



LAKENHEATH

TIMES

Spring 2024

www.lakenheath.onesuffolk.net

LAKENHEATH PEOPLE, SHOPS, BUSINESSES, SERVICES!

LOCAL AUTHORITY RESPONSIBILITIES

Who does what and how to contact them

Lakenheath Parish Council deals with:

- Community events
- Some streetlights
- Some litter bins
- Street furniture
- Lakenheath Cemetery
- Lakenheath War Memorial
- Lakenheath play area
- Neighbourhood Plan
- High Street Regeneration Plan
- Lakenheath Times
- Grants to local organisations
- Planning
- Finance and precept
- Emergency Plan

<http://www.lakenheath.onesuffolk.net/>

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

OPEN TUESDAY, WEDNESDAY &
THURSDAY 9AM to MIDDAY

lakenheathparish@gmail.com

Telephone: 01842 860598

The Member of Parliament: deals with
problems affecting local people in the area,
support of particular issues.

Phone: 020 7219 7186

Email: matt@matt-hancock.com

Suffolk County Council deals with:

- Adult support services
- Fire and Rescue
- Public rights of way
- Bus passes
- Hazardous waste
- Libraries
- Social services
- Education
- Highways
- Potholes
- Streetlighting

<https://www.suffolk.gov.uk/>

West Suffolk Council deals with:

- Anti social behaviour
- Fly tipping/ Fly posting
- Licensing
- Planning
- Council tax
- Grass cutting
- Parking
- Street cleaning
- Electoral services
- Housing
- Parks and open spaces
- Waste collection

<https://www.westsuffolk.gov.uk/>

The Christian Enterprise Foundation

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

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

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

Any grant requests should be put in writing to:

**CEF, Lakenheath Peace Memorial Hall,
98 High Street, Lakenheath IP27 9EW**



Useful Websites

Abandoned vehicles

<https://www.westsuffolk.gov.uk/bins/street-cleaning/abandoned-vehicles.cfm>

Assisted bin collection service

<https://www.westsuffolk.gov.uk/bins/assisted-bin-collections.cfm>

Benefits and support

<https://www.westsuffolk.gov.uk/benefits/index.cfm>

Bins

<https://www.westsuffolk.gov.uk/bins/when-are-my-bins-emptied.cfm>

Bin missing/ sacks

<https://www.westsuffolk.gov.uk/bins/missing-bins-recycling-sacks-larger-bins.cfm>

Births and deaths

<https://www.westsuffolk.gov.uk/Births-and-deaths/index.cfm>

Bulky items collection

<https://www.westsuffolk.gov.uk/bins/bulky-items.cfm>

Cost of living help

<https://www.westsuffolk.gov.uk/cost-of-living/index.cfm>

Debt and finance

<https://www.westsuffolk.gov.uk/cost-of-living/finance-and-debt.cfm>

Dog Fouling

<https://www.westsuffolk.gov.uk/bins/street-cleaning/dog-fouling.cfm>

Environment

<https://www.westsuffolk.gov.uk/environment/index.cfm>

Find information on your address

<https://maps.westsuffolk.gov.uk/>

Fly posting

<https://www.westsuffolk.gov.uk/bins/street-cleaning/fly-posting.cfm>

Fly tipping

<https://www.westsuffolk.gov.uk/bins/street-cleaning/fly-tipping.cfm>

Graffiti

<https://www.westsuffolk.gov.uk/bins/street-cleaning/graffiti.cfm>

Licensing

<https://www.westsuffolk.gov.uk/licensing/index.cfm>

Litter

<https://www.westsuffolk.gov.uk/bins/street-cleaning/litter.cfm>

Litter - Drug related

<https://www.westsuffolk.gov.uk/bins/street-cleaning/report-drug-litter.cfm>

Nuisance vehicles

<https://www.westsuffolk.gov.uk/bins/street-cleaning/nuisance-vehicles.cfm>

Parking on street – civil enforcement

<https://www.westsuffolk.gov.uk/parking/cpe/index.cfm>

Parking fines and appeals

<https://www.westsuffolk.gov.uk/parking/parking-fines-and-appeals.cfm>

Parking on pavements/verges

<https://www.westsuffolk.gov.uk/parking/cpe/parkingonpavements.cfm>

Parking – report an infringement

https://westsuffolk-self.achieveservice.com/service/Report_street_parking_infringement

Planning

<https://www.westsuffolk.gov.uk/planning/index.cfm>

Waste Guide

<https://www.westsuffolk.gov.uk/bins/upload/Waste-Guide-2023.pdf>

POLICE

Call 999 if you require an immediate police response. For example, a crime is in progress or about to happen. You don't have to provide your details if you don't want to.

Call 101 for police if the matter is less serious.

You can call Crimestoppers anonymously on 0800 555 111. They will not ask for your personal details.

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Lakenheath Times Advertising Rates are very reasonable!

