

Cockfield Village of the Year Event

Saturday 20th January 2024
between 11am and 2pm
Cockfield Village Hall



We look forward to welcoming you
Further details are on page 33

Green Links Copy Deadline!

Please note all copy for the February issue must be
with me by 15th January 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 200 January 2024

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Sue Harrison

Cockfield is an exceptional place to live, that was recognised by the Suffolk Association of Parish Councils when it awarded Cockfield the title of Suffolk Village of the Year 2023 last autumn. I do hope you will join the Parish Council and representatives from all the village groups and organisations on Saturday 20th January in the village hall. The village doesn't often come together like this and it will be good to look at and understand what marvellous work goes on in the village and to recognise those who worked to make Cockfield the village it is today. Full details are on page 33.

Green Links is also recognised this month, there is a national competition for Village Magazines and Green Links enters in the A5 category, We usually get near the top and it was no different this year we were in the top 6%, out of nearly 500 entries I think that's pretty good.

Green Links wishes all readers, contributors and distributors a healthy and happy and prosperous 2024.

Janne

www.cockfield.org.uk

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Soup-er Saturday! 6th January 12.00- 2pm



Come and join us for our first
soup of 2024!

Winter warmer soup lunch
available to all in the village.

Come and join us at the
village hall.

It's only a donation of £1.00.

Bathtime Memories

For some months now I have been unwell and it has become a bit of a mission to get safely into and out of the bath, so my wife and I have worked out a routine; I have my bath - with her lurking discretely in the room for my safety - and, when I am done, I put my head above the rim of the bath where it is promptly and vigorously attacked by a pair of hands holding a large towel before another towel is draped around me.

The first time we did this I was transported back 65 years to a little cottage in Shimpling called Thorne Lodge. - there was no central heating whenre we lived there and the bathroom was as cold as winter!

I would bath with my younger brother, (I was 5 and he was 3) and as soon as we were done our heads would pop up over the rim of the bath and Mum would start drying us with a large towel. So vigorous was the drying process that our teeth would rattle. As soon as my brother's hair was dried my mum would swaddle him in an enormous bath towel, hoist him over her shoulder in a fireman's lift and carry him downstairs where my Dad would be waiting by the fire to finish drying him whilst Mum came back for me.

Our Jim Jams would be airing and warming on a clothes horse by the fire and as soon as we were warm, dry and hair brushed it would be time to climb the wooden hill to Bedfordshire, whilst being gently soothed by a lullaby

" Sweet dreams, happy repose
Lay on your back and you won't squash your nose"

RW

Cockfield Parish Council



Minutes of the Ordinary Meeting of the Parish Council held on 19 October 2023 at 7.30pm held in the Village Hall, Cockfield.

Present: Cllr Ian Levett (Chair), Cllr Janne Cutting-Keyton (Vice-Chair), Cllr Dale Baber, Cllr Sarah Fletcher, Cllr Andy Golding, Cllr Nic Knight, Cllr Robin Morley & Cllr Ralph Turner.

In Attendance: District Cllr Paul Clover, District Cllr Margaret Maybury and the Clerk. No Members of the Public attended.

2023/122 Apologies for Absence: Suffolk County Cllr Robert Lindsay and Cllr Joe Brinkley.

2023/123 Declarations of Interest
None.

2023/124 Minutes of the Last Parish Council Meeting
It was proposed by Cllr Knight and seconded by Cllr Fletcher that the minutes of the Ordinary Parish Council Meeting, held on 28 September 2023, be signed as a true record. The proposal was carried.

2023/125 Outstanding Actions:

2022/178: Pavilion Balustrade: No progress since last meeting.

2022/184.1: Reduced Speed Limits: Cllrs Levett, Cutting-Keyton and Morley to assist the Clerk in drafting an application to SCC Highways to reduce the speed limit on the A1141 between The Abbey and the Windmill and down the top end of Howe Lane.

2023/007.1: Parish Council Investments: Clerk to forward Parish Council's Account Details to enable Cllr Levett to investigate PC bank savings account options for PC reserves.

2023/104.2: BMSDC Cllrs Report: A meeting with Mark Russell (BMSDC Area Manager, Planning) has been arranged for 23/10/23 with members of the Planning Group. A meeting to be arranged with SCC. (Action: Planning Group to provide update at November meeting).

2023/104.2: BMSDC Cllrs Report: District Cllr Clover confirmed that the fly tipping removal had been delayed but would be undertaken by 1/11/23.

2023/104.3: Public Participation: Cllr Baber (Footpath Warden) to visit public footpath on Airfield to access the public risk caused by debris spilled onto path and if necessary, will contact the landowner. (Action: Cllr Baber to provide update at November meeting).

2023/112: CIL Projects: CIL Working Group meeting arranged for Cllrs to review and update the PC's 'project wish list'. (Action: Cllr Morley to provide update at November meeting).

2023/113.2.8: Pavilion: Cllr Brinkley to contact S & N Electrical to investigate the problem with the electrical circuits tripping out. Cllr Brinkley had advised the Clerk that S & N had not been available to meet in October, so the action is ongoing. (Action: Cllr Brinkley to provide update at November meeting).

2023/115.1: SALC: Cllrs Levett & Cutting-Keyton to investigate event options to celebrate Cockfield's 'Suffolk Small Village of the Year Award' (See Agenda Item 11).

2023/118: Future Management of the Village Website: Cllrs Levett supported by Cllrs Cutting-Keyton and Baber has drafted an Options proposal (See Agenda Item 10)

2023/126 Public Participation Session:

2023/126.1 Suffolk County Councillor's Report: Suffolk County Cllr Lindsay had confirmed in advance of the meeting that there was nothing to report this month.

2023/126.2 Babergh District Councillor's Report: District Cllrs Maybury & Clover circulated their reports in advance of the meeting. District Cllr Maybury offered financial support to the Cockfield Community Shop from her Locality Budget. Cllr Cutting-Keyton said she hoped the £20k Biodiversity offset compensation agreed between BMSDC and the Developer on DC/22/06014 would be used by BMSDC for the benefit of Cockfield.

2023/126.3 Public Participation Session:
None.

2023/127 Planning:

2023/127.1 Applications Received: It was noted that the following applications had been referred to the Parish Council:

DC/23/04813: Householder Application - Erection of part two storey and single storey side extensions (following demolition of existing single storey extensions). Highview, Great Green, Cockfield, Bury St Edmunds Suffolk IP30 0HN. (The Parish Council Objects to the Application).

2023/127.2 Decisions Received:

DC/23/03892: Proposal & Location of Development: Application under S73a for the Removal or Variation of a Condition following grant of planning permission DC/20/02670 dated 03/07/2020 Town and Country Planning Act 1990 (as amended) - Erection of 1 No dwelling (following demolition of semi-detached dwelling and outbuildings) To vary Condition 2 (Approved Plans and Documents), Remove Conditions 3 (Starwood Cottage Wall) and 8 (Parking and Manoeuvring) both now discharged; Re-word Conditions 4 (Ecology) and 7 (Bin Storage) as per details submitted. Lane End, Colchester Green, Cockfield, Bury St Edmunds Suffolk IP30 0HG (Decision: Planning Permission has been Granted).

2023/128 Finance:

2023/128.1 Payments:

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

Councillors are recommended to authorise payments covering October 2023.

