



LAKENHEATH TIMES

Winter 2023/24

www.lakenheath.onesuffolk.net

CHRISTMAS AND NEW YEAR GREETINGS FROM YOUR LAKENHEATH PARISH COUNCILLORS

Lakenheath Parish Council would like to wish
you all a happy Christmastime and a happy
and healthy New Year!

And thanks so much to all the wonderful people
that help to distribute the Lakenheath Times.

LAKENHEATH PEOPLE, SHOPS, BUSINESSES, SERVICES!

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WEST SUFFOLK COUNCIL

Tel No: 01638 719000

Website: www.westsuffolk.gov.uk



**WE ARE
MACMILLAN.**
CANCER SUPPORT

Successful Macmillan Coffee Morning

On Tuesday 22nd September Councillor Jenny Hastings held a coffee morning in the Community Centre as part of Macmillan Coffee Mornings month.

Councillor Hastings said afterwards that the grand sum raised was £402 and that she would like to thank everyone that attended and provided cakes and goods for the event.

Special thanks for the help and support from the Ladies Keep Fit Club and the Kurling Club together with fellow councillors who came along to enjoy their coffee and cake and to support the event.

A special thank you also to Jo and the Library for donating a large number of excellent books to help with the book stall.

All in all a lovely morning and a worthwhile sum of money for this worthy cause.

A Message from Lakenheath Parish Council Chair Gerald Kelly

As winter sets in, it is probably a good time for reflection on what has been an eventful year and to thank some of those who work so hard to make the Parish a good place to live. There are so many that we could fill several pages, but for once I would like pick on our Parish Councillors who pitch in time after time for absolutely no reward other than knowing that they are doing their bit for Lakenheath. It is certainly not always fun, and they do have difficult decisions to make sometimes. They are of course less than a dozen of so many who give willingly of their time and energy to run clubs and organisations or just muck in when called upon.

I was saying in a meeting how badly I think Lakenheath has been treated with the number of houses going up, the noise, the appalling roads, and so on. As expected, someone asked why I didn't move if it's so bad and I had no hesitation in saying that I don't know of anywhere else where the sense of community was so strong, and

so many put so much effort in, to keeping it that way.

There's always something causing problems though, and top of the list at the moment is Royal Mail. Ever since Sorting was taken out of our Post Office it has gone from bad to worse. It isn't just a Lakenheath issue, and some might not have experienced any difficulty, but we have had hospital appointments and legal deadlines missed, birthdays with no cards, licences not arriving – it's been dreadful, and prices have shot up ridiculously. We're trying to persuade the BBC to pick up where we left off in the Summer as part of our 'campaign', but Christmas is coming and we don't want it spoiled, so we are looking for volunteers to help with Lakenheath local card deliveries. If you are happy to join in, please let our Parish Clerk Nicky know, on 07388 408155.

Enjoy your Christmas and keep warm and safe, with my best wishes for a healthy and happy new year!



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And thanks so much to all the wonderful people
that help to distribute the Lakenheath Times.

**Wishing you a Happy Festive Season from your editor
Lyn Gibb de Swarte and assistant Cathy Gibb de Swarte**

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Lakenheath Times Advertising Rates are very reasonable!

Your deadline for the spring issue is January 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 Remembrance



Volunteers gave the foot of Lakenheath War memorial a good scrub ready for the 2023 Remembrance Day Service



Lakenheath Remembrance 2023

photo credit: Lakenheath Camera Club

Gardening Tips for Winter

by Rachel Sobiechowski BSc. (Hons)

The last few weeks have been very wet and unusually for our sandy soil in places it's been too damp to work on as walking on it will compact the soil further. Short-lived flash floods after a downpour seldom harm most plants. It is prolonged, saturated soil that cause the most damage as the oxygen is used up by the plant roots and soil microorganisms. You can help your container plants by lifting them off the ground onto pot feet (or bricks) so that the drainage holes in the base are not blocked. This will also help stop your pots from cracking in frost.

