LAKENHEATH TIMES

April 2022 - Edition 187

LAKENHEATH PARISH COUNCIL

PLATINUM JUBILEE JUNE 2022

Plans are underway to celebrate Queen Elizabeth's Platinum Jubilee over the extended weekend **June 2nd – June 5th**

The Parish Council invite you to a

JUBILEE BRING YOUR OWN PICNIC

***on* SUNDAY JUNE 5th 12 noon – 4:00 pm**

The picnic is planned on the High Street outside the Village Hall and Community centre. Tables and chairs will be provided, but you are welcome to bring your own.

BOUNCY CASTLE, CHILDREN'S FANCY DRESS, (with prizes) CHILDREN'S COLOURING/CRAFTS, REFRESHMENTS, BAR, ICE CREAM VAN, LINE DANCING, BEST DECORATED SHOP/BUSINESS, BEST DECORATED HOUSE (with prizes)

Inside the Halls there are planned displays of photographs of Lakenheath through the decades, with the Flower club and Camera Club also contributing. In the coming months we shall be asking for any memorabilia which you may be willing to loan linked to the Royal Family or previous Jubilee celebrations (more details of this in the coming months).

We shall be decorating the High Street from the middle of May and invite you to do the same to your homes so that the whole village looks suitably festive.

We have lots of other events planned in order to make this once in a lifetime event really special.

If any other clubs/organisations would like to get involved and contribute to the long weekend then PLEASE do get in touch with the Parish Clerk.

The House and Property Company

★★★★★

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ROAD CLOSURE

The High Street will be closed to traffic on **Sunday 5th June** *between Mill Road and the Village Sign junction on Back Street* **10.30 - 5.30** due to the Platinum Jubilee Picnic Street Party. We are sorry for any inconvenience .

We hope you will all come and join us on this memorable day.

LAKENHEATH PARISH COUNCIL VACANCY - Clerk and Responsible Finance Officer

Hours: 30 per week

Salary: NJC scale point 22-23, £14.30-£14.67 per hour dependent on qualifications and experience.

To apply: Please send CV and covering letter outlining your experience, detailing how these will benefit Lakenheath Parish Council to lakenheathparish@gmail.com

Closing date: 20th April 2022.

Vacancy Details: Lakenheath Parish Council is looking to recruit a Parish Clerk and Responsible Finance Office. The Parish Council has 11 members and serves the community of Lakenheath village, Sedge Fen and Undley. It has an annual precept of just over £170,000.

The Clerk, as the proper officer of the council, has overall responsibility for managing the operations of the council and its facilities. The role requires a degree of flexibility, attendance is required at evening meetings, including the monthly Parish Council Meeting held on the first Monday of each month. Other duties including Management of Lakenheath Cemetery and staff member. Administrative arrangements and distribution of the Lakenheath Times. Preparation of agendas and supporting documents. Implementing or Monitoring decisions made by the Parish Council. Dealing with all financial and regulatory matters in accordance with current guidelines, including the production of financial statements for each meeting, the annual accounts and budget preparation. Regular review or regulatory documents and risk assessments. Advising Councillors on matters of legislation and practice. Dealing with Correspondence sent to the Parish Council and updating the Parish Council website.

The successful candidate will:

• Hold a minimum of a CiLCA qualification or be willing to qualify before June 2023 • Have proven experience in administration, a good understanding of local government and strong communication and IT skills • Be familiar with accounting practices in a supervisory role and have a record of proven, effective management of staff • Be able to demonstrate experience in project management, with a track record balancing multiple projects an advantage.

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.*

PUBLISHER
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98 High Street, Lakenheath IP27 9EW
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Email: **lakenheathparish@gmail.com**
Parish Office Opening Hours: **Mon-Fri, 10am-12noon**

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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
Telephone/ Text 07771 201752
07769 047170
Email: jdhking@aol.com

COMMUNITY SPEEDWATCH IS BACK ON THE ROAD!!

The small but enthusiastic Speedwatch team is now back out and about in the village, doing our best to encourage safe, lawful and considerate driving.

Just before Christmas we had to undergo retraining and complete new paperwork to comply with new regulations, but we are now up and running on a regular basis. From January 24th – March 4th inclusive 10 sessions were held, each located at one of the five allocated sites on the B1112 through the village authorised for Speedwatch by Suffolk Police.

Over the 10 sessions a total of 77 vehicles were recorded travelling in excess of the 30mph speed limit.

The relative details of each vehicle have been forwarded to Suffolk Police for information and consideration for follow up action.

To date there are only 7 volunteers to run the scheme and we try as often as possible to get out twice a week. Speeding is a very real concern for many in the village and we do our best to remind drivers to comply with speed restrictions. If anyone is interested in joining us please contact me on 01842 860979 or 07732 380437 and I will be more than happy to sign you up.

Safe motoring!!