Your deadline for the summer issue is April 19 2024

Our Advertising Rates are:

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

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

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LAKENHEATH GOOD NEIGHBOURS

Tel No: 07857 801802

LAKENHEATH LIBRARY

Tel: 01842 860723

LAKENHEATH PAVILION BOOKING CLERK

Tel No: 01842 860124 or 07789 499970

Email: mail@lakenheathpavilion.org

Website: www.lakenheathpavilion.org

LAKENHEATH PRIMARY SCHOOL

Tel No: 01842 860256

MP

Matthew Hancock

Tel No: 01638 577390 or 020 7219 7186

Email: matt.hancock.mp@parliament.uk

PARISH WEBSITE

Website: www.lakenheath.onesuffolk.net

PHARMACY

Tel No: 01842 862884

POLICE (Non-emergency) Tel No: 101

POST OFFICE

Tel No: 01842 860211

SURGERY

Tel No: 01842 860400

VILLAGE HALL and COMMUNITY CENTRE

Tel: 07538 609281

Email: bookings@lakenheathvillagehall.org

Website: www.lakenheathvillagehall.org

WEST SUFFOLK COUNCIL

Tel No: 01638 719000

Website: www.westsuffolk.gov.uk

Welcome to Spring in Lakenheath!

Welcome on behalf of the councillors who make up the Lakenheath Times Council Working Group. Your quarterly magazine is chock-full of informative and interesting pages that reflect the life that you and your neighbours are enjoying in Lakenheath.

Of course, we are constrained by the number of those pages – to list and feature everything would require a large volume, but at least you can find all the council and local authority information you might need, and many of the services, groups, organisations, and people that you may wish to

contact or in which activity or event you would like to participate.

Thanks are due on everyone's behalf to those advertisers whose financial input actually pays for the magazine to be printed. Do think of those advertisers first when looking for goods or services. All the production work is voluntary.

May this issue of Lakenheath Times help to put a spring in your step!

Lyn

Lyn Gibb de Swarte
editor@lakenheath.org



LITTLE FISHES

**EASTER EGG
HUNT**



**SATURDAY
23RD MARCH
11.00AM - 2.00PM**

**AT THE
LAKENHEATH
PAVILION**

**Tombola, Raffles, Face
Painting, Bouncy Castle,
Refreshments,
Fun and Games for everyone.**



**A Fundraising Event for
LITTLE FISHES PRE-SCHOOL**

A Message from Lakenheath Parish Council Chair Gerald Kelly

What a time we're having! Everything from nuclear weapons to dog poo, with a few things in between...

I'll stick with those things the Parish Council and residents can at least try to do something about. The first of these are the closure of the Post Office and the withdrawal of the Mobile Bank. If we want to keep the Post Office there has to be something else which makes it a worthwhile business, so we are applying to have a Banking Hub. This is where there is a cash machine, and the big banks are represented for at least some of the week. That's definitely not the same as having a proper bank, but certainly worth trying for.

The Local Plan has been out for consultation. The main news here is that we have been allocated around eight hundred houses, although most

of those we already knew about; but still no improvements to infrastructure or employment. This is primarily because Brandon isn't allowed any additional housing. So West Suffolk have set up what will be called the Brandon Commission to look at whether these restrictions are valid, both in terms of the law and Natural England's insistence that the Special Protection Area is actually the best way to protect the Stone Curlew. It's a huge issue, but that's it in a nutshell.

The litter pickers are still regularly out and about, and it's disheartening to see how much is collected each time. In amongst it is always a large number of dog poo bags which have been hung from trees or just dropped by the paths. Why I will never know, but please don't do it.

Maura Vine and family would like to thank everyone for their wonderful support since Peter sadly passed away.

Peter was the village butcher for many years, he and Maura were happily married for 54 years.

Your cards, flowers and kindness meant a great deal and were very much appreciated. Thank you.



Information for you from

Suffolk County Council Councillor Row Heath Division Colin Noble

After a cold winter we can all look forward to the Spring months ahead.

Back in January and February, all our local councils, Parish, District and County, alongside the Police and Crime Commissioner, went through their budget-setting processes for the coming year.

For the County Council, the Council Tax is only a part of the money the council uses to deliver vital services such as supporting elderly and vulnerable adults and prospecting children alongside the more visible services like maintaining our roads.

A significant funding element comes from the Local Government settlement (the grant funding the government provides each council to run things like adult Social Care and Children's Services). This year's settlement is a cut in funding, so difficult decisions must be made. The County Council, like District and Parish Councils, cannot run a deficit and can only use reserves once. At the heart of this shortfall is an unprecedented increase in the need for our services that safeguard and care for Suffolk's most vulnerable residents. This year alone,

what we need to spend on Children's Services has increased by 28% and on Adult Services by 14%.

Some will have read that the council is stopping funding for the arts; this is not entirely true in that funding has been assured for the coming year but will stop in 2025/26. As much as many of us value the arts, as do I, supplementing them set against being able to provide child protection packages or helping the vulnerable get out of bed daily is not much of a decision.

Reluctantly, the county council element of the council tax bills will rise. But in all the meetings and discussions, I am mindful that your hard-earned money pays the council tax and that the bill must not increase a penny more than it must.

Sadly, at a full council meeting, an increase of just below 3% was agreed upon, alongside the social care precept of 2%, which will be contained in the Council Tax bills for the coming year.

