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PARISH PUMP

No 368

parish.pump@gmail.com

OCTOBER 2023



The delights of a glorious English autumn.



We at Parish Pump are very grateful to our contributors, who have generously funded our recent changes of having a colour front page of our paper editions, This month it has been Levi of Clements Chimney Services who has kindly funded our lovely colour front page. We are very grateful to be able to do something so attractive.

Rector's Ramblings October 2023



The Rector's Ramblings: "Embracing the Spirit of All Saints", All Souls, and Hallowe'en" – October 2023.

As October unfurls its golden tapestry of leaves, my own thoughts naturally turn towards the spiritual significance of this month. October brings with it a beautiful blend of traditions, encompassing All Saints', All Souls, and Hallowe'en, each with its unique charm and purpose. So, I thought we might explore how we can embrace the spirit of these celebrations as a community.

All Saints' Day: Remembering the Saints

On November 1st, we celebrate All Saints' Day, a day dedicated to honouring all the saints, known and unknown, who have faithfully served God throughout history. This day serves as a reminder that

sainthood is not reserved for a select few but is a calling for all of us. All Saints' Day encourages us to reflect on the lives of those who have gone before us, blazing a trail of faithfulness. It's a time to draw inspiration from their dedication to God and their selfless love for others. Locally we also remember the Church and Community in Hundon whose church is dedicated to All Saints. Let us remember that we too can live saintly lives, bearing witness to Christ's love in our own unique ways.

All Souls' Day: Praying for Our Departed Loved Ones

Following All Saints' Day, on November 2nd we observe All Souls' Day. This solemn occasion invites us to remember and pray for our departed loved ones. It is a day to offer solace and hope to those who mourn and to remember that death is not the end but a transition to a greater, eternal life. All Souls' Day provides us with an opportunity to connect with our own mortality and reflect on the brevity of life. This year we will once again hold a special service to remember all those whom we love but see no longer, and we will join together at **3pm on Sunday 29th October in St Peter & St Paul's Church in Clare** in the spirit of compassion and empathy, lifting up prayers for the souls of those who have departed from our midst. May our prayers be a source of



Karen and Mark

comfort and grace for those who still grieve.

Hallowe'en: Finding Light in the Darkness

As October 31st approaches, the world prepares for Hallowe'en, a day now more often associated with costumes, sweets, and spooky decorations. While Hallowe'en has its roots in various ancient traditions, it has become a time for imaginative fun and community bonding. As Christians, we can find a deeper meaning in Hallowe'en by embracing the theme of light in the midst of darkness. Just as carved pumpkins shine brightly against the night, so can our faith shine in a world that sometimes feels dark and uncertain. In Poslingford they are holding a competition to find out who can grow the heaviest Pumpkin (join me at the **St Mary's Church in Poslingford at 11am on Saturday 21st October** to find out who wins!). If you are having your own pumpkin at home, why not choose a to carve symbols of love and hope rather than a scary face on your pumpkin.

Uniting the Traditions: Celebrating Together

These three distinct traditions—All Saints', All Souls, and Hallowe'en—may seem disparate, but they share a common thread: the importance of community. In our ever-busy lives, these celebrations provide us with a chance to connect, reflect, and support one another.

This October, let us come together as a church family and a wider community to celebrate All Saints' and All Souls' Days, acknowledging the contributions of those who have gone before us and remembering our departed loved ones in prayer. Then, let us extend that sense of togetherness to the Hallowe'en festivities, embracing the opportunity to share our faith and joy with the wider community.

Embracing the October Spirit

As the leaves rustle and the nights grow longer, October invites us through our celebrations, to draw closer to God, honour those who have come before us, and be a source of light and love in our community. Let us remember that this October is not just a time of pumpkins and costumes, but a time of spiritual growth and connection. Together, we can make this a truly special and meaningful month, deepening our faith and building bonds of love and support within our church and beyond.

May the spirit of October fill our hearts with warmth and purpose as we journey together in faith.

Mark. The Revd Mark Woodrow

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An Adventure in Antarctica presented by Cindy Buxton

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



Thursday 12th October 7:30pm
Wickhambrook Memorial Hall

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PLEASE NOTE

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

Kind regards, Peter

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Martin Kinna

October has arrived heralded by stormy gusts, heavy downpours, and in between some wonderful sunny days, with blue skies and the clouds seemingly dancing as if they were the forward celebrants of a glorious, colourful autumn parade. Cross your fingers. This month has a special zing to it because finally has come the day when **Harris and Harris** lovely (but to be honest rather cramped) bookshop is taking a sidestep down Clare High Street and setting up in the wonderful emporium that was Huggies, Ironmongers. Entering that shop was akin to taking a step back in time to purchase small packets of nails or just the right number of screws, find an old-fashioned Brown Betty tea pot or buy a small pot of Signal Red paint. Those days ended some time back now but the two valiant Harris took up the gauntlet, saw the opportunity to save, nurture and restore a beautiful shop and bring it back to life as that very best of things..... a modern, light, bright, wonderfully curated new book shop.

This is exciting news for all this company's regular, and I may also say, always delighted, customers. It is great for Clare and all around, for those who purchase on the shop's internet and everybody that prizes truly personal, caring and efficient service. The most difficult of present choices are solved here, long sought for titles found and suggestions of what will appeal to a child, a teenager or even somebody who hardly reads. It can all be found in this real treasure of a shop, and we applaud its move to larger premises where it will be able to fulfil its services but with more space and, I am sure, even more books. I for one am delighted the time has come for the shutters of this old and beautiful shop to open once again and in wishing the enterprise every possible success. I urge you to support it too and give it your

Hoorah! A month for rejoicing

custom. It is opening on Saturday 14th of October which, fortuitously, is **National Bookshop Day** and that must be a happy omen.

Staying on the subject of books I recently saw a review of *Politics on the Edge*, the new volume of memoirs and instant best seller by Rory Stewart. You might feel anything on the subject of politics is not exactly a barrel of laughs, but this book is amazing, revealing, fascinating, horrifying, and refreshing as well as, at times, very, very funny. It is well worth the cover price of £22! Recently, Mr Stewart was booked to give a talk about his book at Norwich Cathedral. Tickets almost immediately sold out completely. At the end the audience were asked whether the talk should continue for another half an hour or whether the time be given to doing the dedications in the signed copies. Unanimously the decision was to forgo signing time and to hear more from Mr Stewart. That will give you an idea of how gripping his take on our political situation is. It will be a great Christmas present, but I recommend you get yourself a copy now too. Unsurprisingly **Harris Books** has it in stock!

I don't often write about books so I hope you will forgive me if I carry on the same vein. We hope to be moving house soon. Not far but enough to make us assess our huge library assembled with love over many years. In so doing the other evening I came across a forgotten friend (I hope you make friends with some of your books too). It had belonged to somebody who became a very special person in my life. In fact I think of her every day and she has been dead for nearly twenty years! It was published the year I was born and the inscription inside shows that she liked it so much she had bought it for herself. It is titled **The Seasons and the Gardener** and describes itself as a "Book by H. E.

Bates for Children" and it has lovely small drawings from nature by **C.F. Tunnicliffe** whom some of you may know. It still has its fly jacket and is a delight to hold in one's hand being beautifully produced and bound between good hard covers, amazingly in 1940 when book printing was becoming a luxury. It's price then was six shillings. The reason I am telling you about this small but precious volume is because within its pages it holds the gentle thoughts, expressions, and passions of my own childhood. Here is seemingly elderly **H. E. Bates** telling children that he wants to tell them about all the interesting things that go to make up a garden and the importance of beginning to learn about them when they are young. He guides them through the seasons and what to expect in each of them. He tells them what to look forward to and what to enjoy and how to get the best out of everything. At the end he sums it all up by saying what he has told the children is how they can make their own special place. He says he cannot do it for them because every Garden must be the expression of the person who makes it, be it elaborate or simple, formal or wild.

He warns that gardening should not be a competition and that there should be no room for gardening jealousy. And finally, he sums it up by saying "the simplest rule is also the best. You will not go far wrong if you garden for pleasure. But you cannot go wrong at all if you garden for love, as I hope you will do for a long time". That is a lovely thought to take with us into the autumn, as the nights begin to close in and we have that lovely pleasure of opening the new seed catalogues as we sit by the fire and begin to dream how wonderful it is going to be in the new gardening year.

Martin Kinna

Wickhambrook WI September Meeting: The Members Take Over!



Once a year the committee are given a break and the members take over the running of the monthly meeting. We never know what to expect at these meetings and this year was no exception! At the beginning of the meeting we were



sitting in groups around tables with a quiz to start the proceedings. There were nine questions to be answered and then the aim was to find a link between all the answers. Most people managed to answer the questions but only one person found the

link, which was one word which could be used together with each answer. This was followed by a chance to do some crafting. A member of the craft group showed us how to make an "owl hanging" from a piece of hessian and some buttons. This was done in stages so that even the least "crafty" person could keep up. Everyone was pleased with their efforts. We then had another quiz which was related to sweets and chocolate - something close to all of our hearts. The winning group were duly presented with packets of sweets as prizes. All agreed it was a fun and relaxed evening and the committee especially appreciated a night free from responsibility. **Wendy Mansfield**

Stradishall Parish Council News

A meeting of Stradishall PC took place on 4th Sept 2023. District Councillors Marion Rushbrook and Nick Clarke attended with three residents.

