LAKENHEATH TIMES

March 2022 - Edition 186

NEIGHBOURHOOD PLAN - March update!

The long-awaited Design Guide and Codes report has arrived, and you can see it on our website at www.lakenheath.org ! It is a fascinating document and very well worth a look. It is probably worth reminding everyone that, as with the other Central Government funded work, although the experts have proposed a set of 'rules' to go in our Neighbourhood Plan, we decide what actually goes in; once the Neighbourhood Planning Group have drafted the Plan, everyone in the Parish is consulted, then the final document is subject to a referendum. Because we are now working alongside West Suffolk as they develop their Local Plan for the whole District, it looks like we could be having that referendum in October.

On the subject of Government funded experts, we have successfully bid for further work from AECOM around High Street Regeneration. This will be looking at lots of the issues raised by residents in the Survey, including how we encourage more local shopping, parking and, of course, how it all looks. Our own Business in Lakenheath project are already working on their plans to make what we have now more attractive.

As always, we will try to keep the Neighbourhood Plan website, www.lakenheath.org up to date with all the projects, as well as work on the Plan itself. One of the reasons that the whole Neighbourhood Plan started was to build on Lakenheath's real sense of community, and with the Jubilee events coming up, we have the chance to celebrate that together for the first time in ages. *Let's all join in and enjoy!*

The House and Property Company

★★★★★

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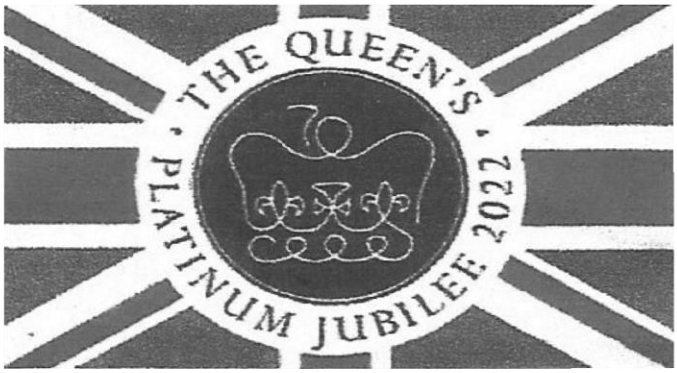

LET'S CELEBRATE 70 YEARS OF SERVICE

As you will be aware this year marks Her Majesty the Queen's Platinum Jubilee, after 70 years of service.

To celebrate this amazing milestone, events will be taking place across the Country, particularly over the four day Bank Holiday weekend between 2nd and 5th June 2022. This Bank Holiday gives communities and people throughout the UK the opportunity to come together and celebrate with families, friends and neighbours.

With this in mind the Parish Council invites all the village to join together in the celebrations. Throughout the month of June we plan to decorate the village from Station Rad to South Road with flags, bunting and commemorative items. All businesses, shops and households will be invited to join in and make the village look really special.

At this early stage we need lots of ideas and help to organise these once in a lifetime events. So PLEASE, if you would like to be involved and feel you could help in anyway at all EITHER complete the form below and return to the Parish Office or call **01842 860598**.

LET US MAKE THIS A WEEKEND TO REMEMBER!

To: PARISH COUNCIL OFFICE, 98 High Street, Lakenheath

I AM INTERESTED IN VOLUNTEERING TO HELP OUT WITH THE QUEEN'S JUBILEE CELEBRATION:

Name: .....

Address: .....

.....

.....

.....

Email: .....

Contact Number: .....

LAKENHEATH TIMES

Please send all contributions and advertisements ***directly to the Editor*** *with a name and address included which can be withheld from printing on request.*

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Email: **lakenheathparish@gmail.com**
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Brandon, Suffolk IP27 0NZ
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COPY DEADLINE: **10th OF MONTH PRECEDING PUBLICATION**

BUSINESS ADVERTISERS: Please contact the Editor with any enquiries relating to advertising. All advertising must be paid for in advance and an invoice will be issued by Margaret Young on receipt of the payment.
Cheques should be made payable to: Mrs M Young

PLEASE NOTE: The Lakenheath Times accepts advertisements in good faith. However, the Publisher, Lakenheath Parish Council and the Editor, Margaret Young, cannot be held responsible for the quality of advertised services or goods and do not endorse the services or goods offered. Neither do they necessarily agree with any comment and/or views expressed in the Lakenheath Times.

USEFUL CONTACT DETAILS

AGE UK: Help Desk 01473 257039
COUNTY COUNCILLOR: C Noble . . . . . Tel: 07545 423795
Email: colin.noble@suffolk.gov.uk
DISTRICT COUNCILLORS: S Frost . . . . . Tel: 07710 436672
Email: stephen.frost@westsuffolk.gov.uk
LAKENHEATH GOOD NEIGHBOURS . . . . . Tel: 07857 801802
LAKENHEATH LIBRARY . . . . . Tel: 01842 860723
LAKENHEATH PAVILION BOOKING CLERK: Linda Tel: 01842 860124 or 07789 499970
Email: mail@lakenheathpavilion.org Website: www.lakenheathpavilion.org
LAKENHEATH PRIMARY SCHOOL. . . . . Tel: 01842 860256
MEMBER OF PARLIAMENT: Matthew Hancock . . . . . Tel: 01638 577390 or 020 7219 7186
Email: matt.hancock.mp@parliament.uk
PARISH WEBSITE . . . . . www.lakenheath.onesuffolk.net
PHARMACY . . . . . Tel: 01842 862884
POLICE (Non-emergency) . . . . . Tel: 101
POST OFFICE . . . . . Tel: 01842 860211
SURGERY . . . . . Tel: 01842 860400
VILLAGE HALL & COMMUNITY CENTRE - BOOKINGS . . . . . Tel: 07538 609281
Email: bookings@lakenheathvillagehall.org Website: www.lakenheathvillagehall.org
WEST SUFFOLK COUNCIL . . . . . Tel: 01638 719000
Website: www.westsuffolk.gov.uk

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Suffolk
IP27 9EA
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07769 047170
Email: jdhking@aol.com

LAKENHEATH HERITAGE GROUP

The Village Trail Project. Stage 2. Interpretive Panels.

We are pleased to announce the installation of the first two A2 size interpretive panels in the village. These are the first of several panels which will show a history of specific areas of the village. Each panel will be supported by a QR link to the Heritage pages of the Parish Council website- Heritage Trail: 'The Village as it Once Was', which will allow the addition of further information as more is discovered.

Lakenheath Parish Council website:

http://lakenheath.onesuffolk.net > lakenheath-heritage

The first two panels are sited at Mutford Green near the telephone box, and on the Village Green opposite the Peace Memorial Hall (Village Hall).

Difficulties caused by the pandemic were gradually overcome with the help of our small band of local supporters and Parish and District and County Councils. The advice of West Suffolk Planning and Heritage officers has been invaluable, enabling us to continue to research and design the panels.

We always want to hear from our most valuable source of information:

THAT'S YOU!

Budding contributors/supporters are welcome.

You can contact us at:

lakenheathheritagegroup@outlook.com

The panels are the gift of the Heritage Group to the Village, given in the hope that they will encourage the appreciation of our rich heritage. We hope you like them.

David Jones

LAKENHEATH ENVIRONMENT GROUP

The first official meeting of the Lakenheath Environment Group took place on the 21st January. We had a very good evening talking about our environment and some of the many ways we can become more involved with issues that affect our lives. It quickly became obvious that members are thinking beyond the immediate local habitat concerns. One item raised, that certainly needs our consideration, was the way we adapt to energy requirements in our area with rising rising energy costs not only in our homes but also our reliance on the transport we use. Other items briefly covered were street lighting, bat boxes and wild life habitat. We also discussed roads and the need to get white lines repainted at junctions to support local road safety and we will be lobbying our local District and County Councillors to push for this work to be completed.

