

# Green Links

May 2024

The Monthly Village Magazine of Cockfield



New Barn Footpath

Photo Kathryn Vernon

## Green Links Copy Deadline!

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

Janne Cutting-Keyton, Newholme, Smithwood Green,  
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# Green Links



The Monthly Village Magazine of Cockfield  
Edition 4- No 204 May 2024

Chairman and Distribution  
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Secretary  
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Morag Kelly  
Sue Harrison

## St Peter's, Cockfield

### Dates for your diary

Saturday 25 May	Coffee morning and plant sale in the church yard.
Sunday 1 September	Summer Lunch at Milton House.
Saturday 16 Nov	“Craft and Artisan Fair” in the church.
Sunday 18 Jan 2025	Winter lunch in the village hall.

## **Cockfield Community Coffee Run by Cockfield WI 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](mailto:wi@cockfield.org.uk)



[www.cockfield.org.uk](http://www.cockfield.org.uk)

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## Catey Preschool May 2024

April has been packed with lots going on with Easter activities and the build up to the spring break. The children have been very busy with spring time activities and crafts and were very excited for the holidays and chocolate eggs!

May for all of us at preschool is such a lovely time of year. The children can spend so much time enjoying the outdoors. We now have to consider covering up with suncream and summer hats as sun safety is so very important for the children to learn about.

Preschool is bustling now and some new and existing families are able to access the new funded hours for their children which is a great help for working families. This had enabled some children to extend their hours helping to keep our little preschool busy and well attended.

If you would like a space for your child please feel free to contact us. Check out our website and Facebook page to see all the fun things we do at Catey preschool.

Have a lovely May everyone!





# Cockfield Annual Parish Meeting



**You are invited to  
Cockfield Village Hall on  
Thursday 16th May 2024 at 7.30pm**

## **What is an Annual Parish Meeting?**

A chance for the Parish Council to explain what it has been doing in the last 12 months and what's planned for the next 12 months or so. Also it is an opportunity for representatives from local bodies and organisations to talk directly to residents and you, as a resident, to question what is going on in the village.

## **Who Can Attend?**

Anyone and everyone is welcome to attend.

## **Will I be able to ask questions and make comments?**

Yes. Not only will your views be welcomed but also it is precisely why the meeting is held. Raise anything you feel is important or needs saying.

## **Who will be there?**

By law, the Parish Council Chairman will lead the meeting. Parish Councillors will be there plus your District and County Councillors, however, they are mainly there to listen and take note. The real purpose of the meeting is to enable you and other residents to have your say. Local clubs, societies, voluntary and statutory organisations will also provide representatives to speak about their work.

## **How long will the meeting last?**

As long as is needed but usually no more than a couple of hours - but you can come and go as you see fit.

**This is not 'another boring meeting' - unless nobody turns up!  
So come along - meet others - raise matters important to you.**



# Cockfield Parish Council

Minutes of the Ordinary Meeting of the Parish Council held on 29 February 2024 at 7.30pm held in the Village Hall, Cockfield.

**Present:** Cllr Ian Levett (Chair), Cllr Janne Cutting-Keyton (Vice-Chair), Cllr Dale Baber, Cllr Joe Brinkley, Cllr Sarah Fletcher, Cllr Nic Knight and Cllr Robin Morley.

**In Attendance:** District Cllr Paul Clover, 4 Members of Public and the Clerk.

## 2023/200 Apologies for Absence:

Suffolk County Cllr Robert Lindsay, District Cllr Margaret Maybury, Cllr Andy Golding, Cllr Ralph Turner and Steven Coughlan (Community Police Officer).

## 2023/201 Declarations of Interest

Cllr Cutting-Keyton declared a Non-Pecuniary Interest in Agenda Item 8.2 Payments, as treasurer of the WI, who are the recipients of a cheque from the Parish Council.

## 2023/202 Minutes of the Last Ordinary Meeting of the Parish Council

It was proposed by Cllr Cutting-Keyton and seconded by Cllr Knight that the minutes of the Ordinary Meeting of the Parish Council, held on 25 January 2024, be signed as a true record. The proposal was carried.

## 2023/203 Outstanding Actions:

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

**2022/184.1: Reduced Speed Limits:** Cllr Levett to draft Options paper (Agenda Item 10). **(Action Closed)**

**2023/104.2: BMSDC Cllrs Report: Planning** Cllr Cutting Keyton advised that the Planning Consultation Group met with a representative from SCC Highways on 14<sup>th</sup> February. The Representative outlined SCC Highways position on the development, and subsequently confirmed that the Triangle was classified as 'Highway'. **(Action Closed)**

**2023/135.2.1: Safety Sign on Great Green:** The Clerk confirmed that Cllr Turner had procured two small Safety Warning signs for the Village Green and will meet with the Greens Committee representatives to agree where to site them.

**2023/146.2: Babergh District Cllr Report:** Suffolk County Cllr Lindsay previously confirmed that SCC Highways trial use of Glycosulphate alternatives to control weeds had not been successful and new recommendations were to be submitted to SCC's Cabinet on 27<sup>th</sup> February. In Cllr Lindsay's absence, there was no further update.

**2023/148.3: Parish Council Investments:** Cllrs Levett, Cutting-Keyton, Morley and Golding to furnish proof of identity at Cambridge Building Society before the Parish Council can open a Deposit account. (Agenda Item 8.3).

**2023/153: Community Shop & Post Office:** Cllr Fletcher to provide an update to the 28<sup>th</sup> March Parish Council Meeting on the Cockfield Village Group's progress in purchasing the Plough & Fleece Pub and will supply details of their Business Plan for the future of the Pub as a long-term location for the Post Office & Shop

**2023/188.2: Precept:** BMSDC have acknowledged Cockfield's Precept Application and confirmed 1<sup>st</sup> instalment will be paid in April 2024. **(Action Closed)**

**2023/193: Quiet Lanes:**

The Clerk has provided feedback to the Windsor Green resident. **(Action Closed)**

**2023/194: Jeffreys Green Signage:** Cllr Morley to present estimates for signage options at the 28<sup>th</sup> March Parish Council Meeting.

**2023/195.2.1: Greens Management:** Cllr Brinkley confirmed that Cargate Ltd would be visiting Great Green on 4<sup>th</sup> March to pump out the drainage sump. **(Action Closed)** - The Clerk to pursue pricing options from Vertas Group Ltd.

**2023/195.2.2: Glebe Land:** Cllr Levett has issued renewal notices to existing Allotment holders and 6 have already renewed. **(Action Closed)**

**2023/204 Public Participation Session:**

**2023/204.1 Suffolk County Councillor's Report:**

Cllr Lindsay circulated his report to Cllrs in advance of the meeting. In Cllr Lindsay's absence there was no further update.

**2023/204.2 Babergh District Councillor's Report:**

Cllrs Clover/Maybury's joint report was circulated to Cllrs in advance of the meeting. Cllr Clover encouraged the PC to respond on BMSDC's consultation proposal to introduce car parking charges in Lavenham, Sudbury and Hadleigh (Agenda Item 15). Cllr Clover also highlighted the increasing flooding problem and the need for increased maintenance.

**2023/204.3 Public Participation Session:**

A resident raised the issue of damage to the bridge at the end of Old Hall Lane and confirmed that SCC Highways have undertaken an inspection. Damage to Cross Green was also raised. Cllr Morley advised that this had been reported to Chambers Bus Company and was being monitored.

**2023/205 New Policing Model:**

In Steven Coughlan (Community Police Officer covering Sudbury Rural North)

absence, this was deferred until Steven can attend a future meeting. Cllr Cutting -Keyton offered to circulate details of the Policing Model to Cllrs after the meeting.

