

Green Links

July 2023

The Monthly Village Magazine of Cockfield

COCKFIELD VILLAGE FAIR

It's back!

Sunday 16th July
12pm to 4pm

GREAT GREEN, COCKFIELD, IP30 OHQ

FREE ENTRY

JOIN US FOR A FABULOUS FAMILY DAY!
Morris dancing - Tug'o'war - Side shows
dog show - live music - craft stalls
plants - tea and cakes - BBQ
beer tent - animals - grand raffle
and much much more!

Presented by the Cockfield Community

Green Links Copy Deadline!

Please note all copy for the August issue must be
with me by 15th July please

Janne Cutting-Keyton, Newholme, Smithwood Green,
Cockfield. IP30 0JQ
01284 828264 or janne@twerbs.co.uk

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Green Links



The Monthly Village Magazine of Cockfield
Edition 4- No 194 July 2023

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Sue Harrison

What a lovely day Coronation Sunday was, a photo montage is in this issue giving those who couldn't attend a flavour of the day, I think the last of the children's Coronation Gift Bags have finally been collected but I do have 3 left, if anyone has been missed out please let me know at coronation@cockfield.org.uk.

Cockfield does events like the Coronation and the Queens Jubilee, in 2022, well, they bring the village together, we meet new people and it helps us to get to know each other.

As Cockfield settles into the summer please remember it's not just the cold weather when some people need help, during a hot spell our neighbours could need a hand too, you could always knock and ask.

There is a lovely photo of Joyce Cocksedge, on page 7, celebrating her 90th birthday last month, I expect Joyce has seen many Cockfield Fetes in her 90 years and this years is on the 16th July, back on Great Green from 12 noon hope to see you there.

Janne

www.cockfield.org.uk

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Bazaar Sale



**Saturday 9th
September**

10.00 - 1.00pm

REFRESHMENTS AVAILABLE

Come and join us in cockfield Village Hall IP300LA

Bric A Brac, Books, Plants, Haberdashery, Ladies Clothing

Men's Clothing, Records, Crafts, Clothing accessories,

New Beauty Products, Jewellery, Shoes, Children's toys and

games and many more.



The Cockfield Village Shop and Post Office

The time has come...at the end of October 2023 Ralph and Barbara are embarking on a well-earned retirement.

To ensure that we do not lose this essential aspect of our village, The Cockfield Village Group are spearheading a plan to run the shop as a community shop. This has been done successfully in Rattlesden and more recently in Felsham and we are confident Cockfield will be as successful. As with any Community project, what we are going to need in abundance is VOLUNTEERS!!

Particularly urgent is person/s who are willing to learn how to operate the Post Office. It is highly unlikely that we will be able to offer the present hours but it would be a great shame if we had to close the Post Office service. If you think this might be of interest to you, either talk to Barbara or ring Sarah for more details.

Even the smallest time commitment is of huge value and will be very much appreciated by all in the village.

If you are prepared to put in some time behind the counter or have other skills to offer please fill in a form with the details.

Ralph and Barbara are, very generously, allowing us to operate from the present premises until such time as we can secure alternative premises. So apart from Ralph and Barbara's cheery faces you will hardly notice the change.

Do not underestimate your ability to be useful! You will receive training /guidance for any job you take on

Please scan this QR code to access the volunteer application e-form



The e-form can be accessed on-line at bit.ly/cockfieldshop Paper copies of the form will be available at the post office or you can ring Sarah on 01284 828 785



Summer Lunch

**12:30 pm for 1 pm
Sunday 23rd July 2023**

*In the delightful setting of
**Gardeners Cottage
Cockfield IP30 0JN***

*By kind permission of
Jeremy and Sue Cole*

Tickets £20.00
(includes a complimentary drink)
Children £5.00
(under 5 Free)

Available from PCC Members or Telephone:

Fund Raising for St Peter's Church Cockfield

Joyce Cocksedge



I would like to send my grateful thanks to all my friends and family for all the lovely cards, flowers, help and surprises that I received on my 90th Birthday which made it such a memorable day.

My love to you all.

Joyce

Editors Note:

I am sure the rest of the village joins me in wishing Joyce a very Happy Birthday

Janne

Cockfield Parish Council



Minutes of the Annual Meeting of the full Council held on 11 May 2023 at 7.30pm held in the Village Hall, Cockfield.

Present: Cllr Derek Southgate, Chairman (part meeting), Cllr Joe Brinkley, Cllr Janne Cutting-Keyton, Cllr Sarah Fletcher, Cllr Andy Golding, Cllr Nic Knight, Cllr Ian Levett, Cllr Robin Morley & Cllr Ralph Turner.

In Attendance: District Cllr Margaret Maybury, District Cllr Paul Clover, 3 members of the public and the Clerk, S Ball.

2023/017 Election of Chairman

The election of the new Chairman was presided over by the outgoing Chairman, Cllr Derek Southgate. It was proposed by Cllr Turner and seconded by Cllr Knight, that Cllr Levett be elected Chairman for the coming year. The proposal was carried. Cllr Levett thanked Cllr Southgate, Cllr C Brinkley and Cllr Webster for their service on the Parish Council.

2023/018 Declaration of Acceptance of Office

Cllr Levett duly signed the Declaration of Acceptance of Office of Chairman, after the Parish Council Meeting.

2023/019 Chairman's Election of Vice-Chairman

It was proposed by Cllr Morley and seconded by Cllr Turner, that Cllr Cutting-Keyton be elected Vice-Chairman for the coming year. The proposal was carried.

2023/020 Vice-Chairman's Declaration of Acceptance of Office

Cllr Cutting Keyton duly signed the Declaration of Acceptance of Office of Vice-Chairman, after the Parish Council Meeting.

2023/021 Cllrs Acceptance of Office

All Cllrs in attendance, duly signed their Declarations of Acceptance of Office of Cllr after the Parish Council Meeting. All Cllrs signed their agreement to be summonsed electronically.

It was proposed by Cllr Levett and seconded by Cllr Fletcher that Cllr Baber be allowed to sign his Declaration of Acceptance at a later date, due to a pre-arranged holiday. The proposal was carried.

2023/022 Apologies for Absence: Suffolk County Cllr Robert Lindsay and Cllr Dale Baber.

2023/023 Declarations of Interest

Cllr Fletcher declared a non-pecuniary interest in Agenda Item 18 – Planning, as a member of the Cockfield Village Group who are interested in purchasing the Plough & Fleece. Cllr Turner declared a non-pecuniary interest in Agenda Item 18 – Planning, as the current owner of the Post Office & Store, which could become a future part of the Plough & Fleece Hub.

2023/024 Minutes of the Last Parish Council Meeting

It was proposed by Cllr Turner and seconded by Cllr Brinkley that the minutes of the Ordinary Parish Council Meeting, held on 27 April 2023, be signed as a true record. The proposal was carried.

2023/025 Council Committees, Sub-Committees and Working Groups

Council Committees, Sub-Committees and Working Groups were confirmed and members elected unopposed (see Appendix, Item 9).

2023/026 Representatives to External Bodies

Representatives to External Bodies were elected unopposed (see Appendix, Item 10).

2023/027 Council Officers

Council Officers were elected unopposed (see Appendix, Item 11).

2023/028 Council Portfolio-Holders

Council Portfolio-holders were elected unopposed (see Appendix, Item 12).

2023/029 Governance

029.1 Standing Orders: It was proposed by Cllr Levett and seconded by Cllr Cutting-Keyton that the Standing Orders be adopted but that a review and potential update be undertaken by Cllr Levett and the Clerk and presented to a subsequent meeting. The proposal was carried.

029.2 Financial Regulations: It was proposed by Cllr Levett and seconded by Cllr Cutting-Keyton that the Financial Regulations be adopted but that a review and potential update be undertaken by Cllr Levett and the Clerk and presented to a subsequent meeting. The proposal was carried.

