



# LAKENHEATH TIMES

January 2023 - Edition 196



## LAKENHEATH PARISH COUNCIL

Nicky Glading, parish clerk

Lakenheath Parish Council Office  
Peace Memorial Hall, High Street  
Lakenheath, IP27 9EW

Office telephone: 01842 860598

Open Tuesdays, Wednesdays, and Thursdays  
9am to 12noon

### LAKENHEATH PARISH COUNCILLORS:

#### Chairman

Cllr Gerald Kelly 07968 396389

#### Vice Chairman

Cllr Jenny Hastings 01842 861390

Cllr Edward Morley 07901 871264

Cllr Roy Norman 01842 861553

Cllr Iain Frost 08842 860577

Cllr John Gentle 01842 860908

Cllr Alan Gyte 01842 860979

Cllr Peta Gyte 01842 860979

Cllr Michelle Hugo 07947 725378

Cllr Judy Cahill 01842 861960

Cllr Wendy Overy 01353 675236

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**Lakenheath Parish Council** would like to invite a resident to be our volunteer Lakenheath Footpaths/ Open Spaces Warden, to liaise with Suffolk County Councils Rights of Way area officer. The Eriswell Footpath Warden has hugely improved the Eriswell footpaths and has kindly agreed to provide training and share his contact list.

If you are interested, please contact Nicky, the parish clerk:

**[lakenheathparish@gmail.com](mailto:lakenheathparish@gmail.com) 01842 860598**

## HEDGEROW LITTER PICK

I am, once again, asking you for your help and support in the next litter picking exercise.

This is going to take place on Saturday February 4th, 2023, from 11.00 – 13.00 (approx.) meeting in Wings Road Car Park. On this occasion we are going to be mainly concentrating on getting as much rubbish out of our local hedgerows as possible. It has been necessary to wait until February as most of the foliage and leaves will have died down so we can see the litter we are aiming to pick up!

If you feel you can brave the cold and are able to help in any way, I would be very pleased to hear from you.

Please contact me at:

[judy.cahill@lakenheath.org](mailto:judy.cahill@lakenheath.org) or 01842 861960

and I will be in contact with you nearer the time to confirm. Please can you give me your name and either your email address or phone number.

*I hope to see many of you  
in February*



## TREE AND HEDGE PLANTING AT MUTFORD GREEN

On the 13th of November there was a tree and hedge planting event at Mutford Green. Despite it being Remembrance Sunday, it was really lovely to see so many people, and children, turn out to help. There was quite a lot to do and with so many volunteers it didn't take very long to get everything planted. Your input as to where and how these should be planted was very valuable, my knowledge of planting trees is very limited, so it was super to draw on your experience! Fortunately, the weather was really nice so it made the occasion a real community event. Personally, it was so nice to meet so many people that I had not met before. I'm sorry that I cannot remember all your names! I do hope that I have the pleasure of seeing you all again when future projects in the Village take place.

*Thank you all so much for making the task such a pleasure and so much easier and please keep in touch.*

**Judy Cahill**

**[judy.cahill@lakenheath.org](mailto:judy.cahill@lakenheath.org) 01842 861960**

# 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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## COPY DEADLINE: 10th OF MONTH PRECEDING PUBLICATION

**BUSINESS ADVERTISERS:** Please contact the Editor with any enquiries relating to advertising.

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## 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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**01842 860044**  
Email: jtrett@btinternet.com

## WINTER WARMTH

Are you working with a resident or patient who is struggling to afford to heat their home?

Do you support families who sleep in one room as they don't have enough bedding to go round?

Would some simple items of clothing, bedding or draughtproofing make a difference?

### SUFFOLK WINTER WARMTH PACKS ARE NOW AVAILABLE

#### The referral process is really simple!

Using our standard form please:

- Record your details.
- Record the client's details (so we can get their consent to the information being shared with us and contact them to arrange delivery).
- Either select a standard winter warmth pack on the form (option A) or create a bespoke warmth pack by adding items (option B).
- If you cannot access the webform we can supply in alternative format to then email to: [winterwarmth@eastsuffolk.gov.uk](mailto:winterwarmth@eastsuffolk.gov.uk) requesting a copy.

We are limiting support initially to £65 per household but the web-form provides a space to make the case for a more generous pack in particular cases. Please use it. We will come back to you if we need more information.

All referrals must be supported by an external statutory, voluntary or health agency.

You can also use the Suffolk Information Partnership system to refer. We will do the rest.

Most items will be posted direct from the company/companies we order from. On the form, please identify if the client may need help to install draught-proofing, light bulbs or similar and we'll organise that.

For more information and to access the form go to:

[WWW.EASTSUFFOLK.GOV.UK/WINTER-WARMTH-REFERRAL](http://WWW.EASTSUFFOLK.GOV.UK/WINTER-WARMTH-REFERRAL)



OR SCAN THE QR CODE

## DISTRICT & COUNTY

Firstly, can we wish you all the very best for a happy, healthy and prosperous New Year. We do hope that you managed to enjoy the festive period and spend some time with family and friends.

As we come into another year, we look to the new challenges we face, and the plans we need to make for the year ahead. It is no different for Councils, although there are many times when they are planning for the next two, three or four years ahead.

The last few years have been a challenge for everyone because of the pandemic, but as we work our way free from its problems, we find ourselves dealing with different global challenges.

West Suffolk is always looking to create the right conditions for all residents to move forward. We are helping with economic growth; our Growth Investment Fund allows us to invest in new and existing premises to bring not only financial returns but also social and wider economic benefits to our communities. We have been able to deliver infrastructure at Suffolk Business Park to help unlock the growth of this vital facility, it creates much needed employment.

Health and wellbeing are at the top of our agenda for our Families and Communities teams. We have supported many local projects and initiatives with grants and will continue to do so. The Lakenheath in bloom group is just one initiative that we have helped, it has brightened our High Street, making Lakenheath a more attractive place.

Our communities, rightly, depend on our services which continue to be of high quality and award winning. Our parks have continued to achieve national Green Flag status and play a crucial role in the health and wellbeing of our communities.

Our services and statutory duties remain at the centre of what we do and are delivered, often despite very challenging conditions. Rising fuel costs added a £1.2 million burden to the Council. But good management of the finances has seen us rise to this challenge.

In the meantime, please do keep safe and if we can help, please get in touch. Contact details on page 2.

