

CATEY PRE-SCHOOL PUMPKIN PARTY

Saturday 28th October 2023
5.00pm – 8.00pm

Cockfield Village Hall

Ticket price includes
BBQ supper!!

Disco, Fancy Dress & Best Pumpkin Competition,
Games,
Face Painting and lots more!
Raffle

(Bar for Adults!)

OPEN TO PRIMARY SCHOOL CHILDREN

TICKETS: ADULTS £6 CHILDREN £3.50
ADMISSION BY TICKET ONLY
Which will be on sale until Thursday 26th

Tickets available from: Cockfield Post Office, or CATEY
Pre-School.

Green Links Copy Deadline!

Please note all copy for the November issue must be
with me by 15th October 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 197 October 2023

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Good secrets, nice secrets, come in various guises, a birthday surprise, a special trip, a proposal or something that you have been asked not to speak about until a certain date, well I have been keeping one of those secrets for over a month now and I am bursting to tell you all but I can't quite yet. It will be common knowledge by the time you read this but I couldn't publish it prior to the announcement date so full details will have to wait until November's Green Links.

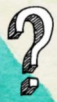
There are various opportunities for us all to get involved more in village life and it doesn't have to involve a huge commitment, we could all use the Post Office, volunteer to help in the shop, become a Community Council Trustee and attend events - the Community Council put on a great 1950's Hop last weekend. Coming up there are Carols by Candlelight, the Schools and St Peters Christmas Fairs along with Bingo and Quiz evenings. Cockfield has something special but we do all have to help to keep it so.

So well done Cockfield and very well done to all those who work to make Cockfield such a special place.

Janne

www.cockfield.org.uk

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Cockfield Community Presents



18 November 2023



QUIZ NIGHT

At the Village Hall



Tickets only £10
including supper



Entry forms at Cockfield shop



Doors Open 7.00 for 7.30pm

Cockfield Community
Presents

Bingo Night

CASH
PRIZES

FREE
ENTRY



Friday 13th October



Cockfield Village Hall
Church Lane, IP30 0LA

What Three Words:

///fast.timer.smuggled

DOORS OPEN 7PM FOR
7.30PM START

Bring your friends and family for a night
of laughter and excitement. Prizes will
be awarded to the lucky Bingo winners!

More info at:
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Cockfield Parish Council

Minutes of the Ordinary Meeting of the Parish Council held on 27 July 2023 at 7.30pm held in the Village Hall, Cockfield.



Present: Cllr Ian Levett, Chairman, Cllr Dale Baber, Cllr Joe Brinkley, Cllr Sarah Fletcher, Cllr Andy Golding, Cllr Nic Knight, Cllr Robin Morley & Cllr Ralph Turner.

In Attendance: Suffolk County Cllr Robert Lindsay, District Cllr Paul Clover, 3 Members of the Public and the Clerk, S Ball.

2023/066 Apologies for Absence: District Cllr Margaret Maybury and Cllr Janne Cutting-Keyton,

2023/067 Declarations of Interest

Cllr Turner declared a pecuniary interest in Agenda item 6.1 Planning. Cllr Morley declared a pecuniary interest in Agenda Item 7.2 Payments.

2023/068 Minutes of the Last Parish Council Meeting

It was proposed by Cllr Golding and seconded by Cllr Fletcher that the minutes of the Ordinary Parish Council Meeting, held on 29 June 2023, be signed as a true record. The proposal was carried.

2023/068 Outstanding Actions:

2021/189: BMSDC Public Realm Land: SCC Legal have commenced the formal legal process to recover land and realign the fence at the junction of Dukes Meadow.

2021/194: Local Needs Housing: The Clerk has re-submitted the application for ‘Granting of a new right of common and application for registration of a right in the commons register’, to SCC after they had mislaid the original submission and has chased them twice in June and twice in July for a response but has not yet received an update.

2022/175.4: VH Car Park Maintenance: A Creasy has agreed to undertake the maintenance of the VH Car Park and the Clerk has provided a specification, but he is away this week. **(Item Closed).**

2022/178: Pavilion Bandstand: The Clerk has received a verbal quotation from one Contractor for a new handrail but is awaiting the formal estimate and design. A second Contractor will provide a design and quotation before the September PC Meeting.

2022/184.1: Reduced Speed Limits: SC Cllr Robert Lindsay has received a negative response from SCC Highways regarding the possibility of a lower speed limit on the A1141 between The Abbey and the Windmill. 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: SALC have confirmed that the PC would not be liable to pay any tax on investment interest. Cllr Levett to investigate PC bank savings account options for PC reserves.

2023/011.9: Other Assets: The Clerk to submit a report to SCC Highway requesting that they undertake verge cutting in Windsor Green and at Loft Corner in accordance with their cutting schedule.

2023/036.2.8: Pavilion: Cllrs agreed that all required maintenance work identified at the Pavilion and Shed was already being carried out. **(Item Closed)**

2020/038.2: Highways and Emergencies: The Clerk has complained to SCC Highways about the inappropriate signage used for the diversions and SCC Highway's response had been circulated to Cllrs. **(Item Closed)**

2023/069 Public Participation Session:

2023/069.1 Suffolk County Councillor's Report:

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

2023/069.2 Babergh District Councillor's Report:

Cllr Clover advised that BMSDC Cabinet had finally met and approved a motion to reinforce their targets to be carbon neutral by 2030, although currently behind schedule.

2023/069.3 Public Participation Session: None.

2023/070 Planning:

2023/070.1 Applications Received: It was noted that the following applications had been referred to the Parish Council:

DC/23/02941: Householder Application – Construction of new vehicular access: Cockfield Post Office, Howe Lane, Cockfield, Bury St Edmunds Suffolk IP30 0HA **Decision: The Parish Council Supported the Application.**

DC/23/03345: Householder Application – Erection of two-storey side extension (following removal of existing side structures): 1 Crowbrook Cottages, Cockfield, Bury St Edmunds Suffolk IP30 0HX **Decision: The Parish Council Supported the Application.**

2023/070.2 Decisions Received:

DC/23/03102: Discharge of Conditions Application for DC/23/01777 – Condition 3 (Materials) and 4 (Construction Management Plan), - Land South of Abbey Farm, Bury Road, Cockfield, Suffolk. **(Decision: Conditions Approved).**

2023/071 Finance:

2023/071.1: Payments:

It was proposed by Cllr Knight and seconded by Cllr Turner that the schedule of payments be approved. The proposal was carried.

2023/071.2 Annual Play Equipment Safety Inspection:

It was proposed by Cllr Morley and seconded by Cllr Brinkley that the quotation from David Bracey Play Inspections for £100 + VAT to undertake the Annual Play Equipment Safety Inspection be accepted. The proposal was carried. It was agreed that Cllr Knight attends the Inspection.

2023/072 New Chair Training Update:

Cllr Levett highlighted a few issues from his briefing note on his SALC New Chair Training course (circulated to Cllrs in advance of the meeting).

2023/073 Parish Council Transparency:

Cllr Levett to produce a one-page Transparency Statement for Cllrs to review and adopt at the September PC Meeting. Cllr Levett confirmed that he would in future utilise a PC email address.

2023/074 Public Attendance at PC Meetings:

It was proposed by Cllr Barber and seconded by Cllr Fletcher that the Rules relating to Public Attendance at PC Meeting be approved and included on the PC Webpage. The proposal was carried.

2023/075 Pavilion:

Cllr Golding provided an update on the new shower flooring in the Away Changing room at the Pavilion and thanked Mr E Evans for his assistance in breaking out the old drains in the concrete floor. It was proposed by Cllr Morley and seconded by Cllr Baber that a payment of £30 be made on behalf of the PC, to Mr E Evans as thanks for his efforts. The proposal was carried.