To improve drainage on compacted lawns, spike or aerate the soil so that rainwater can flow down into the ground more easily, rather than puddling on the surface. You can use a garden fork to spike the lawn or a hollow-tined aeration tool, which removes plugs of soil. The holes should ideally be 10–15cm (4–6in) deep. For larger lawns, you can buy or hire a powered aerator. Brush a free-draining 'top dressing', such as horticultural sand, into the holes. Prolonged or repeated waterlogging of lawns can cause several issues:

- Bare patches – finer grass species won't grow well in waterlogged soil and may eventually die. Coarser, more robust species or weeds may then take over.
- Algae, lichens and liverworts thrive in waterlogged conditions, affecting the appearance of the lawn, blocking light from reaching the grass and making the surface slippery.
- Moss will often colonise damp lawns, as well as shady areas and soil with a low pH (acidic). Although not usually welcome on fine lawns, moss can be an asset on less manicured lawns, greening up areas where grass fails to thrive and providing habitats for invertebrates.

If the excess water on your lawn is run-off from nearby hard surfaces, then adding a border known as a rain garden could help to absorb the water before it floods your lawn. A rain garden is planted with plants that can stand waterlogging for up to 48 hours at a time. The choice of plants will be governed by speed of drainage and a rain garden is not the same as a bog garden as it cannot guaranteed to be damp all year round. The following plants tolerate temporarily wet soil as well as dry:

Shrubs
Sambucus nigra cultivars Cornus sanguinea 'Midwinter Fire' Hydrangea 'Annabelle' Rosa rugosa
Herbaceous Perennials
Ajuga reptans Campanula glomerata Crocosmia 'Lucifer' AGM Geranium 'Rozanne' AGM Hemerocallis Iris sibirica
Grasses
Calamagrostis brachytricha Deschampsia cespitosa Miscanthus sinensis cultivars

Avoid slippery paths by keeping your paths clear of fallen leaves and debris. Leaves that fall onto borders can generally be left where they are as the worms will soon drag them below soil and improve your soil structure. Good soil structure will hold moisture in dry weather and be free draining in flooding. Do keep the crowns of dormant perennials free from fallen leaves though as it can cause rotting, especially plants such as Hosta's.

Here's a couple of other tasks for December:

- Winter prune open grown Apple and Pear Trees. (not those grown against walls)
- Prune Japanese Maples (Acer) and grapevines if needed, as they will bleed sap if pruning is done any later.
- Apply glue bands to the trunks of fruit trees to prevent wingless female winter moths climbing the trunks and laying their eggs in the branches.
- Check your winter protection structures are securely in place, and if you have a greenhouse make sure the heater is working.

- Take Hardwood Cuttings: For the best results you should choose healthy stems about the same width as a pencil.
- Protect outdoor taps from frost by wrapping insulation around them.
- Clean and repair your garden tools. (or ask Santa very nicely for some new ones!)

Whatever you are planning for your garden next season, Paul and I are always available to offer advice, and we look forward to meeting all your gardening needs in 2024! Have a merry Christmas.



P&R
Garden Supplies

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

Eclipz fundraiser success!

In June, J'J gluten free bakes and Eclipz came together to raise money for Parkinson's UK and in total we raised £ 540. There was a raffle as well. Jill and James Gulliver from J'J Gluten Free Bakes and Zoe O'Callaghan proprietor of Eclipz and Zoe's two daughters Cora and Kacey ably assisted.



Wow how is it December already! We don't know about you, but it feels like the year has flown by.

It's been a great one though and we have had some amazing things happen.

2023 has certainly been about gardens with the opening of the Queens Platinum Jubilee Garden in the Newmarket Community Hospital, a refurbishment of the gardens surrounding the Macmillan unit and the grand opening of our Butterfly Garden for end-of-life patients and their loved ones. The help we have received for these projects has been amazing and there are too many people to thank but we are so grateful for all the love and passion they have put into these gardens. These outside areas will make such a difference to so many people.

Event wise, we have had a skydive with 11 people taking to the skies, including 10 from our stroke unit and we celebrated the NHS' 75th birthday with lots of NHS Big Teas. We also held our fourth, and most successful to date, Soapbox Challenge. The day raised almost £24,000 which will be used to provide a family counsellor for the Macmillan unit to help the loved ones of those undergoing cancer treatment.