As always, if you have an issue you would like to raise with me, please email me or call me:

Email colin.noble@suffolk.gov.uk
or call 07545 423795



Lakenheath Parish Council

VOLUNTEERS NEEDED!



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

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



Alan Gyte reports on Lakenheath FC

We are halfway through the season and following a similar pattern to the first few months.

We went to Mildenhall, who are top of the league who have not dropped a point at home and beat them 1 - 0, but the next week at home to lower ranked Fakenham Town we were beaten 3 - 0.

But we were still sitting in a comfortable eighth place in the league. At the time of going to print still in the League Challenge cup quarter finals where we will be playing Thetford Town for a place in the Semis.

There has been a bit of a turnover in players with Casy Phillips, Tom Debenham moving down to step 6 to

join Haverhill Rovers in Division One North, Dean Grogan to Premier League rivals Ely City plus Charlie Beckwith and Tom Thurlborn to higher level Bury Town - a great move for both of them. Sadly Tom suffered a broken leg in the game against Stowmarket and all at the Heath wish him a speedy recovery.

Incoming we have added Charlie Root, Lewis Marr, George Edwards, Ross Bilham and Michael King. We hope that they will enjoy a long and successful stay with us.

Hopefully we will push on for rest of the season and our aim is to finish in the top five and make the play offs.

Until next time "Up the HEATH!"

First team fixtures:- All 3.00 kick off unless otherwise stated

March			
March 2	Brantham Athletic	Home	
March 5	Soham Town	Away	7.45 KO
March 9	Woodbridge Town	Away	
March 12	Dereham Town	Home	7.45 KO
March 16	Long Melford	Away	
March 23	Sheringham	Home	
March 30	Kirkley & Pakefield	Away	
April			
April 1	Mildenhall	Home	
April 20	Harleston	Away	

Councillors Alan Gyte and Nick Smith removed the vandalised bench in the play area. Many thanks, another eyesore gone.



GOWARD & EVANS CHARITIES LAKENHEATH

Reg Charity No. 253727

The Trustees wish to remind all residents of the Parish of Lakenheath that written applications for both 'Relief in Need' and Education grants (young people under the age of 25) are welcomed in advance of meetings held in March and September each year.

Anyone may feel free to contact the Clerk to the Trustees in confidence, and at any time during the year.

Ms Laura Williams c/o 8 Woodcutters Way, Lakenheath, Suffolk IP27 9JQ

Mobile: 07796 018816

Email: laurawill@btinternet.com



Tales from Lakenheath's Lode, River & Ponds: a guided history walk

Thursday 14 March 2024
10:00-12:30, free!

Imogen Radford

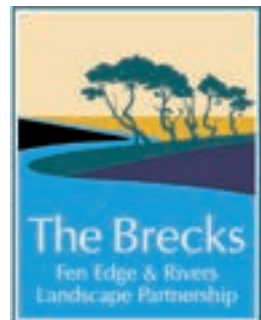
Healing Waters and Tales from the River project lead tells us about a Lakenheath Walk in Spring

We did some of these walks in a couple of locations in autumn, which you can read about here: <https://www.imogensriverswims.co.uk/blog/os-brecks-2/dates-set-ales-from-the-river-project-to-start-spring-2020/#project-updates>

Lakenheath has a fascinating recreation and other social history, and we have some very interesting material from the Lakenheath Heritage group and from the Tales from the River project part of BFER. I think it should be an enjoyable walk.

Part of The Brecks Fen Edge and Rivers Landscape Partnership Scheme (BFER) projects, walk in Lakenheath 14 March.

Book online: <http://tinyurl.com/BFERLakWalk>





The new year sees a new event for us here at My WISH as we ask our supporters to 'Grow Your Dough'.

Thanks to our sponsors, Suffolk based chartered accountants and business advisors, Knights Lowe, teams will receive a £50 starter donation and are encouraged to 'run wild' with fundraising ideas over three months to claim the title of 'Grow Your Dough Champions'.

Fundraising officer, Tanya Fifield said "We are excited to run an event where people can get creative and have fun while supporting their local NHS charity."

She added "£50 could go towards ingredients for a bake sale, or an entry fee for a half marathon, the choice is yours. We want those taking part to enjoy the challenge whether it's friends like Arthur Clarke taking part, or a big company like Treatt, all are welcome."

And the charity aims to use the funds raised to provide an activity assistant for elderly patients, many of whom have dementia at the West Suffolk Hospital. Ward manager, Rosie Cawston, said: "This role will have a huge impact on our patients, especially those with dementia. Whether it's playing cards, getting the bay to play bingo, or just sitting and having a chat will be such a valuable asset to the ward. We know this kind of interaction is vital to our older patients to help maintain their cognitive skills while in hospital."

Bianca Evans, marketing manager for Knights Lowe said: "Knights Lowe are really excited to be supporting My WISH with their Grow Your Dough Challenge, we can't wait to see what all the teams get up to and are looking forward to seeing all the innovative ideas as businesses around the community come together for this incredible cause."

