



LAKENHEATH TIMES

Autumn 2023

www.lakenheath.onesuffolk.net

Your Autumn Edition!

Your Community Matters!

Lakenheath Groups, Organisations and People.

Businesses, Services, Events

LAKENHEATH SHOPS, BUSINESSES & SERVICES

Useful Contacts

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WEST SUFFOLK COUNCIL

Tel No: 01638 719000

Website: www.westsuffolk.gov.uk

**SUFFOLK
LIBRARIES**

**WHERE
I BELONG**

Autumn at Lakenheath library

Lakenheath library is located at 65 High Street.

With a library card, members can borrow up to 20 books but we do offer a wide range of other services, from weekly nursery rhyme sessions for the under fives, to Lego club, to crafts and board game sessions, to monthly book clubs and knitting and creative writing groups! A new weekly session for toddlers will begin in September.

We also offer photocopying and printing services for a fee. All dates and details are available at the library.

We'd love to see you there.

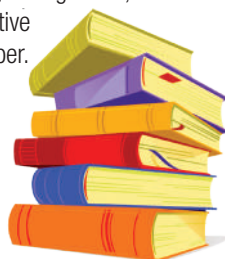
Jo - Library Manager

suffolklibraries.co.uk



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

HMRC charity number: XT34478



From Gerald Kelly Chair of Lakenheath Parish Council

There really is a lot going on! West Suffolk Council is now run by a mix of Independents, Labour, Liberal Democrat and the Green party. This was unexpected and extraordinary, but those involved have agreed that District Councillors are there to do what is right rather than just follow a Party line imposed by someone who doesn't know the area. What is lacking in experience (especially with your two new Councillors!) is being made up with enthusiasm, and things are already progressing. Two of the new Council's priorities - sorting out the grass cutting mayhem and street lighting - are well under way. Both Tracy and I do have to ask for your patience in sorting out issues because West Suffolk is a big and complex organisation so finding the right people to give us the answers can be a bit of a task. But we are learning very quickly!

The Parish has two new Councillors in Denise Smith and Mike Rowntree who have brought their own skills and enthusiasm into the mix. Both Councils are working hard to find ways to improve things for residents but we do have a cost of living crisis, and we don't want to get into expensive loans. So like everyone else it's a case of looking very hard at current and planned

spending to make sure we're getting the best value for tax payers' money.

The biggest projects we have in the village now is Neighbourhood Planning and particularly High Street Regeneration. Up to now that has all been funded by central government, and that funding has come to an end, although the current work won't suddenly come to a halt. The really good news is that once we got Suffolk Highways to come and see the issues, they have agreed that some work is essential and beyond that they will cooperate with our consultants. There are strict rules about what they can class as essential (to be funded by Suffolk County Council). Whatever we do will cost a great deal, so we are now looking for some substantial grant funding to ensure that we can address the major issues of safety and parking on the High Street.

And finally for all our clubs and organisations, West Suffolk have funds available for next year in the Community Chest. The minimum grant is £2500, and the closing date for applications is 23rd September this year so not much time left! If you have any questions or want help with your application, give us a call...

Welcome to Autumn in Lakenheath!

Your community magazine is bursting with good things this season.

Your Parish, District and County Councillors have been beavering away behind the scenes ensuring your village not only keeps ticking over nicely but can also expect to receive improvements too.

Your Parish Councillors are very involved in bringing you this glossy and colourful journal bursting with community group activities and choc a bloc with useful business and services advertisers whose payments for their space ensures there is very little or no cost to the parish!

I don't live in your village, I live in Littleport just over 9 miles to the South-East, but we all live on the beautiful fens of East Anglia and share a common love of our kind of countryside, and a common history too.

Littleport also has strong connections with the USA. The Harley Davidson motorcycle

company was set up by the son of an émigré family from Littleport, the head of which fought for the Union in the American Civil War, and you are hosts to the USAF, who on the fourth Thursday of November, the 23rd this year, will be celebrating Thanksgiving, the annual celebration day that commemorates the first harvest, enjoyed by the English Pilgrim Fathers who had landed a year earlier in the Mayflower, on November 21, 1620.

One date of a less portentous but nevertheless necessary to note is the 'deadline' for contributions to be included in the next, Winter, issue of Lakenheath Times! Please send by October 20th and it will be published for December 1st through to the end of February 2024.

Have a good Autumn,

Lyn

editor@lakenheath.org

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Lakenheath Times Advertising Rates are very reasonable!

Your deadline for the winter issue is October 19 2023

Our Advertising Rates are:

Book 1 issue; Quarter page, £39.70 Half page, £60.60 Full page, £101.30
Book 4 issues; Quarter page, £113.40 Half page, £190.40 Full page, £331.20

Advert	Orientation	Size mm	
		Width	Height
Full Page	Portrait	123	182
Half Page	Landscape	123	89
Half Page	Portrait	59.5	182
Quarter Page	Landscape	123	42.5
Quarter Page	Portrait	59.5	89

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**LAKENHEATH PEACE MEMORIAL HALL
& COMMUNITY CENTRE**

ANNUAL GENERAL MEETING 2023



**IF YOU ARE ABLE TO VOLUNTEER SOME
OF YOUR TIME FOR THE COMMUNITY,
WE'D LOVE TO MEET YOU!**

**THURSDAY 28TH SEPTEMBER @ 19.30
IN LAKENHEATH COMMUNITY CENTRE**

Autumn Gardening 2023

by Rachel Sobiechowski BSc. (Hons)

Autumn has arrived and the nights are starting to draw in. Autumn is a special time to be a gardener, allotments (and veg growing areas) are brimming with fruit and vegetables to be harvested and the soil is the perfect temperature for planting.

Mulching your flower borders

Most of us sadly lost garden plants last winter due to the week of harsh frost in December. One way to help plants survive through winter is to mulch to insulate roots.

If your home-made compost is ready to use it can be spread on the soil between plants to hold in moisture and feed your plants. If you don't make your own compost, you can purchase bags of compost, bark, or manure to do the same purpose. You can clear dead stems and foliage now too although in my opinion it is best to leave them standing until spring to provide habitat for insects and to provide extra insulation.

Weedy beds will need clearing before mulching which can be hard work. You could try covering empty beds with cardboard. The cardboard will block out the light from any weeds and cause them to die back. This will make it much easier to dig in spring. Alternatively, you can sow green manures, these crops are grown on bare ground either in spring or autumn and dug into the soil a few months later. This method enriches the soil and improves the structure.

Harvesting fruit and vegetables

Now is the time to get over to the allotment or vegetable patch to collect what you can from the last of the summer crop before the cold weather comes. Autumn crops such as apples, pears, squash and leeks should all be ready to start harvesting now.

Any bare plots can be sown with winter salad crops such as mizuna, rocket and winter lettuce.

Planting bulbs and sowing seeds

Now's the time to plant spring flowering bulbs including tulips, crocuses and daffodils. They can be planted in pots or in flower beds. If you have a large area of grass try planting crocus bulbs in drifts for a vibrant colour show in early spring, the bees will thank you.

You can also sow seed of hardy annuals in early autumn, including cornflowers, scabious and ox-eye daisies.