029.3 Asset Register It was proposed by Cllr Levett and seconded by Cllr Morley that the Asset Register be adopted. The proposal was carried.

029.4 Risk Register: It was proposed by Cllr Levett and seconded by Cllr Morley that the Asset Register be adopted. The proposal was carried.

029.5 LGA Councillor Code of Conduct It was proposed by Cllr Levett and seconded by Cllr Morley that the LGA Councillor Code of Conduct be adopted. The proposal was carried.

2023/030 Outstanding Actions

2021/189: BMSDC Public Realm Land: SCC Highways Enforcement are in discussion with BMSDC Legal over ownership and boundaries.

Parish Council to write further letter of complaint to BMSDC highlighting BMSDC's responsibility for any future accidents at this junction, if a satisfactory conclusion is not achieved.

2021/194: Local Needs Housing: Application for 'Granting of a new right of common and application for registration of a right in the commons register' has been submitted to SCC. **(Action Closed)**

2021/195.2: Highways & Emergencies: Cllr Morley is awaiting a costed proposal from for footpath on their land down Howe Lane.

2022/092.2.5: Playground: Cllr Golding confirmed that he will fill the hollows under the slides of the multi-activity centres before the next meeting. **(Action Closed)**

2022/173.1: Damage to Great Green & Grass Verges: The Clerk has posted a report on the SCC Highways website and the problem has been included on the SCC Highways Inspection Schedule and closed out on their website.

2022/175.4: VH Car Park Maintenance: Due to contractor illness, an alternative contractor to be appointed to undertake an interim tidy up.

2022/176.1: Bus Stop Project: The Clerk is awaiting a final invoice from Orwell Housing Association before submitting the CIL claim to BMSDC. The Clerk to issue a Letter of Thanks to Dawn Edwards, Orwell Housing Association,

2022/176.2: Play Equipment: The Clerk to arrange a further meeting with APL to negotiate on quotation received for additional equipment and undertake an inspection and possible rectification of the Zip-Wire seat.

2022/178: Pavilion Bandstand: The Clerk to chase up quotations from Contractors.

2022/184.1: Reduced Speed Limits: The Clerk to prepare the Parish Council's argument for submission to SC Cllrs Robert Lindsay and Paul West, Cabinet Member for Highways, seeking a meeting on site to discuss proposals.

2023/007.1: Parish Council Investments: The Clerk confirmed advice from SALC that Parish Councils may hold funds in Investment Accounts. Further investigations required.

2023/010: King Charles III Coronation Event: The Clerk was requested to write a Thank You Letter to Nethergate for their donation of Beer for the event.

2023/011.9: Other Assets: Cllr Morley confirmed that S Shepherd & Son would be cutting the verges in the next 7 days. **(Action Closed)**

2023/031 Public Participation Session:

Suffolk County Cllr Lindsay circulated his report in advance of the meeting.

There was no report submitted by District Cllrs Maybury and Clover. Cllr Maybury advised that the BMSDC meeting on 23/05/23 will inform Cllrs about BMSDC's future arrangements. Cllr Maybury thanked Cllr Arthey and the previous Parish Cllrs for their contributions over the last 4 years. Cllr Clover thanked Cllr Arthey and advised that Cllrs Maybury and Clover would alternate their attendance at future Parish Council meetings. A member of the public distributed copies of a letter submitted to BMSDC by the Cockfield Village Group and advised that they had submitted an Application to extend the scope of the Asset of Community Value at the Plough & Fleece and that a decision was expected on 19th May 2023.

2023/032 Planning:

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

DC/22/02540: Application for approval of Reserved Matters and Conditions 4, 5, 6 and 7 following Outline Planning Permission DC/18/03048 and subsequent allowed at appeal APP/D3505/W/18/3213481 Town and Country Planning 2015 - Submission of Details for Appearance, Landscaping, Layout and Scale for the erection of 5No dwellings. Location: Plough and Fleece Inn, Great Green, Cockfield, Bury St Edmunds Suffolk IP30 0HJ **(The Parish Council Objects to the Red Line Boundary submission)**

032.2 Decisions Received:

DC/23/01311: Discharge of Conditions Application for DC/20/00128 - Conditions 5 (Biodiversity Enhancement Strategy) 8 (Bin Presentation and Storage) and 11 (Construction Management Plan): Windsor Green Farmhouse, Windsor Green, Cockfield, Suffolk. **(Decision: Approved Conditions)**

DC/23/01644: Discharge of Conditions Application for DC/19/03793 allowed under appeal APP/D3505/W/20/3251308 - Condition 4 (Vehicular Access): Land North of 4

Hedgerow Cottages, Windsor Green, Cockfield, Bury St Edmunds Suffolk IP30 0LY.

(Decision: Approved Conditions)

2023/033 Finance:

033.1: Financial Report: The report to 30 April 2023 was received with the Barclays Bank current account standing at £254,768.42. It was proposed by Cllr Morley and seconded by Cllr Cutting-Keyton that the financial reconciliation (already examined by the Finance Councillor) be approved and duly signed. The proposal was carried.

033.2: Payments: It was proposed by Cllr J Golding and seconded by Cllr Cutting-Keyton that the schedule of payments be approved. The proposal was carried. The 11 May 2023 schedule comprised the following:

033.3: Insurance Renewal Premium:

The Clerk confirmed the Insurance Renewal Premium for 2023-24 for 1-year and 3-year fixed rate options. It was proposed by Cllr Morley and seconded by Cllr Cutting-Keyton that the Parish Council accept the 3-year option. The proposal was carried.

2023/034 Financial Governance – AGAR:

034.1: The review of the Parish Council's systems of internal control and in accordance with the Accounts & Audit Regulations 2015, was deferred until the next meeting. The Clerk to convene an Extraordinary Parish Council Meeting.

034.2: The approval of the AGAR Section 2 (Accounting Statements 2021/22) for Cockfield Parish Council was deferred until the next meeting. The Clerk to convene an Extraordinary Parish Council Meeting.

2023/035 Neighbourhood CIL:

The approval of the Parish Council's Annual Neighbourhood CIL report was deferred until the June Parish Council Meeting.

2023/036 Maintenance Schedule and Asset Management:

036.1 Maintenance Calendar (Full review, February, June, October only)

036.2 Maintenance Matters by exception:

036.2.1 Greens Management: None.

036.2.2 Glebe Land: The Clerk to obtain a quotation from Mr E Evans to repair the sheds on the Allotments.

036.2.3 Earls Meadow: None.

036.2.4 Cemetery: None.

036.2.5 Playground: None.

036.2.6 Village Hall Car Park: None.

036.2.7 Parish Paths: None

036.2.8 Pavilion: It was proposed by Cllr Morley and seconded by Cllr Golding that the Working Group should produce a Maintenance Schedule.

036.2.9 Other Assets: None.

2023/037 Local Needs Housing:

Nothing to report.

2023/038 Third Party Liaison:

038.1 Suffolk Association of Local Councils (SALC):

Cllr Cutting-Keyton was unable to attend the SALC meeting, so there is nothing to report.

038.2 Highways and Emergencies:

The Clerk to complain to SCC Highways about the inappropriate signage used for the diversions for work in Water Street, Lavenham.

038.3 Police/Fire:

Nothing to report.