## **2023/206 Planning:**

**2023/206.1 Applications Received:** It was noted that the following applications had been referred to the Parish Council:

**DC/24/00631:** Proposal: Application for a Lawful Development Certificate for an Existing Use or Operation or Activity including those in breach of a planning condition. Town & Country Planning Act 1990 - Confirmation that a Portacabin has been used as an office for over 10 years. Please see attached forms: Corner Farm, Lawshall Road, Cockfield, Bury St Edmunds Suffolk IP30 OJP **(The Parish Council had no comment as this application is outside the parish boundary of Cockfield).**

## **2023/206.2 Decisions Received:**

**DC/23/05684** Discharge of Conditions Application for DC/21/03681 - Condition 4 (Agreement of Materials), Condition 7 (Approved Phasing of Development), Condition 8 (Sustainability of Development), Condition 9 (Biodiversity Enhancement Strategy), Condition 10 (Wildlife Sensitive Lighting Design Scheme), Condition 12 (Construction Management), Condition 13 (Provision of Parking and Turning), Condition 14 (Refuse Bins and Collection Areas) and Condition 15 (Details of screen walls and fences): Land To The North West Of, Mackenzie Place, Cockfield, Suffolk. **(Conditions APPROVED)**

**DC/24/00265:** Discharge of Conditions Application for DC/23/03374 - Condition 7 (Great Crested Newt Method Statement), 8 (Biodiversity Compensation and Enhancement Strategy) and 9 (Wildlife Sensitive Design Scheme) Location: Buttons Green Farm, Buttons Green, Cockfield, Bury St Edmunds Suffolk IP30 OJF **(Conditions APPROVED)**

**DC/24/00326:** Discharge of Conditions Application for DC/22/06241 - Condition 9 (Materials): Three Horseshoes, Stows Hill, Cockfield, Bury St Edmunds Suffolk IP30 OJB. **(Conditions APPROVED)**

**DC/23/05936:** Householder Application - Erection of part two storey and single storey side extensions (following demolition of existing single storey extensions) New garage. Highview, Great Green, Cockfield, Bury St Edmunds Suffolk IP30 OHN **(Planning Permission has been GRANTED)**

**DC/24/00068:** Householder Application - Erection of shed in rear garden to provide external store and associated fence Ludlam House, Great Green, Cockfield, Bury St Edmunds Suffolk IP30 OHJ. **(Planning Permission has been GRANTED)**



### **2023/206.3 Request from resident for Parish Council to allow him to purchase land from SCC that was due to be transferred to the Parish Council:**

The resident was in attendance and outlined his request. The Clerk outlined the potential issues of concern that the Parish Council had with the proposal and those raised in discussion with the SCC Farms Management Team. Cllrs considered the application but agreed that they couldn't support the request.

### **2023/207 Finance:**

#### **2023/207.1 Financial Statement:**

The Clerk outlined the Financial Statement.

#### **2023/207.2 Payments & Income:**

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

Councillors authorised payments covering February 2024.

#### **2023/207.3 Building Society Account:**

It was proposed by Cllr Levett and seconded by Cllr Morley that the Parish Council transfer £100,000 of Earmarked Reserves and Neighbourhood CIL from its Community Account into a new Building Society Deposit Account. The proposal was carried.

### **2023/208 School Request:**

The Clerk circulated a briefing note to Cllrs in advance of the meeting and highlighted the key issues. It was proposed by Cllr Morley and seconded by Cllr Cutting-Keyton that the Parish Council donate £500 to the All Saints School Trust under its Section 137.3 powers in 2023/24 and a further £3,000 in 2024/25 to support the refurbishment of the Library and purchase of new books. The proposals were carried.

### **2023/209 Speed Limits on A1141:**

Cllrs considered Cllr Levett's proposals paper (circulated in advance of the meeting). It was proposed by Cllr Morley and seconded by Cllr Baber that the Cllrs should pursue a speed reduction. The proposal was carried. The Clerk was asked to arrange a meeting on site with the Highways Warden to discuss the Parish Council's concerns about the current speed limits and potential safety risks.

### **2023/210 Village Website:**

**210.1:** It was proposed by Cllr Levett and seconded by Cllr Baber that the Website Working Group's Roles and Responsibilities paper circulated to Cllrs in advance of the meeting be approved. The proposal was carried.

**210.2:** Cllr Baber provided a verbal update on the migration of the website.

**210.3:** It was proposed by Cllr Baber and seconded by Cllr Levett that the quotation of £463 from OneSuffolk to migrate the website and PC Email be approved and that the Clerk should instruct One Suffolk to proceed. It was also proposed by Cllr Baber and seconded by Cllr Levett that Cllr Baber be authorised to negotiate the provision and migration of additional email accounts, and resolve all outstanding website issues and within a further budget of £500. Both proposals were carried.

**2023/211 Allotment Allocations:**

It was proposed by Cllr Levett and seconded by Cllr Fletcher that the two plots (shortly to become vacant) should be offered to applicants on the waiting list, without an existing plot. The proposal was carried. Cllr Levett to provide potential leaseholders with tenancy agreements and secure their annual allotment fees.

**2023/212 Bio-Diversity Expenditure Initiative:**

Cllr Levett provided a brief verbal update but agreed to defer main discussion until 28<sup>th</sup> March Meeting. Cllr Levett to circulate a briefing note in advance of the meeting.

**2023/213 Earls Meadow/Bruffs Line/Jeffreys Green Signage:**

It was proposed by Cllr Morley and seconded by Cllr Cutting-Keyton that a budget up to £500 be authorised to purchase signage for Earls Meadow, Bruffs Line and Jeffreys Green. The proposal was carried. Cllr Morley and Cllr Turner to investigate signage options and prices and submit a proposal to the 28<sup>th</sup> March meeting.

**2023/214 BMSDC Consultation Paper on Car Parking Charging Policy:**

Cllrs debated the BMSDC Consultation paper and highlighted their concerns. It was proposed by Cllr Levett and seconded by Cllr Morley that the Parish Council should oppose the policy. The Clerk was asked to respond accordingly.

**2023/215 Maintenance Schedule and Asset Management:**

**215.1 Maintenance Calendar:**

Maintenance Calendar (Full Review, February, June, October only)

To undertake full review of 2023/24 Maintenance Requirements for budget preparation purposes

**215.2 Maintenance Matters by exception:**

Cllr Levett to propose a amended format for Maintenance Matters by exception for 28<sup>th</sup> March meeting agenda.

**215.2.1 Greens Management:** Cllr Morley advised that following a resident raising safety concerns about falling tree bark from the large tree adjacent to the

playground, he had removed all the low level loose bark and had asked Stuart Bradnam to remove any high level loose bark and to monitor the ongoing situation. Clerk advised that Vertas Ltd are still outstanding to provide maintenance pricing options.

**215.2.2 Glebe Land:** None

**215.2.3 Earls Meadow:** It was proposed by Cllr Morley and seconded by Cllr Cutting-Keyton that a budget of £70 be authorised to purchase a plaque for the School Tree planted by the village school children in Jeffreys Green. The proposal was carried. Cllr Morley advised that the Community Council have offered to pay for a Williams Pear tree for Bruffs Line.

**215.2.4 Cemetery:** None.

**215.2.5 Playground:** Cllr Knight confirmed he had carried out the monthly play equipment inspection.

**215.2.6 Village Hall Car Park:** Cllr Cutting-Keyton and Cllr Morley to undertake a maintenance inspection.

**215.2.7 Parish Paths:** Cllr Baber has chased SCC on the repair to the Abbey footpath bridge as their deadline has now passed. Cllr Baber to provide the Clerk with SCC Highways contact details so he can contact them about the footpath from Howe Lane.

**215.2.8 Pavilion:** None

**215.2.9 Other Assets:** Cllr Morley reported that concerns had been raised with SHE French Ltd about the cracking to the Bus Shelter asphalt base. SHE to discuss with their subcontractors and respond.

Cllr Morley reported that the Earls Meadow working party had strimmed around the Bus Shelter, as a one-off exercise. It was proposed by Cllr Morley and seconded by Cllr Cutting-Keyton that the Clerk obtain an estimate from a local contractor to undertake this maintenance on a regular basis.