Councillors to note the flncome received:

2023/129 Parish Council Mission Statement:

Following comments from Cllrs, Cllr Levett withdrew his proposal to adopt the Mission Statement and will re-issue it at a later date.

2023/130 Community Engagement Initiative:

Cllr Knight's proposal had been circulated in advance of the meeting. It was proposed by Cllr Fletcher and seconded by Cllr Morley that Cllr Knight attends the 2-part SALC 'Communicating with your Community' courses on 9th & 11th November to ensure his proposal incorporates any SALC recommendations. The proposal was carried.

2023/131 Future of the Website:

Cllr Levett highlighted potential options for the future ownership and management of the Website. Cllrs Levett, Cutting-Keyton and Baber to meet with N Ashton to discuss ownership of the domain.

2023/132 Event to celebrate Village of the Year Award:

Following Cllrs' discussions on preferences for event dates/timings, it was proposed by Cllr Cutting-Keyton and seconded by Cllr Morley that the event be held during the day on a Saturday in January 2024. The proposal was carried. The format & detail of the event to be agreed and an article placed in Green Links.

2023/133 Allotments:

It was proposed by Cllr Morley and seconded by Cllr Fletcher that 'No charge' should be made for the use of water by allotment holders during 2024, however the usage and costs would be monitored and review in 12 months' time. The proposal was carried. Cllrs Fletcher & Levett to advise Allotment holders.

The Clerk advised that there was a locked casing around an existing tap on the standpipe, so the proposal for a tap was withdrawn. The Clerk to obtain the keys from the Contractor who installed it.

2023/134 Updates on Neighbourhood CIL Projects:

Cllrs Morley, Levett, Cutting-Keyton & Baber agreed to convene a meeting of the CIL Working Group on 16/11/23 at 10.00pm at the Pavilion to review CIL Project 'wish list'.

023/135 Maintenance Schedule and Asset Management:

135.1: Maintenance Calendar: (Full Review, February, June, October only) undertake full review of 2023/24 Maintenance Requirements for budget preparation purposes.

135.2: Maintenance Matters by Exception:

135.2.1 Greens Management: Cllr Knight confirmed that he would be undertaking monthly inspections of the Play Equipment on Great Green. Cllrs Golding & Turner to develop a proposal for a sign on the Green

warning about the overhead power cables.

135.2.2 Glebe Land: The Clerk advised that UKPN would be replacing 3 out of the 6 poles on Glebe land on 27th October. The Clerk has submitted a Wayleave application form and payment request to UKPN. The Clerk also advised that AWA were connecting the water supply to the Allotments over the night of 29/30th October.

135.2.3 Earls Meadow: It was proposed by Cllr Baber and seconded by Cllr Cutting-Keyton that Cllr Morley is authorised to purchase 5 Ltrs paint for £74.99 to paint the Parish Council's sheds in Earls Meadow. The proposal was carried.

135.2.4 Cemetery: S Bradnam has completed the 2nd of the bi-annual trims, of the perimeter hedges and the internal Box hedge.

135.2.5 Playground: None

135.2.6 Village Hall Car Park: S Bradnam has completed the 2nd of the bi-annual trim of the perimeter hedges.

135.2.7 Parish Paths: Resident complaint about overgrown footpaths on the A1141 at the junction w Window Green. Cllr Baber to investigate. The Clerk was asked to send a letter of thanks to P Bowcher and his staff for cutting hedges along the A1141.

135.2.8 Pavilion: The Clerk advised that a Smart meter was installed at the Pavilion on 18th October and the annual A/C Maintenance Service was undertaken on 19th October.

135.2.9 Other Assets: None

2023/136 Third Party Liaison:

136.1 Suffolk Association of Local Councils (SALC): None.

136.2 Highways and Emergencies: None.

136.3 Police/Fire: Cllr Cutting-Keyton advised that there is a new police constable covering Cockfield and she plans to meet with him every 6 months.

2023/137 Local Needs Housing:

Cllr Morley advised there was no further update this month.

2023/138 Clerks Salary:

It was proposed by Cllr Morley and seconded by Cllr Cutting-Keyton that the Clerk's salary be increased to Point 22 on the NALC Scale, commencing 01/04/24.

2023/139 Correspondence:

The correspondence Register was circulated in advance of the meeting.

2023/140 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 of the Draft Budget

Cllr Knight feedback on SALC training course on Community Engagement.

Cllr Fletcher update on Community Shop & Post Office.

2023/141 Next Meeting:

The next Ordinary Meeting of the Parish Council will be held on Thursday 30th November 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 25th January, 29th February & 28th March 2024.

The meeting closed at 10.20 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

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**



***Suffolk Residents
invited to help
shape the future
of library services***

Suffolk County Council has launched a public consultation encouraging Suffolk Residents to tell Suffolk County Council what they want from their library services in the future. Suffolk County Council's contract with Suffolk's Libraries, the independent charity that runs the library service, comes to an end on 31 May 2025, with a new contract set to begin in June 2025. The Council is therefore seeking views from the public about what is important to them, ahead of awarding the new contract.

To inform the consultation, the council has undertaken engagement with over 30 organisations including Suffolk Libraries staff, key service users, schools and partner organisations. A key focus of the consultation is the council's Library outreach services, which include three mobile library vehicles, for the pickup and exchange of books. The mobile library vehicles are coming to the end of their life and the council therefore needs to consider the best way to deliver these services to people in rural areas of the county going forward. Library Outreach services also include Pop-up Libraries and a home library service, run by local volunteers, is also available for Suffolk residents that find it difficult to access a static or mobile library.

The consultation is made up of two parts. Part one gives residents an opportunity to tell the council what they value in their library service and what they would like to see more of in the future. Part two seeks views on how Library Outreach services could be run in the future.

The council is keen to hear from people who currently use library services and those who do not, to better understand the needs across the county. This feedback will help to inform the requirements for the future contract.

The consultation is open until **Friday 26 January 2024**.

Residents can have their say by visiting <https://link.edgepilot.com/s/056c85fc/NqPZEBSPBEq4UU3QcaJGdA?u=http://www.suffolk.gov.uk/LibraryConsultation>

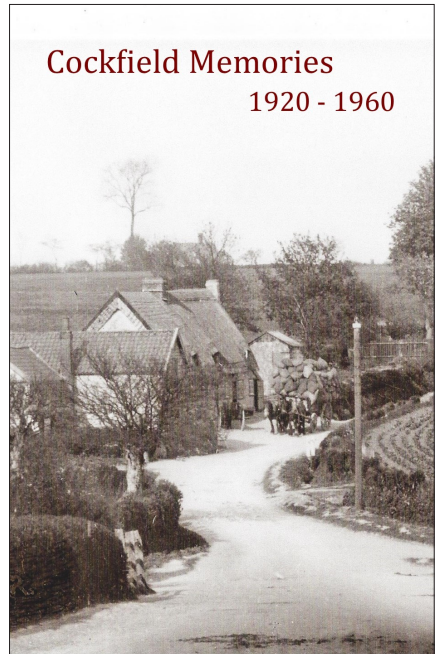
COCKFIELD MEMORIES II

VOLUME II will be available from December 2nd. - just in time for Christmas

A few more copies of Memories I are also available

Cockfield Post Office and Stores
Howe Lane, Cockfield

They are both £5 a copy



Special thanks are due to Brenda Dyer, Ann Green, Gillian Hodge, Janne Cutting-Keyton and Barbara Ruffell who, after the enforced Covid break, have completed "Cockfield Memories II", in time for publication in December 2023.

