can also be best for the children, and this is of course any family court's priority, as explored in a case that found its way to the High Court, which has provided some useful comments on the issue of equality relating to time spent with a child. The case reminds us that although shared care has become more common, there is no principle that equal shared care is the start point. The case concerned the welfare of a 4-year-old boy, referred to in the court report as 'K'. The Father had applied in August 2020 to have shared care of K, with effectively a 50/50 split of time. The Mother made her own application within the proceedings a year later to be allowed to relocate with K from Nottingham to Rugby. This is a fairly routine private law dispute concerning relocation and time spent with

parents. In terms of the judgment, the judge set out and reminded all that there is no principle of shared equality in private law children disputes. The judge thought that the father had 'become too fixated on "equality" of time, and on the belief that if there is not complete equality that will undermine [his] relationship'. 'The Judge observed that 'Many children spend different amounts of time with different parents, including when the parents are living together,' and that 'the bond with the parent does not depend on such chronological equality'.

The focus is clearly on what is best for the children, rather than a parent's interpretation of what is 'fair'.

From a practitioner's view, I know I will use the case to help manage expectations and to encourage parents to look at the many ways they can be involved in their children's lives that isn't just a division of days in the week.



## Stansfield Cricket Club



The nights are discerningly starting to draw out, with a whiff of spring in the nostrils –



and that means the cricket season is not so very far away. Plans are being made for the Stansfield Cricket Club AGM, a fixture list for the coming season is under construction and discussions are in the offing about a 2023 season Awards Supper. Watch this space! Meanwhile, a couple of fondly remembered highlights from last season are described and illustrated here.

The first captures the special moment on 13<sup>th</sup> August when a father and son shared places in the Stansfield team for the very first time. Finn Spearman meets dad Sean at the boundary having just been dismissed leg before wicket for 5 runs on debut, at home against Chappel and Wakes Colne. Sadly, they

did not bat together, with father replacing son at the crease. Bragging rights were just shaded by the youngster though, with Sean being bowled for 1 run less. The match ended in a win for the visitors by 39 runs (C&WCCC 173-9; SCC 134 all out).

The second shows Matt Clayton, who was captaining the SCC side in the absence of skipper Stone, holding the Compasses Cup alongside the CAMRA captain outside the Compasses after the game on 3<sup>rd</sup> September. The visitors were dismissed for a modest 86. Stansfield adjusted the



batting order accordingly, and the target was reached, having surrendered 6 wickets, with more than 12 overs remaining and so retaining the Cup. Happy days.



unsung heroes

Part of some guy's history I bet you can't guess who and where and when!!

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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](mailto:carolreay1@icloud.com)

**\*\*STAR LETTERS\*\***

Dear Carol

Last year I had a nasty accident. I was driving along when a deer ran out. I swerved pretty much automatically and hit an oncoming car. The driver of that car, a woman in her 40s, was more badly hurt than me. She is I think ok now but the whole thing was pretty awful. Then I had a court case to deal with. I didn't mind on one level because it was my fault. But I didn't mean it to happen. Anyway, my problem is that I simply don't seem to be able to get over it and move on. I can't really forgive myself for hurting someone and constantly find myself wishing I'd just hit the deer and kept the accident to just me and my car. My wife is very sympathetic and tries to reassure me but if anything, it's getting worse. She reads this magazine and suggested I emailed in. I am mentally dominated by this accident which has changed how I see myself. I can't bear having hurt someone. And having been the cause. What do you think?

F

Dear F,

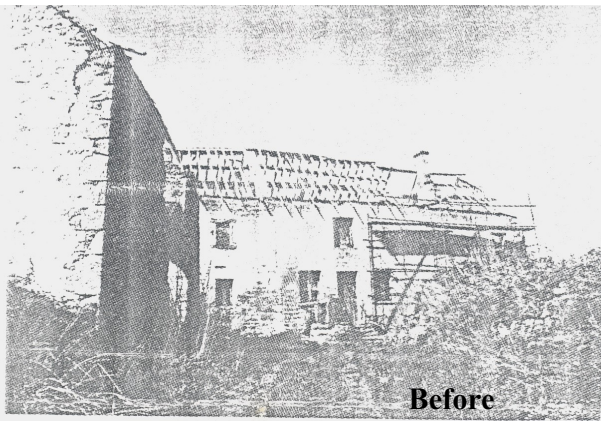
Thank you for emailing. You have been through a traumatic experience, and I am concerned you might be suffering from a kind of post-traumatic stress reaction. You don't seem to be able to stay with or look at your own pain here F. Because someone else was hurt you have decided to de-prioritise yourself. But you are important, and your feelings need attending to. I'll deal first on the rational level that the deer caused the accident, not you. You reacted in the moment in a way that anyone would have. But I imagine many people will have told you this and it hasn't made a mark. Your reaction is on a deeper, emotional level. You are struggling with someone else being injured in the accident for which you mistakenly blame yourself. At one level there's an adjustment that needs to be made. You need to find a way to accept that this has happened and that someone was hurt. It sounded by the way that you were hurt too but you are not allowing yourself to be kind to yourself in any way. But you also are worthy of care and consideration. Even someone who had caused an accident as you did not, is worthy of care and consideration. Perhaps F you will be a different, in a better way, person for this accident; able to empathise with people who have had unfortunate experiences. You are clearly a kind, thoughtful, deeply responsible person. I think it's going to be about acceptance, looking at your own hurt and trauma and valuing that, and then moving past this to a new, post-accident frame of mind. You're struggling to do this on your own F so I am going to suggest seeing a counsellor. I am pretty confident this will really help you. I am emailing recommended counselling services. Take heart F, there is a way through this. Best wishes  
Carol

## Solar Panels in listed properties



There are signs that attitudes towards applications for energy efficient modifications on listed properties are changing. For example, Historic England is carrying out a public consultation on 'Climate Change and Historic Building Adaptation', looking at, among other things, achieving a balance between positive climate action and the need to preserve a building's heritage. **The National Planning Policy Framework** is also about to be reviewed. Incidentally, our neighbouring council, **Babergh and Mid Suffolk**, is reputedly the first green council in England. Their Joint Local Plan states a commitment to "support proposals to enhance the environmental performance of heritage assets, where the special characteristics of the heritage asset are safeguarded, and a sensitive approach to design and specification ensures that the significance of the asset is sustained." There is evidence that it is becoming easier to gain permission to install solar panels on many listed properties and within their curtilage, including houses, outbuildings, barns, churches, and free-standing structures (as in the picture).

## Listed buildings and green action



Before



After



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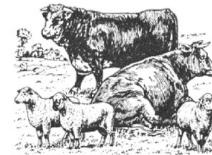
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