The Clerk was asked to speak with Ian Dowling to see if he was happy to raise a Flag for Peace above the Pavilion to commemorate the D-Day 80 event. Cllr Morley to speak to Hodge Farms to ascertain whether they were happy to light the beacon for the event..

**2023/216 Third Party Liaison:**

By Exception, to receive any reports from lead members on matters which need to be brought to the attention of the Council and to take actions appropriate:

**216.1 Suffolk Association of Local Councils (SALC):** Cllr Knight confirmed his attendance at the next meeting on 12th March.

**216.2 Highways and Emergencies:** None.

**216.3 Police/Fire:** Cllr Cutting-Keyton offered to circulate the Policy Model to Cllrs after the meeting.

**2023/217 Correspondence:**

The correspondence Register was circulated in advance of the meeting.

**2023/218 Matters to be brought to the attention of the Council either for information or for inclusion on the agenda of a future Ordinary Meeting:**

Parish Cllr's Emails Addresses

Bio-Diversity Expenditure Initiative

D-Day 80 Event

Great Green Enforcement update.

**2023/219 Next Meeting:**

The next Ordinary Meeting of the Parish Council will be held on Thursday in the Village Hall (Main Hall) on 28<sup>th</sup> March 2024.

**The meeting closed at 10.05pm.**

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

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## The St Peter's Recycling Stall

St Peter's Plants, Books and Bicycle stall will open again this spring at Northside Howe Lane.

If anyone in the village has a once loved bicycle loitering at the back of a shed that would like a new home, please donate it to St Peter's Church.

Donations will be gratefully received at Northside.







Sunday 21st July 2024

OPEN FROM 12pm till 4.30pm

**FUN  
ACTIVITIES  
INCLUDES:**

Cockfield Village Green

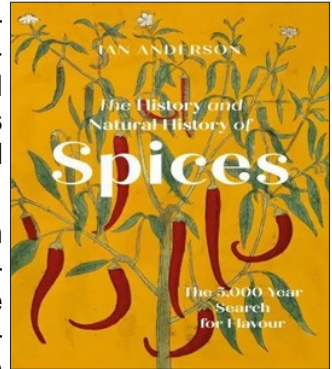
Live music and Entertainment  
Olympic Themed Family Races  
Dog Show - BBQ - Plants  
Teas & Coffees - Beer Tent  
40+ Stalls and side shows

# Cockfield W.I.

## Report for April



In March 2024 it was Cockfield WI's 95th birthday, however our celebrations involving a Literary lunch with a speaker to mark this special occasion were delayed until April due to the availability of the Village Hall. Our speaker was Ian Anderson, who talked about his book 'The History and Natural History of Spices'



He explained about the family groups of spices, which have been used historically as medicines, are often aromatic and although found mostly in warmer climes have been valuable commodities utilized in the northern hemisphere. They were first traded by the Portuguese, then the Dutch, followed by the British. All countries with considerable shipping resources, power and influence were able

to exploit these valuable commodities. Most are edible and add flavour but care has to be taken, as a few are toxic! The coriander and ginger families are significant. Traces and recipes have also been found from 1730 BC in Mesopotamia. Many references have been found to prove they were used as medicines by early Greek and Roman civilizations. A reference to Apicius' cookbook, where 81% of the recipes contained spices, was found on tablets at Vindolanda in Northumberland. The Spice Trade Routes were established later.

A lot of European & North American wealth stems from the trade and the companies, such as the East India Company, in the UK. I could include a lot of other historically important information, but suffice to say it was a very interesting and informative talk!



The buffet lunch we had was also very enjoyable! A lovely occasion and a chance to get together. We decided to save the birthday cake until our monthly meeting, when it was cut by our member Rona.



Our April meeting was an open meeting with a 50's and 60's music theme. We were entertained by Barrie and Pete. They have been making music since the 60's and actually met when they were at junior school! It was a very entertaining and enjoyable evening.

The music was very familiar and brought back fond and poignant memories of their teenage years for many of the members. We were encouraged to join in and to dance too! Great fun

with songs by Billy Fury, Marty Wilde, Elvis Presley and many, many others!

In May we have our AGM and there will not be a speaker. In June our speaker will be Suze Bowers, a tour guide, who will share her adventures working in Spain, France and England. In July we will have a visit and talk from Amanda Sutherland on 'My creative journey in fashion, costume, crafting & creative business skills.'

We are finalising our visits for this year currently and hope to visit the Suffolk Food museum in April/May. Other visits will include our final choice of garden to visit in the summer. It is likely, at the present time, small groups may choose to visit different gardens, depending on their other commitments. Possibly the Yum Yum Fudge factory (who may now be asked if they can visit us next year) and still a possibility, is a visit to the Suffolk Distillery at Stoke by Nayland, during the summer.

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 23<sup>rd</sup> May, in the Village Hall Committee Room. Following that there is one towards the end of June. The monthly coffee mornings will continue throughout the year until there is a short break in December!

The next monthly Saturday lunch is on Saturday 11<sup>th</sup> May, when a ploughman's lunch will be provided! They will then return in the autumn/winter, which will be advertised nearer the time. 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! If you are not able to come in May please look out for the return of the Saturday Lunch later in the year and come and join us 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 at [wi@cockfield.org.uk](mailto:wi@cockfield.org.uk)

Visitors are welcome to attend up to three meetings before deciding about joining or not! There is no obligation! If you need transport we will help too!

Joan Ball

## Tips & Recipes for Seasonal Food in May

*When April steps aside for May,  
like diamonds all the rain-drops glisten,  
fresh violets open every day; some new birds appear  
each hour we listen. Lucy Larcom*

May is an ancient pagan spring festival. Traditional celebrations include dancing round the maypole and the crowning, with a floral crown, of a May queen. The 1<sup>st</sup> May actually falls on a Monday this year and is known as Workers Day & International Workers Day. It is a holiday in 66 countries too.

The weather is warming up, the days are getting longer and there is spring produce around. A great month to get into the kitchen or perhaps start to prepare the barbeque (more next month). Green vegetables and soft fruit are returning!

Top of the list in May could be asparagus, if you like it, during a relatively short season!! Jersey Royals will be available and aubergines, carrots and globe artichokes are coming into season. Peas are useful in a huge range of recipes and particularly appeal to children, who may need to be encouraged to eat green vegetables! Start to use salads perhaps as lettuce, tomatoes, peas and radishes are also coming into season.

Spring lamb is in the butchers and supermarkets and other meat too, perhaps in preparation for a barbeque (fingers crossed). Mackerel, halibut and plaice are caught now as well as salmon, tuna and crab. Berries are beginning to appear including gooseberries.

### **Asparagus, new potato and radish salad**

Tip – the vinaigrette can be made ahead of time and kept in the fridge.

#### Ingredients for the salad

500g new potatoes	1 small bunch of dill, roughly chopped
1 glug of olive oil	For the dressing
A pinch of salt and pepper	130g crème fraiche
125g asparagus spears	4 tbsp horseradish cream
1 handful of sugar snap peas, halved lengthwise	2 tbsp olive oil, plus a little extra
1 handful chopped radishes	1 tbsp lemon juice
1 handful of pea shoots (if available)	1 tbsp cider vinegar
	1 tbsp honey

#### Method

Boil the potatoes in plenty of salted water until tender

Cut in half lengthways and toss in a little olive oil and season.

Toss the asparagus in a little olive oil and season. Set a griddle pan or frying pan over a high heat. Griddle, if possible the potatoes and the asparagus until strong lines appear. Arrange all the ingredients on a serving dish and top with dill and pea shoots.

Whisk together the dressing ingredients, season to taste and drizzle over the salad.

Ready to serve!



## **Smoked Mackerel and Lentil Salad**

### Ingredients

200g lentils, preferably puy lentils

4 sprigs parsley

1 sprig thyme

1 garlic clove, bruised

1 bay leaf

2x125g tins mackerel in sunflower oil, drained or fresh fillets!