**Stephen Frost,**

*West Suffolk District Councillor for Lakenheath Ward*

**Colin Noble,**

*West Suffolk District Councillor for Lakenheath Ward*

*Suffolk County Council Councillor for Row Heath Division*

## INFORMATION

### 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). 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:

**9th January 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](mailto: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](http://www.citizensadvice.org.uk)

#### Mildenhall Citizens Advice

Mildenhall Hub  
Sheldrick Way  
Mildenhall IP28 7JX

#### Brandon Citizens Advice

9a Market Hill  
Brandon  
IP27 0AA

#### Opening Hours:

MON-FRI: 9.30am - 3.30pm  
Tel. Advice only at present  
Tel: 01638 719111

#### Opening Hours:

MON-FRI: 9.30am - 3.30pm  
Tel. Advice only at present  
Tel: 01842 811511



### 1<sup>st</sup> 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**



We do various crafts, activities and learning new skills. If you have a girl who would like to join Rainbows (4-7) or Brownies (7-10) please go on-line and register at: **[www.Girlguiding.org.uk](http://www.Girlguiding.org.uk)** or contact below for more information:

#### Brownies:

Emma 07713 696475 or Cheryl 07754 540182  
**LakenheathBrownies@gmail.com**

#### Rainbows:

Lauren, Cheryl and Anna at  
**LakenheathRainbows@gmail.com**

## 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**

**SUFFOLK  
LIBRARIES**

Contact: 01842 860723  
[suffolklibraries.co.uk](http://suffolklibraries.co.uk)

**Lakenheath Library**

65 High Street  
Lakenheath IP27 9DS

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## WHAT'S ON

### SUNSHINE CORNER



### DAY NURSERY

Sunshine Corner Day Nursery, at the Abundant Life Church, Backstreet, is open Mon-Fri 8.30am to 4pm during school term time. Come and visit our bright, spacious classrooms, including our Soft Play Area, and our two outdoor areas. Our friendly staff are ready to welcome you and start your child's learning journey. We are a community minded, non-profit making nursery dedicated to providing affordable, quality child care and early education.

Family events year round!

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

Please call Nicola Palmer on 01842 862646 or email: [sunshinecornerlakenheath@gmail.com](mailto:sunshinecornerlakenheath@gmail.com)

### The Brewers Tap

*Cheese And Wine Society*  
Meets monthly at 8pm

Next meeting: 10th January (AGM)

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](http://www.lakenheathindoorbowls.club)

### LAKENHEATH FLOWER CLUB

Why Don't You Join a Flower Arranging Club?

\* Discover a new skill

\* Learn about arranging flowers

\* Watch demonstrations and increase your garden interests



**NAFAS**  
NATIONAL ASSOCIATION  
OF FLOWER ARRANGEMENT  
SOCIETIES

The Flower Arranging club meets on the second Monday of the month at **2pm** in **Lakenheath Village Hall** (not in January or April).

Everyone welcome including beginners.

If you need any further information please call

**Heather on 01842 860997**

### 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**



### BAPTIST CHAPEL

#### Sunday Services

**Morning 10.30am • Evening 6.00pm**

Blessed be God, even the Father of our Lord Jesus Christ, the Father of mercies, and the God of all comfort; Who comforteth us in all our tribulation. — 2 Corinthians 1

Lifts available — contact Richard or Liz on 01842 861191.

More information on our website: [www.lakenheathbaptist.org](http://www.lakenheathbaptist.org)

## CLUBS & ACTIVITIES

\*\*\*\*\*

### Luncheon Club...



meets at the **Village Hall** on the  
**last Wednesday of each month**

If you would like to join us please ring Margaret on  
**860878** (we need numbers for catering purposes)

*Come along to meet new people and enjoy a home  
cooked meal. We look forward to meeting you!*

**You will be served a two course meal and as much  
tea/coffee as you can drink for, all for £7!**

\*\*\*\*\*

### LAKENHEATH SILVER BAND

**MUSICAL DIRECTOR: VACANT**

**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

If you have made a New Year's resolution to get fit and active, then join;

#### **New Year's Day Walk on Sunday 1 January**

Banish the winter blues by going outside and treat yourself to a walk in this beautiful area in which we live. The countryside in winter can be special with wonderful skies. 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:

**1 January, 15 January 29 January and 12 February**



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

### LAKENHEATH CAMERA CLUB

This is our January 2023 programme:

**9th: Slide Show.** Presented by our Chairman, Mr. David Flack from Lakenheath.

**23rd: "Painting with Light No. 2"** (A Tutorial Evening) Presented by Mr. David Spain from Swaffham.

*Membership costs £25.00 per year (a small increase), but still not expensive for 16 evenings, with tea/coffee and biscuits included. Competition Entrants must be Members.*

*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** or e mail **jottewell5@gmail.com**.

*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 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.

**£2 per person** to cover costs.

We look forward to seeing you!

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



### UTTER

#### Poetry & Creative Writing Workshops

*Held monthly at Lakenheath Library*

**11.30am - 1.30pm**

Unfortunately due to personal circumstances

I am unable to run any writing group sessions for the remainder of the year.

I hope to resume in the new year.



**07940 114943**

We look forward to seeing you!

### 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**

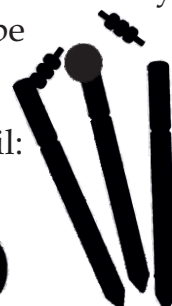


Hockwold Village Bowls Club

### 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**



## Whitings

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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.

Willow House  
46 St Andrews Street  
Mildenhall Suffolk IP28 7HB  
Tel: 01638 712267

Email: [mildenhall@whitingsllp.co.uk](mailto:mildenhall@whitingsllp.co.uk)

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

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## Epic Dad Fun Club

Dad's & Children's Club  
for Dad's, male carers &  
children of all ages

Games, toys, crafts, sports & refreshments

Last Saturday of the month

**10am - 12 noon**

**Lakenheath Community Primary School**

Mill Road, Lakenheath, IP27 9DU

(Access through the side door next to the car park)

**Forthcoming Dates:**

**Saturday 28th January, Saturday 25th February 2023**

EPIC Dad is a not-for-profit organisation supporting fathers, father figures and families.

**Web: [www.epicdad.co.uk](http://www.epicdad.co.uk)**

**Email: [info@epicdad.co.uk](mailto:info@epicdad.co.uk)**

**Tel: 07717 744608**



## LAKENHEATH CONSOLIDATED CHARITIES ANNUAL DISTRIBUTION 2022

Lakenheath Consolidated Charities aim to have the Charity Distribution Cheques to Applicants by the 15th January 2023, post allowing.