2023/039 Correspondence:

Email 27/04/23: SCC Rights of Way & Access Team: Updated Footpath Map and Definitive Statements for

all PROWs. - **The Clerk forwarded to Mark Webster.**

Website Link 02/05/23: SALC response to Clerk's query on investments – **The Clerk updated Cllrs.**

Email 03/05/23: Residents Freedom of Information Request - **The Clerk responded to the request and updated Cllrs.**

Email 03/05/23: Elizabeth Ling, BMSDC request to visit PCs to discuss Community-Led Planning for

Places initiative. - **Elizabeth Ling to be invited to the June PC Meeting.**

Website Update 05/05/23: SCC Highways confirming that Report 00401307 reporting damage to the GG and verges had been closed and added to their Inspection Programme. - **Cllrs informed.**

2023/040 Matters to be brought to the attention of the Council either for information or for inclusion on the agenda of a future Ordinary Meeting:

June: Community Led Planning update from Elizabeth Ling
Review & adoption of Emergency Plan

July: Review amendments to Standing Orders & Financial Regulations
Review of Clerk's Salary.

2023/041 Next Meeting:

The next Ordinary Meeting of the Parish Council will be held on Thursday 29 June 2023 at 7.30pm in the Village Hall.

The meeting closed at 10.30 pm.

The Parish Council may be contacted through the Clerk,
Steve Ball by email at: parish.council@cockfield.org.uk
or 01284 828987 10am - 4pm please

Next Meetings - The next Ordinary Meetings of the Council will be held on Thursday 27th July and Thursday 28th September 2023, there is no ordinary meeting of the Council in August, at 7.30pm in Cockfield Village Hall

Garden Tips for July 2023

Flowers and Herbs

- Continue to deadhead roses and cut back perennials such as Lupins and Delphiniums to encourage a 2nd flush of flower.
- To keep borders tidy cut back any faded perennials.
- Dahlias - continue tying new growth to stakes. Apply liquid fertiliser at least once a fortnight. Remove faded flowers regularly.
- Deadhead and tidy hanging baskets. Water twice a day in very hot weather - early morning and dusk.
- Pick, dry and freeze herbs for use in winter months.
- Flower seeds to sow in July – Delphiniums, Wallflowers, Foxgloves, Sweet Williams, Violets and Pansies.
- Divide and replant congested clumps of bearded Iris.
- Continue to pick Sweet Peas every day and remove any seed pods to prolong the flowering period.
- Always water around the base of a plant rather than the foliage.
- Garden pests are at their most voracious so it's good to have some 'Garden Buddies' - French Marigolds have a strong odour and when planted alongside tomatoes or grown in pots in the Greenhouse will deter greenfly, blackfly and whitefly. If you are growing melons they will also repel beetles.
- Roses under planted with Lavender will deter greenfly and look good too.
- To keep those Hosta leaves looking good make a Garlic wash. You will need 2 bulbs of Garlic and 2 pints of water. Crush the Garlic and boil in the 2 pints of water for 3 – 4 minutes. Strain the mixture and leave to cool. Store in an airtight jar. When ready to use mix 1 tablespoon into a watering can of 5 litres of water. With the rose attached sprinkle the Hosta leaves. This should be applied in late afternoon and when the weather is dry. Hopefully this should keep slugs and snails at bay.
- In dry weather containers dry out very quickly and may need watering in the early morning and evening. Try to conserve water by using water butts and grey water wherever possible.



Fruit and Vegetables

- Apply high Potash fertiliser once fruits appear on peppers, cucumbers and tomatoes. This also works for sunflowers too.
- Pick courgettes before they become marrows. Apparently Courgettes help with blood pressure so eat plenty. Pinch out the tops of climbing beans. This will encourage lower side shoots to form.
- To minimise tomato blight try and water your plants in the morning. Soggy foliage in the evening encourages blight.
- Feed tomatoes at least once a week with a diluted proprietary tomato fertiliser.
- Clear spent and any diseased foliage on and around vegetable plants to keep them healthy.
- Raspberries are shallow rooted so will need to be watered regularly during hot and dry spells of weather.
- After harvesting prune the fruited stems of Blackcurrants.
- Pepper plants will benefit if potted on to larger pots.
- Pick runner beans regularly to prevent them from becoming stringy and to make room for developing pods.
- In warm weather water your fruit and vegetable crops daily.



Trees, Shrubs and Climbers

- Prune Plum, Apricot and Cherry trees to reduce the risk of Silver Leaf disease.
- Thin out fruit on your fruit trees to encourage good sized fruit.
- Fast growing hedges like Leyland Cypress should be clipped as necessary throughout the growing season. However you should always check for nesting birds before doing so.
- Ensure that any newly planted shrubs and trees do not dry out.

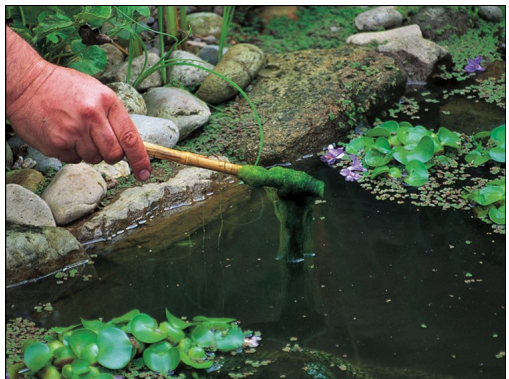


Lawns

- In dry weather ensure new lawns are watered and aerated with a garden fork.
- Lawns can also benefit from a proprietary summer feed especially if not given a spring feed.
- Don't allow new lawns to dry out.

General Maintenance and Planning

- Order catalogues or checkout the internet for next year's spring flowering bulbs.
- Continue to keep your Greenhouse well ventilated and humid.
- Tidy up fallen leaves and flowers to discourage the spread of fungal disease.
- July is a good time to spray persistent weeds such as ground elder and bindweed as they are at the height of their surface area and will absorb the weed killer more efficiently.
- Take advantage of dry weather to paint and preserve sheds, fences and garden furniture.
- Remove floating blanket weed from your pond by twirling around a cane. Before composting leave in a pile close to the edge to allow wildlife to return to the pond.
- Keep watching out for the dreaded vine weevil beetles and grubs. These tend to hide out in pots of new plants and containers. The grubs feed on roots, corms and tubers. You can treat with biological controls such as nematodes which are available online. As soon as you receive them they need to be watered in. Evening is the best time so that the compost doesn't dry out too quickly.
- There are other proprietary liquid treatments available but you should always check suitability before using on anything you plan to harvest and eat.



Happy Gardening, don't forget to relax and enjoy.

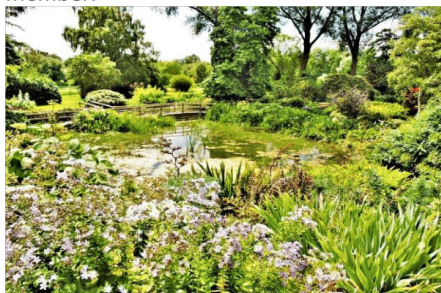
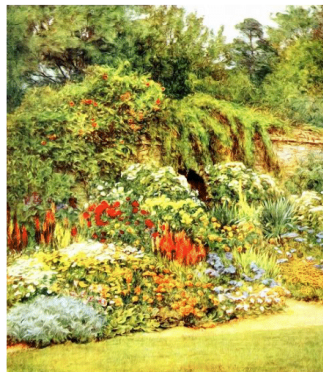
Kate Ransom

Cockfield W.I.

Junes Meeting



Our meeting at the beginning of June was held in a member's lovely garden. It was a very enjoyable meeting and although rather cold, we were warmed by a fire pit, mulled wine and lots of blankets! Thanks to our very welcoming hosts! We were able to discuss preparations for the refreshments we will provide for the village fete on the 16th July. After the meeting we had some picture quizzes to work on in groups, which was great fun. We rounded off the evening with hot drinks, sweet and savoury scones, (the sweet ones with jam and cream) and delicious strawberries! There were lots of opportunities to catch up and have a chat! We were also able to welcome a new member.