And this is not our only event of the year as our annual Soapbox Challenge is back! This crazy day takes place on Saturday 31st August on Mount Road in Bury and see's teams race down the track to try and be the fastest

soapbox. They also compete for the best soapbox and the best presentation as they dance on the stage before they race.

This is our fifth soapbox and we are thrilled to have Treatt join us, once again, as headline sponsors. We also couldn't put on this day without our other sponsors including Clarkes of Walsham, Sealey's Tools and AC Webb. We still have other sponsorship opportunities available so do contact us if you're interested.

Added to these events we have our annual skydive day at Beccles Airfield on Saturday 15th June. Or you might have your own challenge for 2024 be it cycling 100 miles, running a marathon, or learning a new skill. Why not add fundraising for your local hospital into your challenge. We support the whole West Suffolk NHS Foundation Trust; this includes not only West Suffolk Hospital, but Newmarket Community Hospital and the community services both provide for patients of all ages so you choose where you wish to support and you will really make a difference.

To enter any of our events, to see a video from Soapbox 2023, head to www.mywishcharity.co.uk/events today.



LAKENHEATH PARISH WALKS

Lakenheath is fortunate to have a good network of footpaths and the Parish Walk explores these every other Sunday afternoon, helping you to enjoy the beautiful area in which we live as well as keeping the footpaths open. Walking will give you 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 2 pm but don't expect anyone there before 1.55pm. Walks are about 5 miles long and take about 2 hours. If we see hares, deer etc we stop and watch them. Sturdy footwear, preferably boots, is essential. There is no charge and everyone is welcome.

Walks are planned for the following Sundays, 10 and 24 March, and every other Sunday thereafter. Dates are on the noticeboards at Wings Road Car Park, the Library and the Surgery. Or just turn up and, if we are not there, we should be there the following Sunday. We have had some problems with illness in recent months so if you came and found we were not there, please do not give up but try again.

FOOTPATH NEWS

I am not sure about the state of the footpaths as I have not been well enough to go on a walk. All the paths should have been cut in August so, if you go

walking and find a footpath is overgrown or impassible, it is important that you report it to Suffolk County Council. Hopefully then the County Council will take action to get it cut or take whatever remedial action is required. The next cut is due in May.

I do not know whether the remedial action has been taken on the path (Footpath 3) between Claypits Bridge on the Undley Road and the path from the Community Centre. The path was dangerous as the bushes had been allowed to grow up on top of the lode bank so you had to walk on the sloping side of the bank. Also at one point the lode bank had been dug out leaving a steep slope on loose soil near the lode. The Parish walk no longer uses this path which restricts the walks we can do. Work on this path has been outstanding for 2 years.

To report a footpath problem to the County Council, go on their website and select Roads and Transport, then Public Rights of Way in Suffolk, then Report a Public Right of Way Issue. You will then be able to open up the map and pinpoint the location and, on the left hand side of the map, select the type of problem and give details.

If we want the footpaths to be kept open, it is essential that problems are reported to the County Council.





LAKENHEATH HERITAGE GROUP

At the Library

Thanks to Jo Chambers our display in the library began in November, showing some of our work from the Parish Council website Heritage Pages.

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

For our first display we chose to feature Timeline 5, 1900 – 1939, and two stories, one featuring the remarkable villager, Henry Flatt, his WW1 experiences and later business activities, the other an account of village poverty and Liberal Party politics in the village in 1912-13. As I write both are still on display.

From time to time we will show different aspects of our work. In Spring we plan to feature Maidscross Hill, a place with deep roots in our village history.

On the website Heritage pages can be found:

- **a large archive of early photographs of the village dating from the late 19th century.**
- **the village timeline with stories of the village researched from local and national sources.**
- **personal village memories from bygone years, and**
- **a downloadable Village Trail booklet.** Two walks and information about areas of the village from the history panels which we are placing around the village. Each panel has a QR code which gives access to more information about the area covered.



The Village near St. Mary's Churchyard.

This panel includes the Bell Hotel, Lakenheath Manor - 11th to 16th centuries, Churchgate Farm, The Merchant's House (site discovered by the Heritage Group), and the St. Mary's Wall Paintings Project which led to the recovery of its medieval wall paintings.

In the past we have been asked for printed versions of the Timeline and Stories but this has been beyond our resources. I'm pleased to say that it will soon be possible to request personal copies on payment of the normal photocopying charge. Please ask at the Library. You will also be able to read the stories in the library. As more become available we will produce a contents list.

New or reworked stories for Timelines 5 and 6 (1900 to 1948) available on the website now.

- 1927-1932 The Peace Movement in Lakenheath. (TL5). A reaction of villagers to the slaughter of WW1.
- 1937-1939 The Chivers Estate on Sedge Fen and the Refugees from the Nazis. (TL6). This is produced in collaboration with archivists from Suffolk Archives.
- 1947 The Lakenheath Floods and William Finlayson's story. (TL6). Now almost a forgotten episode in village history (before the Flood Relief Channel was created), William Finlayson's and other villagers' accounts make for sobering reading

We would appreciate your feedback and can be contacted at:
lakenheathheritagegroup@outlook.com

And to finish!

