

# PARISH PUMP

No 390 parish.pump@gmail.com

November 2025

**Excellent news, our plea for help last month has worked. Jon Pyzer, Nathan Thomas and Jennifer Andrews have all offered to help in an active way. What a relief and a big thank you to them!!**



**Jennifer**



**Jon**



**Nathan**

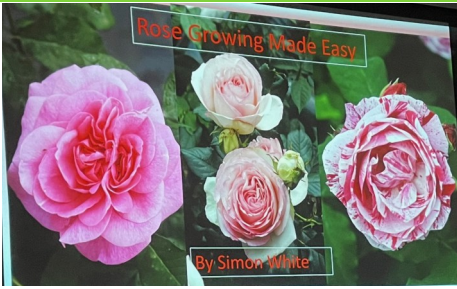
**I hope they don't mind me saying but I wanted to take this opportunity to thank Judi and Spencer for their sterling support they have given to the Parish Pump over the years. I think it must be said without their contribution it would not be where it is today. So a sincere thank you from our printers, contributors and readers and me!**



**Stradishall wedding 1964, more than 60 years ago. Does anyone know who they are?**



## Garden Club 28 September Rose growing made easy



Our September speaker, **Simon White**, worked with roses at Peter Beal's Nursery for forty-three years. He was recently awarded the Royal Horticultural Society medal for Long Service. He described how professional roses are grown by grafting onto a wild rose root stock. The dog rose roots are planted by the thousand in rows during February and March and by July are well grown plants. A stem with a leaf bud from the chosen rose is inset into the root stock and stapled and taped. This later dissolves, leaving the graft between the root and stem a visible bump. The following April, extra shoots are cut off and within 18 months the roses are ready for sale. Having bought your rose, it needs to be planted in well prepared soil to which rotted manure is added. Horse manure needs to be kept for at least six months before use. (Avoid mushroom compost, which has too much lime for roses.) The graft must be planted below the soil, or suckers will soon shoot. If they do, pull, but do not cut them off, or you will encourage many more to grow! Roses should not normally be planted where others have been, to avoid sickness. However, should you want to plant a rose on the same site, the top soil needs to be replaced to a depth of at least two feet deep, or use the cardboard box trick! Dig a hole for a box large enough to hold 12 bottles of wine! Fit the box in the hole and put rotted manure at the bottom and John Innes 3 and root boost powder, or,

bone meal, to touch the roots of your new rose. Make sure the graft is below the surface. The plant then needs protecting from rabbits and deer. Prune to about three to five inches above ground level and water, water, water!! Rose plants are sold bare rooted from November to March and in containers from April to September. A container rose will have just been planted, so keep in the container for several weeks, when the roots will have grown into the compost, before replanting in your chosen site. Feeding roses is essential, with granular



goblet shape'! Growing a rose in a pot needs especial care: eighteen-inch pot and John Innes no. 3 compost, watering every day, even if it rains, replacing soil every four years and regular feeding, as with all roses. He recommended buying pots with straight sides as it is far easier to replace the soil. Members enjoyed selecting plants to buy and there was a lot of interest and enthusiasm while we enjoyed refreshments together after the talk.

**Ruth Seal**



feed to February and from March to July liquid feed every fourteen days and May to September a foliage spray. Simon White recommended pruning hard from the end of February to March to help prevent mildew, black spot and rust. Prune away central stems to keep the air flowing through the plant making 'a wine



**Stradishall Church Remembrance Service Sunday 9th November**



**12.00 noon in St Margaret's church Stradishall**

### The Infamous Quiz – an Evening of Fiendish Fun in Stansfield

#### *Stansfield Village Hall News*



On Saturday 4<sup>th</sup> October **Caroline Fardell** presented the 12<sup>th</sup> incarnation of the annual Stansfield quiz night. Well known for running a tough competition with

a light touch, Caroline proffered plenty of cunning conundrums to challenge her charges! Congratulations to this year's winners - the 'Good Evans' team, who were awarded a well-earned

case of assorted wines to celebrate their victory. 85½ will be the score to beat next time!

Sincere thanks to Caroline for masterminding such a diverse set of questions and in such unusual categories, making advance preparation impossible! Thanks also to **Fay** for managing the scoreboard; Clare who provided the delicious chilli for the event supper and to Jon and Ann for supporting the bar and kitchen.

We are delighted to report that the event raised £770 for Stansfield Village Hall.

**Derek Adams**

**Denston Village Hall  
100 Club Quiz night  
STEFAN,  
TREASURER  
01440 820675**

**The final 100 club (for 2024/25 ) has been drawn, the next one is in 2026. Thanks Stefan**



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## New Local Venture Brings People Together Through Shared Meals



A local resident from **Hawkedon &** business partner based in **Cambridge**, are launching an inspiring new social dining platform called **Join The Table (JTT)**. A platform designed to bring people together through the simple joy of sharing a meal.

**JTT** is about connection, helping people meet, talk, and enjoy real company again. Whether it is lunch, a coffee or an evening meal, the idea is to make it easy for anyone to find a welcoming table nearby and share food with others.

Their Hawkedon office explained, "So many people want to feel part of something again. In villages and towns

alike, people can feel isolated especially if they live alone or are new to the area. **JTT** gives everyone the chance to connect in a relaxed, natural way sitting around a table, chatting, and enjoying food together."

Loneliness and social isolation are growing challenges in the UK, particularly in rural areas like ours. **JTT** aims to help by creating opportunities for people to meet face-to-face and feel part of their community again.

Here's how it works:

**Step 1:** Register on the **JTT** website at [www.jointhetable.co.uk](http://www.jointhetable.co.uk) to create your free profile.

**Step 2:** Browse local venues that are hosting **JTT** meals — from pubs and cafés to restaurants & hotels taking part in the scheme.

**Step 3:** Book an individual seat at a shared table through the website. Come along & share good food & conversation with others. From an idea born here in the Suffolk countryside, **JTT** is all about rebuilding community — one shared

meal, one new friendship at a time.



We are asking for local people to please support us and pre register your interest on our website [www.jointhetable.co.uk](http://www.jointhetable.co.uk) so they can be the first to try this exciting new dining experience.  
**Sara Monk**



Stradishall Church choir in the 1950's. Anyone know anyone?

*Happy beginnings, Happy futures.*



# Happy Days Childcare



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

## 01440 820 027

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

1, Lancaster Way, Stradishall. CB8 9YD.