Clearing leaves

When the leaves start to fall and the season heads into mid to late autumn it's a good idea to clear leaves from lawns and flower borders. Keep the leaves to make leaf mould to feed next year's plants. Do this by piling leaves in wire cages and leaving them to break down. If you're tight on space use strong bags tied at the top and add puncture holes near the base for air to circulate. This makes a good mulch to use on your plants next year.

Removing all leaves from around roses is also a good idea as the leaves can harbour diseases, including blackspot, during the winter. These need to be incinerated (not composted) otherwise you risk the diseases remaining in the compost you've created.

Other Top tips for Autumn:

- Clip conifer hedges. If you leave this too late any new growth will be damaged by frost.
- Plant evergreen shrubs whilst the soil is still warm.
- Plant winter flowering pansies & violas in tubs & baskets for a splash of colour.



P&R
Garden Supplies

P&R Garden Supplies,
Fengate Drive, Weeting, IP27 0PW
Tel: 01842 814800
www.prgardensupplies.co.uk

LAKENHEATH TIMES SPOTLIGHTS AN
ENVIRONMENTALLY SENSITIVE LOCAL BUSINESS...

FREEDOM RECYCLING



Freedom Recycling is based locally and run by Gail and Paul Boyle from their Freedom Farm in Cowles Drove, Hockwold. Begun in 2005, their environmentally friendly business is totally committed to a zero-landfill operation within a 50,000-tonne licenced waste transfer and sorting station and it achieves a 95% recycling rate.

All waste is segregated and recycled. Materials that can't be recycled are utilised in power generation.

The services offered are suitable for domestic and commercial needs.

As Gail and Paul say: "We can help with decluttering, clear outs, moving, DIY projects, garden clearances and tidy up projects. And for small and large businesses, groundworks, factories, schools, and builders skips.

We offer 4,8- and 12-yard skips for hire.

We also provide 20, 30 and 40 yard roll on/roll off skips for commercial and business uses - sometimes domestic too.

We have a wait and load service as well as a weekly or monthly hire tailored to your requirements."

Gail and Paul's advert is on the back cover of this magazine.





LAKENHEATH HERITAGE GROUP

The Beginnings of Prosperity.

In a nutshell;

The Prior of Ely Abbey is the lord of the manor receiving taxes and tithes from villagers.

1380's The village has recovered from the Black Death.

1400 A large rabbit warren is established east of the village. Cattle and sheep are grazed on common land. Cereals are cultivated in strip fields to the east between the village and the warren. Fish and waterfowl are caught and sent to the Abbey.

1400 There is a piece of land in the village which became known as Camping Close.

1460 St. Mary's Church has two new bells to add to the others in the tower.

1483 New benches (pews) or 'stooling' is paid for by better off villagers. A new illustrative paint scheme is added to St Mary's covering up earlier schemes.

1539 Ely Abbey is dissolved: its lands and wealth passed to the Crown.

By the end of the 14th century things had settled down after the upheavals of the Black Death and the later Peasants' Revolt which was widespread in this region. Most villagers (villeins) still had to work for the Abbey for some part of the week but a few better off free peasants, (freemen), were able to pay a cash rent instead which gave more time to work for themselves. The 'tithe' payment was an additional one tenth tax, most often paid in 'kind', which was levied on all but the poorest for the upkeep of the church.

The Black Death had massively reduced the population of the village causing a labour crisis which significantly reduced the Abbey's income from its manor at Lakenheath. With fewer villeins to

work the land, rent paid in cash gave the monks some protection from the reduced output of their lands through labour shortages or bad harvests, but there was an advantage for the peasant as well. Unproductive manor land or fen could be leased and produce sold in local markets. One effect of this was that more enterprising peasants could take on more land which reduced their obligation to manorial service whilst at the same time providing security of income to the abbey. These tenancies became known as 'copyhold tenancies' and they remained a feature of rented land there until the 19th century.

The village freemen or commoners were well placed to take advantage of

the abbey's need for income. These successful copyholder tenants were the 'commoners' of the village, leasing manor land on which sheep were grazed and fen where eels were plentiful. Wool was the most valuable product of the time and by the mid 15th century several copyholders had become well off.

Other villeins profited from a special skill, providing the village population with ale or bread or by blacksmithing or carpentry. Other ways were found, carting produce to a market, or labouring making lime from the lime pit or sand from certain places nearby. Almost all families found ways of making extra money to supplement income and it became usual to have more than one way of making a living. Almost every villein continued to work on the land but one way or another some had a little disposable income.

Because copyhold tenancies could be extended land could be kept in the family. In a comparatively short time it was possible to become wealthy enough to employ local labour and to take on further tenancies, then, after the dissolution of the Abbey in the reign of Henry VIII (1539), the manor reverted to the Crown and land could be purchased by those with sufficient money, or the lease could be renegotiated.

With personal wealth came influence and a few had money enough to enjoy the luxuries of the day, clothes of finer cloth, wine, books for those who could read, a larger house with a 'bed' room or two, with glass windows and a chimneyed fireplace, and so on. A relatively new social class- merchants, were on hand to supply such luxuries and many more.

By the end of the 15th century tenant farmers were important figures in the

village with money to make gifts to the Church and to make significant bequests. Some of them had begun to purchase land outright. A further social class had arisen- the yeoman farmer.

The feudal period was ending, to be succeeded by the beginnings of capitalism.

*Bequests. These are just a few of the wills of the period researched by the Rev. John Munday. It was usual to leave money to the church for the singing of prayers for their soul over a period of years.

1446 Gilbert Dowe.

To Margaret his wife the whole tenement 'in which I dwell.'

1483 William Lacy.

6 marks for the 'stooling' of the church of St. Mary the Virgin.

1498 John Mann.

12 acres of land to Thomas Mann.

1497 Thomas Signer.

Repairs to St Mary's 5 marks, and 'to every house of friars in Thetford 10 shillings'.

* Source Lakenheath Records. Rev John Munday. 1969-1972.

Readers may be interested to read about the Merchant's House in Lakenheath which deals with life in the village at the end of the medieval period. Here's the link.

<http://lakenheath.onesuffolk.net/assets/Uploads/Heritage-Panels/St-Marys-Churchyard/OLD-HOUSE.pdf>

LAKENHEATH HERITAGE GROUP

THE BELLS OF SAINT MARY'S



The Church of St Mary the Virgin holds much of Lakenheath's heritage and not least two of her ring of six bells, the third and fourth bells were both cast at John Danyells foundry in London circa 1460 and the third bell weigh's in at 6 hundredweight and 3 pounds, rings in the note of B flat not entirely in harmony with her five sisters but hardly noticeable to the untrained ear she is inscribed in Latin Sanctus Kalerrina ora Pro Nobis (May Christ give us the joys of eternal life), third and fourth are both inscribed with the Royal coat of arms.

The fourth bell over two hundredweight heavier at 8 Cwt 2qrs & 9Lbs is inscribed Ariftus Perpetue Det Nobis Gaudia Vite.

Money was bequeathed for these two bells by a local Farmer John Horold in 1454 the story goes that he also paid for the ladder that leads up the tower it is believed to be that original ladder still in use today, the date of 1624 is carved in its side with the initials RD, the dates do not coincide, who was RD a mystery?

It is quite amazing considering the life of so much that is manufactured in our throw away world, to think that these bells were cast in the reign of King Edward the 4th some 560 years past, over all of these years they have called people to Church given warnings celebrated peace jubilees Coronations and still ring regularly today.