County Councillor's Report.

County Councillor Bobby Bennett sent a written report. The report is [available on the Parish Council's website at http://stradishall.onesuffolk.net/about-us/meetings/meetings-reports/4th-september-2023/](http://stradishall.onesuffolk.net/about-us/meetings/meetings-reports/4th-september-2023/)



HERA report (Highpoint Estate Residents Association)

There is now a new notice board up on the estate and it looks great. Information about meetings and local issues and events will be displayed on it. HERA has received an update on how vehicles for the prison expansion will affect the HERA Estate. Road fill have ignored correspondence from HERA about repairs to the road on the estate, therefore HERA has told residents that this will no longer be going ahead. HERA had its first AGM meeting on 31st August which went well. The current elected members have stayed the same and the minutes will be up in the noticeboard. Their next meeting will be at Café 33 on 30th October at 7pm

Vehicle Activated Sign for Stradishall

Stradishall Parish Council has agreed to install three posts along the 30mph section of the B1063. Once the posts have been installed, the Parish Council will request a visit from a temporary *Vehicle Activated Sign* with a view to buying their own in 2023-24. Unfortunately, the criteria for using a VAS only allow them to be deployed on roads with a 30mph speed limit.

Highways concerns on the A143 near the Highpoint Estate

Stradishall Parish Council and HERA have several concerns about highways safety on the A143 near the Highpoint Estate following a recent spate of accidents. Suffolk County Council is the

local Highways authority, and any safety improvements must be agreed by them. Stradishall Parish Council asked about the possibility of introducing a 30 mph speed limit along the stretch of the A143 near the estate but have been told that a review of this section by Suffolk Highways shows that the existing speed limit is appropriate, and they would not consider a need to lower it at this time. Stradishall PC also asked about installing a pedestrian crossing on the A143 from the Highpoint Estate to the shop/café. The Parish Council is aware that this would be costly and would be a long-term project. The feedback from Suffolk County Council however is that it would be unlikely to support a crossing for several reasons:

The lack of an existing footway from the Highpoint Estate, on the A143 or Lancaster Way. Suffolk County Council cannot install a pedestrian crossing without proper footways leading to/from it.

Volume of pedestrian traffic. It is likely that this will not meet the criteria for a crossing. When looking at a potential site for a pedestrian crossing, one of the elements assessed is how many pedestrians cross, at what frequency and the average time waiting to cross safely versus vehicle speed/number. The works at Highpoint Prison are not expected to give rise to a particular increase in staff pedestrian traffic according to the most recent reports.

Existing speed limit. As Suffolk County Council considers the current 40mph limit appropriate for this section of the A143, they do not generally permit controlled pedestrian crossings on roads with a 40mph limit unless in exceptional circumstances.

High cost. If the 40mph speed limit were to be reduced to allow a crossing here, the cost of the Traffic Regulation Order for this, the footway construction required to site a crossing, plus the cost of the crossing itself would easily exceed £150,000.

This feedback is disappointing for the Parish Council and all the residents who visit the shops and café who must cross the A143 to get to them. If you wish to contact Suffolk County Council about any of these issues, your elected County Council representative is Councillor Bobby Bennett. Her email address is bobby.bennett@suffolk.gov.uk.

Six-month budget review

Councillors reviewed the Parish Council's expenditure to date against the

budget for 2023/24. The budget is currently on track.

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Headway Suffolk to open new outreach hub in Haverhill.

Headway Suffolk is looking to open a new outreach hub in Haverhill for adults living with brain injury, stroke or neurological conditions.

Headway Suffolk is a registered charity that supports adults living with brain injury, stroke and neurological conditions through an extensive range of rehabilitation, therapy and care services.

To find out more, contact Headway on 01473 712225 or

email helenmfairweather@headwaysuffolk.org.uk

or visit www.headwaysuffolk.org.uk

Stradishall Parish Council contact details Tel: 07880 686069

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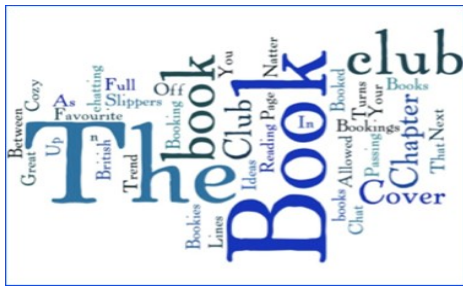
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The minutes of meetings are available on the Parish Council website at www.stradishall.onesuffolk.net. Draft minutes will be published with 28 days of a meeting.

Are you interested in training to become a part-time Parish Clerk?

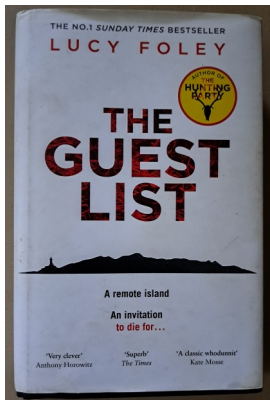
Stradishall Parish Council's current clerk is planning to retire, and we are looking for someone who would be willing to learn the role by working alongside her and gradually take on some of the responsibility. There would also be an opportunity for formal training which would be paid for by Stradishall Parish Council. The role is very varied and interesting. It requires good organisational and communication skills and the ability to write letters and emails as well as preparing agendas and minutes of meetings. Good computer skills are also essential as is the ability to manage the Council's financial affairs. An understanding of parish council processes and legal obligations would be helpful. If you are interested and would like to find out more, please email Stradishall Parish Council stradishallparishcouncil@yahoo.co.uk

Joanne Kirk



‘Ideal holiday reading’ was the general feeling about **The Guest List**, a murder mystery by **Lucy Foley**: ‘undemanding’ ‘easy reading’ with enough intrigue to keep the reader keen and guessing until the very end – after which it will most likely be soon forgotten!

Friends and family are gathered at an exclusive venue on Cormorant Island off the coast of Ireland to celebrate the



wedding of golden couple Will, an up-and-coming TV star and Jules, a glamorous and ambitious magazine publisher. We know from the dramatic opening pages that things do not go well – the wedding night ends in a raging storm, the

lights go out, a sense of heightened anxiety prevails amongst the guests trapped within the marquee, culminating in a ‘scream of terror’ from somewhere in the ‘roaring darkness’ outside. A bloodied body has been discovered and a murderer is at large. But this is not a straightforward whodunnit, for as the plot proceeds, we are not only trying to work out who the

villain is, but the identity of the victim is also not revealed until the end. The story is told from the alternative points of view of various members of the wedding party and flits back and forth in time from ‘now – the wedding night’ to ‘earlier that day’ to ‘the day before’. As each character narrates their account we also go further back in time where we discover their secrets, jealousies, rivalries and betrayals. There’s a lot going on and we thought it was very cleverly constructed although some complained it was a slow burn with the pace and suspense only picking up over halfway through. However, it’s worth the wait. The momentum and excitement are really ratcheted up in the latter part- helped by the ever-shortening chapters - and with some carefully timed and surprising revelations everything falls, very nicely, into place in the final pages. That said, the more cynical amongst us were not convinced by the too many coincidences and found it all rather far-fetched and overdone!

Something we did unanimously agree about was a dislike of all the characters! Particularly the obnoxious, misogynistic

groomsmen (aptly described by one member but sadly not printable!) although their increasingly raucous behaviours are very effective in building up the tense and unsettling atmosphere. However, as someone astutely observed, the central character in the book is actually the island itself which has held its own disturbing secrets in its heaving, shifting peat bogs for hundreds of years. We thought the author does a skilful job in creating this dark and brooding anthropomorphic presence, populated by the ever-watchful cormorants, themselves ‘a symbol of greed, bad luck and evil’. Whilst some were put off by the slow start and lack of empathy with the characters, we all stuck with it and were duly rewarded with sufficient thrills and spills to warrant having our credulity being stretched a bit! Next time we look forward to discussing *The Lincoln Highway* by Amor Towles. We welcome new members and if you would like to join us, please contact annedennis1@live.co.uk or [07557357362](tel:07557357362)



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First Aid and Defibrillator training

**Stansfield Village Hall,
18th Nov.**

Stansfield Parish Council are organising a training session in basic First Aid and the use of the defibrillator apparatus, on Saturday 18th November. A certificate of attendance will be issued to participants. Refreshments will be served.

For more details please contact Cllr. **Andrew Pallett: 01284 789434**
andrew.pallett.spc@btinternet.com

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STANSFIELD Parish Council

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- Snowfall blocking roads (1947, 1979)?
- Heavy rain and flooding (1958)?
- Another national or international emergency like the pandemic?

Stansfield is a beautiful village to live in but as it lies on two hillsides it can be so easily cut off by weather or other events beyond our control. Would you be willing to help? Either personally or by providing resources?

