



Thank You!

A big thank you to Terry and Susan Wilde, the new landlords of the Bull, who celebrated the re-opening of the Pub by offering free drinks on Christmas Day.

There is still a lot of work to do to return the pub to its former glory with exposed beams and a new garden area. It will officially open at Easter selling a mix of real ales, lagers and quality food.

The Bull Site Development

We're making progress. The power cable has been buried and work to prepare the new playing field has started. The plans for landscaping the boundary have been agreed with St.Edmundsbury's Planners.

The mix and detailed specifications of the new houses has also been submitted for approval - but the process can take up to 8 weeks. Only then is work allowed on the young children's play area - although equipment will be chosen before then. Could you let the Parish Clerk know your views on the equipment you would like?

The current priority is to build the new entrance and boundary between the Bull Pub and Custom Bikes. The road and service pipes should be in place by the end of March.

The name for the new Close, however, has still not been agreed with St.Edmundsbury - they didn't like using the name of the

cottages that used to be nearby (Myrtle) ...
Suggestions please?

From Simon Burgess

Affordable Housing

Following interest in possible affordable housing to be built in Troston, the following are links to websites whereby people can register to go on the housing register for affordable/social rented housing and also the intermediate housing register for shared ownership and other low cost home ownership opportunities:

<http://www.home-link.org.uk> and click "Register"

<https://www.helptobuyese.org.uk> and click "apply on line"

Please do not hesitate to contact me should you require any further information 01284 757608

From Julie Salisbury

Education Grants

Calthorpe & Edwards Education Foundation has existed for over 250 years to help young people under the age of 25 who live in Troston, Great Livermere, Ixworth and other local parishes, with study materials and books required for Further Education. In effect, this means any course which is not offered at Upper School/Community College. This includes NVQs which are not offered in Schools.

The grant, which is usually limited to a maximum of three years, may be extended at the discretion of the Trustees by one year but to no person over the age of 25.

At present the annual grant is **£350** paid in three equal instalments. This sum may vary from year to year depending on the number of applicants.

Application forms can be obtained from me at Chegwiddden, Beaufort Road, Ingham IP31 1NW or email rgboswell@care4free.net

From Mrs R.G.Boswell, Clerk to the Foundation

Social Club

The Social Club mince pie evening in December and the 'winter picnic' in November were both extremely well attended. Great to see everyone!

In February come to our curry night on Friday the 3rd. Choice of curries including mild! (£5) Book with Richard Walker on 269360.

In March also on the 3rd we are running a quiz night with refreshments during the interval. (£4) Don't forget to bring a drink. Further info and booking a quiz table from David Farnaby on 268667

Watch out for the reminder slips and notices on the black board and in the Notice board cabinet.

From Anne Walker

Woman's Institute

We would be delighted to welcome possible new members to the following meetings:

8th February 2017 - OPEN MEETING - ALL WELCOME. 19.45 at Troston Village Hall.

"The History of Painting on Ceramics" By Sue Lord. Sue will illustrate her talk, give a demonstration and if time permits you might be able to have a go. She runs a Thursday morning painting on ceramic class at Sapiston Village Hall for anyone who would like to learn more. Sue once showed Prince Charles how to paint on ceramics!

8th March 2017 - HUSBANDS WELCOME. 19.45 at Troston Village Hall

"A typical day in a community pharmacy - keep taking the tablets!" By Sonia Farnaby.

12th April 2017 – OUTING Visit to Hillcrest Nurseries at Stanton.

10th May 2017 – Annual Meeting & Resolutions. 19.45 at Troston Village Hall.

14th June 2017 – 6.30 pm at Troston Hall, Ixworth Road.

Garden Meeting by kind invitation of Jenny Hewes. If the weather is good there will be a chance to play croquet.

For further information please contact Carol Littlewood on 01359 269769 or 07833 577291 or email: carolhony@gmail.com. Or Sonia Farnaby on 01359 268667.

From Carol Littlewood

Village Hall

Our pretty village hall continues to be a popular venue for small and medium-sized weddings. Wifi has been installed. We already have three bookings for 2017:

Sat 29th April Sat 8th July Sat 26th August.

Please don't hesitate to mail or ring me (269467) if you want to make enquiries or book the hall.

From Sue Bishop

Books to Buy

A number of books, mainly paperback novels have been donated to the Village Hall and are available to buy at 50p each for paperback and £1 for hardback. All monies raised will help the Village Hall funds. If you have books that you would like to donate please contact graeme@Lmrinternational.co.uk or drop them off at Church Cottage.