Thorpe Morieux and District Gardening Club



NOVEMBER MEETING

Our November meeting was the Annual Quiz against our opponents Lavenham Garden Club, held at Lavenham Village Hall.

It was a well organised and social fun evening, with a lovely buffet and drinks. Sadly Thorpe Morieux Gardening Club did not win this time, but we'll try again next year - so watch out Lavenham !

The winners received the prize Rosebowl presented to LGC vice chair Caroline Jenkin. The photo shows Glynis Walsh president of TM&DGC with Caroline on the left of Glynis.

Next week on December 11th we will hold our Annual Christmas bash - the final event of the year.

2024 starts with a club meeting on January 15th at Thorpe Morieux village hall at 7.30 pm and the competition to start the new year off is a bottle of Homemade Wine or Liqueur .

New members and visitors are always welcome .

Patricia Everitt

Cockfield W.I.

Report for November



In November some members visited the Christmas shop at Blackthorpe Barns, which had a huge range of lovely and tempting things to decorate with, as Christmas approaches. The café was very welcoming!

A small number from our book group also visited Norwich Theatre Royal to watch a production of Beauty and the Beast by The Northern Ballet. They thoroughly enjoyed their visit and thought it 'amazing'.



In December we were fortunate to have had a speaker, Lindsey Barrel, also known as Mme Cherry Bombe, with a talk entitled 'Burlesque, Me and the WI'. Other groups had reported that this was an excellent talk. Lindsey has been a regular speaker on the WI circuit since 2014. She is a Burlesque and Mindfulness teacher as well as a WI member for the last 10 years and President of her local WI in Chelmsford for the past 4 years! She was reputed to be a gifted storyteller!

She was actually a brilliant storyteller! She was very funny and engaging

and could easily persuade others to take up burlesque! She referred to her practice sessions as 'wiggle and giggle' time! We had a great evening and Lindsay was delighted with our feedback. She has even performed with her troop in Chelmsford Cathedral before her own WI ladies. Her local WI has been the largest group in the country. She continues to give talks to WI and other groups all over the country and continued on zoom during lock down. Her journey started with 'empty nest syndrome' and burlesque lessons were developed by her in her WI, as she was asked to organise a group



within her WI, which needless to say became popular! It goes to prove that WI is about providing for an eclectic range of interests and certainly not just about Jam and Jerusalem or even about cakes! Although it has to be said that we do make amazingly good cakes, which are often in demand!

In January we will have a visit from Kara Andrews advising us about Tropic Skincare. In February, Allen Burbridge will talk to us about 'The Hervey family of Ickworth'. We are also still currently 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! A list of all the possible options we have so far considered was circulated at the December meeting for members to express an interest in any options offered and to suggest their own! We will now organise some, letting everyone know what is proposed 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 coffee morning is from 10.30 am until 12 noon on Thursday 25th January, in the Village Hall Committee room. Following that there is one on the 22nd February and then the 28th March. The monthly coffee mornings have now returned, as you can see and will continue from January 2024, after that short break in December!

The monthly Saturday lunches have also returned! The next one is on 6th January 2024. The lunch is available for a small contribution of £1, for the food! Teas and coffees are also available. Please come, 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 Winter Vegetables

At this time of the year, especially after Christmas, it may be a good idea to use more seasonal vegetables. If you grow your own it is probably better to keep them in the ground for a while but if you buy vegetables, most keep well in the fridge or can be frozen.

If you store vegetables in the fridge, then spinach, sprouts, broccoli, asparagus etc. keep for 3-5 days. You can keep potatoes, lettuce, cucumbers, cauliflowers etc. for 1 week.

Red and green peppers, green onions, celery and parsnips can be kept a little longer.

Make sure the vegetables are dry and keep different varieties separately in air tight containers or bags. Generally keep anything green in the fridge!

'Winter-Time' by Robert Louis Stevenson

*Late lies the wintry sun a-bed,
A frosty, fiery sleepy-head,
Blinks but an hour or two; and then,
A blood-red orange, sets again*

Roasted Winter Vegetables

(Other veg. can be added or substitutes used).

This is an interesting side dish for a special meal.

Ingredients

1 large sweet potato (about 1/2lb. peeled and cubed)

2 cups Brussel sprouts trimmed and halved

1/2lb. small potatoes (any colour) halved

½ lb green beans trimmed

1 medium apple, diced or sliced

1 shallot sliced

2 tbsp. dried cranberries

1 oz candied or roasted pecans

Olive oil - to drizzle

Seasoning to taste, which could include herbs, a little balsamic vinegar, garlic etc.

Method

Preheat oven to 200 fan

Combine sweet potatoes, sprouts, green beans, apple and shallots in a large bowl or sealable bag. Drizzle with olive oil and toss or mix to coat. Season.

Line a baking sheet with aluminium foil. Spread the vegetables in a single layer on the sheet or use 2 sheets if needed.

Bake until vegetables are tender enough to pierce with a fork and have some tasty charred bits on the edges. Approx. 25-35 mins. Use a spatula to flip vegetables mid-way through cooking.

Transfer to serving dish and top with pecans and cranberries.

This dish can be prepared and cooked the day before needed and reheated in the oven for about 10 minutes.

Winter Vegetable Soup

A flexible winter soup with optional chorizo. Use any fresh winter root veg. and cabbage that you have.

Ingredients

2 tbsp sunflower oil

1 onion, finely sliced,

3 garlic cloves, finely sliced

2 carrots, cut into 1.5 cm chunks

2 turnips, cut into 1.5cm chunks

1 large potato cut into 1.5 cm chunks (Maris Piper preferably)

1 large parsnip, cut into 1.5 cm chunks

2 heaped tsp sweet paprika, plus extra to serve

1 heaped tsp hot smoked paprika

1 x 400g tinned tomatoes

1 tbsp tomato puree

125g chorizo sausage (optional & preferably picante), skinned & cut into 5 mm slices

100g Puy lentils, rinsed & drained

1.75 litres stock, chicken or vegetable

100g cavolo nero, kale or spring greens with tough ribs removed & shredded

Flaked sea salt & freshly ground black pepper

Soured cream or crème fraîche, to taste

Method

Heat the oil in a large non-stick saucepan or large flame proofed casserole. Fry the onion and garlic gently for 5 minutes, or until softened but not coloured, stirring occasionally. While the onion is frying, cut the carrots, turnips, potatoes and parsnips into roughly 1.5cm chunks.

Add the root vegetables to the pan with the onion and garlic and cook over a low heat for 5 mins, or until beginning to soften, stirring occasionally. Stir in both the sweet and smoked paprika and fry for a few minutes.

Add the tomatoes and the tomato puree to the pan, increasing the heat a little and cook for 2-3 minute, stirring regularly.

Add the chorizo, Puy lentils and the stock into the pan and bring to the boil. Reduce the heat and simmer gently for 45 minutes, or until the vegetables and lentils re tender, stirring every now and then. Stir regularly. Season the soup with salt and lots of freshly ground black pepper. Serve in deep bowls with a dollop of soured cream or crème fraiche and a sprinkling of paprika.

