



TROSTON PARISH NEWS – NOVEMBER 2017

Get Ready for Winter

Flu is an unpredictable virus that can cause mild or unpleasant illness in most people. Most people will recover from flu within a week or two. Alas, it can cause severe illness among vulnerable groups including older people, pregnant women and people with an underlying health condition like asthma or bronchitis.

The flu vaccine is offered free of charge at your local Pharmacies to people who are at risk. You are also eligible if you receive a carer's allowance, or you are the main carer for an elderly or disabled person whose welfare may be at risk if you fall ill.

There is a children's nasal spray flu vaccine for two- and three-year-olds, plus children in reception class and school years one, two, three and four, plus children with long-term health problems.

From Sara Deblassie

The Lottery

The Prize Winners for the third and fourth draws this year are:

David & Sonia Farnaby, Vic & Jenny Simmonds and Carole Joyce.

Sue Haines, Jason & Maureen Tilbrook and Marysa Norris.

The next draw will be in the Village Hall at the WI Christmas meeting on Wed 13th December and the final draw will

be in the Village Hall on the 8th of January 2018.

The total prize money for the year is £540.

The Troston Stakeholders paid in £885 at the beginning of the year leaving a healthy £345 to be allocated to our village amenities and good causes which is double the bare minimum required by the Lottery Commission.

Please come forward with projects for the village which you would like funding this year. This could be for example, for the new playing field, Heath Wood, Village Hall, Church and health and well being activities.

From Richard Walker

Community Choir

We will be having a community choir again this year, which will be accompanying the carol services at Livermere on the evening of 20th December, Troston on the early evening of 24th December, and at The Troston Bull, date to be agreed.

Rehearsals will start 8th November and on following Wednesdays until end December. They will be in Livermere Church starting at 7.30 and finishing at 9 each night. As before, I am hoping that light "refreshments" will be provided on a bring and share basis arranged from evening to evening.

This is intended to be a bit of fun, so do please come along and join in, even if you don't think you have the voice. I

have completely lost mine (so need yours more than ever)! We particularly need basses, as always, so if you can encourage your menfolk, so much the better!

Invite along anyone else you think might like to join us, and let's raise those rafters once again.

I'm aware a few people are struggling with Wednesday rehearsals. If this is the case for you, please email me with your preferred day of the week, and I will see if I can offer some additional practices thebeamfromthelighthouse@gmail.com

I'll send out practice tracks over the coming weeks, so even if you can't attend rehearsals, you can still sing along and join the choir for the celebration.

From Claire Pruden

Church News

Remembrance Service this Sunday - collection going to the Poppy Appeal.

Christingle in Troston's Village Hall 10th December at 11am, children bring your parents!

Our Christmas service is Christmas Eve communion with Carols at 7pm and, as last year, we will be lead by the Community Choir.

From Jane Harland

Progress on the Bull Site

The "duck ditch" was capsizing the footpath and was regarded to be dangerous. The County Council, however, told us this was not a high priority to them and they had no monies for the repair - so we offered to pay for it ourselves (which was over two thousand pound). Although some residents are

sad to see fewer ducks others are pleased not to have to pick up the squashed bodies.

The Junior Children's Play Area is progressing nicely. Once the grass has established, the contractors will return to install the safety matting (obviously we cannot speed this process up). On their return a litter bin, seating and soft landscaping will be added to complete job. We need all of this to happen before ROSPA sign-off.

Playing field /football pitch: whilst this was not an ideal time of the year to turn the ground, we did not want to leave the seeding until the spring. So, we took the decision to commence work. The main larger stones have been buried successfully, but with the rain etc, the small flints are still prevalent. I have had meeting with the contractors and they are sending a team of agency workers for two days to hand-pick the bulk of stones. Once this is done, the land will be re-rolled with a flat landscaping roller to remove the undulations. You will have to bear with us whilst we work on the field. I am happy that the grass is establishing and good to see progress

Whilst I understand that you are planning to move the bottle bank to the new playing field, until it and its entrance are established you will need to move the bank off the development land as our service trenches are coming through this area within the next few weeks. Perhaps you could give the Parish Council your thoughts on its location?

