

Green Links

The Monthly Village Magazine of Cockfield

May 2020

Dave Smith



Old Hall Green - Resplendent in spring glory

Green Links Copy Deadline!

Please note all copy for the June issue must be
with me by 15th May please

Janne Cutting-Keyton, Newholme, Smithwood Green, Cockfield.
IP30 0JQ

01284 828264 or janne@twerbs.co.uk

Would you like to Subscribe to Green Links

There are currently over 400
subscribers to Green Links in
Cockfield and the
surrounding villages.

An annual subscription is
£3.00 payable in August.

The magazine is
delivered to your door by a
team of local volunteer
distributors.

Please contact
01284 828264
for further details

Cockfield Village Hall

Available for hire at very
reasonable rates

Please contact
June Pettit
for bookings or for
further details

**Please spread the
word about our
super village hall,
huge car park
and full facilities**

www.cockfield.org.uk/village-hall

GREEN LINKS ADVERTISING

To place an advertisement in Green Links
or enquire about our rates please contact

Sue Harrison at
sue.harrison42@gmail.com

Green Links



The Monthly Village Magazine of Cockfield
Edition 4- No 153 May 2020

Chairman and Distribution
Editor
Secretary
Advertising Manager

David Simpson
Janne Cutting-Keyton
Morag Kelly
Sue Harrison

Well this is a first - because of the current ongoing situation Green Links is published this month as a web publication only! What a lot of changes and hardships we are all suffering, our way of life has rapidly altered and nearly everything has come to a sudden halt. But we will get through and many events are just put on hold ready to start again as soon as they are able.

One good thing is you can see Green Links, as I see it, in colour. Lots of colour is to be found in the village as Dave's picture on the cover and Paul's pictures, with identification labels (always helpful), on page 31 show. It is amazing how the bird song is also more noticeable, as if it is encouraging us on as we are encouraging the NHS and Key Workers on a Thursday evening.

I understand that much of Cockfield is busying themselves in their gardens or catching up with some craft projects, the Community Council are hoping to hold the Cockfield Flower, Fruit, Produce and Craft Show in September, they will not confirm the date yet but please keep it in mind, they are thinking of including a class for 'Items Too Big to Bring to the Hall', entry will be by photos of your project unfolding and the finished article another first for the village and something to work towards.

As the village response on Thursday evenings shows our community spirit is strong as we keep on doing what we can for others, appreciate those who help and actually speak to those we meet, albeit at a safe distance of course.

Keep safe
Janne

www.cockfield.org.uk

The Editor and Management Committee cannot be held responsible for the accuracy of articles or for any of the claims made by any advertiser and reserve the right to alter, shorten or refuse any items submitted for publication. All copyrights acknowledged.



Unfortunately due to the current restrictions on social gatherings Cockfield's participation in the National Celebration of the End of WW2 in Europe on 8th May has had to be cancelled.

We may be able to hold a combined event in August for the anniversary of VJ Day (Victory Over Japan) and VE Day details will be published as things develop.



Andy's Jet Force

- All drainage work undertaken, from block drains to new drains
- CCTV surveys
- High pressure water jetting services
- Patios and driveways cleaned
- Septic tanks and treatment plants emptied, serviced and installed

Andrew Waldock
jetforce@mail.com
T 01284 763952 M 07772 751645
www.andysjetforce.co.uk

Distance Dancing

In they come, gliding past each other, doing the graceful Distance Dance.

Is it ok to have 2 milk? I don't want to be greedy. Oh you have this and that, the supermarkets haven't! Can I send this parcel, to my grandchildren, to my mum, to my friend? It's all important to them as much as receiving such gifts in return.

We've been shopping on line haven't we? As the prepaid returns mount up – it keeps people busy, so many reduction, too tempting but it also keeps those businesses turning over.

A postie said Easter was busier than Christmas - another said it seems that those who are working, are working harder than ever. It's true, we've seen how hard the NHS and care services are working flat out. Think of all the missives coming from the top – there's an army of people putting procedures and processes in place making things happen. So many people keeping the country functioning.

We have to think differently now – make each trip count – consider others' needs as well as our own. What's important to one may not be as important to another but it still has relevance and value.

Rich or poor or inbetween, no-one has superiority over another, people are not there to do one's bidding, they are there because they want to help. Everyone is helping someone and that is precious.

Children are spending more time learning how to amuse themselves, having quality time with parents and guardians. This won't happen again this lifetime (I hope) so we need to take forward positives and there are many.

This period is but a fraction of a lifetime, what we do now, a means to an end. We need to bear with the stress and anxiety, don't burden people already under pressure and think of others before ourselves.

I like to think that by Christmas we will have a newer, better normal and things like "Strictly" will be back and in the meantime, we will become experts at our own

Distance Dancing

Barbara Turner Cockfield Post Office and Stores

EDITORS NOTE: Thank you Barbara and Ralph for keeping us all going

St. Edmunds Chauffeurs

Offering reliable, professional, luxury
travel at competitive prices.

Airports - Seaports - Race days
Theatre trips - Business travel

All drivers are courteous, suited, CRB
checked and licensed with the local
authority

For more information please contact

Martin Hart on 07725039020

martinhart@stedmundschauffeurs.co.uk



Hennessey
LIFESTYLE

Coffee Lounge & Bistro

- Breakfast, Lunches, Cakes and
Scones (all products locally sourced)
- Afternoon Tea
- Live Music Events
- Private Function Hire

Tel: 01284 386015

www.hennesseylifestyle.co.uk

info@hennesseylifestyle.co.uk

Overland Business Park, Sudbury Road,
Bury St Edmunds, IP30 0UL

The Horseshoes Inn

Traditional family owned & run Freehouse
Bury Road, Cockfield, Nr Lavenham IP30 0JB
Open 6 Days - Homemade food
Full Menu lunch & dinner menu available

Tuesday - Thursday Special Menu Board £4.95

Daily Specials - Children's menu

**Sunday Roast Dinner - Pies & Puddings & much
more**

Live music Charity quiz-nights Morris dancers

Private functions catered for

CALL 01284 828177

West Suffolk CAMRA Award winning cask ales & ciders. Trip Advisor Certificate of Excellence Award

Cockfield Parish Council

Notes



Summary report of the Ordinary Parish Council meeting held 26 March 2020

The Parish Council are currently operating in accordance with Government / National Association of Local Councils Guidance on social distancing and group gathering. The Parish Council are therefore mandated to continue operating and hold “virtual meetings”.

The Clerk has prepared detailed notes relating to this process which are publicised on the village web site.

The members convened a “Skype” conference call with reasonable success given some members were new to the format, technology and had connectivity limitations.

The aim going forward is to run the standard agenda but to focus on matters requiring actions or decisions.

Outstanding Actions from previous meetings:

A number of asset maintenance matters were pending although were to be progressed subject to limitations on or the availability of contractors.

[The Clerk had yet not been able to obtain quotations for Grounds Management at the Great Green. It was agreed that the contract for Grounds Management at Great Green be renewed with the existing Contractor Vertas Group Ltd for 2020, and the Clerk was instructed to obtain competitive quotations in advance of placing the contract in 2021. The proposal was carried.](#)

Public Participation Session:

No County Cllr or District Cllr written reports were received prior to the meeting. Cllr Arthey advised that all BMSDC meetings were cancelled, however they are exploring alternative ‘virtual’ formats.

Cllr Arthey advised that because of the impact of Coronavirus on driver numbers, BMSDC had decided to cancel Brown Bin collections, to enable Blue and Black Bin collections to continue.

The Recycling centre in Bury St Edmunds had also closed.

Planning Applications Received: It was noted that the following applications had been referred to the Parish Council:

DC/20/00270: Application under 73 for removal or variation of a condition relating to B/16/01157 (Conversion of kennel block to single-storey dwelling, including erection of porch and chimney and construction of link between kennel buildings. Erection of double garage & store room, following removal of existing cattery, sheds and outbuildings)

allowed on appeal APP/D3505/W/17/3170002 - To vary condition 5 (Approved Plans & Documents) - Additional erection two storey extension: Roundwood House, Windsor Green, Cockfield, Bury St Edmunds Suffolk IP30 0LY. **Notice that the Application has been Withdrawn.**



DC/20/01063: Application to Determination if prior approval is required for a proposed: Erection, Extension or alteration of a building for Agricultural or Forestry Use. Town and Country Planning (General Permitted Development (England) Order 2015 (as amended) Schedule 2, Part 6 - Erection of a steel framed building with five 20ft bays with a juniper green box profile roof and cladding to eaves on gable ends: Perrydown Farm, Perrydown Lane, Cockfield, Bury St Edmunds Suffolk IP30 0ND (Consultation Deadline: 17/03/20). **Note: The Clerk has agreed with BMSDC that a Consultation Response is not required from the Parish Council.**

Cllr Southgate's Draft of the Parish Council's verbal submission to the BMSDC Planning Committee (date to be confirmed) was approved relating to **DC/19/04755:** Outline Planning Application (Access to be considered all other matters reserved) - Erection of up to 28no. dwellings (Plots 5, 6 and 7 of Reserved Matters Permission DC/19/02020 to be repositioned / amended). Land to The Rear of Plough and Fleece Inn Great Green Cockfield Bury St Edmunds Suffolk IP30 0HJ, be approved and that Cllr Morley will present it on behalf of the Parish Council should there be a physical meeting.

Decisions Received:

AGRICULTURAL DETERMINATION - DC/20/01063: Application to Determination if prior approval is required for a proposed: Erection, Extension or alteration of a building for Agricultural or Forestry Use. Town and Country Planning (General Permitted Development (England) Order 2015 (as amended) Schedule 2, Part 6 - Erection of a steel framed building with five 20ft bays with a juniper green box profile roof and cladding to eaves on gable ends: Perrydown Farm, Perrydown Lane, Cockfield, Bury St Edmunds Suffolk IP30 0ND.

Decision: formal approval of the details of the proposed development is not required.

Finance

It was noted Cockfield Football Club had provided the balance of the Annual Pavilion Hire Payment - £300.00.

It was agreed that a 2 Year Fixed Term Agreement be signed with Octopus Energy for the supply of Electricity at the Pavilion.

It was agreed that the Great Green edge cutting services contract at the Great Green for 2020, be renewed with S Shepherd & Son (Prices fixed at 2019 price levels at £60+VAT per cut).