A visit to Fullers Mill Garden at Bury St Edmunds happened on Friday 16th June. A report was not available when this report went to print. It will follow in next month's article. A further date may be pencilled in for a few members to go to the garden, as some members couldn't make it on that date. It is a lovely, well established 7 acre garden. It is beautiful and interesting at all times of year as well. It was actually voted 2022 RHS Partner Garden of the Year for the Midlands and

East of England. It sits between the pines of the King's Forest and the pools of Lackford Lakes (a nature reserve). 'An atmospheric woodland garden divided by the River Lark'.

In July our speaker is Lou Chapman, a local artist. Her talk is entitled 'The Tale of a Fortunate Woman'. She will tell us about her passion for painting and how she achieved her childhood ambition to be a professional artist. She will bring examples of her bright contemporary work and greetings cards.

We are also helping to provide refreshments at the village fete on Sunday 16th July. It would be great if members could provide a cake (please check with Michelle first to see what is needed). Some members have offered to help already – many thanks! We are hoping for many people to attend and have our fingers crossed for good weather!

In August we will be welcoming John Sanders, a very knowledgeable local guide from Bury St Edmunds, with a talk entitled 'Time On Our Hands'.

In September we will have a visit from the BSE Rickshaw group, who were awarded The Queen's Award for Voluntary Service on 9th June 2022. Locally they offer free, chatty rides for local people who need a bit of help getting out and about. They also do deliveries for local charities. A WI fund-raising event will take place in the village hall on Saturday 9th September. Further details will follow. It will be a bazaar with refreshments, so it would be great if everyone could start looking for anything no longer wanted, or are clearing a space and think others can make use of those items! Thank you!!!!!! I am sure it will be a very well supported event. Any

items will be welcome including clothes, bric-a-brac, unwanted gifts etc. All items unsold will be given to a local charity for their use.

In October we have a return visit from Alison Lambert (Health Visitor). Details of her talk will be in the next issue. Followed in November by a visit from the organiser of our local food bank.

A visit to the Food Museum at Stowmarket is planned for September or early October too. The Food Museum (formerly the Museum of East Anglian Life) is Britain's only Food Museum. It is set in 75 acres of Suffolk countryside and has 40,000 objects and 17 buildings to explore. There are many things to view from WW2 ration recipes to a full size steam powered mill engine. A date will be arranged soon.



The coffee morning we hold in the village hall each month is a great place to meet and have a chat! It is open to everyone and everyone is very welcome to share some lovely homemade cakes and biscuits, as well as tea and coffee. The next two Thursday coffee mornings are from 10.30 am until 12 noon and are on the 27th July and 24th August, in the Village Hall Committee room. The monthly coffee mornings will therefore, continue throughout the summer!

Our monthly Saturday lunches, offered soup in the winter months and more recently jacket potatoes and most recently a ploughman's lunch. They have been very enjoyable and well attended. Further lunches are planned to resume in October, after a break for the summer. The lunch in May was a ploughman's based salad with a hot drink for a small contribution of £1, for the food! Please come when the lunch dates return, we would love to see you then!

We would all really like to say welcome to you if you have recently moved into the village and would love to meet you. Visitors are always very welcome to WI meetings and if you would like to come along, haven't felt comfortable going out due to Covid or used to come to WI and would like to think about coming back, please contact Michelle Callinan

Cockfield Community Coffee 4th Thursday of the month

Hope to see you there



**Cockfield Village Hall - Committee Room
10.30am - 12 noon**

No Charge but donations are welcome Enquiries please email wi@cockfield.org.uk

TIPS AND TRICKS

WI Tips & Recipes for Storing and Using Salads – Summer is here!!!!

Salad such as tomatoes, cucumber and leafy salad can be stored, if kept in the right conditions.

Tips for Storing Tomatoes.

Store them at room temperature if possible and away from anything that can bruise their delicate skin. It is best to only store tomatoes in the fridge if you want to delay 'just ripe' tomatoes from turning too soft. It is suggested you only keep them in the fridge for a short time (no more than 2 days) as in this ripe state they don't lose much flavour. Use your salad tray and keep them apart. If you store tomatoes there, store them if possible, stem down as less moisture is absorbed that way. If they have been in the fridge take them out before use so that they can return to room temperature. If you have very under ripe tomatoes they can be placed in a brown paper bag with a banana (monitor).

The fridge's cold environment turns tomatoes mealy and mushy. They lose flavour and texture –monitor carefully.

Tips for Storing Cucumbers

The description 'as cool as a cucumber' does it a disservice. Cucumbers don't actually like to be cold, according to experts. Fridges can actually speed up spoilage. I remain unconvinced but have been informed that they keep longer when stored at room temperature. If you keep them in the fridge make sure they are kept dry and tightly wrapped in kitchen paper or a cloth/tea towel. Also keep cucumbers away from other salads and fruits like tomatoes, bananas and melons. (The ethylene gases they emit as they ripen will ripen the cucumber faster.)

Tips for Storing Salad Leaves

Firstly keep them as dry as possible. Excess moisture will render salad leaves inedible very quickly. Pat gently with kitchen paper and then seal in a container with fresh kitchen paper and where possible, keep them in the salad drawer of the fridge. If kept in the salad drawer clean tea towels or fresh kitchen paper can be placed on top and below the salad. If you have a bag of prepared leaves, open it and gently add a folded sheet of kitchen paper or two! If you are going to use them straight away keep them out of the fridge. If you (only if necessary) need to wash them before use then the 'recipe' recommends using 2 quarts of cold water, ½ cup white vinegar and ½ cup table salt. Rinse very well, drain and pat dry thoroughly. Leafy vegetables can be treated in the same way.

Recipes

Chicken Caesar Salad (Serves 4)

Ingredients

1 medium ciabatta loaf or 4 thick slices of crusty white bread

3 tbsps olive oil

2 skinless, boneless chicken breasts

1 large cos or romaine lettuce – leaves separated



Dressing

1 garlic clove

2 anchovies from a tin

Medium block of Parmesan cheese for grating & shaving (you won't use it all)

5 tbsps good quality mayonnaise

1 tbsp white wine vinegar

Heat oven to 180c fan. Tear the bread into croutons or cut with a knife. Spread over a large baking sheet or tray and sprinkle with 2 tbsps olive oil and rub over with a light seasoning of salt crystals (optional). Bake for 8-10 minutes turning a few times.

Alternatively fry in a pan being careful not to burn (turn frequently)!

Rub the chicken with the remaining olive oil. Cook the chicken in the pan. Juices should run clear through the thickest part.

In a small bowl put the prepared and crushed clove of garlic, add the mashed anchovies and then add a grated handful of the cheese and mix. Add the mayo. And the vinegar. Season to taste. (It should be the consistency of yogurt).

Shave the cheese as required. Shred the lettuce and add the chicken in bite size pieces and the croutons along with the mixture in the small bowl. Mix and stir. Add further cheese shavings on the top to serve.

10 Minute couscous salad (useful with a barbeque) (Serves 2)

100g couscous

200ml low salt vegetable stock (from a cube is fine)

2 spring onions

1 red pepper

½ cucumber

50g feta cheese, cubed

2 tbsps pesto

2 tbsps pine nuts

Tip the couscous into a large bowl and pour over the stock. Cover and leave for 10 minutes until fluffy and all the stock has been absorbed. Meanwhile slice the onions and pepper and dice the cucumber. Add these to the couscous, fork through the pesto. Crumble in the feta, then sprinkle over the pine nuts to serve.

Greek Salad (Serves 4)

4 large vine tomatoes, cut into wedges

1 cucumber, peeled and deseeded & patted dry

½ a red onion, thinly sliced

16 or so kalamata olives

1 tsp dried oregano

85g feta cheese, cut into chunks

4 tbsps extra virgin oil (Greek, if available)

Place 4 large vine tomatoes cut into wedges, 1 peeled, deseeded and chopped cucumber, ½ thinly sliced red onion, the olives, the oregano, the cheese and the virgin olive oil in a large bowl.