Winter Vegetable Soup with Butternut Squash & Cauliflower

Ingredients

2 tsp olive oil
1 medium onion, chopped
3 cloves garlic, minced
2 medium carrots, cut into thin half circles
2 medium celery stalks, thinly sliced
¼ tsp dried thyme
¼ + 1/8 tsp dried chilli flakes
½ tsp salt
1 ½ tbs tomato puree
1 ¼ lb butternut squash – about 4 cups
¾ lb cauliflower – about 3 cups
3 cups vegetable stock/broth
1 ½ cups water
2 bay leaves
¼ cup parsley, finely chopped
Salt & pepper to taste

Method

Heat the olive oil in a large saucepan set on a medium heat.

Add the onion and cook, stirring occasionally, until the onion starts to soften (about 5 minutes).

Add the garlic, carrots, celery, thyme, dried chilli flakes and salt. Stir in the tomato paste & cook until the vegetables are tender (about 5 minutes).

Stir in the butternut squash, cauliflower, stock/broth, water and bay leaves.

Bring to the boil and reduce to a simmer. Partially cover with a lid and cook until the squash and cauliflower are tender (about 15-20 minutes).

Cool for 10 minutes, then transfer 3 cups of the soup to a blender (if wanted) & transfer 3 cups of the soup to a blender. Puree until almost smooth & stir the mixture back into the soup.

Stir in the parsley, add seasoning & serve – reheating if required first.

Joan Ball

The Cockfield Community Presents

The Hangover Hike

Shake off those New Year's Eve celebrations and join us for a bracing walk around the Cockfield countryside!

Monday 1st January, 10.30 start
From

The Horseshoes Inn, Cockfield

- Dogs on leads are welcome but must be kept on leads.
- On return The Horseshoes will be serving refreshments.
- In adverse weather conditions, any alterations to arrangements will be published on our website:
www.cockfield.org.uk

COCKFIELD COMMUNITY CINEMA PRESENTS

THE GREAT ESCAPER (12)

Friday 26th January

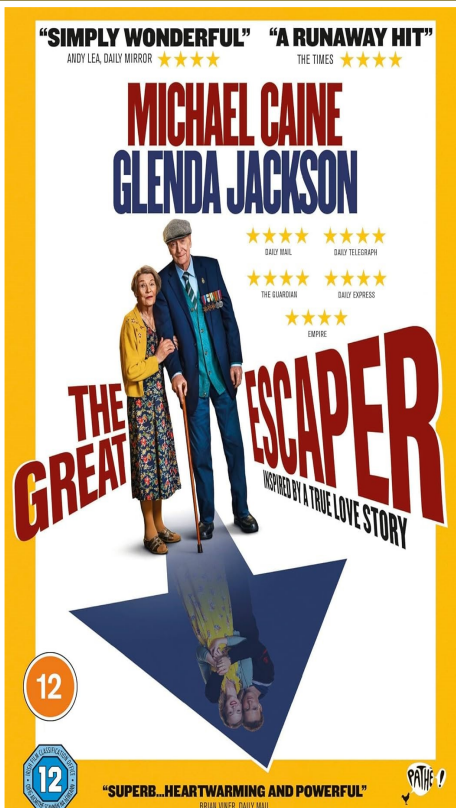
Cockfield Village Hall, Church Lane, IP30 0LA

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



In the summer of 2014, Bernard Jordan (Michael Caine) made global headlines. He had staged a "great escape" from his care home to join fellow war veterans on a beach in Normandy, commemorating their fallen comrades at the D-Day Landings 70th anniversary. It was a story that captured the imagination of the world as Bernie embodied the defiant, "can-do" spirit of a generation that was fast disappearing. But of course, it wasn't the whole story. It was an inspirational but sanitised retelling of one man's need to come to terms with the lasting trauma of war. Bernie's adventure, spanning a mere 48 hours, also marked the culmination of his 60-year marriage to Rene (Glenda Jackson)

MONTHLY SCREENINGS

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

VISIT: www.cockfield.org.uk

Children's Page January 2024

On the next page is an advertisement for a booklet Rodney Williams has written, it is a collection of stories some going back to his childhood when he was but a few years old.

While last year and Christmas is still fresh in your mind why don't you write a short story about something that happened to you , or something you saw, or smelt or tasted, or felt. Who knows one day you could put your stories into a book too.

New Year is a time for Resolutions, a resolution is something you try to do for the rest of the year, like to keep your bedroom tidy or help with the washing up, there is space below to write yours down.

Maybe we will have some snow this month - Snow Angels - Brilliant!



A Countryman's Musings



Rodney C Williams
2023

£5 per copy

Available from Cockfield Stores and other
outlets around the village.

All proceeds to Cockfield Community Council.

Four notable Suffolk graves

Four notable Suffolk warriors - Part 2: Reg Seekings

Some readers may have watched the BBC series called SAS Rogue Heroes. Now I have to admit that I have been for some considerable time reasonably well acquainted with the post war history of the modern 22nd Special Air Service Regiment and some of it's more celebrated achievements, for example the Battle of Mirbat in 1972, the storming of the Iranian Embassy in 1980, and the Pebble Island raid during the Falklands War of 1982. However, I'd never got around to reading a definitive account about their origins in World War 2 until I picked up Ben McIntyre's book, on which the television series was based. I actually watched the television series first, which sucked me in with its heavy rock soundtrack! The series focused on their beginnings in the desert wastelands of North Africa and focused on six of the founding members. First there was the man behind it all, David Stirling. He was a mass of contradictions. Well connected (which he used to good effect), charming, physically unimpressive, shy, modest, but blessed with enormous self confidence, determination and vision. Then there was Stirling's deputy, the fearsome Ulsterman Blair 'Paddy' Mayne, a man who could inspire and terrify in equal measure, and I'm talking here among his own comrades! The bravest man never to be awarded the Victoria Cross, according to many who knew him. The last officer the show focused on was John 'Jock' Lewis, who more than anyone shaped the emerging SAS into what set them apart. He was austere and entirely lacking in humour but possessed an iron will and believed in hard work and self discipline. All he needed to sustain him for a day's operations in the desert was a cup of the tea in the morning. The series also had as main characters three SAS troopers who were among the first to be recruited by Stirling and Lewis into the SAS, and one of these was the indomitable Reg Seekings.

Now I have to say that Reg Seekings was not a man blessed with particularly attractive personal characteristics, as we will see, but first a bit about his background. He was born the son of a farm labourer in 1920 in Stuntney near Ely, and grew up in the tied cottage that went with his father's work, along with his younger brother. He took up boxing despite being blind in one eye, and at 18 he joined his local territorial battalion of the Cambridgeshire Regiment and boxed for his Regiment in bouts all over East Anglia. After war broke out he volunteered for and was accepted by 7 Commando Regiment, part of what was known as 'Layforce' and took part in operations with this unit before they were disbanded. When Seekings found out about the nascent 'L Detachment' SAS Brigade (it wasn't a Brigade at all, this was simply deception) he was keen to join.



On the face of it, Seekings wasn't a man who fit the criteria that Stirling was looking for in recruits to his fledgling outfit. Stirling wanted men who, other than being exceptionally fit and singularly determined, were intelligent, independent-minded but also disciplined, brave but just short of reckless, and merciless without being psychopathic. Seekings was a ruffian through and through, a proper hard man, full of snarling aggression. He was quite prepared to challenge anyone who disagreed with him with his fists and often did. He was disdainful of anyone who backed down (as many understandably did, given his 14 stone muscular frame and ferocious right hook). He later took this attitude into battle, and once someone measured up in his eyes he would be utterly loyal, but equally dismissive of those who didn't. In his own words he was a rough, tough so and so.