Peta Gyte *(Coordinator Lakenheath Community Speedwatch)*

Lakenheath Parish Council

We are planning a small ceremony to plant a tree on Mutford Green for the Queen's Platinum Jubilee, Green Canopy Campaign. If it not raining this is planned for April 23rd at 12.00 this is to honour the Queen's 96th Birthday. If you would like to come along to this event, we would be very pleased to see you there.

DISTRICT & COUNTY COUNCIL NEWS

Thank you for reading this column.

I think all of us have been shocked over the past few weeks to see war return to the continent of Europe. Despite the warnings and shuttle diplomacy, the horrendous unjust attack by the dictatorship in Russia of a European country has rocked the world. A tragically bizarre way to protect Russian speaking people, by shelling and murdering thousands of innocent men, women and children.

But, like me, you no doubt read and watch the terrible news and images and much analysis. I think the collective sense of denial over the past few years, of the west, of what was happening, is clear. We have all watched an increasingly embittered and frustrated ageing man, marching through marbled halls, lined by clapping 'lackies' that, after 20 years, has wholly failed to rebuild the Soviet Union. However, if he had spent more time building democracy, empowering people and an economy rather than crushing people and lining his own pockets, and the pockets of his cronies, he might have succeeded.

Of course, reading this, some will say what's the war to do with the Lakenheath Times or our village? But in many ways, we are a 'Garrison Town', many USAF personnel living in and enjoying our community, so it's very relevant to our community. Over the years, many thought NATO and its necessity were becoming outdated, after all, there was peace and security in Europe. Equally, myself included, that probably the noise that we have lived with - the aircraft constantly training in the skies over our village - was a bit much, given the peaceful times we live in. But that has now changed, never has the comment the 'sound of freedom' been more accurate. When the Ukraine war is over, those brave people will begin to bury and mourn their dead. Then start to rebuild their lives, homes and infrastructure; if Russia wins, it will be a country with no freedom. Instead, a brutal dictatorship crushing free speech and democracy.

But for all our admiration for the armed forces, the Parish Council, Stephen and I continue to reinforce the messages about the need to stick to agreed flight paths and for USAF personnel to observe the speed limit in our village as necessary for all our safety. But now more than ever, we are grateful to the USAF and our own Armed Forces that preserve our way of life in our village as part of NATO.

In June, we will celebrate the Queens Platinum Jubilee. As the horrific slaughter and subjugation of a sovereign state take place, we should celebrate our way of life, our freedom, and give thanks for our wonderful country and our own home here in Lakenheath, Sedge Fen and Undley.

Colin Noble, West Suffolk District Councillor for Lakenheath Ward & Suffolk County 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:

4th April 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

BEAVERS

1st Lakenheath Scout Group

CUBS

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
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suffolklibraries.co.uk
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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

Next meeting: 12th April

New members welcome

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

LAKENHEATH FLOWER CLUB

AS FROM OUR NEXT MEETING ON MONDAY THE 9th MAY ALL MEETINGS WILL BE HELD IN THE AFTERNOONS IN THE VILLAGE HALL AT *2.00pm*

There will be no meeting in the hall in April but if anyone would like to join us for our **AGM lunch** at Feltwell Golf Club on **Wednesday 13th April** at **12.30pm** please call the number below.

We meet every second Monday of the month from February to December. We have 6 class weeks February, May, July, August, October and November and 4 outside demonstrator weeks in March, June, September and December. April is usually our AGM. We also have a Garden Walk and a Social Meeting in a members garden.

We would love to welcome new members to our club so please come and give us a try. Your First Class Afternoon is Free.

Annual Membership is £30. For any further information please contact 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

Peace I leave with you, my peace I give unto you... Let not your heart be troubled, neither let it be afraid.
John 14

Lifts available – contact Richard or Liz on 01842 861191.

More information on our website:

www.lakenheathbaptist.org

CLUBS & ACTIVITIES

St Mary's Church
Lakenheath

Invites you to a coffee morning

at **Church**
on **23rd April**
10-00am -1200 noon

Raffle and items for sale
In aid of Church Funds

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.

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

Spring is here so treat 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:

10 April, 24 April and 8 May

LAKENHEATH CAMERA CLUB

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

Our April 2022 programme is as follows:

4th: Competition with Swaffham Camera Club at Lakenheath.

10 Digital Images and 10 prints from each club. Prints can be a mix of colour/monochrome and can be commercially processed. Actual picture size is to be a minimum of 300sq.cm on mounts not exceeding 50 x 40cm. Digital Images are to be 1024x 768px. The judge for the evening will be Mr. Nick Akers LRPS from East Rudham.

25th: Annual General Meeting.

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

Lakenheath Pavilion

May Day Celebrations

Monday 2nd May
12 noon till 5pm

Join us for Old Fashioned Fun & Dancing Round the Maypole

Bar Open & Food Stalls

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:

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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Please contact us to arrange for an initial free consultation by telephone or email at our locally based office in Mildenhall.