It was agreed that the Grass Cutting Services Contract on approximately 18km of Village Verges for 2020, be renewed with S Shepherd & Son (Prices fixed at 2019 price levels at £425+VAT per cut).

It was agreed that a contract be placed with Colin Walters, Rockwood Services, to Harrow and Re-seed the Great Green for £100.00 + £20.00 VAT. The proposal was carried.



It was agreed that Cllr Southgate be authorised to sign the BMSDC Acceptance Letter in respect of the Parish Council's approved CIL123 Bid for £25,000 towards the Adventure Playground, Great Green.

It was agreed the Clerk in conjunction with Cllr Morley and Cllr Cutting-Keyton, undertake further discussions with the Parish Council's preferred Contractor (Action Play and Leisure Ltd), to determine timeframes, payment terms and review final scope of scheme and levels and type of proposed equipment supplied to ensure it covers a wider age range. An updated proposal for the Children's Adventure Playground will be submitted to a subsequent Parish Council meeting. The proposal was carried.

Pavilion Update:

Cllr Levett confirmed the financial position regarding the Parish Council's liability for excess payments. It was proposed by Cllr Levett and seconded by Cllr Cutting-Keyton that the Clerk be instructed to pay £210.85 to the Drainage Contractors (CET Structures Ltd). The proposal was carried.

Coronavirus

It was noted that in accordance with the Government's latest instructions the Clerk had cancelled the Annual Parish Meeting on 16/04/20 (to be re-arranged at a later date) and the Annual Parish Council Meeting (AGM) on 30/04/20 (to be re-arranged at a later date). The MacKenzie Place Housing Development Information Meeting on 07/04/20 had also been cancelled.

As a result of the success of tonight's Skype meeting, the Parish Council agreed that future Parish Council Meetings be conducted by Skype, or other similar process.

It was agreed that there is no immediate need for Cllrs to delegate any additional authority to the Clerk or Chairman to take day to day decisions on behalf of the Parish Council.

It was agreed that there is no immediate need for Cllrs to Pre-Authorise the Schedule of Regular Payments to staff, suppliers and contractors. Cllr Southgate and Cllr Morley will continue as signatories and be authorised to sign cheques outside of meetings. The Clerk is submitting requests to Barclays for Mandate changes to increase the number of Cllrs authorised to be signatories on the Account. This will be in place within 2 weeks.

It was agreed that there is no immediate need for Cllrs to delegate any additional authority to the Cllr to prepare Planning Consultation Responses on behalf of the Parish Council.

Assistance for Residents: Cllr Levett explained the joint Parish Council, Community Council, WI and Church initiative to support residents. Cllr Levett thanked Neil Ashton for co-ordinating the efforts and issuing the Community Broadcasts and updating the website. Cllr Cutting-Keyton raised concerns that the current Coronavirus problems had highlighted the urgency for a Village Emergency Co-ordinator and requested all to re-new efforts to help fill the vacancy.

Correspondence:

Following the Coronavirus advice from SALC, it was agreed that the Parish Council should close the Children's Playground on the Great Green.

Cllr Williams to be requested to erect notices advising of the closure. The Clerk was asked to draft a Playground Closure notice for a Community Broadcast and the Village Website.



Matters to be brought to the attention of the Council:

Cllr Cutting-Keyton expressed thanks on behalf of the Parish Council for the efforts of all the volunteers involved in the Clean Up Cockfield Litter pick and to David Hodge for hosting the event. Cllr Cutting-Keyton advised that new litter picking equipment (pickers and hi-viz) may need to be purchased next year.

Cllr Cutting-Keyton expressed thanks to Jackie Levett for the various support she had provided to the village in recent times.

Cllr Cutting-Keyton advised that VE75 Day Celebration in May had been postponed nationally, but it hoped that it will be amalgamated with the VJ Day Celebrations on 15/16th August.

The Parish Council may be contacted through the Clerk, Steve Ball by email at parish.council@cockfield.org.uk

Next Meeting - The next Ordinary Meetings of the Council will be held on Thursday Thursday 30th April and Thursday 28th May 2020 at 7.30pm Further details of Public Attendance at these e meetings is on page 12.

United Charities of Cockfield

In the event of any Cockfield resident being affected by the Coronavirus and who has financial or any associated difficulties, please do not overlook the possibility of some limited help being available from the Charities. Funds are available to provide support for those suffering hardship as a result of unemployment, medical problems and related matters, a lack of basic food or clothing, educational support and help for those suffering bereavement to residents living in the Parish of Cockfield.

The Trustees must follow the stipulations of the trust documents, but we will consider any requests for help on a strictly confidential basis and advise if we are able to help.

In the first instance please contact Tony Box charities@cockfield.org.uk
Tony Box, Chairman

Update on Housing Development at Mackenzie Place, Cockfield Jeffreys Green

I never imagined that when I sat down to next write for Green Links that I would be writing it from my new 'home office' during a pandemic lockdown - but here we are! Although the site is currently closed, I thought it would still be useful to provide you with an update and an insight into how coronavirus is affecting construction.

Before we entered lockdown, progress on site had been good, with the site accommodation being set up and work on property foundations being progressed. As the pandemic situation began to escalate, SEH Construction had managed to implement social distancing measures and keep the site open in line with government advice. However, as the days went by it became increasingly difficult to obtain materials and plant, and with the suppliers eventually shutting, this left SEH Construction with no choice but to close the site. As I write the site is closed and monitored and checked on a regular basis. SEH Construction or Orwell can still be contacted should anyone have any concerns.

Last week the government issued further advice about implementing social distancing measures in construction and the builders that Orwell work with are now starting to look at how they can reopen sites where it is safe and practical, so we may see the situation with this site change in the coming weeks.

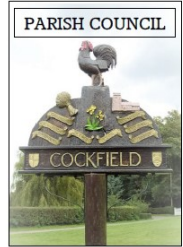
We unfortunately also had to cancel the village information event that was planned for April 7th. We are however still taking enquiries from people who are interested in finding out information about the different housing types that are available on the site. If you would like some information, please contact Sandra Scott, Orwell Housing Association on 01473 228642 or by email at Sandra.Scott@orwell-housing.co.uk

Thank you and keep safe

Dawn Edwards
Development Manager
Orwell Housing Association



PARISH COUNCIL MEETING ARRANGEMENTS UNTIL FURTHER NOTICE.



In line with Government advice, the Parish Council will no longer be holding physical Ordinary or Extraordinary Parish Council meetings, in public at the Village Hall. The Parish Council meetings at the Village Hall scheduled for the 30th April and 28th May have therefore been cancelled, along with the Annual Parish Meeting which was scheduled for the 16th April. A decision relating to Parish Council Meetings on 25th June and beyond, will be taken nearer the time.

However, Councillors do need to conduct normal Parish Council business, i.e., approving payments, responding to Planning Applications etc, so will continue to convene 'virtual' Parish Council meetings using Skype video conferencing. The Government has issued **The Local Authorities and Police and Crime Panels (Coronavirus) (Flexibility of Local Authority and Police and Crime Panel Meetings) (England and Wales) Regulations 2020, which came into force on 4th April 2020, to support its** Coronavirus (Covid-19) Bill and the following procedure allows the Parish Council to remain legally compliant with the Regulations, through remote attendance using video conferencing.

Agendas will continue to be published on the Cockfield Website and on the Parish Council Notice Board outside the Village Hall, on the Friday prior to the Parish Council meeting (held on the following Thursday). If members of the public are unable to attend the 'virtual' Parish Council Meeting, but wish to raise any issues relating to the agenda, e.g., comments on planning applications, etc, they can forward them (up until the Wednesday before the meeting) to the [Clerk via the Parish Council email address, parish.council@cockfield.org.uk](mailto:parish.council@cockfield.org.uk), and the Clerk will ensure that they are available to Councillors.

Members of the public can access and participate in the 'virtual' Parish Council meeting on Skype if they have a PC/Laptop/Tablet or Phone and a reasonable Wi-Fi signal, subject to any rules of participation specified by the Chairman at the start of the meeting. Any member of the public wishing to access the meeting should advise the Clerk via the Parish Council email address,

parish.council@cockfield.org.uk, up until 5.00pm on the day of the Parish Council meeting and provide him with the email address associated with their IT/phone equipment. The Clerk will then email them a 'Link to the Meeting' and Access Instructions, shortly before the meeting (at approximately 7.15pm). Note: There should not be any need to have Skype pre-loaded on your PC/Laptop/Tablet/Phone, as the Link should enable you to access Skype via any web browsing software.



It is recommended that any member of the public intending to address the Parish Council during the meeting should provide a copy of their question (or report) to the Clerk via the Parish Council email address parish.council@cockfield.org.uk, in advance of the meeting, so that if their access is lost during the meeting (i.e., through a wi-fi failure), then the Chairman will be able to read out their question during the meeting. The timescales relating to meetings in April and May are detailed below:

Parish Council Meeting Agenda published on the Cockfield Website and the Parish Coun-	24 th April	22 nd May
Latest time/date for members of the public to submit comments they wish to be raised at the meeting by the Chairman in their absence, to the Clerk: parish.council@cockfield.org.uk	6.00pm, 29 th April	6.00pm, 27 th May
Latest time/date for members of the public to submit their request to access a meeting to the Clerk: parish.council@cockfield.org.uk	5.00pm, 30 th April	5.00pm, 28 th May
Clerk will issue the Link and Access Instructions	7.15pm, 30 th April	7.15pm, 28 th May
Time/Date of Parish Council Meeting	7.30pm, 30 th April	7.30pm, 28 th May

Cockfield Parish Council Community Infrastructure Levy (Regulation 123 Fund) – application for the “Cockfield Adventure Playground”



In October 2019 the Parish Council lodged an application with BMSDC for a funding contribution to the upgrade of the play equipment at Great Green. The Parish Council have subsequently been advised that their application has been successful in the round of bidding announced in March 2020.

The Parish Council have been awarded a £25,000.00 contribution

The bid was supported by demonstrating a community willingness to also provide substantive funding toward the project and not rely on the generosity of the authority. Other funding streams are:

Cockfield Parish Council Neighbourhood CIL	£20,000.00
Cockfield Parish Council (Earmarked Reserves)	£5,000.00
Cockfield Parish Council Unspent of Precept 2019/20	£2,206.00
Cockfield Community Council Donation	£5,000.00

This continues the success that the Parish has had with CIL bidding and demonstrates we are an active village which was recognised by the committee at BMSDC as a worthwhile “investment”.