2023/076 Suffolk County Council Land (Behind Crowbrook Place):

Cllr Morley advised that he and the Clerk had met our Solicitor on site and walked around the land (to be transferred from SCC to Cockfield PC) to enable her to submit a fee proposal. It was proposed by Cllr Morley and seconded by Cllr Baber that the solicitor's estimate of £1,200 - £1,400 + VAT + Disbursements to provide legal services in connection with the Land Transfer and £500 to undertake the LA & Environmental Searches be accepted. The proposal was carried.

Cllr Morley and the Clerk will attempt to meet BMSDC on site to discuss removal of the fly-tipping and boundary security requirements.

2023/077 Community Council Request:

Following a request from the Community Council to store furniture and equipment in the shed behind the Pavilion, Cllrs agreed in principle that the barbeque could be stored in the shed or pavilion, subject to certain conditions and the gas bottles could be stored in a cage attached to the shed. However, Cllrs were unable to agree the storage of tables and chairs in the shed. It was noted that Barbara Ruffell had offered to continue to store all the CC equipment and furniture at Clipt Bushes. The Clerk was asked to invite Julie Goodsmann to meet Cllr Golding and Brinkley at the Pavilion to discuss storage options.

2023/078 Maintenance Schedule and Asset Management:

2023/078.1 Maintenance Calendar (Full Review, February, June, October only)

The full review of 2023/24 Maintenance Requirements for budget preparation purposes will be undertaken in October.

2023/078.2 Maintenance Matters by exception:

078.2.1 Greens Management: Cllrs Brinkley and Golding to relocate the old Picnic table from the play area to near the pond. It was proposed by Cllr Morley and seconded by Cllr Golding that S Bradnam be asked to undertake tree surgery at a cost of £90 + VAT at Great Green in advance of the annual play equipment inspection.

078.2.2 Glebe Land: Cllr Fletcher advised that an allotment holder had damaged the path with a rotovator.

078.2.3 Earls Meadow: None

078.2.4 Cemetery: None

078.2.5 Playground: Anthony Creasy to be asked to turn over and loosen the tree bark under the play equipment at Great Green. The proposal was carried. Cllr Knight and Cllr Morley to accompany D Bracey on his Safety Inspection.

078.2.6 Village Hall Car Park: None

078.2.7 Parish Paths: None

078.2.8 Pavilion: None

078.2.9 Other Assets: Cllr Baber offered to revarnish the Parish Council Notice Board sat the Great Green.

2023/079. Local Needs Housing: None

2023/080 Neighbourhood CIL:

Cllrs considered a resident's request for the Parish Council to install an additional Dog Litter Bin at Crowbrook Place and a Litter Bin by the new Bus Shelter opposite Mac-Kenzie Place, but decided not to install any additional bins.

2023/081 Third Party Liaison:

081.1 Suffolk Association of Local Councils (SALC): Cllr Knight attended the SALC Meeting on 19/07/23 and updated Cllrs on key issues.

81.2 Highways and Emergencies: None.

081.3 Police/Fire: None.

2023/082 Review of Clerk's Salary:

The Clerk and members of the Public left the meeting during the discussion. Cllrs agreed to increase the Clerks salary by one increment with effect from 01/08/23. Cllrs agreed to review the Clerks Salary for 2024/25 in October 2023.

2023/083 Correspondence:

Email 30/06/23: BMSDC Notice of Consultation- R16 Lavenham NP2 (Babergh DC): Circulated to Cllrs.

Emails 30/06/23 & 3/07/23: SCC Transfer of land to north of Crowbrook Place to Cockfield PC. Heads of Terms provided. Forwarded to Cllr Morley and PC Solicitor (See Minute 2023/076).

Email 03/07/23: Anglian Water Services Ltd Progress Update AWA application for a Road Closure to undertake water supply to allotments. Circulated to Allotment Working Group Cllrs.

Email 03/07/23: BMSDC Town & Parish Briefings - July. Circulated to Cllrs.

Email 03/07/23: Resident Request for additional Bins (See Minute 2023/080). Circulated to Neighbourhood CIL Working Group. Clerk sent acknowledgement to resident.

Email 4/07/23: SALC Response to Query raised by Cllr Levett on speakers at meetings.

Email 5/07/23: BMSDC Hybrid Facility for BDC Planning Committee Meetings. Circulated to Cllrs.

Email 5/07/23: SALC Invitation to self-nominate for Suffolk Community Awards – Small Village of the Year Category. Liaised with Cllr Cutting-Keyton to produce Nomination and submitted on 15/07/23. Copied to Cllr Levett.

Email 6/07/23: BMSDC Query of Annual Neighbourhood CIL submission. Clerk awaiting telephone discussion with team.

Email 6/07/23: SCC Highways Response to PC's complaint about diversion signage. Circulated to Cllrs and SCC Cllr Lindsay.

Email 10/07/23: PKF Littlejohn (External Auditors) Acknowledging AGAR Submission.

Emails 7/07/23, 10/07/23, 11/07/23 Solicitor Correspondence on land transfer. Forwarded to Cllr Morley.

Email 10/07/23 BMSDC Successful CIL Bid Letter.

Email 11/07/23 R Lindsay SCC Highway's response to his initial request for a speed limit reduction. Circulated to Cllrs Levett and Morley.

Email 12/07/23 Rural Coffee Caravan Provision of August/September/October Visits Digital Flyer. Clerk met up with the Rural Coffee Caravan team at their July visit to the Great Green and has posted on Website, Notice Boards and forwarded to GL.

Email 14/07/23: M Webster Alerting PC to potential Breach of Planning Conditions. Clerk submitted Enforcement report to BMSDC who added it to their open file on

18/07/23 and for their forthcoming visit.

Email 17/07/23: Resident Querying when BMSDC will be removing the fly tipping behind Crowbrook. Meeting to be arranged on site with BMSDC.

Email 19/07/23: Resident Reports of fallen Tree blocking the By-Road, Windsor Green. Cllr Morley & Clerk visited site. Clerk reported it to SCC and tree removed 20/07/23.

Email 19/07/23: Resident Queries over potential planning applications on land behind Scotts Way. Clerk Responded.

Email 19/07/23: Resident Research questions on usage of Post Office, Village Hall & Church. Clerk responded.

2023/084 Matters to be brought to the attention of the Council either for information or for inclusion on the agenda of a future Ordinary Meeting:

Review & adoption of Emergency Plan

Review amendments to Standing Orders & Financial Regulations

Community Led Planning update from Elizabeth Ling

2023/085 Next Meeting:

An Extraordinary Meeting of the Parish Council may be convened on 24th August depending on whether any Planning Applications are received.

The next Ordinary Meeting of the Parish Council will be held on Thursday 28th September 2023 at 7.30pm in the Village Hall. Subsequent Ordinary Meetings of the Parish Council will be held in the Village Hall (Main Hall) on 26th October and 30th November 2023, 25th January, 29th February & 28th March 2024.