To be as prepared for unforeseen events as possible, Stansfield Parish Council is currently updating its **Community Emergency Plan**. This is at the request of W Suffolk Council's emergency planning team who are helping to draft it. A priority is to compile a list of volunteers and resources that are willing to be mobilised in the village in the event of an incident. There is one qualified nurse in Stansfield ...but is she alone? And are there any trained First Aiders in the village willing to help in an emergency? Can you cook, wield a shovel, bring people to the community shelter (*the Village Hall: postcode: CO108LW. What three words: builds. searching. bystander*)? Volunteers who are part of the new village Good Neighbour Scheme will help, but anyone with skills or just a pair of willing hands would be welcomed.

Stansfield is blessed with many community minded volunteers and resources but needs to identify them. **The list will not be published**, simply kept by the emergency coordinators to contact volunteers and resource/equipment owners and ask for their help if needed. Things like 4x4s, tractors, bulldozers, long ladders, chainsaws, ropes, fuel, gas bottles and batteries are obvious, but food stocks like tea, coffee, sugar, flour, water and cooking equipment, folding camp beds and blankets, BBQs, perhaps less so. Communications that work without power might be vitally important, so we are looking for amateur radio enthusiasts and the like to come forward. We are also considering obtaining a two-way radio. A network of Emergency Plan Volunteers is also being drawn up to communicate with each area of the village, and again the Good Neighbour scheme volunteers will be important. If you would like to help your village, please volunteer or tell us what resources you have that might be useful and you would allow to be used in an emergency. **Please contact: Cllr Pat Barnes 07942 282151, or any parish councillor.** All Stansfield PC members who are part of the working party compiling the Community Emergency Plan are listed in leaflet distributed by the parish council to all households in Stansfield last month, which also gave useful numbers to ring for localised incidents, like power cuts, flooding, potholes etc. Extra copies are available.

Rip, Fold and Scrumple – A Special Treat for Tiny Tots in Stansfield

This autumn the youngest residents in Stansfield will have the rare opportunity to be inspired by artists bringing a wonderful interactive show to the local village hall which has been



devised especially with them in mind. Designed for children aged from 0-6 years, 'Club Origami' is an immersive show that invites family audiences to create, imagine and explore whole new ways of thinking, playing and moving. The show invites participants to see what we can make with a single square of paper. The children are drawn into creative play by the performers who make penguins, hats and abstract shapes from paper and then become them! The whole piece gently unfolds to a crescendo where the children join the performers in a huge pile of torn paper to roll amongst it, rip it up and toss it into the air in a finale described by 'The Guardian' as "leaving the room looking like an Ibiza

foam party without the bubbles." Dolly Whilems from the Stansfield Village Hall committee commented 'We couldn't resist the opportunity to make this unique experience available to infants and toddlers in our village.' It's so unusual to come across such an original and imaginative work written specifically for this age group – what an unforgettable treat for local little ones. Stansfield has a relatively small number of residents in the early years age group – but by sharing Club Origami with other local communities as well we can make the show viable for

ourselves and provide a good size audience for the performers. We are so grateful to 'Creative Arts East', a charity supporting the very best arts and cultural activities in rural and/or under-engaged audiences, for helping us to offer cinema and live performance to our community. **Club Origami** will be visiting Stansfield Village Hall on Sunday 12 November. In addition to the show the performers will be offering a children's workshop afterwards. Refreshments available during the interval. Show – 2pm, Workshop- 3pm. Show + Workshop – Child £8 + 1 Adult free. Show only - Child £8 + 1 Adult free. Stansfield families have priority booking until Saturday 7th October – for information and to purchase tickets contact friends@stansfieldvillage.org.uk or 01284 789 192. After this, general online booking opens on Sunday 8th October: ticketsource.co.uk/stansfield-village-hall and cultural activities in rural and/or under-engaged audiences, for helping us to offer cinema and live performance to our community.



REFURBISHMENT UPDATE
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NOVEMBER

WE ARE WAITING ON AN UPDATE REGARDING
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AS SOON AS WE CAN



Country Cooking with Louise Mackrill



Right now, the orchard is dripping with apples & pears, the shooting season has begun and hearty root vegetables make an appearance.

Warm pear, walnut & Stilton salad for four people

This is a lovely warm salad for milder autumn days.

- 2 hard pears
- 1 ½ oz walnut pieces
- 3 oz stilton
- 1 tbsp walnut oil
- ½ oz butter
- 2 tbsp crème fraiche
- 1 egg yolk
- Salad leaves

Cut the pears into quarters, core, leave the skins on, cut each quarter into 4 slices.

sauté the walnuts, remove & keep warm. Add the butter and sauté the pear slices for 2 or 3 minutes until golden, remove with a slotted spoon & keep warm. To make the sauce heat the crème fraiche in a small pan with most of the Stilton (keep a little back) until melting, whisk in the egg yolk until the sauce thickens but don't boil. Remove from heat. Divide the salad leaves between 4 plates, arrange the warm pears and walnuts around the leaves, crumble over the remaining stilton & pour over the warm sauce.

Crab-apple jelly

Now is the perfect time to make crab-apple jelly as the game season has just begun and these are perfect partners. It is also a very good accompaniment to cheese. This is my mother's recipe and hers is the best!

- 4 lb crab-apples
 - 2 pints water
 - Sugar (granulated or preserving)
- Wash the crab-apples, cut into halves, do not peel or core. Put into a large pan along with the water, bring to the boil & simmer for 1 ½ hours until mashed, adding more water as required. Strain overnight through a jelly bag. Measure the juice extract then put into a pan with ¾ - 1 lb sugar per pint of juice. Stir over a low heat to dissolve the sugar, then boil briskly without stirring until you have a 'set' on testing. Pour into jars & cover.

Roast Partridge with crab-apple jelly

Lean gamey partridge tastes especially good served with an autumn fruit preserve. Wrap the partridges in streaky bacon and roast in a hot oven 200oC for 20 minutes, remove, glaze with crab-apple jelly, return to the oven for another 5 minutes only, remove and keep warm whilst you make the jus in the roasting tin over a medium heat.

Pour in some chicken stock and white wine, bubble away scraping any sediment off the bottom, until reduced. Stir in a tablespoon of crab-apple jelly. Spoon a little jus onto a serving plate, lay a partridge on top and accompany with lashings of bread sauce.

Butterscotch apples

This is to die for, serve with creamy rice



Heat some walnut oil in a pan and lightly



pudding and it will rise to the top of your favourite dessert list!

- 4 or 5 firm tart eating apples
 - 2 oz unsalted butter
 - 2 oz light brown sugar
- Peel and core the apples and cut them into



½ inch dice. Melt the butter in a large frying pan and fry the apples very gently. After 2 minutes, sprinkle with the sugar then gently toss and fry for 12-15 minutes, until tender and glazed. Serve immediately with a generous dollop of hot rice pudding.

Louise

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



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Jeff Fellows, wine connoisseur



My recollection of events and bottles enjoyed.

A repeat of the birthday bash last year, now entitled **The Sausage Fest**.

Lots of friends, children, and dogs. The highlight, of course, was the new Olympic standard Water Slide for the munchkins which kept them occupied for a good while.

Majestic provided the following Bouvet Saphir '20 sparkler. Made from Chenin Blanc grapes, has 18m ageing and offers a creamy, peach, biscuity aroma. Drunk as an aperitif but it would go well with fish

in a buttery sauce. 12.5% £12 on the 6-bottle thing.

Villa Maria 21/22. The usual gooseberry grapefruit NZ Sauvignon Blanc. Try it with spicy Asian food. We had this with the Crevettes from Mummery Brothers on Bury Market. 14% £10.

The Sausages, four different seasoning, all homemade were rapidly consumed with the following. Also, Majestic.

Note my comment after the following three wines. Chateau Arnauton 2014. A right bank wine from Fronsac with Merlot being the predominant grape. Red and black fruit flavours. A big powerful wine and probably best served with a Beef Wellington. 14% £13

Chateau Fourcas Dupré Lustrac Médoc. A left bank wine. Cabernet Sauvignon led blend which was in oak barrels for 14 months and years in bottle. Ripe red fruits and tannins subdued. Chicken, and pork, dishes. 13% £14

Chateau Cour D'Argent 2014 a Bordeaux Supérieur. Think black pepper and berries for this one, and grilled meats to accompany. 13% £12.

I always recommend drinking Bordeaux when it is as least 15 years old. None of these were and all would benefit from being cellared for several more years.

A further three bottles to mention.

A rose well worth trying is Minuty '22. (Majestic). This is a very pale rose made from the Grenache grape. Refreshing but delicate with strawberry and peach flavours. The grapes are hand-picked, and this is one of only 18 Cru Classe Rose's from Provence.

13% £15. Worth splashing out for this one.

At the Open Garden Day, I was presented with a bottle by a lady from Stansfield who was helping at that event. It was a Siglo Gran Reserva 2015 familia Fernandez De Manzanos. A Rioja made from Tempranillo, Grenache and Graciano grapes. It spent three years in cask and several more in bottle. A very elegant, complex wine showing black fruit, black pepper notes to it. Smooth and rounded and full bodied. A serious wine. 13.5%.