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## MILDENHALL MUSEUM SOCIETY

**ANNUAL GENERAL MEETING &**

**GROWING UP IN THE 50's AND 60's IN RURAL NORFOLK**

a talk by

**KEVIN BOARDMAN**

**Thursday 5th January 2023 2.30pm**

.....

**THE GREAT FLOOD**

a talk by

**MIKE PETTY**

**Thursday 2nd February 2023 2.30pm**

**Both meetings at Mildenhall Museum**

**Admission: Members £2 Non Members £4**

**Annual Membership Fee of £10 Due**

**Everyone welcome**

**[www.mildenhallmuseum.co.uk](http://www.mildenhallmuseum.co.uk)**

## SUFFOLK LIBRARIES

### Lakenheath Library - What's on in January

Sunday 1st Jan & Monday 2nd Jan - closed

Wednesday 4th Jan - Top Time book club (4-5pm)

Sunday 8th Jan - Lego Club (11am-1pm)

Friday 13th Jan - Knit & Natter (2:30 - 4:30pm)

Sunday 15th Jan - Family Crafts (11am-1pm)

Sunday 22nd Jan - Lego Club (11am-1pm)

Wednesday 25th Jan - Lego Club (3:15 - 4:45pm)

Friday 27th Jan - Knit & Natter (2:30 - 4:30pm)

Sunday 29th Jan - Family card & board games (11am-1pm)



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on **01842 860248**

or Email: **[jdhking2@gmail.com](mailto:jdhking2@gmail.com)**



## JANUARY GARDENING

The festive season is behind us and although the days are slowly getting longer, they can still seem gloomy and dark. If your garden looks a bit neglected, grab your hat and gloves, it's time to head outside and beat the January blues!

The start of a new year has worked its magic on my gardening enthusiasm, as it always does. The frenzy of Christmas is long forgotten and now my mind is buzzing with ideas for the garden this spring and summer. We may still be in the depths of winter but I do love to think ahead to warmer times!

One of the 'indoor' tasks I love to do as part of my planning, is to sort through the endless packets of seeds I seem to acquire. Check the dates on the packets, it is a bit of gamble sowing seeds that are old, they might or might not germinate well. To take the guesswork out of sowing old seed, do a simple viability test. It will tell you if the seed is worth sowing at all, and how much to sow. If only a small percentage of seeds germinate, you will need to sow a greater number to ensure a decent crop. All you need is some paper towel, an old plate and some cling film. Dampen the towel and place on a plate, then sow a thin row of seeds on the paper, you can sow multiple rows on one piece of paper if you keep the rows neat for identification. Cover the plate with cling film and keep in a warm light place. Make notes of the dates the seeds start to germinate. Most seeds will germinate within two weeks. After two weeks, count how many of the seeds have germinated, the lower the amount the more seeds you will need to sow to get a decent crop.

December was rather chilly (to say the least!) and with the cost of energy it's worth leaving your seed sowing a bit later this year, don't rush into it unless you can provide light and warmth to the seedlings. Later sowing's will soon catch up when the weather warms up.

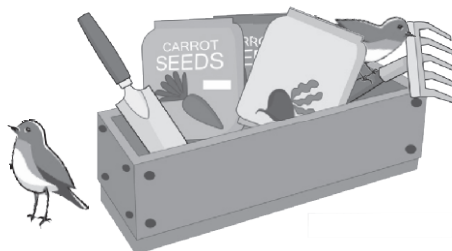
Outdoors is still mostly about tidying. I didn't get round to all my autumn tidying, I had left it until we

closed the shop for our winter break and then the extreme cold weather hit early. One of my first tasks will be to mulch! I am a no dig gardener, so it is simply a case of removing any weeds that are hiding and putting the compost layer on the top. You can't do this when it's frosty though because the soil will take longer to warm up in the spring. If I do decide to cut back the perennials, I will leave the cuttings in a heap so that any overwintering insects don't end up as compost! The blackbirds love throwing it all about to get at the insects, then I will have to get the broom out again but at least that is a task that keeps you warm!

Here are my other tips for January:

- Start cutting back deciduous grasses towards the end of the month
- Purchase and Chit Seed Potatoes
- Plant new soft fruit canes and bushes
- Winter prune wisteria and deciduous hedges such as hawthorn, beech or hornbeam
- Sow seeds of Summer bedding including Begonia, Lobelia, Salvia and Pelargonium in a heated greenhouse or propagator to provide early plants.
- Check your greenhouse plants for Botrytis (grey mould) and ventilate if necessary.

*Whatever you decide to do in your garden in January, our shop will be open (weather depending!) and lovely new products will start arriving early in the month!*



**Rachel Sobiechowski BSc (Hons)**

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## Knit and Natter

Now that winter is on its way it is time to think about cosy woolly things and our new dates for Knit and Natter in the library.

If you don't have a project on the go why not come along and get some donated wool and an easy pattern to make something for someone in need?

### Dates for 2022:

13 January

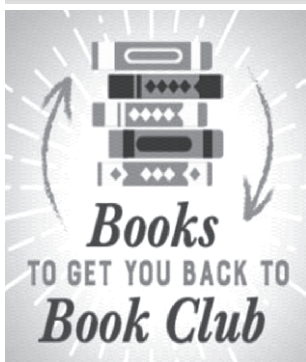
27 January



**Alternate Fridays 2:30 - 4:30**



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

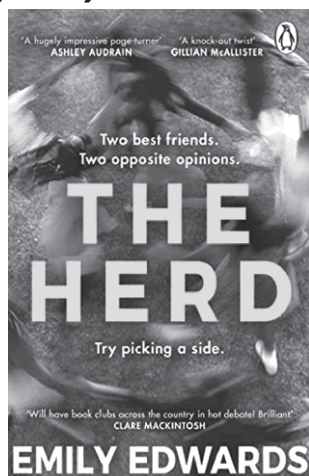


## LAKENHEATH TOP TIME LIBRARY BOOK GROUP

Our next book Group Read

**The Herd**

*by Emily Edwards*



**Collect a copy to  
read from  
Lakenheath Library**

Our next meeting will be  
held at Lakenheath  
Library on:

**Wednesday  
February 1st at 4pm**

## Sharing Parenting

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Sharing Parenting offer a range of free parenting support programmes and are passionate about seeing families succeed.

**Do you have a question on parenting?**

Find us on Facebook, online or email for more information.

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e: [info@sharingparenting.com](mailto:info@sharingparenting.com)

Sharing Parenting is a community interest company, not for profit.