**Rector's Ramblings – November 2025 (Clearing the Clutter: Our path to Advent)**



My dear friends,  
As the vibrancy of autumn deepens into the muted hues of late November, we find ourselves standing on the threshold of a new Church year. The nights

draw in earlier, the air has a crisp, frosty bite, and the comforting promise of warmth and light becomes ever more precious. This time of year naturally invites us to slow down, to turn inward, and to reflect. Soon we will step into the expectant quiet of Advent. No sooner have the Hallowe'en decorations disappeared, and the Bonfires and Fireworks have burned out, then it seems the world around us begins hurtling towards Christmas, with decorations popping up in shops. But for us, the Church, November is a vital time to resist that rush and instead, prepare our hearts and minds for the profound spiritual journey that lies just ahead. Advent is a season of waiting, of watching, and of hopeful anticipation. It is a four-week period where we intentionally hold two moments of God's coming in tension: we remember the joyous, historical arrival of Christ as a baby in Bethlehem over two thousand years ago, and we look forward to His glorious, final coming at the end of time. This dual focus makes Advent an inherently active season, not a passive one. It is not just about waiting but about preparing for the arrival. And just as we take time in November to plan our calendar, perhaps write our Christmas card lists, and start thinking about gifts, we must also take this time to clear the

spiritual clutter from our lives. How might we use these final weeks of November 2025 to prepare for our Advent preparation?

Firstly, I encourage you to embrace the **Quiet**. The world is loud. Find five minutes each day, perhaps first thing in the morning or last thing at night, to simply sit in stillness. Turn off the news, silence the phone, and invite God's peace into that space.

Secondly, take a moment for **Reflection**. Look back over this past year. Where have you seen God at work in your life? Where did you stumble? Our preparations for Advent must always be rooted in a spirit of repentance - a turning around and re-alignment of our will towards God's.

Finally, think about **Hope**. Advent is the great season of Christian hope. As the world grows darker, we are reminded that

our true light, our hope, is not the sun, but the Son. As you prepare your homes for the winter and the festive season, commit to doing one small act of service or kindness this November that reflects the hope and love that Christ brought into the world. Let us enter Advent this year not rushed and exhausted, but ready and waiting. Let us use these remaining November days well, so that when we light that first purple candle on the Advent Wreath, our hearts are truly prepared to welcome the coming King. With every blessing,



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**HOW NICE!**  
Hello, My name is *Marion*. I live in **New Zealand** and would like to congratulate you on the magazine that you produce each month. I'm very fortunate in that the last time I visited, my son and his wife, who live here, had a copy of your magazine. I enjoyed reading about all the events and the interesting articles. My daughter in law has for a considerable time, been printing it and sending it to me. I'm in Sudbury for a holiday and thought I would take the opportunity to thank all your contributors and the people who produce this wonderful insight into village life. Again thank you all for a wonderful job. Kind regards **Marion** [I have put this in again in case you missed it last month!]

**Monthly rainfall inches 2024/2025**

2025	Jan	Feb	March	April	May	June	July	Aug	Sep	Oct	Nov	Dec
Nick Burton- Stradishall	55	31.5	11	22	20.5	23	39	25	47			
Tina Lee- Stradishall	45	32	9	25	19	27	30	33	46			
Sam Slater- Stansfield	46	30	5	23	21	20	54	24	41			
Rod Taylor- Stansfield	64	35	13	25	26	29	59	26	48			
Jay Gridley-Hundon	59	26	11	21	26	29	22	25	38			
Victoria Pakenham -Fenstead End	73	33	8	21	30	32	32	20.5	43			
Elaine Plumpton - Great Saxham	63	42	6	23	17	38	51	26	60			

2024	Jan	Feb	March	April	May	June	July	Aug	Sep	Oct	Nov	Dec
Nick Burton- Stradishall	55	115	45	64	96	15	94	14	99	58	47	42.5
Tina Lee- Stradishall	57	119	47	87	91	19	93	16	98	68	31	38
Sam Slater- Stansfield	51	129	55	60	114	19	85	15	76	55	33	63
Rod Taylor- Stansfield	59	121	59	68	99	23	88	16	80	73	42	51
Jay Gridley-Hundon	71	128	57	74	104	21	93	16	108	71	39	39
Victoria Pakenham -Fenstead End	53	132	59	62	106	21	90	16.5	88	38	39	79
Elaine Plumpton Great Saxham	54	129	66	69	78	23	90	16	99.6	52	43	53

**CLARE CHRISTMAS FAIR 2025 –FRIDAY 28<sup>th</sup> AND SATURDAY  
29<sup>th</sup> NOVEMBER**

The Clare Christmas Fair has become a successful and much-loved local event over the last ten years, growing in size and reputation and bringing in visitors from far and wide.



With around 70 exhibitors in the Parish Church and the Town Hall, you'll find a wealth of ideas for your Christmas shopping. These range from decorative ceramics, glass, artworks, floristry and books to festive fare and drinks, natural beauty products and candles, clothing, various types of jewelry and sewn accessories, plus many lovely, crafted toys and other items from our talented and creative stall holders. We also like to support two local animal charities by giving them a free stall at each event. Come and see what you can find! As well as the traditional mulled wine and mince pies on offer on both days to help raise funds for the Church, we have the church cafe where you can warm up with some delicious hot tea or coffee and cake before continuing with your browsing and gift shopping. There will be food stalls on Market Hill on Saturday too. There will also be various entertainments

on both days, culminating in the Christmas Lights Switch-On on Market



Hill at 6pm on the Saturday, when there will be even more than usual to see and hear including Father Christmas, and Face Painting by **The Artful Dabber** on Saturday, and from c3.30pm, there will be dancing by **Hells Bells Morris**; live music from **Serena Grant** and from **Ellie**; a stilt walking, fire and juggling display; a roundabout - and the Children's Parade and competition prizegiving..... and then the big Switch-On followed by a special performance from excellent London rock/pop/indie cover band The Spark – so make sure you stay around for that! The Fair will be open on Friday 28th November from 5 – 8pm and on Saturday 29th from 10am – 7pm. More information and details will be available on the website - [www.clarechristmasfair.co.uk](http://www.clarechristmasfair.co.uk) – and will be posted on Facebook and Instagram nearer the time. Do put the dates in your diary so you and your family don't miss out - we very much look forward to seeing you!

**Tom's sheep**



Previous editions of this newsletter have covered the story of the recent attacks on sheep in the Assington Green / Stansfield area. This has left a devastating mark on many in the community, especially and most importantly, the shepherd, Tom. Over 40 of his sheep were killed and many others badly wounded. To date, he is around £14-15,000 out of pocket, there is a vet's bill of £2,000+ and a three-year breeding programme has, literally, been torn to pieces. Also, the chance of Tom receiving any significant financial compensation is remote.

To this end, **Hugh Cairns** is promoting a crowdfunding platform to assist Tom in dealing with the above costs. With this in mind, anything you could offer would be gratefully received and timely. All of us are keen for Tom to restart and rebuild his breeding programme and, if successful, we can all continue to enjoy seeing sheep in our beautiful corner of sleepy Suffolk.

This fundraising appeal has the wholehearted support of our local MP, **Nick Timothy**.

To donate on-line to Barclays bank:  
Account name: Tom's Sheep

Number: 40806013

Sort code: 20-17-20

If you have any difficulties, please contact:

**Hugh Douglas-Pennant** at:  
[tomssheep2025@gmail.com](mailto:tomssheep2025@gmail.com) 01284  
789412 or 07836 600672

If you would like to be kept informed of fundraising progress, then e-mail as above.