We discussed focusing on projects that we can realistically get involved with. We had been waiting to hear more about a project at Mutford Green which was in the pipeline but did not get full details until the day after the meeting. This project has now already started with members preparing to help clear and tidy the open area at Mutford Green and has to be carefully co-ordinated with West Suffolk Council Parks volunteers. The Village Hedgerow Litter pick on the 12th February was also able to help with this area when we highlighted the build up of litter entering the area from Highbridge Gravel Drove.

We discussed the pros and cons of forming a small committee and the need to raise funds for covering the cost of meetings and inviting guest speakers from other agencies, hopefully with a bigger turnout we can expand on that at the next meeting. It was agreed that Friday was probably not an ideal evening for many members so we need to find a day and time more convenient to the majority, taking into account the availability of the Methodist Hall. We hope to have monthly meetings and will update any interested residents when the next date has been arranged. Watch this space!

Jeff Flint

DISTRICT & COUNTY COUNCIL NEWS

February was a busy time for both the County and West Suffolk Councils as it saw the culmination of months of work come to fruition in setting the Council Tax for the forthcoming year. Each year there are weeks of preparation looking at how best to spend resources on delivering for residents on a range of services, whilst remembering that it is those very residents who provide much of the needed funds through Council Tax.

The last two years have been a strain for everyone. Both the County and West Suffolk Councils have been at the forefront supporting residents and businesses alike. looking after the vulnerable and helping the government with its distribution of grants supporting businesses affected by the pandemic.

As we come out of the pandemic West Suffolk's council tax budget for 22/23 looks to the future. It looks to drive business growth and more employment opportunities. We want to help with better health facilities as well as doing our bit towards tackling climate change. We will work to make sure that West Suffolk is a place that everyone is pleased to live, work and call home.

On a completely different note, both of us were pleased to be present at a meeting of the newly formed Lakenheath Business Forum. It has been formed as a result of the village neighbourhood plan survey. The aims of the forum being for businesses in the village to work together to provide business growth for the good of the local community, to provide a local support network and for businesses to be part of and be seen as part of the local community. As Councillors we see supporting local business as an essential part of our role.

Each month we receive outline figures from the parking enforcement team. How many visits they have made to Lakenheath and how many tickets, if any, have been issued. It's pleasing when we see that no tickets have been issued, but sadly those are rare occasions. Do please be aware of where you park, no one wants the expense of a ticket.

As ever, please do keep safe and if we can help, please get in touch. Contact details are on page 2.

Colin Noble, West Suffolk District Councillor for Lakenheath Ward & Suffolk County Council Councillor for Row Heath Division.

Stephen Frost, West Suffolk District Councillor for Lakenheath Ward

INFORMATION

Due to Covid-19 clubs and activities may not be running. Please contact individual organisations before attending.

LAKENHEATH GOOD NEIGHBOURS .....

are here to help. We are a group of volunteers who enjoy helping the local community. We will take you to the doctor, take you shopping or do your shopping, collect your prescriptions or take you to West Suffolk or Newmarket Hospitals. Trips around the village are free (although a small donation to our phone is appreciated). Outside the village (within a 20 mile radius) we ask for a contribution of 40p per mile. If possible, we would like 48 hours notice for out of town trips.

Our phone number is 07857 801 802

Please note that we comply with current data protection legislation (Data Protection Act Mar 2018).

LAKENHEATH PARISH COUNCIL MEETINGS

The monthly meetings of the Parish Council are held in the Methodist Chapel, Back Street, on the first Monday of the month (except bank holidays) at 7.00pm. The next meeting is on the following date:

7th March 2022

All parishioners are welcome to our meetings where, if they wish, they can bring something to the Council's attention and air their views or simply listen to what other people have to say.

FRIENDS OF LAKENHEATH PRIMARY SCHOOL

Friends of Lakenheath Primary School are collecting any uniforms no longer required. Including:

School • Cubs • Beavers • Scouts
Brownies • Guides
and any other uniforms for local clubs

Please take any items to the school office.

These uniforms will be sorted and sold for minimal amounts at forthcoming PTA events. Any proceeds will go towards the new sensory play area at the school.

ABUNDANT LIFE CHURCH

A Warm Welcome awaits you at The Abundant Life Church, Back Street, Lakenheath. Affiliated with the Assemblies of God UK. We are a Bible based contemporary style Church with a community focus.

Lakenheath Community Food Bank is also based here.

Sunday - Morning Service - 11am (including Sunday School & Youth Group)
Monday - Prayer Meeting - 7.30pm

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

citizens advice Suffolk West

We have bureaux in Haverhill, Bury St Edmunds, Mildenhall and Brandon or visit our website: www.citizensadvice.org.uk

Mildenhall Citizens Advice
Mildenhall Hub
Sheldrick Way
Mildenhall IP28 7JX
Opening Hours:
MON-FRI: 9.30am - 3.30pm
Tel. Advice only at present
Tel: 01638 719111

Brandon Citizens Advice
9a Market Hill
Brandon
IP27 0AA
Opening Hours:
MON-FRI: 9.30am - 3.30pm
Tel. Advice only at present
Tel: 01842 811511

1st Lakenheath Scout Group

Squirrels - age 4 - 6 **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
Explorers - age 14-18 **Meet once a month**

All sections welcome boys & girls

Camping, canoeing, den building and so much more!

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

Group Scout Leader
Wendy Barnes: **07428 623057**

Connecting Communities

The Voluntary Network
Charity No. 1082478
Company No. 3954998

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
8.00am - 4.00pm Monday to Friday

WE DISCOVER, WE GROW Girlguiding
1st Lakenheath Brownies

Have you ever thought about becoming a Brownie?

We do various crafts, activities and learning new skills. If you have a girl aged between 7 and 10 years old who would like to join Brownies either: Register at **www. Girlguiding.org.uk**

or contact *Emma Preece* **07713 696475**,
Cheryl Hammond **07754 540182**
or *Ann Bugg* **07762 301643** for more information

SUFFOLK LIBRARIES
Lakenheath Library
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suffolklibraries.co.uk
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CDS • FREE WIFI • FREE INTERNET ACCESS
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PRINTING • SUNDAY CRAFT ACTIVITIES • JIGSAWS

SUNSHINE CORNER DAY NURSERY

Sunshine Corner Day Nursery, at the Abundant Life Church, Backstreet, is open Mon-Fri 8am to 4pm including school holidays. 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 Brewers Tap

Cheese And Wine Society

Meets monthly at 7.30pm

For more information

Contact: Ken 07798 735959
Or: Val 07845 918707

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.

WHIST CLUB

We now have an up and running Whist Club in the village! *It takes place two Monday afternoons a month.*

For details please contact:

07443 524025

LAKENHEATH INDOOR BOWLS CLUB

There are vacancies within the club for new bowlers and bowls is a great way to make new friends. Why not come and try bowls at your leisure?

Your first three sessions are free and thereafter the appropriate rink fees are payable. The times currently available are Monday mornings, most afternoons and possibly some Saturdays and Sundays.

Bowls can be provided but you would need to wear smooth, flat soled shoes or slippers.

For further details please contact:

Mrs J Brackenbury, Secretary, 22 Arrowhead Drive, Lakenheath, Suffolk IP27 9JN Tel: 01842 861946

Website: www.lakenheathindoorbowls.club

Why Don't You Join a Flower Arranging Club?