Mid-Wife at Community Centre

Following a grant from the Parish Council we can now offer a midwife service at the Community Centre. This prenatal care for pregnant mums is open to service wives and the local civilian community.

Please feel welcome to come along - the Coffee Shop is also open!

From Bob Hargreaves, Community Liaison

Toddler Play Group

Mrs. Kasey Austin runs the sessions every Thursday from 1 - 3 pm in the Village Hall. There is a charge of £1.50 per session to help to cover costs.

If you are able to come along with your pre-school age children you will be made very welcome.

Where do we put the Poo Bin?

For many years the Parish Council believed it should encourage dog owners to take

responsibility for their dogs and take their mess home, double bagging and disposing in their own general waste bins. After several requests, a trial bin was put in place to see if there was any demand - the bin was soon overflowing and creating a problem to local residents.

So, where do we locate the poo bin so it can be seen - but not too near a house? By the grit bins on the corner has been suggested - also next to the litter bin by the bus stop. Please let the Parish Clerk know your thoughts.

Broadband Speed

The results of the recent survey on broadband provision across West Suffolk suggests our village is relatively well served. Average download speeds are about **38.88 mbs** - and upload **8.28 mbs**.

If you are getting slower speeds it could be the telephone wiring within the property or from the pole outside. Or you are still signed up to the old BT ADSL broadband?

Domestic Abuse

Last month, Suffolk Police responded to more than 350 crimes of domestic abuse.

It is a Police priority this year to make victims aware that it is not their fault, that they are not alone and they can take steps to stop the abuse.

"We have established a team of highly trained officers who can offer advice and support to help domestic abuse victims. We also work closely with partner agencies as we understand people don't always want to approach the police. If you are experiencing domestic violence, or know someone who

is, please report it and help us make communities safer.”

<https://www.suffolk.police.uk/contact-us/report-something/report-crime>

From Superintendent David Cutler

Game Shooting

As shooting is one of the traditional rural sports in Suffolk, all shooters are expected to follow a series of regulations which make the sport much safer for everyone. Alas, around Troston in recent weeks these rules have not always been followed.

To be clear: it is an offence without lawful authority or reasonable excuse to discharge any firearm within fifty feet of a road or lane. In particular, 24 hours notice should be given to neighbours with horses if you are organising a shoot near their property.

It is the serious criminal offence of armed trespass (whether your gun is loaded or not) to cross land belonging to other people for shooting purposes unless you have gained permission from the land owner beforehand.

Shooters need to be aware of the fact that their pellets may come off objects and strike property belonging to another person. If you are shooting at birds that are sitting in your neighbour's trees, there is a definite possibility that your shot will fall onto their land (as well as the dead birds). This is considered to be illegal if you have not got prior permission for shooting to take place on their land, as a bullet entering private land is deemed to be much the same as trespassing.

Bloody Experience

We all know that good house keeping is looking after the pennies to safeguard the pounds. But why doesn't the NHS get the basics right?

Recently I have had blood specimens taken. On both occasions the specimens were taken by registered nurses Grade 5 (3 years degree) on £13-£15 per hr. A phlebotomist can be trained in a few days, they are paid about £ 7.40 per hr

Why is the Community Trust using registered nurses to spend all their duty hours taking blood at nearly twice the cost of a phlebotomist?

Especially when one nurse was employed by a London agency, costing at least £25 per hr.

I am told the community nurses are run off their feet, and are purely task orientated because of time restrictions. Sufficient funds are there but just mismanaged.

From Jan O'Leary

Health Check

Aged 40 to 74? Even though you might be feeling great, if you're over forty you might be at risk of heart disease, stroke, kidney disease, diabetes or dementia.

A FREE NHS Health Check can help you reduce these risks and make sure that you stay healthy. The check will take between 20-30 minutes and will involve the health professional asking you a few simple questions regarding your family history and lifestyle. They will also check your height, weight and other details, as well as test your blood pressure and complete a simple blood test to check your cholesterol level.

After the check they will talk you through your results and explain to you what they mean, giving you personalised advice on how to lower your risk and maintain a healthy lifestyle. You may also be prescribed further treatment or medication to help maintain your health.

To arrange the check please contact your registered GP practice who will be able to make an appointment for you. Alternatively, you can also contact OneLife Suffolk to arrange the check for you on 01473 718193.