It seems that Stirling was prepared to overlook Seekings wild man antics and lack of self control because Seekings was seemingly totally fearless and was prepared to do things that others wouldn't, or couldn't do. He was utterly ruthless and never took a backward step. He certainly had no compunction about killing. This is summed up by what he says about a particular episode during the invasion of Sicily in July 1943 during which he stormed a pillbox housing a machine gun by hurling in a grenade and shooting the Italian occupants as they staggered out one by one with his revolver. In Ben McIntyre's book he says this: "To a certain extent I enjoyed it, but it's not everyone's cup of tea. I was scared, but I would have gone into action every day if I could". What can you say to that? Not the sort of man you'd want to run into in peace time, but just the sort of man you'd want alongside you when the fighting kicked off!

Seekings saw action with 1st SAS Regiment in North Africa, Northwest Europe and Norway, and with the Special Raiding Squadron in Italy. He rose to the rank of WO2 and in this rank held the appointment of Squadron Sergeant Major. His wartime exploits are the stuff of legend. In one notable incident in Termoli on the east coast of Italy Seekings was fastening the tailgate



of a truck loaded with 17 SAS men when it was hit by a 105mm artillery shell killing everyone on board. Miraculously Seekings escaped the carnage with just a broken fingernail. During an action in the Morvan region of France near Dijon Seekings was caught by a burst of machine gun fire at close range which, if that wasn't bad enough, was followed up by two hand grenades which landed either side of him, seriously wounding his left arm. After a fighting withdrawal of three miles with the rest of his unit, during which Seekings had to run, his wounds were finally treated on a table in wood with a tarpaulin stretched overhead to keep out the rain. A doctor from the local Maquis discovered that there was a bullet lodged in the back of his neck, nestling against his spine. After digging around for a bit the doctor (who turned out to be a dentist), decided to leave the bullet in place rather than risk doing more damage. Seekings was patched up and made a full recovery and

was soon back in action. The bullet was finally removed some months later in a British hospital, leaving no permanent damage. Like I said, a proper hard man. During the last days of the war Seekings and his old friend and comrade in arms Johnny Cooper, another SAS 'original' from the earliest days, were some of the first to enter Belsen Concentration Camp, where 70,000 people were killed. What it must have been like to confront that horror I simply cannot imagine.



The wartime SAS was disbanded in September 1945 and on demobilisation Seekings and his wife Monica ran the Rifleman Arms pub in Ely for nine years (It's long gone and it's unclear where it was. Some accounts say it was on Lynne Road, other accounts say it stood on the corner of Broad Street and Back Hill. Perhaps a reader can clear this up for me). They then went to Northern Rhodesia where they bought a tobacco farm, and during the Bush War of the 1960s and 1970s he became an Inspector in the anti-terrorist police. By the end of the 1970s the political landscape had changed and Rhodesia was about to become Zimbabwe.

The couple returned to East Anglia and settled in Stanton in Suffolk. Reg Seekings was awarded the Distinguished Conduct Medal in 1942 and the Military Medal in 1943. He died on 17 March 1999 and is buried in St John the Baptist's Church, Stanton.

JG



Happy New Year!

Happy New Year from all of us at Catey Preschool.

We have had such a lovely Christmas and are hitting the new year running. We are looking forward to finding out what fun things the children have experienced over the Christmas break with 'Children's Voices' at circle time. We are going to be celebrating all our children with an All About Me theme to start 2024 on a positive note and after all the festivities we have enjoyed we are going to be focusing on keeping ourselves healthy with healthy food activities and keeping our bodies moving.

The children will be learning toddler Yoga and moving to music too. We will continue to enjoy our winter walks around the school field where the children love to run and climb on the equipment there. We look forward to the New Year and wish you all the best for 2024!

For enquiries please call Mary or Steph on 01284 827274

Or email cateypreschool@hotmail.com

CHAIRMANS REPORT
COCKFIELD COMMUNITY COUNCIL AGM – 17TH NOVEMBER 2023

We have had another successful year working together on many fronts.

I feel we have achieved a level of success here with many and varied projects undertaken throughout the year.

We have continued with our popular and regular events.....
Bingo Nights, Quiz Nights, Duck Race, Monthly Film Screenings through the Cinema, Art Show & The Hangover Hike.

We also decided to run with some new ideas. These came to fruition with the very popular 'Carols by Candlelight' followed by the triumph of the 'Village Fair' on Great Green and finally the nostalgic joy of the 1950's Hop. Sadly, due to a heat wave we had disappointing numbers for the Summer Solstice Walk.

In May we worked together with the Parish Council to celebrate the Kings Coronation on Great Green.

The funds we have raised from our events have enabled us to support various areas of the community through donations. These include: Cockfield School & The Earls Meadow Project & the new bench on Jefferys Green. We have also purchased a Laptop and PA System to be used for Community Council events.

As we look to the year ahead, we need to continue to come up with new initiatives and ideas. Everyone here has special skills and talents that can be brought to the activities of the Community Council to improve and develop it as our village and environment changes.

I would like to round off by thanking each and every one of you
for giving up your precious free time,
for your dedication,
for your enthusiasm and hard work throughout the year.

I would also like to say how much I appreciate the help and support you have given to me in my first (and only) year as your Chair. It is frustrating sometimes but hugely rewarding for the most part, and we must count ourselves lucky to be supported by so many in the community who take an interest and pride in our village.

Finally, I would like to send our thoughts and best wishes to Rodney Williams who served as Chairman for many years and despite ill health remains an active trustee.

Best wishes for 2024
Julie Goodsman

Cockfield Carpet Bowls Club



Charity Event - Join Us

Cockfield Invitation Fours Tournament – Sat 10 Feb 2024.

Every year we host a carpet bowls tournament in support of a local charity. Teams from all over Suffolk and further afield enter and the day produces some very exciting and high quality bowling.

This year's event will be held on Saturday 10th Feb at Cockfield Village Hall and we shall be supporting St Nicholas Hospice Care. The tournament starts at 0930 and usually finishes around 5.30. There will be refreshments and food available and a variety of stalls with opportunities to win prizes. And of course, there is some fantastic bowling to watch too!

We invite you to join us, enjoy yourselves and support a wonderful local charity.

We hope to see you on the day.

Thanks

Chris Ford

COCKFIELD PRIMARY SCHOOL

DECEMBER 2023



As we approach the end of the year, we wanted to take a moment to reflect on all the wonderful things that have taken place at our school during this past term. It's been term packed with learning, excitement and a few changes. We are thrilled to have



joined All Saints Schools Trust and with this larger family, we look forward to all the opportunities it will bring. Our parents and local community have proven, beyond any doubt that our children are at the heart of what we do. Parents, carers, volunteers, families and many more, have joined us at school during our numerous events over the Autumn term and for this, we are truly thankful.

Our warm and friendly community has truly shone throughout the first term of this academic year. The children have been incredible, showing their enthusiasm and dedication to learning in so many ways. Here is just a snippet of some of the learning taking place at Cockfield Primary school over the past few weeks:

In Birch class, the children have been exploring the world of dance through rock and roll. Their PE lessons have been filled with energy and rhythm, as they've learned new moves and grooves. During reading lessons children have been able to practise their debating skills and express their opinions using the book "Cosmic" as inspiration. The have engaged in thoughtful and planned debates about whether a boy should go to space. It's been a journey of imagination and critical thinking for these young minds.