Here are some imaginary newspaper headlines for events or stories from the timeline. Can you guess the approximate dates? Answers below.

1. **"Farmer Slain- Two Arrested."**
and
"Large Crowd sees Benstead Gibbeted at Undley".
2. **"Brave Lakenheath Lads to Defend our King and Country. Captain Eagle Well Satisfied".**
3. **"Church Warden Assaults Vicar Over Tithe Dispute"**
4. **"Large Crowd sees Langham Victory in 60 Rounds at Lakenheath".**
5. **"Role of Honour at Lakenheath- Scouts Honoured".**
6. **"Lakenheath Hero Saves Airmen's Lives".**

David Jones

Answers to titles.

1.The Undley murder- 1791-92. 2. The Lakenheath and Wangford Volunteers- Napoleonic Wars- 1804. 3. Butt v Eagle: The Church and Tithe Disputes.- 1827. 4. The bare knuckle fight between Nat Langham and Tom Sayers- 1853- One of the most celebrated fights of the time. 5. A Role of Honour was placed in Lakenheath Post Office recognising Lakenheath Boy Scouts who had 'joined up' - 1915. 6. Plane Crashes and a Village Hero- Fred Bullen BEM. -1943.



BEFRIENDING CONNECT - SOCIAL GROUPS

The Voluntary Network has received funding as part of the wider SCC Public Mental Health programme to support, enable and strengthen the protective factors for good mental wellbeing.

Befriending Connect is a 12-month project for the Brandon/Mildenhall area and will build on our well-established Befriending service.

We have been inspired by the Blue zone model, a study looking at areas of the world where people not only live long lives, but happy and healthy ones. The model highlights the importance of being able to 'Connect' and to have the 'Right Outlook' <https://www.bluezones.com/2016/11/power-9/>

The idea for the project came from this along with an increasing number of requests from both existing and new clients to extend the befriending relationship beyond their homes. This highlighted the need for certain members of our community who although they have the mobility and means to access social groups in their area no longer have the confidence.

The main aim is to enable all members of our community to know how to connect. For some people they will simply need

to know what is out there and can do the rest themselves. To this end we will develop a webpage and social media posts to share comprehensive and current information about social groups and activities in the area.

For those individuals who require more support Befriending Connect will put in a Volunteer Connector to accompany the client to social groups for up to 4 weeks to enable the client to build relationships and confidence in that setting.

After the 4 weeks a review will be undertaken to ascertain if any additional support may be needed. We will be conducting wellbeing surveys at the beginning and end of the support and again later in the year to gather valuable findings about the impact of the project.

We are really excited to be piloting Befriending Connect in the Brandon/Mildenhall area and look forward to working with you all on the project. For any questions or to discuss further please contact Caroline Robinson or Laura Cox-Watson.

caroline@thevoluntarynetwork.org

laura@thevoluntarynetwork.org

Follow us on Facebook @thevoluntarynetwork1



"WHO IS THAT FIGURE ON A FLUORESCENT MOTORBIKE AND WHAT ARE THEY DOING?"

During the day, local business owner, Tim Smith, can usually be found helping local companies with their fire safety. However, during the hours of darkness and on weekends and bank holidays, he can often be seen wearing his Hi-Vis safety gear, riding through the village on a motorbike with chequered fluorescent markings.

Tim is part of a team of volunteer riders for Norfolk Blood Bikes, that give up their own time transporting urgently required blood, plasma, samples and medical instruments between various hospitals and medical centres throughout the region.

At any time of the night (including days at weekends and bank holidays), Tim can receive a call letting him know that some of these products are needed to be collected without delay from the main blood bank at Addenbrookes Hospital in Cambridge and rushed to a patient in need at either Queen Elizabeth Hospital in Kings Lynn, the NNUH in Norwich, James Paget Hospital in Great Yarmouth or even further afield. Or, it could be that medical samples need to be picked up and taken immediately to a specialist analysis centre in London for rapid results, so that surgeons and Doctors can get the information they need to treat the patient correctly, thereby saving their life.

Norfolk Blood Bikes also run supplies back and forth for the East Anglian Air Ambulance to enable them to stay operational and ready to take to the skies at a moment's notice.

Furthermore, during the daytime on an ad-hoc basis, Tim and some of the volunteers offer to transport Donated Breast Milk from Donors to the Milk Hub in Norwich, to all of the neo-natal units that require supplies and to the Human Milk Foundation in Hertfordshire.

All of the Blood Bike riders are fully trained and hold an Advanced Rider qualification from RoSPA or the Institute of Advanced Motorists (IAM). This ensures that they possess a very high standard of vehicle control and thorough knowledge of the highway code; allowing them to get to their destination quickly whilst riding safely and effectively in all conditions.

Their work is all voluntary, and Norfolk Blood Bikes is funded by charitable giving alone. The goodwill of these people saves the NHS and the taxpayer a huge amount each year. Without them, these life-saving products may not reach the Doctors and surgeons treating your loved-one in time. Premature babies may not get the nourishing human milk required for early development and the bolstering of their immune system. Urgent samples (such as when Covid-19 first landed in the UK), might not have got to the test-laboratory in time to slow the spread of the virus and save many lives.