I am unfamiliar with this producer, but they have several outlets in the UK. Look for Bodegas Manzanos online. Wine World being one of them, I intend to.

Finally, I received an email from a friend asking what to do with a bottle of Ruinart Vintage Champagne '93. I said to drink it with a lightly poached Salmon with a bland sauce. There would be very delicate aromas with a hint of nuttiness to it. No reports back yet but it will/would have been an absolute treat.

Advertise your Business

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

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Peter Thompson

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

DENSTON VILLAGE HALL 100 CLUB

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

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

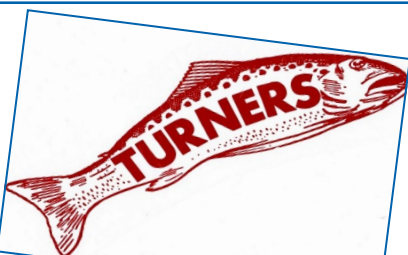
This is the last of the 2022/23 year, so subscription for the following year starting 01/09/2023 would be gratefully received. All Best, STEFAN

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WEDNESDAY

Willow Tree Farm Shop
9am-1pm

THURSDAY

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

FRIDAY

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



The people of Poslingford

On October 21st at 11 am, in the Church we invite you to weigh your pumpkins with us. We plan to have two categories:

- 1) Home grown - grown in Poslingford
- 2) Grown elsewhere

Please join us for light refreshments and there will be rosettes for taking part.

Last month we held "Pebble Painting" & made some bird feeders with people kindly donating to the Community Pantry for this free activity.

We are also hoping to hold a Christmas activity. If anyone has any ideas to get the village together, please contact Heather on 07748305218 Thanks again



Poslingford Pumpkins

Pumpkin weighing Saturday 21st
October at 11am
Poslingford Church

Please join us for some refreshments and a catch up.
Further information contact Heather 07748 305 218



Pumpkins for all

Community Pantry

The excitement of pebble painting

Alex Ager of Stradishall raises £2,700 for the Epilepsy Society

My name is Alex Ager, I am a 29-year-old who has lived on and off with Epilepsy since the age of 5. Back in April 2021 to help to try and



control my seizure activity I chose to give up work. I had also been very tired during recovery from the seizures. It had taken me almost a year to realise that the daily working activity had been causing me stress and anxiety, not being able to fulfil everyday tasks... I take pride in my work, so this was very difficult for me. I continue to cope with epilepsy, which is

being controlled by medication. I'm now back working voluntarily at Castle Manor Academy. This is helping me with not only my personal well-being but my confidence and social interaction with supportive colleagues.

Recently I've trained hard to complete an organised 25km walk with my parents



Tracey and Kevin across 16 of London's bridges with Ultra Challenge, which took place on Saturday 9th September 2023. This was to raise money for the Epilepsy

Society UK, which is very close to me and my family's hearts. Doing something to help build donations, sponsorship and funds to such a worthy cause will help

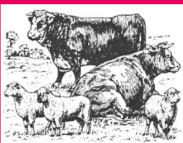


support others who have a similar life to myself. This is very important to me. Training progressed well, from a mile or two up to eight miles a day locally with moral support from my loyal Cockapoo. I've now achieved my goal and completed the 25km 16 x London Bridges Trek - Ultra Challenge in temperatures above 30 degrees, the hottest day of 2023!! Thank you to everyone who has donated. In these challenging times it's very much appreciated as is all the support and encouragement that I have received. Nearly £2,700 has now been raised including Gift Aid!!!! The final day to donate will be Saturday 7th October 2023, thank you for reading...

If you can help please visit my Just Giving Page to donate..... small amounts count

<https://www.justgiving.com/fundraising/Alex-Ager>

The photos are of Alex with his family members Kevin (Dad) and Tracey (Mum)



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CLASP CAR AID—who are we?



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

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

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



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

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



YOUR CARAID NEEDS YOU - VOLUNTEER DRIVERS



If you have seen the regular reports on CLASP CarAid in this monthly magazine, you will be aware that more volunteer drivers are needed to continue to provide the ever increasing demands for its service to your community. Last month we made 48 trips, compared with only 10 in June 2018. At the moment CarAid only has one volunteer driver living in your area, meaning that requests for medical visit trips have to be met using drivers from Clare, regularly creating organisational difficulties. **Please consider becoming a CarAid Volunteer Driver.** This is not an onerous commitment and may only require one or two trips per month and our drivers all say how much pleasure they get from helping and meeting others. Drivers are paid 45 pence per mile if requested. If you would like to find out more, please phone **John Webb on 07724698283.**

CLASP Committee Meeting *Summary* Thursday 14 August 2023

The monthly demand for CarAid services continues to be significantly increased compared with previous years. Also noticeable are the increasing logistically difficult and time consuming trips we are being asked to complete. We recently had a request to take an elderly lady to WSH, who needed wheelchair assistance as well as a lady driver assistant to push her into the hospital. Now that the special assistance provided for Allie Godwin has ended, taking her each weekday for six weeks to Addenbrookes for brain tumour treatment, I am able to report that one of Allie's friends has made a very generous cash donation to CarAid. **Word of Warning.** A driver who took a client to Newmedica in Bury failed to pay for parking and has received a £100 fine. If you take a client to Newmedica please let me know the parking fee paid and I will add it to the mileage cost for reimbursement. FYI. After many years service Colin Barrable has retired from the role of CLASP Treasurer. Many thanks to Colin for his invaluable service over the years. John Knight has taken over as the new Treasurer. However, for the time being, Colin will continue to be the drop off point for CarAid contribution envelopes.

Ongoing interesting CarAid statistic: Since April 2018, CarAid has helped 204 different clients, making 1,280 trips.

John Webb, 9 September 2023

BOOKS NEEDED for Clare Church!

BOOKS NEEDED!

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, which are almost impossible to sell), 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. And for the record, the Bank Holiday event will also feature a sale of paintings from a local artist and there will be all-day refreshments! Many thanks.



We shall be holding a Bumper Sale of second-hand books in aid of church funds in Clare church on **May Bank holiday weekend 4, 5 and 6 May 2024 - a date for your diaries**. We are anxious to **acquire** any unwanted volumes that you have and **all books** (especially older ones) in good condition on any subject will be most welcome. If you would like us to take them off you, **please contact us**.

Next year's Bank Holiday event will also feature a sale of paintings and there will be all-day refreshments! We would love to receive your books. Many thanks.

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

Clare Community Food Bank

Free food at the Community Pantry
in Clare Parish Church
07456 863 555

www.boomerangspetfoodbank.co.uk/



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

Sunbeam Hypnotherapy

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

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

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

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

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

debbie@sunbeamconsultants.co.uk, or call me on 0345 067 0800



www.sunbeamcoaching.uk



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**CLASP
CLARE LIAISON AND SUPPORT PROJECT
2023**

FUNDRAISING TABLE SALES

Clare Town Hall

9.30am to 1pm

Saturday 21 October

Saturday 18 November

**dates coincide with Clare Market*

**Single table £9
Double table £15**
(+ Tombola Prize Donation)
6' x 2' tables are provided

Doors open to table holders 8.45am

For information and table bookings

07724 698 283

ek1000@btinternet.com

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

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CLARE CHRISTMAS FAIR 2023 FRI 24th & SAT 25th NOVEMBER

The Christmas Fair has become a successful and much-loved local event over the last few years, growing in size and reputation, bringing in visitors from far and wide. With around 70 exhibitors in the Parish Church and the Town Hall, it provides a wealth of ideas for your Christmas shopping. These range from decorative ceramics, glass, artworks, floristry and books to festive fare and drinks, natural soaps and cosmetics, clothing, jewelry and accessories, plus many fabulous crafted items from our talented and creative stall holders.

As well as the traditional mulled wine and mince pies on offer on both days to help raise funds for the Church, we have two cafes on site, one in each venue, where you can warm up with some delicious hot food or relax with coffee and cake before continuing with your browsing and gift shopping.

There will also be various entertainments on both days, culminating in the **Christmas Lights Switch-On** on Market Hill, 6pm.

The Fair will be open:

Fri 24th Nov 5 – 8pm, and Sat 25th Nov 10am – 7pm.

More information and details will be available on the website - www.clarechristmasfair.co.uk – and will be posted on Facebook and Instagram nearer the time. So do put the dates in your diary now so you and your family don't miss out and we look forward to seeing you!

Christina Glover 01787 277 100
cjpglover1@aol.com

CLARE Christmas FAIR

**FABULOUS CHRISTMAS GIFTS
FESTIVE FOOD AND DRINK**

**FRI 24th November 5 - 8pm
SAT 25th November 10am - 7pm**

*at St. Peter and St. Paul's Church
and Clare Town Hall*

CHRISTMAS LIGHTS SWITCH-ON

SAT 25th November 6pm

Entertainment on Market Hill from 4pm

Hot Food Music Father Christmas

FREE ENTRY • PRIZE DRAW

Carter Jonas
Clare Town Council

Come to **BREAKOUT** to ensure you are safe online

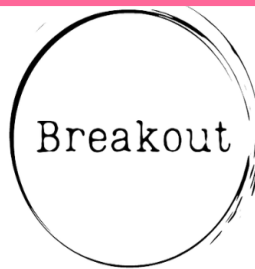


ARE YOU STAYING SAFE ONLINE?