N.A.F.A.S. NATIONAL ASSOCIATION OF FLOWER ARRANGEMENTS SOCIETIES

Discover a new skill.
Learn about arranging flowers.
Watch demonstrations and increase your garden interests.

LAKENHEATH FLOWER CLUB

meets on the second Monday of the month at 7.30pm in the Village Hall

Everyone welcome including beginners.

If you need any further information please call

Heather on 01842 860997

Coffee Mornings at Quayside Court

We meet at **10am each Monday** in the community sitting room. Come and enjoy tea, coffee, biscuits and chat. Everyone is invited and you will be made very welcome. We also have a raffle.

All profits are used for the good of the Quayside residents.

BAPTIST CHAPEL

Sunday Services

Morning 10.30am • Evening 6.00pm

When thou passest through the waters, I will be with thee; and through the rivers, they shall not overflow thee – Isaiah 43

Lifts available – contact Richard or Liz on 01842 861191.

More information on our website:

www.lakenheathbaptist.org

CLUBS & ACTIVITIES

LAKENHEATH SILVER BAND

MUSICAL DIRECTOR: MR NIGEL SUTTERBY
SECRETARY: DAPHNE AUSTIN
T: 01842 861076 M: 07731 780406
E: daphneflugal@btinternet.com

We practise in the Community Centre every Tuesday at 8pm.

Anyone interested in our village band either contact me, Daphne Austin, or come along on a band practice night. If you would like to join us you will be made very welcome and, subject to availability, given an instrument and music stand. Beginners through to experienced players are all welcome. Chat to any of the band any time.

SEN PARENT SUPPORT GROUP
Lakenheath Community Centre
Monday 9:00am - 10:30am

Your child doesn't have to have any kind of diagnosis for you to join us, come; meet other parents, chat, enjoy a coffee and cake. Talking is the best way to share help, advice or just get things off your chest.

Due to Covid restrictions we can only have a small group of parents at a time. ***Email to book a place:***

clare@sharingparenting.com

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.*

MILDENHALL BRIDGE CLUB . . .

. . . is looking for new members. We meet weekly on Thursdays from 7pm to 10.30pm at the Riverside Hotel, Mill Street, Mildenhall, Suffolk IP28 7DP. If you would like to try "friendly" duplicate bridge, come along with your partner and give it a go. We are an amicable group and promise not to be bad tempered if you promise the same! You can contact ***John Child*** on **07739 097522** or email **jc@johnchild.co.uk** for more details.

LAKENHEATH PARISH WALKS

Banish the winter and Covid blues by treating yourself to a walk in this beautiful area in which we live. Walking will give you a 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 2pm but don't expect anyone there before 1.55pm! Walks are about 5 miles long and take about 2 hours. If we see deer, hares 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:

13 February and 27 February

Although Government rules on Covid -19 have been relaxed, social distancing will be observed as will any new guidance which the Government may introduce.

LAKENHEATH CAMERA CLUB

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

Our February 2022 programme is as follows:

7th - Slide Show: "The Art of Pet/Dog Photography." Mr.Nigel Wallace from Mildenhall will show us how to take good pictures of animals.

21st: Print and Digital Image competition, with the subject "Time Pieces." All Entrants must be Lakenheath Camera Club Members. This year we have decided to try a system of marking our own Entries. Each Member is given a sheet with the Entries marked 1 - onwards, and is asked to give a mark out of 10 first for the "Wow" factor, and then for Technical Merit, giving total achievable of 20 points for each Print or Digital Image. Members are not allowed to vote on their own work!

For more information please visit:

https://facebook.com/lakenheathcameraclub/

We meet *every 2 weeks* from September to April in the Methodist Chapel Function Room, Back Street, Lakenheath, starting at 8.00pm - doors open 7.30pm. If you would like any further information please contact: Mrs J Ottewell on 01842 860785

Membership costs £20 per year, including free tea/coffee & biscuits. 16 evenings of entertainment, so not expensive! Competition Entrants must be members.

Guests are always welcome, just turn up - no obligation to join.

St Mary's Church

Calling all children who are bored on a **SUNDAY MORNING**.

Are you between 3 and 12 years old?

Then why not come and see us at St Mary's?
Stories ~ Games ~ Painting ~ Collage
& lots of fun!

FOR TEENS - The Make a Difference Group.
We take having a laugh very seriously. Why not come and find out for yourself -

11.00am Sunday. ***All these activities run alongside our main Sunday Service.***

ANY QUESTIONS TO: **PETE THEOBALD,**
24 Gorse Close, Lakenheath. Tel: 01842 861897

WHAT'S ON

THETFORD SIP BRIDGE CLUB

We play at the Conservative Club in Thetford on Monday evenings.

Though we do not teach the game we will welcome players of all standards from relative beginners to the experienced.

Additional information can be found on the bridgewebs website under Thetford. If you would like to play please contact me for details:

01842 827244 *or* **nsross132@gmail.com**

Nick Ross, Chairman

Hockwold Village Bowls Club

Lakenheath has an excellent indoor Bowls Club, but would you like to play outdoor bowls?

We are just along the road in Hockwold and we are always on the lookout for more members to join us.

If you would like to know more about the club, check out our Facebook page or ring Geoff on 01842 829960.

Hockwold Village Bowls Club

EPIC DAD (Fathers & Families Project) ACTIVITIES

Epic Dad Fun Club

SATURDAY MORNING CLUB FOR DADS, MALE CARERS & CHILDREN OF ALL AGES

Every 2nd Saturday of the month

Lakenheath Primary School

10am - 12 noon

A morning of food, fun, crafts and lots more!

Forthcoming Dates:

12th March & 14th May

Open to all Dads, male carers and children of all ages from across West Suffolk & beyond

For more info on the work of EPIC DAD please contact Rich on 07717 744608 or Email info@epicdad.co.uk

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UTTER

Poetry/Creative Writing Group

CALLING ALL WORDSMITHS, POETS, BUDDING CREATIVES

Come and join us for a two hour monthly workshop and share your creative skills

25th March
Lakenheath Library
11.30-13.30

£1 - *bring along your writing pad, pen/pencil, your imagination and water!*

For more details please call: **07940 114943**

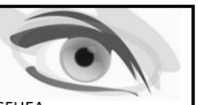
We look forward to seeing you!

LAKENHEATH CRICKET CLUB

Lakenheath Cricket Club are looking for players to join its Saturday and Sunday adult teams, players must be minimum of 14 years of age.

If you are interested please email:
Lakenheathcc@yahoo.co.uk

LAKENHEATH OPTICIANS



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Dispensing Optician: Mr Tim Briscoe FBDO
Optometrist: Abbie McBain BOptom (Hons), MCOptom, Dip, TpIP

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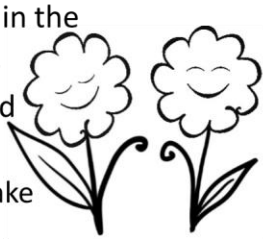
Email: lakenheathopticians@btconnect.com Website: www.lakenheathopticians.co.uk

Lakenheath Friendship Club

We meet every other Thursday in the **Methodist Church Hall** at **2 p.m.**



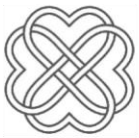
We have a fun activity, tea and cake and a small auction.

We are a friendly bunch who make all our new members welcome.

The club is open to everyone who wants to see old friends and make new ones.

March dates are 10th and the 24th.

We look forward to seeing you!