The meeting closed at 10.10 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 26th October and Thursday 30th November 2023,
at 7.30pm in Cockfield Village Hall

**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



Garden Tips for October 2023

Flowers, Bulbs and Herbs

- Continue dividing existing perennials such as Aster, Elephant's ears, Delphinium, Hostas and Daylilies. Dig a clump out and if large use two garden forks back to back to ease apart. For further division use a sharp knife. The resulting plants should be replanted as soon as possible. Add some fresh compost or organic matter to the new site and water well.
- It is also a good time to plant new herbaceous perennials as the soil is still fairly warm and the plants will develop new roots quickly. Make sure you label as some plants will not show any sign of growth until spring.
- The jury is out on whether to cut down spent perennials at this time of year. So as a compromise I tidy some plants but leave those that will provide winter interest, food and shelter for wildlife. You should also leave more tender plants such as penstemon and other borderline hardy perennials until spring as old stems afford some protection to the crowns of these plants.
- Dahlias – as soon as the first frost has blackened the foliage and stems cut down to about 6 inches above ground. I tend to leave my Dahlias in the ground and cover with thick mulch of grit/gravel over the top of the plant to protect from penetrating frost. Alternatively you can lift them especially if your tubers have become very large and didn't produce a good display of flowers. Clean off the soil and remove any damaged tubers. Turn the tubers upside down to allow the stems to dry out. Then place either in clean dry straw in a hessian sack or in wooden trays and cover with a thick layer of horticultural vermiculite.
- You can also lift Begonia tubers and Gladioli corms. Remove any dead leaves before storing dry over the winter months.



- Remove any pot saucers and replace with pot feet to prevent waterlogging during the winter period
- Protect half hardy plants with fleece or store in a frost free greenhouse.
- Ideal time for planting up containers with violas, winter pansies and dwarf spring bulbs such as Narcissus, Chinodoxa , Scilla and Iris. Make sure pots are well drained by adding grit to a soiled based compost such as John Innes No.3.
- Grow herbs on a sunny windowsill.

Fruit and Vegetables

- If you plan to grow beans next year you can start preparing the site by digging trenches and filling with well- rotted manure.
- Reuse old grow bags in the greenhouse by cutting away the top and sowing late salad crops.
- When you harvest your cabbages leave the root in the ground and make a cut across the stem this will encourage a flush of smaller leaves.
- Cut yellowing asparagus foliage to within 5 cm of the ground.
- Divide congested clumps of Rhubarb with a spade. Clear any perennial weeds around the planting area. Dig in a one or two buckets of well-rotted manure and replant healthy looking Rhizomes (Thickened root). Water in.
- Remove netting from fruit cages to allow the birds to catch and eat any residual pests.
- If you haven't already done so cut back the fruited canes of your summer fruiting raspberries leaving the new green canes for next year's crop. Tie in next year's raspberry canes to support wires or fencing.



Trees and Shrubs

- Planting is best done between October and April. Avoid planting in waterlogged (water sitting on the soil surface or pooled in the bottom of the hole) or frozen (too hard to get the spade in) soil.



- Container grown plants can be planted any time of the year, but are easier to care for if planted in autumn or winter, as they need less watering than those planted in spring or summer.
- Bare-root and rootballed trees and shrubs are only available in autumn and winter. They should be planted immediately, but if this is not possible, then they can be heeled in (temporary planting in the soil to prevent the roots drying out) until planting is possible.
- Ensure that you prepare the planting site by digging the hole no deeper than the roots and if possible 3 times the diameter of the root ball. Then add organic matter. If the soil is very poor you can add something like 'Rootgrow', which is a type of fungi that helps roots to establish. Firm the soil with your boot and water in.
- Continue to water Camellias and Rhododendrons in pots with rain water to swell the flower buds which are forming.



Lawns

- Clear up fallen leaves regularly to allow light to reach the grass
- You will probably mow your lawn for the last time this month before winter takes hold.

General Maintenance and planning

- Don't forget to raise patio containers on to pot feet to avoid pots becoming waterlogged.
- Take photos of your garden to help with planning for next year.
- Move tender plants into the Greenhouse or cover with fleece to protect from early frosts.



- Don't forget to keep the bird feeders and water baths topped up.

I'll be back with more tips in February
Kate Ransom

THORPE MORIEUX AND DISTRICT GARDENING CLUB

It may be summer when all the garden programmes tell us it is the time to sit and enjoy our labours, who are they kidding? Does their grass not grow, do they not have giant slugs that munch anything and everything, not to mention the watering!

However, we all chilled out at our garden party back in July, what a delightful, relaxed evening we had at the home of member Patrica and her husband, now I am sure we will all agree they do have a splendid garden you can relax in. It was a rather lively affair just as well they have no close neighbours. The potato competition was fiercely contested in some cases between husband and wife, there was no doubt about the winner though, John Squirrell, whose magnificent crop out weighed everyone else, he certainly is a champion vegetable grower which was emphasised by the fact he went on to win the vegetable competition at our August meeting where it was a close decision between him and new member Sarah, you definitely have a challenger John

Our speaker at the said meeting was Suffolk Tree Warden, Richard Frost, we learnt about how they grow and plant trees for the future. They are part of the National Tree Council who with very little funding are doing a huge amount to promote the importance of trees in the environment. At our September meeting the speaker will be Nick Shimwell, keeping us up to date on the Sudbury Water Meadows.

At the sad passing of Len and Di Smith this year, two of our founding members we have decided to re name our vegetable growing trophy in their memory, a cup they won many times between them.

Three dates for your diary, October 16th our AGM, quick formalities, followed by a social evening

November 29th (Wednesday) Quiz night v Lavenham, please come and help us win the rose bowl back, they are winning far too often.

December 11th our Christmas meal at the village hall, always a highlight of the year.

Best Regards
Glynis.

Cockfield W.I.

September's Meeting



Our September meeting on Thursday 7th was very interesting, with a talk from Sam Reid about the Bury St Edmunds Rickshaw charity and service. They were awarded the Queen's Award for Voluntary Service on 9th June 2022, which was a great honour and well deserved.



They offer free, chatty rides for local people who need a little help getting out and about. They also do deliveries for local charities. One of their happy passengers felt that it had made a big difference to him. It had made life worth living again, as he had been housebound and described the service as 'more smiles per mile'! They are available for anyone with limited mobility or who are socially isolated. They do provide secure, thoroughly trained support but will welcome a carer, friend or family member to share the ride. Please look at their website (www.bserickshaw.org.uk) as there is much more I could say about their work and they need volunteers not only to ride or escort the bikes but also to answer the phones. To request a free ride they can be contacted on 01284 339449.

We have just had our WI bazaar in the village hall, which was very successful despite the very hot and humid weather. Thank you every one who helped in any way and thank you if you supported us by attending! Despite being hard work, it was also fun and was an example of great WI team work and village support!

In October we have a return visit from Alison Lambert (Occupational Health Visitor), who will be talking about balance, fitness, osteoporosis and a diet which supports them! It is a talk we are looking forward to



very much!

In November we will be visited by Amanda Bloomfield, who will talk about The Gatehouse. This charity has a Home Store and Foodbank. They organise Community Wellbeing support and have a thriving Christmas project.

Additionally in November we hope to visit the Christmas shop at Blackthorpe Barns.

We are also still currently thinking about planning visits for next year. These may include a visit to a gin distillery, a flour mill, a vineyard and a local fudge maker! An obvious food and drink theme! Any ideas?

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 Thursday 26th October and Thursday 23rd November, in the Village Hall Committee room. The monthly coffee mornings always continue throughout the year, apart from December!

Our monthly Saturday lunches, after a break in the summer, will return in October. (The date will be advertised around the village and in Green Links). The lunch is available for a small contribution of £1, for the food! Teas and coffees are also available. 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 on wi@cockfield.org.uk

Joan Ball

Tips & Recipes for Autumn Fruit

Many fruits are ripening now as we move into Autumn! 'Season of mists and mellow fruitfulness'.

The harvest not only includes apples, which have already been considered but also figs, pears, plums, blackberries, elderberries and cranberries, too! I will look at pumpkin recipes next month, so keep the flesh, if you use any pumpkins for Halloween.