**CLASP**, your long established local Charity, is pleased to announce that **Karla Greenwood** has agreed to take over the role of **CLASP CarAid Coordinator** with effect from Tuesday 16<sup>th</sup> September. Many of you will know Karla who is the Clare Library Manager. She replaces **John Webb**, who is standing down after seven and a half years in the role.

You are reminded that CarAid, using volunteer drivers, takes local residents to and from medical appointments, such as hospitals, doctors surgeries, dentists, opticians and other medical services. This service is free of charge, but most recipients choose to make a donation to CLASP, which can be given to the volunteer driver to contribute towards the mileage allowances payable. CarAid

continues to be dependent upon the commitment of its volunteer drivers, and welcomes new applicants to join the team. **If you are interested in becoming a volunteer driver, or need the CarAid service, you can call our dedicated phone line 07724698283**



**Remembrance Service**  
 Sunday 9th November  
 War Memorial, near St Mary's Church  
 Poslingford

Remembrance Service  
 followed by tea & cake

Everyone is invited to join in. If you would like to paint a Poppy on a stone, please bring it along, these will be laid at the Memorial. Afterwards everyone can enjoy tea & cake in the Church.

**The service is at noon**

**People of Poslingford Pumpkins are us**

With a chill in the air, leaves on the ground and a warm cup of tea, Poslingford pumpkin competition was held in the Church. Mark Woodrow, our vicar, was on hand to judge the cutest and ugliest pumpkins, as well as assisting with the weighing of the pumpkins. **Grown in Poslingford** Annie Jones - weight 13.65 kg Melody Green - weight 55kg **Grown elsewhere** Monica weight 60kg **Cutest** Ava Baker weight 40kg **Ugliest** Rachel Huffey weight 25kg Chipley Abbey weight 4.60kg, many thanks for supplying the scales. Contributions for the Community Pantry were greatly appreciated.



**You can donate to our pantry by following this link**  
[www.tinyurl.com/ClareCommunityPantry](http://www.tinyurl.com/ClareCommunityPantry)

**Free food at the Community Pantry in Clare Parish Church**  
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**Clare Community Food Bank**



## The Baptists in Clare do so well at recycling

Clare Baptist Church in Clare, a rural town in Suffolk-Essex, is known for its active community involvement in recycling and creation care. The church's recycling area includes items that cannot be recycled in usual council collections, such as bras, pens, writing equipment, stamps, plastic bottle tops, and corks. They also host events like the Season of Creation, a global movement of Christians seeking to renew their relationship with their Creator and all creation. The church encourages its members to participate in eco-friendly practices and to care for the environment as part of their faith. [clarebaptistchurch.org.uk](https://clarebaptistchurch.org.uk) +2

because  
you matter

## St Nicholas Hospice Care

St Nicholas Hospice Care is once again inviting people across West Suffolk and Thetford to come together for its annual **Light Up a Life remembrance events**, offering a meaningful way to remember those they miss during the festive season. This year's events will be held at local churches across the area including Sudbury, Newmarket, Bury St Edmunds, Lavenham, Thetford, Haverhill, and Mildenhall, with services starting in late November and continuing throughout

## Local hospice invites the community to Light Up a Life remembrance events this autumn

December.

Each gathering will feature music, [readings](#), and moments of reflection, providing comfort and connection for all who attend. The hospice warmly welcomes everyone, whether or not they have a direct connection to **St Nicholas Hospice Care**. As in previous years, attendees are invited to have the names of those they wish to remember read aloud during the event. Names can be submitted via the hospice's website.

To find your nearest event, submit a name for remembrance, or make a dedication online, please visit [www.stnicholashospice.org.uk/lightupalife](http://www.stnicholashospice.org.uk/lightupalife) or call the charity's Supporter Care Team on 01284 715566. St Nicholas Hospice Care provides compassionate support for people living with dying, death, and grief throughout West Suffolk and Thetford. The charity relies on the generosity of the local community to continue its vital work.

**Light Up a Life 2025: dates, times and**



### venues:

Sudbury: St Gregory's Church, CO10 1BA on November 23 at 3pm  
Lavenham: St Peter and St Paul Church, CO10 9SA on November 25 at 7pm  
Thetford: Methodist Church, IP24 2BQ on December 4 at 7pm  
Bury St Edmunds: St Nicholas Hospice Care, Hardwick Lane, IP33 2QY on December 6 at 3.30pm (booking required)  
Bury St Edmunds: St Mary's Church, IP33 1RT on December 7 at 4.30pm  
Mildenhall: King's Church, IP28 7EF on December 9 at 7pm  
Newmarket: All Saints Church, CB8 8ES on December 11 at 7pm  
Haverhill: St Mary's Church, CB9 8AX on December 13 at 3pm  
Bury St Edmunds: St Nicholas Hospice Care, Hardwick Lane, IP33 2QY on December 14 at 3.30pm (booking required). **For more information, please contact Katie Shimwell, Press and PR Officer, by emailing [Katie.Shimwell@stnh.org.uk](mailto:Katie.Shimwell@stnh.org.uk)**

### Notes to Editor:

**St Nicholas Hospice Care** is a local charity dedicated to providing high-quality, specialist palliative care, as well as emotional and practical support, so that no one in West Suffolk and Thetford has to face dying, death, or grief alone. Our mission is to offer the very best experiences for those in the final chapters of their lives, guided by our values of compassion, accountability, respect, and equity. It costs around £9.5 million a year to run our Hospice, with a daily cost of care exceeding £26,000. Despite increased funding from statutory sources, only 36% of our income comes from these sources, leaving an annual funding gap of approximately £6.66 million. Every day, we must raise or save over £18,000 to keep our services running. This highlights how vital fundraising, retail income, and gifts in Wills are to sustaining care for our community. Over the past year, we have supported 16% more people, reflecting both the dedication of our staff and volunteers and the growing need for our services. We are committed to developing our care, widening access, and building a sustainable future for the Hospice and those we serve.

## Wickhambrook Local History Society

The next **History Society** meeting just missed this month's print deadline so it will be in the next month's issue



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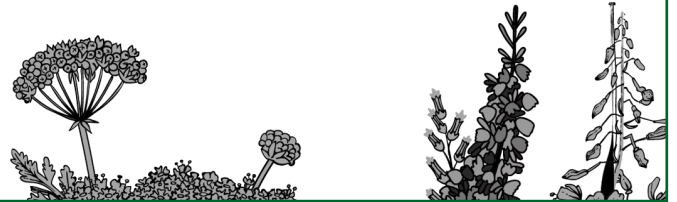
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## The Bansfield Benefice



The Bansfield Benefice is the collective name for the Parishes of Cowlinge, Denston, Lidgate, Ousden, Stansfield, Stradishall and Wickhambrook in the Diocese of St Edmundsbury and Ipswich, Suffolk, United Kingdom.

