



TROSTON PARISH NEWS – JANUARY 2018

The Bull

Happy New Year! Thank you to everyone who came and celebrated Christmas day at the Bull this year. What a lovely atmosphere! We can't believe that it was over a year ago that we first threw open the doors to the Bull and welcomed the village for a Christmas drink. It's been quite a year!

We've been open over six months now and had many memorable events in that time. Our opening party weekend was a massive success as was Lofft day. We will certainly be hosting a number of similar events through the spring and summer period, so keep an eye on Facebook for more details. We also hope to launch a website in the next few weeks for those of you who do not use FB.

We have started a darts team which plays league games on Friday nights. Even if darts is not "your thing", the games create a great atmosphere in the pub and the night is enjoyed by all. Come along and you may even pick up the darts bug!

We host a pub Quiz every other Thursday and again that its well-attended by a lot of the village. Our next quiz is Thursday 11th Jan (then 25th Jan, 8th Feb

We are hosting a Gin tasting evening on 16th Feb. This will be a lovely event but we have limited spaces so if you are interested please contact one of the team and we can give you the details.

Finally we know that a great number of you wish we did food throughout the week (Sunday lunch has been a lovely surprise and we sell out each week). When Susan returns from a well-earned break in Australia (end Jan), we will be publishing a menu and will start to do food Thursday - Saturday evenings. We appreciate your patience in this matter but are sure the menu will be very tasty and great value.

The Mermaid Returns

Every Wednesday, starting January 17th, from 5.15 pm to 7.30 the van will be outside The Bull serving freshly cooked fish and chips. You are of course welcome to eat in the pub with a drink or take away.

From Terry Wilde

Troston Lottery

Congratulations to our latest Prize Winners for the fifth and sixth draws for 2017

Fifth Draw £50 First Prize Keith and Audrey Ringrose

 £25 Second Prize Vic and Jenny Simmonds

 £15 Third Prize Alan Bennett

Sixth Draw £50 First Prize Peter Johns

£25 Second Prize Tony McClone

£15 Third Prize Jackie and Peter Fairweather

The total prize money for the year is £540. Members paid in £885 at the beginning of the year leaving a healthy £345 to be allocated to our village amenities and good causes

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. Suggested for 2018 are a marquee, benches and projector.

Your Parish Councillors will be coming round to all the houses in Troston to collect your £15 annual membership. Please ask questions and join in. Many Thanks

From Richard Walker

School Bus Service

Suffolk County Council have recently launched a consultation on home-to-school travel. They are proposing to change the current policy in September 2019, so that children only get free transport to their nearest school, rather than to their catchment school. Parents will be faced with the choice of organising their own transport or moving their child to a different school, mid-way through their education.

I am extremely concerned about children who live in Troston who will be affected by this policy. Many parents would be unable to arrange transport for their child, so their child would be forced to move school. As an experienced headteacher, I know beyond doubt that this move would have a detrimental impact on their child's education.

The outlook is not good, should this policy change be implemented. I urge parishioners to respond to the consultation by strongly supporting Option 3 before the deadline of the 28th February on <https://www.suffolk.gov.uk>

From Helen Wilson

Church News

Thank you to all who contributed to decorating the church for Christmas; it looked beautiful for our lovely Christmas Eve service, where we were treated by members of the Community Choir joining us.

The Café Church, an informal service with refreshments, will continue to be held in the village hall on the 2nd Sunday of the month; everyone is very welcome to come along.

The Royal British Legion Poppy Appeal: Thank you for contributing to the house to house collection, and to the customers at The Bull for their contributions; we collected

£140.18 in total. The church collection on Remembrance Sunday also added a further £29. Your support is very much appreciated.

Friday Prayers are held in the church on the 4th Friday of the month; this is a short service with no singing. For anyone who wishes, communion can be taken after the prayers.

Sunday 14th January	11am	Café Church	Village Hall
Friday 26th January	9am	Friday Prayers	Troston Church
Sunday 11th February	11am	Café Church	Village Hall
Friday 23rd February	9am	Friday Prayers	Troston Church

Tuesday Lunch

Tuesday lunches will now only take place twice a month, on the first and third Tuesday of the month. As always, you will be given a warm welcome and the opportunity to meet / chat with friends whilst enjoying a bowl of homemade soup. £3 for soup with bread, followed by a hot drink and biscuits. If you have never been, pop along at about 12:20pm and give it a try.

Up and coming dates: January 16th, February 6th & 20th

From Jane Harland

Building Pear Tree Close

After unforeseen delays, development work has at last commenced on the Bull Site. I apologise in advance for any disruption caused and will aim to keep it to a minimum. The entrance to the pub will remain open but will be affected whilst the groundworks continues through January and February.