Whatever the weather; torrential rain, scorching sun, howling winds or even snow (they use cars in extremely cold weather), they are ready to go.

So, if you see Tim or any of his volunteer colleagues riding their Hi-Vis blood bikes, spare them a thought, give them a wave, and if safe to do so, let them pass whenever possible. One day it might be you or your loved one that need their precious cargo as quickly as possible!

<https://norfolkbloodbikes.org.uk>

Please consider making a donation to help us keep this vital service running:

<https://www.totalgiving.co.uk/charity/service-by-emergency-response-volunteers-norfolk>

LAKENHEATH VILLAGE HALL

Luncheon Club News

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

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

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



The Luncheon Club gave a wonderful pre Christmas lunch to regular attendees. Pictured here are the hardworking, dedicated volunteers who made it happen!



Weekly Money Bingo!

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

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

Book this venue!

Lakenheath Football Club booking clerk

Available for Weddings, Birthdays, Funerals, parties etc

Contact Melissa Wilderspin

07834983094

Email: missyw19@hotmail.co.uk





LAKENHEATH INDOOR BOWLS CLUB

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

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

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

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

Your first three sessions are free and thereafter the appropriate rink fee will apply. Membership for the year is **£50.00**.

A great way to exercise.

Please contact Secretary Janice Brackenbury at **07795 244768**

LAKENHEATH INDOOR BOWLS JUNIOR SECTION

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

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

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

Experience bowler 10.45-12.15. All sessions are £2.00. Ages range from 7yrs - 17 yrs.

All coaching is provided by qualified coaches.

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

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

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

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

Junior membership is £10.00 up to the age of 18yrs.

Please contact Pauline Wright at **07934 642486**



SUNSHINE CORNER DAY NURSERY

Sunshine Corner Day Nursery, at the Abundant Life Church, Backstreet, is open Mon-Fri 8.30am to 4pm during school term time. Come and visit our bright, spacious classrooms, including our Soft Play Area, and our two outdoor areas.

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

Family events year round!

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

Please call Nicola Palmer on 01842 862646

or email: sunshinecornerlakenheath@gmail.com

Mildenhall Museum Society

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

History of the Toy Theatre

Talk by Daniel Morgan Thursday 7 March at 7.30pm

Mildenhall Workhouse – The Lives of Paupers

Talk by Danny Pearson Thursday 4 April at 7.30pm

Talk by staff from Dad's Army Museum

Thursday 2 May at 7.30pm

Guided walk in Bury by Martyn Taylor based around Angel Hill and Chequer Square

Thursday 6 June

All talks are held at Mildenhall Museum at 7.30pm

Admission £2 Members Non Members £4

Everyone welcome

www.mildenhallmuseum.co.uk



Register for a place NOW

Lakenheath Little Fishes

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

2 Fully qualified SENCOs

Ofsted Rated GOOD

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

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

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

Partnerships with parents and carers are excellent. OFSTED 2017

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

connecting communities

rural transport

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

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

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

www.suffolkonboard.com/CC



Sunset Barn Care Farm News!

“Hi from down on the farm – snowdrops are just showing colour as I write this article so Spring is definitely on the way. Chickens have started laying eggs. We have a pullet from last year who we have named “Lucky” as she is smarter than the average chicken and escaped a fox attack and a rather rough handling from one of our dogs Harvey. Lucky has started to lay this week and was observed climbing a tree to get to her preferred safe nesting place in the goose pen of all places!

Attendees enjoyed a shared Christmas lunch with family/friends which was the first time we’ve been able to do that since Covid days. Care café has been really busy since the New Year and we are so grateful to all who attend, the Co-op for their continued support and of course the volunteers, we have been lucky to add to that number so that we can run as efficiently as possible getting food out to tables as swiftly as we can.

We look forward to see you at the Care Café at the Methodist Church in Back Street or answering any questions you might have about the Care Farm.



LAKENHEATH PEACE MEMORIAL HALL & COMMUNITY CENTRE

*Centrally located,
the perfect venue for
your function*



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



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



www.lakenheathvillagehall.org



Lakenheath Peace Memorial Hall and Community Centre

What's on

Community Centre Bar open every Friday night 7-11pm. Pool table and darts board available for use. Families welcome. Card or cash payments accepted.



Open Mic Night in the Community Centre, 1st Friday of every month 8-11pm. Whether you're a singer, a poet, comedian or in a band come along and take over the mic for a session. Lounge and bar also open.

Community Kitchen at the Warm Room in the Community Centre, Thursday's 11:30am – 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 chat. All are welcome. Donations gratefully received.



LAKENHEATH PEACE MEMORIAL HALL & COMMUNITY CENTRE



www.lakenheathvillagehall.org



Lakenheath Peace Memorial Hall and Community Centre

Clubs and Groups



Marvelous Monday

THE MONDAY CLUB

Peace Memorial Hall: 10:00am – 12noon
Snooker & Pool for the over 50s. 1st session free!