We would love to list all our amazing fundraisers but there are just too many to name. They never fail to amaze us and have walked for days, run all night, held concerts, bingos, comedy nights, open their gardens, built soapboxes, jumped out of planes, pulled Santa Sleighs and swum length after length of a pool.

These wonderful people, along with the donations of thanks we receive daily for the wonderful care the staff across

the West Suffolk NHS Foundation Trust have given, mean we have been able to provide bladder scanners, toys to be used as therapy and to help distract patients, specialist staff training, cancer wellbeing days, physio and occupational therapy equipment, electronic patient transfer slides, cardiac monitors...the list is endless and everything enhances the care so thank you.

We've also received many beautiful crafts over the year. The blankets, twiddlemuffs, clothes and toys make such a difference to our patients and often end up being priceless keepsakes. Thank you to all those who knit and sew tirelessly for us.

So that's a brief round up of 2023. It's been an exciting year and we are already gearing up for 2024. To find out our plans and to find out all things My WiSH head to www.mywishcharity.co.uk.

So, a final thankyou once more for your generosity and support. Together we have made. and continue to make, a difference.

WiSHing you all a very merry Christmas and a happy and healthy new year.



The outpatients department staff with fundraising officer Tanya Fifield on the left and Sally Daniels on the right holding a cup in the yellow trainers!

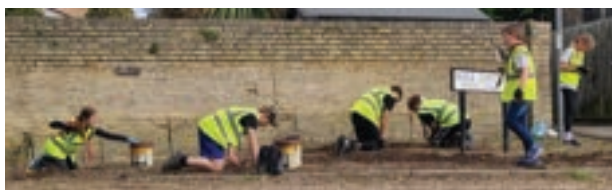
Environmental Update by Judy Cahill



Litter Pick – Saturday 7th October 2023.

The weekend of October 7th and 8th was a very busy one. We started on Saturday morning with a littler pick. It was really lovely to see some new people come out to help and also some Scouts. On a positive note, on a drive round the Village it was very pleasing to see that there was very little litter about so people are beginning to 'get the message' and use the bins or take it home! Thank you to everyone for your help in keeping the Village clean. The big bug was cigarette butts – there were loads of them!!

Saturday afternoon saw the start of bulb planting. There were 4 sites to deal with. Again, it was absolutely super to see some new faces coming out to help. The Scouts and Leaders did a grand job dealing



Scouts Planting – Saturday 7th October 2023.



Cubs planting Sunday 8th October 2023.



Cub 'helpers' planting Sunday 8th October 2023.

with the of planting larger bulbs in Hall Drive on Saturday with the Cubs and Leaders following this on Sunday with planting smaller bulbs on Hall Drive and the weeding and planting of larger bulbs at Dumpling Bridge Lane. Thank you all for you great help. We hope you will be able to help again.

The area around the Village sign and the small triangle at the end of Back Street were

large jobs which spanned both Saturday and Sunday. Lots of bulbs were planted and the whole of the area around the Village Sign weeded. There are still some bulbs to plant, but we are 'on the case' and by the time you read this they will all be done. There are lots of different types and varieties so hopefully there will be a succession of flowers going through from early spring to early summer.



Residents planting Saturday 7th October 2023.



Residents planting Sunday 8th October 2023.

The Parish Council would like to thank **everyone** for their help over this busy weekend! We have found this weekend that the more the merrier! Not only is it a social time but also the work gets done so much quicker! If you would like to join in, please let us know so we can contact you when help is needed – phone number or email address please



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

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 Parish
Council



LITTER PICK



Love Where you Live

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

Meet at 11.00 am at Wings Road Car Park
Equipment Provided

EVERYONE WELCOME

West Norfolk Aviation Society

www.westnorfolkaviationsociety.org.uk



WNAS October 2023

Once again the Lindsay Peacock Show returned to the stage at the Mundford bowls club but, this time, his discourse related to the shooting of aeroplanes in Japan; for 'shooting' please read, 'photographing'. His presentation was scheduled for last month but both he and the speaker seeker, John B, had reasons for crying-off. John's excuse appears to be the result of a heart attack but he had recovered enough to make his presence felt on this occasion, not in the flesh, but via a video link set up by Techie Steve C. As is usual at these meetings John was still able to fill in the gaps throughout the speakers orations, together with the backing of his family's kitchen appliances.