We have had to move the bottle bank but Terry at the Bull has kindly agreed to put on his land to keep this amenity in the Village.

By the next Parish Meeting, work should be well under way and I will be able to bring along Computer Generated Images of what the site will look like when complete. This always helps villagers and prospective purchasers gain a good sense of what Pear Tree Close will look like.

From Simon Burgess

Honington CEVCP School

We would like to thank everyone who attended our Christmas Fair – we raised an incredible total of £800 for school funds and had lots of festive fun at the same time! Our Christmas performances went extremely well – the children were amazing and we raised £81 for East Anglian Children's Hospice.

From Jane Diver

Primary School application deadline approaches

Parents and carers have until Monday 15th January to make their application to secure their child's place at a Suffolk Primary, Infant, Junior or Middle school for September 2018.

Any child born between 1st September 2013 and 31st August 2014 is due to start primary school from September 2018. An application for a full-time school place must be made, even if a child is already attending a nursery class in an infant or primary school, a pre-school or a children's centre next to a school site.

It is recommended that parents apply online as they will receive confirmation of their application. Alternatively, you can apply on a paper CAF1 application form. Both applications can be accessed at www.suffolk.gov.uk/admissions. We are unable to acknowledge receipt of paper applications and therefore suggest that proof of posting is obtained.

If families are planning to move house or think their circumstances may change before September, it is still important to make an application on time. Advice and guidance about this process is available at www.suffolk.gov.uk/admissions

Families who apply online will be able to log on to the Online Service on the National Offer Day, 16th April 2018 to see their school place offer, and will also receive an email to confirm this offer on the same day. Offer letters will also be sent by second class post to all applicants.

From Becky Hopfensberger

Village Hall

Happy New Year! We are all starting to think of the year ahead and there has already been a flurry of bookings for our Hall. Do give me a ring on 269467 or mail me if you are planning a celebration or event.

Your Village Hall needs YOU! Due to unforeseen circumstances, our committee has lost several members. We would be delighted to welcome new members to our friendly committee and are particularly in need of a Secretary. Linda Harley kindly filled the role expertly but temporarily for a few months. Nearly two years later (!) she cannot continue due to new work commitment. Our sincere thanks to Linda and those villagers who have done such sterling work for so long.

Free: 50 green or orange plastic stacking tubular metal legged chairs. Call Brenda 269653 or me 269467

From Sue Bishop

Troston Social Club

Coffee morning Wednesday 24th January from 10.30 until noon. Come along 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

Walking Group

The next group walk in February will be on Wednesday 14th - meet at Troston Bus Shelter at 10a.m. The walk will be through the Wood to RAF Honington coffee shop (community centre) where we will discuss options for the rest of the 2018 walks. Look forward to seeing you.

From Martyn Smith

An idea for the summer

Photographs are a wonderful way of recording events for posterity. A glance through Troston's history book, Glimpses of the Past, immediately reveals the power of pictures. So I think it might be fun to record how people in Troston are spending one weekend this summer.

What I've got in mind is to pick a particular weekend in July or August and ask as many people in the village as possible to submit a photograph of something they've been doing (digging the garden, shopping, playing with the kids or down the pub etc) together with a paragraph or two of explanation.

The pictures can then be exhibited in the village hall and in one way or another then saved for future generations. There's obviously more planning to do, but I'd really appreciate it if people who would be happy to take part on the day could email me now on rogerjanderson@btconnect.com

From Roger Anderson

Pot Holes and Repairs

Getting pot holes fixed causes all of us a lot of frustration. The first point of contact for reports should be the Suffolk Highway reporting tool via <https://highwaysreporting.suffolk.gov.uk> or over the telephone on 0345 606 6171.

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

From Beccy Hopfensberger

Winter Motoring Tips

1. How to make a homemade anti-icer spray? Who needs expensive de-icer, laden with chemicals? You can make your own anti-ice formula with two ingredients and a spare spray bottle (just keep one when your kitchen cleaner or similar runs out).

Give the spray bottle a thorough rinse and then mix three parts vinegar with one part water, fill up the spray bottle and spray the windscreen at night before the temperature dips really low.

The mixture stops the ice forming on the windscreen and you can simply blast it off the next morning with your washers.

2. How to make a homemade car dehumidifier? Foggy windscreens can take ages to clear when your heater is warming up. Here's a quick and easy fix.

You will need an old sock and some cat litter. Fill the sock with clean cat litter, and tie a knot in the sock. Put it on the dashboard next to the windscreen. The cat litter soaks up the moisture in the air, which means your windscreen won't be foggy and coated in condensation in the mornings.