For further details call Kevin or Sandra on:
01842 860829

LAKENHEATH FLOWER CLUB

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

Call Heather on 01842 860997



Wonderful Wednesday

MONEY



Peace Memorial Hall: 7:30pm. Everyone is welcome. We give away a total of £165 in prize money. Bring your own refreshments. Call Margaret on 01842 860878 for details.

LUNCHEON CLUB



Peace Memorial Hall:
11am, last Wednesday of every month. Tea and coffee followed by a two-course meal with friends. Call Margaret on 01842 860878 if you'd like to attend. Please bring a small raffle prize. Need transport? **Good Neighbours** will be happy to help.



Fabulous Friday

LAKENHEATH KURLING GROUP

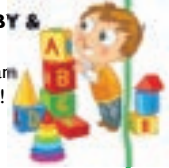
Peace Memorial Hall: 10:30am – 12:30pm
£2.50 per session. First session is FREE!
For details call Phil on 07708404557

Terrific Tuesday

LAKENHEATH PARENT BABY & TODDLER GROUP

Peace Memorial Hall: 9:30 – 11:30am
Brighten up you Tuesday Mornings!
All are welcome to join us.

FREE whilst generous funding from
Goward & Evans lasts!
Join our facebook group: Lakenheath Parent,
Baby & Toddler Group



LAKENHEATH LINERS

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

LAKENHEATH SILVER BAND

Community Centre: 8:00 – 9:30pm
For more information please
Call Daphne on 07731780406



Thrilling Thursday

PILATES

Community Centre: 9:30 – 10:30am
Please contact Helen on
07977186969 for further information.



LADIES KEEP FIT

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



ZANSHIN BLACK BELT ACADEMY

Peace Memorial Hall: 6:00 – 7:00pm
KARATE No prior experience required, open
to all ages 5+ and all abilities. For more details
email on info@startingkarate.com or visit
www.zanshinmkd.com



Citizen's Advice Bureau **UPDATE!**

Telephone:
0808 278 7868

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

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

Men's Shed Breakfast

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

Where: **Lakenheath Peace Memorial Hall**

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

It's free so please do come along!

Text or email:

Colin Noble
07504 417929 colin.noble@askcolinnoble.com

Stephen Frost
07710 436672 spfrost@tory.org

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

LAKENHEATH ANGLING CLUB

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

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

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

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

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

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

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

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

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

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

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



HAVE FUN!
GET FIT!
WHY NOT JOIN



METHWOLD BADMINTON CLUB?

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

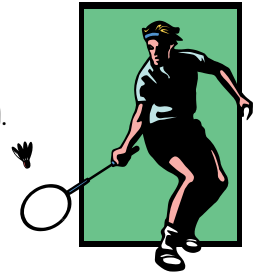
OUR SEASON RUNS FROM SEPTEMBER TO APRIL.

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

WANT MORE DETAILS?

Contact Jeff Millard on
01842 827428

HOPE TO SEE YOU!



EPIC Dad Fun Club

www.epicdad.co.uk

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

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

Forthcoming Dates:

Saturday 25th March

Saturday 29th April

Saturday 27th May

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



Lakenheath Cricket Club

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

If you are interested in playing contact us.

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

email: Lakenheathcc@yahoo.co.uk



LAKENHEATH SILVER BAND

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

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

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

Beginners through to experienced players are all made welcome.

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

Secretary: Daphne Austin, phone: 01842 861076 mobile 07731780406 or email: daphneflugal@btinternet.com

LAKENHEATH CAMERA CLUB

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

We meet every two weeks from September to April, in the Methodist Chapel Function Room, Back Street, Lakenheath. IP27 9HF. (Programmes commence at 8pm, doors open 7.30pm). If you would like any further information, please contact Mrs. J. Ottewell on 01842860785.

Our programme is as follows:

4th March 2024

The Life Cycle and Roles of Honeybees with macro photos.
Presented by Mr. Lewis Turner.

18th March 2024

The East Anglian Federation Portfolio.

(a chance to see the Monochrome and Colour Prints & Projected Images that were Selected to form the Entries for the PAGB 2023 Exhibition).

8th April 2024

Print and Digital Image Club Competition.
The Judge will be Mrs. Daphne Hanson
DPAGB Hon PAGB
From Burwell, Cambs.

22nd April 2024

Annual General Meeting.

For more information, please visit

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

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

Squirrels BEAVERS

1st Lakenheath Scout Group

Squirrels – age 4-5

Tuesday 5pm-6pm

Beavers – age 6-8

Monday 4.45pm-6pm

Cubs – age 8-10½

Monday 6.30pm-8pm

Scouts – age 10½-14

Thursday 6.30pm-8.30pm

All sections welcome boys & girls

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

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

Group Scout Leader

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

cubs scouts



We meet Wednesday Evenings

4.30 – 5.30 (Rainbows)

6.00 – 7.30 pm (Brownies)

We do various crafts, activities and learning new skills.