The heavy going plain bearings on the back five were replaced with ball bearings around twenty years ago by a local business man and the tower captain at no cost, ringing became so much easier.

The fifth bell at 10 Cwt 3qrs & 19 Lbs cast in 1697 and inscribed, John Parsley Vicar, & Charles Newman made me, the Vicar made a monetary donation towards the casting of this (then the fourth bell) the Churchwarden at that time was Thomas Kitchener of the Earl Kitchener family.

The tenor bell the heaviest at 13Cwt 3qrs & 21Lbs inscribed Thomas Denton and James Parlet Churchwardens, this bell now requires some professional attention, for many many years the ringers have cared for the bells without cost.

Until 1915 St Mary's had a ring of five bells the then treble bell (now the second) 5Cwt & 3Lbs was recast by Alfred Bowell of Ipswich and hung in the new metal frame engineered by the same company at a cost of £137-00, in 1946 the new treble bell at 4Cwt & 3qrs was hung in the space provided in the metal frame in celebration of the ending of the second world war at a cost of £126-12-6.

Mr Robert Dent came to Lakenheath in 1936 and served as the local school's headmaster for many years, he was a proficient ringer of Church bells a lay reader and he brought the skill of method ringing to Lakenheath teaching the local band of ringers the art, on Wednesday evening October 27th 1948 the first quarter peal of 1260 changes recorded on Lakenheath bells was rung by:

Treble R B Dent conductor
2 Miss E Pecket
3 E Lawrence
4 Miss D Reeve
5 M Rutterford
Tenor G Miller tower captain

R G W Rolph present tower captain

LAKENHEATH CONSOLIDATED CHARITIES

ANNUAL DISTRIBUTION

Lakenheath Consolidated Charities annual distribution to the aged and financially needy of the parish. Payments will be distributed by post. Cheque payments will be sent to your home address.

Applicants should be over the age of 74 and have been resident in the village for more than ten years. Application forms (see below) should be returned by 25th November 2023 to Mr J.Howard, 35 Eriswell Road, Lakenheath/ or Lakenheath Library.

Please note that only those people who are financially needy should apply.

Every effort will be made to ensure that the sick and housebound receive their payments as promptly as possible after the distribution date, post allowing.

Applicants will be accepted from former recipients who can no longer live alone and therefore have to leave the village for care purposes.

Only one application per married couple, or individual can be accepted

J.Howard (Clerk)

Lakenheath Consolidated Charities

LAKENHEATH CONSOLIDATED CHARITIES

ANNUAL DISTRIBUTION - Application Form

Aged and financially needy persons of Lakenheath are invited to apply for a grant. Applicants must be over 74 years of age and have lived in Lakenheath for a minimum of 10 years – only one application per household please.

NAME:

ADDRESS:

.....

.....

.....

Telephone Number:

AGE/ DATE OF BIRTH

ALL COMPLETED FORMS TO BE RETURNED TO:

MrJ.Howard
35 Eriswell Road
Lakenheath
Suffolk
IP279AF

or **Lakenheath Library
by 25th November 2023**



Lakenheath Parish
Council



LITTER PICK



Love Where you Live

Please meet on the First Saturday of October,
December, February (undergrowth special)
and April

Meet at 11.00 am at Wings Road Car Park
Equipment Provided

EVERYONE WELCOME

Environmental Update by Judy Cahill

We hope everyone enjoyed the spring flowers that were planted around the Village Sign, they did put on a good display and so colourful. There were a few gaps where the bulbs did not take, so more bulbs will be planted to plug these gaps in September/October. As for the poppies what a lovely surprise! They were not planted/seeded by us we think they came along with the topsoil we were given. By the time you read this these will have been pulled up after they have seeded (we will also collect some seed as a backup) so, hopefully, next year we will have another lovely display of poppies. The wildflower seeding has not done very well, except at the end of Dumpling Bridge Lane and the small triangle at the end of Back Street, hopefully next year they will be better after a light reseed in September/October. The

BT site is hopefully going to be 'ours' later this year. When we have got the final go-ahead, it will be all systems go to get this area looking lovely for everyone. It will be a huge project so any help you can give would be very gratefully received. Hall Drive is also an ongoing project which we hope to complete within the next year. We had a successful litter pick in June a huge thank you for everyone who came to help. It was really good meeting some new people.

Our next litter pick will be on October 7th. Please come along to Wings Road car park for 11.00. Everyone welcome.

Thank you to Lakenheath in Bloom for their help in starting off taking up all the dead poppy plants. The Parish Council are extremely grateful for their help and bringing this to our attention.



Dumpling Bridge Road



Small Triangle at the end of Back Street



Lakenheath Parish Council

VOLUNTEERS NEEDED!



Please help if you can with either planting, digging, litter picking or making the tea! Everyone always welcome.

Contact: Lakenheathparish@gmail.com or Judy.cahill@lakenheath.org

West Norfolk Aviation Society

www.westnorfolkaviationsociety.org.uk



WNAS June 2023 Meeting

Thompson man, Mark Burch, could easily have headed his CV, 'Forty-Six Years in Air Traffic Control' before presenting his talk to the WNAS on the 6th instant.

Like so many boys, Mark had an early ambition to fly. He joined the ATC (Air Training Corps) at Bournemouth in 1976 and learned to fly gliders but his eyesight would never allow him to fly professionally (Wg Cdr Ken Wallis, late president of the WNAS, might have given him some advice on eye test dodges). So, Mark became another ATC (Air Traffic Controller).

He gradually developed his career serving at various famous aeronautical locations like: Cranworth and Shawbury. Then he came our way and did more time at Honington and Watton's Eastern Radar establishment. He spoke of his time at Mildenhall, helping to organise the annual air shows, juggling the performances of regular visitors with the encrypted flight plan of a classified arrival: after refuelling in the North Sea it began its return to Mildenhall at Mach 3. No prizes for guessing: The Blackbird.

In one breath Mark mentioned Bloodhound Radar and height finders; one wonders

whether he had control over low flying missiles as well?

He spent further time at Wattisham controlling the behaviour of helicopters over the North Sea and proudly boasted that this airfield was a close second in prominence to Aberdeen in its involvement with North Sea oil fields. He made a personal comment that the army were better helicopter flyers than the air force (Chuck Pettitt, a former WNAS member, would have loved to hear that). Why did he say this? Perhaps he regretted not having spoken to Ken first.

After retiring from the RAF in 1997 he went back to Bath Flight Training Academy, in an attempt to obtain commercial flight recognition. Here he found the syllabus identical to the one he had undertaken after joining the RAF.

His fame circulated the grapevine and very soon received an invitation to attend an interview at Norwich Airport. He was recruited before getting through the door and stayed there until his retirement about a year ago. He now holds the equally challenging position of Club Secretary at the WNAS. (NJT)

WNAS July Meeting with a difference!

A last-minute change of destination saw a small, yet enthusiastic, expedition from the WNAS, head for the heritage centre at the former RAF Bircham Newton.

Our thanks must firstly go to the curator of the heritage centre, Jamie, for accommodating us at such short notice and making everyone feel so welcome.

The heritage centre has recently undergone a revamp that now sees dedicated rooms to WWI, the inter-war years, WWII and post war periods.