Lightly season and serve with crusty bread.



Joan Ball

Thorpe Morieux and District

Gardening Club

Our monthly meeting on May 15th was a visit to a very pretty cottage garden in Wetherden, near Stowmarket. The cottage and its garden are owned by Susanne and David Barker, and is set in some two acres divided into different 'rooms' with both formal planting and wild areas. The sunny evening ended with home made cake and tea served on their patio.



On Sunday 27th May we held our Annual Plant Sale at Thorpe Morieux Village Hall. It was well attended and a great success, so a big 'thank you' to all who supported us.

Our next events are as follows :
Saturday 10th June : a visit to the garden of Kate and Jerome Mayhew at Thorpe Hall, Thorpe Morieux.
Sunday 25th June : an outing to Green Islands Gardens in Essex



Patricia Everitt

**COCKFIELD COMMUNITY CINEMA PRESENTS
SEE HOW THEY RUN (12A)**

Friday 28TH JULY

Cockfield Village Hall, Church Lane, IP30 0LA

Doors Open: 7pm – Film starts: 7:30pm

Tickets on the door

Adults: £4.50 / Under 16s: £3.00

Raffle, Refreshments & Licensed Bar available from 7pm



A madcap whodunit set in 1950's London, plans for a movie version of a smash-hit play come to an abrupt halt after a pivotal member of the crew is murdered. When a world-weary inspector and an eager rookie constable take on the case, they find themselves thrown into a puzzling whodunit within the glamorously sordid world of underground theatre investigating the mysterious homicide at their own peril.

MONTHLY SCREENINGS

**4TH FRIDAY OF THE MONTH
FOR FUTURE SCREENINGS**

VISIT: www.cockfield.org.uk

A Note From Our District Councillors

The make-up of the new administration at Babergh District Council is part representation of the electorate. Sadly, it does not include Conservatives as our “red line” of no car parking charges would not be supported by other parties. Paul and I are determined to support our local high streets and businesses alongside our villages who depend on our local towns, by standing against car parking charges.

No business has been conducted as the new Cabinet which lacks experience in most quarters, is undertaking briefing. We will see what the new administration brings to our residents.

Paul and I are moving amongst the groups within the Ward, volunteering and helping where we can plus enjoying meeting so many of you. If you see us about in your street please say hello.

One item of interest to all may be the minor home adaption grant which helps residents (both private and rental) stay in their homes with no means testing. Experience has shown grants received for stair lifts; grab handles; walk-in showers; personal alarms and personal camera installations. Please contact ourselves or BDC for further information.

With our best wishes to all,

Margaret Maybury and Paul Clover

Margaret.maybury@babergh.gov.uk

Paul.clover@babergh.gov.uk



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* Chipping

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* Garden & Site Clearance

* General Ground Maintenance

Cockfield's Celebrations to mark the Coronation of HM King Charles III



With terrible weather forecast, which turned out to be correct, a last minute decision had to be taken to postpone the celebrations for 24 hours. The Sunday however dawned fair and thankfully brightened up into a lovely afternoon and early evening.

People Picnicked
and preparations
for the
Beacon Lighting
were soon
underway,





Flag waving was practised...



drinks were served and the toast offered ...



the Beacon lit ...



and the new
King's bench
was tried
out for size



After the gift bags were presented to the children the afternoon finished with music ably provided by Ivan our MC for the event.



A fitting way to celebrate - enjoyed by everyone in their own way!



Norman Gregory Memorial Cycle Ride 8th July 2023

Norman Gregory's friends in Cockfield, Thorpe Morieux & District would like to remember our much loved icon by arranging a sponsored cycle ride in his memory.

The idea is to both commemorate Norman, the Cockfield Icon, as well as raise money for deserving causes.

The focal point will be St Peter's Church, Church Lane IP30 0LA and the start time will be 10am

Two routes will be planned and signposted, one of about 1 ½ hrs and one of about 2 ½ hrs,

Price: £5 per rider, under 16 free (when accompanied by an adult) including post ride refreshments.

All types of bikes and e-bikes are welcome. For more information

Children's Page July 2023

Summer Reading Challenge:
5th July – 10th September
Lavenham Library



The Summer Reading Challenge is open to all children aged 4-11. The challenge is to read six books over the school holidays. This year's theme is **Ready, Set, Read** and will focus on empowering young people to forge new connections with others and unleash the power of play, sport and physical activity through reading.

For each of the six books you read, you can collect a prize from the library. If you sign up at Lavenham Library, we are offering an additional prize of our exclusive "light up pens" funded by our Friends Group once you have completed book 3!

If you complete the challenge, you will also receive a special certificate!



Children can sign up
from 15 July.
The challenge officially
ends 10 September.



COCKFIELD VILLAGE

FAIR

It's back!



Sunday 16th July
12pm to 4pm

GREAT GREEN, COCKFIELD, IP30 OHQ



FREE ENTRY

JOIN US FOR A FABULOUS FAMILY DAY!

Morris dancing - Tug'o'war - Side shows
dog show - live music - craft stalls
plants - tea and cakes - BBQ
beer tent - animals - grand raffle
and much much more!



Presented by the Cockfield Community

COCKFIELD COMMUNITY COUNCIL

COCKFIELD VILLAGE FAIR

SUNDAY 16 JULY 2023

GROW IT, BAKE IT, EAT IT, DRINK IT!

Can you make a cheese straw? Can you make a cake? Can you arrange a vase of flowers?

We are having a fun village show at the summer fair in July, where you can put your baking, flower arranging, jam making or homemade wine and spirits skills to the test! Entry is open to everyone over the age of 12 for baking, and over the age of 16 for other classes, excluding wine and spirits which is for adults only.

The recipes are of your choice, so if you have a signature cheese straw or a speciality cake, why now have go at our fun competition. We have a panel of local experts lined up to judge. And the judge's decision is final.

Please tick which you would like to enter, entry is £1.00 per class.

Class: Adults and Children over 12 (for baking)	
Vase of Flowers (no more than 45cm high inc. vase)	
Cake of your choice	
5 Cheese Straws	
Jar of homemade preserve	
Homemade wine, sloe gin, etc.	
Class: Children (11 and under)	
3 hand decorated biscuits	

Registration fees must be paid in full, registration from 11.30am until 12.30pm on the day of the fair. Payment in cash please.

Rosette awarded for 1st, 2nd, and 3rd in each class and a special prize for the winning children's entry.

FUN KNOCKOUT ROUNDERS!

Why not join our friendly rounders knockout competition, players of all ages and abilities are welcome to put together a team of 9 players (however, if you are short of players we can put you with others to make up a complete team), play starts at 12.15pm and will be played throughout the afternoon, the schedule will be given to you on arrival.

Email Ivan Green on ivanjgreen@yahoo.co.uk with your name, team name and contact number, letting us know if you have a full team of 9 or if you would like to be added to another team.

We are always looking for people to help at our events, if you would like to do so please let us know. By calling Nikki Meekings on 07881626860

OTHER EVENTS THE DAY

DOG SHOW | COCONUT SHY | WELLY WANGING | BOWLING | STALLS | BBQ | BEER TENT

COCKFIELD FAIR

SUNDAY 16TH JULY 2023

12:00PM - 16:00PM

POOCHES ON PARADE

13:15PM

- Best Waggy Tail
- Best Paw Shaker
- Best Biscuit Catcher

14:45PM

- Best Fancy Dressed Dog
 - Temptation Alley
- Can your dog resist the sausage?
- Best Pooch Parade

Grand Finale of all the dogs who come to our show

£1 Per Entry Per Class

Sponsored by

www.sendadogabone.co.uk

COME AND JOIN US FOR A FABULOUS DAY

COCKFIELD COMMUNITY COUNCIL

SUNDAY 16 JULY 2023

COCKFIELD VILLAGE FAIR

PROGRAMME

Presented by Cockfield's own Ivan Green

12.00 noon	Fair opening
	Followed by The Phoenix Brass Band (Part 1)
12.45 pm	The Green Dragon Morris Men (Part 1)
13.15 pm	Pooches on Parade Dog Show (Part 1)
13.45 pm	The Green Dragon Morris Men (Part 2)
14.15 pm	Followed by The Phoenix Brass Band (Part 2)
14.45 pm	Pooches on Parade Dog Show (Part 2)
15.15 pm	Childrens Fun and Games
15.45 pm	Raffle draw, prizes for Golf, Bowling, Welly Wanging, Beat the Goalie and winners of the Grow It, Bake It Eat It and Drink It challenge.
16.00 pm	Tug of War

Grow It, Bake It, Eat It and Drink It entries can be brought to the pavilion between 11.30am and 12.30pm on the day.