Willow class has been blending their knowledge of design and technology with science to create something truly special - light-up Christmas cards. Their creativity has been on full display, as they've embraced the festive spirit and crafted beautiful cards that bring joy and brightness to this holiday season. The Christingle service, which was kindly organised by Reverend Sharon Potter, provided an opportunity for our school and the local community to come together and share a festive and meaningful experience.

Lime class and Oak class have been extremely busy. Not only are these wonderful children showing their amazing focus during their regular school day activities, they are also proving their talents on the stage. The school's halls, classrooms and corridors have been filled with their voices whilst they practice their nativity production. As I write this, the production is just over a week away and the excitement and anticipation of our children (and staff) is certainly taking hold.

Meanwhile, Oak class has been delving into the wonders of our local area. By exploring natural and physical geography, they've developed a deeper understanding of the environment in which they live. Their visits to the church have provided inspiration for their landscape artwork, with the stunning building serving as a backdrop for their creative expressions.

We must also mention the wonderful collaboration between Mrs. Bray and Catey pre-school. The arts and craft afternoon was truly a delight, as the children had the opportunity to make tree decorations, Christmas cards, and winter-themed models



[Pick the date] [Edition 1, Volume 1]

using gingerbread play dough. Although most of the biscuits didn't make it out of the classroom (because they were too delicious to resist), the experience was filled with laughter and togetherness. I would like to thank Catey preschool and their wonderful staff along with Mrs Bray for organising this afternoon.

Our youngest children in the school, Lime class, have embarked on an exciting adventure with Mr. Gilbert. Together, they continued to explore the story of the three little pigs, and their hunt for brickwork patterns around the school added an engaging and hands-on element to their learning. Mixing their own mortar and building brick walls allowed them to truly experience the joy of teamwork and construction.

We want to express our gratitude to all the wonderful children, staff, parents, and members of our community for making Cockfield C of E Primary School such a warm and welcoming place to learn and grow. We wish you all a joyful and restful holiday season, and we look forward to the adventures that the new year will bring.

Merry Christmas,

Mr Marc Gilbert (Headteacher)



Surviving Winter

APPEAL

2023/24



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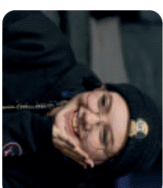
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Please visit suffolkcf.org.uk or to pay by card please call Suffolk Community Foundation on **01473 602602**. Alternatively, do visit any branch of **Suffolk Building Society**, who are accepting donations over the counter.

Cockfield Village of the Year Event

Saturday 20 Jan 2024 between 11am - 2pm Village Hall

In the Autumn of last year, we were all delighted to hear that Cockfield was named Small Village of the Year by the Suffolk Association of Local Councils.

In order to celebrate the award Cockfield Parish Council have arranged an event at the Village Hall on Saturday 20 Jan 2024. The event will run from 11am to 2pm, with a toast being offered to the village at about 1.15pm. Teas, coffees and cakes will be available.

Taking part in the event will be the following bodies, organisations and clubs who are either present or active in the village today and who are all delighted to have an opportunity to showcase to the village what they do.

- **Carpet Bowls Club**
- **CATEY Pre-School**
- **Cockfield Primary School**
- **Community Council**
- **Congregational Church**
- **FOCSA**
- **Green Links**
- **Football Club**
- **Memories II**
- **Netball Club**
- **Parish Council**
- **St Peters Church**
- **Suffolk Wildlife Trust**
- **United Charities**
- **Village Group**
(Shop and Post Office)
- **Village Hall**
- **Village Recorder**
- **Womens Institute (WI)**

All involved hope that the various displays will be of interest. Members and volunteers will be on hand and will be only too pleased to discuss what they do in and for the village. We are hoping for a large turnout for what we hope will be an informal and enjoyable occasion.

Please note the school playground is being opened to provide additional car parking, however it would help if you could share transport whenever possible.

Looking forward to seeing you!

Ian Levett - Chair,
Cockfield Parish Council



The Cockfield Community Events

By the time you are reading this edition of Green Links we will literally be days away from saying goodbye to 2023 and getting ready to see in 2024. 2023 certainly saw a steady increase in the numbers of residents, family and friends coming together to enjoy the fun of the events organised by The Cockfield Community Council. Our second quiz evening held in November certainly showed this as we had an amazing 70 people attend! Thank you Cockfield for your support and let's keep it going for 2024.

The events organised by The Cockfield Community Council are an addition to our monthly village cinema which is shown on the 4th Friday of the month in Cockfield village hall. Doors open at 7pm for a 7.30pm screening. Raffle tickets are available on the door with the raffle taking place during the interval. The bar is always open if you fancy an alcoholic or soft drink to enjoy whilst you watch the film, or alternatively tea and coffee can be purchased along with snacks, cake and of course ice - cream! Vouchers for the cinema evenings can be purchased at the community shop and provide the perfect gift when your stuck for something a little different.

So the trustees have already had a busy meeting organising a list of events for 2024, hopefully providing something for everyone. Have a glance below at the list and maybe make it your New Years resolution to pencil in one or two dates on those nice new calendars and diaries, let's make 2024 even better than 2023 at bringing our community together!

Events for 2024 will start with the annual New Years Day Hangover Hike. This year the hike around Cockfield will start at the Horseshoes Inn at a sensible 10.30am, so not too early for those of you that have stayed up to welcome in the New Year. The route will go along the footpaths in a circle so as to finish back at the Horseshoes where the doors will be open for the purchase of well deserved refreshments, both liquid and edible. This event is always popular and a great way to start the year and blow the cobwebs away. Last year we were extremely lucky to have glorious sunshine, so fingers crossed for this year. Obviously in the event of very wet weather the event will be cancelled but this will be advertised on Facebook and on the

village broadcasts. Children must be accompanied by an adult and dogs must be kept on a lead at all times.

Friday 16th February - first of two family cash bingo evenings in the village hall.

Saturday 30th March - annual duck race down at earls meadow.

Saturday 6th April - first of two quiz nights in the village hall.

May to be confirmed

Sunday 21st July - Cockfield village fete on Great Green.

A Saturday evening in August - village Bash on Great Green. Music and dancing in the open air, complete with bar and bbq. Date to be confirmed depending on the weather.

Saturday in September - 50's Hop in the village hall. Date to be confirmed.

Friday 11th October - second family cash bingo evening in the village hall.

Saturday 16th November - second quiz night in the village hall.

Friday 29th November - The Cockfield Community AGM

December - carols by candlelight - date to be confirmed.

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 an event but don't want the commitment of being on the committee why not sign up to our helpers list. Ask in the community store for more details.

Special Storage Site' at RAF Barnham - Part 1

Readers of Green Links will I'm sure by now be aware of my interest in local military history. I have covered the 'Friendly Invasion' of the US Air Army Forces in Suffolk in earlier editions, and have also written an article about the US Thor nuclear missiles that were based at RAF stations Tuddenham and Shepherd's Grove in Suffolk in the late 1950s in the early stages of the Cold War.