We have had an increase in customers coming in to get their computers sorted after a hacker has tried to gain access to their device.

We've put together the following tips to help prevent your device being hacked.

- Always install a trusted anti-virus software if you will be surfing the web.
- Use complicated passwords that do not contain personal information.
- Always turn on two-factor authentication.
- Think before you click!
- Ensure you have always updated your browser
- Don't allow access to your device via a phone call.
- Always look up and double check the number of the 'company' you are calling
- Lastly, trust your gut!



**IF YOU ARE
UNSURE
THEN GET
ANOTHER
OPINION OR
BRING IT TO
US!**

TEL: 01787 312064
EMAIL:
hello@breakoutlongmelford.co.uk

Have you heard about the new 'Microsoft' computer scam?

We have had an increase in customers coming in needing assistance with the **security on their computers**.

It appears to be a similar scam in which customers get a pop-up on screen advising them to call a number and get support from 'Microsoft' immediately as their computer has been compromised by a security breach. The customers ring the number and give the person on the phone access to their device. The person will then attempt to sell them 'computer protection software' which is quoted at **£200+** in the hopes that the owner of the computer will pay for this and hand over their card details over the phone. **This is a scam. Most common computer protection software will not cost an arm and a leg and would not be done over the phone!** If you're needing any help with cyber security, your computer then please let us help. [01787 312064](tel:01787312064) or an email hello@breakoutlongmelford.co.uk

Editor's note Andy rescued me from BITLOCKER for which I am very grateful (see page 16)

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

BITLOCKER BEWARE

If it had not been for the help of Andy from "Breakout Long Melford" (see p. 15) we may not have had a Parish Pump this month!!

On Friday 8th September I switched on my computer and I got a bright blue screen headed BITLOCKER. The screen was almost frozen and its contents were virtually locked. We tried for most of the day to sort it out to no avail. Microsoft was particularly unhelpful. We couldn't even use Teamviewer because of the locked screen so I needed an expert to come to my house and my luck was in. On Saturday morning, I just caught Andy before he went out and he was sensitive enough to appreciate my situation. He came and with great flare spent 15 minutes on my keyboard and solved the problem and after an hour I was back working again. My relief was tangible. So with thousands of thanks to Andy, you should get a PP at the end of the month. Peter.



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
info@westsuffolkwalks.co.uk
07526 497114

FREE FOOD AT STRADISHALL CHURCH

FREE FOOD DONATE or TAKE

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

Contact: philiprous@hotmail.com.



Tackling the Cost of Living Crisis - Pull Out Guide **Issue 9**

Mental health and wellbeing

Worrying about your financial situation can take its toll on your mental health. There's lots of support you can access which will help you:

InfoLink - Staying mentally well;

If you are emotionally distressed and need urgent mental health support: Call [111](tel:111) and press option 2 for the NHS Mental Health Crisis Support line. If someone is in immediate danger of harming themselves call 999

Speak to someone you trust. You may find it helpful to talk to your partner, a relative or a friend about your problems. If this is not possible, talk to someone else you can trust, like a faith leader or a tutor, or try a helpline.

Speak to your GP.

Speak to Suffolk Wellbeing Service.

If you are East and West call [0300 123 1781](tel:03001231781).

Speak to Suffolk Mind. call [0300 111 6000](tel:03001116000)

Speak to the Samaritans who offer free emotional support 24 hours a day - in full confidence. Call [116 123](tel:116123)

If you have a low income, the NHS Low Income Scheme could help you pay for: NHS prescription charges, NHS dental treatment charges, the cost of sight tests, glasses and contact lenses, the cost of travelling to receive NHS treatment. NHS wigs and fabric supports (check with your hospital for their arrangements for supplying NHS wigs).

TV & Landline

This is a particular area where there can be much flexibility and variation in cost and services offered. It's important to stop and consider what it is you're looking for out of your Communications and Leisure packages before you begin to seek to save money.

The Right Deal

As with many aspects of life, the first step to saving money is to find the best deal. Communications and Leisure packages have several components with their own individual features to compare, which can make this a little trickier than other areas. Fortunately, comparison websites exist to take much of the hard work out of this for you, by entering the details of what it is you're looking for in a package (e.g. types of content you want access to, desired internet speed etc.) to find the right deal for you.

Domestic abuse

Unfortunately, we know that cases of domestic abuse increase in circumstances where there are worries around finances, debt, losing a job and so on. If this is happening to you or a loved one, there is advice and support for you across West Suffolk:

Suffolk Domestic Abuse Helpline provides support for those facing domestic abuse. Please call [0800 977 5690](tel:08009775690) to speak to an adviser.

Bury St Edmunds Women's Aid provides a range of services based in the community for anyone who is experiencing or has experienced domestic abuse. For further information please call their Helpline on [0330 551 9495](tel:03305519495) or visit [Bury St Edmunds Women's Aid Centre](http://BuryStEdmundsWomenAidCentre.org)

Leeway Domestic Violence and Abuse Services provides support to adults, young people and children who are experiencing domestic abuse in Norfolk and Suffolk. For support and advice please call [0300 561 0077](tel:03005610077).

Alumah provides one to one support for adults and young people experiencing domestic abuse in West Suffolk. For support and advice please call [07770 468698](tel:07770468698).

Refuge: 24 hour National Domestic Violence Helpline. A service for women experiencing domestic violence; their family, friends, colleagues and others calling on their behalf. For support and advice please call [0808 2000 247](tel:08082000247)

BACK TO SCHOOL

School costs

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

Many schools offer support to families who need financial assistance with uniforms, for example by giving you vouchers towards the cost. It's also worth checking if your school has any second-hand uniform sales – this can be a good way to pick up lower-priced uniform at a fraction of the retail cost.

Is your child eligible for free school meals? Check through Suffolk County Council Website, search for “[Apply for free school meals](#)”

Further support in West Suffolk

Home Start in Suffolk is ready to support families through their toughest times. Phone [01473 621104](tel:01473621104) email: headoffice@homestartinsuffolk.org

Families Together Suffolk: Offering support to families across Suffolk with 121 family support, group work and early intervention.

For more details visit: Families Together Suffolk website.

Finance and debt National support Visit the Government's Childcare Choices website to find out how you can save money on your childcare. Whether you have toddlers or teens, you could get support.

Social Tariffs

For those receiving certain benefits as their source of income, some providers now offer Social Tariffs for broadband at reduced rates. Check out the following website to see what deals are available: www.ofcom.org.uk/phonestelecoms-and-internet/advice-for-consumers/costs-and-billing/social-tariffs

Need Vs Want

Sometimes, our natural inclination is to want more. More channels, more speed, more power. But it's important to ask yourself before you take on any new deal – do you really need it?

If for example you only watch channels that would be available on Freeview or solely use streaming services such as Netflix, there is little reason to spend your money on a comprehensive TV package. Similarly, if you never use a landline phone then you probably don't need to concern yourself with a landline

Next Month - Fuel Prices. This information has been kindly provided by Anglia Care Trust. Their complete booklet can be obtained from a visiting **Coffee Caravan (Stansfield Thursday 19th October, 10am - 12pm)** or call Anglia Care Trust on 01473 622888 and they will send you a hard copy.

FOOD BANKS A reminder of where these are...

Are you looking for a foodbank or know someone who is? Collections from and donations to local foodbanks are equally welcomed.



Haverhill Foodbank
Reach Resource Centre
Gloucester Road/Leiston Road
Haverhill, CB9 8JL
Monday, Tuesday,
Thursday and Friday,
2pm to 5pm,

Chalkstone Community Centre,
Millfields Way, Haverhill CB9 0JB
Wednesday
2pm – 4pm.

They can also help you by phone.

Call **01440 712950** or email info@reachhaverhill.org.uk

Our foodbank works using a voucher referral system. In order to get help from our foodbank you will need a voucher issued by local agencies or from our Resource Centre. Advisers will assess you over the phone.

They can help local people in need through:

- Help with claiming and completing benefit application forms
- Help with home link / housing applications
- Debt / budgeting advice
- Welfare support
- Emergency food

This foodbank is run **in partnership with local churches, facilitated by Reach Community Projects (Haverhill).**
Charity number **1169108**

Gatehouse,
Dettigen Way,
Bury St Edmunds,
Suffolk IP33 3TU
01284 754967



info@gatehouse.org.uk

Food parcels can be collected between **9.00am -2.00pm Monday to Friday**. You will need to have a foodbank referral from a registered organisation to collect a food parcel. These can be obtained via CAB, Social Services, Children's Centres, Support Workers, Probation etc. Food can be dropped at our Dettigen Way office between 9.00am -3.00pm Monday to Friday. We also have collection points in Waitrose, Asda, CO-OP (Out Risbygate) and Marks & Spencer in Bury St Edmunds.