3. Sock your wipers: So we've stopped ice on the outside, and condensation and fog on the inside, but what about those annoying frozen wipers?

Easy. Grab an old pair of socks (maybe that novelty pair you received last Christmas?) and simply pop them over the end of each wiper when you park up in the evening. No more frozen wipers!

4. The freezer bag trick: Frosty wing mirrors can be a real annoyance. Scraping off the ice is a pain, and then you misalign your mirrors and have to fuss around getting them back into the right positions.

Instead, just take a couple of freezer bags and put one over each wing mirror in the evening. Come the morning your mirrors will be clean and clear.

5. How to clean headlights? In the winter, with all the mud, water and salt on the roads it's easy for your headlights to get smeared and hazy. Not what you want when driving during the dark.

There's an easy fix. Buy some standard toothpaste and use it to leave your headlights sparkling.

Squeeze some toothpaste onto the plastic and then wipe in a circular motion with some clean tissue. Once the casing is covered in toothpaste rinse it off with clean water for a beautiful finish.

From Sgt Brian Calver

Women's Institute

By the time you read this we will have enjoyed our Festive Meal at the Troston Bull. However, we would be pleased to see members and guests at the following meetings at Troston Village Hall at 19.45.

Wednesday 14th February 2018 - Box making with Patricia Fojut , she will teach us to make a box suitable for various occasions, this activity was postponed from last October, when Tricia had a family bereavement.

Wednesday 14th March 2018 - OPEN MEETING for anyone in the Village. Suffolk Accident Rescue Service [SARS] , will be telling us about the service they offer to the community.

For further information, please contact me on (01359) 269769 or 07833 577291 or by email: carolhony@gmail.com.

From Carol Littlewood

Health in Suffolk Conference

I attended a conference on the future of health care in St.Edmundsbury. The headlines were:

1. Life expectancy is relatively higher in Suffolk than most other counties: for men 81 relative to 79 and women 84 relative to 83.
2. Alas, there are rising pockets of deprivation in Suffolk over the last 5 years affecting health outcomes.
3. Heart disease and cancer remain the major causes of death - and remain the priority for prompt treatment in the West Suffolk Hospital relative to Planned Operations (eg knee and hip replacement).
4. In December, A&E treated 90% within 4 hours - target 95% and national average 89%. Cancer treatment started within 62 days for 94% of cases - target 85% and national average 82%. Planned Ops 87% within 18 weeks - target 92% and national average 89%.
5. Men have higher levels of respiratory problems (smoked more in the past) and women higher levels of dementia.
6. Suffolk forecast to have a population increase of over 10% over next 20 years but the proportion of older people expected to increase by nearly 50%.
7. Growth in young population will need more children's services but issue is with older people who just have more complex illnesses and will put a severe strain on health care - in particular long term Social Care.

8. Even if Suffolk had the money for the required two more hospitals there are not the staff coming through the education system...
9. Older population also difficult to reach quickly in rural areas and ambulance service stretched to meet target call-out times.
10. Because of good health Suffolk will have 1 in 3 people age 65 + within next 20 years.
11. Forecast number of people with dementia in Suffolk likely to double in next 20 years and apparent unwillingness to pay for care from own savings.
12. Forecast number of frail people likely to double meaning don't bounce back from even minor illnesses eg flu, minor falls etc - all requiring Social Care.
13. Crises in agreeing mental health priorities - young girls with eating disorders versus young men more likely to commit suicide through sense of failure, versus older people with various types of dementia - all needing limited residential care not just "a tablet". Loneliness a significant contributor to the rise in depression in rural areas.
14. Getting old, however, need not be such a concern if more effort to keep fit through exercise, eating healthily and having a social life!
15. Patient Participation Groups seen to be way to engage public in their health and build two way communication with their local health workers on changes in services - in particular better networking between GP Practices and other Health & Social Care Services.
16. Some GP Practices enthusiastic about making PPGs work others not so...

From Graeme Norris, WSCCG

Join the Ixworth Surgery Patient Group

Our nearest GP Practice has organised a meeting 19.00 January 18th in the Peddar's Way Surgery. Please come along to give your views on how the practice performs, learn more about the pending changes in Primary Care and, perhaps, education sessions you would find helpful. The evening will feature a talk on coping with asthma and other respiratory concerns.

We need more volunteer drivers to help villagers without transport get to the surgery for appointments - just a few hours a week. If interested please call: 01359 230252

From Sara DeBlassie, Practice Manager

Farm subsidies 'must be earned'

There are good reasons why tax-payers provide support for agriculture - 70% of our land is farmed. Agriculture is an industry very susceptible to outside shocks and unpredictable events - whether it's the weather or disease. So financial assistance and mechanisms which can smooth out the vicissitudes farmers face make sense. Farm

subsidies, however, will have to be earned rather than just handed out in future, the Environment Secretary Michael Gove said in a speech last week.