Blackberries can be stored for a short time or frozen. Pears are a useful fruit, which can be stored but need careful handling. Examine them for ripeness because they ripen from the inside once they are picked. If they are kept at room temperature, then start the process when they are unripe and check regularly, as they become overripe or spoilt very quickly. Placing in a brown paper bag will help the ripening process. Refrigerate ripened pears, which may keep for 5 to 10 days. If they are cut up, wrap well and keep the temperature below 4F. Long term they freeze well but cut to store and use something like lemon juice to help prevent them going brown. Spread them out to freeze (3-5 hours) and then pack. If they are well frozen they won't stick and will keep for 10-12 months!

The recipes this time are for blackberries and pears! Pears can be used with other fruits or instead of other fruits and with a variety of nuts...and can be used in both sweet and savoury recipes.

Blackberry Gin

Ingredients

350g blackberries (fresh or frozen)

150g sugar

700ml bottle of gin

Method

Tip the blackberries and sugar into a 1.5 litre sterilised jar. Pour over the gin, seal the jar and swirl around to dissolve the sugar. Store in a cool, dark place and turn the jar once a day for the first week.

After two/three weeks (not that long to wait!), strain the gin through a sieve. Pour the gin into bottles and label. The gin will keep its colour for a few months and will be drinkable for up to a year.

Use the infused blackberries in a cocktail or a trifle.

Blackberry Jam (makes 6 fl oz. jars)

Ingredients

1.2kg/2 lb 10oz blackberries

700g/1 lb 9oz caster sugar

1 lemon, juice only

Method

If you don't have a sugar thermometer then put a couple of small plates or saucers in your freezer, for a few hours.

Wash the blackberries and add to a large, heavy bottomed saucepan.

Cook over a medium-high heat for 8-10 minutes, stirring occasionally until most of the blackberries have broken down and the remaining berries are almost submerged in their juice.

Begin to add the sugar, a third at a time, stirring between each addition, then add the lemon juice. Bring the mixture to the boil, then turn the heat down (to a gentle rolling boil) and simmer for 8-10 minutes, until the jam reaches 105C/220F on a sugar thermometer. At this stage the bubbles in the jam will have changed from large to small, indicating that most of the water from the fruit has evaporated.

If you don't have a sugar thermometer you can test if the jam has reached setting point using a plate. When you are ready to test the 'set', remove a plate from the freezer and drop a teaspoon of jam on to it. Leave for a moment, then run your finger through the jam. If the jam crinkles a little on the surface, as though it is beginning to form a skin, it is ready to be jarred. If the jam remains runny and the line your finger has created disappears in the jam, cook it for a few more minutes and test again with the second plate.

Carefully divide the jam between the six sterilised warm jars and seal with sterilized lids. The jam will keep well, unopened, in a cool dark place for 12 months. Once open store in the fridge and eat within 2 weeks.

Recipe Tips

Sterilise the jars by preheating the oven to 110C/100C Fan/Gas ¼. Wash the jars in hot, soapy water, rinse thoroughly, then put them on a baking tray, rim side up, in the oven for 30 minutes. Sterilise the lids by putting them in a small saucepan of boiling water and boil for 10 minutes. For a more acidic, less sweet jam, stir in a tablespoon of apple cider vinegar through the mixture before jarring.

Grilled pear, watercress and walnut salad

Warm up a wintry salad with this. A great one for Christmas when there's plenty of stilton about!

Ingredients

2 Comice pears

150g watercress

110g stilton

30g walnut halves

½ baguette

15g chopped parsley

½ lemon, juice only

(for the dressing)

1 ½ tbsp. walnut oil

1 ½ tbsp. olive oil

½ tsp mustard

1 tbsp white wine vinegar

Preheat the oven

Pinch of sugar

Salt and freshly ground black pepper

Method

Preheat the oven to 190C/375F/Gas 5

Heat a non-stick griddle pan (or frying pan) until very hot. Cut the pears in half & remove the cores. Cut into smaller pieces if preferred. Brush them with lemon juice. When the pan is hot place the pears in the pan and cook for 2-3 minutes. Turn-over and cook on the other side. When they are cooked and (if griddled) nicely marked, remove from the pan.

Slice the bread into long strips and place on an oven tray. Drizzle with a little olive oil, season with salt. Bake for 5 minutes until crisp and dry but not too brown.

Place the watercress on a serving plate and dot the pears around. Break the cheese into pieces and place over the top. Sprinkle over the walnuts (quartered) and chopped parsley.

Mix all the dressing together in a bowl and season. Add the strips of bread to the salad. Drizzle over the dressing and serve.

FRIENDS OF COCKFIELD SCHOOL



A NIGHT AT THE RACES

Saturday 21st October 2023

Cockfield Village Hall

Doors open 6.30 - Free Entry

First Race 7:15

Tote Betting is Cash Only

50% of Tote to FOCSA & 50% to the Winning Horse Pot
Licensed Cash and Card Bar & Snacks



For Race Sponsorship or Horse Ownership contact

COCKFIELD COMMUNITY CINEMA PRESENTS

SWIMMING WITH MEN (12A)

Friday 27th October

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



Faced with a full-blown mid-life crisis, accountant Eric (Rob Brydon) joins an all-male group of synchronised swimmers, discovering that making patterns in a pool can, for a couple of hours at least, smooth out the bumps in his work and marriage. Initially keeping their personal lives in the locker, the ramshackle squad and coach Susan slowly learn to reveal their inner lives, as well as their paunches. But can they get their lives and routines in sync as they embark on an unlikely journey to Milan to compete in the World Championship?

MONTHLY SCREENINGS

4TH FRIDAY OF THE MONTH

FOR FUTURE SCREENINGS

VISIT: www.cockfield.org.uk

Children's Page October 2023

At the end of October it's Halloween, Halloween doesn't have to be scary we can all make pumpkin lanterns.

To carve a pumpkin is a bit of a task and would take an adults help, much easier is to use a marker pen to draw on a face, then you can choose which expression you would like to have and you could even have a different one



I thought this was amazing!

You could also try making Halloween Bunting





**Christmas Craft
and Artisan Fair**

November 18th

In our beautiful church

**St Peter's Church
Cockfield IP30 0LA**

10.30 to 4pm

Hand made gifts and delicious cakes!

A decorative border surrounds the text, featuring autumn-themed elements: orange and red leaves, clusters of blackberries, yellow wheat stalks, and pink and white flowers.

HARVEST WEEK
ST. PETERS CHURCH
1st Oct.-Sat 7th

**Do pop in and see the flowers
(dogs welcome)**

**'Soup and Roll lunch' after the
service on the 1st of Oct
all welcome 12 noon**

**If you can spare something from your
store cupboard, we will be collecting for
the Food Bank so please drop it off by
the blue board in the church.**

Thanks for your support



HARVEST WEEK

HARVEST LUNCH
1st OCTOBER 2023
at 12.00 in
COCKFIELD CHURCH

You are invited to join us
on Sunday 1 October
for a free Harvest Lunch
to take place in Cockfield church
after the 11am service of
Harvest Thanksgiving.

All are welcome, including children.
There will be soup and rolls, tea and coffee.

If you were able to bring a small plate
of food to share with everyone,
that would be appreciated.

Please let us know if you are planning to come.

We look forward to seeing you.



Cockfield United Football Club



This time the spotlight falls on our record breaking goal scorer Luke Spivey. I caught up with him back in May towards the end of what had been yet another prolific season for him.

JG. So, how long have you been with Cockfield United?

LS. I started when I was about 23 so that's 7 years now.

JG. Why Cockfield Utd?

LS. Well I was playing in a Sunday League with another guy who was playing here on Saturdays. Apparently Tom wanted me to come over and he persuaded me to come along for a game and that was it, really.

JG. Here you're just Spivey. Does anyone use your first name?

LS. No - they probably don't even know what it is!

JG. So, you're a striker. Did you choose that position, or did it choose you?