Register for the dog show on the day from 12.00 noon.

Throughout the day there will be a FUN rounders competition, charity stalls, activity stalls, craft and gift stalls.

Refreshments:

BBQ—Community Council | Tea & Cake—Cockfield WI | Beer, Soft Drinks and Pimms—Cockfield Football Team

All timings are approximate and can change.

1 of 1

COCKFIELD VILLAGE

FAIR

It's back!

Grand Raffle Prizes

Rattlesden Club Gliding Experience
PLUS

Woof n Wash: dog grooming voucher
Hennessey: meat hamper and luxury hamper

Hands Up: pedicure voucher

Lavenham Blue: afternoon tea for two

Watsons Plants: perennial plant selection

Horseshoe Inn: meal voucher

Cockfield Cinema: two tickets including drink and ice cream

Colchester Zoo: two childrens tickets

The Museum of Food: family entrance ticket

Theatre Royal: theatre tour for two

Tony Turner: Nespresso coffee machine





On The Day

Apart from exciting events in the entertainment area you can:

- Play on our stalls to Win a coconut, Beat the goalie, Wang some wellies, Bowl for a pig , Bat that rat or Win a hole in one!
- Adopt a toy or get your face painted and a beautiful temporary tattoo
- Eat delicious burgers, cakes, ice cream and candy floss
- Relax with a glass of beer or Pimms

Or maybe you'd like to indulge in a little retail therapy from our Craft market and Artisan stalls, all makers local to Cockfield.

Sherril Allen cards. Jo Coleman Brown candles.
Sendadogabone dog treats and gift packs.
Hennessy cheese and deli. James Dolby Glover honey.
Joan Honey crocheted gifts. M&D Jewellery and sweets.
Oksana Cutter hand sewn goods.
Sally Wright clay jewellery. Glass Girlies fused glass.
Gill Le Gry's dog coats and accessories.
Purple Lady toiletries and gifts.
Angelic Print Boutique prints.
Wild Betty's photography. Julie Parr up cycled fabrics

We hope you have a lovely day!



Cockfield Community Council Events

ITS ALMOST TIME FOR THE COCKFIELD VILLAGE FETE.

Final preparations are being made for the return of a summer Fete on Sunday July 16th. The fun starts at 12 midday on Great Green Cockfield and will carry on until 4pm. The organisers have been extremely busy trying to make sure there is something for everyone. Unfortunately we are no longer able to have a bouncy castle, but we do have Donkeys and lots of other activities.

Arena events include **Green Dragon** Morris dancers who will not only be performing, but will also be giving people the chance to join in with the dancing, so make sure you wear comfy shoes!**Phoenix Brass Band** from Bury

St.Edmunds will be playing summertime music for everyone to enjoy and will add to the atmosphere of the whole event, I am sure there will be many feet tapping and who knows possibly a little dancing! Don't forget we also have a Dog show, so do bring your dog along and enter one of the Fun categories. Your dog could be the star of the show!

We have a variety of side stalls run by the clubs and organisations that exist in the village, as well as local craft makers selling candles, jewellery, dog treats and accessories, hand sewn items plus many more original and artisan items to buy.

In our raffle we have a fantastic top prize of a gliding lesson from Rattlesden gliding club along with many other fabulous prizes including afternoon tea for 2 at Lavenham Blue, BBQ meat hamper from Hennessey's, a dinning voucher from The Horseshoes Inn and Dog grooming from Woof n Wash. You will be able to purchase your raffle tickets in advance in order to make sure you are in with a chance of winning one of the many fantastic prizes. If it isn't possible to get your tickets in advance, don't worry as they will be on sale on the day at the fete.

Have you been thinking about entertaining the produce show, don't forget there are several categories including home baking, home made preserves and wine and garden flowers.

Teas and cake will be served from the pavilion by the WI but there will also be ice-cream, a BBQ and a licensed bar all of which will be available throughout the afternoon.

For those that are feeling energetic we will be holding a knockout rounders tournament, so gather your team, young or old, it doesn't matter if it's been a while since you last played, or you are a bit rusty on the rules, it's all meant to be FUN, FUN, FUN. why not start gathering your team and supporters together, no time like the present!

The trustees of the Community Council are really hoping that this is going to be a real community event, bring back memories of the past for residents that have lived in the village for a long time and an opportunity to meet new people for those residents that are new to the village. This really is an event for everyone.

The trustees would like to say a very big thank you to the sponsors who have so kindly donated to this event, without them this type of event would not be possible.

Anyone who would like to help on the day, your assistance would be gratefully received and you can register your interest with Barbara at the village post office.

Raffle tickets can be bought in advance from Pauline Smslinsky- 07921151111 Susan Metcalfe. - 07925867221 Barbara at the village Post Office.

Get your dancing shoes ready for a music event in September the date and full details to be confirmed.

Another chance to win with family cash bingo on Friday October 13th in the village hall.

Test your knowledge with a quiz evening on Saturday November 18th.

Carols by candlelight to be held at the village church with a candlelight procession from the village hall car park to be held just before Christmas to get everyone in the festive spirit. Date to be confirmed.

Have you been to the village Cinema?

Cinema screenings are held on the evening of the 4th Friday of each month in the village hall.

Do you know someone who already comes or just hasn't got there yet, maybe your stuck for a gift that's slightly different. Have you thought about buying a gift vouchers for the Cinema which can be purchased from Barbara at the village Post Office and stores.

Please note **the December screening will be a week earlier on Friday December 15th.**

More details for each event will be advertised in Green Links, on village notice boards, on posters around the village and on the community broadcasts as the date gets closer.

If you would like to help out at events but not commit to being a trustee you can register on the helpers list by email - communitycouncil@cockfield.org.uk or phone our secretary Jane on 01284828264

Community broadcasts can be received by visiting www.cockfield.org.uk and following the link in the footer of any page. The broadcasts provide general information for residents including reminders of upcoming events and any last minute changes.



Cockfield CEVCP School

Cockfield

Bury St Edmunds

Suffolk IP30 0LA

Tel & Fax 01284 828287

E-mail: admin@cockfield.suffolk.sch.uk

www.cockfieldprimaryschool.co.uk

Dear readers,

The summer term is always packed with visitors, trips and special events and a most recent event included the visit of GB gymnastic champion Megan Kealy. The children were able to fundraise to support GB athletes through their training and in return they had a photo with her, held one of her many Gold medals and the whole school took part in a circuit training session. We have some aspiring gymnasts at Cockfield. One of whom, Lilly, is keen to follow in Megan's' footsteps and hopes one day to achieve a gold in tumbling too. She is certainly on track for great things and we are very proud of her and her achievements.