### Services for November 2025 **DRAFT**

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

Date	Time	Church	Details
02 Nov	10:00 am	Lidgate (All Saints' Sunday)	Celebrant: Revd Eve Bell Organist: [DO] Litururgical colour: ●
02 Nov	03:00 pm	Wickhambrook (All Souls' service)	Celebrant: Revd Eve Bell Organist: [ ] Litururgical colour: ●
09 Nov	10:00 am	Ousden (Remembrance Sunday   HC)	Celebrant: Revd Eve Bell Organist: [ ] Litururgical colour: ●
09 Nov	12:00 pm	Wickhambrook (Remembrance Service at Cemetery)	Celebrant: [ ] Organist: [ ] Litururgical colour: ●
16 Nov	10:00 am	Denston (Second Sunday before Advent   HC)	Celebrant: Revd Barbara Sherlock Organist: [CM] Litururgical colour: ●
23 Nov	10:00 am	Wickhambrook (Christ the King   HC)	Celebrant: Revd Eve Bell Organist: [CM] Litururgical colour: ●
30 Nov	10:00 am	Stansfield (First Sunday of Advent   HC)	Celebrant: Revd Eve Bell Organist: [KI] Litururgical colour: ●

Year C / Year A

#### Remembrance Sunday

\* At noon there will be acts of remembrance at

- Stradishall memorial in Stradishall church and
- Wickhambrook memorial in Wickhambrook cemetery.

From All Saints' Day to Christ the King is called Kingdom Season

#### \*Christmas Toy appeal - Gatehouse in BSE

This year we are again supporting Gatehouse in Bury St Edmunds to bring some Christmas cheer to local people in need. We are arranging to take presents to Gatehouse and support their Christmas project. Please bring your presents to the Sunday services at either Stansfield on the 30th November, or Ousden on the 7th December.

The Gatehouse ask that the presents are

- newly bought
- unwrapped
- no soft toys.

For more information on their work please see

- <http://www.gatehouse.org.uk/christmas-project/>

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## CLARE & SUDBURY PROBUS CLUB

### Retired Professional and Businessmen's Club



### We are seeking new members!

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LUNCH MEETINGS ARE HELD ON THE FIRST THURSDAY OF EACH MONTH WITH A GUEST SPEAKER.

FOR FURTHER INFORMATION CONTACT OUR CLUB SECRETARY  
TELEPHONE: 07824 309738

## Wickhambrook: Meet your Parish Councillors and two lay members

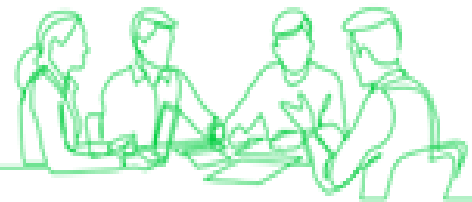
<b>Andrea Grimes</b> Cemetery Records Project Cemeteries & Churchyard Officer Estates Committee (Substitute) Highways and VAS Public Access Devices Officer	✉ <a href="mailto:Andrea.grimes@wickhambrook.org.uk">Andrea.grimes@wickhambrook.org.uk</a>
<b>Kevin Grimes</b> Road Safety Working Group Highways and VAS Estates Committee Member Play area Inspections – Bury Rd	✉ <a href="mailto:Kevin.grimes@wickhambrook.org.uk">Kevin.grimes@wickhambrook.org.uk</a>
<b>Mel Karunaratne</b> Chair - Estates Committee Road Safety Working Group Youth Facilities Officer Play area Inspections – Cemetery Rd	☎ <b>07904272416</b> – weekday evenings only ✉ <a href="mailto:Mel.karunaratne@wickhambrook.org.uk">Mel.karunaratne@wickhambrook.org.uk</a>
<b>Mike Lavelle - Chairman</b> Chair - Parish Council Emergency Planning Internal Control of Finance Six Acres Officer Vice-Chair – Estates Committee	✉ ☎ <b>07415 390477</b> <a href="mailto:Mike.lavelle@wickhambrook.org.uk">Mike.lavelle@wickhambrook.org.uk</a>
<b>Linda Smith</b> Website and Social Media Neighbourhood Plan SALC Area Meetings	☎ <b>07980 712514</b> weekends and evenings only <a href="mailto:Linda.smith@wickhambrook.org.uk">Linda.smith@wickhambrook.org.uk</a>
<b>Tracey Turner</b> Estates Committee (Substitute) Neighbourhood Plan (Chair NPWG) Planning Vice-Chair – Parish Council	☎ <b>01440 821565</b> ✉ <a href="mailto:Tracey.turner@wickhambrook.org.uk">Tracey.turner@wickhambrook.org.uk</a>

Following a recent resignation, Wickhambrook now has two vacancies on the parish council. If you are interested in finding out more about the parish council, please do contact the clerk and/or one of our parish councillors for a chat, or come along to one of our

meetings. We also have three lay members of the Estates Committee:  
**Mr David Di Giulio** Village Greens and Tree Warden  
**Mr Roger Medley** Footpaths Officer  
**Mrs Mary Jolland** Environment &

Sustainability  
 And two further Lay Members:  
**Dorothy Anderson** Village Recorder  
**Julian Wilson** United Charities  
**For more information contact the Clerk, Hilary Workman**

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## Country Cooking with Louise Mackrill



*Even though it is now getting cooler and the nights are drawing in, November finds plenty of fresh produce such as pumpkin, broccoli, celery & the vegetables I have included below to create this wonderful late autumnal dish. This is a very tough and lean cut of meat so needs long slow cooking to produce a tender result that will almost melt in your mouth. The recipe calls for what seems like a large amount of beef but the cheeks will shrink by about half during braising.*

### Braised beef cheeks with vegetables

5lb beef cheeks (6 cheeks, each weighing a small lb)  
Salt & pepper



**Braised beef cheeks**

Olive oil  
1 glass white wine  
Beef stock  
Bouquet garni  
1 large carrot peeled and cut into julienne  
1 turnip, peeled and cut into julienne  
1 small celeriac, peeled and cut into julienne  
4 leeks, white part only, cut into julienne  
Dry the cheeks then season with salt & pepper.  
Put some olive oil in a heavy based casserole pot and heat until smoking. Add the beef cheeks (work in batches) and brown well on both sides, adding more oil as necessary, then transfer to a plate, remove the fat from the pan. Return the cheeks to the pot, pour in wine & stock & the bouquet garni, bring to a simmer. Cover with a sheet of foil and then a lid.  
Pop in the oven 140degC and cook for a good 1 ½ hours. Uncover, add the vegetables, re-cover and continue braising in the oven for another 1 ½ hours.  
Slice the cheeks, dish up into a bowl with the vegetables on top & serve with

creamy mash.



### Roast Partridge with crab-apple jelly

Lean gamy partridge tastes especially good served with an autumn fruit preserve.

Wrap the partridges in streaky bacon and roast in a hot oven 200degC 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.

### Sticky Toffee Pudding with toffee sauce

This is seriously easy, everyone can make it! It freezes brilliantly as well. [Serves 9](#)  
9fl oz hot water



5 oz chopped dates  
1 tsp bicarb of soda  
2 ¼ oz butter  
2 ¼ oz caster sugar  
2 eggs  
5 oz SR flour

Line a square 8" tin with baking parchment. Mix chopped dates with bicarb of soda & hot tea & soak 10 mins. Cream butter & sugar until fluffy. Add eggs, flour, and finally the date mixture. Pour into a lined tin – bake 35 mins @ 180oC.

