



TROSTON PARISH NEWS – NOVEMBER 2019

Christmas Party

We are organising a Christmas get-together on Friday December 13th, in the village hall, 6.30pm until 9.30pm. Everyone is welcome. Just bring a plate of food to share and your own drinks.

Clare Pruden and her Christmas Community Choir will be joining us to sing some carols.

From David Farnaby

Carol Service

The Chairman of West Suffolk Council, Cllr Brian Harvey, invites you to join him for the Civic Carol Service, with The Haverhill Silver Band, at 7.00 pm on Monday 2 December 2019 in St Edmundsbury Cathedral.

Please be seated in the Cathedral by 6.45 pm. The Service will be followed by mulled wine and mince pies in Pilgrims Kitchen.

Please let me know if you are able to attend and whether you will be staying for refreshments afterwards by emailing civic@westsuffolk.gov.uk

From Ruth Pusterla

Coffee Morning

Please come along to the Village Hall and enjoy a coffee and a chance to chat - plus cake - November 12th and 26th, December 10th and 24th, and January 14th and 28th.

From Brenda Burridge

Village Hall

"We'd love to have a pre/post Christmas or New Year party, with all our friends and family, but we just don't have the room. Then there's the parking. And, anyway, I don't want any red wine, ice cream or chocolate all over the sofa or the carpet."

Sound familiar? Well, book your village hall and all those worries are taken care of.

Please contact me (269467) to check availability or book. I'm always happy to show you round if you're not familiar with the Hall.

Book Sale

Thank you to everyone who has contributed to the Book fundraiser for your Village Hall.

So far you've raised an amazing £71.97. The scheme continues so check out the books next time you're there. There are some bargain great reads.

From Sue Bishop

Church News

The Remembrance Sunday service will be at 10:50am on the 10th November in the church. We are very lucky in having an officer from RAF Honington coming to lay a wreath on the war grave.

The service starts early on order to have the two minute silence at 11am. The collection will be given to the Royal British Legion Poppy Appeal.

Forthcoming Services

22nd November 9:30am – Friday Morning Prayers – St Mary's Church

8th December 10am - Christingle and Café Church – Village Hall

24th December 7:30pm – Holy Communion – St Mary's Church

12th January 2020 11am – Café Church – Village Hall

From Jane Harland

The bells will ring again in Troston!

The parochial church council have recently received a very generous donation which will enable them to rehang the bells in the tower, and generally improve the facilities in the church for visitors.

Work is currently underway to consult the amenity societies and obtain the necessary permissions.

Independent of this project, the church has also been successful in obtaining grants which will enable them to undertake essential repairs.

From Rev. Tony Redman

School News

Our numbers on roll are the highest they have ever been. We have also welcomed some new members of staff.

We have started an After School Club which has proved very successful, so along with our Breakfast Club provision we are able to offer care from 8.00 am – 5.30 pm every day.

Our MacMillan Coffee Morning was a huge success – we raised a total of £360 for the charity – well done to our Year 6 children that organised and ran the event.

Our Year 5 class is enjoying Forest School this half term – so if you see them down at the Blackbourne river – give them a wave! All the children thoroughly enjoy the outdoor learning environment, whatever the weather.

This year our Year 4 children are enjoying learning to play the clarinet, courtesy of the County Music Service. We also have a peripatetic music teacher coming into school to teach piano and guitar.

We will be having a Christmas Fair this year - date to be confirmed - look on your village notice board.

From Lynn Plampin

Troston Poores Estate

Under an Inclosure Act passed in 1806, an allotment of land was awarded to the lord of the manor, the rector, churchwardens and overseers of the poor, to the intent that the rents & profits should be laid out in purchasing blankets and fuel, to be distributed among the poor inhabitants of the parish as the trustees should think proper. In recent years the rent of about £2,000 has been distributed in the form of a cheque.

Any person of pensionable age 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 are eligible and not already receiving an annual payment, please apply in writing to The Treasurer, Roger Anderson, Troston Lodge, Troston, IP31 1EW before November 30. The distribution will be made in December.

Stay Warm

Struggling to pay heating bills or to cover the cost of insulating your home? We can give you advice on what is available to:

- Make your home warmer and more energy efficient with proper insulation.
- Get Emergency repairs
- Arrange Emergency fuel payment
- Loan temporary heaters
- Install Central heating.

Call 03456 037686 to get in touch and find out more.

From The Rural Coffee Caravan

Football Pitch

I have contracted Parkers Pitches, who are a 'sports turf management company' based in Woolpit. They have some 35 years expertise in ground care projects. They are currently levelling the football pitch area

with 80 tonnes of sports grade soil and re-sowing areas as necessary.

Once complete they will mark out and install the goal posts. This whole process has cost a few thousand, but at least we can say it has been done by a 'qualified contractor'. Whilst it will never be premier league quality, hopefully it will improve the surface.

From Simon Burgess

Parking Enforcement

The transfer of civil parking enforcement powers in Suffolk from police to councils is due to be rolled out in the early months of 2020.

The changes mean that councils can employ wardens to crackdown on problem parking, with income collected from parking fines to be retained by the councils - rather than being sent to central government.