½ red onion minced

½ yellow pepper diced

Salt & pepper to taste

1 lemon, juice only

4 sprigs basil, leaves only

### For the dressing

2 tbsp sherry vinegar

1 tbsp Dijon mustard

1 pinch salt

6 tbsp sunflower oil

### Method

To make the lentils, place in a large pan of cold unsalted water on a high heat – add the lentils + ½ the parsley sprigs, thyme, garlic and bay leaf.

Bring to the boil, turn down the heat, and cook for 20-25 minutes, until al dente. Stir with a wooden spoon from time to time.

To make the dressing, beat the vinegar, mustard and a little salt together with a fork in a small bowl. Add the oil drop by drop, beating all the while until the dressing comes together. Add a few drops of water if it becomes too thick.

Drain the lentils, remove the herb sprigs and let the lentils cool until lukewarm. Mix in the dressing and leave to cool further.

Add the mackerel chunks, red onion and bell pepper. Combine well and season. Drizzle with lemon juice and scatter with parsley and basil leaves on top.

## **Pea, Parma Ham and Feta Quiche**

### Ingredients

500g ready-made shortcrust pastry (or home-made!)

1 tbsp olive oil

150g spring onions, thickly sliced

225g frozen (defrosted) or very fresh peas

3 large eggs

200 ml thick double cream

150 ml full fat milk

15 g mint leaves (just picked)

6 slices Parma ham (Prosciutto di Parma)

150g feta broken into 1-2 cm chunks

1 Handful pea shoots

1 pinch salt & freshly ground black pepper

## Method

Roll out the pastry on a floured surface and use to line a 23x3cm loose bottomed sandwich tin. Leave the excess pastry hanging over the sides and prick the base with a fork. Pop on a tray and transfer to the freezer for 30 minutes.

Heat oven to 200 C/180F. Line the pastry case with baking parchment, fill with baking beans and bake for 15 minutes.

Meanwhile, to make the filling, heat the oil in a frying pan over a medium heat and soften the spring onions for 4 minutes. Add the peas and cook for a further 2 minutes & remove from the heat. Whisk together the eggs, cream, milk and some seasoning in a large jug. Reserve the tips of the mint leaves for garnishing and finely chop the rest & stir into the cream mixture. Remove the beans and paper from the pastry case and return to the oven for 10-15 minutes until the pastry is golden. Using a sharp knife trim the edge. Reduce the oven temperature to 180C/160C fan.

Arrange ½ the pea mix and ½ the ham over the base & top with ½ the feta. Pour over the cream mixture, then scatter with the remaining peas, ham and cheese. It will be very full!

Bake for 35-45 minutes until golden and a little wobbly in the centre. Leave to cool for 15 minutes, then remove from the tin. Serve at room temperature, topped with reserved mint leaves and pea shoots.

Joan Ball



**Rural Coffee Caravan**  
Making a difference to rural communities throughout Suffolk

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

We'll be visiting:  
**COCKFIELD**  
Congregational Church IP30 0EH  
10am—12pm  
Thursday 7th December

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!

Information on board  
Come on for a chat...

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

Meet Up Mondays  
Coffee and Friends events  
The Queen's Award for Voluntary Service

**Rural Coffee Caravan**  
**Next Visit to Cockfield**  
**Thursday 2nd May**  
**10am - 12pm**  
**Congregational Church**  
**Everyone is Welcome**

# **NORMAN GREGORY MEMORIAL BIKE RIDE**



## **SATURDAY 13TH JULY St Peter's Church**

Church Lane, Cockfield, Suffolk, IP30 0LA

Three Routes:- 9 miles with Guide, 20 miles or 29 miles

All Rides Start at 10am

Register from 9.30 am

Entry £5.00 Adults, Under 16's Free

Under 16s must be accompanied by an Adult

Entry includes refreshments

All monies raised will go to The RAF Association

All types of Bikes & E-Bikes Welcome

Parking available in the Village Hall Car Park

For more information please contact:-

Tony or Norman via the Editor :  
janne@twerbs.co.uk



## Garden Tips for May 2024

### Flowers & Grasses

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



- Refresh permanently planted pots/containers by top dressing with fresh compost.

## Fruit and Vegetables

- Protect strawberries with straw. This will help in two ways. It will lift the fruit off the ground and suppress weeds.
- Continue to earth up potatoes; simply draw the soil over the shoots to cover them again.
- Time for rhubarb crumble. Make sure you only harvest a third of the total stems at any one picking. You shouldn't cut the stems with a knife, just gently pull and they should come away from the base of the plant easily.
- If you have young fruit trees they will be putting on rapid growth so you need to ensure they are well-watered especially in dry weather.
- Hang pheromone traps in plum and apple trees to control fruit and codling moth activity.
- Check gooseberry bushes for signs of green gooseberry sawfly caterpillars and remove.
- Plant greenhouse tomatoes in greenhouse borders or grow bags.
- Thin out spinach, carrot and lettuce seedlings which have been directly sown. You should then water thoroughly.
- Protect carrots from carrot fly by covering with horticultural fleece. Planting parsley or leeks close by can also deter this pest.



## Trees, Shrubs & Climbers

- Ensure that any newly planted trees are watered during any prolonged periods of dry weather. Try to use rainwater or recycled grey water if possible.
- Evergreen shrubs - Prune out any frost damage branches.
- Once Clematis Montana has finished flowering prune back hard. This will ensure that the plant remains under control and encourage strong growth for flowering next year.
- Choisya (Mexican Orange blossom) – once flowering has finished hard prune. Another shrub, the evergreen Viburnum Tinus can also be trimmed to maintain a good shape and encourage the formation of flowers for next year.





- Other spring flowering shrubs that should be pruned immediately after they have finished flowering are Deutzia, Kolkwitzia, Weigela and Philadelphus.
- Prune wall trained Pyracanthas by shortening new growth to about 3 inches (8cm). This should encourage increased flowering which in turn will provide a great display of berries in the autumn.
- Prune back Lilac trees and bushes once flowering is over. Initially cut back all spent flowers and then remove any crossing branches and any dieback. Remove any suckers from the base. Mulch and apply a general fertiliser to encourage healthy growth for next year.
- Check Roses for any sign of blackspot. If detected then treat with a systemic fungicide particularly suitable for roses.
- Prune back plums and cherries. Aim to create an open centre to allow plenty of air and light.



### **Lawns**

- Continue sowing lawn seed and repairing any bare patches in the early part of the month
- Feed your lawn with a high – nitrogen fertiliser.
- For any brand new lawns you should wait until growth reaches 3 inches or more and then mow initially on a high setting.
- Apply lawn weed killer to established lawns this month.
- Lower mower blades to normal summer height.

### **General Maintenance and planning**

- Clip evergreen hedges early May before bird nesting is in full swing.
- If weather dictates, control heat in the greenhouse with shade paint and automatic vents.
- Hang fly traps in your greenhouse this will help monitor and reduce whitefly and other pests.
- Feed your pond fish little and often.
- If the weather is fine and sunny blanket weed and duckweed will start to colonise the pond surface. You should remove this (a cane to hook and twist blanket weed and a child's fishing net are great for removing duckweed). Once removed lay the discarded weed at the side of your pond to allow insects and other pond inhabitants to escape and return safely back to the water.

Happy gardening,  
Kate Ransom

# Cockfield Carpet Bowls Club



## News from the Carpet

### The winter (season) is over!

The Winter Bowls season has now finished. Having competed in both the Suffolk and Bury Leagues we are pleased to have had a “winning” season, with 14 wins and 8 losses across both leagues. We were placed 4<sup>th</sup> in the Suffolk Division 1 West and a very creditable 2<sup>nd</sup> in the Bury East Division; having won and lost the same number of games as the winners, Stanningfield, but lost out on points scored over the season.

On Sunday 10<sup>th</sup> March several of our members entered the Suffolk Singles Championship, held at Needham Market. We are very proud of Peter Fellingham, who won the competition and is now the reigning Suffolk Singles Champion!!!!