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UTTER

Poetry & Creative Writing Workshops

Held monthly at Lakenheath Library

Upcoming dates are:

April 29th, May 27th & June 24th

11.30am -1.30pm

Please bring writing materials

For more information please call the facilitator:

07940 114943

We look forward to seeing you!

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.

April dates are 7th and the 21st

We look forward to seeing you!

£2 per person to cover costs

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

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

Optometrist: Dr E Osuobeni BSc, MSc, PhD, MNOA, MCOptom, SFHEA
Dispensing Optician: Mr Tim Briscoe FBDO
Optometrist: Abbie McBain BOptom (Hons), MCOptom, Dip, TpIP

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SATURDAY 10.30-12 NOON MONTHLY
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WHY CYCLE WITH US?

- We will always stay together
- Any experience welcome
- Off road, safe cycling
- Fully trained breeze leader
- Café for refreshments after
- Discounts in café & parking

Intersted in joining us?
Call or text Bethany on 07930 199582
Email: serenityyogabethany@outlook.com
book online or find out more at letsride.co.uk

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info@suffolkoilsolutions.co.uk

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APRIL GARDENING

Now the days grow longer and warmer there is even more time to garden! April is the time to be a scout, "Be Prepared," keep a watch on the weather for frosty nights and continue to protect vulnerable plants.

Every year I write "Mothers Day is the unofficial start of the gardening season," and this year it fell on 27th 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.

Top Tips for April:

- Stake plants now to avoid damaging fragile shoots and the 'bundled up' look later on
- As spring bulbs finish flowering do not remove any of the foliage or stem, leave them to die back naturally as the leaves feed the bulb and builds up its energy reserve for next year
- Feed hungry shrubs and roses
- Protect fruit blossom from late frost
- Check your container plants aren't drying out - the warmer weather will quickly affect soil moisture levels
- Be vigilant for pests, slugs will soon munch their way through pristine hosta leaves!

April is the time of year that woodland gardens look their best as the lengthening days and higher light levels reach the woodland floor. There are many plants that produce high impact in early spring. These hardy plants then cope with the dry conditions and dense shade provided by the tree canopy later in the year. Here are some of my favourites:

- Wood Anemones (Anemone Nemorosa) are pretty perennials native to Europe, including the UK, where they carpet woodland floors with their blooms.
- Common Primroses, Primula Vulgaris, thrive in areas of damp shade and are a source of nectar and pollen for pollinators in early spring.
- Red Campion, this beautiful perennial is often found growing wild on broadleaf woodland floors. When the flowers are finished, give the seedheads a shake where desired to help them self-seed. Brilliant for bees.
- Foxgloves are an essential component of any woodland planting scheme. The tall flower spikes bring height and structure, and are especially loved by bumblebees.
- Erythroniums are commonly known as dog's tooth lilies, due to the fanged shape of the bulbs. The petals have a distinctive swept-back appearance, with the flowers appearing from March to May.
- No woodland border is complete without the rich greenness of ferns, and with so many species and cultivars, you're spoilt for choice.
- Pulmonaria is superb woodland ground cover plant, clumps of low growing leaves mid to dark green with white or silver patterns. Clusters of small flowers are held on stems above the leaves and are in a vivid shade of blue. Grows in dappled to dark shade in a good fertile soil.

Others to consider include: Hosta, Tiarella, Epimedium, Helleborus, Heuchera, Euphorbia, Geranium Phaeum and Solomon's Seal.

Creating the habitat woodland plants enjoy is simple – plant trees or shrubs to provide shade, or utilise the shade provided by garden boundaries. Be mindful that the soil in these areas may be rather dry, so incorporate lots of well-rotted organic matter when planting, and mulch generously in spring. Smaller plants are easier to plant amongst tree roots.

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

Rachel Sobiechowski BSc (Hons)
P&R Garden Supplies
Fengate Drove, Brandon. 01842 814800
www.p-rgardensupplies.co.uk
info@p-rgardensupplies.co.uk

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 Pavilion Invite You to their

Masked Ball

Saturday 9th July

8pm - 1am

Adults only

Free Event

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LAKENHEATH FOOTBALL CLUB

April Fixtures

			k/o
2nd	Lakenheath Reserves	v Mildenhall	**3pm**
5th	Lakenheath 1st Team	v Long Melford	**7.45pm**
7th	Lakenheath U18's	v Walsham Le Willows	**7.45pm**
8th	Lakenheath 1st Team	v Ely City	**7.45pm**
16th	Lakenheath Reserves	v AFC Walpole	**3pm**
18th	Lakenheath 1st Team	v March Town	**3pm**
23rd	Lakenheath Reserves	v Sawston Rovers	**3pm**
28th	Lakenheath U18's	v Bury Town	**7.45pm**

Sunset Barn Care Farm

Hello from down on the farm. "Smokey's missing!" Has anyone seen our gorgeous grey and white male cat who has been missing for a few weeks now? He is very much missed by everyone at the farm. If anyone knows his whereabouts please do get in touch, we are fearing the worst as he was such a friendly cat we fear he would go off with anyone. Well, besides Smokey disappearing we have started preparing for new planting and generally tidying of the garden and caring for the animals over these past wet, windy and cold weeks.