LS. No I chose it. I was a centre back when I was younger, until I was about 18. I played in Newmarket as a centre half, but I didn't do that well there. However I was quick and I just decided I wanted to play up front. I've played there ever since.

JG. Good move! So how many club goals have you scored, and what about this season?

LS. I'm not 100% sure about club goals, but I think it's 220, which is a club record.

JG. That's pretty impressive. And this season?

LS. 38 so far.

JG. What do you think are the attributes a good striker needs to have?

LS. Good movement I think is the main one. At this level, you don't need to be particularly quick or good in the air. You just have to be on the move all the time and on your toes and the ball will come to you at some point.

JG. Is that something that can be taught, or is it purely instinctive.

LS. It's a bit of both I reckon. You can definitely get better at it. You have to anticipate where the ball is going to go, but sometimes you just get lucky and it bounces off a couple of players and then falls at your feet.

JG. Good strikers will always go for goal themselves if they have a sniff, even if there's a team mate in a better position. Do you ever get the evil eye from teammates when you've gone for it yourself and missed?

LS. Yes, because I'll have a go at them if they have a go and don't pass to me, but you'll never score if you don't have a shot at goal.

JG. True enough. Here's a corny old one - are you a great goalscorer or a scorer of great goals?

LS. Most of my goals are tap ins to be honest. I don't think I've got the power in my legs to go from thirty yards!

JG. If you're one on one with a keeper will you try and go around him or knock it past him.

LS. I'll normally try and go around him or failing that go near post, or I might try and scoop it over him.

JG. Do you score many with your head, and have you ever bagged the perfect hat trick (left foot, right foot, header)

LS. Yeah I get a few with my head. I got one this season against Achilles and another in the game after that, so two on the bounce. If the delivery is right I'm confident that I'll score with a header. Arthur (McCourt) has whipped in some good balls this season.

JG. How many hat tricks have you scored.

LS. I honestly don't know....no idea.

JG. I thought you strikers kept a tally! Here's another one. Do you stay on your feet or go down if a defender makes contact?

LS. Most of the time I'll go down, but that's only because I take the penalties myself (laughs). If someone else took them I might stay on my feet! But I'd rather have the penalty than try and stay upright and miss the chance.

JG. Okay, I get that. So the team wins 5-0 but you don't score (unlikely -JG). Does that take the edge off the win for you?

LS. Yes! (pause) It takes me until the next game until I score again to get over it.

JG. What about the other way round? The team loses 3-2 but you score both our goals...

LS. I've got to say I'd rather get the three points!

JG. All strikers go through a goal drought. What's the longest one you've had?

LS. I think the longest I've had is five games. And I missed a penalty in that time as well. You start trying to second guess things whereas when you're on a roll you don't overthink it. But eventually you'll get a chance where you can't think about it and you score and you're back in it again.

JG. Can you see yourself playing in a deeper lying role as you get older, or is it a case of up front or not at all?

LS. I don't think I'm good enough to play any deeper to be fair. I'm just the one on the end of things more often than not. I've tried a little bit more this season to come a bit deeper and get involved in the play, but we've got too many better players here who are better at that sort of thing than me!

JG. Thanks for your time and keep knocking them in for us!

Jeremy Gardner



Catey Pre-School
COCKFIELD

Catey Pre-School, Church Lane, Cockfield, Bury St Edmunds, Suffolk, IP30 0LA

VACANCIES FOR NEW **STARTERS**

Open from 7.50am to 4.30pm Monday to Friday

Costs from £14.00 per session. (2 – 4 Year Olds)

15 & 30 Hour Funded Childcare available

Breakfast, Lunch & After School Clubs

Friendly, Dedicated & Trained Staff

Pleasant surroundings, well equipped, including a large, partially covered, secure outdoor learning area.
Situated within the Primary School Grounds.

For further information or to arrange a visit please contact:

Mary or Steph. on: 01284 827284

www.catey-preschool.co.uk

cateypreschool@hotmail.com

CATEY Pre-School is committed to the welfare of it's children, staff & volunteers at all times.

Registered Charity Number: 1135211



Catey Pre-School COCKFIELD

Catey Pre-School, Church Lane, Cockfield, Bury St Edmunds, Suffolk, IP30 0LA

Catey preschool are excited to be beginning a new academic year this September. Over the summer holiday there has been a hive of activity preparing for the new academic year. There has been new lighting fitted with a big thank you to the Parish Council and our Chairman Mr Bayes has been busy working on our front garden and doing maintenance around the preschool.

Since we have returned we have been settling in our new starters with lots of fun activities. We have waved goodbye to our little graduates in July and are wishing them well in their new schools.

We have met the new Head of Cockfield Primary and hope we will continue to build bonds with the school.

Over the October half term we will be holding our fabulous Pumpkin Party which is a firm favourite of our children and families. Please let us know nearer the time if you would like tickets.

We have availability for our 100 club which is a great way for us to raise vital funds for the preschool so please let us know if you would like more information or would like to join.

The Catey preschool team consists of myself (Mary), Deputy, Steph and Michelle, Anouska and Claire who are our Early Years practitioners. We are all qualified Early Years Practitioners with many year's experience working with Preschool children.

Our children come from Cockfield and surrounding villages. We love to welcome in new children. We have a website and Facebook page so please feel free to browse for any further information.

Best wishes from Catey Preschool Team

01284 827274
cateypreschool@hotmail.com

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Come and share a pot of tea, our welcome is warm and our friendship free!

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COCKFIELD

Village Green IP30 0HN

10am—12pm on the first Thursday each month
on 3rd August, 7th September & 5th October

Come along for some company and a catch up with your neighbours over a cup of tea or coffee with biscuits and cake. We bring a great source of information along with the free refreshments.

We look forward to seeing you.

All Welcome!



www.ruralcoffeecaravan.org.uk tel: 01379 855 338

Registered No: 1187423





Cockfield CEVCP School
Cockfield
Bury St Edmunds
Suffolk IP30 0LA

Tel: **01284 828287**
E-mail: admin@cockfield.suffolk.sch.uk
www.cockfieldprimary.co.uk

Head Teacher: Mr Marc Gilbert

Cockfield Primary School: We Share, Care and Learn Together

In the idyllic village of Cockfield, something extraordinary is happening at Cockfield Primary School. Nestled amidst picturesque surroundings, this school is not only committed to developing knowledge and skills of its pupils, but also to nurturing creativity and fostering a friendly and inclusive environment for all.

At Cockfield Primary School, we view creativity as a crucial part of education: an aspect which helps to nurture and develop the needs of the whole child, not only academic potential. Here we celebrate it in every corner of the school. From colourful textile displays adorning the walls, to vibrant shared-learning-journals showcasing children inquisitive approach to learning, creativity is truly given the spotlight it deserves.

From the moment the school reopened its doors after the summer break, we have been inviting our children to join us in our immersive curriculum where everyone can feel valued, supported and ready to celebrate in their success. Each of our 4 classes will be focusing on a different topic this term: Superheroes, Castles; The Legend of St Edmund and Crime and Punishment. Our team of creative and passionate teachers, along with the support of their class based staff, are now delivering their engaging series of lessons which will be truly immersive and engaging for all.

Here at Cockfield Primary School, we also strive to foster a friendly and inclusive environment. The school encourages peer collaboration, promoting the idea that together, pupils can achieve great things. This supportive atmosphere empowers children to develop their ideas, as they know they have a network of friends ready to offer their support and encouragement.

We are looking forward to sharing our learning journey with our supportive community who also play a crucial role in shaping the children's experiences. The partnership between the school and the community is a vital part of Cockfield Primary School's success story. So, next time you find yourself strolling through the charming village of Cockfield, take a moment to appreciate the wonders happening at Cockfield Primary School. You just might witness the birth of the next generation of artists or inventors, all thanks to the school's dedicated and unrelenting team of passionate professionals who all have the future of our children at the heart of everything they do.