This covers not only towns but also villages like Ixworth with yellow lines - be warned!

From Simon Brown, Borough Councillor

Strong Bones

Suffolk County Council have recently published a survey of the reasons why people in our postcode area went to the GP and hospital over the last year. Of course, heart and cancer concerns were high on the list - plus men's plumbing problems. What was new information was a tenfold increase in recorded osteoporosis - and so not a surprising high incidence of fracture of the femur of residents in their 80's.

Exercise can be an important component of strengthening your bones as well as reducing your risks for falls through doing balance exercises. But before you begin any exercise program, it's important to get professional advice from a recognised physiotherapist. They will be able to help point you to what exercises are best for you depending on your condition, age, and other physical constraints.

While most types of exercise are good for you, not all types are good for healthy bones. For example, weight-bearing exercises can build healthy bone. These exercises involve challenging your muscle strength against gravity and putting pressure on your bones. As a result, your bones will signal your body to produce added tissue to build stronger bones. Exercises such as walking or swimming may be beneficial to your lung and heart health but won't necessarily help you strengthen your bones.

As important as it is to know what exercises can help you, it's just as important to know which you shouldn't do. Some activities, like climbing, skipping and running, simply put too much demand on your bones and increase the risk of fractures. Known as high-impact exercises, they can place too great a strain on your spine and hips as well as increase your risk for falls. They're best avoided unless you've participated in them for some time.

Exercises that involve bending forward or rotating the trunk of your body, such as sit-ups and playing golf, also increase your risk for osteoporosis fractures.

From Tom Delaney, Public Health Suffolk

Armed Officers?

The recent pursuit of a criminal gang across the fields near Ixworth raised questions at the Police Public Forum. It was suggested that front-line officers in harder-to-reach rural communities should be routinely armed.

The National Police Chiefs' Council said it was committed to a routinely unarmed service at its core. But the right level of armed policing was needed at times: for example to meet possible terrorist threats to the public at Christmas Fayres and Music Festivals.

Deputy chief constable Simon Chesterman, the Council's lead officer for armed policing, said most of East Anglia had very good coverage from armed response

vehicles. But “we are continuing to review and discuss options including the arming of some response officers in harder to reach rural communities.”

Permissive Path?

Troston and Gt Livermere Parish Councils are working on a walk guide that links the two villages. The walks being considering with Suffolk County Council are on established Footpaths and Bridleways from Troston up to Honington Airbase, then down to Ixworth Thorpe and back to Troston. Then along the Livermere Road to Great Livermere and round Ampton Water.

The problem is the stretch from Troston to Great Livermere is on quite a fast road. For safety, Ben Turner has agreed to grant a permissive path along the edge of his field. The next step is to speak with Troston Farms to gain permission for a path from the end of Ben's field along their field edge to Paddock Way.

From Graeme Norris

Fund your own Police Officer?

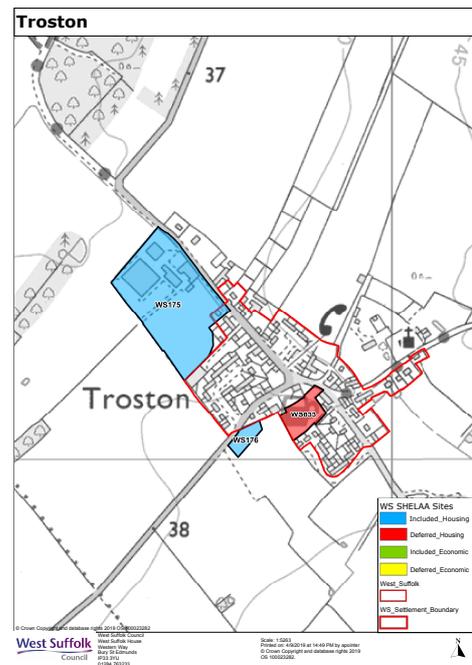
Suffolk Police are looking to increase the number of partner funded PCSOs. Is your Parish Council willing to fund a village police officer?

A partner funded PCSO contributes to the policing of neighbourhoods through visible patrols delivering a visible policing presence, problem solving, anti-social behaviour and community engagement activities with the purpose of reassuring the public, increasing orderliness in public places.

From Lucy Porteous

Possible Development Sites?

A Strategic Housing and Economic Land Availability Assessment (or SHELAA) is being prepared. It is an analysis of possible sites for housing and economic development and does not imply or grant planning permission.



At this stage the authority is seeking the views of the Parish on the suitability, availability and economic viability of the blue shaded sites shown on the above map.

Following consideration of all representations made on the draft 2019 SHELAA document, it will be amended and a final version will be published and available for inspection on the council's website in early 2020.

From Marie Smith, West Suffolk Strategic Planning Team

Become a Parish Councillor

If you want to know more about the challenges facing the village, and would like to make some contribution to tackling them, please consider joining the Parish Council.

The next Parish Council Meeting will be at 19.30 Monday 13th January in the Village Hall. Let me have issues you would like put on the agenda - contact 01379 898 733 or email trostonparishcouncil@btinternet.com

From Vicki Gay, Clerk to the Council