£2 per person to cover costs

For more details phone **Sue** on **862768**

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MARCH GARDENING

As I'm writing this article, I've seen on social media that today is the opening of the Kings Lynn Mart which for us usually means a windy or bitterly cold snap. However, spring is on its way, the snowdrops have been in full bloom for a few weeks now, the species crocus are also in bud, I've even spotted the odd daffodil in flower too (by the time you read this there will probably be lots in flower!).

Every year I write "Mothers Day is the unofficial start of the gardening season" and this year it falls on 13th March. The more frequent sunny days provide a chance to get into the garden and get set for spring. Don't get carried away though, frosts and winds are still frequent, so keep overwintered tender plants wrapped up warm.

March at a Glance:

- Pruning month: Roses, Buddleia, Cornus, Hydrangea and winter shrubs that have finished flowering
- Sow hardier seeds and half-hardy annuals under glass
- Plant outside seed potatoes, shallots & onions
- Protect newly emerging shoots from slugs and snails
- Keep on top of weeds, as they will compete with garden plants for water and nutrients
- Sprinkle a general purpose fertiliser in borders around shrubs and perennials

Whilst the spring bulbs are in flower its time to turn our thoughts to summer bulbs. Garden centres, including here at P&R Garden Supplies, will have a good supply instore to be planted now. We often think of planting bulbs for spring colour, but there are many summer-flowering bulbs that can add colour and scent to the garden. Most summer bulbs are semitropical perennial plants. My top five are: Dahlias, Lilies, Cannas, Crocosmia and Begonias. Although its hard to resist Agapanthus, Gladioli, Nerines, Freesias and Eucomis too (I did say there are many!)

The majority of summer bulbs are sun worshippers, although begonias do well in a shaded spot. Most summer bulbs prefer a well-drained fertile soil so always add a handful of grit to the planting hole.

Dahlias are one of the most versatile bulbs for the summer garden. Dwarf types of this summer flower reach only a few inches tall at the opposite end of the spectrum the monster "dinnerplate" varieties can grow more than 6 feet (and feature flowers bigger than your head). Dahlia blooms come in nearly every colour of the rainbow and a range of flower forms. Dahlias appreciate a spot with full sun and moist but well-drained soil. Stake taller varieties to protect them from the wind. It used to be recommended to lift and store Dahlia tubers over-winter, but nowadays our warming climate and sandy soil means we can leave them in situ and they generally survive.

Cannas are vibrant tender perennials that produce bold exotic leaves and come in several colours. Tall and showy, there's no mistaking their tropical appeal. Cannas can be grown in borders or containers. They are grown from rhizomes (underground stems) They are tender plants, but in warmer parts of the UK you can leave the rhizomes in the ground with a covering of mulch. Paul and I grow ours in containers, and we put the containers in our garage for winter, it does the trick!

Not in my list above but the Queen's favourite flower is "lily of the valley". You almost have to look for lily of the valley to actually see the flowers, but their intense scent will guide you to the plant. Given the right growing conditions lily of the valley often will spread and form a carpet, especially in slightly acidic soil. Give your plants protection from hot sun, and keep the soil evenly moist.

If you keep my articles for future advice, look back at March 2016 for advice on growing begonias and March 2017 for further advice about dahlias.

March is a busy time of year in the garden and, before you know it, summer has arrived.

Whatever March brings, I hope you get a chance to step out into the garden and enjoy the season as you tackle this months gardening jobs.

Rachel Sobiechowski BSc (Hons)
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Little Fishes
invites you to it's annual
Easter Egg Hunt
on **Sunday 10th April**
11am to 2pm
at the **Lakenheath Pavilion**
Teas, coffees, cakes, cream teas, barbeque, tombola, raffle and games for all.
Age limit of 9 and under applies for actual egg hunt.
A fund raising event on behalf of
Little Fishes Pre-school

Lakenheath Pavillion Invite You to their

Masked Ball

Saturday 9th July
8pm - 1 am

Adults only Free Event

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LAKENHEATH FOOTBALL CLUB

March Fixtures

		k/o
3rd	Lakenheath U18's v Haverhill Rovers U18's	**7.45pm**
10th	Lakenheath U18's v Mildenhall U18's	**7.45pm**
12th	Lakenheath Reserves v Cambridge University Press Reserves	**3pm**
19th	Lakenheath 1st Team v Brantham Athletic	**3pm**

Sunset Barn Care Farm

News from down on the farm: Attendees at Sunset Barn Care Farm have returned from their Christmas and New Year break to either cold frosty mornings or muddy waterlogged walks to feed the chickens, ducks and geese that remain contained due to risk of Bird Flu. However, signs of Spring are on the way with bulbs forcing their way through the aforementioned soil. Feeding the sheep with hay and spare sugar beet gives us opportunity to keep a close up eye on the condition of the flock and is a stark reminder that whatever the weather the animals need caring for.

Care Café News – we apologise for the closure of the Café at the Methodist Church in Back Street during January but took the decision in light of the increased risk of catching Covid to our attendees. Please check Lakenheath Methodist Church web site for confirmation of re-opening date or see the sign in our local Co-op. We look forward to many more chats and sharing of nourishment in the very near future.

Regards Melanie and the teams from the Care Farm and Care Café

If you wish to have any information about either the Care Farm or the Care Cafe please contact Melanie on 07847 037622 or e mail melaniepsmith@hotmail.co.uk

The Cinnamon Trust Needs your help!

Please could you volunteer to help with walking a local dog for an elderly or ill owner?

Anyone with even an hour a week to spare can make a huge difference to an elderly or terminally ill owner and their much loved pet.

Please contact us on **01736 758706** or Email: **volunteer@cinnamon.org.uk**

LAKENHEATH FEN MARCH

Nest-boxes for garden birds this Spring

Hello to all and I hope the first few days of Spring have been good ones for you! There are signs of the changing seasons all around us, ever since the days began to lengthen after the New Year- now the birds are singing, crocuses and daffodils popping up above the soil again and the first bees are on the wing too.

The last month at Lakenheath Fen has seen a shift in the wildlife that visitors can see- marsh harriers are beginning to disperse to their spring breeding territories and the evening harrier roost consists of fewer birds. However, our common cranes are now back with us and have been here since the start of February, which is an early return (the middle of the month being more typical) and this may reflect the milder weather of January and early February. Any day now, we will hear the first bitterns calling (deep, resonant 'booms' echoing across the reedbeds from territorial males) and the first blackcaps and chiffchaffs will start to join the resident songsters.

Across the UK, many of our familiar garden birds will be in full song too, but it is now widely known that many popular species struggle to find enough safe spaces to nest in our gardens. March is not too late to give them a helping hand by putting up a bird box or two in your garden, if you have the space. Bird boxes come in a huge variety of shapes and sizes, as different birds have different needs. Where you put your box can be very important too. One key feature for any box is that they generally need to be installed at least five feet above the ground, and out of reach of any visiting cats, either from above or below. Lastly, it is very important not to site your box in a south-facing position or where it will be exposed to sunlight during the hottest part of the day, as in the warmer months the eggs, chicks and incubating adults within can quickly get too hot. A box facing west, north, east or in-between is best.

Consistently voted as Britain's favourite garden bird, the robin, requires quite a secluded spot to nest in. The type of box robins like is called an 'open-fronted' box and mounted in a tangle of ivy or within a dense shrub is a good place to put it- robins do like a well-hidden site. You may find that a wren ends up moving into a robin box as they like a similar situation.