Kind Regards,
Marc Gilbert

Cockfield Community Council

Annual General Meeting

This meeting will be held in Cockfield Village Hall at 7:30 on Friday 17th November 2023.

At the AGM you hear what the Community Council has achieved in the year and where any funds have been distributed.

Everyone who lives in the Parish of Cockfield is automatically a member of the Community Council. Should you wish to stand for election to the Board of Trustees please send your name and postal address to the secretary Janne Cutting-Keyton at janne@twerbs.co.uk by 10th November 2023, your nomination must be seconded by another resident of Cockfield.

Trustees meetings are not stuffy, we are doers, we discuss what events we can put on to raise funds for community projects and then get on with implementing them. Now more than ever we want to appeal to as many people as possible; we have many new residents and we want everyone to feel they have a voice, have a real say, in what goes on in our community.

We are always looking for fresh, new ideas, maybe you have experienced something in another village you think could work in Cockfield or have an idea to bring the community together which needs a bit of support to get it off the ground. Either way think about coming to the AGM to put forward your thoughts.

Hope to see you on the 17th - refreshments will be served following the meeting.

CC Trustees

To put forward a nomination or if you have any questions please contact the Secretary Janne Cutting-Keyton on 01284 828264 or janne@twerbs.co.uk

NOTICE

The Annual General Meeting
of Cockfield Community Council
will be held at 7.30pm on Friday 17th November 2023
in Cockfield Village Hall
Everyone is very welcome to attend

Agenda

- 1 Apologies
Any apologies to be given before the meeting to Janne Cutting-Keyton on
01284 828264 or janne@twerbs.co.uk
- 2 Approval of AGM minutes dated 11th November 2022
- 3 Matters arising
- 4 Chairman's report
- 5 Treasurer's Statement of accounts and financial report
Setting the subscription rate for 2024
Appointment of Auditor for 2023/24
- 4 Appointment of Electoral Officer to oversee the election of the Board of
Trustees and Chairman
- 5 Election of the Board of Trustees
- 6 Election of Officers from the elected Board
Chairman
Vice-Chair
Treasurer
Secretary
- 7 Proposal to adopt The Cockfield Community as the Working Name of
Cockfield Community Council
- 8 To Consider any Funding Requests which must be notified to the Secre-
tary in writing 7 days before the meeting date
- 9 Any other business and Open Forum
Provisional Dates of 2024 Board of Trustees Meetings
January 11th, March 14th May 16th, July 11th, September 12th, November
22nd AGM, all at 7.30pm in Cockfield Village Hall

**Should you wish to have more involvement in the running of the
Community Council by standing as a Trustee your nomination
must be received by the Secretary 7 days before the AGM,
seconded by a member of the Community Council.**

UPBEAT HEART SUPPORT IN WEST SUFFOLK

Patron- Dr. Pega Salashouri
Consultant Cardiologist WSH

Patron: Daemmon Reeve
CEO Treatt PLC

FOR HEART HEALTH – PREVENTION & REHABILITATION

Our Charity has been providing
Cardiac Rehabilitation Exercise Classes
for over 25 years in Bury St. Edmunds and Long Melford

Our team consists of Five level 4 BACPR trained Cardiac Exercise Specialists and Four Registered Cardiac Nurses available for consultation

Benefits of membership: -

Specialist group exercise / Carers included
A nurse at every session
Support in sessions and in between
Social Events/Magazine
Coffee Morning
Make new friends
Improve physical and mental wellbeing
Manage medical conditions with confidence

WE ARE NOW TAKING ON NEW MEMBERS

Who we help?

Upbeat originally was for patients with heart disease (MI, stents, CABG and valve replacement) and partners. Living with heart disease also means many members have other conditions. Over the years we have adapted and although we are known for heart health we are now expanding to include preventative care to include High blood pressure. High cholesterol, Diabetes. Obesity. Partners/Carers are also welcome to participate.

Where: -

The New Bury Community Centre
1 Charles Place, Howard Estate
Westhorpe Road,
Bury St. Edmunds IP32 6TD

The Old School Community Centre
The Green, Long Melford
Sudbury
Suffolk C010 9DX

Mon & Wed morning 9-12noon

Tuesday mornings 9-12noon

For more information

tel Chairperson 01449 764333, Secretary 01359 232678 or Treasurer 01284 747239
email: chair@upbeatheartsupport.org.uk

Or come in to either centre to see us and have a chat
Cost of Exercise class £5 which also includes a visit to the nurse and cup of tea/coffee

We are a voluntary run Registered Charity No.1087415
www.upbeatheartsupport.org.uk



**The Queen's Award
for Voluntary Service**

The MBE for volunteer groups

UPBEAT



**The Queen's Award
for Voluntary Service**

The MBE for volunteer groups

HEART SUPPORT IN WEST SUFFOLK

Awarded the Queen's Award for Voluntary Service in 2018

DO YOU NEED ... Friends who really understand?

As a self help group with professional cardiac and exercise support we offer sympathetic ear and practical help to anyone with cardiac problems, their families and carers

EXERCISE, EDUCATION AND SOCIAL EVENTS

Sessions are held at

**The Newbury Community Centre 1, Charles Place,
Westhorpe Avenue, Howard Estate, Bury St. Edmunds
IP32 6TD**

Monday and Wednesday mornings 9.15am to 12.30pm

**Also at Long Melford Old School Community Centre CO10 9DX
on a Tuesday morning 9.15 to 12.30pm**

LOCAL CONTACT for more details:-

Sylvia Baker 01449 774333

Hilary Neeves 01359 232678

Charity No. 1087415 www.upbeatheartsupport.org.uk

Affiliated to the British Heart Foundation

UPBEAT



HEART SUPPORT IN WEST SUFFOLK

The Cockfield Community Events

The school children are all back in class and hopefully working hard, our own village school has a new head teacher and bit by bit we can see the signs of autumn. We only have a few planned events left for 2023, and with the darker nights approaching they could provide the ideal excuse to get out of the house, meet people and have some fun.

Our usual monthly village cinema is held on the 4th Friday of the month in Cockfield village hall. Doors open at 7pm for a 7.30pm screening. A raffle takes place during the interval, the bar will be open or alternatively tea and coffee can be purchased as well as cake, snacks and ice-cream. If you haven't tried the cinema yet maybe now is the time to give it a go! Did you know that you can also buy gift vouchers for the cinema. These can be purchased from the village post office/store.

PLEASE NOTE THAT THE DECEMBER CINEMA WILL BE A WEEK EARLIER THAN NORMAL SO WILL BE ON FRIDAY DECEMBER 15th.

Friday October 13th is the date for the family cash bingo in the village hall. Doors open at 7pm for a 7.30 pm start. Entry is FREE. Game cards, dabbers and raffle tickets will be available to purchase on the door. A licensed bar will be open, and during the interval there will also be the opportunity to buy tea, coffee and cake. Children are welcome but must be accompanied by an adult. Come along, have some fun and who knows it might just be your turn to go home with more money than you left with!

Test your knowledge with a quiz evening on Saturday November 18th. Ticket price for this event is £10 and includes a fish and chip supper.

Carols by candlelight will be held at the village church on Wednesday 13th December. This event will be starting with a candlelight procession from the village hall car park up to the village church. A lovely fun evening for all the family just before Christmas to get everyone into the festive spirit.

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.

Anyone that thinks they might like to join The Cockfield Community as a trustee will need to come along to the AGM on Friday November 17th in the village hall. However, 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 Janne on 01284 828264

Just The Way I Felt

Early in the summer, I was, for some days, a guest of the NHS hospital in Bury, Apart from other things my sight had been reduced to about 20% and what I could see of the world was in shades of grey and charcoal.

