



Annual Parish Meeting

At the meeting on Monday 8th, residents came up with a “wishing tree” of over 40 ideas for improving the village. Some like the *Bucking Bronco Ride* in the Pub garden may be reigned back... There was discussion about reducing speeding, lobbying for a safer route to the Wood, keeping the bus shelter clean, tidying up the entrance to the village, repairing lay-bys on the Ixworth Road etc.

The idea of a circuit for young people’s BMX bikes was suggested. Equipment for disabled children was also proposed. A dog agility track was described. Ideas for using the old telephone box were raised but no agreement reached. What do you think?

The Meeting also took part in a Question and Answer Session with our local GP, Dr Lockyer, our local farmer, Edward Vipond and with Roger Anderson about Lofft Day.

Six Tips for Survival

Dr Lockyer gave six tips for surviving in the future NHS:

1. Get your children vaccinated, have flu jabs and teens inoculated against meningitis.
2. Keep your own medical records in particular know what tests you have had recently and what your medication is for.
3. Stay active not just physically but also mentally. Strong core muscles help prevent back problems. In the future

there will be less use of pain killers and more emphasis on physiotherapy.

4. Don’t smoke.
5. Eat a balanced diet - essentially more fruit and vegetable but don’t neglect protein.
6. Don’t believe all you read in the Daily Mail - all is not doom and catastrophe!

Farming Matters

Edward Vipond gave an update on issues facing local farms in particular the use of glyphosate to kill weeds, especially annual broadleaf weeds and grasses that compete with crops.

Glyphosate has been the subject of a relicensing battle which split regulators and scientists, with one arm of the World Health Organisation linking the substance to cancer, while another denied any risk. It has been judged safe for public use, however, by the European Chemical Agency and European Food Safety Authority.

Find out more at 'Open Farm Sunday' at Park Farm, Stanton IP321DL on the 11th June between 11am - 3pm. The day will provide an insight into Troston Farms along with other exhibitors including agrochemical manufacturers, British Sugar, RSPB and other local trades involved with agriculture.

“Lofft Day” Saturday 2nd September

Roger Anderson outlined the plans so far for Lofft Day - a series of events to bring residents together for an enjoyable celebration of a remarkable local family.

The main aim, of course, is to just have a fun day with neighbours!

At the moment the day will have a Flower & Art Show in the Church, a History Tour & Children's I-Spy, a Craft Skills Drop-In at the Village Hall, Fun Fair Games like Splat the Rat, Juggling, Dancing, Music, a Hog Roast in the Bull and the Turnip Prize Award. Your ideas on how to make the day a success would be most welcome.

The next planning meeting is **23rd May 20.00** in the Village Hall. We are rather short of helpers. Please come to the meeting or put a note with ideas through the letter box of the Lodge or Church Cottage.

From Graeme Norris

Affordable Housing Register

There is a possibility that Troston might be able to develop a scheme within the village for affordable housing for people with a strong connection with the Village.

In the meantime, here are the links to the websites whereby people can register to go onto the housing register for affordable/social rented housing and also the intermediate housing register (for shared ownership and other low cost home ownership products)

<http://www.home-link.org.uk> Click 'Register'

<https://www.helptobuyese.org.uk> Click 'apply on line'

Please do not hesitate to contact me:
01284 757608

From Julie Salisbury

Troston Social Club

We have a summer picnic planned for July 21st - bring a plate and enjoy a village get together.(6.30 until 9.30). Details will be circulated nearer the time.

We are holding a quiz on September 8th, with the usual format.

Our IT help session was well attended and well received and so we are planning another session on **June 15th**. If people came the first time, then please come again to tell us how you're getting on. If you have any queries on using iPads PCs or Mobiles make a note and come along.

From David Farnaby

Woman's Institute

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

14th June Troston Hall at 6.30 pm.
Garden Meeting by kind invitation of Jenny & Paul Hewes. Please bring some refreshments to share. If the weather is good there will be a chance to play croquet.

12th July Open Meeting - Talk from East Anglian Air Ambulance.

9th August Social Evening to be arranged, possibly at the Bull.

13th September Husbands Welcome
"Tales of a Tapestry" Jane Shepherd will tell us about The Bayeux Tapestry: Stitches, history and other interesting facts.

11th October Patricia Fojut will teach us to make boxes suitable for Christmas.

8th November "Nothing like a Dame"
Harry & Susan Parsons will talk about
their life in Am-Dram!