RAF Bircham Newton opened just a month after the inception of the Royal Air Force in 1918. Designated as a bomber airfield, it was equipped with 3 Handley Page V/1500s the largest of the British aeroplanes.

The inter-war years saw RAF Bircham Newton used as a bomber training station where some of the higher echelons of WWII cut their teeth. The status of a training station ensured it was kept operational throughout these years, at one point being the only operational RAF station in Norfolk.

WWII saw Coastal Command take charge and the arrival of Swordfish, Anson, Hudson and Wellington aeroplanes with several other types having shorter stays throughout the war.

Jamie regaled us with stories of both heroism and tragedy. The Canadian crews in particular seemed to suffer heavy losses. Jamie explained crews were often asked to carry out operations over the enemy coast where their slow moving, outdated aeroplanes were easy pickings for the German fighters. There are several recorded incidents of entire raids being wiped out with the loss of nearly all aircrews.

In 1966 RAF Bircham Newton closed and was handed over to the Construction Industry Training Board and latterly West Suffolk College.

The site itself is remarkably well preserved with many original buildings still intact; however, access is strictly limited due to the on-going activities of the Construction College.

If you get the opportunity to visit, it's well worthwhile, just to listen to Jamie's knowledge if nothing else. All who attended expressed a wish to return for a further visit in the future.

Steve Catlett

WNAS August Meeting

For a fuller report visit: www.westnorfolkaviationsociety.org.uk

Andy Phipps was our guest speaker with special permission from RAF Lakenheath Fire Department who granted him relief from duties in order that he could attend this special occasion. Andy exuded confidence and authority which must have developed at an early age; from a determination to succeed. He grew up in Shoeburyness, gained few formal qualifications and after various shore based jobs leading nowhere he became obsessed by the idea of a naval career and eventually got it. He served time in the Falklands safeguarding fuel stations. After he returned home, this newfound experience led him to a fire service training centre in Cambridge which, in turn, led him to the Fire Service at Lakenheath. He now spearheads a crew of about 40 Brits and 100 Americans; this might sound like a metaphor for some of the equipment he uses: fire engines with armour piercing water nozzles designed to extinguish fires inside crashed aeroplanes but,

with sufficient control to prevent the drowning of the occupants. This equipment together with a number of other fire fighting vehicles, each costing not much less than \$1 million apiece, complete the ensemble. Despite the proactive procedures necessary to fight fire, he stressed the point that as much goes into fire prevention as it does into fire fighting.

It is with great sadness that the WNAS reports the passing of one of our members: Roger Burrows from Watton had a small factory unit at Threxton where he built and piloted 7/10 scale replicas of inter-war biplanes. We were all looking forward to the maiden flights of a Hawker Fury and an SE5 but alas, it was no to be. He gave a presentation a few years ago at our bowls club meeting place and invited members of the society to a party at his workshop - memories to be treasured!

Nigel Tooth

WNAS events at Mundford Village Bowls Club IP26 5DR

**Tuesday September 5th 19.15 for 19.30 start,
Guest Speaker Lindsay Peacock on Japanese Aviation.**

We are a small group of aviation enthusiasts of mixed backgrounds, ages and genders. We meet once a month, there's usually a presentation by a guest speaker, or a video, or a visit to a museum or airshow. Snacks are free, and the bar is reasonably priced.

October and November speakers to be confirmed. For further information please contact Roger: 07706030307 or email: wnas_mundford@yahoo.com



Welcome to Central Garage Lakenheath's car care series for Lakenheath Times! In this edition, we will highlight the importance of monitoring your coolant levels and condition. As we always say, prevention is much cheaper than fixing a problem later on.

It's critical to keep an eye on your coolant levels and not solely rely on the temperature gauge or warning light. Safety should always come first, so ensure that you check your coolant on level ground and with the engine cold. If your car has been running and is still warm, do not attempt to open any of the lids or caps on the radiator, as this could result in severe burns caused by hot liquid or steam spurting out.

It's essential to keep an eye on your coolant level and notice any fluctuations. The coolant lives in a pressurized, sealed system, and the level should not change



drastically. If you see a drastic change, such as a pool of fluid under your car or the temperature gauge shooting towards the red zone, switch off the engine as soon as it's safe to do so and let the car cool down.

Although checking coolant levels may differ between car models, most cars come equipped with a header tank. It has a see-through tank with a lid on it, making it easy to check the fluid level. You will also find the "min" and "max" levels on the side of the tank. If the level is low, fill it to the max line but make sure you're using the right coolant for your car. Please use the same colour coolant as is in the system. If you're unsure what yours takes, give us a call at 01842 860226, and we'll assist you.

It is also important to check the condition of your coolant in the header tank; if it appears brown, sludgy, or even just watery, it's time to seek professional help as it could be an indication of bigger issues. As a rule of thumb if it looks like it has mayonnaise in it, there is a big issue, and it needs to be looked at!

If you would like us to check your levels, please don't forget we are open on a Saturday and we can check your levels or, give us a call on 01842 860226.

I hope you have found this useful; more tips next time!

Tim Stevens

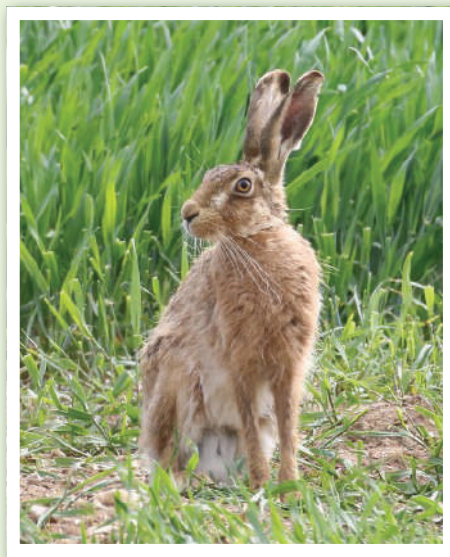
LAKENHEATH PARISH WALKS

Lakenheath is fortunate to have a good network of footpaths and the Parish Walk explores these every other Sunday afternoon, helping you to enjoy the beautiful area in which we live as well as keeping the footpaths open. Walking will give you new perspective on life as well as the opportunity to make new friends. You are welcome to join us for a walk on a Sunday afternoon. We meet at Wings Road Car Park at 2 pm but don't expect anyone there before 1.55pm. Walks are about 5 miles long and take about 2 hours. If we see hares, deer etc we stop and watch them. Sturdy footwear, preferably boots, is essential. There is no charge and everyone is welcome.

Walks are planned for the following Sundays, 10th September and every other Sunday thereafter. Dates are on the noticeboards at Wings Road Car Park, the Library and the Surgery. Or just turn up and, if we are not there, we should be there the following Sunday. We had some problems with illness and holidays in June and July so if you came and found we were not there, please do not give up but try again. If the weather is very hot we do not walk as it is dangerous to exercise in high temperatures.

UPDATED NEWS FOR LAKENHEATH WALKERS!

Last time I reported optimistically that the problems with overgrown footpaths in Lakenheath, had been solved. I was relying on the assurances of the County Council, which in turn were relying on the



assurances of the contractor. Although the contractor did cut at the beginning of 2023 some of the paths he had failed to cut in 2022, others were just left. Remedial work was also supposed to be carried out, but it was not done.