Next come the boxes with the traditional hole entrances- and they come with two entrance hole sizes- 25mm and 32mm wide. Boxes with a 25mm hole are ideal for blue tits but will exclude larger species such as great tits and house sparrows, which need a 32mm to fit their bigger bellies through! So a 25mm hole works if you just want to attract blue tits, but a blue tit won't turn down a larger 32mm hole so this option will suit a wider range of birds and you are more likely to get an occupant! Our house sparrows struggle for nesting sites as older buildings are taken down, often taking with them loose roof tiles and cavities in roofs which were ideal nesting spots for sparrows and also starlings too. Sparrows do like to nest together in groups and you can buy 'terrace' style boxes with several compartments in one wooden unit, each with their own nest hole, to help appeal to their social nature. Or, two or more separate boxes in one spot will work just as well.

If you think you'd like to put up a box or two, March is not too late as although the birds have already begun to sing and court each other, many will still be looking for a nest site to use once they are paired up. Good quality boxes will be well-joined at the edges (to help keep the occupants dry during rain) and will have a panel that can be removed for easy-cleaning out of season. Specialist nestboxes are also available for other species such as house martins, swifts and swallows. If you have a large and quiet garden, there are boxes specially designed for barn owl, tawny owl and kestrels to use if you have any of these birds of prey nearby.

For more information on nest boxes, you can either telephone the RSPB on 01767 693690 or visit https://www.rspb.org.uk/birds-and-wildlife/advice/how-you-can-help-birds/nestboxes/. If you are looking to buy boxes, you can visit shopping.rspb.org.uk or visit and RSPB shop at The Lodge, Titchwell or Minsmere. Nearby Lackford Lakes (Suffolk Wildlife Trust) can also offer advice in person and they sell nest boxes too.

I hope this article has been interesting and useful for anyone looking to add a nest box or two to their garden. As always, myself and the rest of the team here at RSPB Lakenheath Fen would like to wish you well for the month ahead.

With best wishes,

Heidi Jones, Visitor Experience Officer, RSPB Lakenheath Fen

Events at RSPB Lakenheath Fen

Friday's Foray: Monthly guided walk – 11am-1pm, **usually** the first Friday in each month: 4 March**,** 8 April (second Friday in April)**,** 6 May, 3 June, 1 July, 5 August. Join a member of the reserve team on a seasonal guided tour of the reserve, taking in current wildlife highlights and learning about the reserve and conservation as we go. If the weather is wet and windy, we will move the event to the week ahead until it cheers up enough for a walk!

Adults: £7 non-RSPB members, £5 for RSPB members

Children (10+ years): £3 for non-RSPB members, £2 for RSPB members.

Treasures of the Moth Trap: Monthly moth-trap opening at the Visitor Centre – 10am to 11am. Thursday 24 March**,** Saturday 30 April, Thursday 26 May. Come and join us to empty the trap and see what we have caught the night before on the nature reserve.

Adults: £3 non-RSPB members, £2 for RSPB members

Children (under 16's) go free!

Join in with Harrier and Bittern Nest Watches: Experience the magic of a reedbed early on a Spring morning – 07:30am to 12:30pm. Tuesday 17 May**,** Tuesday 31 May, Tuesday 14 June. Watch the reedbed come to life, counting marsh harriers and bitterns as they bring food back to their nests. On this event you will join a warden and take part in the surveys. Ask as many questions as you like, breakfast and transport is included.

Adults: £3 non-RSPB members, £2 for RSPB members

Children (under 16's) go free!

Eggs and bunnies at RSPB Lakenheath Fen: An Easter-themed family trail around the accessible Brandon Fen loop. Suitable for all ages and abilities. Friday 8 April to Sunday 24 April.

£1.50 per child. Payable in advance or on the day (from the Visitor Centre, open 9am to 5pm daily). For more info and booking go to events.rspb.org.uk/lakenheathfen.

GOOD NEWS

LUNCHEON CLUB WILL BE OPENING AT THE **VILLAGE HALL** ON **30 MARCH**.

We will serve **tea and coffee from 11am** and **lunch at 12 noon**.

As this will be the first lunch for a long time, we would ask that you ring one of the numbers below.

Please leave a message with your name and number in your party.

All helpers *old* and *new* will be most welcome.

DAWN	**01842 828066**
MARGARET	**01842 860878**

We look forward to seeing old friends and meeting new ones.

March at Lackford Lakes

Reserve and car park open daily 8am-5pm. Toilets open 10am-5pm. Catering open 10am-4pm. Shop open from 10am-5pm. Four hides are open, maximum stay of 1 hour and limits to number of visitors at any open time apply.

EVENTS AT LACKFORD LAKES

WED 2nd: 10am-11.30am: Wild Tots: Join us for a fun morning at wild tots outdoor play group!

Wild Tot (18mths-5yrs) £7 *(includes a hot or cold drink from the café for the parent)* **£35 for a 6 week block** (normally £42)

WED 2nd: 1pm-2.15pm: Wild Babies: Weekly outdoor baby group for parents and babies 3-18months!

Wild Baby (3-18mths) £7 *(includes a hot or cold drink from the café for the parent. You may want to bring a takeaway cup if you would like to take away with you)* **£35 for a 6 week block** (normally £42)

MON 7th & 21st: 10.30am-12noon: CONNECT: Bi-weekly group for adults with learning disabilities connecting to nature and with one another. This event is designed for adults to attend alongside a support worker to be able to connect with nature through a variety of nature based activities and walks.

There is an option to book for 1 session, 3 months (6 sessions) and 6 months (12 sessions) at a time. A new block booking will be available to book for 3 months from March 21st. If you would like to book you can call **01473 890089**.

Adult £5 single sessions, 3 months £30, 6 months £60. Carer/accompanying adult Free

WED 9th: 11am-1pm: Walk: Bird I.D with Paul Holness: Join Paul Holness for a morning walk around the reserve. **Adult £5**

FRI 11th: 3.30pm-4.30pm: Family pond dipping: Bring your family along for pond dipping at Lackford Lakes! Your family will have their own set of equipment and space for 45 minutes of pond dipping.

Adult and child ticket £7 *(This secures a tray and equipment during the chosen time slot. If you would like additional adult and children to attend you can order these when booking)*

WED 16th: 7.30pm: The world of dragonflies and damselflies: David Chandler is a well-known nature writer and wildlife guide, and has authored and co-authored several books.

Suggested donation, £5.00 including tea and coffee. **Under 25's free**.

SAT 19th: 11am-1pm: Suffolk Wildlife Trust Teen Career Fair: Interested in a career within the Wildlife Trusts? Join Suffolk Wildlife Trust virtually for our teen career fair.

SAT 26th: 11am-1pm: Walk: Bird I.D with Paul Holness: Join Paul Holness for a morning walk around the reserve. **Adult £5**

SAT 26th & 27th: 10am-4pm: Book sale: Donations of any books, but especially those with a wildlife focus, are welcome. Please drop off at the Visitor Centre in the week prior to the event. **Free**

In order to run events safely while the Covid-19 pandemic is still in effect, there are a number of changes/restrictions to how events are run. Please see the website.

BOOK AT:

LITTER PICK

This picture is of all the rubbish that was collected from our hedgerows and open spaces on 12th February 2022. It is a huge pile! Everyone worked extremely hard, and in some quite tricky places, and I am very grateful to all of you who came out to help - it would not be possible without you all. Our village now looks much better and hopefully others will notice and help to keep it that way.

As far as I am concerned you are all heroes and I look forward to seeing you again on on our next litter pick - which will be sometime in May. Thank you all once again.

Kindest regards *Judy Cahill* (Parish Council) **judy.cahill@lakenheath.org**

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The Brecks Fen Edge & Rivers Landscape Partnership

Project Focus - Sea to Chalk

At the end of January, the BFER team went to Mildenhall to explore the river Lark and view the sluice gates at Turf Lock and Gas Pool that will be comprehensively redesigned for our Sea to Chalk project. The aim of the project will be to remove in-river structures to improve fish passage and enable free flow of native species. The project will be led by the Environment Agency, and the plans will soon be made available on the project page.