From Simon Burgess, Burgess Homes

Honington CEVCP School

We welcomed nearly 40 new children and into our school at the start of the year and all have settled in exceptionally well. It's been a very busy half term with lots of learning taking place both in and out of the classrooms.

Clubs we are offering to our pupils this term include multi-sports, mad science, doodling, Lego and Christmas crafts. We are also offering music tuition for drums, flute, guitar and piano.

Our Year 6 class have already had transition visits to both Ixworth Free School and Thurston Community College, in preparation for their move to high school next September. A Christmas celebration at TCC is also coming up.

Over the coming weeks, two of our younger year groups will be visiting the Cathedral for an Advent workshop and another class are going on a Farm to Fork learning experience at Tesco.

We held a very successful Macmillan coffee morning - organised and run by our Year 6 class - raising a total of £326. Also our Quiz and Chip night was a success, with lots of fun and some very challenging questions!

Our Christmas Fayre, organised by the Friends of Honington School, will be held at the school on Saturday 9 December – 1.00 – 3.00 pm. Please come along and join in the fun.

From Jane Diver

Troston Social Club

On Monday December 4th from 10.30 until noon. Come along, enjoy the first mince pie of the season and chat with your neighbours. Again, IT problems can be brought along because Peter Johns has agreed to be on hand.

The event is free and everyone is welcome to join us!!

From David Farnaby

Soup Lunch

Tuesday lunches have begun again in the Village Hall. A bowl of soup with bread and tea/coffee with biscuits for £3. Proceeds towards St.Mary's Church. Everyone welcome.

Future dates in November 14th, 21st and 28th.

From Jane Harland

Pot Holes and Repairs

I know getting pot holes fixed causes us a lot of frustration. I just wanted to remind you of the reporting system contact details and the escalation process when there is no action.

The first point of contact for standard defect reports should be the Suffolk Highway reporting tool via <https://highwaysreporting.suffolk.gov.uk> or over the telephone on 0345 606 6171.

A log reference number will be given. Using these methods ensures that reports are recorded, managed and tracked. The operational performance of our service cannot be audited without accurate reporting and tracking of reports and casework.

To follow up on a fault/repair/report, please telephone the 0345 606 6171 number and have the log reference number to hand. That way the operator can track progress on the case.

If no resolution contact me. As your County Councillor I will contact the Service Delivery Centre for Troston and try to get action going!

From Beccy Hopfensberger

Neighbourhood Watch

Police are asking residents to be alert for a suspicious white Citroen Berlingo van following a series of rural burglaries & thefts in our area.

The vehicle has been seen in suspicious circumstances on farms and rural lanes across the county and officers would like to speak with the driver who may be able to may be able to assist with their enquiries.

If you see the van, please do not attempt to approach or stop it but contact Suffolk Police on 101. If you suspect a crime is in progress, please notify police immediately on 999.

From Sgt Brian Calver, Rural Crime Team

Burglar Jailed

A Stanton man has been jailed for six years after pleading guilty to a series of burglary and firearm offences in Ixworth and surrounding villages. Stephen Mainwaring, aged 51, was sentenced at Ipswich Crown Court this week.

Between his arrest and sentencing, Mainwaring chose to work with the police and went on to admit a further 30 offences of burglary. He was given a six

year sentence; four and a half years for the burglaries and 18months for possession of a shotgun.

The crimes in question occurred between February 2015 and August 2017 and it is believed that the total value of items he stole exceeds £290,000, some of which has subsequently been recovered.

Burglary is a traumatic and distressing crime and this sentence can only provide small comfort to his numerous victims.

From Detective Inspector Smethurst

Bogus Bailiffs

There has been an increase in cold calls to the public from bogus bailiffs purporting to be working on behalf of a court, attempting to recover funds for a non-existent debt.

The fraudsters are requesting payment by bank transfer and if refused they threaten to visit the people's homes or place work in order to recover the debt. Bailiffs are only used to recover certain debts such as council tax, child support and compensation orders. Bailiffs are not used to recover debts relating to private advertisement - these would be collected by debt collectors. Debt collectors do not have the same legal powers as bailiffs and will not have special court authorisation to act. If you're not sure whether you're dealing with a bailiff or a debt collector, check the Citizens Advice website.