13th December Claire O'Riordan will
demonstrate making a Christmas Table
Decoration and you can make one
yourself (a charge will be made for
materials).

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

It's lovely to see the Hall being used and
appreciated so much of late! There are
also three more weddings this summer:
Sat 7th July; Sat 14th July; Sat 26th
August.

Our fete games are booked out for three
different events this year and are proving
to be a valuable resource for the Village
Hall funds and the hirers!

Please don't hesitate to contact me
(269467) to make an enquiry, check
availability and to book.

From Sue Bishop

Pilates

Most people have heard of pilates but
many are unsure what is actually
involved. But before I explain more, I'd
like to tell you what brought me to
pilates in the first place.

As with many people I had been having
some ongoing problems with my back.
Years of manual labour, numerous falls
from horses and three car crashes had
culminated in me spending a lot of time

at the osteopath and chiropractor clinics.
In fact I had tried everything pretty
much. But then someone said 'Have you
tried pilates?'

Curiously enough I hadn't. I had always
imagined that pilates was a kind of
inferior cousin of yoga and thought that
it wasn't for me. In the end I decided to
go along and try a class just to rule it
out.

As it turned out, it was the start of my
journey which led to me training as an
instructor. From the very first class I
went to I started to become more aware
of how unbalanced my body had
become. I started to realise that some
muscles had become lazy and that others
were carrying all the strain. As pilates
works the whole body and sometimes
each side of the body separately, I was
able to address the specific weaknesses
and soon started to feel some
improvement in my back.

Longer term my posture has improved
and I have become stronger all over
which makes it so much easier carrying
out day to day tasks.

A typical pilates class will start with a
warm up, performing some gentler
exercises to get the body moving in
different directions, then we move onto
the exercises. You won't get out of
breath or work up a sweat in a pilates
class, although you will burn calories
from using all your muscles. All the
exercises are performed slowly and
methodically with an emphasis on doing
them correctly and with body awareness.

Increased body awareness and strength
will mean that you can go about your
daily life and you may find that general
daily tasks such as carrying the shopping

or bending down to the floor become easier and increased strength and flexibility means that you are also less likely to injure yourself in the future.

For more information and to book a class in the Village Hall please contact me 07753250650.

From Rachel Marsh

Weigh Management

OneLife deliver programmes for families and their children (4-11 years) and teenagers (12+ years), with a high BMI.

The programmes are FREE for residents of Suffolk, they run for 10 weeks and each session lasts for 1 hour. The parents/caregivers will receive a 1 hour lifestyle session covering a range of topics and parenting advice; whilst the children have a fun, interactive physical activity session.

Topics include: Healthy balanced diet, portion sizes, healthy snacks, understanding food labels and increasing physical activity.

Phone 01473 718 193 or Abbeycroft Leisure Centres to find the latest groups in your area.

Community Centre

The Community Centre (and Coffee Shop) is opposite the RAF Camp Post Office and Shops - just down the road into the Camp and on the left. It has a fantastically well equipped Soft Play Area for 3-8 year olds open 10 am to 2 pm Monday to Friday.

From Diane Saunders, Community Liaison

Dog Mess

Our houses are near Green Lane and we would appreciate the help of all dog owners. The problem is not dog mess left on the footpath - but dog mess which owners are picking up then leaving in bags on the edge of the path.

To be honest, a stick flick would be totally appropriate along most of the path but leaving it in a bag is worse than leaving it uncollected - at least then the rain would eventually wash it away.

From Your Neighbours

Hare Shoot

A few weeks ago over 90 hares were shot in the field near Troston leading to Ixworth. Some of the corpses found on the road upset some residents. Indeed, as a quarry, hares divide local sportsmen. Some happily cull rabbits, but never a hare.

In regions where they're rare, I can understand those who would prefer to watch a hare's antics, rather than take one for the pot. However in large swathes of Suffolk, substantial hare populations tuck into a nocturnal agricultural buffet: nibbling the tops off sprouting winter wheat and spring barley and damaging root crops such as sugar beet and turnips.

Hares are game and so cannot be shot on Sundays and Christmas Day. Neither can they be killed at night. Currently there is no closed season for hare shooting; however they cannot be sold during the main breeding season from March 1 to July 31.

On Friday **2nd June 6pm-7pm** there will be a time of prayer in Troston Church where we will pray for each of the homes in Troston. All are welcome; please do join us if you can. If you have any specific prayer requests you would like us to include please let me or leave a prayer request in the box in the church.