State of the Nation?

How are we faring? St.Edmundsbury voted 57% Leave on a 77% Turnout. The economy appears to have weathered the initial shock of the Brexit vote, although the value of the pound remains near a 30-year low.

Opinion is sharply divided over the long-term effects of leaving the EU. Some major firms in Suffolk have pointed out that the slump in sterling has increased their costs - others that it has increased their overseas sales.

Britain also lost its AAA credit rating, meaning the cost of government borrowing will be higher as we continue to have huge debts. But share prices have recovered from a dramatic slump in value, with both the FTSE 100 and the broader FTSE 250 index, which includes more British-based businesses, trading higher than before the referendum.

A dinner followed by a “State of the Nation” speech by Jo Churchill MP - Friday 20th January 7 for 7.30pm - will be held at the Farmers Club, 10 Northgate Street, Bury St Edmunds. Please come along - cost: £20 per person.

Jo Churchill MP will also be holding surgeries by appointment. If you wish to make an appointment, please contact me on 01284 752311, or 10 Hatter Street, Bury St Edmunds, IP33 1LZ, or lesley.canham@parliament.uk

From Lesley Canham

Church News

Grateful thanks to those who decorated the church so beautifully for Christmas and to Claire for playing the organ on Christmas Eve, making the service extra special.

Thinking of those in desperate conditions the collection of £146 has been given to assist the refugees through the charity Christian Aid - thank you for your generosity.

Times of services in the local area can be found on the noticeboards in the church and the village. Troston has a “café church” service in the village hall on the 4th Sunday of each month. Breakfast is served before the service, so come a few minutes early and have a chat over your drink and bacon sandwich. Everyone welcome. On the 4th Friday of each month, a short service of morning prayers is held in the church at 9am. Please feel free to come along.

Forthcoming services in Troston:

*22nd January Café Church Village Hall
11am*

*27th January Friday Prayers St Mary's
9am*

*26th February Café Church Village Hall
11am*

*24th February Friday Prayers St Mary's
9am*

Although it seems a long time ago, I would like to thank everyone who contributed to the £89.90 donated during my house to house collection, and to the £36 collection given at St Mary's Service of Remembrance. The British Legion is grateful for your help which “helps them continue their vital welfare and benevolent work”

From Jane Harland

Avian Influenza

There are reports of H5N8 HPAI in wild birds along the coast of Europe.

The risk to the UK remains at medium but the migration season is expected to peak in January when migratory birds will be present at their normal wintering sites here in Suffolk.

Please phone Defra 03459 335577 if you come across more than five birds of any species found dead grouped together.

Remembrance Day

On the 3rd August 1914, Britain's Foreign Minister, Sir Edward Grey, was looking out of his office window. It was dusk, and gas lights were being lit along London's Mall, leading to Buckingham Palace, when he remarked to a friend: "The lamps will be going out all over Europe; we shall not see them lit again in our lifetime".

Our country was about to be plunged into the darkness of the First World War, and it would be four long years before Britain would again experience the light of peace

In commemoration and remembrance of the end of the war and the many millions who were killed or came home dreadfully wounded, a chain of over 1,000 beacons will be lit throughout the United Kingdom at **7pm on the 11th November 2018**

More than 320 parish councils have already confirmed their involvement - would Troston like to take part?

Many of you would have had a member of your family involved in this four year conflict, so the event will become a personal tribute in their memory.

From Bruno Peek LVO OBE OPR, Pageant Master

Made Me Think

I don't do poetry. The only school poem we were meant to learn by rote was "I am a sun dial and I make a botch of what is done far better by a watch".

But I came across this recently which made me think. Its called "Crisis"

"There is nothing so bad that it could not be worse

There's little that time cannot mend

And troubles no matter how thickly they come

Most surely will come to an end.

You've stumbled, well so have we all in our time

Don't dwell over them, much in regret

You're sorry, God knows it, well leave it at that

Let past things be past and forget.

Don't despair, don't give in, but just be yourself

The self that is highest and best

Just live each day in a sensible way

And then leave to God all the rest."

From Rev Tony Redman

Next Parish Council Meeting

The next Parish Council Meeting will be in the Village Hall at 19.30, Monday 6th March 2017. Please don't hesitate to contact me with any issues you would like put on the agenda - 01284 787 777 or trostonparishcouncil@btinternet.com

From Linda Harley, Parish Clerk