Lime and Oak started their new topic of living things and their habitats by visiting Daws Hall Nature Reserve near Bures. They took part in activities such as searching for insects in the woodland. The children looked under logs, on branches and leaves and under leaf litter. On their way to the woodland, they saw an amazing sight... It was a bush, covered in caterpillars and their webs. Some were even hanging from the branches above them. They found this a little 'spooky'. Soon they would turn into moths. This ties in with the learning in Lime Class who have their own caterpillars and they can't wait to see the butterflies that will follow. They are also enjoying the story of The Very Hungry Caterpillar. The most exciting part of the day was after lunch! They put on our wellies and went down to the stream. Everyone got a turn to go into the stream and see what they could catch.

"My favourite part was pond dipping because we got to stand in the water." - Reggie

"I liked finding the animals in the woods. We found a little green caterpillar." - Jude

"I had my own nets so I put them in the hedge and caught a huge spider." - Amelia

"My favourite bit of the day was searching for mini-beasts because I found lots of interesting animals." - Arthur

A memorable learning experience!

Best wishes,

Mrs Harkin
Head teacher

VILLAGE FOOTPATHS

As the spring weather warms up and we have more sunny days more people will no doubt be out enjoying a walk on one of the many footpaths in the village. If you spot a problem with a footbridge, or a missing or damaged finger post sign please let me know by sending an email to footpaths@cockfield.org.uk

In the past couple of years I have recorded a few footbridge issues on the Suffolk County Council Public Rights of Way online reporting tool (which anyone can use). Whilst the timescales for any remedial action can vary, if I become aware of any problems I will follow these up, particularly in the case of a footbridge that might be unsafe. I am currently compiling a list of missing and damaged footpath signs and will report these in due course.

It is also the time of year to ask all footpath users to observe the Countryside Code and please keep dogs under control to prevent disturbing ground and hedge nesting birds and other wildlife, such as hares; also to avoid damaging farmer's crops. Hearing and seeing skylarks is one of the great pleasures of walking our footpaths and their ground nests are particularly vulnerable to disturbance. Your co-operation during the spring and early summer seasons is appreciated. Please also take bagged dog mess and any other litter home with you - thank you.

For any new residents in the village you can find a copy of the footpath map in the Welcome Pack on the Cockfield website.

Enjoy your walking in the beautiful Cockfield countryside.

Mark Webster, Footpath Warden
On behalf of Cockfield Parish Council

Dear Friends

We love stories don't we? As children we are taught the classic fairy tales, such as Rumpelstiltskin, the Princess and the Pea, Hansel and Gretel, Rapunzel....oh, how we love to hear of the princes, princesses, witches and mermaids, not to mention a fashion-obsessed emperor and a house made entirely of gingerbread. Heaven!

Some people think that the story of Jesus is a fairy tale. It certainly has many different characters in it, the bad guys (the Jewish authorities), the good guys (the disciples – excluding Judas!), the women (Mary, Jesus' mother, Mary Magdalene), the locations – desert, mountainside, mountain top and lake! And not forgetting of course, the miracles, turning water into wine, restoring sight to a blind man, healing the lepers, making a paralysed man walk....the list goes on. It is a fantastic story – but it is one that I am never tired of telling, of reliving through the bible, of believing to be true.

Why am I thinking of story at this particular time? Well, we are planning our annual holiday club in Cockfield Village Hall, which is an adventure in itself! So lots to look forward to in the Summer Holidays. See below for more details, or contact me to find out more!

I wish everyone a lovely summer, especially if you are taking a break away from your normal routine, I hope it leaves you refreshed.

Sharon
revsharon2@gmail.com,
01284-828599 or 07825 086063

Cockfield Benefice

SUMMER HOLIDAY CLUB

At Cockfield Village Hall
14th - 18th August

Monday-Friday, 9.30-approx 12.15pm.

£10 per child per week – if there are three children in a family attending the third goes free!

GAMES – CRAFTS – STORIES – DRAMA – PUPPETS

For Primary School Age children (5-11)

Contact Rev Sharon for more details on 01284 828599 or 07825 086063
WhatsApp or Messenger

Cockfield Benefice Services & Events July 2023

Sunday 2 July Trinity 4	9.30am Communion CW - Stanningfield
	10am Morning Prayer CW - Cockfield
	11am Communion CW - Bradfield St Clare
	6pm Celtic-style Communion - Felsham
Sunday 9 July Trinity 5	9.30am Said Communion BCP - Cockfield
	11am Communion CW - Bradfield St George
	6pm Praise & Worship - Gt Whelnetham
Sunday 16 July Trinity 6	9.30am Morning Prayer CW - Stanningfield
	10am All-age Worship - Felsham
	10.30am Communion CW - Cockfield
	6pm Evening Prayer - Bradfield St Clare
Sunday 23 July Trinity 7	9.30am Communion CW - Gt Whelnetham
	10am Worshipping Together - Bradfield St George
	10am Communion BCP - Gedding
Sunday 30 July Mary Magdalene	10.30am Benefice Communion - Lt Whelnetham

Please note these services may be subject to change – for up-to-date service times see the benefice website at www.cockfieldbenefice.com

A service of Celtic Morning Prayer is held every Tuesday at Cockfield at 9am
and at Stanningfield every Thursday at 9am.
A prayer group meets every Wednesday at 2pm via zoom.

For more details contact Canon Sharon Potter revsharon2@gmail.com

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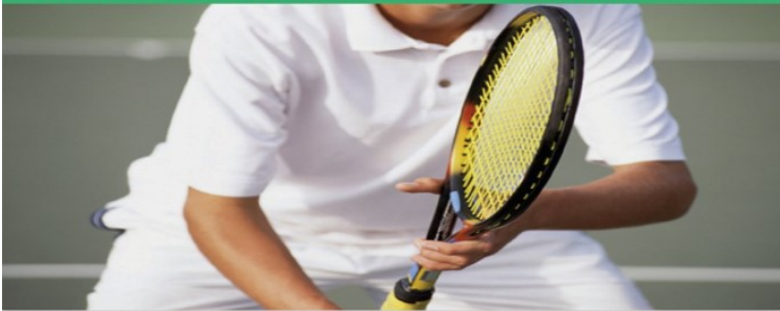
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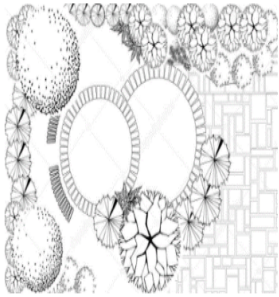
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Advice Column



We've booked a package holiday to Spain. It's our first time booking this sort of getaway, and a friend recently had a terrible experience when things went wrong on a similar trip. What sort of help is available if something does go wrong?

Hopefully you'll have a lovely time but if something does go wrong with your package holiday, the Citizens Advice website www.citizensadvice.org.uk has lots of information about what to do if something goes wrong with your holiday and what compensation you may be eligible for. Firstly, tell the company or travel agent you booked with as soon as possible. This way you're more likely to be able to get it sorted quicker. If you don't say anything until you get home, you might get less or no compensation at all.

If the holiday you went on turned out to be lower in value than the one you originally booked, you can make a claim for 'loss of value'. For example, you paid for a deluxe room but only got a standard one, if it wasn't sorted out at the time you can claim back the difference in value. You can also claim compensation for any extra money you have to spend while away, for example the hotel was a bus ride away from the beach rather than across the road as advertised. This is called claiming for 'out-of-pocket' expenses. If this does happen make sure you keep all your receipts for things like bus journeys.

If big parts of the trip you booked didn't happen or services weren't provided, for example a planned two-day excursion was cancelled and no alternative was organised, you can make a claim for 'loss of enjoyment'. You can also make this claim if something happens that causes you distress or disappointment, such as the pool was closed for the whole trip.

It's worth noting that there's no strict guidance on how much you can claim for loss of enjoyment but any claim you make must be reasonable. You can't get compensation if you simply didn't enjoy the holiday or if the problem was out of the holiday company's control - like bad weather.

Check the information you received when you made the booking to see what you're supposed to get. If you don't get the service you've been promised, you may be entitled to compensation for breach of contract. You might also be able to claim from your travel insurance – check if your policy covers this.