I would like to thank all those involved, and the tremendous efforts made which has brought an excellent result. This included many meetings with specialist providers and the exploring of various options with visits to other sites in and around the area to understand how other villages have enhanced their offerings.

In particular thanks go to our District Councillor Clive Arthey who advised us on the process and administrative requirements of the bid. Given these are becoming more onerous to satisfy, with BMSDC having revised its criteria for bidding. In this vain the Parish Clerk who spent an immense period gathering the necessary documentation to provide what has to be an exemplar bid portfolio.

Our funding application was based on our preferred contractor who has a range of apparatus that will cater for a wide range of ages within the village and surrounding catchment. The selection should give active engagement for many years to come.

A summary of the equipment that we wish to install is varied;

- Nest Swing
- Adventure Trail with rubber stepping post & feet at ground level
- Forest Stack 2 on steel feet
- Waxham 5 Adventure Tower on steel feet
- Licham 4 Adventure Tower
- Timber Arial Runway on steel feet with 50 m² safergrass matting
- Skywalker with 23 m² safergrass matting
- Picnic table / bench
- Removal of the existing equipment with remodelling and landscaping

Derek Southgate - Chairman Cockfield Parish Council

Lavenham Library

Coronavirus Update

All library buildings are temporarily closed and mobile library and home library services are suspended. Please go to the Suffolk Libraries website, the Lavenham Library Facebook page or phone 01473 351249 with any queries.

All overdue charges on loans made after 1 February have been suspended and all loans have been extended. Reservations have been indefinitely extended so any reservations you had not yet picked up will still be waiting for you when libraries reopen. We are not able to take any new reservations at the moment. For more details please visit: <https://www.suffolklibraries.co.uk/coronavirus/>

eLibrary

Suffolk Libraries offers an extensive eLibrary service for children and adults. Customers enjoy free access to thousands of the latest eBooks, eAudio titles, magazines, newspapers, films, courses and streaming. If you don't have a card yet, you can apply for one on our website: <https://www.suffolklibraries.co.uk/elibrary/>

Tot Rock Live!

Every Thursday from 2.15-3pm. Join us on the Lavenham Library Facebook page for a live-streamed Tot Rock session.



We are regularly posting Lego Challenges (Saturdays), Children's crafts (Sundays), cookery/baking activities suitable for families with children (Mondays), and activity ideas aimed at our Top Timers (Tuesdays and Fridays). Please visit our Facebook page to see what we're up to!

Tracy Borman: New Library Patron

Lavenham Library is delighted to announce its first Patron!

Tracy Borman is a biographer and historical fiction writer who has been a firm favourite at several Lavenham Literary Festivals. She is an avid supporter of libraries and in 2018 was the speaker at a highly successful event to raise funds for Lavenham Library. She has already offered to speak at a similar event in September of this year. When approached about the idea of becoming our patron she responded immediately saying 'It will be a huge honour and I am thrilled to accept. Thank you so much for thinking of me. You know how dear to my heart Lavenham is, and you're right that I'm a great supporter of libraries in general.' More details of the event will follow.



Contact Details

Lavenham Library, Lavenham Village Hall, Church St, Lavenham CO10 9QT

Tel No: 01473 351249

www.suffolklibraries.co.uk

Email: lavenham.library@suffolklibraries.co.uk



THORP MORIEUX & DISTRICT GARDENING CLUB

This is a report on our last meeting at the gardening club until further notice because of the current situation. The March meeting was held just before the "lockdown" so there were only about 15 members but like other meetings it was an informative evening. Our speaker was John Hewson who gave us a talk on growing veg in raised flower beds. This inspired us all to get cracking and start planting, although it's not easy at the moment to buy plants and seeds, unless you thought ahead and bought earlier in the year, nevertheless inspiration is the name of the game and seeing we have time on our hands at the moment, get gardening.

Each meeting we have a competition, March was a Ginger cake and although you might think this a bit unusual for a gardening club we all enjoyed tasting them after the judging took place and a nice cup of coffee or tea to compliment it. Brenda McIntire won the competition, well done Brenda very tasty.

We were very sad to say we shall not be having our great plant sale on 6th June. Just maybe, if restrictions are lifted by then, we will be ready and willing to go ahead with our sale. There are usually an amazing selection of plants for sale both veg and flowers so if you have never been put the date in your diary. Last year we made-up hanging baskets and planters which sold very well. Stop also for a refreshment with delicious cakes and exchanging gardening ideas and tips.

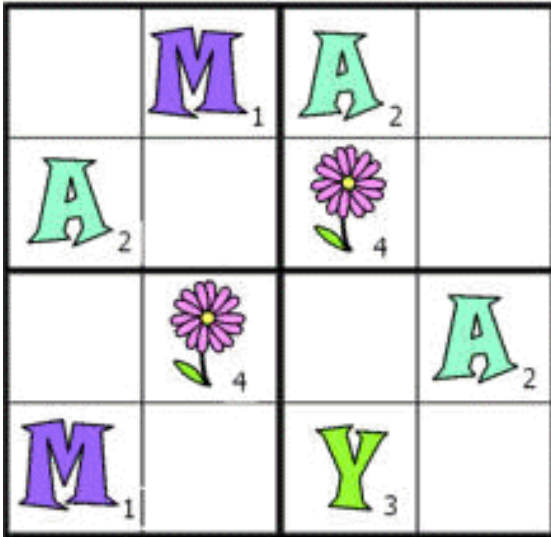
If there is a positive outcome to all this current situation, is, there are going to be some amazing tidy gardens in this country, remember, gardening is good for the figure and the mind, plus getting lots of fresh air.

Take care everybody, keep safe, good gardening. Why don't you check out Kates monthly garden report in the Green Links on what to do for the month ahead.

Stay safe, stay well
Linda Shotbolt TM&DGC

Children's Page

It's May Day this month and spring is moving into summer



Fill in the blanks



Maybe you could
write your own
May Day poem.

Happy May Day!



Here are some
streamers
Of pink, yellow, and
blue.
A reminder of spring
And things that are new.
Together they make
A maypole for you
And a wish for
A happy May Day too!

COCKFIELD CONGREGATIONAL CHURCH HALL



The next
COFFEE MORNING

BE BACK SOON

10.30 – 12.00 noon

**CHILDREN and ADULTS
WELCOME**



NO CHARGE

KARLS COMPUTER SERVICES

**HAVING PROBLEMS WITH INSTALLING BROADBAND?
OR NETWORKING OR NEED A NEW COMPUTER/LAPTOP,
VIRUS PROBLEMS, 1 ON 1 LESSONS OR JUST AN UPGRADE
GIVE ME A CALL**

19 Hervey Road, B.S.E, IP33 2DN

TEL: 01284 700337 MOB: 07717 842913

www.karlscomputerservices.co.uk

EMAIL:-karl@karlscomputerservices.co.uk

PS

**PAUL
SAINSBURY**

RESTORATION & BUILDING

**With over 20 years
experience in restoration
and all aspects of building**

**Free Estimates
Mobile 07785 582556
Email: enq@paul-sainsbury.co.uk**

Covid-19: Help from your MP during the outbreak

James Cartlidge MP
Member of Parliament for South Suffolk



HOUSE OF COMMONS

Dear Constituent,

I hope that you and your loved ones are safe and well, and that you continue to follow the advice on how to reduce the risk to yourselves and others from the Covid-19 coronavirus. In line with social distancing guidelines, I am not currently holding constituency surgeries and my team are working remotely. As such, I wanted to highlight the ways in which you can contact me if you require assistance:

Email: james.cartlidge.mp@parliament.uk

Telephone: 020 7219 4875

Website: www.jamescartlidge.com/covid-19

The most important point for me to underline as your MP is that it is vital that we all follow Government health advice, particularly on social distancing, all of which is designed to save lives.

Although I don't know how long this outbreak will last, or how long these restrictions will be in place for, I do know that our community is strong and that working together we will beat this coronavirus outbreak. In the meantime, I am here to help.

James Cartlidge

Member of Parliament for South Suffolk



STAY AT HOME

PROTECT THE NHS

save lives

- Stay at home
- Only go outside for food, health reasons or work (but only if you cannot work from home)
- If you go out, stay 2 metres (6ft) away from other people at all times
- Wash your hands as soon as you get home
- Do not meet others, even friends or family. You can spread the virus even if you don't have symptoms.

Other Advice and Support

Do you need a volunteer's help while you are isolated at home? Call: 0800 876 6926.

Latest Advice & Guidance – www.gov.uk/coronavirus

NHS – 111.nhs.uk (Only phone if you cannot get help online)

Universal Credit – 0800 328 5644

Business Support – 0300 456 3565

Suffolk County Council - 0345 606 8067

Babergh District Council – 0300 123 4000

Education coronavirus hotline – 0800 046 8687

HMRC – 0800 015 9559

This poster is funded by the Independent Parliamentary Standards Authority (IPSA) for the purpose of assisting James Cartlidge MP in the performance of his Parliamentary duties.
Printed by Keith Avis Printers, 68 High Street, Hadleigh, Ipswich IP7 5EF

Gardening Tips for May 2020

Flowers & Grasses

- Start thinning out hardy annuals which you have sown direct. This will promote healthy and strong growth.
- Trim back spreading plants like Aubretia, Candytuft after flowering to encourage new growth.
- If Forget-me-nots are taking over remove surplus plants to prevent heavy self- seeding.
- Sweet Peas will be making good growth so you should ensure they are supported by plant support rings.
- Continue to water container plants especially during prolonged periods of dry weather. Start feeding containers with a liquid feed once a week.
- Get the children involved and sow sunflowers directly where they are to flower. They will enjoy seeing how tall they grow.
- Dahlias can be planted out once all danger of frost has passed.
- Sow nasturtiums in pots or in the border. Not only are they colourful but their flowers can be used to decorate salads and their leaves have a peppery taste.
- You can direct sow poppies, cornflowers and scabious which will attract bees and butterflies in to your garden.
- One of my favourites is Nigella (Love in the Mist) which can also be sown directly. It has lovely feathery foliage, pretty flowers and interesting seed pods. It self – seeds very easily.
- If you are growing lilies in pots watch out for the red lily beetle. Remove and dispose of.
- Vine Weevil larvae can be a real threat to plants grown in containers. Check out the various chemical or preferably biological controls available.
- Divide Hostas as they are coming into growth.
- Continue pricking out seedlings and potting on to encourage the production of a healthy root system.