## LAKENHEATH FOOTBALL CLUB

Thurlow Nunn premier league

### January fixtures for Lakenheath FC

2nd	Lakenheath FC v Mildenhall	3pm k/o
7th	Lakenheath Reserves v Chatteris	2pm k/o
14th	Lakenheath FC v Newmarket	3pm k/o
15th	Lakenheath U16's v Dussendale & Hellesden	10amk/o
17th	Lakenheath FC v Mildenhall(cup)	7.45pm k/o
21st	Lakenheath FC v Fakenham	3pm k/o
28th	Lakenheath Reserves v Stowmarket Reserves(cup)	1.30pm k/o
29th	Lakenheath U16's v Fakenham	10am k/o

### February

4th	Lakenheath FC v Whitton	3pm k/o
5th	Lakenheath U16's v Wroxham	10am k/o



## Sunset Barn Care Farm

The care farm has continued to grow and the care café has become a regular place for many people in Lakenheath to visit on a Tuesday between 10am and 2pm, be that as a customer, farm helper helping out there, staff or volunteers. A massive thank you too to our local Co-op who have, through the kind people of Lakenheath and beyond, presented us with a cheque for nearly £2,000. This will go a long way to helping us continue to provide the Care Café for the village with increased electric costs etc, that we are all experiencing and hopefully some new equipment for the kitchen. Please note, the Care Cafe will be closed on Tuesday 3rd January.

If you would like to know more about what we do down on the farm or at the café please do contact Melanie on **07847 037622** or email [melaniepsmith@hotmail.co.uk](mailto:melaniepsmith@hotmail.co.uk)

The  
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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](mailto:volunteer@cinnamon.org.uk)

# Colour in & Find the Difference...



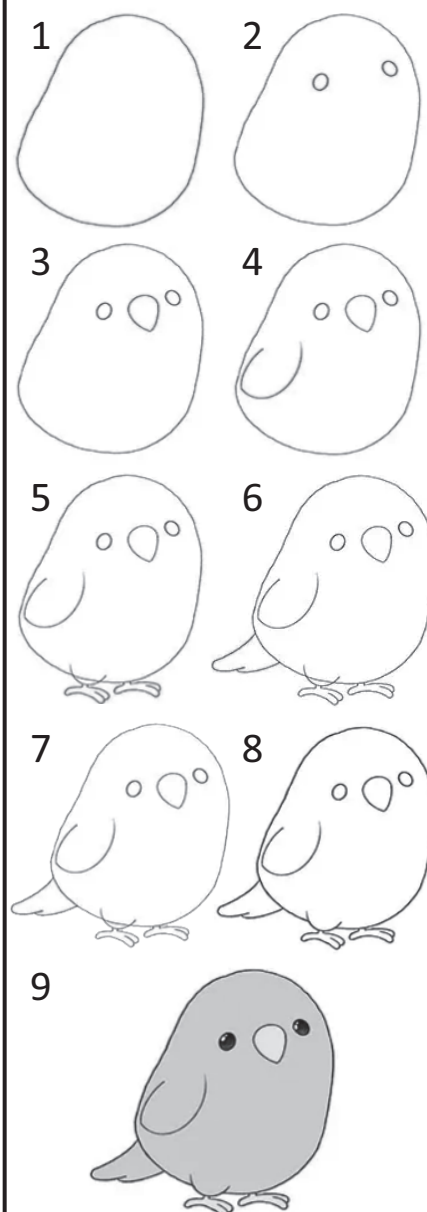
## BIRDS



DOVE    DUCK    EAGLE  
FINCH    HERON    KIWI  
OWL    RAVEN    SWAN

E	A	G	L	E	F	U	W
Q	T	S	M	F	I	S	N
J	T	G	O	I	N	B	A
D	O	V	E	X	C	D	K
H	E	R	O	N	H	U	I
Q	L	O	P	R	R	C	W
R	S	W	A	N	U	K	I
E	M	L	R	A	V	E	N

### How to draw a cute bird



Answers on page 22



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

**Wild Tots: Wed 4th, 11th & 25th: 10am-11.30am:** Join us for outdoor discovery and play on the nature reserve with our Wild Learning Officer. **Child Place (18mth-5yrs): £7 includes a hot or cold drink from the café for the parent Extra sibling only ticket: £5.50**

**YOUNG WARDENS: SAT 7th: 10.30am-2.30pm:**

A monthly group for teenagers interested in practical conservation and naturalist skills. **Young Warden (11-16yrs): £7**

**Wild Walk: Bird I.D. with Paul Holness: Wed 11th & SAT 28th: 11am-1pm:** Morning bird walk with Paul Holness. **Adult place: £5 per walk**

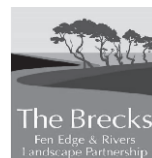
**Wild in the Week: Fri 13th: 10.30am-2pm:** Monthly activity day for *unaccompanied home-educated children* aged 6-11 years. **Child place: £12**

**Bedtime at Lackford: Sat 14th: 2.30pm-4.30pm:** Watch our wildlife at Lackford Lakes prepare for bed as it gets dark on a winters day. **Suggested donation £3 suitable for families, adults.**

**BOOK AT:** 01473 890089  
[www.suffolkwildlifetrust.org/lackfordlakes](http://www.suffolkwildlifetrust.org/lackfordlakes)



## The Brecks Fen Edge & Rivers Landscape Partnership



### Events


**Winter talk: A portal into another world: Thursday 2nd Feb: 7pm-8pm(Doors open at 6:45pm): The Guildhall, Thetford (IP24 2DS):** snorkelling the chalk streams of the Brecks and Fens.