Elsey's Yard, Risbygate St,
Bury St Edmunds, Suffolk, IP33
3AA

stillgoodfood@gmail.com

Charity No: 1193073

We save surplus from shops, restaurants etc., going to waste and sell it from our shops at Elsey's Yard and Great Barton. Customers choose their shopping on a 'pay as you feel basis' (minimum donation £2).

Mornings Afternoons
Tuesday, Wednesday Monday &
Thursday
Friday, Saturday 2.00pm - 4.00pm
10.00am - 12.00 noon



Newmarket Foodbank
Unit 5, Craven Way, Newmarket

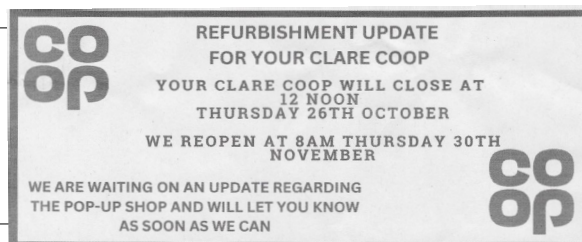
01638 561711
email: foodbank@newmarketopendoor.org.uk

Tue, Thu, Fri – 10:30 am – 2:30 pm

We recommend you get a referral from one of our referring agencies, but in an extreme emergency you can self refer by emailing or calling:-

- Citizens Advice
- Job Centre
- GP Surgery
- Social Services
- West Suffolk Council
- Domestic Violence and Abuse Services

As the store is small, a limited number of people can visit at a time. Therefore, please call to book a slot.



Smallholding by Chloe Gridley



As we enter Autumn everything begins to quieten down on the farm, we are now preparing the ewes for the mat-

ing season (tupping).



We have been busy rounding up the sheep and checking their condition ready for the tupping.

We perform a ewe MOT – this is where we check their teeth, udders and general body condition to ensure they are fit and strong to carry lambs over the winter and produce strong lambs in the spring.

Good teeth are vital for being able to eat grass and tough forage such as hay over the winter months, so they can eat enough to produce the energy their bodies will need to grow lambs over the toughest months of the year.

We then check their udders, making sure there are no lumps and that they are in a general good condition. They need good udders to be able to produce good quantities of milk for their lambs in the spring, with bad udders it will fall to us to feed their lambs.

Finally, we check their body condition, making sure they are not too skinny or too fat before they are mated, either of these can cause problems while carrying the lambs over the winter.

The ewes need to be in a good condition before mating, we then need to maintain this condition over the winter to ensure they have the energy they need to give birth to their lambs in the spring. Any ewes with bad teeth, udders or bad body condition will become pets.

health, and that they have teeth to maintain their body condition. Most rams will be so focussed on their job of serving the ewes they don't have time to eat!



So generally loose condition over the winter, ensuring they are in peak body condition before they start is very important, so they have extra reserves to lose.

While we get the ewes and rams ready for the mating season the lambs born earlier this year are happily grazing in the paddocks, gaining weight with all of the grass we have had this summer.

We will be at Horringer farmers market with fresh lamb on Saturday 7TH October, 9:30am-12:30 – do come along and say hi!

Pigs: we are sending our pigs off in batches this year. Two went in September with the remaining 4 leaving us in October and November.

We have sold out this year via word of mouth, our pork does have a good flavour, and this has certainly been recognised locally. We have placed an order for more weaners (8-week-old piglets) to arrive in January. We will need to move them to a paddock that has not had pigs on it for at least 6 months, this is to avoid cross contamination of bacteria.

Chickens: mum has almost won the fight against the crows. They still manage to get one or two eggs, but by hanging up big yellow balls with red eyes on and string door curtains to the entrances, the crows seem nervous to enter the coops now and are leaving them alone.

Mum is now receiving more and more text alerts for Avian Flu and expects lockdown will be announced in October as it has in previous years.

She is busy planning how to keep her birds safe. Much of the set up from last year remains and with some small tweaks

They have served me so well and I like them to go to a pet home to live the remainder of their days as lawnmowers! We also keep some of them to be matriarchs or companions to the younger stock.

The rams are also getting ready for the mating season, we will be putting the rams in the ewes towards the end of September/ beginning of October.

This will mean the majority of the lambs will be born in March when the weather is a little kinder and the grass has begun to grow. We also need to check the rams over to ensure they are fit for mating, checking their teeth, testicles, and body condition.

The same as the ewes – making sure the rams are in good

FLU CLINIC '23 UPDATE

PLEASE CHECK BELOW FOR AVAILABILITY OF OUR CLINICS AT WICKHAMBROOK SURGERY



***AT RISK PATIENTS - 14TH OCT— PLEASE BOOK ASAP**

* At Risk: someone under 65 years of age with a chronic health problem such as heart or lung disease * pregnant * a healthcare worker * a carer or live with someone with a chronic health condition

AGE 65+ - 21ST OCT—VERY LIMITED PLACES

AGE 65+ are able to attend walk in clinics at high street pharmacies if unable to make the above date.

CHILDREN AGED 2-3 YRS - 25TH OCT—PLACES AVAILABLE

SHOULD YOU WISH TO DECLINE YOUR VACCINATION: PLEASE CALL THE SURGERY TO LET THEM KNOW

PLEASE NOTE:

ALL COVID VACCINATIONS BOOKED THROUGH THIS SURGERY

ARE TAKING PLACE AT:

The Old School, Callis Street, Clare, Sudbury, CO10 8PX



Stansfield Cricket Club

On 2nd July– extraordinarily late for the first home fixture of the season - Stansfield hosted Chippenham, still relishing victory over the visitors the previous year (the first for a quarter of a century). Chippenham won the toss and elected to bat, to Stansfield's delight.

Starting with 9 men, SCC aimed to stem the run-flow until stragglers arrived pleading various excuses. In Spearman's absence, wicket keeping duties were handed to Patullo, making his long-awaited return following 'doctor's orders'. His impressive display of quick feet and lightning hands saw several potential runs prevented.

The opening bowlers - Blows with his mesmerising finger wizardry, Clayton with his express pace (ahem!) - saw Chippenham reduced to 16-2 in 6 overs. Blows picked up both early scalps before Clayton snagged their wily number 5 LBW, with the score on 17.

Blowers claimed his 4th of the innings with a controversial LBW; Stansfield were cruising at 53-5.

CCC's numbers 6 and 7 started swinging as Sohan Cooray entered the arena with his spin, mixing pace, bounce, and everything in between. The partnership was broken and Sohan was in the wickets. Stansfield fielders took some excellent catches, most notably Kit Phillips (KP) with a 'catch of the season' contender, covering several furlongs to dive, somersault and hold on to a

dipping ball. A wayward throw towards the stumps by Skipper Stone resulted in Sharp making an unsuccessful attempt to catch the ball, breaking his little finger in two places and playing a much-restricted role for the remainder of the afternoon. Weston and Simpkin joined the attack and while the former captured no wickets, he bowled tightly, keeping the Chippenham boys at bay. Simpkin continued where he left off in the previous game by taking two wickets, one a quite spectacular flying catch by McElhinney. Chippenham ended 133 all out; a superb effort in the field, with solid contributions from all, leaving SCC an achievable target.

Tea! Ann and Marilyn's quality shone through once more: 5 varieties of sandwich, 8 different cakes, crudites, crisps - the works! Stansfield CC is truly blessed.

Now the homesters turn to bat. Blows and Patullo strode purposefully to the middle. Blows returned moments later, plumb LBW, for a quick-fire 7. Enter McElhinney, quickly into his stride. At the other end Patullo did well, though several shots didn't quite make the boundary, necessitating additional effort between the wickets to keep the scoreboard turning. McElhinney hit several through leg for 4 and a sumptuous



straight drive back over the despairing bowler, before missing a straight one - out for 21.

Stone replaced him, intent on hitting only boundaries, but his promising innings closed prematurely on 21, leaving Stansfield in the danger zone at 47-3. Patullo departed reluctantly for a well-fought 7, out LBW, confused by a ball that he thought pitched outside leg, but which actually pitched on leg stump and would have taken out middle and leg....

KP came to the crease, his previous knock of 45 clearly etched in his mind, as he swung and missed, and marched back to the pavilion for 3. Cooray, shop-fresh willow in hand, hit the ground running. Alas, lady luck was not on his side, ending as the third batsman to make 21 that day.

At 103-6, the match balanced on a knife edge, Simpkin and O'Connell faced a Chippenham barrage. Some entertaining bazball-esque antics saw the pair bring Stansfield to the brink. Simpkin fell for 17, leaving Weston to join O'Connell (13 not out) to win the match, creaming one through leg side for 4. An all-round team effort and a second consecutive win against Chippenham. Yes, lightning CAN strike twice at the Meadow!

Thanks to Kieran McElhinney for greatly contributing to this report.