I only recently became aware of a 'hidden gem' lurking in the Suffolk countryside on the edge of the Brecklands near Thetford. Readers who regularly travel up the A134 from Bury towards Thetford are no doubt aware of the small RAF facility called RAF Barnham, some two miles south of Thetford. The camp is a satellite of nearby RAF Honington and has a training area which is used by the RAF Regiment. The training area is also used by local Cadet units. In fact I was on there with RAF cadets in October 2021. It is thought that the site will be disposed of by the MoD by 2027.

The site at Barnham has existed since World War 1 when it was used to test tanks, and during World War 2 it was used as a bomb storage site to service the numerous Bomber Command airfields that were dispersed in the East Anglian countryside. The photographs show the site then and now. Apparently mustard gas was stored there, as well as conventional high explosive and incendiary ordnance. A railway line linked Thetford and Bury St Edmunds back then (those were the days!) and there was even a station at Barnham on - you guessed it - Station Road. This had sidings which linked to the bomb storage areas. After the war the site was wound down and the munitions were disposed of (many were dumped at sea). The photograph shows the site in its WW2 days, along with a wider view of the same area taken a few years ago.



The arrival of the nuclear era was when things got interesting at RAF Barnham. Britain had developed its first nuclear bomb in the early 1950s and sites were needed to store it. This bomb was known as Blue Danube (sounds more like a Prog Rock band), and was little more than a scientific experiment crammed into a ten ton, 24 foot long casing to

make it streamlined. It was a free fall, unguided plutonium fission bomb with a yield of between 10 and 12 kilotons, and was to be dropped by the RAF's nascent force of V bombers that were entering service in the mid 1950s. These were the Vickers Valiant, the Avro Vulcan and the Handley Page Victor, which entered service with the RAF in that order. There are examples of a Vulcan and a Victor at IWM Duxford, but sadly no Valiant. The only museum in the world where you can see all three V bombers under the same roof is the excellent RAF Museum at Cosford. But I digress! By way of comparison, the Thor missiles mentioned earlier had a warhead of 1.44 *megatons*, which made the Blue Danube look like something of a firecracker. A Blue Danube was first dropped during a test by an RAF Vickers Valiant in October 1956. This event is shown in the photograph, along with a picture of a Blue Danube bomb with a white coated scientist technician attending to its (frequent) needs.



Two sites were developed to store the new 'special weapon' - if I am to use the euphemism of the day. The northern site was at RAF Faldingworth near Lincoln, and this site would service the V Bombers based at Scampton, Waddington, Coningsby, Finningly and Cottesmore. The other was the one at RAF Barnham, which would store the Blue Danube bombs for onward transport to the bases at Honington, Marham, Wittering and Wyton. Declassified files record the storage site opening in June 1954, as part of 94 Maintenance Sub Unit at RAF Barnham. When it opened it would have looked as it does in the photograph. As we will see in the next edition the site had a relatively short life, being decommissioned in 1963.



In the next edition I'll look at the actual site in more detail, and I'll talk about my recent visit there when I had a good look around. I will also mention its future as an English Heritage site. This is very exciting news indeed as the site is an important part of Suffolk's Cold War past.

Until next time!
Jeremy Gardner



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ALPHA COURSE

To be held on the following Sundays in 2024

JANUARY 7th, 14th, 28th

Time

MARCH 3rd, 17th, 24th

10.30 – 11.30 am.

**The course is in the form of a video with Nicky Gumble
This will be part of our normal service led by Josh Bolt**

The service will be followed by refreshments

ALL WELCOME

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Dear Reader,

Happy New Year to you! I hope you enjoyed the festivities of Christmas and New Year. As I write, we are still over 2 weeks from Christmas Day, but by the time you are reading this, after all the celebrations of Christmas, we are now faced with the first months of a new year, when resolutions have perhaps already been broken, when we are counting the cost of our Christmas celebrations, and when there doesn't seem to be much to look forward to in the next few weeks. However, we have some feasts to look forward to in the Church's calendar.

We celebrate Epiphany on the first Sunday of January, the visit of the wise men to see Jesus. We also celebrate the Baptism of Jesus during the Epiphany Season and marking what is commonly known as 'Candlemas' on 28th January, which is when Mary and Joseph took the baby Jesus to the temple at Jerusalem to be presented to God (part of the Jewish tradition). The Gospel of St Luke says that Jesus was met by Anna and Simeon. Anna and Simeon were two older people who spent most of their time in and around the temple in Jerusalem. They recognised Jesus as the Messiah, Simeon held him and called him 'a Light to the World'. The festival is known as 'Candlemas' because this was the day that all the Church's candles for the year were blessed. On Candlemas night, many people placed lighted candles in their windows at home.

So, we have festivals throughout Epiphany tide to keep us going until we feel that the worst of the winter months are over. Although Christmas Day has come and gone – there is still the joy of the incarnation, when God became flesh, to experience everything that we experience as human beings. But we know the end of the story, that Jesus grew up, and suffered for us on a cross. Not just for the Jews, but for everyone – regardless of status, creed, culture or colour.

This is great news! I hope that you will come and experience for yourselves some of the festivals of Epiphany tide – and feel the love of Christ, who came to live his life among us, and still lives with us today.

with every blessing

Sharon

Canon Sharon Potter

revsharon2@gmail.com, 01284 828599 or 07825 086063

Cockfield Benefice Services & Events January 2024

Sunday 7 January Epiphany	9.30am Communion CW - Stanningfield 11am Communion CW - Bradfield St Clare 6pm Six2Seven - Felsham Village Hall
Sunday 14 January Epiphany 2	10am Morning Prayer CW - Cockfield 10.30am Communion CW - Bradfield St George 6pm Praise & Worship - Gt Whelnetham
Sunday 21 January Epiphany 3	9.30am Morning Prayer CW - Stanningfield 10am Morning Worship - Felsham 10.30am Communion CW - Cockfield 4pm Evening Prayer CW - Bradfield St Clare
Saturday 27 January	Crafts - Fun - Food - Story - for all children (must be accompanied by an adult) 3-5pm. Venue TBC. Contact Canon Sharon for more details.
Sunday 28 January Presentation of Christ in the Temple (Candlemas)	9.30am Communion CW - Gt Whelnetham 10am Worshipping Together - Bradfield St George 10am Communion BCP - Gedding

Please note these may be subject to change - visit www.cockfieldbenefice.com for more details or contact

Canon Sharon at revsharon2@gmail.com or tel:01284 828599

A short service of Celtic-style morning prayer is held every week at 9am at Cockfield on Tuesdays and at Stanningfield on Thursdays.

A zoom prayer group meets every Wednesday at 2pm - contact Canon Sharon for more details.

December Advice Column: Winter Fuel Bills

I am a single parent with two kids, and I'm really worried about how I'll afford to pay my energy bills when I have to start putting the heating and lights on more now winter is here. At the moment I just about have enough money to cover my bills but there is nothing left over. The thought of getting into debt keeps me awake at night but the idea of my children being cold and possibly unwell as a result is just unbearable. What can I do?