Fruit and Vegetables

- Protect strawberries with straw. This will help in two ways it will lift the fruit off the ground and suppress weeds.
- Time for rhubarb crumble. Make sure you only harvest a third of the total stems at any one picking. You shouldn't cut the stems with a knife just gently pull and they should come away from the base of the plant easily.
- If you have young fruit trees they will be putting on rapid growth so you need to ensure they are well-watered especially in dry weather.
- Hang pheromone traps in plum and apple trees to control fruit and codling moth activity.
- Check gooseberry bushes for signs of green gooseberry sawfly caterpillars and remove.
- Sow courgette, squash and pumpkin seeds under cover.
- Plant greenhouse tomatoes in greenhouse borders or grow bags.
- Try sowing Swiss Chard outdoors in amongst your flower borders. This looks attractive ('Bright Lights' is a very colourful variety) as well as being edible.



Trees, Shrubs & Climbers

- Tie in climbing and rambling roses. If you lay the stems horizontally this will encourage the production of more flowers.



- Ensure that any newly planted trees are watered during any prolonged periods of dry weather. Try to use rainwater or recycled grey water if possible.
- Late spring is a good time to prune back Eucalyptus. This encourages the tree to produce fresh bushy growth which is really attractive and great for flower arranging.
- Evergreen shrubs - Prune out any frost damage branches.
- Once Clematis Montana has finished flowering prune back hard. This will ensure that the plant remains under control and encourage strong growth for flowering next year.

- Choisya (Mexican Orange blossom) – once flowering has finished hard prune. Another shrub, the evergreen Viburnum Tinus can also be trimmed to maintain a good shape and encourage the formation of flowers for next year.
- Prune wall trained Pyracanthas by shortening new growth to about 3 inches (8cm). This should encourage increased flowering which in turn will provide a great display of berries in the autumn.
- Prune back Lilac trees and bushes once flowering is over. Initially cut back all spent flowers and then remove any crossing branches and any dieback. Remove any suckers from the base. Mulch and apply a general fertiliser to encourage healthy growth for next year.
- Check Roses for any sign of blackspot. If detected then treat with a systemic fungicide particularly suitable for roses.
- Prune back plums and cherries. Aim to create an open centre to allow plenty of air and light.



Lawns

- Early in the month sow lawn seed and repair any bare patches.



- For any brand new lawns you should wait until growth reaches 3 inches or more and the mower initially on a high setting.
- Lower mower blades to normal summer height

General Maintenance and planning

- Clip evergreen hedges early May before bird nesting is in full swing.
- If weather dictates, control heat in the greenhouse with shade paint and automatic vents.

- Hang fly traps in your greenhouse this will help monitor and reduce whitefly and other pests.
- Feed your pond fish little and often.
- If the weather is fine and sunny blanket weed and duckweed will start to colonise the pond surface. You should remove this (a cane to hook and twist blanket weed and a child's fishing net is great for duckweed). Once removed lay the discarded weed at the side of your pond to allow insects and other pond inhabitants to escape and return safely back to the water.

I hope by the time your Green Links is published that we are over the worst of the Coronavirus.

The garden is certainly a sanctuary, good exercise and great for our wellbeing.

Keep safe and well, happy gardening.

Kate Ransom

Hedgehogs
Awareness Event

Saturday 18th April – Doors Open 10.30am
at **Cockfield Village Hall**
Church Lane, Cockfield, Bury St Edmunds IP30 0LA

Presented by **Paula Baker** – Co-founder of
Suffolk Prickles Hedgehog Rescue

Free Entry

Hedgehog Talk – Question Time -Information Desk - Merchandise - Raffle Hog House & Feeding Station - Refreshments

Sponsored by Cockfield Community Council

It was a great pity to cancel the hedgehog Awareness Event originally planned for the 18th April but it will be rearranged.

Please look out for details in Green Links and on Cockfield's website.

STEPHEN GREEN CARPETS

Quality Carpets & Vinyl's Supplied & Fitted
All Aspects taken care of Gripper - Glue - Underlay

Free Quotations

PHONE 07970 488851

EMAIL: SGREENCARP@AOL.CO.UK



Land management demolition and clearance

We are here with a service to help you:

Buying or selling a property inside or out we can prep for a sale or clear once purchased

Prep land for building work, landscaping or bring back what is already there.

Clearance of buildings, downsizing or selling items on behalf of clients

Contract maintenance for residential or commercial property

Find us on facebook email us on danieljackson1974@live.co.uk

or ring 01787374798 07973683378

Victor Keyton

Most makes of lawnmowers serviced,
sharpened, repaired
Ride On or Walk Behind
Collection/Delivery Available
Free Estimates

Pruners,
loppers,
shears etc.
sharpened

01284 828264 or 07860 762424
Smithwood Green Cockfield



Message From Cockfield Community Cinema

As we all know, due to the Coronavirus Pandemic, the coming weeks and months are going to be challenging times for everyone. Therefore, it was with great disappointment that we had to cancel the Cockfield Community Cinema showing of 'Knives Out' in March and postpone future screenings until a later date, when concerns have subsided inline with Government Covid-19 guidelines.

As yet we do not know when that will be, but once we have news we will broadcast this through the usual Social Media, Green Links Magazine and Poster Boards in and around the village.

Creative Arts East allowed us to screen the moving 'Suffragette' film on 4th April via a link through the Cockfield website www.cockfield.org.uk and through the Cockfield Community Broadcasts.

If you have not already subscribed to this please visit the website & register.

A big thank you for all your support this year, and we look forward to welcoming you back soon with a fantastic line up of films.

A rich and powerful woman recently said – 'better days will return, we will be with our friends again, we will meet again'. Unsure if it was Claire Foy, Helen Mirren or Olivia Coleman!!!

Stay Safe.

Cockfield Community Cinema Team



Cockfield Community Council News May 2020

We are all aware of just how much has changed in our village and the country at large since the last edition of Green Links.

Nonetheless, the Community Council Trustees met by Videoconference shortly before Easter. At our meeting we had no option but to either cancel or postpone all our previously mentioned events for the next few months until further notice, though we do have a tentative date for the Swing Dance (originally scheduled for the 21 March) in October.

We have a further planned videoconference for 14 May when we will further review the position. We will of course always follow Government Guidelines as a minimum.

In the meantime we have discussed the possibilities around holding some several small scale Virtual events. At the time of writing (mid April) some options are being considered, but as ever any initiative is dependent upon volunteers to arrange, and host the video conference.

Virtual activities that we brainstormed included, coffee mornings, baking discussions, keep fit classes to name just three. If we are able to take any of these forward we will, please watch out for any developments on the village website and the Community Council Broadcasts.

We currently have approx 190 people signed up to the Broadcasts, this number has increased steadily throughout April. If you would like to register for these broadcasts, just visit the Community Council tab on the village website.

In the meantime, to echo Her Majesty, we will meet again.

Report Ian Levett

Cockfield W.I.



Little did we know how our lives were to change following our March 91st birthday meeting five weeks ago. Future meetings and events all cancelled or postponed until further notice. We were advised to stay at home and self isolate. How would we manage?

I am pleased to say that our members are coping very well and proving very resourceful in finding ways to fill these long days.

Tasks we've been putting off seem suddenly more appealing - finishing that jumper you've been knitting, a piece of needlework started before Christmas, tackling those jobs in the garden now that the weather is warmer, discovering new recipes, defrosting the fridge and freezer, decorating... etc but it's quite nice, just occasionally to sit and enjoy the peace and quiet. With virtually no traffic on the roads it's amazing how much more enjoyable it is listening to the birds and spotting wildlife in the hedges and fields on a daily exercise walk.

We are of course missing the one thing we enjoy the most and that is human contact. Thanks to modern technology we can still stay in touch with family and friends but nothing can replace a good old hug.

Keeping in touch with our WI family has continued by the Chat Line and I'm pleased that both members and the 'phone ladies' are finding lots to talk about and getting to know one another better.

Let's hope it won't be too long before we can all meet again but until then please stay safe and well.

Brenda

Brenda Cantlay
President



Town & Country Interiors

All aspects of building work undertaken.

Extensions, renovations, kitchens, bathrooms and bedrooms.

Please call 01284 828 592 or 01787 282 353 or visit our website www.tcisuffolk.co.uk



Bury & District Pest Control

PEST CONTROL SPECIALISTS

Domestic, Farm and Commercial premises

No job too small - Contracts welcome

Effective control solutions for:

- **Insects**
- **Ants**
- **Moles**
- **Rabbits**
- **Flies**
- **Wasps**
- **Rodents**
- **Hornets**
- **Squirrels**
- **Birds etc...**

25yrs Experience of infestation control



For a total Professional friendly local service

Call: 01284 220096
or
01359 232745

info@burystedmundspestcontrol.co.uk
www.burystedmundspestcontrol.co.uk

BRADNAMS TREE SERVICES

All aspects of tree surgery undertaken

Hedges expertly managed

Free Estimates

Stuart Bradnam BSc RRD

Call 01284 388756

PERFECT PRESSING

IRONING PILING UP?

HELP NEEDED WITH SPRING CLEANING?

- Reliable Ironing, Laundering & Cleaning Service
- Collected & Delivered Promptly
- One Off, or on a Regular Basis

Please contact Allie on 07732 111802 or email

info@perfectpressing.co.uk

www.perfectpressing.co.uk

Cockfield's Community Response to Coronavirus

Locally we have been in discussion about ways in which we can support those in our community who need help and practical assistance during this challenging period. That support could include shopping, dog walking or simply having a chat. By the time you read this we may already have published our first steps in the provision of that support and how you can access it if required. Our response will develop and evolve as the situation itself develops and the official advice is updated.

Information regarding our own response and any related matters will be posted on the village website www.cockfield.org.uk and via our community broadcasts. Until such time as we publish specific contact information for any comments or concerns please contact

support@cockfield.org.uk

If you are not already receiving the community broadcasts this would be a good opportunity to subscribe, please visit our website at www.cockfield.org.uk and follow the link in the footer of any webpage.