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OCTOBER

7TH: APPLE CRUSH 2023

BRING APPLES, CUTTING BOARDS, JUICE CONTAINERS, DISH TO SHARE. STARTS 1:00PM

14TH: POP UP KITCHEN - LITTLE PIZZA OVEN

21ST: POP UP KITCHEN - MAC DADDY

28TH: HALLOWEEN

COSTUME COMPETITIONS, GAMES FOR KIDS, KITCHEN BY CHILLI BROS, FEATURING THE PUNCH HOUSE BAND

NOVEMBER

18TH: SATURDAY NIGHT LOUNGE - VERY KEEN BAND

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SUDBURY. CO10 8LN



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



OLD GOAT
PRESENTS.....

**HALLOWEEN
DIA DE LOS MUERTOS**

THE PUNCH HOUSE BAND



MUSIC STARTS AT 6PM

GAMES, MEXICAN PINATAS!

COSTUME COMPETITIONS!
0-7's / 8-17 / ADULT

FOOD BY CHILLI BROS 
FROM 4PM UNTIL GONE!

OLD GOAT BREWERY
@ THE STANSFIELD COMPASSES
HIGH STREET
STANSFIELD, SUDBURY
CO10 8LN

28TH OCTOBER 3PM - 9PM



Who is who in our local church benefices

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



07827 128511

FREE HELP WHEN YOU NEED IT MOST

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

Call them on: 07827 128511

stansfieldgoodneighbours@outlook.com

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

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



DOORS 6.30PM - EYES DOWN 7PM

TOP PRIZE £100

BINGO

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

STANSFIELD VILLAGE HALL
Great fun for all the family
All Tickets £8 Licensed Bar Raffle
Booking: ticketsource.co.uk/stansfield-village-hall
Info or help with booking 01284 789192

Stansfield, Sudbury, Suffolk CO10 8LW

In aid of Stansfield Village Hall - Reg. Charity 304939



Parish Pump COPY DEADLINE

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

Stansfield Good Neighbours are GO! 07827 128 511

This helpline run by the new Good Neighbours scheme for Stansfield is now live.

The first task is booked for the first week in October, to take two residents to Clare next week for their Covid jabs, and to pick up some shopping for them on the way.

The postcard above has been distributed to all households in the village. The friendly team of volunteers are looking forward to helping with a range of tasks... please give them a ring and ask for help or just have a chat.

Stansfield Bingo Night A Big Draw for Families

On Saturday 16th September locals filled Stansfield Village Hall for a joyous night of Bingo. With winners galore and a grand raffle that included prizes for all ages. So good to see the village hall filled with the excitement and laughter of families enjoying themselves. The evening also raised more than £400 for the village hall. A massive 'Thank You' to everyone

who supported the event and to all the helpers. Special thanks are due to Linda Dabbs for the brilliant entertainment as our bingo caller. We were also very lucky to receive some wonderful raffle prizes. Thank you to all the local businesses who gave so generously: Brook of Blooms, Hangers Boutique, Harris and Harris Books, Maison De Clements, and Tea at No. 5.



Wickhambrook Farmers' Market



What another great market we had this month. Despite the heat so many wonderful supporters of our market turned out; I can't thank you enough. To all the incredible traders as always without you we wouldn't be able to make it work—thankyou all . Our next market is on the 15th of October. Normally we would be the second Sunday monthly but unfortunately the hall was booked for that date . We will be back to normal for 12th November which is also Remembrance Sunday which we will be observing with a minute's silence at 11o'clock. And our Christmas market is on the 10th of December All our usual traders will be joining us again and a few new ones Do come join us for tea or coffee with Amanda and Ali in the popup cafe Or a bacon bap freshly cooked by our resident butchery E &G—we have so much for you to enjoy. Too many to list so take a look at our Facebook page for a taste of what to expect.

If you're not on Facebook why not come see for yourself.
Looking forward to seeing you all. Thankyou for your continued support
Memorial Social Centre Cemetery Road Wickhambrook CB8 8XP

WICKHAMBROOK Farmers Market

MSC HALL 15th

SUNDAY October

**9.30AM TILL
12.30PM**



**MSC: Memorial Social Centre
Cemetery Road Wickhambrook, CB8 8XP**

Unusual fire risk in a house

John Fellows sent this cautionary tale

I recently found several burn marks on the inner part of the right hand upright (see photo) on an upstairs window frame. These were quite severe and were some 2mm in depth. Scorch marks were also apparent on the adjacent frame. I was unable to determine what had caused this, until my daughter told me that when staying here for a few days, she had removed a 20 cm



mirror from the windowsill, which my wife had previously kept on her dressing table. Having discussed this with Suffolk Fire and Rescue it would appear that by far the most likely cause of the burning was the sun's rays being focussed on the window frame by the mirror concentrating the heat sufficient to cause the damage. **They recommend that all south facing windows be checked and to remove**

any mirrors, or other objects which may reflect heat and cause fires. For further advice on this, and other useful instructions on how to avoid fires, go to the F & R website: www.suffolk.gov.uk>[Suffolk-fire-and-rescue-service](http://www.suffolk.gov.uk).

Subject: Review of Abbeycroft Leisure (Council owned)

Dear Clerks/Chair of the Parish,

A review of facilities provided by **Abbeycroft Leisure** is being conducted by West Suffolk Council and I have been asked if any of my Ward residents have any feedback. As part of the review, the Task and Finish Group would like your views/comments on your experience (or your residents' experiences) of using our leisure centres or engaging with other programmes that Abbeycroft Leisure provides. We are particularly interested in feedback about:

1. **The facilities**
2. **The customer experience**
3. **Pricing**
4. **Involvement in any specific programmes or health pathways**

Please email any comments to democratic.services@westsuffolk.gov.uk by **Monday 9 October 2023** for the attention of **Christine Brain**.

I have not so far received any comments directly from any residents on the facilities offered by Abbeycroft Leisure but would appreciate your help in asking the question more widely in your communities. Thank you for your assistance. Sarah (Cllr Sarah

STRADISHALL CHURCH REVITALISATION PROJECT

ART EXHIBITION
at
Stradishall Church

**A unique collaboration between HMP
Highpoint and the Stradishall
Community**

**All Paintings and Drawings by
Prisoners at HMP Highpoint**

**To be held at Stradishall
Church**

**Saturday 21 Oct and
Sunday 22 Oct
3pm to 7pm**

Free Entry



**ST. MARGARET'S
REVITALISATION
PROJECT
STRADISHALL**

**PRISON ART
FOR YOUR PLEASURE!**

**AN ART EXHIBITION WITH A DIFFERENCE
Stradishall with Highpoint Prison.**

This is no ordinary Art Exhibition, displaying work by famous (or would-be famous) artists, but one definitely worth a visit. **On Saturday 21st and Sunday 22nd October**, Stradishall Church will be the venue for an exhibition of paintings and drawings by prisoners at HMP Highpoint.

The artists are men who have taken part in the six-week art groups which are regularly held in the prison, and which give an opportunity for artistic expression.

You are invited to come and view the exhibits, and, with a glass of something in your hand, and a little imagination, you can stroll around and believe you are in a top London gallery.

This is an exciting joint venture between two groups of Stradishall residents – HMP Highpoint and the Stradishall Church Revitalisation Project.

3pm to 7pm Saturday 21st and Sunday 22nd October
Entry free.

Stradishall and Cadbury's chocolate boxes—what do they have in common?



Answers on a postcard please!!

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Wickhambrook Parish Council



Hello, I hope you are all keeping safe and well. We're heading into autumn (my favourite season) and I'm enjoying the cooler weather and starting

to tidy up the garden. Workwise, things are also starting to get busy, with preparing for the **Neighbourhood Plan Consultation in** late autumn, the conclusion of the Audit and preparation of a draft budget for the next financial year.

Parish Council Meetings are open to the public so why not come along? We hope that you will find it interesting, and we would like to increase our community engagement. This helps to ensure that the decisions that are reached have the support of local residents. You never know, you may wish to get more involved – there are lots of ways to contribute, from attending meetings and asking questions, to joining in with volunteer

events, becoming a lay member on our Estates Committee, or becoming a Councillor! We currently have four vacancies for parish councillors and are also looking to recruit a lay member to the Estates Committee.

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

September meetings will be looking at a wide range of issues, including: estates, work to parish trees, cast iron memorials; and Future Amenity Space works.

Full Council

- Approval of the Draft Neighbourhood Plan for consultation in late autumn
- Road Safety – the 20's Plenty campaign
- An update on the Memorial Clock
- D-Day 80

If there is anything you would like the parish council to consider at a future meeting, [please do get in touch with me](#).

I have updated our **Reporting Problems** page on the website with much more information and links to different departments and organisations which I hope you'll find useful. I've also added a page to the website on [Support for Local Organisations](#).

Thanks go out to our wonderful Webmaster Maria from **mdsign**. Do feel free to forward this message on to neighbours, friends and family in the parish and ask them to get in touch with me at parishclerk@wickhambrook.org.uk if they would like to be included in our e-newsletter mailing list!

Wishing you all the best, keep safe and well.

Hilary Workman Clerk for Wickhambrook Parish Council

Hilary Workman CiLCA Clerk & RFO for Wickhambrook Parish Council

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

Harvest Lunch Stradishall



With great regret the organisers of this event have had to cancel. "We apologise sincerely for the inconvenience this will have caused. Everyone who has already paid will be reimbursed. SORRY!!"

is Harvest Lunch A choice of
bulous Desserts, Tea, Coffee
s.