The Care Cafe has restarted and is being enjoyed by all attendees, we are so grateful to all the volunteers who are making this possible including the support of our local Co op store. We raised £40 for Shelter UK by raffling off some chocolates kindly donated by the Co-op. Many thanks again to the villagers who have attended and to those who haven't as yet, do drop in one Tuesday and share a cuppa and something to eat. There is always someone around for a chat and the church is open for prayer and quiet reflection if you'd like to take the opportunity.

We are open from **10 a.m. - 2 p.m**. Contact Melanie on **07847 037622** for more information on either the Care Farm or Care Cafe.

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 APRIL

Wildlife waking up and work parties keeping busy!

Given how quickly the natural world changes in Spring, I thought this month it would do well to write a general update on the reserve - with wildlife news and also what the human beings have been up to!

We now have our two crane pairs firmly back on the reserve and at the time of writing, we believe 'pair B2' now have eggs to look after, as we are only seeing one adult at a time arriving into or leaving their territory; indicating the other bird has it's wings full! We are hopeful this year of seeing a third pair settle on the reserve and become permanent summer visitors to us. Marsh harriers are beginning to 'sky-dance' - the males tumble through the skies in a very steep swoop, before changing direction and then soaring upwards. This show of agility and strength is designed to impress any watching females, who often sit in nearby willows.

We have also heard the first 'grunts' of a bittern, near Joist Fen Viewpoint, on 23 February. These grunts are precursors to the more well-known 'booms' of males that echo across reedbeds and mark out their territories. As well as the birds, smaller wildlife is just as important and March has seen plenty of peacock and brimstone butterflies, buff-tailed bumblebees and hoverflies emerging from hibernation to visit early flowers. Any day now we should hear the first chiffchaffs, blackcaps, see the first sand martins feeding over the Washland and we should find the variety of butterflies increase too.

While the wildlife is beginning to emerge from it's winter sleep, the staff and volunteers are winding up certain jobs out on the reserve so as not to disturb the wildlife during the breeding season. All the cutting of reeds and clearing of scrub has finished; now and through the warmer months jobs will include painting and varnishing of furniture and buildings, some work on the viewpoint roofs and survey work to monitor breeding wildlife.

We had hoped that the burglary in our workshop on 23 December was the last bad luck we would suffer for a while but, on 3 March we had a small fire in the workshop which created a huge amount of smoke and melted a few items nearby. It also destroyed the electrical control panel for our biodigester, meaning our toilets are out of action for at least a couple of weeks. So for anyone visiting us soon - we are operating port-a-loos but hopefully in April the normal facilities will be back in use. We can still serve refreshments as the power supply to the Visitor Centre has been restored.

I hope this update has been useful and enjoyable and that you will be able to visit us in the coming weeks to enjoy Spring here in all its glory.

With best wishes,

Heidi Jones, *Visitor Experience Officer, RSPB Lakenheath Fen*

HISTORY OF LAKENHEATH - part 4

From Lakenheath Heritage Group

continuing from where we left off in 2021

(apologies for the long break)

Butt v Eagle - The Church Rate and Tithe Disputes

Background - The Rev. John W Butt BA, vicar of Lakenheath, arrived in the village in 1819 and almost immediately pursued a long-standing claim for tithe payments on unproductive fen land which had been initiated by the Dean and Chapter of Ely. The tithe was disputed by Robert Eagle on the grounds that it was unreasonable to expect tithes to be paid on land until it became productive. As Vicar, John Butt held an important position in the village and the church rate was not his only source of income. *In 1820 he was advertising private tuition for twelve 'young gentlemen' at a large house in Brandon at a fee of 35 guineas per annum.

**The Bury and Norwich Post sept 27th 1820*

(continued on back page)

Events at RSPB Lakenheath Fen - April, May & June

Places for all events need to be booked online- please visit **events.rspb.org.uk/lakenheathfen** *to read more and book tickets.*

Friday's Foray: Monthly guided walk – 11am-1pm, usually the first Friday in each month: **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: £5 RSPB members, £7 non-RSPB members

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

Treasures of the Moth Trap: Monthly moth-trap opening at the Visitor Centre – 10am to 11am. 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: £2 RSPB members, £3 non-RSPB members

Children (under 16's) go free!

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

£1.50 per child. Payable in advance or on the day (from the Visitor Centre, open 9am to 5pm daily).

The Sound of Spring: Dawn Chorus at Lakenheath - 6am-9am. Sunday 1 May. A dawn chorus walk on International Dawn Chorus Day -we will look for cuckoos and warblers! Includes tea, coffee and pastries for breakfast.