If you're still not sure what to do, call the Citizens Advice consumer helpline 0808 223 1133 or talk to an adviser online through the Citizens Advice website.

For information and advice on this or anything else, visit www.citizensadvice.org.uk or call Sudbury and District Citizens Advice on 01787 321400 and leave a message and someone will call you back when available. We will attempt three times to call you back, so please expect a call from a withheld number. Alternatively, contact us via email at advice@sudburycab.org.uk or by using the contact facility on our website, <https://www.sudburycab.org.uk/contact>

We are providing advice by telephone and email Monday – Thursday, 10am – 3pm.



Opening Hours

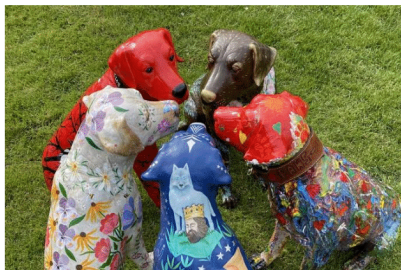
Monday	10.00 – 1.00
Tuesday	10.00 – 1.00 & 2.00 – 5.00
Thursday	10.00 – 1.00 & 2.00 – 5.00
Friday	10.00 – 1.00 & 2.00 – 5.00
Saturday	10.00 – 2.00
Sunday & Wednesday	CLOSED

Summer Reading Challenge: 15th July – 10th September



The Summer Reading Challenge is open to all children aged 4-11. The challenge is to read six books over the school holidays. This year’s theme is **Ready, Set, Read** and will focus on empowering young people to forge new connections with others and unleash the power of play, sport and physical activity through reading. For each of the six books they read, they can collect a prize from the library. **If you sign up at Lavenham Library, we are offering an additional prize of our exclusive “light up pens” funded by our Friends Group once you have completed book 3!** If they complete the challenge, they’ll also receive a special certificate! Children can sign up from **15 July**. The challenge officially ends **10 September**.

Suffolk Libraries PAWS-ITIVITY fundraising campaign



PAWS-itivity! will raise awareness of Suffolk Libraries as a charity that nurtures literacy, supports an appreciation of the arts and improves wellbeing and positivity. The art sculpture event will engage local artists and the business community and enable charities to tell their stories. Ultimately, it will raise crucial funds for Suffolk Libraries at a high profile auction in late September 2023. The sculptures will be full of fun

and with 45 libraries spread across Suffolk, no-one will have to travel more than a few miles to get involved! For more information, please pop into the library to pick up a PAWS-ITIVITY leaflet.

Contact Details

Lavenham Library, Lavenham Village Hall, Church St, Lavenham CO10 9QT
 Tel No: 01787 247729 www.suffolklibraries.co.uk
 Email: lavenham.library@suffolklibraries.co.uk
 Suffolk Libraries HMRC charity number XT34476



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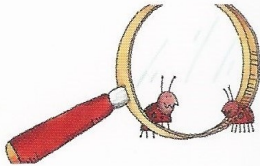
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Congregational Church Corner

The Leaning Tower at Pisa in Italy is some 179 feet high, but its foundations are only ten feet deep. It was built in 1173 and so perhaps the builders did not see the need for deeper foundations in those days, but as "Pisa" means marshy land it would seem that the obvious thing to do was to excavate deeper and more solid foundations, to support the tower in view of its topography. As it is, the tower is listing by about one twentieth of an inch each year and is now some 17 feet out of plumb, all because of inadequate foundations.

Contrast the leaning Tower of Pisa with the Tower of London, the building which was commenced by order of William the conqueror in 1067 and added to over the centuries; and is still standing as strong as ever despite its close proximity to the river Thames.

In the Bible Jesus told a parable about two men who built houses on different foundations. One man built on sand, which collapsed when a storm came along. But the other man built his house on a rock, which stood firm in the storm (Matthew 7: 24 - 27). Both of these men built, but one built on inadequate foundations and his house was destroyed. The other man built on a rock and his house survived the storm. This parable is, of course, a metaphor for Jesus, Himself, who is the rock of our faith. Anything built upon Him will last, but building on any other foundation will fail.

The bible tells us that in the "last days" (i.e. now), some will depart from the true faith in Christ, and rely on fables having "itchy ears" they will seek other doctrines that will lead them astray (1 Timothy 4:1). They will have a "form of Godliness but deny the power thereof" from such, we are told, "to turn away" (2 Timothy 3:5).

When Jesus comes again, to judge the living and the dead (2 Timothy 4:1), He will want to see a pure and unadulterated church to welcome Him. Thus it is that we, His followers, should all be found standing upon Him and His promises, which are rock solid, and will withstand the storms that are not just coming towards us but are here now, and blowing a full gale. As the hymn writer put it: "On Christ the solid rock we stand all other ground is sinking sand". He was right, and all true followers of Jesus should heed this exhortation.

William Attwood



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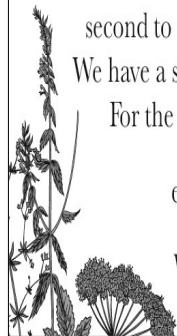
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Announcements

"Christian Aid Week, May 2023

The Christian Aid collection in Cockfield raised a total of £771 and an extra £125 from gift aid. Thank you very much to all who contributed to and helped with the collection. The climate crisis is making food shortages much worse in many countries, and in Malawi food, fuel, fertiliser and school fees have doubled in price in the last 12 months. Partners of Christian Aid in Malawi are helping farmers transform their livelihoods using the versatile pigeon pea: a drought-resistant, soil revitalising, high protein and low cost crop. Your gifts help farmers there plant better seeds, get a fairer price for the crops and build more secure futures for their children.

Georgina Ford - Co-ordinator"

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Cockfield Contacts

March 2023 Web

CATEY Pre-School	Mary Tolhurst	catey@cockfield.org.uk
Cockfield Carpet Bowls Club	June Pettit	carpet.bowls@cockfield.org.uk
Cockfield Cemetery	Ralph Turner	828201
Cockfield Charties	Tony Box	charities@cockfield.org.uk
Cockfield Football Club	Joe Brinkley	football@cockfield.org.uk
Cockfield Netball Club	Lindsee Summers	netball@cockfield.org.uk
Cockfield Post Office	Barbara Turner	01284 828201
Cockfield Primary School	Trudie Harkin Headteacher	admin@cockfield.suffolk.sch.uk
Community Council Secretary	Janne Cutting-Keyton	community.council@cockfield.org.uk
Computer Circle, e-news	Neil Ashton	computer.circle@cockfield.org.uk
County Council - Local Member	Robert Lindsay	07738 264087
		robert.lindsay@suffolk.gov.uk
Dentist	Lavenham Dental Practice	01787 247058
	Paul Rolph & Associates	01787 247046
District Council	Babergh offices	0300 1234000
Local Member	Clive Arthey	01787 211316
		clive.arthey@babergh.gov.uk
Local Member	Margaret Maybury	01787 464358
		Margaret.Maybury@babergh.gov.uk
Doctors	Long Melford Practice	01787 378226
Earls Meador/Bruffs Line	Rodney Williams	earls.meadow@cockfield.org.uk
Footpath Warden	Mark Webster	footpaths@cockfield.org.uk
Friends of Cockfield School FOCSA	Mark Aston	fosca@cockfield.org.uk
Green Links - Village Magazine	Janne Cutting-Keyton	green.links@cockfield.org.uk
Parish Council Clerk	Steve Ball	parish.council@cockfield.org.uk
Pavilion Administrator (C.C. Council)	Andy Golding	pavilion@cockfield.org.uk
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Church Wardens	Norman Kelly/David Smith	church.warden@cockfield.org.uk
Village Hall - Bookings	June Pettit	village.hall@cockfield.org.uk
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