



## TROSTON PARISH NEWS – JANUARY 2019

### Heart Defibrillator

On countless medical TV shows you've likely seen the actor/doctor yell, "Clear!" and administer a life-saving shock to the "patient."

When the Parish Council applied for a grant for a defibrillator a couple of years ago we were told we were too small a community and within the 10 minute zone of an ambulance. But should we buy one from our own funds - about £1,000?

Automatic external defibrillators, or AEDs, are small computerised devices that analyse heart rhythms and provide the shock needed for defibrillation. Through electrodes placed on a patient's chest a processor inside the AED analyses the victim's heart. The machine will not shock unless it is necessary.

AEDs can be used by anyone, anytime, or anywhere. Audio and visual prompts guide the user step by step through the rescue process until paramedics arrive.

With CPR alone, the chance of survival is less than 5 percent; when CPR is combined with the use of a cardiac defibrillator within the first few minutes, the chance of survival can increase dramatically.

Please let the Parish Clerk know your view.

### Pear Tree Close

There has been no response from local people re the affordable housing. Please contact me via our website if you know of anyone interested in a £295,000 three bed house - available under shared equity (which means you own the freehold) for only £236,000.

A 6ft instant hedge is going up between the play area and the houses, to afford privacy and greenery. This is outside the iron railings.

Hedging round the playing field is due to be planted in February. I hope the delay in getting the play equipment inspected and approved by St. Edmundsbury will not take much longer!

*From Simon Burgess*

### Dance Classes

Would you like to learn to dance? Would you like to join a friendly group of very mixed ability dancers from "strictly beginners" to starting to get the hang of it? We are keen to welcome new members at Honington & Sapiston Village Hall every Monday 7.30pm - 9.30pm £3.50

Ballroom & Latin steps into a Sequence. Absolute beginner's welcome please call us for more information: 01359 268733 or 07799858968

*From Peter and Jackie Fairweather*

### No Through Road

I understand some delivery vehicles are attempting to use Church Lane as a short-cut from Troston to Ixworth Thorpe even though there is a No Through Road sign at the start of the Lane. I appreciate attempts to u-turn when the Lane becomes a grass track have damaged drive gates and dented some cars. Van drivers are claiming a route is marked on their sat-nav...

I can see from Google Streetview that this may be an ongoing problem. I agree there is a case for a further sign at the start of Common Lane so HGV's can then turn round in the field access track to Hall Farm.

If this is to proceed the Parish Council will need to fund the purchase of an approved sign and pay for maintenance as there are no SCC funds.

*From David Chenery*  
Safety and Speed Management Engineer

### **Poppy Appeal**

“Without your help, we would be unable to continue our vital welfare and benevolent work.”

Troston have been thanked for the door to door collection which raised £125.60. The remembrance service collection also donated £106.78 towards the appeal.

### **Forthcoming Church Services**

2nd Sunday in the month 11am Café  
Church in the Village Hall.

4th Friday in the month 9am Morning  
Prayer in the Church

Please see the notice boards for services  
in the surrounding villages

*From Jane Harland*

### **Troston on TV**

What an interesting history Troston has - the medieval wall paintings, graffiti from the time of the Black Death and scratched Rosicrucian crosses are fascinating. Thank you very much for allowing me and my crew to come and film at St Mary's.

Troston plays an important role in our film and we were extremely grateful to get a summary of the history from Rev Tony Redman and Dr Matthew Champion.

We are really looking forward to shining a light on this important part of medieval Britain's history.

*From Clive Anderson*

### **Bottle Bank**

The new location for the bottle bank will be on the playing field near the entrance on the Livermere Road.

The bottle bank is a service provided by St. Edmundsbury's Waste Department and they share the proceeds with the Parish. They are suggesting we also have a clothing bank.

### **Dog Poo**

It is lovely to see your dog run free - but please pick up after your dog. If there isn't an appropriate bin nearby, bag it and place in your grey bin at home. Alas, dogs represent a serious health hazard if their owners are not responsible.

Toxocariasis - an infection caused by roundworm parasites, most commonly found in cats, dogs and foxes faeces.

Children and young adults are usually affected due to contact with contaminated soil or sand within play areas by swallowing the infected egg.

Dogs can also carry e.coli and hepatitis in their faeces.

*From Sara Deblassie*

### **Troston WI**

Sadly Troston WI has been suspended through lack of interest.

What little money we had left goes to the Federation Office and for a period of three years is held to possibly support the opening of a new branch in the area.

*From Carol Littlewood*

### **Village Hall**

For all your celebrations or meetings, why not book our pretty and well equipped Troston Village Hall? All enquiries to Sue Bishop 269467.

## **Social Club**

A big thank you to all who attended the Christmas Party. We raised £101 from the raffle for the social club kitty. We thought we could then use this in the summer to have another village function of some sort.

*From Sandra Davison and Suzie Woodward*

## **Honington School**

We have had a very busy time in school since the start of the school year in September. Apart from the exciting and inspiring topics taught in class we have been out and about - a trip to the Cathedral for the Christmas Advent, transition trips for our Year 6 and a Christmas Celebration at Thurston Community College.