How to protect yourself? Request details of the debt in writing to confirm its legitimacy. Do not feel rushed or intimidated to make a decision based on

a phone call. Take five and listen to your instincts.

If you have received a call, or suspect any other type of fraud, go online and report it to Action Fraud or phone 01284 757327

From Kristina Wilkinson

Dog Fouling

Alas, too many dog owners do not pick up after their dog. From 1 October new dog control orders were introduced for all spaces open to the public in St Edmundsbury. Full details are on the website at www.westsuffolk.gov.uk/dogfouling.

The community has an important part to play in protecting their neighbourhood. We are asking you to pass details of offences to our enforcement officers for them to follow up. If you have any questions, please call me on 01284 757687 or email andrew.harvey@westsuffolk.gov.uk

From Andrew Harvey, Enforcement Officer

Who won the Turnip Prize?

The competition on Lofft Day was judged by the Lord of the Manor: John Browning. In his esteemed view, the most worthy winning ode to vegetables was by Clare Robinson:

There was an old man down my street

Who liked to grow veggies to eat

Carrots, turnips and courgettes too

All to put into a yummy stew

One year a turnip just grew and grew

Till it was far too big for his homemade stew

He put pictures on Facebook so his friends could see

And one of them bought it for an enormous fee

The friend took it home for his wife to see

Who instantly squealed with delighted glee

Days she spent carving with a vegetable knife

Until it truly came to life

Out on the lawn it took pride of place

It had scary shapes and a spooky face

With a light inside so utterly bright

It scared all the children away on Halloween night!

Can we net the Bus Shelter?

The swallows nest in the top space of the shelter and I understand have done so for many years. The breeding season is April to Sept and they will produce one, or in good years two broods. They are site faithful so excluding them may cause them not to breed in the future. They are covered under the Wildlife & Countryside Act and have full protection during their occupation of the site; however, when they leave their site has no protection and measures to deny them access next season are immoral but not illegal.

In my professional view, netting will not work and if they were to become entangled would be a breach of the law; the only practical and effective way would be to board over the entire opening as they will instinctively seek to nest there.

I suggest the Parish just regular clean the shelter. Live and let live would be a good ethos to follow I suggest.

From Ranger, Suffolk Wildlife Trust

Women's Institute

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

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 on times etc please contact me on 01359 269769 or 07833 577291 or email:

carolhony@gmail.com. Or Sonia Farnaby on 01359 268667.

Troston Poors Estate

Any person over the age of 65 and who has been in the Parish for over two years is entitled to be considered for an annual payment from the above Charity. One payment per household.

If you think your financial circumstances mean you are entitled to this payment, and are not already receiving a payment, please contact Vic Simmonds at Sunnyside, 7 The Heath, Troston or telephone 269 219 before the end of November.

From Graeme Norris, Trustee

Shop late - Park free

The Christmas lights switch on 16th November and the start of six late night shopping Thursday's in Bury St Edmunds. To support this, parking will be free from 4pm on Thursdays from next week. Free from 3pm Tuesday parking will still be in place as well.

The following Thursday – 23 November - sees the start of the Bury St Edmunds Christmas Fayre. Then, each of the four following Thursdays in the run up to Christmas will be late night shopping nights.

This is a wonderful time for families to soak up the friendly festive atmosphere, to enjoy the beautiful Christmas lights, to buy gifts and to then perhaps enjoy a meal in one of our brilliant town centre restaurants.

*From John Griffiths, Leader
St.Edmundsbury Council*

Lower Farm

Troston Farms idea to use land in the Village for Housing or Light industrial premises is quite outrageous.

Firstly let me address the Housing issue: More houses would massively impact on traffic flow through the Village and as we all know the issue of speeding cars cannot be controlled now never mind increasing housing. (This particular issue has now reached a point where walking to the Wood is quite dangerous.)

Secondly the mere thought of light industrial premises within the Village boundary would totally destroy the

character of our Village, Troston Farms should be ashamed even thinking about this proposal and should look to the masses of land they own to build away from residential properties.