Sauce: 7 oz butter, 14 oz soft brown sugar, 9 fl oz double cream  
For the sauce combine the ingredients in a small pan and heat gently until dissolved then simmer 5 mins. Serve with vanilla-pod or stem ginger ice-cream.

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**A great French memory. I have been down that well!**

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**Peter Thompson**

## Green Shoots

And so, we come to November. The month many of us dislike and of which damp dull poems have been written. We should be grateful that October gave us a particularly vivid end of summer explosion of colours, and autumn fruits have been bountiful. People are settling back into their homes, we are entering the times of seeing more of each other, entertaining and making plans for Christmas. Yes, after we set fire to our bonfires and let off fireworks it is time to make lists of things to do, things to buy, things to make for Christmas. November also gives us Remembrance Sunday and whatever Faith one subscribes to or even if one has none at all, this seems to be one of the most important National Days in the calendar. The images on our television screens this year have brought the true hell and waste of conflict into our lives perhaps in greater detail and horror than ever before. Those of us who remember the last World War perhaps feel this more acutely. I shall stand by our little War Memorial that commemorates the twelve brave men of our village who died in the First World War and say the words and listen to the prayers and remember family and friends, even school friends who have died or been wounded in conflicts around the world in my lifetime. I feel that I owe it to them to attend this ritual every year while I am able to do so, though praying for peace in a world led by men with whom most of us disagree or we simply think are unhinged, might seem a futile exercise, but unless we do it we bring the

danger of even more war and disturbance even closer. As they say, **“Wear your Poppy with Pride”**. That has not yet become the jingoistic or even the racial signal that flying the flags of the Union Jack or the St George’s flag has become but it shows that you too remember and choose the right path for ourselves and our country. Today, as I type this, we were promised really heavy rain. Speaking to friends from Scotland to the South Coast everybody seems to have had it. Between Hawkedon and Rede, the highest inhabited part of Suffolk, rain seems often to pass us by and a small amount of drizzle is all we have had so far. Our ubiquitous heavy clay turns almost to stone in summer and puddles deeply in winter. One hears of people reforming their gardens to cope with Climate Change, while at Garden Centres people speak more and more of Meadow Planting, with grasses and drought tolerant plants becoming more and more popular. The times are changing.

Only the garden birds are still on their usual form. We have varied their diet and it’s interesting to see how they cope with it. Peanuts are now more popular than even sunflower hearts or Wild Bird Mix. After getting their fledglings through nursery school the Blue Tits looked a bit dishevelled, their feathers untidy and even grubby. Their yellow waistcoats were a disgrace but now they seem to have smartened themselves up and their little collars are detergent white and fit for the board room. They are really concentrating on fattening

themselves up so they can survive winter so we have increased the number of feeders as we were told to by the RSPB.



At the cinema in Bury it is Opera Season. We caught the first showing this time round of La Sonambula which was magnificent. It was the first of several offerings from the Metropolitan Opera in New York and there are quite a few coming up soon. La Boheme in its famous production by Zeffirelli is next. He seems to recreate half of Paris on the stage and the music is terrific. Give it a try. We are, therefore, beginning to settle into winter. A time when we may meet each other more frequently, Christmas Fayres and Feasts bring us together and the longer evenings inside the home give us more reason to invite friends round for a drink or a meal. It is a time for the fireside, the chat, the friendship and it seems to me even more important now to build on friendships and people’s inherent good nature. A recent article suggested that if we want a happy life and to live longer the more friends we have will help that come true. Last month a little Printers Devil got into my article. The letter I quoted about the staff of a small Italian town restaurant giving up their tips to send the money to Palestinian Relief was from a good close friend. Their generous action had moved him as it had me. Whatever the religion of the people who live in what we were brought up to call The Holy Land there are many who could use some help and friendship from us at this time of year. **Martin Kinna**

## Portia’s October farming

It’s that time of year again, our tups are about visit the ewes. Prior to this the ewes are given a health check. We check their body score to make sure they are in good condition to carry lambs; we check their udders to make sure they can feed their lambs properly. Their teeth and feet are also checked. Our tups also have a health check.

It’s quite exciting as we bought in five new bloodlines this year to expand our breeding lines. We will be preparing for the cattle to come home soon, As the weather has been so kind we will try and keep them out on the pastures as long as possible. Our first group of Berkshire pigs went off after doing a fabulous job of clearing some rough wooded ground.

We are very excited to taste the pork, after their wonderful diet of apples, pears, cherries, plums and acorns. We do hope all our customers will be happy with it too. On the arable side the kind weather has enabled us to get on with drilling and rolling in our winter crops. A nice steady rain would be ideal now to get next year’s crops moving along.



with Carol Reay-Glover



# Problem page

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

Dear Carol,

I have the most impossible boss! The thing is, I need the job and don't know what to do about this. He is a living nightmare. One minute he's all smiles and positivity, The next he's yelling, screaming and even throwing things. We work in a stressful area where we have demanding clients. I won't say what we do. As soon as anything goes even a tiny bit awry, my boss goes into a red mist rage. He has lost one assistant who filmed him throwing a tray at her, and so got a pay off to leave. I feel sick and this is affecting me badly.

M

Dear M,

My goodness this sounds extreme and even dangerous. I am sure you know that this behaviour is not reasonable and should not be tolerated. I need to say that you must in some way deal with this for your own safety.

I am not an employment expert. You need to either refer to HR or to your boss's boss.

I think your options are either to find a way, within the company, to report this behaviour and have it dealt with. Or I am afraid to find another job and leave. Being screamed at is not to be tolerated M. And someone throwing things at you is dangerous.

If you are still at a loss please consult **Citizens Advice** and ask them about your legal rights and protections.

I believe this needs to be dealt with urgently M. I wish you all the very best.

Carol



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It is clear from our accounts that a single month is not viable

From Gillian Gates <gillgates1@yahoo.com>

**HOW LOVELY!!**

Hi Peter, we met at Stradishall churchyard last summer and you helped my sister and me find our great great grandmother's grave for which we will be forever grateful to you. We were unable to locate my great great grandfather at the time but returned a

few days ago and noticed that the area had been cleared which you said you would do for us and we have found his headstone laying on the ground just beneath the surface It is broken at the top and bottom but we were wondering

if it would be ok to come back tomorrow to clean it up and put it back in the ground where it originally stood. (DONE!) We did go into the church and it looks amazing so much work has gone into restoring it and it is much improved from last year when we visited Thank you, Gillian

**MP visits Stansfield to offer action and support**

**Nick Timothy MP** has pledged to work to change the way Police operate in rural areas and offered support for the Tom's Sheep major fundraising campaign in the wake of the horrific attacks on sheep in Stansfield in July.