The path (Footpath 3) between Claypits Bridge on the Undley Road and the path from the Community Centre is dangerous as the bushes have been allowed to grow up on top of the lode bank so you have to walk on the sloping side of the bank. Also at one point the load bank has been dug out leaving a steep slope on loose soil near the lode. The Parish walk no longer uses this path which restricts the walks we can do.

Other paths are also overgrown and should have been cut in May and should now be cut again, starting in August. I had a meeting with the County Rights of Way Officer on 19 May when we discussed the state of the paths and inspected some of them. I think the Officer now has a better understanding of how serious the situation is.

Mildenhall Museum Society

The Museum Society arranges an interesting programme of monthly talks at the Museum on a wide range of topics. The programme for the next quarter is

The renovations at Oxburgh Hall, Talk by Ann Guymor
Thursday 7th September 2023 at 7.30pm

Beneath our Feet, Talk by Tim Holt-Wilson
Thursday 5 October 2023 at 7.30pm

Welcome to Lord Christmas, Talk by Sarah Doig
Thursday 2 November 2023 at 7.30 pm

All talks are held at Mildenhall Museum
Admission £2 Members Non Members £4
Everyone welcome

www.mildenhallmuseum.co.uk

Book this venue!

Lakenheath Football Club booking clerk

Available for Weddings, Birthdays, Funerals, parties etc

Contact Melissa Wilderspin

07834983094

Email: missyw19@hotmail.co.uk



SLOW DOWN! NEW SPEED INDICATOR DEVICE IS HERE!

On your behalf Lakenheath Parish Councillors have invested in a new SID. This new model is powered both by a battery and by a solar panel. In addition to the excellent work of the Lakenheath Speedwatch team, this should help reduce speeding through our village.

Thanks to Cllr Smith and Cllr Gyte for helping to instal it too!



LAKENHEATH INDOOR BOWLS CLUB

We have three rinks, a bar, and a small social area for you to socialise after a game of bowls. We are a friendly club.

Have you just moved to the village why don't you give bowls a try, a great way to meet and make new friends.

We welcome bowlers of all ages new and experienced. We do offer adult coaching sessions during the summer. (More information in the June issue of the magazine) just turn up in casual wear and bring a pair of flat smooth shoes, or a pair of socks bowls will be provided.

We have an internal league that runs from September to March. A summer league that runs from June on a Tuesday and Wednesday evening. An Aussie pairs league that starts in March on a Thursday evening.

Your first three sessions are free and thereafter the appropriate rink fee will apply. Membership for the year is **£40.00**.

A great way to exercise.

Please contact Secretary Janice Brackenbury at
07795 244768

LAKENHEATH INDOOR BOWLS JUNIOR SECTION

Bowls is not just for the elderly, as you will see if you come and give it a try, you never know you may enjoy it.

We have a very successful junior section. Our junior section runs in the school term only from September to July. Wednesday afternoon from 3.15 - 4.30 pm.

On Saturday mornings there are two sessions for beginners 9.15-10.30 am.

Experience bowler 10.45-12.15. All sessions are £1.00. Ages range from 7yrs - 17 yrs.

All coaching is provided by qualified coaches.

Bowls are provided. Just turn up in casual wear, with a flat-soled pair of shoes or a pair of socks

Our juniors play in county competitions. If you wanted to take your bowling further you could try for the Suffolk under-18 squad.

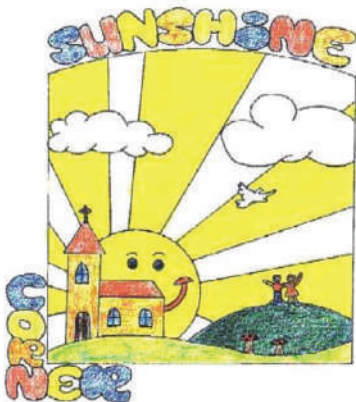
We do hold internal club competitions for our juniors. A very competitive game of junior v adults towards the end of the season.

We do hold summer coaching sessions. (There will be more info in the next magazine).

Junior membership is £5.00 up to the age of 18yrs.

Please contact Pauline Wright at **07934 642486**

SUNSHINE CORNER DAY NURSERY



Sunshine Corner Day Nursery, at the Abundant Life Church, Backstreet, is open Mon-Fri 8.30am to 4pm during school term time.

Come and visit our bright, spacious classrooms, including our Soft Play Area, and our two outdoor areas.

Our friendly staff are ready to welcome you and start your child's learning journey. We are a community minded, non-profit making nursery, dedicated to providing affordable, quality child care and early education.

Family events year round!

FREE sessions for when children turn 3 and some two-year-olds.

Please call Nicola Palmer on 01842 862646

or email: sunshinecornerlakenheath@gmail.com

The Tap

Cheese and Wine Society
Meets on the 2nd Tuesday
of each month

For more information
call Ken: 07798 735959
or Steve: 07540 768658



**MACMILLAN
CANCER SUPPORT**

Charity Coffee Morning

Councillor Jenny Hastings is holding a
Macmillan Coffee Morning
on Tuesday 26th September
in the Lakenheath Community Centre,
90 High Street IP279DS
from 10 am - 12.30pm
with tea, coffee, cake and, books and
bric-a-brac stalls – and a raffle

Lakenheath Little Fishes

Register for
a place
NOW

2 Fully
qualified
SENCOs

A warm welcoming environment
for your child to learn,
socialise and play.



Ofsted
Rated
GOOD

We are a non-profit charity seasonal pre-school for ages 2 to 5 years. We offer 15 and 25 hours free funding a week for some 2, 3 and 4 year olds. We accept golden tickets and a variety of employers childcare vouchers.

My little one is my third
child to go here,
Professional, structured and
fun. FISHES PARENT

Contact us on
07544579001
lakenheathlittlefishes@gmail.com
or find us on facebook

Partnerships with
parents and carers
are excellent
OFSTED 2017

Lakenheath Pavilion, Eriswell Road, Lakenheath, Suffolk IP27 9AF

connecting **communities** rural transport

COMMUNITY TRANSPORT FOR THE FOREST HEATH AREA AND SURROUNDING EAST CAMBRIDGESHIRE VILLAGES

The voluntary network provides door to door minibus services fully equipped to carry passengers in wheelchairs or with walking aids. Our minibuses are available to all who have difficulty travelling because of lack of suitable public transport.

BOOKING LINE 01638 664 304 FROM 8am – 4pm Monday to Friday

www.suffolkonboard.com/CC



Sunset Barn Care Farm News!

Hi all from down on the farm. We've had 12 chicks hatch off during early Summer and remain diligent about shutting all the birds up at night to keep them safe from Mr. Fox. We have taken delivery of two Saddleback cross Welsh pigs who are making us laugh at their funny antics as they scamper around their outdoor enclosure. Harvest on the wider farm has very much been stop start, hopefully by the time you read this it will be completed. We've enjoyed walks to pick cherries and many pounds of blackberries hence blackberry crumble will be on the menu at the Care Café several times over the coming months. The Care Café on a Tuesday 10 a.m. 2 p.m. remains well attended by villagers and gives farm helpers an ideal opportunity to learn new skills and integrate into their local community. A massive thank you as ever to all the volunteers both at the Café and Farm for their continued support and we welcome three new volunteers to our teams. The Co-op continue to support us at the farm and café where we have a table each week of produce free (or small donation) PLEASE make people aware of this as we would like to reach more people in the village who will benefit.