If you have any questions or concerns please contact

support@cockfield.org.uk



Neighbourhood Watch Newsletter Spring 2020

Dear Neighbour

We are all aware of the coronavirus (COVID-19) outbreak. Nevertheless, you can go to gov.uk/coronavirus for the latest government information. To help protect yourself, your loved ones and your community see the self-isolation advice at www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-advice/ and even now remember those preventive actions like regular hand washing. Please plan ways to care for your neighbours, maybe by delivering essential supplies to their doorsteps should they contract the illness.

Since February 2020, the National Fraud Intelligence Bureau has identified 21 reports of fraud where the coronavirus was mentioned, with victim losses totaling over £800k. (Visit actionfraud.police.uk for the latest news reports about fraud and cyber-crime.) However busy you are at this time, don't forget your online safety and security. For help for parents, to keep their children safe online, visit internetmatters.org.

Remember 'crime cannot flourish in a community that cares', so be on the alert and be watchful in looking after yourself and your neighbours.

Kind regards
Neighbourhood Watch Coordinator
Cockfield

***Special cakes for
special celebrations***

Jean Banker

www.amazingcakesbyjean.co.uk



01359 241135

On the 'Verge'.

Prior to the impact of the Corona virus, I was fortunate enough to attend the Suffolk Naturalist's Society Conference at Wherstead Park at the end of February. Its strap line was 'On the Verge of Success', featuring guest speakers from Plantlife, Buglife, Suffolk County Council, Norfolk County Council, Lincolnshire Wildlife Trust, Butterfly Conservation and Highways England.

It is estimated that 97% of our meadows have been destroyed since the 1930's thus making proper management of our road verges a vital and important refuge for pollinators and other wildlife.

Road verges are however not just the only areas that can be managed to provide a safe habitat for flora and fauna, the other areas can include sections of our gardens and 'communal' areas within our Village.



One of the most informative and practical presentations was given by Jules Armour from Plantlife a charitable company based in Salisbury and from her I was able to glean the information contained in this article.

An important aspect of 'good' management is the impact of too frequent cutting/mowing and at the wrong time, or indeed allow land to develop scrub. Cuttings that are left to lie create

a barrier that restricts growth and increases soil nutrient levels, this further encourages rapid growth of grasses and other nutrient loving plants. Grasses often out compete wild flowers and typically have extensive root systems.



How to improve wildflower diversity.

Reduce the soil fertility.

Low soil fertility (strange though it may sound) is key to enhancing wildlife value whilst high soil fertility with high levels of nitrates and phosphates will support grasses, nettles and cow parsley. It will always be a delicate balancing act!



Timing is key. Wild flowers need help to grow, flower and set seed. Cutting too early and too often quickly eliminates many species, reduces diversity and cutting after flowers have set seed in late summer allows excellent display of wild flowers that are a rich source of pollen and nectar for pollinators (a gardeners and farmers friend/lifeline). It can be approximately 6 - 8 weeks from flowering to setting seed.

A two cut cycle can be undertaken Feb/March (late winter) and Sep/Oct (autumn), it is important that cuttings are removed. This timescale allows plants to flower and set seed. If possible areas of bare soil should be created to allow good contact between seed and soil and provide habitat for invertebrates. (more about this later)



Too much cutting also increases our carbon footprint.



Introducing wild flowers and habitats to existing areas.

Yellow rattle (*Rhinanthus minor*). This is a semi parasitic plant that if introduced can reduce grass growth by 60-80% and this in turn reduces the frequency of cuts, it also creates space for other wild flowers to establish. There is a set routine to follow for this Yellow Rattle to be introduced but for the purposes of this article I will not elaborate. Needless to say, once it has become established, further

wild flower seeds may be introduced and preferably from a local source.

Bare ground. This is important for a wide range of wildlife. Remove the top soil, clearing out weed seed bank and roots/Rhizomes of competitive grasses thereby desiccating and depleting the existing rank vegetation will create a good basis for seeding. These bare areas can be sown with a meadow mix of suitable grasses/wild flowers. In areas with tussocky grasses, create larger areas of scrapes to prevent the surrounding vegetation from shading the developing seedlings.



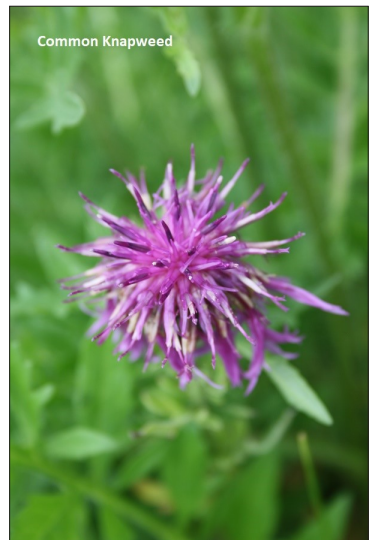
Seeding.

Avoid bought seed mixes, this can be costly and may not be suitable and not in keeping with your local wild flower varieties. If seed mixes are purchased, make sure they contain only British species. Natural seeding can involve locals working together to collect seeds from nearby nature reserves and farms. Always seek advice

(local authority ecologist and/or Local Biological Record Office or indeed Plantlife's website); and certainly gain permission if collecting from privately owned land. The internet is always a great place to investigate and gain knowledge of how to improve grassland areas for the benefit of pollinators and us humans as without the pollinators our food chain would be somewhat broken.

Enjoy creating your own wild flower patch, it may take time but the benefits will be most rewarding.

Paul Heather





All types of electrical work covered from changing a light fitting to a complete re-wire.

- New circuits • Fuse board upgrades • House re-wires
- Lighting design • New Kitchen wiring • Changing light fittings
- Garden lighting • Alarm systems • Smoke alarms
- Heating controls • Commercial electrics • PAT testing
- Electrical condition testing and reporting • Certification • Fault finding
- Emergency call outs • Free advice, quotations and estimates

Call Steve on 07961 576677 or 01284 828484
 steveroberts101@outlook.com



**Your door-to-door laundry service
 & wet cleaning with
 Lagoon® Advanced Care**
*The green cleaning revolution for
 your clothes*

Opening Hours: Mon-Fri 8am-5pm

**Unit 12 Lady Lane Industrial Estate, Crockatt Road,
 Hadleigh IP7 6BQ**

Tel: 01473 558 448

e-mail: sales@pressganglaundry.com

www.pressganglaundry.com



Opt-in for school or post-16 travel

Who needs to opt-in

(You must opt-in each school year)

- New pupils
- Returning pupils
- Post-16 students

Opt-in deadline

-  Applications must be received by 31 May 2020



A Warm Welcome awaits you at

Cockfield Village Coffee Morning

10.30am - noon at Cockfield Village Hall

BACK SOON

Everyone Welcome

Brica and Books Stall

No charge

Transport can be arranged



LOSE FAT AND GET FIT

With Jo

GET REAL RESULTS

IN YOUR OWN HOME • IN LOCAL VENUES

I'll help you to:

- Get fitter, healthier and happier with your body
 - Have more self-confidence & energy
- Feel better in your clothes & like what you see in the mirror

If you're training for a sport, I'll help you to:

- Reach your peak performance

Call me on

07834 538 838

for a **FREE** and
friendly assessment

or email: info@joburnett.com

Prices range from **£29 per session**

DISCOUNTS FOR GROUP & BLOCK BOOKINGS



PAUL THE PLASTERER

All aspects of plastering work undertaken
No job too small

Fully qualified, Clean, Honest and reliable
Tradesman

15 Years experience

Call Paul – 01284 830887/ 07958 229559

Lawshall Village, Bury St Edmunds IP29 4PW



Free
estimates



S.E.P PAINTERS

For all your Painting & Decorating requirements
Fully professional service. Prompt, efficient, reliable.

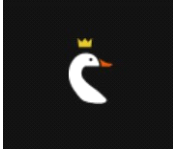
No job too big or too small. Dulux Accredited
Competitive prices. Free Quotations. City & Guilds qualified.

Phone Andy on: 01787 375824

Mobile: 07748 800701 or 07802 613902

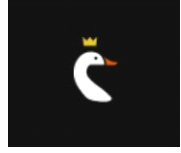
Email: andy@seppainters.co.uk

VISIT OUR WEB SITE ON www.seppainters.co.uk



The Swan Inn Lawshall

Everything a country pub
should be



WE HAVE SOME GREAT DEALS!

Our £10 for 3 courses continues on Monday evening and every lunchtime
(booking advisable)

Set 2 or 3 course lunch and dinner available starts at £16.50

Stay up to date with all our specials, promotions and events on Instagram,
Facebook and twitter.

Bookings and takeaway call 01284828477

We also do takeaways for Pizzas, Burgers, Fish'n'chips and curries

Pub menu available every night

Booking is essential so phone to book in now! 01284 828477

Other menus available on our website www.swaninnlawshall.com

A N GILLAM

Building

All aspects of roofing, chimney work, Lime plastering & rendering.

Chimney sweep

Free quotes - No job too small,

The Mouse House, Bradfield St Clare, IP30 0EL

Tel 01284 388508 Mob 07961 878564



Paul's Carpentry

Paul's Carpentry

- **Decking**
- **Pergolas**
- **Window repairs**
- **Sheds Built**
- **Fascia and Bargeboards**
- **Doors replaced**
- **Shelving**
- **Bespoke Wardrobes**
- **Handrails replaced**
- **Understairs Cupboards**



Mobile: 0779 234 0365

Tel: 01449 616888

email: paulhb100@protonmail.com



IN GOOD HEALTH

These are extraordinary times that we are experiencing. Daily we hear of all the tragic things that are happening in the world as a result of the pandemic but regardless of the anxieties we may feel, staying positive is a core ingredient in the recipe of successful coping in a crisis.