Adults: £16 RSPB members, £20 non-RSPB members, Under 18's £8 RSPB members, £10 non-RSPB members.

The Butterflies and Dragonflies of Lakenheath Fen: 11am-1pm. Saturday 11 June. A guided walk during peak season for butterflies and dragonflies at Lakenheath Fen.

Adults: £10 RSPB members, £12 non-RSPB members.

IT'S BACK!

YOUR LOCAL SHOW

SAVE THE DATE!

WAYLAND AGRICULTURAL SHOW

4TH SEPTEMBER 2022

ONE OF THE OLDEST ONE-DAY AGRICULTURAL SHOWS IN THE COUNTRY AND A GREAT DAY OUT FOR ALL THE FAMILY

New and exciting interactive events and competitions will offer visitors of all ages the opportunity to enjoy hands-on experiences. Whether that means the chance to sit in a shiny new combine harvester, or a close-up experience with a Suffolk horse and you'll certainly be entertained by the humorous kiwi-style Sheep Show.

At the heart of the 2022 Show will be all that is best from the region – quality livestock, unique craftsmanship, local musicians, and local foods and produce. Why not consider entering one of the competitions, forms etc being added to the webpage all the time, see: **www.waylandshow.com**

April 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 6th: 10am-11.30am: Wild Tots: Join us for fun at the wild tots outdoor play group! ***Adult &Wild Tot (18mths-5yrs)*** **£7** *(Sales end on 5 Apr) includes hot or cold drink from the café for the parent.*

WED 6th: 1pm-2.15pm: Wild Babies: Weekly outdoor baby group for parents and babies 3-18months! ***Adult & Wild Baby (3-18mths)*** **£7** *(sales end on 5 Apr) 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 4th: 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

SUN 10th: 11am-4pm: Spring Discovery day: Fun activities, trails and spotter sheets for the whole family! ***Free for everyone!***

MON 11th: 11am-1pm: 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** *(sales end on 10 Apr) 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)*

TUE 12th: 9am-3.30pm: Go Wild Holiday club: Holiday club for 6 - 11 year olds. Forest free play, games and activities. A healthy vegetarian campfire lunch included. ***Child ticket*** **£25.00** (sales end on 19 Apr)

WED 13th: 7.30pm: Gardening for wildlife: Come and learn more about wildlife gardening and how that can also help to tackle climate change in a small way. ***Adult suggested donation*** **£5.00** ***including tea and coffee, under 25's free. No booking required.***

WED 13th: 10am-11.30am: Wild Tots: Join us for fun at the wild tots outdoor play group! ***Adult &Wild Tot (18mths-5yrs)*** **£7** *(Sales end on 5 Apr) includes hot or cold drink from the café for the parent.*

THU 14th:10am-12noon: Family event: Easter Eggstravaganza: Join us for some egg-cellent Easter fun by testing your nest building skills, learning more about eggs in nature and making Easter crafts. ***Adult & Child ticket*** **£7** *Additional adult and children spaces are available to book alongside this ticket.*

TUE 19th: 9am-3.30pm: Go Wild Holiday club: Holiday club for 6 - 11 year olds. Forest free play, games and activities. A healthy vegetarian campfire lunch included. ***Child ticket*** **£25.00** (sales end on 19 Apr)

WED 20th: 10am-11.30am: Wild Tots: Join us for fun at the wild tots outdoor play group! ***Adult &Wild Tot (18mths-5yrs)*** **£7** *(Sales end on 5 Apr) includes hot or cold drink from the café for the parent.*

THU 21st:10am-12noon: Family: Woodland Wonders: Join us for a fun morning playing in the woods. Suitable for children aged 5+ ***Adult & Child ticket*** **£7** *Additional adult and children spaces are available to book alongside this ticket.*

FRI 22nd:10am-12.30pm: Teens: Wildlife Photography at Lackford Lakes: Teen practical masterclass led by award winning photographer Kevin Sawford. 11-16, suitable for beginners. ***Teen ticket*** **£7**

SUN 24th:10am-4pm: Spring Bird ID at Lackford Lakes: Explore this beautiful reserve and learn to observe and identify the great variety of bird life around in Spring. ***Adult ticket*** **£20**

WED 27th:7pm-8.30pm: Nightingales Guided Walk: Join one of our experienced guides on a evening walk around Lackford to listen to the Nightingales! ***Adult ticket*** **£5** *Please come wearing appropriate walking shoes and clothes.*

FRI 29th: 7pm till dark: Nightingale Night: Drop in from 7pm and our friendly wildlife guides will show you the best place to listen to the Nightingales! They will also be on hand to answer any questions you may have! This is not a guided walk. ***Adult suggested donation £4 - Pay on the night***

SAT 30th:11am-1pm: Walk: Bird I.D with Paul Holness: Morning bird walk with Paul holness. ***Adult ticket*** **£5**

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.

suffolkwildlifetrust.org
01473 890089

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The Brecks Fen Edge & Rivers Landscape Partnership

Upcoming Events

Festival of the Fens - Celebrating 20 years of LOHP event: 3rd July 11am to 4pm: We will be supporting our friends at LOHP at Parkers Piece, opposite Thelnetham Windmill with a stall and hopefully various craft activities, so add this date to your diary and we hope to see lots of you there!