Our charity bowls event in February was very successful (Jeremy updated you earlier in the year). We are very pleased to be able to have raised £1000 to donate to St Nicholas’ Hospice. Thank you to everyone who supported the event.

I am particularly pleased that we have recruited 5 new players over the winter. It’s great to have new members. If you fancy giving carpet bowls a try then please do come down to the village hall on a Monday evening (from 7.30 pm) or give me a call if you want more information. We would love to see you!

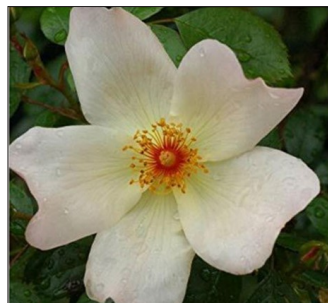
Chris Ford

## Thorpe Morieux & District Gardening Club meeting. February 19th 2024

Our Speaker was Chris Wiley who runs an online shop and plant nursery in Suffolk. His topic was Hellebores. However he also gave us a look at how his career in the horticultural industry began.

One of his early mentors was horticulturalist Peter Seabrook who helped and encouraged Chris in his career. The nursery site where he produces his plants was founded in May 2022 and he specialises in the online selling of eco-friendly alternatives to popular plants, all grown in peat-free media.

He talked about Hellebores - how to grow them, cut them back, and propagate them.



Our competition this month was a for a Winter Botanic Display and was won by Rosie Swiney

### March 18th 2024

Simon White of Peter Beale's Roses gave a talk entitled the 'Romance of the Rose'. He told us a few stories about some of the beautiful roses and also told us about the new owners of the company - Bells Horticulture from Boston - who bought it recently following Peter Beale's death.

Bells are a family-owned enterprise and commercial grower of perennial plants, with a 30 acre production site. The plan is to run the two businesses side-by-side.

We have a visit planned to the 'Rose Festival' at Peter Beale Roses on June 22nd

The competition this month was for the Home Pride Trophy for three scones to a given recipe, and was won by Rosie Swiney (well done Rosie! ).

Our next meeting is on April 15 and will be a garden visit to Windrush Farmhouse, Thorpe Morieux which is owned by the artist Mossy Kennedy.

Patricia Everitt





**COCKFIELD COMMUNITY CINEMA PRESENTS  
TYPIST, ARTIST PIRATE KING (12A)**

**Friday 24<sup>th</sup> May 2024**

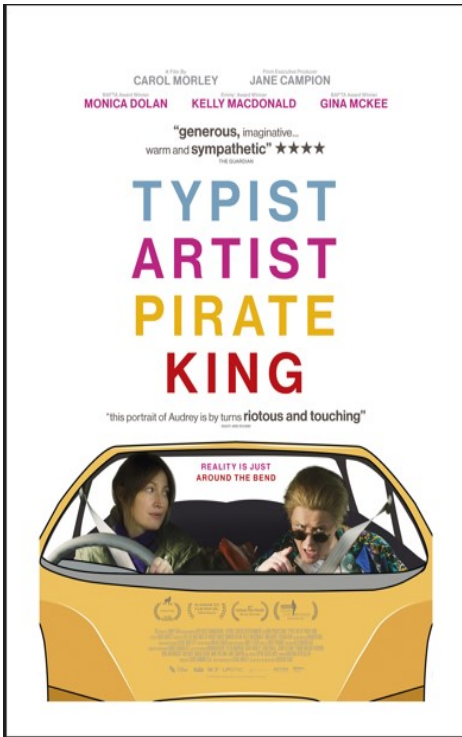
Cockfield Village Hall, Church Lane, IP30 0LA

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



From acclaimed writer-director Carol Morley (Dreams of a Life, The Falling, Out of Blue), comes an imaginative, laugh-out-loud, and emotional road movie putting undiscovered real-life artist Audrey

Amiss on the map. With outstanding performances from Monica Dolan, Kelly Macdonald and Gina McKee, Typist Artist Pirate King is a magical, empathetic, hopeful journey through England and the mind.

When Audrey Amiss and her psychiatric nurse Sandra Panza take to the road in an electric car, searching for an art exhibition, they meet all manner of people along the way, and as a friendship develops between them, there is reconciliation with the past

**MONTHLY SCREENINGS**

**4<sup>TH</sup> FRIDAY OF THE MONTH  
FOR FUTURE SCREENINGS**

**VISIT: [www.cockfield.org.uk](http://www.cockfield.org.uk)**

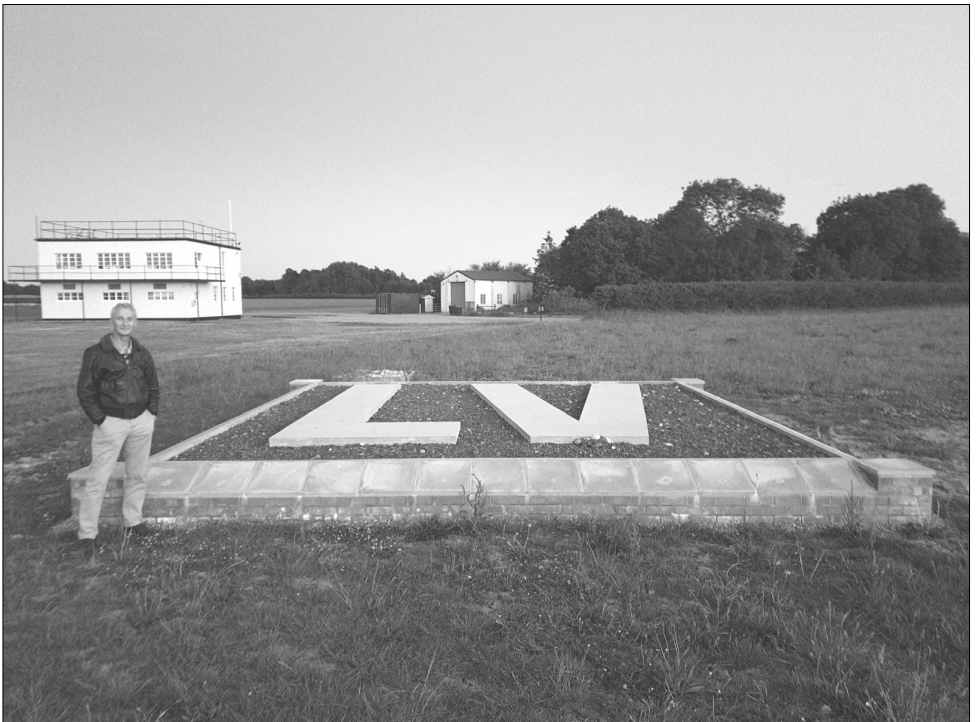
## Return to Lavenham

On 17 March Friends of Lavenham Airfield (FOLA) hosted Elaine Dalpiaz and her son Matthew during their visit to Lavenham. Elaine's father was a sheet metal worker with the 837th Bomb Squadron, 487th Bomb Group (H). He passed away in 2009, but he had been back to Lavenham previously and had fond memories of his time in Suffolk. Elaine and Matthew were over here in England visiting friends and spent the weekend in Lavenham. On the Sunday morning the persistent drizzle failed to dampen their spirits as the two Johns, Cashmore and Pawsey, showed them around the technical site and one of the communal sites where many of the buildings have survived, including the mess hall, camp cinema, Officers's Club, ablation block and the Commanding Officer's Quarters. John Pawsey is our chairman, and it was his grandfather David Alston who owned Lodge Farm during the war years. The farm was right in the heart of the Technical Site on the south side of the airfield, and his mother Jean and her brother and sister had special passes that allowed them to walk around the perimeter track to catch the school bus at Smithwood Green. It's thanks to



David Alston that so many buildings, including the iconic Control Tower have survived. On Sunday afternoon they were taken to IWM Duxford where they were able to see the two types of aircraft that Elaine's father would have helped to repair and maintain, these being the B-24 Liberator and the B-17 Flying Fortress. They were extremely impressed by the Counting The Cost Memorial outside the American Air Museum, which graphically illustrates the human cost of the Eighth Air Force's strategic daylight offensive on Germany and occupied Europe.