Now, more than ever, is the time for us to be actively creating small moments of happiness in our days. Positive emotions can help us to undo the negative effects of stress which can be so damaging to our physiological

In fact, positive emotions are a key resource for us during the coronavirus crisis because they can do a number of things:



Increase resilience

Research has shown that being able to experience positive emotions even when stressed enables the cardiovascular system to recover more easily. The blood pressure normalises more quickly and heart rate reduces (1)

Increase Your Immunity

A study where people were deliberately infected with the flu and cold viruses found that those people who had more positive emotions were more likely to fight off the symptoms than those who demonstrated a negative emotional style (2)

Increase Creativity and Memory

Positive emotions boost our problem solving abilities as well as our judgment, decision-making, cognitive flexibility and creativity by releasing the brain neurotransmitter, dopamine (3)

Fun Fact

It is believed that Shakespeare wrote some of his best works including *King Lear* and *Macbeth* while he was in quarantine from the plague in the 1600s.

Love those little moments

Don't rush by rush by on automatic pilot, savour the small moments:

The smell of coffee, the feel of the warm sun on your back, bird song. When you stop to take in these moments you are giving your brain a chance to process the pleasure, which boosts your serotonin – the feel good neurotransmitter that help elevate your mood and make you feel calm.

Keep Connected

For those of us who are apart from our loved ones, try to keep in touch through video and telephone calls. Find ways you can connect through shared activities and discussions.

These strategies can help to boost your oxytocin levels that calms and bonds people together. By raising your oxytocin levels you also reduce cortisol production, the stress hormone.



Keep Positive

If constant news updates increase your feelings of anxiety try to limit the amount you engage with.

Focus on the good things that make you happy.

Change your outlook

“When you change the way you look at things, the things you look at change.”— Max Planck

See the situation not as a convenience, but an opportunity to slow down with no expectations or approval from anyone beyond the front door. Let us celebrate all our small achievements.

1: Tugade, M. M., & Fredrickson, B. L. (2004). Resilient Individuals Use Positive Emotions to Bounce Back From Negative Emotional Experiences. *Journal of Personality and Social Psychology*, 86(2), 320–333.

2: Cohen S, Alper CM, Doyle WJ, Treanor JJ, Turner RB.. (2006). Positive emotional style predicts resistance to illness after experimental exposure to rhinovirus or influenza a virus. *Psychosomatic medicine*. 6 (68), 809-15.

3: Ashby FG, Isen AM, Turken AU.. (1999). Positive emotions boost our problem solving abilities as well as our judgment, decision-making, cognitive flexibility and creativity.. *Psychological Review*. 3

SUFFOLK REVIVE A DRIVE

Would you like your drive or patio restored to a newly laid finish.

Improve both the appearance and value of your property.

HIGH PERFORMANCE PRESSURE CLEANING

**PATHS, PATIOS, DRIVEWAYS, WALLS, GARDEN FURNITURE
DECKING, TENNIS COURTS, STABLES, SWIMMING POOLS and MORE**

RE-POINTING, RE-SANDING AND SEALING ALSO AVAILABLE

TARMAC RE-DRESSED - REPAIRS UNDERTAKEN

Phone for a FREE quotation Tel: MARK 01284 828294 or 07833 582636



Your local
tree surgeon
based in Bury
St. Edmunds

Gorilla Tree Services Is your local tree care company that you can trust for all kinds of arboricultural services. We are passionate about trees, their environment and the work we do with them.

Do you want a beautiful looking estate with healthy trees and plants?
Contact us today to discuss our services.

M: 07851 459 734 T: 01284 810 027
E: info@gorillatreeservices.co.uk
www.gorillatreeservices.co.uk



City of
Gulles
NPTC
qualified

- Tree felling
- Tree surgery & stump removal
- Crown raise and reduction
- Crown thinning
- Pollarding & formative pruning
- Hedging & pruning
- Green waste removal
- Chipper hire with operator
- Storm / Wind damages trees
- Phone line clearing

The CleanPlumber 
experience the difference

**Installations, Service & Repairs
Domestic & Commercial...**

- Gas, Oil and LPG Boilers
- Central Heating
- Power Flushing of Radiators
- Gas Safe and Oftec registered
- Showers & Bathrooms
- Property Maintenance

**A leaking tap to a brand new
system – we can help you**

**Call us now on
01284 765453**

www.thecleanplumber.co.uk

MOT

IN

COCKFIELD

**+ MOTOR VEHICLE
SERVICE + REPAIRS**

W.A WATTS

SINCE 2017

A U T O M O T I V E

M: 07825 744 974

T: 01284 828 325

wawattsautomotive@gmail.com

**Unit 1, Peppers Hall, Old Hall Lane, Cross
Green, Cockfield, IP30 0LQ**

KH

**Kevin Hollings
KITCHEN STUDIO**

Unit 14 Lodge Works,

Stowmarket Road,

Old Newton,

IP14 4EE

01449 257160

info@kevinhollingskitchens.co.uk

www.kevinhollings.com





Come & join us, great music, fun routines, guaranteed to leave with a smile!

Suitable for all ages 16+ If you have any questions Please don't hesitate to contact me

*Licensed Zumba Instructor
Julie Goodsman*

*Tele: 07815497952
Email:*

jgoodsman@btinternet.com

*Classes held every Wednesday evening 7-8pm
Cockfield Village Hall
Church Lane,
Cockfield
Bury St Edmunds
IP30 0HA
£4.00*

IP Services

Fencing - Horticultural Woodwork - Paving
07970 559251
www.jpsservices.co

- Fencing
- Rustic Structures – Rose arches, Pergolas etc
- Sheds & greenhouses erected and repaired – bases laid
- Raised Beds
- Traditional Window Boxes & Planters
- Hedge laying
- ~
- Patios and Paving
- Artificial grass installed
- ~
- Grass cutting
- Gardens cleared
- NPTC chainsaw certification held
- Waste removed - EA registered waste carrier
- ~
- Oak tubs/barrels and steel drums supplied
- And much more

Also:

- Flat pack Furniture constructed.

QUALITY HOMECARE

Are you, or do you know of someone that would benefit from having qualified and local care at home? A friendly, regular face you can look forward to seeing and having company with whilst receiving professional support.

Any daytime/evening duties (personal care, appointments, cooking, cleaning, shopping, laundry, gardening) undertaken to a high standard by a Level 2 qualified Health and Social Care domiciliary carer.

Limited spaces. References available on request.

For further information contact Linda: 07419335762



Looking for an Interesting Twist to your event?

Serendipity Street specialises in outside catering

Hog Roast Fish and Chips Vintage Teas
Speciality Cakes Street Food Ice Cream Bike

Please get in touch with Stephanie if you would like to see how they can fit in with your day.

W: SerendipityStreet.co.uk T: 07961 355461



KEVIN SEGGIE Electrical Services

30 Years Experience

Part P Qualified ECA Member

No Job too small

Domestic/ Commercial/ Industrial Work undertaken

Burglar Alarms fitted Insurance testing

Free Estimates Fully Guaranteed

Tel: 01284 830786 Mobile: 07768 108157

e-mail: cudbatey@yahoo.co.uk

Higher Hats

Est. 2013

to hire / or buy
hundreds of hats, hatinators and fascinators. every shade and
hue of beautiful hats from the stylishly simple to the
outrageously show stopping.
hats for weddings, days at the races, graduations,
garden parties, regattas or just because.

phone Caroline McCleave at higher hats to
arrange an appointment at our premises near
Lavenham.

07867 768732 / 01284 828841

'How a hat makes you feel is what a hat is all about.' Philip Treacy



SPANISH



Can you order your "cerveza, vino y tapas?"

I can teach you!

Phone **Andrea**
on **01449 736955**

Dear Friends,

How things can change in such a short time. Last month I wrote before the lockdown, hoping that we could meet in church to celebrate Easter - the greatest festival (I think) in the Christian year. But since lockdown we have had to find other ways to meet together as Church, and I was able to broadcast a service live on Facebook on Easter Day. I have to admit that it was a surreal experience, standing in my dining room singing to my mobile phone, but I know from the comments that I received afterwards that it was very much appreciated. We were able to come together as a community, to share in the celebration of Jesus' resurrection from the dead, sharing in the joy of that Easter morning when Mary discovered that Jesus was alive!

Reading the reports in the news, on websites, and hearing about what is happening across the world has shown us, once again, that the human spirit is amazing. We have seen 99 year olds raising millions of pounds for the NHS. We have seen neighbours making sure that people do not go without food. We have spoken to friends and relatives more often. We have seen incredible bravery, acts of selflessness and pure kindness in many, many people across the breadth and depth of our society.

For me, in all of this, we have encountered the living God, through his Son Jesus Christ, and his Holy Spirit. At times like this we often turn to the Psalms in our bible, as they cover a whole multitude of human emotions, and from which we can draw strength.

Here is one of them which seems to speak to the current pandemic:

'God is our refuge and strength,
and ever-present help in trouble.
Therefore we will not fear, though the earth give way
and the mountains fall into the heart of the sea,
though its waters roar and foam
and the mountains quake with their surging'

Psalm 46 vv1-3

Whether you believe or don't believe in God, this time that we are living through has also brought many questions to the forefront of our minds. We are thinking about what it really means to live in a 'free' society, where those who are unable to fend for themselves are not always cared for. We are thinking about the effect that humankind has had on the planet which sustains our lives. We are wondering what it truly means to have freedom of choice, and how those choices are in reality dictated by forces that are unseen.

I hope that you have been able to stay safe throughout this crisis, and will continue to do so until such time as we are able to meet together in person once again.

Yours in Christ,

Revd Sharon

revsharon@btinternet.com

01284-828599

Rota of Services May 2020

We would normally publish our rota of services in the benefice for May but as we are currently unable to access our church buildings we sadly cannot do so. However, we are broadcasting a service **every Sunday at 10am** via the Cockfield Benefice facebook page @cockfieldbenefice which you can access through the following link (you do not have to be a member of facebook to access it), just copy the link into your browser and you should be able to watch it.

<https://www.facebook.com/cockfieldbenefice/live/>

We were due to hold a special service to commemorate the 75th anniversary of VE day on Sunday 10th May. It is anticipated that we will still be livestreaming services at that point, but we would like to ask if any readers of Greenlinks would be willing to share positive stories about VE day with us. If so, please send them to William Cardale, one of our Benefice Readers. He can be contacted via email william@cardale.co, or telephone 01284 386327.

Thank you!

Cockfield Community Broadcasts

In February 2015 we introduced a new email system to broadcast information to our community on events, activities and other topics of interest. This system evolved from the original eVine system and has a number of advantages including the ability for recipients to control their own subscription.