This event is made possible with thanks to the support of the National Lottery Heritage Fund. *The talk is free of charge for attendees.*


**Due to limited capacity, please book if you wish to attend:**

<https://www.eventbrite.co.uk/e/winter-talk-a-portal-into-another-world-tickets-463660399737>


### January



**Shoveler**  
SWT Lackford Lakes  
**Postcode:** IP28 6HX  
**Grid ref:** TL 801 706



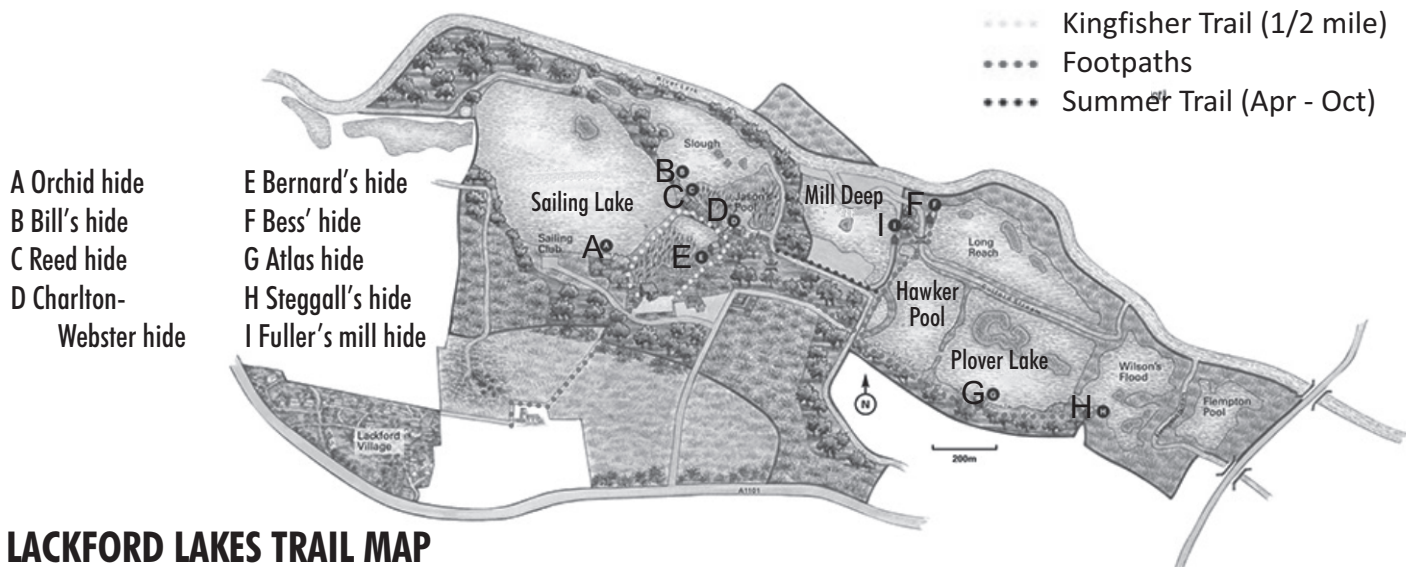
**Stoat**  
NWT Weeting Heath  
**Postcode:** IP27 0QF  
**Grid ref:** TL 757 881



**Little egret**  
SWT Lackford Lakes  
**Postcode:** IP28 6HX  
**Grid ref:** TL 801 706

### The Watery Wildlife Calendar

Produced together with Norfolk Wildlife Trust and Suffolk Wildlife Trust this celebrates some of the amazing plants and wildlife that can be found in watery habitats in the Brecks. The Calendar shows which months you are mostly likely to find them and it also shows a map of the Wildlife Trust sites.



### LACKFORD LAKES TRAIL MAP



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Partner, Head of Immigration

✉ [Sohan.Sidu@ellisonssolicitors.com](mailto:Sohan.Sidu@ellisonssolicitors.com)

Sohan has practised immigration law for over 20 years. He is listed in the Who's Who Legal, which recognises leading international solicitors in their specialist fields. He is also featured in the Legal 500.

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**my WiSH** Happy new year! We hope you all had a wonderful festive time and are ready to start the new year.

As it's January we thought we would take the opportunity to just explain who we are for those who don't know, and what our aims are for 2023.

We are different to many charities in that we don't just support one area of health or wellbeing. As the charity which supports the West Suffolk NHS Foundation Trust, we cover all ages and aspects of health across the West Suffolk Hospital, Newmarket Community Hospital and the community services it provides both in health centres and in people's home. We don't do anything that the NHS should do, but we provide the extras and the enhancements that make life a little easier at a difficult time.

As you will know, there are many avenues in which people find themselves needing the help of the NHS and we support every single one of them.

From the moment a baby is conceived we start supporting and we are looking forward to helping enhance the parent craft lessons this year. As with many services, this was postponed as Covid struck, but now lessons are being reinstated and we are thrilled to help.

This year will see us working with Newmarket Community Hospital as its services grow. It's a wonderful site and we have already worked with the Rosemary Ward to help them as patients spend time there rehabilitating. And we will be back there in the spring with retired Godolphin racehorse, Papillon, as he returns to greet patients. The last visit was so moving and made such a difference that there was no way we couldn't repeat the experience.

Covid has seen the Trust start working in many new ways and we have been proud to help with this. From

DVD players to physio aids to portable defibrillators and nebulisers, we have provided equipment to help people be cared for in their homes. Not only is this fantastic for the patient but it means a bed is not used and is therefore available for a patient who cannot be treated at home. With patient numbers ever rising this is a vital part of our role. Ensuring patients have warm clothes and a food pack as they head home is just so important and we will continue to work with the early intervention team in 2023 to help this happen.

Now planning permission has been granted, the new hospital will be on our agenda. It's early days but we will be working closely with the project team to see how we can enhance this new building in the future.

These are just a few of our plans. Our Soapbox Challenge will return in September, we have a fun event in the 'seedling' stage for Newmarket and we are in talks with lots of areas of the Trust on how we can help them enhance care.

We are a small team, passionate about your healthcare. We know times are hard, but your donations really do make a difference and we can't thank you enough for your support. Please do get in touch, we would love to hear from you.

Best wishes, My WiSH Charity

[www.mywishcharity.co.uk](http://www.mywishcharity.co.uk)



## THE CHRISTIAN ENTERPRISE FOUNDATION

The Trustees are writing to provide an update on the work of the Christian Enterprise Foundation Charity which continues to be focused on helping meet the needs of the Lakenheath residents.

The Charity in the current year has given Grants totaling £15,590 to help provide much needed and valued services to our village.

Those organisations who have benefited this year are:

*Lakenheath Parochial Church Council*

*Lakenheath Silver Band • Christmas Tree*

*Lakenheath Peace Memorial Hall • Luncheon Club*

*Lakenheath Scout Group • Lakenheath School*

*Lakenheath Community Centre Warm Room*

*Quayside Court • Lakenheath in Bloom*

*Assembly of God • Monday Club*

*Lakenheath Surgery • Ladies Keep Fit*

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**

## West Norfolk Aviation Society at Mundford Bowls Club



The WNAS prides itself on its efficiency and, with Chairman Chris H and Commander David A at the helm, this year's AGM was conducted with alacrity, hilarity and brevity: 23mins and 20secs from beginning to end, which, included the endorsement of last year's minutes and matters arising therefrom.