You are not alone - a record number of people came to Citizens Advice with energy debt in the first four months of 2023 (32,400) - a 112% increase on the same period in 2020 (15,200). There are things you can do to feel in control when it comes to your energy bills. There are some simple tips to help save money on your energy bills. They won't cover all the extra costs, but they can make a difference:

- Check your thermostat: A room temperature between 18°C and 21°C is ideal for most people. Try turning your thermostat down by one degree within this range – it could save you around £115 a year. If a medical condition means you need a warmer home, ask your GP what room temperature you should aim for.
- Keep the heat in: Check your home for any gaps in the doors, windows and floors. Blocking any holes where you could get a draught could save you around £30 a year. It is important to allow for some ventilation as without it mould and damp can form.
- Turn off anything you're not using: Turning your appliances, like TVs and washing machines, off instead of leaving them on standby could save around £60 a year. Turning off lights when you're not using them – even if it's just off for a few seconds - could save around £25 a year.
- Consider using LED lightbulbs, which cost less to run.
- Watch your water usage: Cutting your shower time by just one minute can make a difference. If everyone in a four-person household with a water meter did this, they could save around £75 a year.

If you're struggling to afford your energy bills, you might be able to get support from the government or your energy supplier. The first step is to contact your supplier to find out what they can offer. You may be eligible for benefits including the Warm Home Discount, Cold Weather Payments or the Household Support Fund, find out more about these on our website. For more information visit the Citizens Advice website at www.citizensadvice.org.uk or call Sudbury and South Suffolk 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.



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Christmas and New Year Waste Collection Schedule 2023-24



Refuse (general rubbish) and recycling collections

Collections will take place as normal up to, and including, Friday 22 December 2023.

Refuse and recycling collections will be on an amended schedule from Monday 25 December 2023 to Saturday 13 January 2024.

	Usual collection date	Amended collection date	Change
Recycling	Monday 25 December 2023	Wednesday 27 December 2023	2 days later
	Tuesday 26 December 2023	Thursday 28 December 2023	2 days later
	Wednesday 27 December 2023	Friday 29 December 2023	2 days later
	Thursday 28 December 2023	Saturday 30 December 2023	2 days later
	Friday 29 December 2023	Tuesday 2 January 2024	4 days later
Refuse	Monday 1 January 2024	Wednesday 3 January 2024	2 days later
	Tuesday 2 January 2024	Thursday 4 January 2024	2 days later
	Wednesday 3 January 2024	Friday 5 January 2024	2 days later
	Thursday 4 January 2024	Saturday 6 January 2024	2 days later
	Friday 5 January 2024	Monday 8 January 2024	3 days later
Recycling	Monday 8 January 2024	Tuesday 9 January 2024	1 day later
	Tuesday 9 January 2024	Wednesday 10 January 2024	1 day later
	Wednesday 10 January 2024	Thursday 11 January 2024	1 day later
	Thursday 11 January 2024	Friday 12 January 2024	1 day later
	Friday 12 January 2024	Saturday 13 January 2024	1 day later

From Monday 15 January 2024, collections return to the normal refuse and recycling collection schedule.

Garden waste (brown bin) collections

Collections will take place as normal up to, and including, Friday 22 December 2023.

There will be no garden waste collections during the weeks commencing 25 December 2023 and 1 January 2024.

From Monday 8 January 2024, collections return to the normal garden waste collection schedule.



Please put your bin out by 6.30am

To check for delays and report a missed collection, please visit www.babergh.gov.uk
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Friday	10.00 – 1.00 & 2.00 – 5.00
Saturday	10.00 – 2.00
Sunday & Wednesday	CLOSED

Fundraising with Tracy Borman



The Friends enjoyed another successful visit on 28th October from our patron, Tracy Borman, who gave one of her usual interesting and entertaining talks, about Anne Boleyn and her daughter, Elizabeth I.

A capacity audience also enjoyed afternoon tea. Thanks not only to Tracy but also to the many volunteers and charitable donations, we raised very welcome funds for our library.

The future of libraries in Suffolk – Have your Say

Suffolk County Council have started their consultation and want to hear your views on Suffolk Libraries. We're encouraging everyone who visits our libraries or uses the library service to take part in this consultation and have their say!

Suffolk Libraries offer free books to borrow and provide community spaces to learn, socialize and take part in activities.

You can access the online survey by visiting www.suffolk.gov.uk/LibraryConsultation Those who cannot access the consultation online can request a printed copy by calling 0345 603 1842 or visit the library where we have paper copies with self-addressed envelopes available.

Please take the opportunity to express your views. It will only take a view minutes. This survey is **particularly important** because Suffolk County Council's contract with Suffolk Libraries comes to an end on 31st May 2025, with a new contract set to begin in June 2025. The council is seeking views from the public about what is important to them, ahead of awarding the new contract. **The consultation is open until Friday 26 January 2024.**



Lavenham Library would like to thank our customers for their support and we wish you all a very MERRY CHRISTMAS!

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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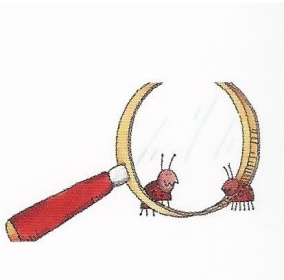
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Congregational Church Corner

As we begin our first Alpha course this month, it is appropriate that it should start at the beginning of a New Year, when the question for us is: what lies ahead? The answer to that question is, of course, unknown to us, who walk by sight, but Jesus knows what is in store for us, as He is "Alpha and Omega" - the beginning and the end (Revelation 22:13). As far as He is concerned, the future has already occurred, because He lives in the eternal present, and thus sees everything from start to finish, without awaiting for events to unfold, as we have to.

Seeing into the future is an experience wholly alien to us, because we live from moment to moment and cannot see one minute ahead of us in time. If we could, then we would avoid so much pain and hardship that can so adversely affect us in our lives. But we are limited, and can only await for things to happen before we react to them. For this reason, it is wonderful to know that we can put our trust in the one who knows our future; who has promised to guide us day by day and who assures us that all things will work together for our good (Romans 8:28). Humanly speaking we may feel isolated and in need, but Jesus is always there for believers, and has promised never to leave us nor forsake us (Hebrews 13:5), and has promised to be our comforter (John 14:18). Wonderful thoughts upon which we can rely, when all before us is unknown.

The Alpha course is also an unknown quantity, as we do not know who will attend or why, but God knows, and it may be that He has a divine appointment with some or all of the attendees. If so, then how exciting this will be for them; as it may prove to be a new beginning that will change their lives completely. This has been the case for many course attendees in the past, who have testified to the wonder of transformed lives which they have been able to trace back to their attendance at one of these courses.

And so, please pray, that the Holy Spirit will brood over all of the attendees, asking that God will richly bless them, as He brings about wonderful changes in their hearts and lives. And, above all, that He leads them to salvation in and through the Lord Jesus Christ, whom to know is life eternal.

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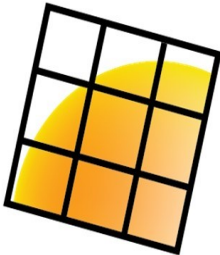
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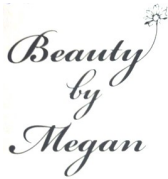
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March 2023 Web

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Cockfield Carpet Bowls Club	June Pettit	carpet.bowls@cockfield.org.uk
Cockfield Cemetery	Ralph Turner	828201
Cockfield Charties	Tony Box	charities@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
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Local Member	Clive Arthey	01787 211316
		_clive.arthey@babergh.gov.uk
Local Member	Margaret Maybury	01787 464358
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Doctors	Long Melford Practice	01787 378226
Earls Meador/Bruffs Line	Rodney Williams	earls.meadow@cockfield.org.uk
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