You can read a blog post over on our website, showing more pictures of the sluice gates along the river Lark and photos of the newly installed bridge next to Turf Lock. The bridge was constructed with a partnership by Suffolk County Council, Mildenhall and Barton Mills Parish Councils with an aim to continue to improve green access in the Brecks. On our blog post, read more about the project and you can see a 360-degree view of the bridge.

https://brecks.org/bfer/projects/restoring-the-water/1-2-sea-to-chalk-restoring-sea-trout-and-eelsUpcoming Events/

My WISH Charity's Soapbox Challenge returns!

Oh, how we have missed the Soapbox. The pandemic has stopped us from being able to host this community event for the past two years but we are back with an amazing day of fun, thrills and, hopefully, not too many spills!

Soapbox entry is just £100 which includes a promotional stand in our Soapbox City, based at the Priory School, making it a great way to tell everyone about your business, club or organisation.

Building a soapbox is a great team building exercise and in past years we've seen the Bat Mobile, the Only Fools and Horses Robin Reliant, an Anchor Man desk, pirate ships and a Police riot van to name a few! Each team takes to the stage to showcase their soapbox and do their presentation dance before heading off the ramp and down Mount Road.

Trophies are up for grabs for three categories; fastest time, best soapbox and best presentation plus there's a fourth trophy for the Overall Champions.

Don't fancy a team but want to be involved? We have great sponsorship and advertising packages so do get in touch. With over 1000 spectators watching it promises to be a brilliant day once again and we can't wait.

Email **fundraising@wsh.nhs.uk** to book your place or to find out more.

Upcoming Events

Lynford Arboretum Guided Walk: 17th March

The starting point is Lynford Arboretum car park and our walk will take us where woolly mammoths once roamed, and where Dad's Army was filmed! Lead by Positive Steps Fitness & Wellbeing. Walk will start at 9:30 and finish at approximately 12:30 pm. The walks will be led at a steady pace, with at least two short stops, so come armed with a flask with a hot drink as we won't necessarily be close to a coffee shop!

You will need to bring a small rucksack with water and maybe a hot drink. Hat and Gloves if you are not wearing them! An extra top in case you get cold, a waterproof jacket. Wear suitable shoes or boots for walking. It could be wet so maybe waterproof shoes or boots would be good. You may want to have a spare pair of shoes and a change of socks in the car for when you get back, just in case….

Thetford River Day: 16th July (SAVE THE DATE)

We are looking for partners to come and join us for a day of river celebrations.

Would you like to have a stall or run activities? Then get in touch!

Do you have an event you would like us to promote on our newsletter, on our website, or across our social media pages?

Please go to our website, register for our newsletter for information, updates and opportunties to get involvedand, complete a form for us to share your event.

Lakenheath Library Book Group

How do you benefit from a book club? We are continuing sharing what people have said about belonging to a book club

Friendship

Friendship, caring, laughs, honesty, the opportunity to share ideas and thoughts without feeling foolish or inhibited. The book club allows me to share with very bright, knowledgeable and articulate people.

Our next Book Group Read

The Man Who Died Twice by Richard Osman

It's the following Thursday.

Elizabeth has received a letter from an old colleague, a man with whom she has a long history. He's made a big mistake and he needs her help. His story involves stolen diamonds, a violent mobster and a very real threat to his life.

As bodies start piling up, Elizabeth enlists Joyce, Ibrahim and Ron in the hunt for a ruthless murderer. And if they find the diamonds too? Well, wouldn't that be a bonus?

But this time they are up against an enemy who wouldn't bat an eyelid at knocking off four septuagenarians. Can The Thursday Murder Club find the killer (and the diamonds) before the killer finds them?

Collect a copy to read from Lakenheath Library

Our next meeting will be held at **Lakenheath Library** on **Wednesday March 16th** at **4.00pm**.

BRANDON PHOTOGRAPHIC CLUB

We hope you may be inspired to come along and share your interest in photography with us. We all have a lot to learn from each other and from the experts we ask to join us from time to time. Watch out for these editorials to learn more about what we have in store as each month passes. There is always someone on hand to help with any technical questions you may have.

We meet fortnightly at the Baptist Church Hall, 39 High Street, Brandon, Ip27 0AQ, at 7:30pm and our next dates are 9th and 23rd February 2022.

Covid precautions and Government Guidelines will be observed at all times.

For further details, please contact info@brandoncameraclub.co.uk

We look forward to seeing you in February.

Take care and stay safe.

You can follow us on facebook and keep up to date with what's going on or check our website:

www.brandonphotographicclub.co.uk

Suffolk Walking Festival

The 14th Suffolk Walking Festival launches on 14 May 2022 with over 70 guided walks over two weeks over some wild countryside, outstanding landscapes, rolling hills, forests, and coastal beauty spots. With lots of weekend, evening and family walks, the programme has accessible, short, medium, long distance walks, and challenging walks. There is something for everyone!

This year's programme will discover a dragon in the iconic Stour Valley, explore Hawkedon's horizons through idyllic green villages, celebrate 75 years at RSPB, one of the most special places in Suffolk, tell stories of smugglers and shipping routes at Dunwich Heath, and spend time watching Sweep the sheepdog, in action managing Orford Ness Nature Reserve's very own herd of rare breed sheep.

You can tune into bats on a twilight safari through ancient woodland at Priestley Wood, brush up your whittling skills and make damper bread over an open fire in the woods at Thornham Walks, and get crafty at Brandon Country Park finding willow, sticks, leaves and rushes in the woods to make and keep your own creations.

The festival kicks off at Clare Country Park on Saturday 14 May with refreshments and 2 Launch Jaunts. It then runs every day until 29th May. Tickets are on sale from early March. Check out the website **www.suffolkwalkingfestival.co.uk** for more details of the programme, to sign up to regular newsletters, and to buy tickets.

Just for a laugh...

Why did William work on making paths and trails? *Because where there's a Will, there's a way*.

I asked my father how his hike was, he replied, "*It had its ups and downs*".

What do you do if the feet of the hiking robot breaks? *You reboot it*.

Why did the boy throw the rock during the hike and not keep it as a souvenir? *He was not sedimental*.

Walking along the river, a tree asked me, "Water you doing down here?" I replied, "I wood never leave a view like this behind".

MILDENHALL MUSEUM SOCIETY

All talks and meetings are suspended until the Trustees decide it is safe to re-open.

More information about the museum and a virtual tour are available on the Museum website.

www.mildenhallmuseum.co.uk

LAKENHEATH BINGO

Why not join us for our money bingo session each Wednesday at 7:30pm in the Village Hall.

We give away a total of £165 in Prize money. Our Wednesday Whopper pays out £15 and we also have two jackpots and rewards for winning on a piggy number.

We can also offer you an evening so that you may run a Prize Bingo to make funds for your own organisation or a charity of your choice. We supply the caller, books and any help you might need if you haven't done it before.

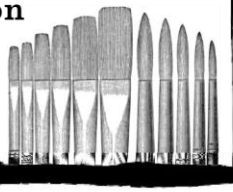
For more information please call:-

Margaret on 01842 860878

BRANDON ARTS SOCIETY

Brandon Arts Society is planning to resume normal meetings on 5 April 2022. If you would like to paint or practise other art forms and would like to meet with us, you will be very welcome.

We meet on Tuesday afternoon between 2pm and 4 pm at the Baptist Church Hall, Brandon High Street. So come along and enjoy being creative. We would like to meet you.