Our broadcasts sit alongside Green Links and the website as key methods of engaging with our community. For example when events are published in Green Links, we are able to use the broadcasts to let you know of updates and changes as they happen.

So we really want as many people as possible to subscribe to receive our broadcasts. Of course not all emails will be of interest to every subscriber. But since the introduction of the new system we have issued 135 broadcasts - an average of around 5 per month - so it is not a significant addition to the number of emails you already receive.

To subscribe, please visit our website at www.cockfield.org.uk and follow the link in the footer of any webpage. If you have any questions or concerns please contact me at neilka@btinternet.com.

Neil Ashton



Todds Removals

& Todd Storage

a reliable local service you can trust

<p><i>Removals</i></p> <p><i>Storage</i></p> <p><i>Packing materials</i></p> <p><i>Packing service</i></p>	<p><i>UK, Europe and beyond</i></p> <p><i>Home or Business</i></p> <p><i>Self Storage</i></p>
--	---

Moving?

Call us on **01787 377 489**

www.todds-removals.co.uk




Leon Brown

Arb-Agri Contracting

Tel: 01359 408521

Mobile Number: 07552393830

e-mail : leonbrown.28@hotmail.co.uk


**** Tree Surgery Services ****

* Dead Wooding & Crown Lifting	*Felling & Sectional Dismantling
* Woodland Management	* Crown Reductions * Hedge Cutting
* Chipping * Firewood * Garden & Site Clearance	* General Ground Maintenance

The Next Community Waste Paper Collections are

SUSPENDED UNTIL FURTHER NOTICE

Just leave any newspapers at your front gate
where they can be clearly seen!



J Hunt Plumbing Services

General plumbing services including:

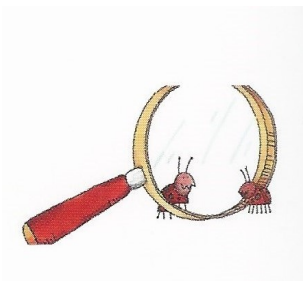
- Central heating systems
- Hot and cold water systems
- Baths, basins, sinks, showers, WCs
- Water cisterns, tanks etc
- Pipework
- Leaks
- Sanitation
- Drainage (inc. blockages)

Justin Hunt

07970292818 / 01284 725848

office@jhuntplumbingservices.co.uk

ANGLIA PEST CONTROL



PEST CONTROL SERVICES
since 1986

Call Will: 07919 356 155

Email:

iarwainbenadar77@gmail.com

Bridge Farm

Sudbury Road, Lavenham, CO10 9PJ

Tel: 01787 247522

From Race Horses to Rabbits...
.....we can help you take care of all your animal
and poultry needs with our very competitive
prices on feeds, supplements and varied types of
bedding inc. Hay , Straw & Woodchips

**Why not come and visit our Wild Bird Centre?
There is so much to see!**

Also we sell Bottled Gas, Coal & Wood.
Dishwasher Salt, Mushroom Compost & Peat.



We can deliver locally
Open Monday - Saturday
9.00am - 5.00pm
Sunday
9.00am - 1.00pm



Dear Green Link readers,

Whilst the school is 'closed', other than for children of key workers or vulnerable children, we are very limited as to what we can share with you. However, as you may have heard we had a full Ofsted Inspection at the end of February. The outcomes were:

Overall effectiveness Good
The quality of education Good
Behaviour and attitudes Good
Personal development Good
Leadership and management Good
Early years provision Good

A very pleasing result as a consequence of lots of hard work on the part of staff, volunteers and Governors. With a new Ofsted Framework, staff changes and a new way of developing and delivering the curriculum, we have been faced with many challenges in the past year but we are stronger than ever and I wanted to share some of the highlights of the report. (Which is available on our school website)

'Cockfield Church of England Primary School is a school where pupils feel happy and safe. They trust staff to look after them. Pupils think of school as a caring family and will be sad to leave. Parents and carers agree that their children are well cared for. 'This is a lovely school that encourages our children to be the best they can be,' is typical of parents' views.'

'Pupils enjoy an extensive range of trips, connected to what they learn about in school. They are active in sports and healthy exercise. They enjoy responsibilities. For example, older pupils help younger children settle into school and make friends. Others lead the school's energy efficiency work. Teachers make sure that pupils have high-quality opportunities to develop a thorough understanding of British values and different faiths.'

'Pupils enjoy learning and the extra activities provided for them. They work hard for their community. They raise money for charities, for example by holding a Macmillan coffee morning and supporting the NSPCC. Pupils take part in many sporting activities and clubs, including gym and rock band. Pupils of all ages are proud to serve on the school council.'

'Governors know their school well. They value the work of the Head teacher and staff and hold them to account for the improvement of the school. Governors organise their work and time so that they can give careful attention to the most important development work of the school.'

I wish to thank staff, volunteers and governors for their wonderful support this past year.
Kind regards,
Mrs Trudie Harkin Head teacher.



TOMLINSON GROUND CARE LTD



Horticultural & Garden Machinery Suppliers JOHN DEERE

Sales Service Parts Repairs Toys

John Deere ride on mowers from £2095 inc vat

Walk behind petrol & battery mowers from £199 inc vat

Strimmers, hedge cutters, blowers, chainsaws etc.

Garden tools, paddock & turf machinery

Service & repair of all makes

Set in over 20 acres – Try before you buy

Established in Buxhall since 1991 - We hope to see you soon

Brettenham Road, Buxhall, Stowmarket IP14 3DL

01449 736060 www.tomlinsongroundcare.co.uk



AL-KO

EGO

ECHO

WEIBANG



Complete Gas,
Oil & LpG
Installations.

T: 01787 247540

E: info@grdplumbingandheating.co.uk



Burnerserve Ltd

Maintenance, Repair
and Servicing
for Oil Fired Boilers
and AGA Cookers.

**Oftec Registered Engineers,
Local, Reliable, Professional.**

T: 01787 247540

E: info@burnerserve.co.uk

W: www.burnerserve.co.uk



Unit 5 Norman Way, Lavenham, Suffolk CO10 9PY

Announcements

Do you have an announcement you would like included here?
There is no charge for any announcements
Please contact the Editor Janne Cutting-Keyton on
01284 828264 or janne@twerbs.co.uk

PLUMBING - AIR CON - HEATING
BENTLEY
-GROUP.co.uk

Tel 07929 333356
enquiries@bentley-group.co.uk

SPECIALISTS IN OIL BOILERS, SERVICE, REPAIR & REPLACEMENT

- Oil tank replacement
- Hot water cylinders serviced, repaired and replaced
- Heating service repair, replacement and upgrade
- Bathroom/showers installed and all other general plumbing work
- 95% breakdowns repaired within 1 hour on site - Fast response
- All work guaranteed for a minimum of 12 months - parts and labour

Tania Jones Accountancy

friendly, professional, qualified
accountancy services

• **Bookkeeping** • **Accounts** • **Tax Returns**

t: 01359 241105 m: 07702 830001

e: tania@taniajones.co.uk



L E FENCING



All types of fencing supplied and fitted.

Decking and patios

Bespoke garden buildings

Free estimates and advice

Call Tim on 07851 254137 or 01449 737533

email: timsimonds@btinternet.com

Find us on Facebook

Nicholson Executive Travel

Professional Chauffeur Service

Airports and Seaports

Business Travel

Any UK Destination

Accounts Welcomed

Tel: 01359 232648

07850 370465

roger.nicholson1964@gmail.com

THE HORSESHOES PUB

COCKFIELD , 01284 828177

FRIDAYS

LUNCH AND DINNER

CURRY

OR

FISH AND CHIPS

WITH A DRINK

£11 95

CHICKEN KORMA RICE & POPPADOM

VEGETABLE CURRY RICE &

POPPADOM

FISH CHIPS AND PEAS

CARLSBERG & HORSESHOES ALE

HOUSE RED & HOUSE WHITE OR
SOFT DRINK



Green Matters caters for domestic and commercial clients offering:

- Grass Cutting
- Turf Laying
- Pruning
- Planting
- Garden Clearance
- Hedge Cutting
- Restoring and Maintaining
- Advice on all garden aspects
- Fully Insured
- Environment Agency Registered



☎ 01284 728044 📞 07941 640560

✉ greenmattersgardenservices@gmail.com

BMW

Best value independent servicing in East Anglia

John Gagen Vehicle Services

Over 25 Years **BMW** experience
Full Diagnostic Facilities
MOT Testing
Sympathetic to all older vehicles
Collection and delivery available

**Unit 2 Peppers Hall, Cross Green,
Cockfield, IP30 0LH
Tel 01284 827404 daytime
Mobile 07969 367640**

Wavelength Aerials

Aerials • Satellite & TV Systems

Neat & Discreet Installation + Maintenance + Repair

For a free quote contact us on 01449 678 653 / 07828 085 294



Supply and wall-mounting
of Plasma & LCD TVs

info@wavelengthaerials.co.uk
www.wavelengthaerials.co.uk

DAVID FOURACRE

Your Local Painters & Decorators

Interior & Exterior

All Aspects of Work Undertaken from Surface Preparation/Repair
to Final High Quality Finish

For Advice & Free Quotation please call

01449 736283 Mobile: 07810 482311

or e-mail: yoursafehands@gmail.com

Professional Chimney Sweeping & Stove Installation

Chimney Matters

Town and Country

Mobile : 07767 864127

Phone: 01284 789663

www.chimneymatters.co.uk



- Open fires, Wood burners swept and serviced for maximum efficiency.
- Wood and Multi fuel Stoves installed.
- Certificates issued.
- Cows and Bird guards fitted.
- Fully insured.



Walnut Tree Designs

BESPOKE CURTAINS & BLINDS

Free design consultation in your own home- Complete made-to-measure service for all your soft furnishings requirements

*CUSHIONS - FABRICS - TRIMS-
POLES - UPHOLSTERY - PELMETS
- HEADBOARDS - VALENCES - VE-
NETIAN & ROLLER BLINDS*

*Call Viki, Angela or Terri Oxley to
arrange a free consultation*

Tel: 01284 828263

M: 078269 30011

e-mail: walnutreedesigns@gmail.com



VANITY FUR
DOG GROOMING

LUXURY DOG GROOMING

From a full groom to a simple wash & dry

**ALL DOGS ARE PAMPERED AT
VANITY FUR!**

For more information contact **Charlotte**

01284 827089

www.vanity-fur-doggrooming.co.uk

Two A's, Hoggards Green, Stanningfield,
Bury St Edmunds, IP29 4RG

F Durso

Carpentry & Joinery

The Hermitage, Bury Road, Cockfield, Bury St Edmunds, IP30 0JL

Fitted Kitchens

All Types of Woodwork

Purpose Made Fitments

Free Estimates

Tel: 01284 828186

Mob: 07790 479064

e-mail: freddurso41@gmail.com

== *W. A. Deacon* ==
Funeral Services



*An Independent Family Company,
dedicated to your service.
Established over fifty years.*

Golden Charter pre-paid arrangements available.
Private Chapel of Rest

Norman Way, High Street, Lavenham,
Suffolk, CO10 9PY.