Farmers will only get payouts if they demonstrate they are protecting the environment and enhancing rural life. Under the EU's current Common Agricultural Policy, farmers are paid based on the amount of land they farm - as can be seen by the diligent removal of hedgerows and ploughing up to the very edge of footpaths.

Critics say under the CAP wealthy UK landowners are given subsidies of up to £3m a year. The issue was highlighted when BBC News revealed that taxpayers are paying more than £400,000 a year to subsidise a farm where a billionaire Saudi prince breeds racehorses. The Newmarket farm of Khalid Abdullah al Saud - owner of the legendary horse Frankel - is among the top recipients of farm grants, along with the Queen!

From Roger Harrabin

Supermarket Voucher Scam

Beware, people are receiving links to fake vouchers through Whats App and other email messages, which are designed to dupe you into visiting dodgy websites that have been disguised as legitimate ones like Asda, Tesco, Waitrose et al. Worse still, these messages are coming from trusted contacts, who are being encouraged to send the fake vouchers to as many people as possible.

A fake message we have seen displays the message, "Hello, ASDA is giving away £250 Free Voucher to celebrate 68th anniversary, go here to get it," alongside a cleverly formulated url that you should not click. It appears to link to the real ASDA website, but uses a đ – a character known as a dyet – in place of a regular d.

If you click on the convincing looking URL you will be taken to a fake website designed to trick you into handing over personal information.

From Action Fraud

Motor Bike Awareness

Motorcyclists across Suffolk are being given the opportunity to improve their riding skills at 'Safe Rider' motorcycle workshops to be held in 2018.

The workshop dates for 2018 are: April 6/7, May 11/12, June 29/30, July 13/14, August 17/18, September 21/22 and October 5/6

For further information visit the Suffolk Police website: www.suffolk.police.uk/services/safe-rider-workshop or if you would like to register for a course, call The Motorcycle Casualty Reduction Team on 01473 613888, ext 3722 or PC Kevin Stark on 01473 613888 Ext 3395 or email: saferider@suffolk.pnn.police.uk

Magic Show

Why did Teresa May rush into Brexit? Why did our MP not support a Parliamentary vote on the terms? Perhaps some answers at an Evening with Jo Churchill MP at 7.00

pm Saturday 20th January in Pakenham Village Hall. Whatever your political views, please come along.

There will be a light supper and wine - tickets £10. The Magnificent Marco Pusterla has been booked to give us a Magic Show. For tickets, please contact me 01359 230 800 or christopher.spicer40@btinternet.com

From Christopher Spicer

Our Future?

Our economy is not growing as rapidly as needed to meet our demand for State services. Our local health services and farms fear the loss of skilled European workers. Young people struggle to find homes they can afford. I am organising discussion evenings at which our MP Jo Churchill will be in attendance. It's very informal, and a great way to meet people interested in politics and discuss future policies - and have an enjoyable and stimulating conversation! Perhaps come up with some answers!

(You will remember, St.Edmundsbury voted 56.6% Leave and 43.4% Remain - more enthusiasm for leaving the EU than the national average. Some people think differently. People like Michael Heseltine and Andrew Adonis believe Brexit is a populist and nationalistic reaction to the unfair burden of austerity measures on the most vulnerable since the financial collapse in 2008. A chance to bash the enthusiasts for austerity David Cameron and George Osbourne? After a relatively narrow referendum vote, a form of associate membership of the EU might have been attempted without rupturing Britain's key trading and political alliances. The fear of immigration numbers on our culture were more about concerns about radical Islam than workers from Europe. The Tory hard right is wrenching Britain out of the key economic and political institutions of Europe with little idea what will replace them in an increasingly competitive world of trading power-blocks. A responsible government should be leading the British people to stay in Europe while also tackling, with more sincere vigour, the social and economic problems within Britain which contributed to the Brexit vote. The crises of housing, education, NHS funding, and social and regional inequality are undermining the fabric of our nation).

There are big issues to discuss. Our next meeting "*State of the Nation?*" will be on the 26th January 2018 7pm at the Farmers Club Bury St Edmunds. For more information please contact me through the office@bsecca.org.uk or 01284 488345

From Robert Everitt

Next Parish Meeting

The next Parish Council Meeting will be at 19.30 on March 5th. Do let me have issues you would like put on the agenda - contact 01284 787 777 or harley.parish@btinternet.com

From Linda Harley, Parish Clerk