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.

Project Focus

Bury Trout Club

In February we met up with David Hudson from the Bury Trout Club to see the completed works on the River Lark. Bury Trout Club was awarded a 3rd Party Grant Fund last year to build structures during several volunteer work parties. They are made from brush bundles that narrow the river, increase the flow, improve habitat diversity and restore breeding grounds for fish and insects. Structures were put in the river to increase the flow of the river and improve habitat.

Little Ouse River Improvement

Construction of a single flight Larinier Fish pass that also provides passage for canoes at Brandon Staunch. Completed in April 2021.

Spring clean your future!

Have you got your affairs in order? Is your Will up to date? Or is it on a list of things you really must do? What better time, as springtime arrives, than to 'spring clean' that part of your life that we tend to put on the back burner. After all, no one likes to think about what might be after we die but it's a discussion that's so important to try and make things a little easier for those left behind.

At My WISH Charity we offer a free Will writing service through Wills specialists, Guardian Angel. It only takes 15 minutes and you are under no obligation to leave a gift to the charity. Every Will is double checked by an expert and you can either complete it on line or over the phone or with a face to face appointment.

The important thing for us is that you get your affairs in order, however, leaving a gift in your Will to My WiSH Charity means you could make a difference to, not only your family, but their family too in the future should they need the care of West Suffolk NHS Foundation Trust. Past legacies have allowed us to buy an echo cardiology machine, a portable chest drainage system and a specialist chair that lifts a patient off the floor should they fall. It has allowed us to provide staff with enhanced training and a twin cot so twin babies can be nursed together. The impact these generous gifts have is just incredible and we can't thank the people enough who were kind enough to think of others.

To find out more go to: **www.mywishcharity.co.uk/legacies**

Or contact us by email **fundraising@wsh.nhs.uk**

Or by phone **01284 713466**

Lakenheath Top Time Library Book Group

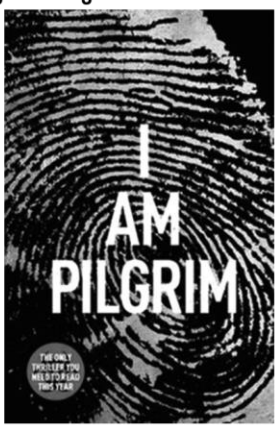
How do you benefit from a book club? We are continuing sharing what people have said about belonging to a book club

Self-expression

It's a cherished opportunity for self-expression. A chance to engage both the head and the heart with people I trust and admire. It's an afternoon like no other in my life – one that gives me intellectual stimulation, emotional sustenance and great laughs.

Our next Book Group Read

I Am Pilgrim by Terry Hayes



The astonishing story of one man's breakneck race against time to save America from oblivion.

Simply one of the best suspense novels I've read in a long time.' *David Baldacci*

'A big, breathless tale of nonstop suspense.' *The New York Times*

A FATHER PUBLICLY BEHEADED. Killed in the blistering heat of a Saudi Arabian public square.

A YOUNG WOMAN DISCOVERED. All of her identifying characteristics dissolved by acid.

A SYRIAN BIOTECH EXPERT FOUND EYELESS. Dumped in a Damascus junkyard.

SMOULDERING HUMAN REMAINS. Abandoned on a remote mountainside in Afghanistan.

PILGRIM. The codename for a man who doesn't exist. A man who must return from obscurity. The only man who can uncover a flawless plot to commit an appalling crime against humanity.

Collect a copy to read from Lakenheath Library.

Our next meeting will be held at Lakenheath Library on Wednesday April 20th at 4.00pm.

BRANDON PHOTOGRAPHIC CLUB

We are well into 2022 now and Spring is upon us, time to dust off those cameras and go out and take some incredible images.

This month we will be holding our 3rd Print Competition. As always this is a golden opportunity for newcomers to come along to the meeting and have a look at our members' work. Wander round the tables at your leisure, chat to the members and then settle in to listen to the judge's critique of the work on show. A lot can be learned from these evenings. So come along on Wednesday 6th April and see for yourself.

On the 20th April we are planning a talk; these evenings should not be missed as we invite professionals in their field of photography to talk to us about their experiences, show us some of their work and they are always ready to answer any questions you may have.

Some of our more experienced members are always on hand to help with problems you may be having with your camera or the settings that may be baffling you, they can advise too on places to go offering beautiful photographic opportunities and help you take some incredible images.

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 **Wednesday 6th and Wednesday 20th April,** 2022.