Finances are stretched for all at the moment, so a Tuesday for cheap lunch and FREE produce available might just be worth a look at for ANYONE in the village – all welcome. For any more information contact Melanie on (07847) 037622



LAKENHEATH VILLAGE HALL

Luncheon Club News

Luncheon club is held in the Village Hall on the last Wednesday of each month. Why not come along and enjoy a home cooked meal and meet some new friends.

Coffee and tea is served from 11am. Later you will be served a two-course lunch. If you would like to attend, please ring Margaret on 01842 860878 for catering purposes.

We do ask each person attending to bring a small item for the raffle if possible. If you need transport, **Good Neighbours** will be happy to help. We would love to meet you.



Weekly Money Bingo!

Weekly money Bingo evenings are held in the Village Hall starting at 7:30pm each Wednesday.

Everyone is welcome. We give away a total of £165 in prize money. We are a relaxed group so come along and give us a try and who knows – you might win some money. Bring your own refreshments.

LAKENHEATH PEACE MEMORIAL HALL & COMMUNITY CENTRE

*Centrally located,
the perfect venue for
your function*



2 halls available to hire
from just £18 per hour
bar and kitchen also available



For more information and to book please contact the booking clerk on
bookings@lakenheathvillagehall.org or 07538609281



www.lakenheathvillagehall.org



Lakenheath Peace Memorial Hall and Community Centre

LAKENHEATH PEACE MEMORIAL HALL & COMMUNITY CENTRE



www.lakenheathvillagehall.org



Lakenheath Peace Memorial Hall and Community Centre

Clubs and Groups



MARVELLOUS MONDAY

THE MONDAY CLUB

Peace Memorial Hall: 10:00am – 12noon
Snooker & Pool for the over 50s. 1st session free!
For further details call Kevin or Sandra on: 01842 860829

LAKENHEATH FLOWER CLUB

Peace Memorial Hall: 2nd Monday of every month 2pm
Call Heather on 01842 860997



Wonderful Wednesday

GREEK DANCE FITNESS

Community Centre: 7:00 – 8:00pm
Please contact Marilena for further details on 07789555404.

MONEY



Peace Memorial Hall: 7:30pm. Come along for a good evening out and you might even win some money! Please call Margaret on 01842 860878 for details.

Fabulous Friday



LAKENHEATH KURLING GROUP

Peace Memorial Hall: 10:30am – 12:30pm

Terrific Tuesday

LAKENHEATH PARENT BABY & TODDLER GROUP

Peace Memorial Hall: 9:30 – 11:30am
Brighten up your Tuesday Mornings!
All are welcome to join us.
Your first visit is FREE!
Join our facebook group: Lakenheath Parent, Baby & Toddler Group

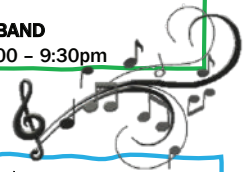


LAKENHEATH LINERS

Peace Memorial Hall: 7:30 – 9:30pm
Teacher Peter Jones. £5.00 per person.
For more information please call Tony King on 07719271261

LAKENHEATH SILVER BAND

Community Centre: 8:00 – 9:30pm



Thrilling Thursday

LADIES KEEP FIT

Peace Memorial Hall: 10:00am – 12noon
Please contact Jenny for further details on 01842 861390.



Superb Sunday

FAITH BAPTIST CHURCH

Peace Memorial Hall: 10:00am – 1:00pm



**West
Suffolk**

**Citizen's Advice Bureau
UPDATE!**

Telephone:
0808 278 7868

Website:
<http://www.suffolkwestcab.org.uk/>

Address:
**The Risbygate Centre, 90 Risbygate Street
Bury St Edmunds, Suffolk IP33 3AA**



Men's Shed Breakfast

Look out for dates on the Parish Notice Boards and Facebook.

Where: **Lakenheath Peace Memorial Hall**

This is a new initiative for older chaps in the village to get together for a breakfast, read the papers and chat.

It's free so please do come along!

Text or email:
Colin Noble
07504 417929 colin.noble@askcolinnoble.com
Stephen Frost
07710 436672 spfrost@tory.org

*Please Let us know so we can
plan the number of sausages needed!*

LAKENHEATH ANGLING CLUB

The Club has an 'Open Membership' for those wishing to join. It is not restricted to Lakenheath residents only. The Membership Year is from 16th June, one year until 15th June, the following year, and the costs of membership are:

Adult Male and Female: **£30** (over 17 and under 65)

*Concessions: **£25** ** Juniors: **£12**

*Concessions: Any **Male** or **Female** aged 65 or over OR **THOSE WHO ARE Disabled (with no age constraints)**

** Juniors: Any one under the age of 17 (at the date of purchase)

Club Membership cards only available from **Lakenheath News**.

It is a condition of membership that Club Members must be in possession of a valid rod licence, which can be obtained 3 ways:

1. From the Post Office
2. By telephone on: 0344 800 5386
3. Online at: gov.uk/get-a-fishing-licence

The cost of rod licences from 1st April 2017 are: Adults: **£30**

*Concessions **£20**; ** Juniors (12-17) **Free**. Those under the age of 12 are exempt from purchasing a rod licence.

It is also a condition of membership that any club member under 12 must always be accompanied by a responsible adult, but it is **not necessary** for the adult to be a Member of the Club.



HAVE FUN!



GET FIT!

WHY NOT JOIN

METHWOLD BADMINTON CLUB?

THIS FRIENDLY BADMINTON CLUB MEETS EVERY THURSDAY EVENING AT ST. GEORGE'S HALL IN THE CENTRE OF METHWOLD FROM 7PM ONWARDS.

OUR SEASON RUNS FROM SEPTEMBER TO APRIL.

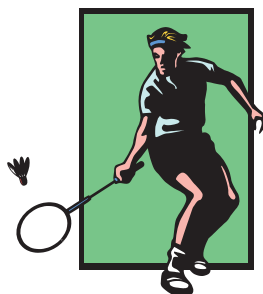
WHY NOT COME ALONG, MEET NEW FRIENDS AND ENJOY AN ACTIVE EVENING PLAYING BADMINTON.

WANT MORE DETAILS?

Contact Jeff Millard on

01842 827428

HOPE TO SEE YOU!



Lakenheath Cricket Club

We play 1st and 2nd XI cricket in the Two Counties Saturday cricket league.

If you are interested in playing contact us.

We also run a youth section for girls and boys as part of the ECB All Stars and Dynamos cricket sessions for 5 to 11 years old.

email: Lakenheathcc@yahoo.co.uk



LAKENHEATH SILVER BAND

We practice at the Community Centre, Lakenheath every Tuesday night at 8.p.m.

Anyone interested in our village band, either contact me, Daphne Austin, or come along on any band practice night.

If you would like to join us you would be made very welcome and subject to availability, would be given an instrument and music stand.

Beginners through to experienced players are all made welcome.

We do not judge your ability. A sense of humour and a love of music is a must.

Secretary: Daphne Austin, phone:

01842 861076 mobile 07731780406 or

email: daphneflugal@btinternet.com

LAKENHEATH CAMERA CLUB

Affiliated to the Photographic Alliance of Great Britain through the East Anglian Federation.