Church
2023

£20.00

Please contact Philip Prouse

philiprouse@hotmail.com

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Louise Watson 07952 638016

Chris Watson 07941 640560



Stansfield Village Hall



Join our friendly committee

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

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

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

Come and join us!

Interested? – get in touch
01284 789 192

friends@stansfieldvillage.org.uk

RETURNING TO STANSFIELD VILLAGE HALL
SATURDAY 7TH OCTOBER

7PM – DOORS
7:30PM – START

THE FAMOUS QUIZ

TICKETS – £10
UNDER 16 – £8

INC HOT HOME-COOKED SUPPER

RAFFLE BAR

Book your ticket, gather your team (up to 8) or join a team on the night.
Booking is in advance:
ticketsource.co.uk/stansfield-village-hall
Info/help with booking:
friends@stansfieldvillage.org.uk or 01284 789 192

In aid of Stansfield Village Hall - Registered Charity 304939

Club Origami

A very special event for children aged 6 and under

Stansfield Village Hall

Sunday 12th November

Dance, fashion and live music meet the magic of origami to sweep us up on a spirited and inspiring adventure in a land made purely of paper and play.

Show 2pm
Workshop 3pm

Refreshments available

Tickets:

Show + Workshop - Children £8 + 1 adult free
Show only - Children £5 + 1 adult free

This event is designed for children aged 0 - 6yrs but older siblings welcome too

Information and priority booking for Stansfield families until Saturday 7th October
info@stansfieldvillage.org.uk
01284 789 192

Online booking opens Sunday 8th October:
ticketsource.co.uk/stansfield-village-hall



Registered Charity 304939

Stansfield Village Hall Management Committee

Notice of Annual General Meeting

Notice is hereby given that the Annual General Meeting will be held at Stansfield Village Hall on Wednesday, 18th October, 2023 at 7.00pm.

By order of the Village Hall Management Committee

Derek Adams (Chairman)

18th September 2023

All members of the Parish of Stansfield are welcome to attend.

Registered Charity Number 304939

Stansfield Chapel Graveyard

Annual Tidy Up: Saturday 14th October 10 am to 1pm.
Anyone willing to help with this work please contact Cllr Martin Slater on 01284 789545 or email martinslater101@gmail.com.



Mary
Cleaver



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The Renters (Reform) Bill 2023

The purpose of the bill is to end ‘no fault evictions’ and to enable greater stability for those who are in private rented accommodation. The benefit envisioned by Theresa May back in April 2019, was that landlords would ‘no longer be able to unexpectedly evict families with only 8 weeks’ notice’. The main thrust of the proposed reform is to do away with Section 21 Notices which can be given by landlords to assured shorthold tenants to require them to leave without there being any specific reason. Under the proposed bill, landlords will only be able to seek an eviction if they have statutory grounds, which will include reasons like rent

arrears or causing a nuisance or perhaps if the landlord wants to move into the property themselves. Assured shorthold tenancies will be abolished, with the vast majority of private renters obtaining the similar security of tenure as those that rent from a Housing Association. Once the reforms take effect, fixed term assured tenancies will also be abolished and all tenancies will be ‘periodic’. The concern for families is that not all private sector tenants will enjoy equal security of tenure because not all landlords are of the same type. Much more security could be expected if the landlord is an institution like an

investment fund as they may be less likely to sell a property than a private individual. The court’s power to transfer a tenancy under Schedule 7 to the Family Law Act remains, and the Family Court is reminded that the landlord must be invited to make representations before ordering a transfer of a tenancy, perhaps to an individual they don’t want as a tenant. The bill is at the early stages and may not be passed until early 2024.

Mary Cleaver

Headway Suffolk to open new outreach hub in Newmarket

Outstanding-rated charity Headway Suffolk is looking to open a new outreach hub in Newmarket for adults living with brain injury, stroke or neurological conditions.

The satellite group will include a range of activities designed to help each individual with their rehabilitation, care and support



needs in a safe and stimulating environment with an opportunity to meet others, as well as providing valuable respite for family carers. It will initially start with an Understanding Brain Injury programme, where Headway’s therapists will help clients understand and manage the effects of their injury or condition on their daily routines.

Headway Suffolk CEO Helen Fairweather said: “We want to prevent people having to travel to our main hubs in Ipswich and Bury St Edmunds. The most important thing now is for people to come forward if they need our help or would like to find out more about the new Newmarket outreach hub or know anyone else who might benefit from it.”

Headway Suffolk is a registered charity that supports adults living with brain injury, stroke and neurological conditions through an extensive range of rehabilitation, therapy and care services.

In September 2022, it was rated outstanding by the Care Quality Commission. Louise Broddle, CQC head of adult social care inspection, said: “Headway Suffolk is clearly an important part of the community and other services can look to it as an example of how to deliver outstanding care and support.”

You can contact Headway on 01473 712225 or email helenmfairweather@headwaysuffolk.org.uk, or visit www.headwaysuffolk.org.uk.

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Problem Page

with Carol Reay-Glover



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

Dear Carol

My lovely husband just turned 60. I am a bit older than him and so are many of our friends. He's used to being the youngest and is in his own family of siblings too.

He's also quite young looking - he's very good looking as friends have remarked many times over the years. Anyway, he's finding it really hard to come to terms with this birthday.

I wondered why and more than that how I could support him.

Thank you

A

Dear A

Happy birthday to your husband.

Big birthdays as we tend to call those that end in a zero can feel like milestones to people and different people react in different ways.

Your husband has been used not just to looking young but also to feeling younger than those around him. This from childhood. It sounds like in his mind's eye he's almost the child. This birthday is clearly reminding him that he too is growing older. You say he's finding it hard to come to terms so it doesn't sound like a deep depression for which I may have different things to say.

In this case I suggest chatting about this as much as you can with him, lightly so he can air his worries and thoughts. It's a case of helping him get used to it. Then, as you are older, you can help him see that life will not essentially change.

I think he needs time, some open communication, and the reassurance of you leading the way.

Good luck A **Carol**

Monthly rainfall 2023: mm

	Jan	Feb	Mar	Apr	May	June	July	Aug				
Nick Burton-Stradishall	42	5.5	95	51	66	19.5	94	56				
Tina Lee- Stradishall	50	1	75	57	75	22	93	55				
Sam Slater- Stansfield	36	4.5	111	69	49	22	94	55				
Rod Taylor- Stansfield	54	6	105	63	46	19	94	62				
Jay Gridley-Hundon	40	4	111	60	56	24	84	69				
Victoria Pakenham - Fenstead End	45.5	5.5	93	54.5	36	19.5	92.2	60				
Elaine Plumpton - Gt Saxham	60	4	114	62	65	28	70	63				

Monthly rainfall 2022: mm

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

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

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Wickhambrook Local History Society News September 2023

Geoffrey Kay's talk, entitled 'Overpaid, Oversexed and Over Here' was subtitled 'The Friendly Invasion' and that seems to me to be a kinder description of the events in East Anglia during the Second World War. Over three million American troops came to Britain during the war and 26,000 lives were lost. It was a huge logistical operation as plans were made for D-Day and the bombing of Germany. Troops



were given an instruction booklet on how to order drinks in pubs, how to treat women and how the money system worked among other things and although there was some

tension between the British people and the white American airmen and their black counterparts, most villages welcomed the visitors and appreciated their help in winning the war. Geoffrey started his talk by asking the members if any of them were able to remember the early 1940s and this produced many stories from those who were small children at the time. They remembered parties at the air bases and the generosity of the men. One lady has a bracelet with a dime on it which was given to her by one of the Americans who visited her home. Geoffrey told us the story of Sam Hurry, who was ten years old and was 'adopted' by the men at Thorpe Abbots airfield. They let him start the planes, took him to London for a treat and bought school uniform for him when he passed his 11+ and his parents could not afford it.

He also told us of John T Appleby, an American night fighter, who spent an idyllic summer visiting churches, going to concerts and enjoying the whole Suffolk experience. His book, Suffolk Summer, details all of this and the royalties from the book still help to pay for the upkeep of the Memorial Rose Garden in the Abbey Gardens in Bury St Edmunds. Glen Miller, James Stewart, James Cagney and Jo Louis were among the celebrities who served in East Anglia. One of our members' mothers remembered James Stewart being at dances at Old Buckenham! An excellent talk, brought to life by Geoffrey and the members. Our next meeting is on Tuesday 17th October, 7.30pm in the WI Hall when Christopher Parkinson will talk on East Anglian Stained Glass windows.
Dorothy Anderson

Christmas trees for sale at Wickhambrook

*"Take a look in Wickhambrook
 And come to me for your Christmas tree.
 A Norway spruce to go with your goose.
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 And look how the wise men come from afar."*

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

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

The winner will be the first correct time drawn after the race (or that closest to it).

All proceeds will go towards the **Stradishall Church Restoration Fund**.

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

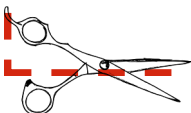
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My guess of Linda's time to run 5 miles is ...

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