It seems that whenever Lindsay visits foreign climes he is greeted with rain; there was no exception on this visit to Aruna and the Hyacuri air base. It is always important to Lindsay that he should have a decent vantage point in order to capture the best pictures and, apart from the regular practice of poking the camera lens through holes in the fencing, an elevated position is always a bonus. The land on which Hyacuri is situated, once privately owned, has a small area which retains its independence. The wily owner decided he could capitalise on this by building a watch tower

thereupon and renting its facility to wealthy, professional photographers. Lindsay is always ready to evaluate other services like food: good in this case; accommodation: not so good; barbering: good and, amusing, eg. [sic] Hair Saron.

Membership Secretary Roger Alston described how another WNAS member had introduced him to a fellow aircraft simulator buff and television repair man, one Julian Horn of Watton. During their meeting Julian related a ghost story about a WW2 pilot who still haunts the old RAF Watton site. After Roger returned home he received a full account of the story which Julian had published some years ago. Roger made a few copies to share with other members of the WNAS.

Roger also announced that, reluctantly, owing to family commitments, he has to move back to Essex and must therefore resign from the position of MS. We wish him well with his move.

This means that the revered position is now up for grabs and any would-be candidate craving responsibility should attend the next meeting in order to secure an interview. NT.

Club details at:

westnorfolkaviationsociety.org.uk

West Norfolk Aviation Society

www.westnorfolkaviationsociety.org.uk



WNAS November 2023

On Tuesday 7th November at the Mundford Bowls Club the WNAS were delighted to play host to Stewart Samuals: celebrity, historian and co-owner of Feltwell's prestigious family-run, Wellington Inn.

For an equally prestigious airfield Stewart's introductory photograph did not pay tribute to its status. The main entrance to the site shows a rather grandiose brick monolith bearing the noble inscription: 'Liberty Wins'. Unfortunately, undergrowth has recently been given too much liberty.

Stewart soon reset the balance by revealing that everything else about the location could be described as treasure. The infrastructure is almost exactly as it was during WW2: hangers, workshops, schools and even a beautiful timber church built by Boulton and Paul.

There is no living accommodation on the site but the houses are regularly maintained and original camouflage paintwork can still be discerned on the property walls. There are veterinary, dog training facilities and schools there. A testimony to this fact comes from WNAS member, Lee, who used to teach there. Stewart explained that RAF Feltwell has never been deactivated and a concrete runway was never built. It was designed as a satellite to Lakenheath in 1937. Before that there was a WW1 airfield between Feltwell and Hockwold; evidence of this can

be seen there today. The geography of the surrounding area seems to be ideally suited to the construction of airfields and it is not surprising that we see the 'golf balls' (radar surveillance scanners) there now. This scenario was a development of the Star wars initiative instigated by Ronald Reagan in the days of the Cold War. With radar and the atomic clock together with the Thor missile it would be possible to detect an adversary and counter attack with pin point accuracy. Feltwell was host to the first Thor missiles. They were originally of a German design. The British built the rockets and the Americans built the warheads. Ironically, the rockets were taken back to Vandenburg test site in California and were commissioned by RAF engineers from Feltwell.

Stewart intimated that there is now evidence of the construction of the first purpose built runway; a very short one. Can we see electric vertical take-off aircraft on the horizon?

Stop press: at an affectionate level Stewart made mention of the bond we have with America. Every day on the base at 4-30pm the National Anthem is broadcast followed by the Star Spangled Banner. At Halloween, children head for the officer's quarters first where the pickings are more juicy. RAF Watton is not the only base to host its own wartime ghost.