We will be starting our 2023/2024 year on Monday 11th September 2023. Our programme contains Tutorials, competitions, and evenings when you can just sit back, relax, and enjoy seeing other people's pictures. Something to interest everyone. We are hoping to attract some new members. The programme begins with a Welcome Evening. Bring along some favourite photographs and/or digital images and talk about them. We all have a lot to learn from one another.

Membership costs £25.00 per year.

This includes entertainment for 16 evenings with tea/coffee and biscuits. Competition Entrants must be Members.

For more information please visit

<https://www.facebook.com/lakenheathcameraclub/>

We meet every two weeks from September to April, in the Methodist Chapel Function Room, Back Street, Lakenheath. IP27 9HF. (Programmes commence at 8pm, doors open 7.30pm).

If you would like any further information please contact Mrs. J. Ottewell on 01842860785.

Guests are always made welcome, just turn up – there is no obligation to join.

Squirrels BEAVERS

1st Lakenheath Scout Group

Squirrels – age 4-5

Tuesday 5pm-6pm

Beavers – age 6-8

Monday 4.45pm-6pm

Cubs – age 8-10½

Monday 6.30pm-8pm

Scouts – age 10½-14

Thursday 6.30pm-8.30pm

All sections welcome boys & girls

Come and enjoy camping, canoeing, den building, archery & so much more!

For more information, or to add your child to our waiting list please contact:

Group Scout Leader

Wendy Barnes: 07428 623057 or
email 1stlakenheathgsl@gmail.com

cubs scouts



We meet Wednesday Evenings

4.30 – 5.30 (Rainbows)

6.00 – 7.30 pm (Brownies)

We do various crafts, activities and learning new skills.

If you have a girl who would like to join Rainbows (4-7) or Brownies (7-10) please go on-line and register at:

www. Girlguiding.org.uk

or contact below for more information:

Brownies:

Emma (07713 696475) or

Cheryl (07754 540182)

LakenheathBrownies@gmail.com

Rainbows:

Lauren (07503157086)

Cheryl (07754 540182) and Anna at

LakenheathRainbows@gmail.com



EPIC Dad Fun Club

www.epicdad.co.uk

Rich writes: "Our dads and children's fun club is for dads, male carers, and children of all ages, including games, toys, crafts, sports, and refreshments."

This welcoming group meets on the last Saturday of the month from 10am to 12noon at Lakenheath Primary School at Mill Road, Lakenheath, IP27 9DU.

Dads and children's Fun Clubs 10 am to 12 noon for the autumn:

**Saturday 30 September, Saturday 28 October,
25 November Christmas party. (No club in December.)**

For more information, please contact us on **info@epicdad.co.uk**
or call or text **07717744608**.





Arrangements done at recent classes.
Lakenheath Flower Club

Why Don't You Join a Flower Arranging Club?
Discover a new skill
Learn about arranging flowers
Watch demonstrations and increase your garden interests.

The Flower Arranging club meets on the second Monday of the month at
2-00 pm in Lakenheath Village Hall.

(Not in January or April.)

Everyone welcome including beginners.

11th September 2023 demonstration by

Mandy Bradley

Over

"Splendour of the Season"

Visitors £6-00

9th October 2023 Class.

13th November 2023 Class.

2nd December 2023 Christmas Workshop.

11th December 2023 demonstration by

Gill McGregor

Hertfordshire

"Glitz, Glamour & Flair"

Annual club membership is £30.

Juniors up to 18 years £3.

Visitors on class nights £4-50

If you need any further information please call Heather on 01842860997



Afterburn @ The Lakenheath Community Centre

A night of rock music

17th November 2023

Doors Open 7pm Show 7.30pm

Ask Linda

01842861160

Tickets

£5 !!!



Lakenheath FC Autumn Preview

Report by Alan Gyte

So, here we are at start of another season in the Thurlow Nunn League premier division, with high hopes of improving on last season's impressive fifth place finish.

We also finished the season with a fantastic league cup victory over league champions Ipswich Wanderers, who have now moved up a level.

There's a change at the club this season where we no longer have a 'reserve' side but an under 23 team that have been entered in the Thurlow Nunn under 23 league. This will hopefully attract good young players to the club where they will be playing on Thurlow Nunn league grounds with floodlights etc, but will also be coming up against some very strong clubs, like Bury Town & Stowmarket Town etc. As its the start of a new league there will be allowed some over age players so hopefully there will be some with added experience to help the younger players. We wish them well.

We welcome a few new players this season, Matt Collins has recovered from a long term injury and is raring to go. Karl Saffery has signed from Walsham-Le-Willows where he was club captain last season - and their leading scorer Jamie Smith has also made the move to the Heath. We wish them well and we are sure our loyal fans will make them welcome.

We've had a few friendlies with mixed results, beating Mundford & West Wratting, but losing to Felixstowe and also March Town, then finally a draw against Benfleet who made the long trip up on a horrible wet afternoon, but enjoyed the game and our facilities. Of course Friendlies are played mainly to get minutes in and getting players match fit for start of the new season.

Ben and Trevor are again joint managers, with Ian as coach. I will be there, as always and joined in the dugout by new physio Will and goalkeeper coach.

We know both teams will give their all this season and enjoy some success.

Off the pitch our hardworking committee are pushing on trying to improve the place and raising funds as it's an expensive business running a football club and we are indebted to each and every one of our sponsors and advertisers. I should just add that there are still plenty of opportunities available from player sponsor, match sponsor, pitch side advertising boards and even stand and tracksuit sponsorship. The club and facilities are available for hire.

Looking forward to seeing you all plus hopefully some new faces next season - we start with 2 home games, one of which is our FA Cup game against Godmanchester, the winners of which will play the winners of Mildenhall v Soham.

Fixtures to Christmas are as follows:-

29/7	Home V Walsham Le Willows	15.00 K/O
5/8	Home v Godmanchester	15.00 FA Cup
12/8	Away v Hadleigh Utd	15.00
15/8	Home v Soham Town Rangers	19.45
19/8	Away v Norwich Utd	15.00
22/8	Away v Walsham Le Willows	19.45
26/8	Home v Long Melford	15.00
2/9	Home v Mulbarton	15.00
5/9	Away v Thetford Town	19.45
9/9	Away v Fakenham Town	15.00
16/9	Home v Harleston Town	15.00
19/9	Home v Newmarket Town	19.45
23/9	Away v Heacham	15.00
30/9	Away v Ely City	15.00
7/10	Home V Downham Town	15.00
14/10	Away v Sheringham	15.00
28/10	Home v Dereham Town	15.00
4/11	Away v Downham Town	15.00
11/11	Home v Kirkley & Pakefield	15.00
18/11	Away v Newmarket Town	15.00
25/11	Home v Ely City	15.00
2/12	Away v Long Melford	15.00
9/12	Home v Norwich Utd	15.00
16/12	Home v Thetford Town	15.00
23/12	Away v Brantham Athletic	15.00
26/12	Away v Mildenhall Town	11.00
30/12	Home v Fakenham Town	15.00

Fixtures are subject to change as dependent on weather and hopefully success in FA Cup and Vase matches.

Your Lakenheath Times publication date is September so those earlier games will have been played and results known. We will have played in the FA Cup and half a dozen league games. Here's to a good season. "UP THE HEATH!"