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

[www. Girlguiding.org.uk](http://www.Girlguiding.org.uk)

or contact below for more information:

Brownies:

Emma (07713 696475) or

Cheryl (07754 540182)

LakenheathBrownies@gmail.com

Rainbows:

Lauren (07503157086)

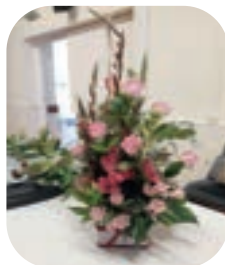
Cheryl (07754 540182) and Anna at LakenheathRainbows@gmail.com



Kurling Club - Children In need

Lakenheath Kurling Club meet Friday mornings 10.30 to 12.30 in the Peace Memorial Hall. New members welcome. Here they are pictured in between Kurling matches raising money for Children In Need.

The club always helps and becomes involved with charities throughout the year and on this occasion raised the grand sum of £130. Well done and thank you to all their members.



Arrangements done at recent classes

Lakenheath Flower Club

Why Don't You Join a Flower Arranging Club?

Discover a new skill

Learn about arranging flowers

Watch demonstrations and increase your garden interests.

**The Flower Arranging club meets on the second Monday of
the month at 2-00 pm in Lakenheath Village Hall.
(Not in January or April.)**

Everyone welcome including beginners.

8th April 2024 AGM Venue to be arranged

13th May 2024 Class with members demonstration for June

10th June 2024 Class with members demonstration for July

8th July 2024 Class with members demonstration for August

Annual club membership is £35.

Juniors up to 18 years £3.

Visitors to classes £5

**If you need any further information please call
Heather on 01842860997**

LAKENHEATH NOTICE BOARD

Lakenheath Good Neighbours

We are here to help.

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

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

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

Lakenheath Good Neighbours

We are looking for volunteers to join our happy band. If you are a driver, have an hour or two a week to spare and enjoy helping the local community, we would love to hear from you.

Please phone 07857 801 802 for an informal chat.



Lakenheath Friendship Club

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

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

YOUR LAKENHEATH LIBRARY

Opening times

Monday Closed

Tuesday 1000 - 1400

Wednesday 1400 - 1700

Thursday 1200 - 1700

Friday 0900 - 1400

Saturday 0900 - 1200

Sunday 1000 - 1500

Out-of-hours book return available.

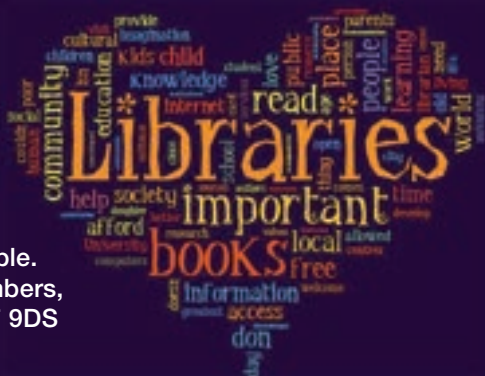
Contact Manager: Joanne Chambers,
65 High Street, Lakenheath IP27 9DS

Find us on Google Maps

Phone: 01842 860723

help@suffolklibraries.co.uk Connect with Lakenheath Library on
Facebook, Instagram.

Monthly a 4th Friday of the month event: Utter – Creative writing and
poetry workshop. 13.30-15.30 - free entry. For more information, please
call our volunteer Terri on 07940 114943.



30th March 3pm - 5pm

**Messy
Easter**



THE **SUPER COOL**
STORY OF **JESUS**

Churches together event

Abundant Life, St. Mary's and Methodist

held at The Lakenheath Methodist Church

All children must be accompanied by an appropriate adult



METHODIST CHAPEL

Offer of Prayer.

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

Come and worship with us!

Rev David McAloon **01842 753819**

Hire our Raven and Evans rooms for £12 per hour.

Contact: Linda **01842 861160**

or Melanie Smith **07847 057622**



BRANDON & MILDENHALL CATHOLIC PARISH

Your local Catholic Parish where all are welcome.

St Thomas of Canterbury Church Brandon Road,
Weeting, Brandon IP27 OPT

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

Sunday Mass St Thomas' 11am St John's 9am.

For weekday masses and other sacraments visit:

www.stthomas-stjohnparish.com

WHAT DO YOU DO ON A SUNDAY MORNING?

Who was this bloke called Jesus?

Do you like arts and crafts?

We would love to see you at

St. Mary's Church Youth Group

We meet alongside the Sunday service.

11.00 - 12.00

Suitable for all ages

For further information call Peter on

07962007343

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**

BAPTIST CHAPEL

Sunday Services Morning 10.30am

Evening 6.00pm

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

Lifts available – contact Richard or Liz on

01842 861191. More information on our

website: **www.lakenheathbaptist.org**

FREEDOM RECYCLING SKIP HIRE!

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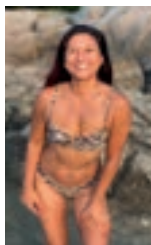
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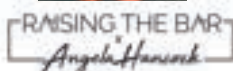
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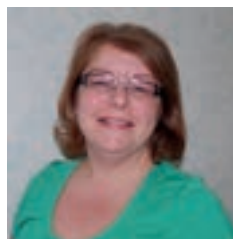
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