24-Hour Telephone Service

01787 248282 & 248147

SEPTIC TANK EMPTYING AND DRAIN CLEANING

Tank emptying from £80

A K SERVICES

Ramsey Road Hadleigh

01473 822694
07891341645
Available 24/7

No callout charge for
emergencies

WINDOWS CLEANED AND GARDENS TIDIED

Call Craig for a free quote and introductory discount

01284 827110 / 07816 932878

brightgreen22@gmail.com

www.brightandgreen.co.uk

All work fully insured

BRIGHTGREEN

NUNNAWAYS JETTING SERVICE



Soakaway Services
Drains Unblocked
Septic Tank Servicing
Driveways/Patios cleaned
Installation services available

24/7

**CALL TODAY on 01359 232716 or
Mobile 07941 523498**

Rothwell's
Carpet Cleaning

**Carpet Cleaning &
Stone Floor, Upholstery, Rugs**
A few points that make us stand out,

Rothwell's has been in business since 1993
We're an honest local family firm.

Our large truck mounted machines mean
more cleaning & drying power
for the best results possible.

Members of both the NCCA and TACCA.

We will move the furniture.

100% satisfaction or it's FREE.

Call Oliver and Max Campbell
for expert help today.

01638 428 060

www.Rothwells.biz

Grand
ORGANISERS 
Decluttering • Organising • Simplifying

Decluttering Organising Simplifying
Now in 3rd year of business.

- ❖ Decluttering & reorganising the home
- ❖ Solutions for Hoarding
- ❖ Paperwork Organisation
- ❖ Downsizing Assistance
- ❖ Pre & Post Move Declutter
- ❖ Property Staging
- ❖ Bereavement Assistance
- ❖ Office Makeovers
- ❖ Wardrobe Reductions
- ❖ Outbuilding Clearouts

Tel: 07974 086550

info@grandorganisers.com

www.grandorganisers.com

CJ Computer Services

Repairs - Upgrades - Custom Build Computers

Reasonable Charges - On Site Service - Fully Insured

Fully Qualified Technician - One 2 One Tuition - Lap-Top Sales

Wireless Broadband Set-up and Secured

Chris 01359 271772 or 07717 604180 chris@cjcomputerservices.biz

Ventanilla Blinds

Rollers Verticals Romans Pleated
Wooden & Metal Venetians Sheer Rollers
Conservatory blinds Blackout blinds
Perfect fit Pleated, Roller & Venetian
Awnings, Garden sails & Roller curtains

01787 313677 or 07966 371963

CHIMNEY SWEEP

ECO SWEEP CHIMNEY SERVICES

- NEW POWER SWEEPING METHOD USED FOR A MORE THOROUGH CHIMNEY CLEAN THAN BRUSHES.
- INDUSTRIAL HEPA FILTERED VACUUM.
- FULLY INSURED.
- INSURANCE RECOGNIZED CERTIFICATES ISSUED.
- SPOTLESS, RELIABLE AND FRIENDLY SERVICE.
- ALL CHIMNEYS, WOODBURNERS, AGA, BOILER FLUES SWEPT.
- GUILD OF MASTER SWEEPS CERTIFICATED MEMBER.



TEL. 01359 232335

Solicitors
Ellisons INCORPORATING
GROSS & CO.

LOOKING AFTER YOUR LEGAL NEEDS IN SUFFOLK



For you and
your family



For your
business



Ellisons Financial
Planning

CONTACT US FOR AN INITIAL NO OBLIGATION CHAT

📞 01284 763333

✉ enquiries@ellisonsolicitors.com

83/84 Guildhall Street, Bury St Edmunds,
Suffolk, IP33 1LN

www.ellisonsolicitors.com

Ellisons is authorised and regulated by the Solicitors
Regulation Authority. SRA number: 49336

Lexcel
Legal Practice Quality Mark
Law Society

The Red House

- Village Pub -

Stanningfield, IP29 4RR

Tel 01284 828330

BAR OPEN – 12 -11:30 PM EVERYDAY
FOOD SERVED – 12-2 / 6-8PM MON – SAT

April

Sunday 5th Brunch 11-1pm

Tuesday 7th Book club. 2-4pm

Friday 10th – Monday 13th

No food available

Sunday 19th Roast. 1pm

Friday 24th 80's Disco. 8pm

Tuesday 30th Quiz Night 8pm

*Beauty
by
Megan*

Megan is a beauty therapist with over 14 years experience. I work from my log cabin in Hitcham, it is situated in a peaceful, rural location and benefits from off-road parking.

Treatments are by appointment only. Therefore you are guaranteed complete privacy and your treatment time is exclusively for you!

A variety of treatments include:

Dermologica Facials/Reflexology/Spray Tanning
Jessica Manicure and Pedicure
Foot Health Maintenance (nail trimming/hard skin removal)
Eye Treatments/Waxing

Please phone for enquiries and price list.
Megan Pryke VTCT, BABTAC

07876 717 008



TARLING FENCING

FENCING AND GROUNDCARE SPECIALISTS

Equestrian
Agricultural
Domestic
Gate installation
Landscaping
Groundcare

**Contact John for a free quotation:
01359 242496 or 07590 580512
tarlingfencing@outlook.com**



**We specialise in Precision and Civil Engineering
With over 30 years experience.**

We cover a wide range of manufacturing needs.
Including CNC Milling and Turning,
Structural Steels (CE Accredited),
Welding Fabrication and Installation.

For more about us please visit our website
www.grahamparishengineering.co.uk

Contact us on 01284 828118 or
Email parisheng@btconnect.com

Congregational Church Corner

Whilst in lock down because of COVID 19, I wanted a book to read and so I turned to the biography of Eric Liddell, the athlete who inspired the film 'Chariots of Fire'. It was he who in 1924 gave up the opportunity to contest the Olympic Games 100 metres final, because the heats were to be held on a Sunday and as Eric felt that running on the Sabbath day was dishonouring to God he refused to do it. No participation in the heats meant no participation in the final and as a result he surrendered his opportunity to run for the gold medal, even though this was his strongest event that may have brought him a gold medal.

A great deal of pressure was put on Eric to get him to overcome his stand against running on the Lord's day and he faced a barrage of criticism from the press, royalty and the general public, many of whom took the view that he was letting the country down by failing to compete. However, despite all of this pressure falling on him, Eric stuck to his principle to "Remember the Sabbath and keep it holy" (Exodus 20:8).

Eric was not unused to running the 400 metres but his strongest events were over the shorter distances and his chance of winning the 400 metres seemed remoter than ever when Joseph Imbach of Switzerland broke the world record for the distance in the second round of the heats. But Eric, undaunted, pressed on and was encouraged to receive a note before the race on which was written: "He that honours me I will honour" (1 Samuel 2:30).

Having been drawn in the outside lane for the race Eric's problems were only intensified, as this is the worst possible lane to run a 400 metres. But despite this he led from the gun returning a time of 47.6 seconds, that broke the Olympic and world records, which stood for many years thereafter.

After his Olympic success Eric returned to China where he continued with his missionary work and died in a Japanese prisoner of war camp at 43 years of age. As an Olympian Eric will be forever remembered by us as a man of God who made a stand for his Christian principles and yet still won an Olympic crown for the 400 metres under very difficult circumstances. However, when he died, he received from his Lord and Saviour Jesus Christ, a crown of life (Revelation 3:10) that will last for all eternity.

Bill Attwood

Enquiries Pastor Gordon Hold 01284 762663
ghold@gmail.com

R W SERVICES

PROPERTY & GARDEN MAINTENANCE

All aspects of property maintenance covered.
Garden Design & Construction, Painting & Decorating
Roofing, Carpentry, Groundwork etc.

Free quotations Fully Insured References available

Rod Williams 01284 828965
Mobile 0775 2626261

Local tradesmen with integrity



Oil-fired boiler engineer

Mark Smith (OFTEC Registered)

Fully trained in both domestic and light commercial boilers.

All repairs, servicing and commissioning undertaken by
a friendly and efficient Cockfield based engineer.



**Registered
Business**

Competitive prices

Tel: 01284 827446



**Registered
Technician**

Out of fuel? Emergency oil delivery required? Tank leaking?

CARGATE engineering

Priority Barns, Drifftstone Road, Geddington, Bury St Edmunds, IP30 0QE

- Emergency Small Load Fuel Delivery and Boiler Relight Service
- Emergency Oil Tank Pump Down and Loan Tank Service
- Tank Replacement Installation Service by Experienced Oftec Engineers
- Contaminated Fuel Uplift Service Meeting Full ADR regulations
- Tank Internals and Bund Sludge Cleaning Service
- Oil Spill - Loss - Validation and Remediation Works
- Decommission of Redundant Fuel Tanks and Fuel Buy Back Scheme

We help customers stay warm around the clock!

Cargate Engineering is a family-run Oftec-registered business specialising in supplying emergency fuel to homes and businesses in remote areas.

Since being established in 1996, Cargate Engineering has also developed experience and skills that allow us to offer a varied and comprehensive list of services, including everything from routine pump station maintenance to regularly scheduled septic tank cleaning and emergency call outs for issues such as overflowing septic tanks and drainage blockages. In addition, we produce high quality CAD drawings, are experts in root ingress removal, and are licensed hazardous waste carriers, ensuring we can meet all your needs. We take pride in our ability to offer a bespoke and friendly service with effective results that will last.



Excellent services at competitive prices...



Bury St Edmunds:
01284 386 538

24/7 Emergency:
07974 495 362

Email:
info@cargateweb.co.uk

Website:
www.cargate-engineering.co.uk