RIVERSIDE BADMINTON CLUB MILDENHALL

Our club is seeking new members to learn or improve. Great exercise and/or social night. We meet at the Mildenhall Hub, Wednesday evenings, 7pm-9pm. Everyone made welcome.

Please contact Jim on 01842 860747

Lakenheath Pavilion

Farmers Market

&

Craft Spring Fayre

Sunday 1st May

Would you like a pitch?

contact Tracy Whitehand on

07884 254526

Support Local Businesses

WEST ROW INDOOR BOWLS CLUB

Did you know there is a 3 rink indoor bowls club in West Row?

Just so there is no confusion this is flat green bowling and not the type with large bowling balls and 10 pins! Although bowls is normally considered as being for the older generation it is actually one of the few sports that is suitable for all ages and where everyone can play on an equal footing and have fun.

The indoor season runs from September through to March and new members are always welcome. If you are new to bowls and fancy giving it a try; we do hold beginners/taster sessions on Wednesday evenings at 6pm. A warm welcome is guaranteed and you only need to come in casual clothing as shoes, bowls etc can be provided by the club. Fully qualified coaches are available to explain the game and give advice. In the past some of our junior players have gone on to play at County and even International level. We also welcome experienced bowlers.

The club also runs a number of internal leagues and competitions and arranges friendly matches with other indoor clubs in the area so there is always a chance to take part in these if you enjoy the taster sessions and wish to play more games.

So if you fancy taking up a new sport why not pop along on a Wednesday evening and give it a go? The club is in Beeches Road West Row IP28 8NY near the Village Hall and Playing Field.

For more information or any questions please contact:

Peter Rolfe on 01638 714073

or email: peter.rolfe3@btopenworld.com

SUFFOLK Community Foundation

The Old Barns
Peninsula Business Centre
Wherstead
Ipswich IP9 2BB
Reg. Charity No: 1109543

Fonnereau Road Health Foundation Fund

Grants **towards equipment** which will **improve physical and mental health** in Suffolk.

Closes **4 March** 2022. Panel decisions expected mid-May. There will be further panels held throughout the year.

Suffolk Cancer Screening Fund

Grants are available to **support the work of voluntary, community and social enterprise organisations** addressing one or more of the following objectives: Highlight the risks of cervical, breast or bowel cancer • Highlight the preventative benefits of screening • Encourage booking of, and attendance at screening appointments or, in the case of bowel screening, registering with a GP and supporting uptake of the screening offer • Tackle barriers such as fear, embarrassment and common myths • Improve access to information • Consider nominating a Screening Champion within your organisation

Closes **8th March** 2022. Panel decisions expected by beginning April 2022. This is a rolling programme and will close as soon as the fund is spent.

Women & Girls Fund

Grants to support the work of voluntary, community and social enterprise organisations that are delivering work to support local women and girls in need. This fund particularly welcomes applications that are towards early intervention, crisis prevention and education for women and girls.

Closes **23 March** 2022. Panel decisions expected mid-May.

Transforming Suffolk Loan Fund

Loans are available for **charitable, voluntary and community groups** delivering work in Suffolk.

Open all year round.

To apply & for more information about Suffolk Community Foundation and their work go to:

www.suffolkcf.org.uk

Surviving Winter Appeal needs urgent donations!

The Surviving Winter Appeal helps vulnerable people in Suffolk to stay warm, stay well & stay connected during the winter months. Working in partnership with other fantastic organisations in our county allows us to reach more vulnerable people, and assist them with a variety of issues - from fuel poverty to loneliness to isolation.

With energy costs rising, your donation is more essential than ever. Please support this vital appeal:

www.justgiving.com/campaign/survivingwinterappeal2021-22

Thank you for helping us...

In January 2022 , we awarded **80 grants** totalling **£451,141** to Suffolk charities and community groups.

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What's on at Lakenheath Pavilion?

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Monday • Slimming World
5pm and 7pm
Looking to reach your dream weight this year? Look no further than Slimming World.

Wednesday & Thursday • Yoga
6:30pm to 8pm
Drop in Yoga - bring your own mat, water, and towel. £10/class or £50 for six.
Call **Wendy** on **07783 009786** for more info.

mail@lakenheathpavilion.org 07789 499970 lakenheathpavilion.org

Lakenheath Pavilion is owned and operated by the Lakenheath Playing Field Association • Registered Charity #304908

Lakenheath Pavilion

Saturday 9th April

MAN IN THE HAT
COUNTRY SINGER

LAKENHEATH PAVILION

BEAUTIFUL DANGEROUS

FRIDAY 4TH MARCH

DOORS OPEN 7PM

£2.50

LAKENHEATH YOUTH FOOTBALL CLUB

Do you have a child who would like to play football in one of the village teams? We have 11 teams from Under 6 to Under 16…

If you would like more details please see our website:

www.lakenheathyouthfc.co.uk

or alternatively please contact: Richard Horrex **07540 201223**
or Gemma Brooks **07889 247613**

Our teams compete in local leagues and coaches are DBS checked and FA trained.

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lakenheathlittlefishes@gmail.com
or find us on facebook

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LAKENHEATH PEACE MEMORIAL (VILLAGE) HALL & LAKENHEATH COMMUNITY CENTRE

Quiz Night! Friday 18th March

In the Community Centre
arrive 7:30pm for 8pm start
Teams of up to 6 people, £4 per person entry fee
Cash prize for winning team, Pre-booked teams only
Call Sue on **07939 810829**

Open Mic Night

1st Friday of every month
In the Community Centre 8-11pm
Lounge and bar open

Whether you're a singer, poet, comedian or in a band come along and take over the mic for a session.

Community Centre Bar

Please remember the bar is open every Friday night 7-11pm. Card payments now accepted.
Please follow our facebook page for updates.

Marvelous Monday

THE MONDAY CLUB

Peace Memorial Hall
10am - 12noon

For retired people to join in activities. We play SNOOKER, POOL, TABLE TENNIS, CARDS & DOMINOES with a refreshment and chat break half way through. Your first TWO SESSIONS ARE FREE! **For further details call Kevin or Sandra on 01842 860829**

LAKENHEATH FLOWER CLUB

Peace Memorial Hall
2nd Monday of the month 7.30 - 9.30pm
call **Heather on 01842 860997**

WONDERFUL WEDNESDAY

MONEY BINGO

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.
£2.50 a session. **First session free.**
For details call **Phil** on **07708 404557**

SUPERB SUNDAY

FAITH BAPTIST CHURCH

Peace Memorial Hall 10am - 1pm

Terrific TUESDAY

LAKENHEATH PARENT BABY & TODDLER GROUP

Peace Memorial Hall 9.30am - 11.30am
Brighten up your Tuesday Mornings!
All are welcome to join us. Your first VISIT IS FREE!
Join our group on Facebook: Lakenheath Parent, Baby & Toddler Group.

BALLET/FOLKLORICO

Community Centre 4.30pm-6.15pm

LAKENHEATH LINERS 7.30pm - 9.30pm

Peace Memorial Hall. Teacher Peter Jones.
£4.00 per person. For more information please call **Tony King on 07719 271261.**

LAKENHEATH SILVER BAND

Community Centre 8pm - 9.30pm

THRILLING THURSDAY

LADIES KEEP FIT

Peace Memorial Hall 10am - 12noon
please contact Jenny for further details on:
01842 861390

BABY & ME MOVEMENT CLASS

Community Centre 9.30am-10am

BALLET/FOLKLORICO

Community Centre 10am-10.45am

SCRABBLE And Games

We've moved! The Scrabble Club has been so popular, we have moved to bigger premises. We will now be based in the **Methodist Church Hall, *every other Friday* 2pm - 4 pm.**

Unfortunately, I will have to increase the entrance fee to **£2** to cover expenses but that's cheap for an afternoon of fun, laughter, tea and cake.