On Wednesday **24th May 5.30pm-8.30pm** there is a Diocesan launch event, led by Bishop Mike. The idea is that people can drop in between those times or stay for the whole time if they wish - there will be Prayer Stations in and outside the cathedral for people to stop - reflect - think - pray and At half-hour intervals there will be ten-minute acts of worship under the Cathedral Tower.

This will be a really good event and I would encourage everyone to attend if they can. Transport is available from the local villages; just speak to me or Jane Harland.

There will also be events happening in schools based around the Lord 's Prayer and many primary children from all over Suffolk will be visiting the Cathedral during the afternoon of the 24th to use the prayer stations and join in activities.

*From Rev Tony Redman
tony@theredmans.co.uk*

Rural Pastimes Sunday 11th June

Euston Park 10am to 5pm. If you would like to donate anything to the Tombola Stall at this event it would be much appreciated. Items (preferably not chocolate - we're hoping for a warm day) - can be left with Ann Grimwood, 20 Garden Fields, (01359) 268132 who will get them where they need to be, for which we thank her.

Rural Pastimes is run by volunteers for charity. Since 1991 we have raised £496,000 for local worthy causes. The Supporters Club is looking for new volunteers to help make the next event a success.

Please contact Tim Fogden on 01359 268923 or t.fogden@btinternet.com

From Gill Farrow

Serious Collision

Suffolk Police are appealing for witnesses following a serious road traffic collision at Ixworth Monday 8th May.

At approximately 6.20am, a collision occurred on the A1088 between a blue Nissan Navara and a grey BMW 320 at the junction with Thetford Road.

Two men, both in their 20s and from our area, were transported to Addenbrooke's hospital. One man is described as being in a serious but stable condition and the second man is described as suffering from life threatening injuries.

Police would like to hear from anyone who may have witnessed the collision or seen the manner of driving of either of the vehicles beforehand. Contact the Serious Collision Investigation Team at Suffolk Police on 101 quoting CAD reference 30 of Monday 8 May.

Next Parish Meeting

The next Parish Council Meeting is on the **22nd May 19.30** in the Village Hall.

Please don't hesitate to contact me with any issues you would like discussed - 01284 787 777 or trostonparishcouncil@btinternet.com

From Linda Harley, Parish Clerk



Troston "Wishing Tree"

At the Annual Parish Meeting on the 8th May 2017 residents were asked for their ideas to improve the Village. Proposals were written on post-it notes and stuck like leaves on branches of the tree...

The main branches and ideas were as follows:

Equipment for the Young Children's

Play Area:

Swings
Slide
Climbing frame
Castle/multiplay structure
Sand pit
All-ability roundabout
Paddling pool.

Equipment for Older Children:

Zip wire
Haystack climbing frame
Big-basket swing
Chimes
Trampoline.

PlayingField:

Junior/walking football pitch
Crazy golf
BMX circuit
Dog agility course
Band night & BBQ
School-holiday games
Adult fitness trail.

The Wood:

Permissive path to get to Wood safely
Green-wood working skills
Orienteering for kids - geocache
Wildlife/plant talks
Picnics.

Road Safety:

Speed table on the Bull Corner
Young Children Sign
Relocate Broadband Box
Repair Pull-Ins on Ixworth Road
Chicanes.

Use of Telephone Box:

Book Exchange
Defibrillator
Museum - Old Photographs & Maps
Plant Exchange.

Events at the Bull:

Bucking Bronco - Western Night
Steak Night
Music - Blues Bands
Tasting Different Local Beers
Remember "Skid" Night with Custom Bikes
Bar Snooker.

Social Club:

Timetable of Walks
Line Dancing
Vegas Night - Casino Games
What's On List eg Bowls Club Night
IT - How to use Social Media Sessions
BBQ.

Village Amenities:

Dog Bin near Garden Field
Dog Bin end of Green Lane
Tidy Up approaches to the Village
Ask RAF to tidy garden of their House
Tidy Up Custom Bikes Forecourt
Tidy Up Corner where sand/salt lockers
Rent Tennis Court from Troston Farms
Empty Bus Shelter Bin more regularly
Pigeon Netting for Bus Shelter
Circular-Walk Guide with Gt.Livermere
Buy plot from Beryl Dyson for Affordable Home
Encourage building of Affordable Homes on Livermere Road.