One morning at about 4M I visited the bathroom, I knew where it was (along the ward and down the corridor and was able to get there and back unaided, At that time of the day the subdued nighttime lighting made everything very dim and murky. On my return journey, I found my way blocked by two COWs (Computer Operated Workstations) and in the darkness, I looked at these two monsters the narrow gap between them and thought " How on Earth am I going to get past these? If I bump into one or catch my clothing they will come crashing down and there will be hell to pay"

So, for a second, I despaired and quietly said " For God's sake somebody help me". At that very moment a pair of hands, gentle but firm, gripped my shoulders and a voice sounded in my ear "We're here Rod, we'll help you", obviously Their vision was different from mine and they guided me down the corridor and back to my bed. I sat on the edge of my bed and, at that moment, felt very low, I hung my head and shed a few tears.

Then, from around the ward came men's voices " Rod, we're here, we'll help you, we'll support you" And this from men who couldn't even get out of bed, And the arm came around my shoulder again "Don't worry Rod, we're here for you, if you need us just call and we *will* come"

As they left me there the dawn started to break through the windows at the end of the ward and I said to myself " Rod, you can't sit here moping, you have to do something" I looked at the bedside table and the answers were there.

West Suffolk Hospital is noted for its beautifully chilled drinking water and there, on the table, was a fresh jug and mug to go with it. Next to the water, I could see that the hands of my wife had gently passed over as there was a new bottle of Fanta Orange (my favourite at that time) and a fresh punnet of grapes. I looked at these and thought " Manna from Heaven, what more can a man ask for?"

So for the next half hour, I proceeded to scoff and enjoy this bounty and at about 5:30 I went to bed and woke three hours later to a new morning and feeling like a better man.

But in that quiet dawn, it had come into my thoughts that I had a road ahead to travel but that, with the support, love and care of the people around me, no matter how challenging that road may be , I need have no fears.

RW



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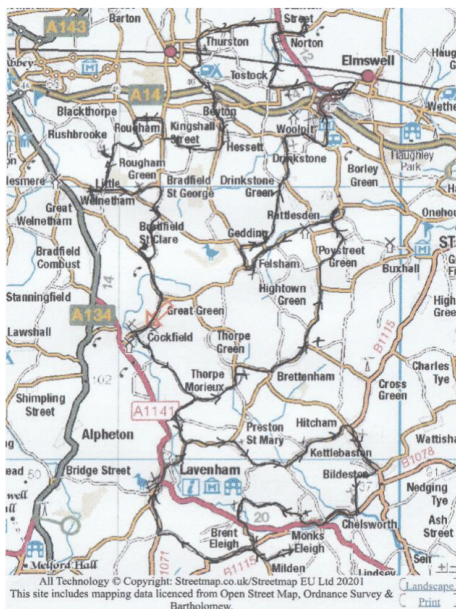
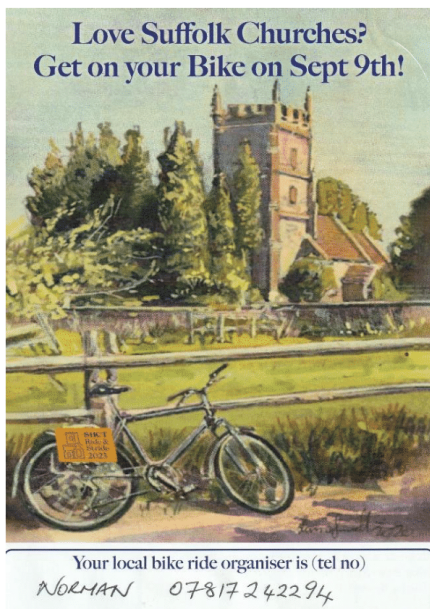
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Suffolk Historic Churches Trust Ride and Stride 2023



Saturday 9th September was a hot day with temperatures up to 32 deg C. I am delighted to say that Jen Bobrow and Family as well as Brian Mitchell and Sue Smith joined me this year in the annual Suffolk Historic Churches Trust (SHCT) Ride and Stride. I was more careful but still managed 34 churches and travelled 69 miles before the heat suggested I head for home. The route travelled is shown in the map above.

As ever, St Peter's Cockfield and the Suffolk Historic Churches value and appreciate your support and generosity. Thank you to all the kind and generous sponsors who have already supported me. This is the 50th anniversary year of SHCT so there is a special push to fundraise and maintain our beautiful historic Suffolk churches

The Just Giving page is <https://www.justgiving.com/page/norman-kelly-090923>
Just Giving is preferred by SHCT but their "suggested" 15% add on for "administration" is very annoying. Please be advised that the % add-on can be reduced or even removed if the donor clicks on the drop-down box on the right hand side when filling in the amount to be donated.

Dear Friends,

Suddenly we are in the last three months of the year and rapidly heading towards the clocks going back an hour (hurrah! An extra hour in bed). As the nights start to draw in our Church calendar (and my diary) is delightfully full of special services and events.

May I please put a plug in for our October harvest festival here at St Peter's in Cockfield. It's on 1st October at 11am in the Church, followed by lunch in the Church. *Everyone* is invited. Even if you don't usually come to Church we would love to see you as we celebrate the hard work of farmers and all who produce our food. We will give thanks to God for the blessings that he showers upon us in this village where (hopefully) no one goes without food.

It is also a special service for another reason, and that is because we will be honouring the long service of Brian Poulson, who is a farmer in Cockfield, and has recently stepped down from being a Reader in Cockfield parish and our wider benefice. Brian has regularly taken services as a licensed Reader (that's a person licensed by the Bishop to preach and teach in the Church of England) for over 50 years. We are going to celebrate Brian's ministry among us and give thanks for his contribution to the life of the Cockfield Benefice.

No doubt we will be singing our favourite harvest hymns on 1st October, but I'm always open to suggestions..... I look forward to praising God and enjoying fellowship with everyone at the service.

with every blessing

Sharon

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

Cockfield Benefice Services & Events October 2023

Sunday 1 October Trinity 17/Harvest	9.30am Communion CW - Stanningfield
	11am Harvest Festival Service - Cockfield (followed by brin and share harvest lunch)
	6pm Celtic-style Communion - Felsham
Sunday 8 October Trinity 18/Harvest	9.30am Said Communion BCP - Cockfield
	11am Harvest Service - Bradfield St George (followed by harvest lunch)
	6pm Harvest Praise and Worship - Gt Whelnetham
Friday 13 October	6pm Harvest Service - Bradfield St Clare (followed by Harvest Supper at the Village Hall)
Sunday 15 October Trinity 19/Harvest	9.30am Harvest Morning Prayer - Stanningfield
	10am Harvest Breakfast & All age Worship - Fel- sham
	10.30am Communion CW - Cockfield
	6pm Evening Prayer - Bradfield St Clare
Sunday 22 October Trinity 20	9.30am Communion CW - Gt Whelnetham
	10am Worshipping Together - Bradfield St George
	10am Communion BCP - Gedding
Sunday 29 October Last after Trinity	10.30am Benefice Communion & Thanksgiving Service - Cockfield

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 link:

<https://us02web.zoom.us/j/7957788617>

Meeting ID: 795 778 8617 Passcode: 872072

I need a new car for work, but I can't afford to buy a new one, so I've been looking at second-hand options. I've heard so many horror stories about people buying cars that turn out to be faulty. I'm worried that I won't know what to check, especially as I know very little about cars. How can I make sure I don't buy a dud car?

For many people, buying a car is a major purchase and whether it's new or second-hand, the process can seem daunting and complicated. But don't worry, there's lots of information on the steps to take when buying a car and what you can do afterwards if something goes wrong on the Citizens Advice website, www.citizensadvice.org.uk

First of all, where are you going to buy the car? If you're buying from a trader, choose a trustworthy one with an established name with a good reputation. Ideally, they will be part of a trade association or follow the industry's code of practice.