For further details, please contact:

info@brandoncameraclub.co.uk

We look forward to seeing you in April.

Take care and stay safe. *Denise Whiting*

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 plus 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.

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:-

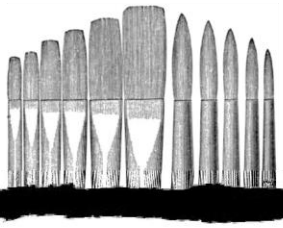
Margaret on 01842 860878

BRANDON ARTS SOCIETY

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

We meet on Tuesday afternoons between 2pm and 4 pm at the Baptist Church Hall, Brandon High Street. The hall is at the rear of the Church and parking is available at the back of the church.

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

Suffolk Police & Crime Commissioner's Fund

Grants of between £2,500 and £20,000 are available to support the work of voluntary and community groups, charities, social enterprises and community interest companies that are delivering services that help support victims of crime and reduce crime and disorder.

Closes **7 April** 2022. Panel decisions expected end of June 2022.

Suffolk Giving Fund and private funds

Grants for charitable, voluntary and community groups that are addressing need within Suffolk.

Closes **16 May** 2022. Panel decisions expected end of June 2022.

Martineau Care Fund

Grants to purchase daily living equipment and to provide support for people facing illness or disabilities in Suffolk who are unable to afford the costs themselves. All applications to be submitted by the beneficiary's Registered Health or Social Care Professional (e.g. Social Worker, Occupational Therapist, Health Visitor).

Open all year round.

Stimulus Fund

Grants for charitable, voluntary and community groups to support local grassroots projects that are looking to promote tennis in areas of deprivation (including rural) and help those who are disadvantaged or vulnerable.

Open all year round.

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

www.suffolkcf.org.uk

Over the past year Suffolk has helped us to award 1010 grants worth an incredible… £4.36M

Children & Families	£733,858	across 73 grants
Education, Learning & Life Skills	£271,954	across 62 grants
Health & Wellbeing	£1.7M	across 359 grants
Older people	£249,074	across 75 grants
Thriving & Safe Communities	£379,170	across 96 grants
Compassion in Crisis	Over £1M	across 223 grants

GIVE NOW!

We are happy to accept online donations via Just Giving.

www.justgiving.com/suffolkfoundation

If you have a specific area of interest that you would like to give to, we also have some themed funds that you might be interested in supporting. For further information go to:

www.suffolkcf.org.uk/give/give-now/

Alternatively, you can donate by card, set up a faster payment or standing order, or send a cheque made payable to 'Suffolk Community Foundation', to the address at the top of the page.

If you would like to learn about other ways you can support us, please contact us at the above address or on **01473 602602** or at **info@suffolkcf.org.uk**

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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

8.30pm - late

MAN IN THE HAT
COUNTRY SINGER

It's Back! **LAKENHEATH PAVILION PARTY ON THE PITCH**

Friday 29th April
5.30 - 10.30pm

Midnight Cowboy

Chris Sykes Disco

Free Entry
Bar Open
Bouncy Castle

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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LAKENHEATH PEACE MEMORIAL (VILLAGE) HALL & LAKENHEATH COMMUNITY CENTRE

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.

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.

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 - No meeting in April
2nd Monday of the month 2pm from May onwards
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
5pm-5.45pm ages 2-8

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 ages 2-6

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 April dates are 1st, 15th & 29th.

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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St John The Evangelist Church
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Message Board

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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)

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Telephone:

AN APOLOGY

In the March edition of the Lakenheath Times some of our contributors did not have their items updated/entered. The pages in question were 5, 6, 19 & 20 and they were not updated before being converted for printing. The February file was sent by mistake.

We sincerely apologise for this mistake and will do our best to make sure it does not happen again.

Margaret & Victoria, your editors.

THE CHRISTIAN ENTERPRISE FOUNDATION

The Christian Enterprise Foundation Charity is focused on helping meet the needs of the Lakenheath Community. In the past 8 years we have been able to make Grants totalling nearly £300,000 to many of the organisations in our village that make it such a wonderful place to live.

The Grants have helped:

- Provide additional resources to a wide variety of village groups providing for all ages
- Support the Church to improve its facilities and extend its resources
- Improve facilities and opportunities for education, drama, sport and recreation in the village
- Purchase equipment for local Drama, Dance, Music and Sports groups
- The village Christmas decorations

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 is possible together with the level of Grant being requested in your letter of application to the Charity.

Previous recipients of grants are most welcome to make repeat applications.

If you would like to know more about what we do, are interested in helping the Charity's operations or want to apply for a Grant for your organisation please contact us at:

The Trustees, Christian Enterprise Foundation
Lakenheath Peace Memorial Hall
98 High Street, Lakenheath, IP27 9EW

Yours sincerely,

Trustees of the CEF

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LAKENHEATH FOOTBALL CLUB

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For more information please contact:

Alan Gyte** on **01842 860979

HOCKWOLD AMATEUR THEATRICAL SOCIETY

are pleased to announce that we are planning our next show...