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

ANNUAL GENERAL MEETING

Followed by Talk by Kevin Boardman
Thursday 4 January 2024 at 2.30pm

Talk to be arranged

Thursday 1 February 2024 at 2.30pm

Talk to be arranged

Thursday 7 March 2024 at 7.30 pm

All talks are held at Mildenhall Museum

Admission £2 Members Non Members £4

Everyone welcome

www.mildenhallmuseum.co.uk



Book this venue!

Lakenheath Football Club booking clerk

Available for Weddings, Birthdays, Funerals, parties etc

Contact Melissa Wilderspin

07834983094

Email: **missyw19@hotmail.co.uk**



LAKENHEATH INDOOR BOWLS CLUB

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

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

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

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

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

A great way to exercise.

Please contact Secretary Janice Brackenbury at
07795 244768

LAKENHEATH INDOOR BOWLS JUNIOR SECTION

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

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

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

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

All coaching is provided by qualified coaches.

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

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

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

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

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

Please contact Pauline Wright at **07934 642486**

SUNSHINE CORNER DAY NURSERY



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

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

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

Family events year round!

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

Please call Nicola Palmer on 01842 862646

or email: sunshinecornerlakenheath@gmail.com

LAKENHEATH VILLAGE HALL

Luncheon Club News

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

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

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



Weekly Money Bingo!

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

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



Lakenheath Little Fishes

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

Register for a place NOW

Ofsted Rated GOOD

2 Fully qualified SENCOs

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

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

www.suffolkonboard.com/CC



Sunset Barn Care Farm News!

Hi all from down on the farm. We have lit the log burner, raked the leaves, brought all the tender plants into the polytunnel and started feeding hay to the sheep. Yes, Winter is upon us. The geese, chickens and ducks are glad that they haven't, so far this Winter, had to be shut up due to bird flu but we are keeping abreast of news on the subject. It's been a mild and wet Autumn until now and we've enjoyed walking the dogs and collecting cherries and blackberries which will appear in crumbles and jams we get to enjoy down at the Care Café during the coming months. Currently, we are doing creative Christmas crafts and learning new songs to entertain at a local Residential Home over the festive season during our afternoon leisure sessions. Please do visit us at the Care Café between 10 am – 2 p.m. any Tuesday (except 26th Dec. and 2nd Jan) you will find us in the Methodist Church rooms providing coffees, teas, cakes and lunches with a changing menu each week. We take this opportunity to thank everyone who has attended either the Farm or the Café in 2023 and are so very grateful to ALL the volunteers for their continued support without whom we wouldn't be able to continue.

Again THANK YOU and a Happy Christmas and New Year to you all.

Love from Melanie and the team at the Care Farm (07847) 037622
or e mail melaniepsmith@hotmail.co.uk

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. Hot food available, check our facebook page for menus. 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.



Quiz Night - Friday 15th December 2023. In the Community Centre. Arrive 7:30 for a 8:00pm start. Teams of up to 6, £4 per person entry fee. Cash prize for the winning team. Pre-booked teams only, to book call Sue on 07939810829.

Keep an eye on our facebook page for our next Quiz Night.

The Community Centre bar will be open after the Remembrance Sunday parade. Join us for a drink, game of pool or darts and a chat with friends. All welcome.



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 CURLING 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

LADIES KEEP FIT

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



KARATE ZANSHIN BLACK BELT ACADEMY

Peace Memorial Hall: 6:00 – 7:00pm
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.

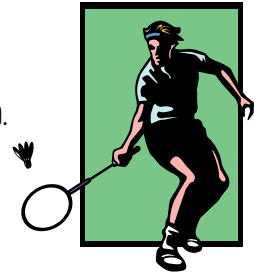
OUR SEASON RUNS FROM SEPTEMBER TO APRIL.

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.

Our dads and children's fun clubs are moving to the 1st Saturday of the month in the new year. Still meeting at 10am to 12noon at Lakenheath Primary School.

Saturday 6th January 2024, Saturday 3rd February, Saturday 2nd March, Saturday 6th April, Saturday 4th May, Saturday 1st June, Saturday 6th July, Saturday 3rd August (Meeting by Lakenheath Play Park), Saturday 7th September, Saturday 5th October, Saturday 2nd November, Saturday 7th December

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 8 pm, doors open 7.30 pm). If you would like any further information, please contact Mrs. J. Ottewell on 01842860785.