We play Scrabble, Rummikub, cards and many other games. Everyone is welcome so please come and join us.

Our February dates are 4th & 18th.

For more information, please contact **Sue** on **862768**.

We look forward to seeing you!

Lakenheath Indoor Bowls Club

JUNIOR SECTION AGES 7-18

SATURDAY MORNINGS

9.30am to 10.30am Beginners

10.30am to 12.15pm Junior Section

(SEASON SEPTEMBER TO APRIL)

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Rev David McAloon **01842 753819**

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Our Churches

St Thomas of Canterbury Church
Brandon Road, Weeting, Brandon IP27 0PT

St John The Evangelist Church
St John's Close, Mildenhall IP28 7NX

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St Thomas' 11am St John's 9am

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www.stthomas-stjohnparish.com

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Message Board

Thank You

Many thanks to Mark and Pauline at Mark Skinner Funeral Services for all their help in making Oliver's funeral so special.

Thanks to Samantha for raising a go fund page and for all those lovely people of Lakenheath who donated. Also thanks to Oliver's friends on base who had a collection, which together paid for Oliver's funeral.

Thanks also to Joanne and the Co-Op for providing the wonderful spread at the wake.

How lovely to live in such a caring community.

Stephen, Oliver's dad

FOR SALE

Items for sale under £200 FREE. Items exceeding £200 will be charged at £5.00 per item.

Please make cheques payable to Mrs M Young

Solid Pine Book Case **£35**
97cm (h) x 60cm (w) x 27cm (d) with adjustable shelves. Very good condition

LKE Professional Gel Polish LED Nail Dryer lamp **£15**
New, boxed and never used. On Amazon for £22.00
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Kenwood Microwave **£15**
Excellent condition
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Large Gas Operated Computer Chair **£19**
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Telephone 07969 525456

Glass Top Wall Unit **Free to collector**
Mahogany Effect, 6ftx5ft

Gents Road Bike **£25**
Telephone 07704 869960

SENDING YOUR FOR SALE ITEMS

POST: Lakenheath Times, Margaret Young, Unit 6 Harvey Adam Centre, 19 Wimbledon Avenue, Brandon, Suffolk IP27 0NZ

EMAIL: margaret@countygraphics.co.uk (remember to include a tel. no.)

USE THIS FORM FOR YOUR **'FOR SALE'** ITEM(S)

_____

_____

_____

_____

_____

Telephone:

Miraculous March

Primrose! Called out the crocus,
it is time to emerge from the ground,
this harsh winter is on the wane,
springtime soon to abound.

We will display our fine petals
of purple, gold and white,
put smiles on people's faces
when they view us, a wonderful sight.

I know we are still sleepy,
tucked up in a cosy bed,
but the brave warm sun is beckoning
for us to rise above the surface instead.

The primrose responded immediately
and stirred to face the day,
I am with you crocus, let us rise,
start our journey straight away.

The sun felt good upon them
and the message was loud and clear,
like hundreds all around them,
renewed life that would bring much cheer.

G. Cunningham

Getting to the root of it...

The origins of some commonly used phrases!

Cat Got Your Tongue: Said to someone who remains silent when they are expected to speak.

Origin: There are two stories on how this saying came into being. The first one says that it could have come from a whip called "Cat-o'-nine-tails" that was used by the English Navy for flogging and often left the victims speechless. The second one may be from ancient Egypt, where liars' tongues were cut out as punishment and fed to the cats.

Give The Cold Shoulder: Reject or be deliberately unfriendly to.

Origin: This saying, that is currently considered to describe someone rude, was actually considered an act of politeness. During medieval times in England, after everyone was done feasting, the host would give his guests a cold piece of meat from the shoulder of beef or pork as a way of showing that it was time for everyone to leave.

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LAKENHEATH PARISH COUNCIL
EMERGENCY PLAN

Contents:

- This plan has been specifically designed for the village of Lakenheath.
- In ALL cases of emergency, major or minor, call the emergency services (999).
- Do not assume that somebody has taken action, it is better that the initial response is duplicated than not given at all.
- The purpose of this plan is to provide a course of action to be taken by anybody involved in a major/minor emergency in Lakenheath that may put people, animals or property at risk.
- This plan will provide a list of local contacts and essential service numbers that will provide the appropriate assistance.

Action:

- Determine the level of the emergency.

  Major: The nature and extent of the emergency is such that the number and type of casualties/persons involved requires more than a normal level of response. Any emergency involving American Bases will be dealt with by our own emergency services and base services combined.

  Minor: A more localised incident where normal procedures are likely to be adequate.
- Contact appropriate emergency service via 999 and describe the level of emergency.
- Follow instructions given by the emergency service, supported by information included in this plan.
- Take further appropriate action until the emergency services arrive.
- If you require local assistance contact a member of the EMERGENCY COMMITTEE (numbers provided overleaf).
- Should the need arise to evacuate people for a length of time the Village Hall will be utilised with assistance given by available volunteers from the EMERGENCY COMMITTEE.
- As Lakenheath is a village with a fairly tight knit community, we don't require an elaborate emergency plan. It is not required by law but when implemented, can prove to be of great assistance to the emergency services and locals alike.

In all circumstances the elderly, young and vulnerable take priority. By good neighbourly care and attention, with the help of those on the contact list who can coordinate assistance, most situations can be dealt with.

This list of contacts has been compiled from people who are involved with Lakenheath Parish Council and volunteers having certain skills and equipment. They are also situated to cover all areas of Lakenheath.

EMERGENCY PLANNING GROUP

Residents of Lakenheath. If you would like a volunteer member of the Emergency Planning Group to contact you during an incident or emergency in the village *please complete the form below and return it to the* LAKENHEATH PARISH COUNCIL OFFICE.

Name: .....

Address: .....

.....

Telephone: .....

Email: .....

A member of the group will identify themselves and call you to check on your well being and to see if you require any assistance. ***This information is held in strict confidence***.

If you have registered with us in the past please complete this form again so we can update our records.

LAKENHEATH PARISH COUNCIL
EMERGENCY PLAN

WHEN AN EMERGENCY IMPACTS THE VILLAGE:

FIRST CONTACTS

JENNY HASTINGS	42 Woodcutters Way	01842 861390
PETA GYTE	5 Covey Way	01842 860979
ALAN GYTE	5 Covey Way	01842 860979
JUDY CAHILL	24 Pashford Close	01842 861960
GERALD KELLY	47 High Street	07968 396389
STEPHEN PALMER	33 Station Road	01842 860893

VOLUNTEERS WILL BE CONTACTED BY ONE OF THE ABOVE CONTACTS

EMERGENCY SERVICES/SUFFOLK POLICE	999/101	
SUFFOLK FIRE & RESCUE SERVICE	01473 260588	
SUFFOLK EMERGENCY HELPLINE	0345 603 2814	Only Active During Emergencies
NHS	111	Non-Emergency
ENVIRONMENT AGENCY FLOODLINE	0345 988 1188	
ELECTRICITY (Power Cut)	0800 316 3105	UKPN
ANGLIAN WATER	0800 771 881	Leak Line
WEST SUFFOLK DISTRICT COUNCIL	01638 719000	Switchboard
SUFFOLK COUNTY COUNCIL	0345 606 6067	Customer Services
LAKENHEATH SURGERY	01842 860400	