The Little Mermaid

To audition come along to
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No previous experience needed, just enthusiasm and a sense of fun

Show dates:
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Rehearsals will take place on *Tuesday and Thursday evenings* and *Saturday mornings* from 6th September

Full membership to be paid at auditions

The Silhouettes

Are pleased to announce their first public performance in over 3 years

Music in the style of Cliff Richard & The Shadows

LAKENHEATH VILLAGE HALL

SAT 25TH JUNE, 2022

7.30 – 11.00

Tickets priced **£10.00** *available from*
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(continued from page 11)

The Church rate - A tax levied for the upkeep of the parish church, including the salaries of vicar and curate, (if any) as well as the maintenance of the building. The Rate was payable by all who occupied land or a house in the parish and was determined by the churchwardens and parishioners.

Followers of independent sects such as Methodists and some radical **politicians often objected to paying the church rate, arguing that the Church of England received financial support from Parliament. It was abolished in 1868.

***Radicals: A group from the Whig Party ultimately formed the Liberal Party in the 1850's. Wikipedia.*

Tithes - Most often associated with a payment to the 'Church', they were an ancient levy of one tenth of annual income, originally paid 'in kind', ie. a proportion of a crop. In 1836 the Tithe Commutation Act replaced payments 'in kind' with a cash payment based on the market value of the produce, for example, corn. The tax became known as the Corn Tax.

The Eagle family of Northlawn Cottage, later known as The Retreat, were the principal family in the village and important landowners. During the Napoleonic Wars the family were prominent officers of the Lakenheath and Wangford Volunteers. (See Time Line 4 at 1804).

Francis King Eagle, eldest surviving son of Robert and Elizabeth Eagle, was a respected local radical politician and prospective MP who lived in Bury St Edmunds. William Eagle, his brother, also stood for parliament as a radical MP. Both sons were barristers at the time of the disputes and were involved professionally in their father's legal affairs.

The Church Rate dispute - Our research shows that by 1822 relations between the Vicar and the Eagle family had become extremely unpleasant and had deteriorated to such a degree that an action for assault was brought by the Rev J W Butt against William Eagle who was a churchwarden of St. Mary's Parish Church, Lakenheath, and son of Robert Eagle. William Eagle claimed the Vicar (Mr Butt) had taken advantage of Mr. Robinson, the Vicar accused William Eagle of lying. William Eagle repeated his accusation, which the Vicar again denied, and repeated that William Eagle was lying. At these words Mr. Eagle struck Mr Butt with his fist. Damages were found for the Vicar in the sum of £10 - estimated as £900 today.

Newspaper research by Michael Tuffs

continued in next month's edition.

Lakenheath Parish Council©

This article is credited to:**Lakenheath Heritage Group**
www.lakenheath.onesuffolk.net/lakenheath-heritage/

Tell tale signs of phishing

Spotting a phishing email is becoming increasingly difficult, and even the most careful user can be tricked. Here are some tell tale signs that could indicate a phishing attempt.

Is the email addressed to you by name, or does it refer to 'valued customer', or 'friend' or 'colleague'? This can be a sign that the sender does not actually know you, and that it is part of a phishing scam.

Others will try and create official looking emails by including logos and graphics. Is the design (and quality) what you'd expect?

Does the email contain a veiled threat that a to act urgently? Be suspicious of words li these details within 24 hours' or 'you have been a victim of crime, click here immediately'.

Look at the sender's name and email address. Does it sound legitimate, or is it trying to mimic someone you know?

Your bank (or any other official source) should never ask you to supply personal information in an email. If you need to check, call them directly.

If it sounds too good to be true, it probably is. It's most unlikely that someone will offer you designer trainers for £10, or codes to access films for free.

Make yourself a harder target

Information from your website or social media accounts leaves a 'digital footprint' that can be exploited by criminals. You can make yourself less likely to be phished by doing the following:

- Criminals use publicly available information about you to make their phishing emails appear convincing. Review your privacy settings, and think about what you post.
- Be aware what your friends, family and colleagues say about you online, as this can also reveal information that can be used to target you.
- If you have received an email which you're not quite sure about, forward it to the NCSC's suspicious Email Reporting Service (SERS): **report@phishing.gov.uk**

What to do if you've already clicked ?

The most important thing to do is not to panic. There are number of practical steps you can take:

Open your antivirus (AV) software, and run + a full scan. Follow any instructions given.

If you have lost money, you need to report it as a crime to Action Fraud. You can do this by visiting www.actionfraud.police.uk.

If you've been tricked into providing your password, you should change your passwords on all your other accounts.

If you have lost money, you need to report it as a crime to Action Fraud. You can do this by visiting **www.actionfraud.police.uk**.

www.ncsc.gov.uk @NCSC National Cyber Security Centre @cyberhq

National Cyber Security Centre