For anyone wishing to follow in Elaine's and Matthew's footsteps, FOLA offers tours of the airfield on the second Sunday of June, July and August and September, starting at 10am from the assembly point at the Control Tower, and last about three hours. The cost is £10 for adults and £5 for under 16s. You can book in person at the Lavenham Hub, 2 Lady Street, or by calling **01787 249939**, Mon, Tues, Thurs, Fri 10.30am - 2.30pm, and Sat 11am - 2pm. The guides explain what happened at various stops on the tour in order to tell the story of the airfield during its short life as an operational airfield as Station 137 of the US Eighth Air Force. Tours are limited to about 18 for each tour, and proceeds from the sale of tickets and memorabilia go towards USAAF 487th Bomb Group Memorial Fund. Due to the interest in the Eighth Air Force generated by the Apple TV series 'Masters of the Air' we anticipate increased demand this year, so it's essential to book in good time to be assured of a place on one of the four tours.



The photo shows the memorial on a moonlit evening in May 2020 shortly after its construction, when the lockdown had temporarily halted its completion. It was officially opened in May 2022. Fittingly, there is now also a memorial bench alongside in memory of David. On the Sunday before Memorial Day (which this year is Monday 27 May) we will be having a short commemoration by the memorial which we hope will be attended by representatives of the USAF from RAF stations Mildenhall and Lakenheath.

JG



Since our last report on **Earls Meadow & Jeffreys Green** we have enjoyed the first signs of spring -not as much rain and a bit more sun.

The moles have relented on creating molehills which is most pleasing.

We had a really good show of snowdrops and daffodils and are now enjoying the cowslips and bluebells.

The whole 10 acre site has had two cuts and looks tidy.

We also concentrate our strimming around the culvert area as this is the centre of Earls Meadow & Jeffreys Green.

There looks to be a plentiful supply of blossom on the fruit trees so we hope for no late frosts.

We enjoyed hosting the Annual Duck Race, we think the best attended ever - benefiting from a lovely sunny day.

We are in the process of ordering some signage to explain to visitors where they are and where they may like to discover.

The whole area looks very green as does everywhere this season and we are seeing increased numbers visiting - which we welcome.

We would ask that all dog mess is cleared up by the responsible dog owners please so everyone including the children can enjoy the site safely.

Thank you to the willing volunteers for their continued work in the general maintenance.

R.M.





## **Cockfield Parish Council**

In conjunction with other village organisations  
invite you to join the  
**National Commemoration of D-DAY 80**  
on Thursday 6th June 2024 on Great Green

6.30 pm      Gather on Great Green

6.45 pm      The International Tribute  
A Toast to 80 Years of Peace  
Lighting of the Beacon  
Community Singing

A paid for bar will be run by Cockfield Football Club



Here at Cockfield Primary school, we are all very excited to continue our learning journey in what promises to be an immersive and fun packed Summer term. As the weather begins to improve and our gloves and mittens are replaced with caps and shorts, we are all eager to divide our learning environment between the sanctuary of our classrooms and the beautiful surroundings our school grounds and local area has to offer.

Our commitment to our local area and local community continues - Above you can see Birch class receiving commemoration for their effort in planting the new tree in Jeffrey's Green along with 1000 Snowdrops:

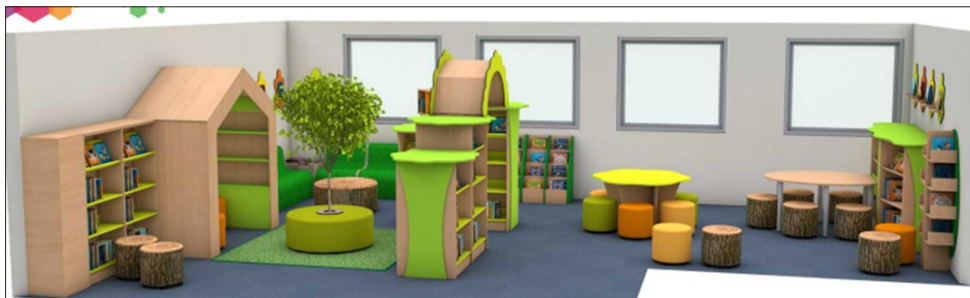
Birch class are looking forward to their upcoming swimming lessons. Our children believe that as well as being fun and great exercise, swimming is an important life skill. Rehearsals for our end of year production are already underway. Pirates of The Currybean will stun its audience with its well-crafted puns, catchy vocals and Westend worthy acting! Year 6 are working incredibly hard to prepare for their Key Stage 2 tests (SATs). And, for many the Pièce de résistance: our three-day residential trip packed to the brim with adventurous activities and team building exercises (A big thank you to those brave adults who have given up their time and sleep to make this possible).

Willow Class have had an exciting start to the term 'flying' to France for a day where they tried typical French foods and explored the famous sites. They will be creating a holiday brochure to entice other people to visit. Later in the term, as part of our Ancient Greeks topic, we will be taking part in an ancient Greek Olympics.

Oak Class will be travelling around the world discovering different animal habitats which follows on from their discovery of the different continents and oceans last half term. We hope to visit Colchester Zoo to find out more about how different animals are suited to the habitats they live in as well as looking a bit closer to home in the school grounds at different micro habitats. If anyone has any pond expertise or spare pond plants, please let Miss Perkins know as it would be great to revamp this area of the school grounds!

Lime class will be learning all about animals too! Their focus texts will be "Dear Zoo" and "The Tiger Who Came to Tea". They will be using these texts to help collect new vocabulary, name animal body parts and describe their features. They will be joining their adventuring comrades in Oak class and taking a trip to Colchester Zoo where they will be taking part in their Dear Zoo workshop! Also, they will be investigating where their favourite animals come from and what they eat.

I would like to bring your focus to our ongoing project of the school Library. We are making significant progress with this project, and I would like to thank all of those involved - at this point, there simply too many helpers to name in this short newsletter which is testament to the engagement a commitment our local community has for its young learners. The design is in progress however, below you will see the theme which the design will be based on. We have had multiple donations of books which are ready to adorn the walls and shelves.



Mr Marc Gilbert (Headteacher)



# Spring Ploughman's Saturday 11th May 12-2pm



We are delighted to announce  
Cockfield Ploughman's Lunch this May.

Spring Lunch available to all in the village.

Come and join us at the Village Hall.

It's only a donation of £1.00

## Cockfield Community Duck Race

This years Duck Race was held on Saturday 30<sup>th</sup> March. The river Brett was in full flow making for some exciting racing. The course marshals had been out early on Friday checking the course ready for the main event. Course conditions were good to fast. The event was very well attended with all 100 ducks being swiftly purchased. Even the sun made an appearance which added to the enjoyment.

We held three races and congratulations goes to all the winners. A special mention goes to Robin who started the races, Mel for making sure all the ducks made it to the finish line, Will for being on the finish line and announcing the 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place ducks and for Rachel for selling the Ducks and providing the prizes. All the children were given a chocolate egg so there were no losers.

Thank you to all who attended, and we look forward to seeing you again next year. IG



## Cockfield

Sadly in February we received the sad news that Rodney Williams, a very devoted and loyal trustee had passed away. Rodney was very much an outdoor man and loved the countryside that he grew up in, worked and lived. He was involved from the very start on the project that saw the purchase of Bruffs line, Earls meadow and then Geoffrey's Green. He gave up much of his free time to maintain and develop the area for everyone to enjoy. For anyone that hasn't visited in a while or is new to the village, now is a wonderful time to visit and appreciate why he loved this space so much.