I for one would mount a vigorous campaign to do all I can to prevent any more houses or industrial units being built in the Village. We chose to live here for the peace, quite and character of the Village (we even don't mind the smell of the farm) not for it to be turned into a profit machine for a Farm that surely makes enough profit from its core activities to be satisfied.

From Paul Walton, Cross Dykes

Magic Show

What progress with Brexit? With forced resignations and no clear majority what is happening with the government of our country at a difficult time? Perhaps some answers at an Evening with Jo Churchill MP on Saturday 20th January 2018 in Pakenham Village Hall. Whatever your political views, please come along.

There will be a light supper and wine. Marco Pusterla has been booked to give us a Magic Show. Perhaps show how rabbits can be pulled from hats? For tickets, please contact me 01359 230800

From Christopher Spicer

Help our GP Surgeries

All GP Practices in England are expected to have in place a patient participation group (PPG) as part of meeting their contract with the tax payer. NHS England believes GP Practices have an important role in explaining to the general public, not just patients, the

coming changes to services and pressing health care issues. The health care budget will never meet demand and it is important the public understand the issues and can give informed views on priorities.

Ixworth Surgery formed a Patients Association (and pioneered the PPG concept) back in the early 1980's to help fund equipment and run a taxi service for patients who could not get to the Surgery. Alas, over the years, only a couple of villages now send representatives to meetings or offer feedback. With increasing workloads the partners have also become less inclined to spend time on educational events. The number of volunteer taxi drivers has also declined.

Stanton/Hopton has an active PPG with regular education and feedback events but struggles to find members to represent young families. Also it has not been able to recruit staff or get permission to extend their building and believes they are under pressure from NHS England to merge or network with adjacent Practices.

If you are interested in the future of our local GP Surgeries and would like to provide feedback or ideas for educational events please contact me 01359 268082 or graeme@Lmrinternational.co.uk

From Graeme Norris, West Suffolk Clinical Commissioning Group

Honington Christmas Meal

The Honington and Sapiston Village Hall Committee will be hosting a Christmas lunch on Sunday December 3rd. with doors opening at 12:30p.m. Residents from all local villages are

welcome. This follows last year's very successful event which was funded by a lottery grant. This year we have obtained a smaller grant but are still pleased to be able to offer the meal and event at the very reasonable rate of £5 a head.

For catering purposes we need to know numbers attending. Tickets will be available from the hall entrance during any opening hours. Please take one ticket for every person attending before the end of November. Money will be collected on the door on the day of the meal.

From Lynn Plampin

Older Persons' Information Fair

I will be hosting the Fair in the Apex on Friday 1st December 10:30 to 13:30. This is a community event, with the specific aim of providing information to older people, on a range of issues

Ultimately it provides an opportunity for would-be service-users to meet service-providers operating in the area. Each organisation will have a space in which to have a display - posters, leaflets and any props to explain their activities. Attendees can tour the stalls and mingle around the various activities going on.

Naturally, the 'stalls' will be interesting and fun. For example, we will have a 'tech corner' giving hands-on tech advice (provided by Realise Futures) as well as

some scam prevention role play (organised by Suffolk Trading Standards and their counterparts). It's also possible that this could become a chance to match people up with some well-suited volunteering opportunities.

The organisations attending cover a range of issues: support networks, health, transport, clubs, advice, befriending schemes, arts, older persons' fitness, gardening schemes, police and fire safety, adult learning groups, volunteering networks, and of course the Rural Coffee Caravan that connects individuals and organisations in some of our rural locations... and we are looking forward to seeing the new caravan!

There will be free refreshments on offer, so come and join me for a 'cuppa'.

From Jo Churchill MP

Next Parish Meeting

The next Parish Council Meeting will focus on financial matters: items for expenditure and the budget for next year. Please feel welcome to come along 19.30 15th November in the Village Hall. The first meeting in 2018 will be on the 8th January.

Do let me have issues to put on the agenda - contact 01284 787 777 or harley.parish@btinternet.com

From Linda Harley, Parish Clerk