Apologies for absence were accepted from two major players: the Secretary Mark B who was unavoidably masterminding movements of air traffic at Norwich Airport and, Technical advisor and projectionist Steve C who was managing paramedical duties in the field. Apologies for absence were accepted from two major players: the Secretary Mark B who was unavoidably masterminding movements of air traffic at Norwich Airport and, Technical advisor and projectionist Steve C who was managing paramedical duties in the field. The treasurer, David A, reported a healthy bank balance and the speaker seeker, John B, has engaged four talks for the coming year. All existing officers were re-appointed except Fred M, website manager, who was unsure whether personal circumstances might limit his future attendance at the meetings.

It was reassuring that recent fiscal fumbling and inflation has had no effect on subscriptions which, still stand at £10 a year thanks, largely, to raffle runner extraordinaire John H and the generosity of most of the members themselves.

The Chair proposed a vote of thanks to the Crew and to our esteemed caterers Val and Len. The rest of the evening was left in the charge of John Blakely, a guest and member of an alternative aviation society, who had created a quiz involving the depiction of various aerial photographs from all over the world. Teams were soon formed and their remit was to identify the locations of the airfields with the assistance of topical and cryptic clues which John had conjured himself. He also used material he had photographed himself. Seasoned international aviators did not necessarily have the advantage: hobbyist simulator pilots were also in with a chance. The normal practice of cheating prevented the identification of a winning team.

The splinter group which meets on the ensuing Friday morning were fewer in number but just as vocal. It was interesting to note how a deeper insight into our personalities became apparent. Without the common interest in aeroplanes we were now different people: either 60s pop stars, racing car drivers or Harley Davidson trike aficionados.

*Nigel Tooth*



Please find here: [www.westnorfolkaviationsociety.org.uk](http://www.westnorfolkaviationsociety.org.uk)  
details of WNAS Calendar, Photos, Press Releases, and any changes to the schedule.

## BRANDON HAPPY TO SING CHOIR Promoting Health and Wellbeing

**Do you like to sing for fun and socialise with likeminded people? Would you like to enjoy the health benefits of using your singing muscles?**

*Why not join us?*

**Meetings are 1st & 3rd Friday each month  
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(opp. Tesco)**

*No previous experience necessary and no need to read music. Relaxed singing style, popular songs and no pressure to perform in public.*

**Free taster session before joining!**

**For more information about the choir, the subs or to sign up, contact:**

**ill.h2schoir@hotmail.com**

**or call 07985 376465**




## BRANDON PHOTOGRAPHIC CLUB

We at Brandon and District Photographic Club are looking for like-minded people who enjoy the art of photography in all its formats, to join us on two Wednesdays each month to learn more about the craft and impart your knowledge to our members.



There is always someone on hand to help with any technical questions you may have and you don't need to splash out on a lot of expensive equipment, you can use the camera on your phone or ipad and still learn a lot about composition, focusing and lineament.

We meet twice a month at: **Baptist Church Hall, 39 High Street, Brandon, IP27 0AQ, at 7:30pm.**

**Don't forget you can follow us on  and keep up to date with what's going on.**

Check out our website at:

**[www.brandonphotographicclub.co.uk](http://www.brandonphotographicclub.co.uk)**

Covid precautions and Government Guidelines will be observed at all times. For further details, please contact: **[info@brandoncameraclub.co.uk](mailto:info@brandoncameraclub.co.uk)**





## WHAT'S ON

### Men's Shed Breakfast

Date: **Saturday 28th  
January 2023**

Location:  
**Lakenheath Peace  
Memorial Hall**

Time: **08:30-10:00**

Cost: **FREE**

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

**It's free so please do come along!**

Please text or email:

Colin Noble **07504 417929**

**Colin.noble@askcolinnoble.com** or

Stephen Frost **07710 436672**

**spfrost@tory.org**

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



**BRANDON ARTS SOCIETY  
WELCOMES NEW MEMBERS  
SO START THE NEW YEAR ON  
3RD JANUARY BY JOINING US**

*Come along and enjoy*

Painting and Drawing together with a friendly and supportive group.

*Painting Days with Tuition • Painting Demonstrations  
Painting outside at different venues with some  
members of the group*

Weekly meetings throughout the year,  
**2-4pm on Tuesdays**

Membership costs £30 for 3 months or  
3 monthly instalments of £10

The Society meets 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.

**Please note the gates to the car park will be opened after 1.50 pm and there is no space to queue.**

### 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  
LIBRARIES**



### Lego Club

**4th Wednesday of the month  
3:30 - 5:00pm**

**2nd Sunday of the month  
11:00 - 1:00pm**



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### 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**





**SUFFOLK**  
Community  
Foundation

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

### Healthy Heart Fund

Grants of up to £6,000 to help people live longer and healthier lives by preventing cardiovascular disease (CVD) in Suffolk.

Closes **13 January 2023**. Decisions expected end of February 2023.

### High Sheriff's Fund

Grants are available for work which addresses citizenship, community safety and crime prevention.

Closes **5 January 2023**. Decisions expected early March 2023. Panel decisions expected beginning of March 2023.

### 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. Multi-year funding may be considered – please see criteria.

Closes **21 January 2023**. Decisions expected end of March 2023.

### 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 -*

## Introducing the Anne Robson Helpline

**If you or someone close to you is dying, you can talk to us...**

At the Anne Robson Trust we aim to be there to listen to anyone who faces dying or the imminent death of someone they care about. We know that facing the end of life can leave you feeling isolated and alone. Being able to access support is so important. Gaining knowledge of what may happen towards the end of life and being prepared helps both the person dying and their loved ones to feel a sense of control.

*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.*

This is a rolling programme and will close as soon as the fund is spent.

### 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

### Transforming Suffolk Loan Fund

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**[www.justgiving.com/suffolkfoundation](http://www.justgiving.com/suffolkfoundation)**

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- we have time to talk. To find out more please visit:

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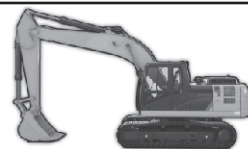
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[mail@lakenheathpavilion.org](mailto:mail@lakenheathpavilion.org)



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[lakenheathpavilion.org](http://lakenheathpavilion.org)

Lakenheath Pavilion is owned and operated by the  
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**[www.lakenheathyouthfc.co.uk](http://www.lakenheathyouthfc.co.uk)**

or alternatively please contact:

Richard Horrex  
**07540 201223**

or Gemma Brooks  
**07889 247613**



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[lakenheathlittlefishes@gmail.com](mailto:lakenheathlittlefishes@gmail.com)  
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## LAKENHEATH PEACE MEMORIAL HALL COMMUNITY KITCHEN/WARM ROOM

in the Centre, 3 days a week - **Monday, Wednesday and Thursday from 11.00am to 2.00pm** for anyone wanting somewhere to go for a few hours, to keep warm, have something to eat, have a cup of tea or coffee and a biscuit.