Contact for Lakenheath Football Club
Melissa 07834983094



AROUND THE COUNTY NEWS

Suffolk Fire Service to bring control room back to the County

Suffolk Fire and Rescue Service has announced plans to create a new fire control centre here in Suffolk.

Since October 2011, Suffolk has shared a control room with Cambridgeshire and Peterborough Fire and Rescue Service in Huntingdon. The joint project has worked well, saving both fire services money and enabling greater cross-border resource sharing.

However, the company behind a project to deliver a new IT system, initiated in 2019, has run into technical and financial problems, causing a significant delay. This, in addition to advancements in technology, has led to the decision to bring fire control back into the county by the end of 2024.

Help for Suffolk Pre-payment Meter customers

A package of support has been created for pre-payment meter customers in Suffolk who are struggling with their energy bills.

Warm Homes Suffolk is a Suffolk-wide Council partnership service, delivering energy efficiency support to low-

income households affected by cost-of-living pressures.

Supported by Suffolk's Collaborative Communities Board and funding from Public Health Suffolk's Contain Outbreak Management Fund (COMF), the service is now able to offer specific help for households struggling to pay their energy bills via a pre-payment meter, in addition to its existing support.

The support covers the whole of Suffolk and is available for all residents, whether they are in social housing, council tenants, owner occupiers or private renters.

The Warm Homes Suffolk Service can check eligibility and support applications for grants to increase household energy efficiency, with measures such as loft and wall insulation to air source heat pumps, draught-proofing and more.

It is estimated that more than 24,000 people in Suffolk are pre-payment meter customers.

The service will work with each individual to understand the pressures on their finances and the impact this is having on their lives. The service can carry out a home visit, as well as providing advice over the phone and by email.

The COMF funding of £180,000 will enable this project to run for 12 months to provide the following:

- Income maximisation (through grants and benefits)
- Budgeting advice
- Help understanding bills and heating systems
- Support to reduce energy expenditure (By promoting social tariffs and support to switch suppliers)
- Improving household energy efficiency (By installing insulation, draught proofing, heating systems and solar panels)
- Facilitating switch away from prepaid meters if appropriate

"Ipswich ware" pottery made for the first time in over 1,000 years

"Ipswich ware" jars and pots, first made 1,400 years ago in Suffolk's County town, are being fired again in a replica Anglo-Saxon kiln.

Thanks to funding from The National Lottery Heritage Fund, this new experimental archaeology project is being led by Suffolk County Council Archaeological Service, to investigate how Anglo-Saxon pottery was once made in Ipswich.

The new Anglo-Saxon Ipswich ware kiln has been built and fired by studying archaeological remains excavated from the Buttermarket in Ipswich, something never attempted before. Only two kilns have ever been excavated in Ipswich, the other was discovered at Stoke Quay.

Ipswich ware pottery was made in the town from c. AD 680-870. Jars,

cooking pots and pitchers were the most commonly made items, simple in design and grey in colour. They were mass-produced and distributed throughout eastern England and were some of the first of their kind in post-Roman Britain.

Ancestry appointed to digitise Suffolk's popular family and local history sources

More than 400 years of fascinating historical documents held at Suffolk Archives are to be digitised and made available online, thanks to an agreement between Suffolk County Council and Ancestry.

Suffolk Archives will work alongside the family history website Ancestry to create high-quality, full-colour digital images of millions of baptism, marriage and burial records from parishes within the Diocese of St Edmundsbury and Ipswich.

The earliest records being digitised date back to 1538 and include events in the lives of notable historical figures, such as the 1776 baptism of landscape artist John Constable, and the 1846 burial of Thomas Clarkson who devoted his life to the abolition of slavery.

It is hoped that Suffolk's main parish records will be published online in early 2025 with other collections of local interest to follow. Public access will be free of charge in Suffolk Archives branches or at any Suffolk Library. Anyone with an Ancestry subscription will also be able to access the records as part of their research from their own computer or device.

The Christian Enterprise Foundation

If you are involved with activities or projects within the village that would benefit from the support of the Charity, please let us know in writing.

To consider support for your scheme please give as much information as possible together with the level of grant being requested in your letter of application.

Our aim is to support Village groups and / or organisations within the Parish of Lakenheath.

Any grant requests should be put in writing to:

CEF, Lakenheath Peace Memorial Hall,
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METHODIST CHAPEL

Offer of Prayer.

Many of us are experiencing increased pressure on our lives and circumstances due to the economic situation at present. We believe that God does answer prayer, and should you wish us to pray for your situation or family we will be happy to do so. All you need to do is place your prayer request in the Letter Box at the door of the Methodist Church Hall. Each request will be dealt with in a confidential and sensitive way and will be included in our prayers of intercession during our Sunday worship.

Come and worship with us!

Rev David McAloon **01842 753819**

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For more info contact Pastor Vince and Lisa Williams: **01842 862646** or **07711 996759** or email: **vinniekw@gmail.com**

BAPTIST CHAPEL

Sunday Services Morning 10.30am

Evening 6.00pm

Be strong and of a good courage, fear not... for the Lord thy God, He it is that doth go with thee; He will not fail thee, nor forsake thee. — *Deuteronomy 31*

Lifts available — contact Richard or Liz on

01842 861191. More information on our

website: **www.lakenheathbaptist.org**

LAKENHEATH NOTICE BOARD

Lakenheath Good Neighbours

We are here to help.

If you need to go to the doctor or the hospital, have your prescription collected or need shopping, just ring **07857 801802** and our friendly volunteers will help.

We do not charge for trips to the village although a small donation toward the phone would always be appreciated. We ask for a contribution of 40p a mile for trips outside the village. We would also like at least 24 hours' notice of driving trips.

All our volunteers are DBS checked and we look forward to helping you. The number again is: **07857 801802**.

Lakenheath Scrabble Club

We meet every other Friday in the Methodist Church Hall at 2pm. Phone Sue for dates. We have a large selection of games including Scrabble and Rummikub. It's not taken too seriously but it's fun, sometimes noisy and everyone has a great time. New members are always made welcome. Entrance is just £2 and there's tea, coffee and cake too.

Phone Sue on **01842 862768** for details or just turn up. We look forward to seeing you.

Lakenheath Friendship Club

We meet every other Thursday in the Methodist Church Hall at 2pm. Each week we have a different activity, tea, coffee and cake and a small fun auction.

It's a great place to catch up with old friends or make new ones. We are a friendly bunch who make all our new members welcome. Entrance is just £2. Everyone is welcome to come and join. Phone Sue on **01842 862768** for details or just turn up. We look forward to seeing you.



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We also offer photocopying and printing services for a fee. All dates and details are available at the library.

We'd love to see you there.

Jo - Library Manager

suffolklibraries.co.uk



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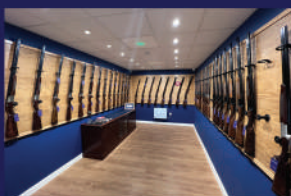
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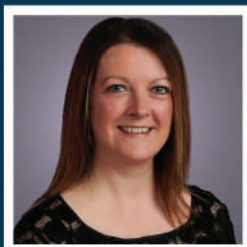


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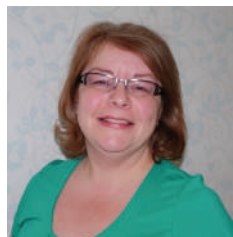
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