Fundraising, in a big way, has been taking place in school as we are needing to replace our very old outdoor play equipment. Along with our sponsored 'Walk to Everest' event and Christmas Fair, we are very grateful for generous donations from Euston Rural Pastimes, Stanton Pre-school and the Tesco Bags of Help scheme which has enabled us to reach our financial goal and be able to arrange for new playground equipment to be installed in February!

Our Years 4 & 5 have started swimming lessons at Bury Leisure Centre and we have boxercise, parkour and multi-sports clubs on offer at school, along with craft, drama, singing and lego.

Numbers on roll are at an all-time high, with more new entrants due to start with us over the coming weeks.

*From Jane Diver*

## **School Readers**

Volunteers Needed. Can you spare an hour or two a week to listen to children read in your local primary school?

School Readers is looking for more volunteers locally to carry out this important

role. Reading time for many children at home and at school is often insufficient and according to Government statistics, one in four children are now leaving primary school unable to read to the expected standard. This can have a lifelong consequence.

School Readers is flexible and aims to match your availability to an appropriate, local school. No qualifications are necessary, just a good command of spoken and written English and a commitment of one year is requested.

Please visit the website [www.schoolreaders.org](http://www.schoolreaders.org) to join or call 01234 924111 for further information.

## **RAF Honington**

Group Captain Matt M Radnall, who was the last British serviceman to leave Camp Bastion in Helmand Province, Afghanistan, has taken command of RAF Honington.

His predecessor, Group Captain Tait thanked station personnel for their support and the kindness of local people during his period as station commander. He then roared off in a Scorpion armoured reconnaissance vehicle from the Heritage Centre.

*From Vicki Quamina*

## **New GP**

We are pleased to announce a new GP has joined Ixworth Surgery: Dr Vivek Parbhakar MBChB, MRCP

There is a nation-wide shortage of GPs and we are pleased we are able to offer a worthwhile career to a young doctor. We believe that village life remains distinct from that in a town. Our aim is to provide a range of medical services whilst retaining the personal approach of country doctoring.

May I remind people to have a flu jab. If you have people dependent on you for their care it is important you look after yourself.

Also, during winter we can all sometimes feel a bit down. But there can come a moment when you need professional advice - someone to talk through your concerns - perhaps worries about a family member's mental health?

Get help on eating disorders, depression, anxiety, stress, self-harm, attention deficit and bereavement. Phone 0300 123 1781 or go online and get guidance from Suffolk's Emotional Wellbeing Gateway.

*From Sara Deblassie*

### **The Fox Inn**

We would like to start by wishing everyone a Happy New Year. Last year was a busy and rewarding year for us and we hope 2019 will be the same.

Thank you to everyone who had their Christmas and New Year parties with us, we have had some wonderful feedback.

Race night: Thank you to everyone who attended the race night and helped us raise money for Breast Cancer Care.

Karaoke: Well done to all the singers, we had a great night and will be holding another in February. Date on our facebook.

Rooms: Our Bed & Breakfast is open and rooms available. Give us a call for our rates that includes a full English breakfast.

Happy Hour: Monday- Thursday 5.00pm - 6.00pm with £1 off all pints and the pool table is free from 7.30pm on a Monday.

Burns Night: We will be holding Burn's night on Saturday 26th January, please call us to book your table and request a menu and we can email this over to you.

We are also bringing a range of local real ales that are brewed in Suffolk to the bar in January. Please like our facebook page and we will keep you posted of what we have available. Thank you all for your continued support.

*From Billy and Janet*

### **Farming and No Deal Brexit**

Forgive me for feeling depressed. Nearly 60% of voters in Suffolk voted to leave the European Union in 2016.

We all feel some unhappiness with the politics and direction of the EU and know it needs reform. But as a farmer I particularly feel great concern about the financial prospects of damaging relations with our biggest and nearest market. Under WTO rules wished on us by Brexiteers, I face serious tariff barriers.

I'm dismayed by the gungho sentiment of so many of my neighbours who are unconcerned about the damage to my business and bleak prospects I see for my children. What ever the outcome from this mess, it will be hard to regain any cooperative and community spirit. I fear other business people who create jobs feel the same.

*From a Farmer at the UEA Conference on the Future for Farming*

### **Next Parish Council Meeting**

The next Parish Council Meeting will be at 19.30 Monday 4th March in the Village Hall. Do let me have issues you would like put on the agenda - contact 01284 787 777 or [harley.parish@btinternet.com](mailto:harley.parish@btinternet.com)

### **Village Annual Meeting**

The annual village meeting is on 25th March. The idea is to have a social gathering to meet neighbours and agree ideas for improving amenities and organising social events.

There will be guest speakers from CAMRA on running a Community Pub and Suffolk Healthwatch on "Wellbeing" and the proposed changes in health care.

*From Linda Harley*

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