If you're buying via an auction, this is much riskier as you'll have fewer legal protections like the right to returns or refunds so carefully read the terms and conditions before you bid.

If you buy from a private seller, there's a few extra steps to take. For instance, try to inspect the car at their home address so if something goes wrong later, you have a record of that.

Make sure the car's details are correct by using the DVLA's free online vehicle information checker, www.gov.uk/get-vehicle-information-from-dvla

You'll need the registration number, MOT test number, mileage and make/model of the car to do this check. Also, check the car's MOT history for free on www.gov.uk

Keep a copy of both these results (take a screenshot or download the information) as well as the original advert or description of the car. You might also consider getting a private history check to see if the car's been reported stolen, still has money owing on it, or has been in a serious crash. This will cost about £20.

Before buying a car, it's good to check if it meets emissions standards as it could mean paying extra charges when driving through London's ULEZ or clean air zones across the UK.

Inspecting the car is crucial before buying. Ideally, do this during the day when it's not raining (scratches are harder to see on a wet car) and take it for a test drive for at least 15 minutes and on different types of roads,

if possible. Check you have the appropriate insurance for a test drive (either your own or the seller's policy might cover you).

Once you've decided on a car, don't be afraid to negotiate on the price. If you take out a loan or finance to buy it, make sure you can afford the repayments over the lifetime of the contract. If you pay with cash, you will have fewer protections than other options like debit.

Often, despite doing all these checks, you might find something wrong with the car after you've bought it. You may have a legal right to a repair, the cost of a repair or some money back but it's on a case-by-case basis and some examples might be the car's mileage is wrong or the car keeps breaking down.

For more information, check out the Citizens Advice website www.citizensadvice.org.uk or call its consumer helpline on 0808 223 1133.

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>

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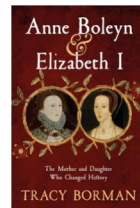
The Friends of Lavenham Library present a talk by Tracy Borman



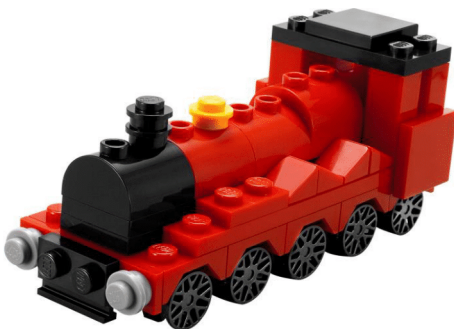
Saturday 28th October 2023 2.30pm
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Join us for afternoon tea with Tracy Borman, Patron of Lavenham Library. Tracy will give a talk on her new book *Anne Boleyn & Elizabeth I: The Mother & Daughter Who Changed History*.

Tickets are available either in the library (cash only) or online at Eventbrite.



October Half Term Event – free event for children of all ages (even grown-up ones!)



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The Lego Train will be calling at Lavenham Library on **Thursday 26th October**, so hop aboard between **2.30pm-4.00pm**. Lego Club will also be available so come along and get creative!

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
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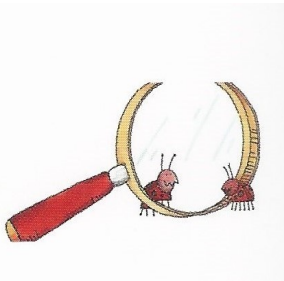
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In the Bible we are told to let peace reign in our hearts (Colossians 3:15). Jesus explained that it is pointless to be over anxious about things, as doing so will not change our circumstances (Luke 12: 22 – 32). Worrying never solves anything. Instead, it just adds to our stress levels, and prevents us from thinking clearly. And so, we are encouraged to simply trust in God (Isaiah 26:3).

The apostle Peter is an example to us. Herod had already killed James, as part of his persecution of the early church and because he saw that this was popular with those who opposed the church, he seized Peter and threw him into prison. Was Peter worried? Was he concerned about his plight? No. In fact, he was so relaxed, despite his circumstances, that he fell fast asleep between his captors (Acts 12:6).

Peter was in mortal danger, as it was only a matter of time before Herod brought him before the people (Acts 12:4) which, Peter knew, would not turn out well for him or for his personal safety. And yet he was fast asleep. He was at peace. Why? Because he was content to leave his circumstances in the hands of his heavenly father.

Trusting in this way does not mean, of course, that we shall be entirely free from care and strife in our lives. Jesus, Himself, warned us that we will experience troubles from time to time (John 16:33), and this means that sometimes we may find ourselves in circumstance that we may care not to be in, given the choice. At such times we may even wonder where God is and what He is doing but it is at such times that we should remember God always cares for and about us. He always has our best interests at heart and is at all times working things out in our lives for our spiritual improvement and benefit (Romans 8: 28 & 29). As C.H Spurgeon said: "God is too good to be unkind, too wise to be mistaken, and where we cannot trace His hand we must simply trust His heart". This is true and it should enable us to be at peace in this troubling and often perplexing world.

Jesus, said: "Peace I leave with you, my peace I give unto you, therefore let not your heart be troubled neither be afraid" (John 14:27). If we take this to heart and believe it, then the peace of God will always truly reign in our hearts.

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Announcements



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

Do you have an announcement you would like included here?

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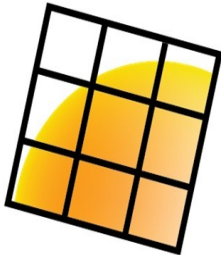
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Cockfield Carpet Bowls Club	June Pettit	carpet.bowls@cockfield.org.uk
Cockfield Cemetery	Ralph Turner	828201
Cockfield Charities	Tony Box	charities@cockfield.org.uk
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Cockfield Netball Club	Lindsee Summers	netball@cockfield.org.uk
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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
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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
Pharmacy	The Lavenham Pharmacy	01787 247284
St. Peters Church	Rev. Sharon Potter	01284 828599
Church Wardens	Norman Kelly/David Smith	church.warden@cockfield.org.uk
Village Hall - Bookings	June Pettit	village.hall@cockfield.org.uk
Secretary	Vera Shepherd	village.hall@cockfield.org.uk
Village Recorder	Brenda Dyer	recorder@cockfield.org.uk
Women's Institute Secretary	Suzanne Veal	wi@cockfield.org.uk

FRIENDS OF COCKFIELD SCHOOL



A NIGHT AT THE RACES

Saturday 21st October 2023

Cockfield Village Hall

Doors open 6.30 - Free Entry

First Race 7:15

Tote Betting is Cash Only

50% of Tote to FOCSA & 50% to the Winning Horse For
Licensed Cash and Card Bar & Snacks



For Race Sponsorship or Horse Ownership contact
Mark 07796 262115 or Hannah 07717 796555

Cockfield Community Presents
18 November 2023

QUIZ NIGHT
At the Village Hall

Tickets only **£10**
including supper

Entry forms at Cockfield shop
Doors Open 7.00 for 7.30pm

**Christmas Craft
and Artisan Fair**

November 18th
In our beautiful church
St Peter's Church
Cockfield IP30 0LA

10.30 to 4pm

Hand made gifts and delicious cakes!

Cockfield Community
Presents

**Bingo
Night**

CASH PRIZES
FREE ENTRY

Friday 13th October
Cockfield Village Hall
Church Lane, IP30 0LA
What Three Words:
///fast.timer.smuggled

DOORS OPEN 7PM FOR
7.30PM START

Bring your friends and family for a night
of laughter and excitement. Prizes will
be awarded to the lucky Bingo winners!

More info at:
www.cockfield.org.uk