Our Winter programme is as follows:

4th December 2023

Slide Show - U.S.A. States.
Presented by David Spain from Swaffham.

18th December 2023

Our Christmas Party.

8th January 2024

Slide Show - Local Area.
Presented by Mr. David Flack from Lakenheath.

22nd January 2024

BOKEH - Learn how to focus.
A Tutorial Evening with Mr. David Spain from Swaffham.

5th February 2024

Club Competition evening.
Digital Images and Prints Members to judge.

19th February 2024

Print and Digital Image Competition with SWAFFHAM CAMERA CLUB.
The Judge will be Mr. Nick Akers ARPS BPE3* from East Rudham.

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

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.



Lakenheath Flower Club

Arrangements done at recent classes.

Why Don't You Join a Flower Arranging Club?

Discover a new skill

Learn about arranging flowers

Watch demonstrations and increase your garden interests.

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

(Not in January or April.)

Everyone welcome including beginners.

11th December 2023 Christmas demonstration by

Gill McGregor

Hertfordshire

“Glitz, Glamour & Flair”

Visitors £15-00

8th January 2024 No meeting

12th February 2024 Class with members demonstration

11th March 2024 demonstration by

Elizabeth Robertson

Prickwillow

“My Family & Other Animals”

Visitors £6-00

Annual club membership is £30.

Juniors up to 18 years £3.

Visitors on class nights £4-50

If you need any further information please call Heather on 01842860997



Lakenheath FC

2023-24

Alan Gyte reports

Bit of a stop-start to the season so far.

Winning our first five league games saw us sitting at the top of the league with an impressive goal difference of 16. We then stuttered a bit drawing the next two, back to winning ways saw us with two more wins to keep us in pole position.

We then started to stutter again drawing the next two followed by two defeats to knock us off top spot.

In the cups it's been a similar story, beating Godmanchester away in the FA Cup before losing to Mildenhall. We then lost to higher league Felixstowe in the Suffolk Premier Cup.

Still in a good position in the league and looking forward to hosting Walsham le Willows in the FA Vase and Soham Town Rangers in the League Cup, so plenty to look forward to.

On a sad note, we lost our manager of the last 5 years Ben Cowling. Whatever the reasons behind Ben going we should never forget the impact he has had on this club.

First taking us up to the Eastern counties league division one then promotion to the premier division, also winning the Suffolk Senior Cup and League Cup along the way and who could forget our memorable run in the FA Vase reaching the last 32 nationally.

He also helped us off the pitch, being instrumental in us adding floodlights, new dugouts, a new covered stand, pucker seats in the old existing stand, footpaths around the pitch, a new ground maintenance 'tractor' and attachments and even the creation of a kitchen area for matchday refreshments etc. So mainly thanks to Ben for all his hard work in helping to get us where we are today, we are indebted to him.

1st Team upcoming Fixtures

2nd December	Away v Long Melford	15.00
9th December	Home v Norwich Utd	15.00
16th December	Home v Thetford Town	15.00
23rd December	Away v Brantham Athletic	15.00
26th December	Away v Mildenhall Town	11.00
30th December	Home v Fakenham Town	15.00
6th January	Away v Soham Town Rangers	15.00
13th January	Home v Woodbridge Town	15.00
27th January	Home v Heacham	15.00
10th February	Home v Hadleigh United	15.00
17th February	Home v Heacham	15.00
24th February	Away v Mulbarton	15.00



What Winter Brings to RSPB Lakenheath Fen

The habitats here create an ideal refuge for birds travelling here from their breeding grounds in more northerly places. The largest of these is the Whooper swan - which may be well-known to you if you're a wildlife lover as they can be seen gathered in stubble fields from November onwards in our local area. Here they'll feed on spilt maize, potatoes and grain crops, and will look to roost in large areas of open water. The Hockwold Washes (adjacent to Lakenheath Fen) is a popular roosting site where numbers can build to 10,000+ but they can vary from one night to the next. On clear nights with good visibility or a full moon, Whoopers will sometimes stay out all night feeding, if they can see well enough, and won't bother to come to roost. However, if we get a foggy day or a very wet start, they'll stay on the Washes after dawn and more visitors have a chance of seeing them before they leave for the day.