Nick was invited by Stansfield parish councillors to address a special Parish Meeting in the village to enlist his help. The meeting might well be termed historic since it is believed to have been the first time for at least 50 years that the sitting MP has held a meeting here.

Police operational failure, and not lack of legislative powers, was what he believed failed to prevent the major incident when over 35 sheep were killed by loose dogs in July. Major reform was needed in how Police operate. Though there are currently record numbers of Police officers, many are out of action through health or disciplinary issues and also officers were being sucked away from frontline duty by dealing with reams of digital evidence and other admin tasks. A

previous system of Community-based Policing had atrophied. Nick described the major incident as "awful" and asked what the community was feeling now. The resounding answer was: the incident was entirely preventable. Previous threats and attacks on people out walking, in their cars and homes even, had been reported but no action taken, residents said.

"The biggest job for me is to take this up with the Police and Crime Commissioner for Suffolk and with the Constabulary about why this was allowed to happen and what they intend to do about it," he said. Is it indicative of an attitude to Rural Crime and are the Police resources skewed towards Ipswich?

"Rural crime is as important as anywhere else and we should have a proper forceful and timely Police response". It was reported that Suffolk has only three Rural Crime officers whilst Norfolk has 10. Also that training was needed to combat a lack of understanding in Police call centres about rural crime. When a community flags up to

Police that a situation is brewing, this ought to be encouraged. Rebuffs tended to discourage people from volunteering, said Nick. Cllr **Martin Slater** said the Police had given lots of negatives about why they didn't act but instead needed to be more positive. Two residents have set up the **Tom's Sheep Fund** to give direct help to the shepherd who is facing an estimated £15,000 loss plus vets bills. Nick offered support for their efforts. Donations can be made by cheque made out to Tom's Sheep and left at Laurel Bank, Assington Green, or for details of how to pay on line email: [Tomssheep2025@gmail.com](mailto:Tomssheep2025@gmail.com). Nick was thanked for his help and support by Parish Council Chairman **Rex Barnes**. Good Neighbours Scheme volunteers provided refreshments and Nick also expressed interest in their work. About 30 people attended the meeting including County Councillor **Bobby Bennett** and two representatives from the CLA.

See **Hugh Douglas Pennant's** article on page 6



**Stansfield Village Hall  
Autumn Working Party  
Saturday 15th November**



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## My cars from a bygone age—well almost: Part 3: A clutch of ordinary cars +

The ubiquitous Minivan and the Austin Maxi are designed to fall apart very easily. Our original was purple and gold with rude pictures on it. Not quite what a school teacher should have.



### Minivans

We had a number of Minivans over the years which we used as utility vehicles especially when our current classic was in dock. One snowy evening in Osmotherley, I ventured out to collect our baby sitter from Chequers up on the moors. Unfortunately, there was a disaster on the way and the minivan slid

into a ditch. By pure chance after a minute or so, a guy emerged out of the swirling flakes and said “Do you know? The sun is shining in Leeds” He then helped push me out of the ditch then disappeared. I never saw him again!

On another occasion, when I was rushing up the A1 to see Carol in hospital after the

slightly premature birth of our first daughter, Rachel, I picked up a hitchhiker. After a few miles an arbitrary stone flew up and smashed the windscreen. I was so fired up to get to see my new family that I just poked my fist through the broken screen and kept driving. My passenger was speechless and did not say a word thereafter



### One and a half litre TVR

It could not have been more different than the Aston. The plastic footwell, 4 inches off the ground, gave the car the impression of fantastic speed at half that of the Aston. The experimental Ford Mexico engine would not start so frequently that I am convinced that the Hartlepool RAC gave it a rude nickname. We took it to France camping once and the main criterion for selecting the campsite was that it had a slope so we could bump start it in the morning. The picture is probably the three-litre version but I am sure you get the idea. No room for luggage, but it was exhilarating to drive. It was a bit cramped for space: our younger daughter travelled to the doctors on the parcel shelf whilst Rachel sat in the front with a broken arm.

### Range Rover

The Range Rover was a fantastic work horse: we drove all the way from Salisbury to Stanhope with an enormous cast iron bath hanging over the tailgate. It did it without a murmur of protest



### Daihatsu Sportrak



Fun car without much guts I burnt out the clutch trying to tow a tractor

### TDI Discoveries



The Rover was replaced by a series of TDI Discoveries – great vehicles and good workhorses but the maintenance costed us an arm and a leg. Land Rover lost the ability to produce a reliable car. To be fair they always got us there but the cost was consistently high. Our final replacement for these was a Volkswagen Touareg which is large but reliable and is still going strong 8 years later with its costs significantly lower than the TDI's

# My Porsches



Porsche 924



Porsche 924



1995 Porsche 993 S4



Porsche 924 Turbo

We had **three 924's** altogether and they all fulfilled Porsche's great reputation. Our first one changed our methods of summer holiday camping in France. Over the years, with two kids, our summer camping trips had developed into taking the kitchen sink. On this particular occasion we had loaded up to the gunwales our Renault 12 estate and duly set off for France down the A1. Unfortunately, we had probably overloaded, and after a few miles it started to object. We were only at Harrogate so made a snap decision to turn round and went back to get the Porsche. The amount of gear we threw out was unbelievable but it worked. Our future holidays were never the same again. I think we learnt a lesson then. The kids loved it; I think! We nearly decapitated them with the sunroof sliding forward from the back seat under heavy braking. Fortunately, they ducked and survived. You live and learn. Also, the headlight cavity turned out not to be good place to store a bottle of olive oil. It all leaked out on to the Autoroute!

The first two 924s were very similar but

the last one was a **924 Turbo**. It lived up to its reputation, it was a joy to drive. We bought it in 1987 and drove it for 5 years when we lived in Lincolnshire. We purchased a small farm in Stanhope which was half a mile off the road and on the side of a hill above the town. It became soon apparent that the one in four farm tracks of the Weardale hills and 170BHP through two-wheel drive were not compatible. The resale price of the turbo in the early nineties was pathetic so rightly or wrongly, probably wrongly, we decided to cocoon the car. I had lots of space on the farm so I built a garage especially for it, jacked up off the ground, put drying cubes inside, wrapped it up and looked at it occasionally for the next 19 years. (Doesn't time fly?!)

Then for reasons beyond my control I was ill and had to have a major heart operation. This was in 2017 so we needed to move out of the wilds of Stanhope. So, the 924 turbo had to be revived. In bodily and engine terms it had survived well but the ignition/fuel system had to be repaired.

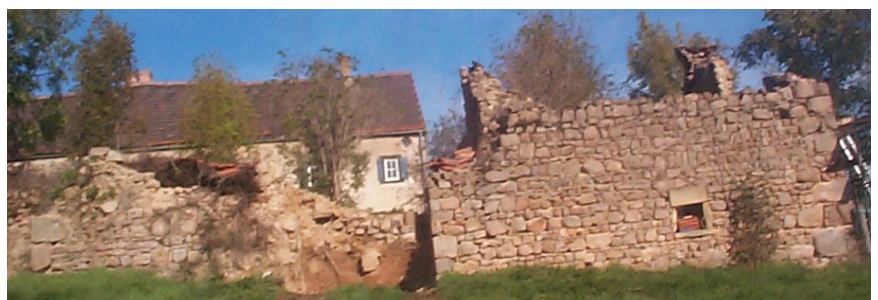
My illness left me incapable of doing mechanical work so I put the car in the hands of so-called Porsche specialists. I say 'so called' because more than half of them did not know what they were doing and charged the earth for not doing it.