*All are welcome.*

Donations gratefully received.

## Quiz Night! Friday 20th In the Community Centre January

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. Bacon Rolls, Sausage Baps and Chips available for purchase.

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

Open every Friday night 7-11pm

Cash or Card  
payments  
accepted

Pool Table and Darts Board available for use.  
Families welcome.

Please follow our facebook page for updates.

## 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.

### LAKENHEATH LINERS

Peace Memorial Hall: 7.30pm - 9.30pm

Teacher Peter Jones. £5.00 per person. For more information please call Tony King on 07719 271261.

### LAKENHEATH SILVER BAND

Community Centre: 8pm - 9.30pm

## THE MONDAY CLUB

Peace Memorial Hall: 10am - 12noon

Snooker & Pool for the over 50's. 1st session free!

For further details call Kevin or Sandra on:

01842 860829

## LAKENHEATH FLOWER CLUB

Peace Memorial Hall: 2nd Monday of the month 2pm

call Heather on 01842 860997

Marvelous  
Monday

## 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

## THRILLING THURSDAY

### LADIES KEEP FIT

Peace Memorial Hall: 10am - 12noon

please contact Jenny for further details on:

01842 861390

## SUPERR SUNDAY

### FAITH BAPTIST CHURCH

Peace Memorial Hall: 10am - 1pm

## WHAT'S ON

S<sub>1</sub> C<sub>3</sub> R<sub>1</sub> A<sub>1</sub> B<sub>3</sub> B<sub>3</sub> L<sub>1</sub> E<sub>1</sub>

### L<sub>1</sub> **Lakenheath Scrabble & Games Club**

U<sub>1</sub> We have a great selection of games including Scrabble, Rummikub, B<sub>3</sub> Upwords, dominos and cards.

We meet at the **Methodist Church Hall** every other Friday.

We stop for tea and cake. It's fun, sometimes quite noisy but everyone enjoys it.

*Please join us. You will be made most welcome.*

For further details ring **Sue** on **862768**

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Linda **01842 861160** or Melanie **01842 860376**

Rev David McAloon **01842 753819**

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## Lakenheath Indoor Bowls Club

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# NOTICE FROM YOUR EDITORS

I have been the Editor of the Lakenheath Times for the last twelve years and my daughter, Victoria, has always helped. She took over as Editor about a year ago so I could finally retire!

We have both enjoyed working on the magazine and feel that we've built up a rapport with our contributors, readers and advertisers over the years. It has been great working with them and also the four different Parish Clerks and various councillors.

It's now time to call it a day as we feel that our ability to do the job has been compromised so the February edition will be the last one we produce.

We will be contacting all our advertisers individually and once we know who is taking over we will pass on any details that the advertisers give us permission to.

We will also pass on any information we receive for March onwards to the Parish Clerk or to the new Editor to ensure a smooth transition. Please be assured we will do our best, as always, to help in any way we can.

Lastly we would like to wish everyone a Happy, Healthy and Prosperous New Year.

*With our very best wishes*

*Margaret & Victoria*

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# Message Board

Please keep your articles, poems and stories coming in...



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

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

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Telephone: \_\_\_\_\_

## LAKENHEATH LIBRARY

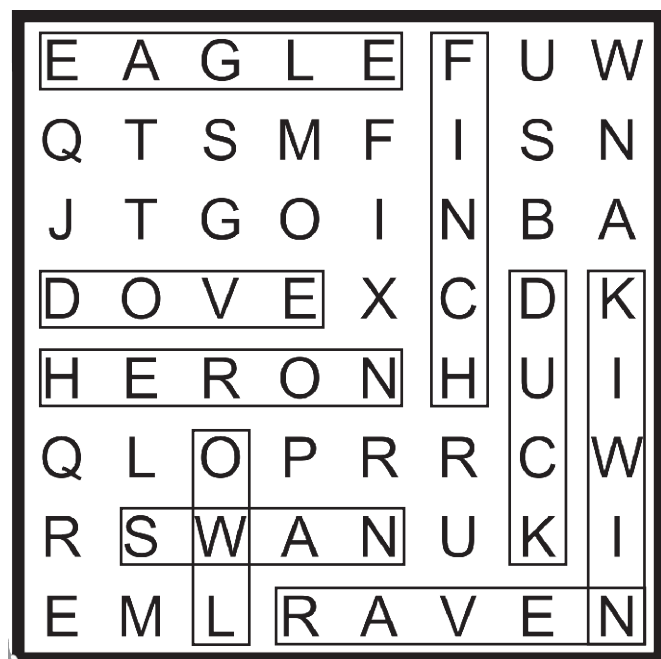
We have registered as a warm space, and everyone is welcome to come in for hot drinks when we are open.

We have free WiFi, 2 computers, community jigsaws and of course plenty of books.

*Jean Reynolds,*

*Interim Manager Lakenheath Library*

## Answers from page 11



## RANTS FROM A LITTER BIN!

It is amazing to see how much litter is in and around our beautiful village.

On my weekly litter picking round which goes from the village sign opposite Woodlands on Station Road to the speed restriction sign on Highbridge Gravel Drove I easily collect 2 to 3 fifty litre bags of cans, bottles, sweet wrappers and take away packaging.



*An exceptional litter pick from Station Road/ Highbridge Gravel Drove corner to the speed restriction sign.*

*Typical weekly collections*



I also try to go beyond this regular round and make my way towards the Highstreet; it pains me to see how little pride, with regard to cleanliness, is left in the village. There is litter in front gardens and under the hedges, weeds and rubbish on footpaths. Now, we can not say that the village Highstreet does not have enough litterbins, so why not use them. Also, why do our local businesses no longer clean in front of their shops?

In the little country where I originate from we have a yearly 'village Spring clean weekend' where the entire community comes together doing exactly that. Everyone tidies the outside of their premises and the outside of their elderly or less capable neighbours. Would it not be nice if Lakenheath started something similar?

And then of course there is Undley Road, playground and Undley Road bridge.