If you'd like to see the swans try getting here around dusk or early in the day - before dawn - and you stand a good chance. Their beautiful honking calls are a delight to hear and you may even see a few of the rarer, much smaller Bewick's swan too. These breed even further north than Whoopers, just west of the Ural Mountains in Arctic Russia. Bewick's also wait for longer before they move to the UK for winter, and we don't often see any before Christmas. Because they are smaller and there's fewer of them, they do tend to segregate themselves away from the Whoopers on the Hockwold Washes to avoid conflict with the bigger swans.

A whole range of smaller birds visit us for the winter - Redwing, Fieldfare, Siskin, Lesser redpoll, and Marsh tit. The first two - Redwing and Fieldfare can be spotted on the reserve throughout winter, feeding on berry bushes, digging for worms and bugs in waterlogged fields, and in mixed flocks with Blackbirds, Song thrushes and Mistle thrushes feeding in

fields in rolling groups that can be fascinating to watch. If we get a frosty spell where the ground is frozen, the paddock in Brandon Fen (near the car park) can be a great place to look. We have a footpath around the perimeter and a couple of benches to rest a while too!

Back at the Visitor Centre, we have some bird feeders which attract a few species that we don't tend to see in the warmer months - especially Marsh tit.

Our car park is an unlikely location for Brambling, which is a stunning finch that is very closely related to the more familiar Chaffinch.

A walk around the nature reserve on a clear and frosty day will reward you with some stunning views - as all of the vegetation is etched in frost, including the seedheads of the reeds that make up vast patches of the reserve. With a clear blue sky above, the reserve just shines and glitters like a scene from Narnia.

We'll have hot and cold drinks and a selection of snacks available at the Visitor Centre every day, with a break at Christmas. Our Visitor Centre and toilets are open daily from 9am to 4pm during the winter, switching to a 5pm closure when the clocks go forward on 31 March 2024. You can follow the latest news from the reserve by reading our blogs which we publish on the website <https://community.rspb.org.uk> and share on our Facebook (RSPB Lakenheath Fen) and Twitter (RSPBLakenheath) pages. For any questions, just e-mail us at lakenheath@rspb.org.uk, pop in to see us or call our office on 01842 863400 during our opening hours. The reserve's webpages can be viewed at <https://www.rspb.org.uk/days-out/reserves/lakenheath-fen>.

With best wishes for a safe and happy winter!

Heidi Jones
(Visitor Experience Officer,
RSPB Lakenheath Fen)

Events at RSPB Lakenheath Fen- January - March 2024

Places for all events need to be booked online- please visit <https://bit.ly/LakenheathFenEvents> to read more and book tickets.

Treasures of the Moth Trap

26 January, 23 February, 29 March (10am to 11am)

Learn more about the amazing world of moths- join us to admire what we catch in our harmless trap.

Adults £3. Under 18's go free! November, January and February dates are free- but please let us know you are coming so that we can let you know if bad weather stops us from putting the trap out (and saves you a wasted journey!).

Raptors in the Reedbed guided walk

Sun 10 Dec 2023 (2pm-5pm), Sunday 14 Jan 2024 (2pm-5pm)

Watch the reserve come to life as darkness falls, and birds of prey emerge to hunt or arrive to roost in the reedbeds.

Adults £12/ Children £6 (RSPB-members) Adults £15
Children £7.50 (non-RSPB members)

Sundown at Lakenheath Fen (accessible)

Sun 21 Jan 2024 (4pm-5:30pm)

Join us on this new event to experience the reserve as dusk falls across the reedbed. This event is designed to be accessible to all, including those with reduced mobility. Hot drinks and biscuits included!