Rodney also liked to put 'pen to paper' and write in the Green links each month on tales of living in the countryside. We are lucky that he was able to put together a booklet of some of his very amusing tales. He requested that all profits be donated to The Cockfield Community to be used on future projects for the residents of Cockfield. These booklets can be purchased from the community store.

Easter weekend saw our annual Duck race at Earls Meadow. A very successful event with all ducks being sold. The sun came out as some very excited children and adults ran between the bridges trying to spot their duck hoping that it might reach the finishing line first.

In April we held the first of two quiz evenings, and again proved to be very popular, if however you missed this time another is planned for later in the year.

With no events other than the monthly cinema for May and June, the trustees are working hard to organise **The Cockfield village fete on Great Green.** The date is **Sunday July 21st and will open at midday.**

This year we are having an Olympic theme. Do you fancy trying to reach or even beat a Guinness book of world records score? Hopefully you do as we are having our own Cockfield Records Breakers event where you can give it a go, and don't forget to get your family together for Family Olympic Races. In addition to this we have Pooches on Parade, consisting of fun competitions for dogs and their owners. Over 40 craft stalls and side shows along with live music and entertainment including a traditional Punch and Judy show, there will be something for everyone regardless of age. Naturally to keep everyone refreshed we are having a BBQ, Beer tent, Teas, Coffee and cakes as well as food stalls and Ice-cream.

As with any good fete we have a fantastic prize draw. Prizes include tickets for Abbeygate and the new Everyman cinemas, Dog grooming voucher, meal vouchers from local pubs, a hamper full of locally produced foods, afternoon tea at The Shoulder of Mutton, and 3 fantastic top prizes, consisting of £100 cash, 2 West Ham tickets for any game next season or a Beef box from Hall Farm in suffolk. Tickets will be available soon from any Cockfield community trustee and the community shop, or alternatively can be purchased on the day at the fete.

This event takes a great deal of organisation and on the day itself helpers are a great asset. If you feel you could spare some time to help we would be very grateful. You can contact Pauline on 07921151111.

A Saturday night in August - village Bash on Great Green. Music and dancing in the open air, complete with a licensed bar and a BBQ. Date dependent on

weather. Initially scheduled for the first Saturday in August, but if the weather isn't suitable it will go to second Saturday in August and as a last resort the third Saturday in August.

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

Friday 11th October - second cash bingo night in Cockfield village hall.

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

Friday 29th November - Cockfield community AGM in Cockfield village hall.

December - Carols by candlelight - date to be confirmed.

As you can see we have a lot being planned for this year. These events help raise much needed funds for various village projects but this is only possible with your support, so please take some time to look through the list and consider coming to one or more of these events. We are sure you will have a good time and a great way to meet new people.

More details of events are advertised in Green links, on village notice boards and the community broadcasts as the date gets closer.

Don't forget we also have the monthly cinema in Cockfield village hall. Held on the 4th Friday of every month. Doors open at 7pm for a 7.30pm screening. No booking required simply pay on the door where you can also get raffle tickets for the draw which is held during the interval. The bar is always open for alcoholic and soft drinks, ice cream and snacks and the kitchen for tea, coffee and cakes.

Report JP

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**01284 845120**





**PLANT SALE AND  
COFFEE MORNING  
SATURDAY 25TH MAY**

**10am - 12:30pm**

**St. Peter's Church**

**Church Lane**

**Cockfield**

**COFFEE, TEA, CAKES, BOOKS,  
PLANTS and RAFFLE**

**COME AND MEET OLD FRIENDS AND  
MAKE NEW ONES**

**FUND RAISING FOR**

**ST. PETER'S CHURCH, COCKFIELD**



# **THE EMERGERS**

## **LOCAL FOLK BAND**



**11 MAY 2024**

at St Peter's Church,  
Cockfield

7pm

tickets £10 (which  
includes a light snack)

bar available

Enhanced Acoustics!



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## PEEWITS ON THE STUBBLE CRIMBLES FARM COCKFIELD

A new memoir from Felsham Farmer John Poole provides a unique view of a passing age in rural life and farming.

It provides a vivid account of growing up on a small family farm (Crimbles) during World War 11. This was an era of self-sufficiency, before electricity and water, and heavy farm work was done with horses.

Daily life was punctuated by a variety of war incidents, including buzzbombs and air crashes in the area on and around the farm.

The book provides a unique perspective on farming practice in the area during harvest 1940 made possible by the availability of aerial reconnaissance photographs from the Luftwaffe captured at the end of the war.

**The book is available at Cockfield Community Store**

Dear friends

May is a wonderful month. We see our countryside alive with so many colours, and the promise of summer on the horizon. May is also a wonderful month in the church as we celebrate both the Ascension and Pentecost.

Ascension Day, which this year falls on 9 May, is the fortieth day of the Easter Season, and is one of the earliest Christian festivals dating back to the year 68 CE. We learn from our Bible that Jesus met several times with his disciples during the forty days after his resurrection to instruct them on how to carry out his teachings. It is believed that on the fortieth day he took them to the Mount of Olives, where they watched as he ascended into heaven.

The disciples were obviously sad to say goodbye to Jesus their teacher, but they had been promised help by Jesus before he ascended, and that help came on the day of Pentecost. This occurred ten days after the Ascension, when the disciples were sat together at the feast of Pentecost (which was traditionally a Jewish celebration of the early weeks of harvest).

There was the sound of a rushing wind and 'tongues of fire' descended on each of the disciples. These tongues of fire were the Holy Spirit and it gave the disciples the confidence to do the things that Jesus asked of them. St Peter, who had denied Jesus three times before he died, was able to stand up in front of the crowd that gathered that day and speak very eloquently about Jesus and why he had lived amongst them. About three thousand were baptised as Christians as a result!

Pentecost is often known as the 'birthday' of the Church and we will once again celebrate this event in all our services on Sunday 19 May. Do come and join us if you can!  
with every good wish

*Sharon*

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

## Cockfield Benefice Services & Events May 2024

Sunday 5 May Easter 6	9.30am Communion - Stanningfield 11am Communion - Bradfield St Clare 6pm Celtic Communion - Felsham
Thursday 9 May Ascension Day	8am Songs of Praise at the top of Lavenham Church Tower followed by breakfast at 8.30am 10am Holy Communion at Lavenham Church (for more details go to <a href="http://www.cockfieldbenefice.com">www.cockfieldbenefice.com</a> )
Saturday 11 May Messy Church	 3-5pm at venue tbc For all children accompanied by parent(s)/ guardian(s) (contact Rev Canon Sharon for more details at <a href="mailto:revsharon2@gmail.com">revsharon2@gmail.com</a> )
Saturday 11 May	7pm The 'Emergers' concert at Cockfield Church (contact Sue Cole on 01284 828212 for more details)
Sunday 12 May Easter 7	10am Morning Prayer - Cockfield 10.30am Communion - Bradfield St George 6pm Praise & Worship - Gt Whelnetham
Thursday 16 May	2-4pm Village Friends - over 65's club at Felsham Village Hall
Sunday 19 May Pentecost	9.30am Morning Prayer - Stanningfield 10am Praise God Together - Felsham 10.30am Communion - Cockfield 6pm Evening Prayer - Bradfield St Clare
Saturday 25 May	10am-12.30pm Plant Sale & Coffee Morning at Cockfield Church
Sunday 26 May Trinity Sun- day	9.30am Communion - Gt Whelnetham 10am Communion - Gedding 10am Worshipping Together - Bradfield St George

A service of Celtic Morning Prayer is usually held every Tuesday at Cockfield at 9am and at Stanningfield every Thursday at 9am.

*Please note these services may be subject to change – for up-to-date service times see the benefice website at [www.cockfieldbenefice.com](http://www.cockfieldbenefice.com)*



I've just got my first payslip from a new job, I'm slightly embarrassed to say I don't understand what all the different sections refer to. How do I know what each means and if it's correct?

Congratulations on the new job, hopefully you're settling into the new role.