£9000 spend later I had a fully functional car which unfortunately I still could not drive. Again, unfortunately, this coincided with lockdown start of Covid 19. The bottom dropped out of the market. The disillusionment, that I had with timewasters, was so great that finally I virtually gave it away to someone I felt would do the car justice. On balance I don't regret it. The strain of the last 3 years had taken its toll so I was highly elated when it went to a good home.

## 1995 Porsche 993 S4

Apart from the Aston this is probably the most prestigious car I have owned. It was my 60<sup>th</sup> birthday present to myself in 1984. It replaced the Turbo and, of course, it was 4-wheel drive, which easily coped with the hills and mud of Weardale

**A French ruin in our Monnet, now restored  
I think/hope!**



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### Jeff's page

The next port of call on our journey into the vinous world is **Sparkling wine**. Included in these categories are Champagne, Blanc de Blancs/Noirs, Cremant, Prosecco, Sp Rose and Cava. Champagne is made from only three varieties of grape, Chardonnay, Pinot Noir and Pinot Meunier. The latter two are red. During the fermentation process the sediment in the bottle settles in the neck and then that is allowed to escape and further wine, or sugar syrup is added to create a second fermentation in the bottle. This is called dosage. This is important because it indicates the level of sweetness in the wine. So a Doux would be 50g sugar per litre, a Sec is 17-32g / litre, Brut is 12g/l and an extra Brut is 0-6g/l. So if you like a dry wine the last two are what to go for. The above description will be on the bottle label.

from small garden mowers and trimmers to large ride on machines,



professional mowers and robotics, plus a large range of accessories and parts.

Outside of above region there are many wines created using 'Method Champenoise' which usually means that the second fermentation was done in steel tanks. Other varieties of grape are used including Riesling and Pinot Blanc. Quite often these are perfectly drinkable, they just lack what the original has.



What to look for. The colour should range from almost colourless to light yellow and golden. Blanc de Noirs will have a pink tinge.

In the glass the bubbles will indicate the quality of the wine. I have an opinion that the smaller the bubbles the finer the wine. That is true of some of the better bottles I have (only rarely) tried, among which were Dom Perignon, Krug and Louis Roederer.

The nose will indicate notes of Apple, Pear, Citrus and yeast. The latter is an indication of the original fermentation.

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**Denston Parish Meeting will take place in the Village Hall on Wed 5th November at 7pm.**



**Denston church**

## Stansfield Cricket club from Sam Blows

Stansfield's 2025 season drew to a close with a comprehensive victory versus traditional Autumnal opponents Rain Men. A good way to end a season that also featured victories versus CAMRA and Old Newton. Of the fourteen scheduled fixtures, there were the 3 aforementioned triumphs, 1 abandonment and 4 defeats. The remaining fixtures were cancelled, predominantly due to SCC's inability to raise a team: a result of long-term injuries, retirements and other commitments (little football league, family events and hardcore partying). It is fair to say the season can still be judged as successful, as the youth set-up has bled a number of players, including Harry Newell who has already demonstrated his 6-hitting prowess and on more than one occasion.

Other notable playing highlights from the 2025 season include a Chris Hopkins hatrick versus Rain Men (a game that also saw the reunion of Callum Brunning and his dad Nigel), a debut 50 for Kit Phillips against CAMRA, one of 3 for the season in which he ended up as the Club's leading run scorer. Other men to notch 50 in 2025 include Blows and Stone. There were no fivefers in the 2025 season.

Honourable mentions must go to Ann (and her mum Marilyn) for delicious teas, skipper Simon Stone as he demonstrated his culinary excellence (much to the surprise of his teammates) when filling in for Ann, to Stansfield stalwart Sean Spearman (quadruple S) for his hard work preparing the pitch/field and, of course, to Club treasurer/secretary Robin Sharp ([louise.robin@btinternet.com](mailto:louise.robin@btinternet.com)) who keeps things running and who you should contact if you fancy a game in 2026 .... see you in April. **Sam Blows**



**Father & Son' ~  
Nigel & Callum  
Brunning**



**Chris Hopkins  
~ Hatrick Hero**

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## Putting Parenting Agreements into Practice: A Guide for Separated Parents

When a couple separates, one of the key challenges is deciding how to care for their children going forward. While many issues can be worked out informally, putting a parenting agreement in writing can help bring clarity, reduce conflict, and provide a reference point if things change later. In England, Cafcass\* offers an online tool called **Our Child's Plan** (formerly their "parenting plan") to help parents draw up a structured agreement covering major issues such as living arrangements, schooling, health care, holidays, and how parents will communicate with each other. [Cafcass](#) The idea is that this plan encourages a cooperative, child-centred approach — and, if matters do later go to court, having a plan in place may reflect well on each parent's willingness to resolve matters amicably. [Cafcass+1](#) The Cafcass template is freely accessible online and includes guided sections asking parents to propose and respond to suggestions. [Cafcass](#) It also allows creating a version suitable for the child

to read, phrased in a clear, age-appropriate way. [Cafcass](#) Because the template is general, many parents will wish to adapt it or add further detail to suit their family's circumstances.

That's where lawyers can be extremely helpful. A family law solicitor can do more than simply draft your agreement: they can act as a negotiator, moderator, and legal adviser during the process. Under "lawyer negotiation" (also called "solicitor negotiation"), a lawyer will meet with you to understand your priorities and then handle communications or negotiations with the other parent or their representative. [helpwithchildarrangements.service.justice.gov.uk+1](#) This is useful especially when direct communication is difficult or emotions are high.

In some cases, parents may prefer **collaborative law**, where each parent hires their own lawyer and all parties meet (often with the lawyers) to discuss the agreement in a structured way.

[helpwithchildarrangements.service.justice.gov.uk+1](#) Both approaches aim to avoid going to court if possible. A skilled lawyer will help you spot potential issues (for example, ambiguity in wording, conflicts over parental responsibilities, or unrealistic scheduling) before they become disputes. They can draft clear clauses, suggest fallback arrangements, and ensure the plan aligns with legal principles. If you and your co-parent ultimately want the plan to become enforceable, your lawyer can assist in converting it into a **consent order** or formal court order. [GOV.UK+2childlawadvice.org.uk+2](#) In short: the Cafcass parenting plan template provides a useful starting point, helping parents think through key questions in a child-centred way. But involving a lawyer gives you extra safeguards: legal clarity, negotiation support, and the option to formalise the agreement. For families striving to manage separation with respect and foresight, this combined approach can make a real difference.