Adults £6/ Children £3 (RSPB-members) Adults £7.50
Children £3.75 (non-RSPB members)

Winter Walking Safari

Sun 11 Feb 2024 (2pm-7pm)

Many parts of the reserve aren't usually open to the public, and this behind-the-scenes tour provides a great opportunity to see the wildlife hiding out in pools and reedbeds which aren't visible from the current visitor trails.

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

Stargazing with Jonathan Shanklin

Wed 13 Mar (time T.B.C.)

We will be privileged to have Jonathan Shanklin, a renowned meteorologist with us for the evening, giving us a fascinating talk followed by a walk on the reserve to hopefully see some spectacles if the sky is clear.

Price: RSPB members £12, non-RSPB members £15

Getting Ready for Winter Visits to the Cemetery

In November Lakenheath Cemetery was made ready for friends and relatives of loved ones to visit their final resting places.

A group of willing volunteers, a group of parish councillors and cemetery committee members, spent all morning clearing the fallen leaves at the cemetery. In all, they collected 35 bags of leaves!

The Lakenheath Community are grateful for their sterling efforts.





Carol Service

At The Methodist Chaple

24th December @ 7.30pm

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**



Messy Christmas!

FREE

SATURDAY DECEMBER 9TH 3-5PM

A CHURCHES TOGETHER EVENT WITH ST MARY'S, ABUNDANT LIFE
AND METHODIST CHURCH

CHILDREN MUST BE ACCOMPANIED BY APPROPRIATE ADULT
HELD IN THE METHODIST CHURCH, BACK STREET

FUN

FOOD

The poster features a light blue background with a red border. At the top, the words 'Messy Christmas!' are written in a playful, bubbly font, with 'Messy' in white and 'Christmas!' in green. A red Christmas wreath with green leaves and red berries is positioned to the right of the text. Below this, the word 'FREE' is written in large, bold, red letters. The date and time 'SATURDAY DECEMBER 9TH 3-5PM' are written in a white, sans-serif font. Below the date, the text 'A CHURCHES TOGETHER EVENT WITH ST MARY'S, ABUNDANT LIFE AND METHODIST CHURCH' is written in a smaller, white, sans-serif font. Further down, the text 'CHILDREN MUST BE ACCOMPANIED BY APPROPRIATE ADULT' and 'HELD IN THE METHODIST CHURCH, BACK STREET' is written in a white, sans-serif font. At the bottom, the words 'FUN' and 'FOOD' are written in large, bold, red letters. In the center of the poster, there are four cartoon characters: a penguin, a snowman, a polar bear, and another penguin, all wearing winter hats and scarves, and holding musical notes. The background of the bottom section is a light blue sky with white clouds and a white snow-covered ground.

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**



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

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

BAPTIST CHAPEL

Sunday Services Morning 10.30am

Evening 6.00pm

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

Lifts available – contact Richard or Liz on

01842 861191. More information on our

website: **www.lakenheathbaptist.org**

LAKENHEATH NOTICE BOARD

Lakenheath Good Neighbours

We are here to help.

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

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

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

Lakenheath Scrabble Club

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

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

Lakenheath Friendship Club

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

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



MOTs £49

MOTs by appointment. Call us on 01842 860226 to book.



Convenient

Drop off your car to us and stroll home. Local collection possible.



Open

Mon-Fri 8:30 - 17:30
Sat 9:00 - 12:00



Servicing



Repairs



Tyres



Air Con



Brakes



Clutches



Diagnostics



Exhausts



Batteries



Underbody Wax Oiling

Local home start, and anything else you need!



01842 860226



www.centralgarage-lakenheath.co.uk



Finding Us

100 High Street
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Jo - Library Manager

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This is why I have been so passionate about guiding people through my science-backed nutritional reset programmes for the last 8+ years. Before I started I was exhausted, perimenopausal and out of control with my eating (and moods). Now, I am energised, happy and have a renewed lust for life. At the age of 51, I feel better than I ever have!

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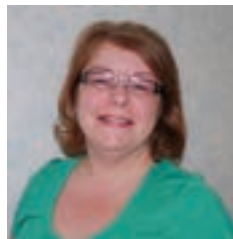
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