*Undley Road from the corner to the Apollo Stables.*

I understand and accept that teenagers like places that they can claim to be their own, such as under the bridge; what I can't understand is why their litter cannot be taken home or placed in the nearby bin?

And finally, my biggest annoyance, the professionals. Why oh why can't they make good after their work? Why can't roadwork signs be removed at the end of the job? There are eight signs in the undergrowth between our village and Sedge Fen; the sign by the bridge on Highbridge Gravel Drove is going for its second anniversary.

The gates by the bridge were damaged during the 'Cut' clearing in the spring but were never repaired/replaced. When the latest works on Highbridge Gravel Drove were finished, two safety cones were damaged and just thrown in the undergrowth. My question is, why can they disassemble the barrier but not reassemble them?



Finally, "Thank you" for the friendly gestures and comments I receive from drivers and people in the village.

I am looking forward to seeing more volunteers on our next village litter pick.

*A Lakenheath Womble.*

## MARC FROM ARTHRITIS ACTION: UPDATE

I wanted to let you know about what we have coming up next year to help support people living with or caring for people living with arthritis.



We have a selection of online groups (held using zoom) for people to attend that we will be running every month, a series of webinars, a new podcast and also some online exercise classes, all free of charge! You can also find more detail about these on our website:

<https://www.arthritisaction.org.uk>

I am also available for presentations for clubs, groups and organisations, where I can talk to people about how they can self-manage their arthritis better and what support and advice we can offer as a charity. Ideally, these will be done online but where possible they can be arranged face to face as well. They are free of charge but as a charity we do run off donations, so should you wish to you can donate but it isn't essential. I am now taking bookings for 2023 should you be interested?

If you have any questions, would like to hear more about any of our services or wish to talk to me about a presentation, please don't hesitate to get in touch.

Best Wishes,

Marc



Lakenheath Peace Memorial Hall  
98 High Street, Lakenheath  
Suffolk, IP27 9EW  
Registered Charity No. 1161350  
Call: 07538 609281

Email: [bookings@lakenheathvillagehall.org](mailto:bookings@lakenheathvillagehall.org)

9 December 2022

*Dear Editor...*

The Trustees of Lakenheath Peace Memorial Hall would like to thank the volunteers and everyone who has supported the Hall and the Community Centre during the past year.

A special thank you goes to all those who have attended our new "warm room" run solely by volunteers, which is providing a place for anyone needing somewhere to go for an hour or two to keep warm and have a bowl of soup, chips or just a cup of tea or coffee and a biscuit and have a chat. All foodstuffs are donated and cooked fresh. A special thank you goes to the couple who brought in crochet items for people to take home, so kind of you.

A massive thank you to all the musicians that partake at Open Mic.

*Wishing everybody a healthy and peaceful 2023.*

*The Trustees of Lakenheath Peace Memorial Hall*



# HISTORY OF LAKENHEATH

## part 4

(continued)

From Lakenheath Heritage Group

### Travel and Transport from early times - 18th and 19th Centuries (cont'd)

Reduced journey time due to better roads was militarily important in the Napoleonic Wars of 1803-1815, speeding up communications across the country and this, coupled with Royal Mail coaches, improved the delivery of mail. Amongst other things this led to the development of letter-writing between friends, families, and acquaintances. (This is of considerable importance to historians).

*Dates from Wikipedia*

In Lakenheath most people got about in much the same way as they had since the middle-ages, usually on foot or by cart, by cadging a lift on a waggon with a carter. \*In 1853 JOHN HARDY and THOMAS SMITH were earning a living by 'carting' or 'hauling', going to Bury on Tuesdays and Saturdays. This way of getting about was common at least up to the First World War.

*\*1853 Census*

### Hodskinson's Map of Suffolk 1783

This map of Suffolk is reliably detailed when compared with earlier maps. At the time of the survey roads were undrained and often deeply rutted by cart and coach wheels. At best, some received an occasional sprinkling of sand or gravel and in bad weather they could be passable only with discomfort and difficulty.

*View looking down Broom Road.*

This photo gives an idea of what a road could look like in the early 18th century. At the time of the photo Broom Road was a track leading from the gravel pits on the Warren.



In open country, roads were not hedged or fenced, and deviations from routes when the surface became difficult were common. This could cause problems at night time or in stormy weather and such tracks may have been responsible for the \*death of Robert Eagle's postillion in 1829 whilst returning a horse in bad weather, hired maybe from the Bull Inn at Barton Mills or a hostelry in Mildenhall.

*\*The Bury Free Press 1829*

### The Lakenheath to Hockwold Road 1828

A road linking Lakenheath to Hockwold had become essential. For centuries the nearest bridge over the river had been at Brandon and there was a ferry at Wilton which is shown on Hodskinson's Map of 1783 as Ferry House. Parliament had been petitioned by local landowners and in 1828 Parliament gave its approval to the formation of The Lakenheath and Hockwold Roads Trust.

### The Lakenheath and Hockwold Road Trust

The new roads were governed by \*Turnpike Trusts made up of influential landowners and justices of the peace initially appointed by Parliament who were required to 'make and maintain' the road by levying charges to users. The powers of the Trusts were closely defined by the Act.

\*It's been suggested that the name, 'turnpike', may originate in medieval times from guards armed with pikes whose weapons were turned away from the traveller when permission to pass was given.



*Mr. Presland's coach shows the benefit of the improvement in road surfaces: lighter construction and faster transport. This coach was probably intended for local journeys.*

**Turnpike charges laid down by the Act:**

**'Horse or other Beast of Draught drawing any Description of Carriage. Sixpence.**

**For every beast not drawing a vehicle. Two pence.**

**For every Drove of Oxen, Cows, Sheep or Lambs, etc. Eight pence per score.**

**Four wheeled Carriage not drawn by Horse or Beast of Draught but propelled by \*Machinery. One shilling and Sixpence.**

**Two-wheeled Carriage, not drawn by any Horse or Beast of Draught but propelled by Machinery. Nine pence.'**

*\*In 1803 A Road locomotive powered by steam was demonstrated in London by Trevithick and Vivian. The first electric carriage (car) was built in London in 1884.*

The toll charges covered 'return' journeys and no more than one charge per day was permitted. No more than two full tolls could be demanded on the same day for the passing and repassing of Cattle etc.

**Further:**

**'Any Stage Coach, Diligence, Van, or Caravan or other Stage Carriage propelled by Machinery for pay or reward shall pay each time of passing.'**

**Those on foot had to pay One Penny to cross the river by the new bridge.**

*Continued in next month's edition.*

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