## \*CAFCASS: Children and Family Court Advisory and Support Service



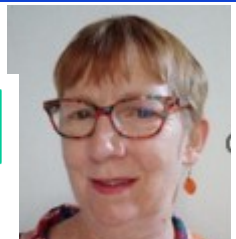
The Wickhambrook Neighbourhood Plan



<https://wickhambrook.org/neighbourhood-plan/>



Wickhambrook Parish Council



Hello, I hope you are all keeping safe and well. We're now well into autumn, and our next Volunteer morning is scheduled for [Wednesday 5th November](#). We meet at the Chapel of Rest at 10:30, and this time we have work planned tidying the Cemetery in preparation for Remembrance (Sunday 9<sup>th</sup> November) if you would like to join us. Just drop me a line at [parishclerk@wickhambrook.org.uk](mailto:parishclerk@wickhambrook.org.uk). Some other events taking place in the parish include:  
2 November – [Litter pick](#)  
6 November – [Estates Committee and Extraordinary Meeting](#) 9 November – [Wickhambrook Farmer's Market](#)

11 November – [The WI: Line Dancing with Linda Mason](#)  
18 November – [Local History Society: Care of the Elderly & Celebrating Souls in Medieval Suffolk](#)

24 November – [Wickhambrook Gardening Club: Annual General Meeting](#)  
27 November – [Parish Council Meeting](#)  
28 November – [WI Tea Party](#)  
You can find a full list of events planned in the parish on the [website](#). We still have two vacancies on the parish council and would really like to recruit new team members as soon as possible. Take a look at the [website](#) and please do contact me if you have any queries. The Parish Council has prepared a Neighbourhood Plan which sets locally specific planning policies that can shape growth and influence the type of development in our parish. Following extensive consultation, the Neighbourhood Plan has now successfully passed an independent examination and has been approved to go forward to a Parish Referendum on Thursday 13th November between 7.00am and 10.00pm. The Referendum

will operate in the same way as an election. Those entitled to vote will be asked to answer 'Yes' or 'No' to the following question:  
*'Do you want West Suffolk District Council to use the Neighbourhood Plan for Wickhambrook to help it decide planning applications in the Neighbourhood Plan Area?'*  
If more than 50% of the turnout vote 'Yes', the District Council will be legally required to 'make' (adopt) the Neighbourhood Plan as part of its planning framework. This means the planning policies in the Plan will have to be taken into account when decisions on planning applications are taken. You can find out more about our [Neighbourhood Plan](#) on our website.  
Do feel free to forward this message on to neighbours, friends and family in the parish and ask them to get in touch with me at [parishclerk@wickhambrook.org.uk](mailto:parishclerk@wickhambrook.org.uk) if they would like to be included in our e-newsletter mailing list!

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## Who is who in our local church benefices?

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	OUSDEN			
	STANSFIELD			
	STRADISHALL			
	(Assington Green)			
WICKHAMBROOK				
STOUR VALLEY	CLARE	The Revd Mark Woodrow	01787277515	The Revd Dr Karen Smith
	POSLINGFORD			
SUFFOLK HEIGHTS	HAWKEDON	The Revd Clive Fairclough	01284 615828	Mrs Heather Phillips Mr David Taylor
SUFFOLK HEIGHTS	(Thurston End)	As Hawkedon	As Hawkedon	As Hawkedon

## Puzzle Time

### Puzzle 7



#### A Riddle...?

My first is in Tree but not Bark, Leaf or Wood  
My second is in Clare but not Cowlinge or Hawkedon  
My third is in Pastry but not Croissant or Gateau  
My fourth is in Topaz and Marnie but not Psycho  
My fifth is in Gate but not Step or Arch  
My sixth is in March, April and May  
My seventh is in Enigma and Riddle but not Puzzle  
My eighth is in Pound but not Rupee or Dollar  
My ninth is in Hi! and Wow! but not Zing

Ah! But this is a puzzle. You'll find me racing to the line, rising at the finish.

A *Delphic's Quest* prize pen will be awarded to a randomly drawn correct entry each month. To enter, please submit your answer to [delphicsquest@gmail.com](mailto:delphicsquest@gmail.com) (feedback also welcome.) The closing date for submissions is 16th November.

Answer to Puzzle 6: Beethoven  
[The musical notes in the clue were D E A F and B.]

Congratulations to Peter Nicholson of Wickhambrook who is the winner of last month's puzzle.

## St Mary's Church Lidgate



**Yours to win!**

### West Suffolk District Councillors

West Suffolk District Councillor for **Denston, Stansfield, Hawkedon, Brockley, Wickhambrook, Stradishall, Clare, Hundon, Cavendish, Stoke by Clare, Kedington and others** Bobby Bennett

[bobby.bennet@suffolk.co.uk](mailto:bobby.bennet@suffolk.co.uk)

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

Sarah Pugh [sarah.pugh@westsuffolk.gov.uk](mailto:sarah.pugh@westsuffolk.gov.uk)

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

Cllr Nick Clarke -

[nick.clarke@westsuffolk.gov.uk](mailto:nick.clarke@westsuffolk.gov.uk)

Cllr Marion Rushbrook

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

Cllr Karen Richardson

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

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Website: [www.memoriesaregolden.co.uk](http://www.memoriesaregolden.co.uk)



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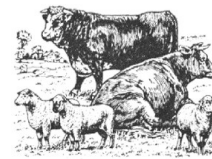
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**Wickhambrook WI –meeting A Woodland Haberdasher**

This month we were joined by **Fay Jones** who describes herself as a Woodland Haberdasher. Fay is originally from Wickhambrook and a committed member of the Suffolk Wildlife Trust. Fay proceeded to canter through a talk on how she uses all sorts of natural woodland materials to produce a wide variety of items which can then be sold. Fay’s enthusiasm was infectious as she demonstrated how she makes wooden spoons, crochet hooks, buttons and pendants from different trees. She also explained how dyes can be made from the bark or leaves of trees and then used to

colour woven fabrics from natural materials. Cordage is a craft which is fast dying out and Fay demonstrated how cord can be made from something as simple as nettles. Cordage can be used for making anything from candles to skipping ropes and Fay had examples of these products. Fay was passionate about making the best possible use of our countryside including coppicing and using every part of a tree or plant. She had brought a table full of items to demonstrate this theme. Wickhambrook WI has joined forces with the Parish Council to create a small wildlife/

woodland area within the recreation area. There are plans to plant trees and shrubs with the idea that these can be harvested and turned into some of the items suggested by Fay. Keeping to the theme of nature and the countryside, this month’s competition was to make a “bug hotel”. Members really went to town with this idea and there was a large number of entries with some original ideas! From plastic bottles to terra cotta flower pots, the hotels ranged from the budget style to the Hilton on a grand scale!



**Wendy Jones**



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**Services at Hawkedon St Mary in September**

Services at St Mary’s Church, Hawkedon during October  
12th 9am. BCP said Holy Communion  
26th 11am. Morning Prayer with hymns



**A big vote of thanks**

**John & Sara Dennis would like to thank all their family and friends for such lovely cards and presents on the occasion of their 70th wedding anniversary.**

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