There's no need to be embarrassed about not understanding your payslip. It contains lots of information which can be tricky to get your head around, but it is important to understand. Your payslip shows your pay, deductions, and tax information. All employers are required to give their employees a payslip and it's a good idea to keep them for as long as possible.

The top left corner of your payslip is where you'll usually find your employer's details. Opposite this, in the middle or top right corner, should be your details. This is also where you might find your payroll or employee number, this is what your employer uses to identify you for payroll purposes.

Next, you'll see lots of different numbers and codes. The payment date is when your pay will normally arrive in your bank account, it can be monthly or weekly and fall on any day of the month. Your National Insurance (NI) number refers to your unique number. You must have a NI number to work in the UK. It's used to make sure all your NI contributions are recorded and so you can get any state benefits you're entitled to, including state pension later in life.

Your payslip might show a tax period, the tax year starts in April and ends in March. The number here corresponds to the period in which you're being taxed, e.g., if you're paid monthly, 01 will represent the tax period in April, while 12 would mean March.

Next is your tax code. This is decided by HM Revenue and Customs (HMRC) and is used by your employer or pension provider to work out how much Income Tax to take from your pay. Your tax code is made up of several numbers and a letter. The number refers to how much tax-free income you get while the letters can mean different things depending on your circumstances. You can find out what they mean on [www.GOV.UK](http://www.GOV.UK).

Make sure you're not on an emergency tax code otherwise you'll be taxed more than needed. Now to your pay and deductions. Gross pay means how much you've earned before anything is deducted. Deductions are amounts taken from your gross pay. Common ones include income tax, national insurance, pension, or student loan payments. Income tax is the tax you pay on your earnings to fund public services, this is something you have to pay but the amount will vary depending on your earnings. You pay National Insurance so you can be entitled to certain benefits, and it also contributes towards the NHS.

For more information visit the Citizens Advice website at [www.citizensadvice.org.uk](http://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, get in touch 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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# Announcements

## **Thorpe Morieux & District Garden Club**

### **Annual Plant Sale**

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Kylie via the editor [janne@twerbs.co.uk](mailto:janne@twerbs.co.uk)

## **Drinkstone Annual Sale Trail 2024**

**Saturday 4th May – 9.30am – 2.30pm**

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Sunday & Wednesday	- CLOSED

**QUIZ NIGHT FUNDRAISER**

The Friends of Lavenham Library invite you to join us on Friday 17<sup>th</sup> May for a fun-filled evening of quizzical questions and baffling brain-teasers!

Tables of 6, doors open at 7pm for a prompt 7.30pm start. Cost £5.00 per person. There will be no bar available, but you are welcome to bring your own drinks. Raffle tickets will be on sale with some fabulous prizes. Limited numbers so reserve your place at the library!

**Suffolk Libraries “Make a Difference with a Daisy” Fundraising Campaign**

Look what has just arrived in the library! These fun little fellas are helping with the library “Daisy Makeover” in support of our fundraising campaign “Making a Difference With a Daisy” which aims to raise £20,000 to support Suffolk Libraries. The concept centres around making a difference with the humble daisy; so Jo has been busy creating crochet Daisy themed merchandise.

Apart from these friendly Gonk bag/pencil case charms there are keyrings, bookmarks, hairbands and coasters. All handmade limited editions. Every penny raised from the sale of these items goes to Suffolk Libraries' 2024 fundraiser to support the valuable work across Suffolk. Grab them while you can!

**Contact Details**

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

Tel No: 01787 247729

[www.suffolklibraries.co.uk](http://www.suffolklibraries.co.uk)

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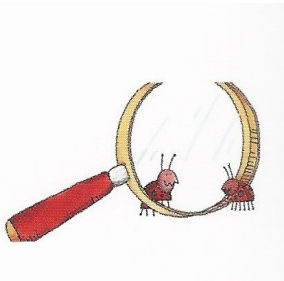
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## Congregational Church Corner

We remember Ascension Day this month, when Jesus ended His earthly ministry, by ascending back into heaven from the Mount of Olives, to take His rightful place at the right hand of God where He intercedes for us (Romans 8:34), and also prepare for us the place that He promised would be ours, for all eternity, in His heavenly home (John 14:3).

The ascension, as recorded in Acts chapter 1, was witnessed by His disciples; and after giving them His final command on earth (verse 8), He defied the laws of gravity, by rising unaided, and without any human or other intervention, into the wide blue yonder, disappearing from them into a cloud (verse 9).

The disciples, although having witnessed many extraordinary things done by Jesus, must have wondered what had happened here, and how He had achieved this extraordinary feat and, indeed, whether or not they could believe their eyes at what had happened. But "He who made all things through the breath of His Mouth" (Psalm 33:6), was not bound by the normal laws of physics, as we know them (or think we know them), and so He was well able to overcome the natural laws of nature; which He, Himself, brought into existence to regulate not only the earth but also the whole universe (Job 38:33).

The disciples were not left wondering about what they had seen for too long, however, because there were "standing by two men in white apparel" (whom we understand to be angels) who, by way of confirmation and amplification, told the disciples: "This same Jesus, who has been taken from you into heaven, will come back in the same way as you have seen Him go" (verses 10 & 11), which confirmed the promise Jesus, Himself, made to His disciples; that although He was going away, He would come back again "to receive them unto Himself" (John 14:2 & 3).

The promise that Jesus gave to His disciples extends, through the ages, to each and every believer today. And just as the disciples were left looking heavenwards to see Him ascend into heaven, so we should keep "watching and waiting, looking above", because one day soon He will keep His promise, and return to earth in "power and with great glory" (Matthew 24:30), when every eye will see Him (Revelation 1:7) every knee will bow (Romans 14:11) and all creation will acknowledge Him as "The blessed and only Potentate, the King of kings and Lord of lords" (1 Timothy 6:15).

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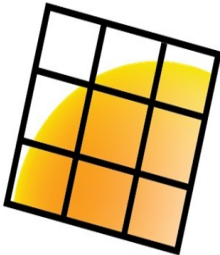
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[megz\\_pryke@hotmail.com](mailto:megz_pryke@hotmail.com)

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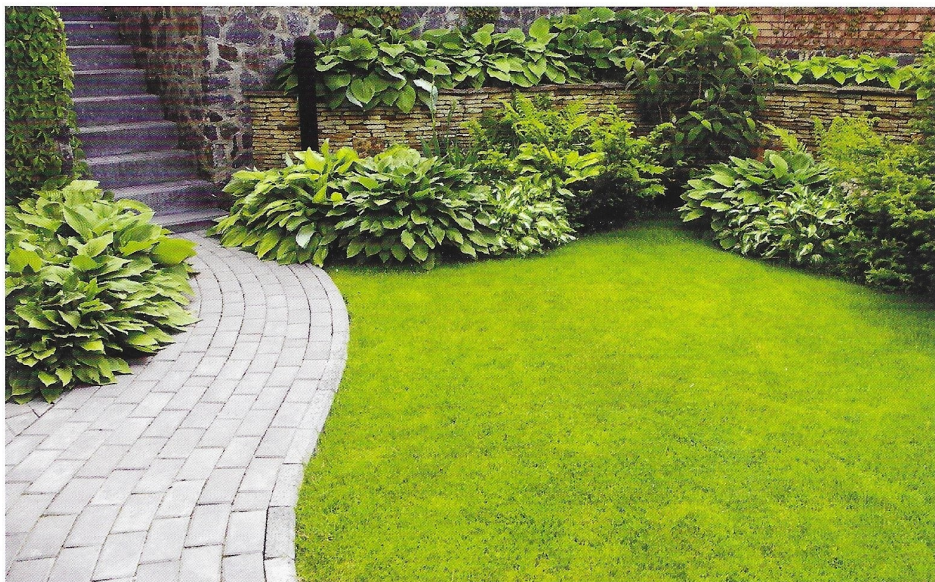
Contact us on 01284 828118 or  
Email [parisheng@btconnect.com](mailto:parisheng@btconnect.com)

# Cockfield Contacts

March 2024 Web

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