



## Road Closures

Following the formal complaint from the Parish Council, I have spoken to Suffolk County Council's Highways team. You asked why was there no consultation with the Parish Council on alternative dates or ways to manage the closure with traffic lights etc? Highways tell me this is just a minor routine work to build a man hole, frame and cover - it will be quick: 3 to 5 days. Engagement with the Parish Council by the contractor isn't legally necessary and Highways have to coordinate works around dates of other works.

Therefore, without sight of everything going on in Troston and surrounding areas, dates can't really be decided by the Parish Council, it's a job for the professionals to decide if the duration and dates are appropriate. On the matter of a known bad weather forecast, postponing road closures are not something for discussion with uninformed third parties.

With regards to fears about the suspension of the school bus. Road closures are notified to the Passenger Transport team before they are processed by Highways. Passenger Transport then make arrangements with the works promoter for school transport. I understand the school bus has not been cancelled and an alternative route provided. Do tell me if this is not the case.

I hope you will see that I have tried to get some answers to your concerns, however, a lot of it is out of my hands.

*From Beccy Hopfensperger, County Councillor*

## Development of Pear Tree Close

The snow has meant we have lost a week or so. A burst water-pipe didn't help and thank you to the vigilance of a villager to alerting us so we could promptly fix it. We will continue with the groundworks as soon as possible and expect to start brickwork on site towards end of March - this is when you will see some difference.

Once the road drainage is completed, we will start to shape the entrance to the Close and landscape the strip into the site. I'm advised that the road works at our site entrance should conclude around Wednesday next week (weather permitting!) I have booked in a road sweeper following the completion of the drain connection.

Alas, it seems I must remind parents it is a building site and not a children's adventure play ground. I've put up fences and notices but I fear some people have allowed their children to break into the site...

I think it will be safe from site traffic for the junior children's play area to open around Easter. I have ordered a picnic table and a litter bin. Once

these are in place and playground signs erected we can move to ROSPA sign-off.

Progress on the big playing field will continue once it is dry enough to work without creating ruts. The plan is to mark out a junior sized football pitch and then place the zip-wire and haystack climbing frame.

I should soon have some details for the village AGM regarding the affordable/low cost housing (which we are intending on making available to people with local connection first).

*From Oliver Burgess*

## **The Bull**

Dear customers, I am sure that everybody in the village is now fully aware that Susan and I are separating. All this is deeply sad to both of us. I am therefore having to reconsider various plans that we had made together ref the pub e.g. our ability to offer a wider food menu (Sunday lunches will continue), our opening hours etc. I would ask that you bear with us in these difficult times and have some understanding that I may on occasion need to close the pub for a day, to sort personal matters out.

I still believe that the pub has a bright future and with the villagers support it can help bring the village closer together. We have already seen many instances of old acquaintances being rekindled and new friendships developing. The darts team has brought a new group together and helps create a lively atmosphere on a

Friday evening. Also we have the Quiz and Shear & Beer, with Alfie the Barber, every other Thursday - next date 22nd March. Also Mermaid Fish & Chips every Wednesday 17.30 to 19.30. We are always happy to consider other groups / regular meetings, so if you have any ideas come and talk to us.

We have events planned in for the next few months, notably:

- An Easter Egg hunt in the Bull garden for the children Sat 31st March
- A celebration of the Wedding between Harry & Meghan on 19th May (this was suggested as an alternative to a street party and if anyone has entertainment ideas as what would be fun, let us know)
- Our 1st year anniversary party 14th July! We look forward to welcoming you and your families.

*From Terry Wilde*

## **Troston Lottery**

The Lottery is open for each resident of Troston in aid of our good causes.

Please join and help boost our income. All the monies raised goes to good causes once we have paid out the £540 annual prize monies. The lottery costs us nothing to run as no expenses are paid out to the organisers or councillors.

Our Latest Good Cause Allocation is a small marquee with benches and will soon be available for use by

villagers following a grant from the Lottery to the Village Hall committee

One of our seven councillors will be calling at your door collecting the £15 annual membership fee. There will be 6 draws a year with 3 prizes of £50, £25 and £15. Good luck!

*From Richard Walker*

### **Troston Social Club & Troston WI**

14th March: Talk by Ann Morley and Derek Wilding from Suffolk Accident Rescue Service on 14th March at 7-45 doors open 7-30. With a raffle in aid of the Charity.

ALL WELCOME Please support this worthy cause - you or your loved ones may need it sometime!

SARS provide specialist doctors and paramedics to assist the East of England Ambulance Service at the scenes of accidents on a voluntary basis throughout East Anglia. SARS doctors and paramedics are all unpaid volunteers.

### **Troston WI**

11th April 2018: The Bowen Technique, Anita Costello a practitioner, will explain how this treatment can help with many bodily problems, aches and pains.

9th May 2018: Annual Meeting & Resolutions. Come and discuss the proposed topic to be voted on at the National Federation Annual Meeting. Enjoy refreshments of Cheese and Wine.

New potential members and visitors always welcome come along and make new friends.

*From Anne Walker*

### **Sequence Dancing**

Don't let the weather get you down. Start dancing! Sequence Dance Classes at Honington & Sapiston Village Hall every Monday 7.30pm - 9.30pm

Ballroom & Latin steps into a Sequence. Beginner's welcome. Please call Peter or Jackie for more information: 01359 268733 07799858968

### **Walking Group**

A programme of two hour walks has been planned for the year. Dates for the next group walks are: 14th March, 11th April, and 9th May - meet at the Troston Bus Shelter at 10 a.m. Look forward to seeing you.

*From Martyn Smith*

### **Honington CEVCP School**

A busy first half term for us. Our Year 6 class competed in an indoor athletics competition at TCC and came a very impressive second and then competed in the final, along with a few children from Year 5.

We have had visits from NSPCC, a farm tractor courtesy of the Suffolk Agricultural Association and we have a World Book Day celebration in school on Friday 9 March.

Our Year 4 & 5 Class attended Masterclasses in DT and Computing at Ixworth Free School and our Year 6s are off to TCC for a STEM Festival next week.

We are holding Easter Services in the church on Thursday 29 March.

Unfortunately, we are having to have a second tree removed on the school grounds for safety reasons, due to it being diseased.

*From Lynn Plampin*

### **Farming Matters**

As I write this the snow is tumbling from the sky. With the start of spring supposed to start on the 1st March, a lot will have to change for much land work to occur on the farm.

The sugar beet campaign has finally come to a close and I wish to thank all Troston residents for their patience when lorries have been parked along New Road to load the crop from the field. The crop plays an important part in the farms rotation and although the price we receive has dropped significantly in recent years we will grow the crop again for next harvest.

Nectar rich margins containing red and white clover will be planted at Lower Farm this spring. These margins (usually 6 metres wide around the edge of fields) are to encourage pollinators throughout the summer months for farms and gardens alike. The margins form part of the Countryside Stewardship scheme that Troston Farms has been awarded. The scheme also includes fallow plots of

land for ground nesting birds such as Stone Curlew and winter bird food plots providing a critical food source at this time of year.

Having organised ‘Open Farm Sunday’ at Park Farm, Stanton for the last two years it is with regret that I won’t be hosting the event this year. This is due to lack of public interest. I would appreciate ideas on how better to raise awareness of agriculture in our community.

*From Edward Vipond, Troston Farms*

### **Brew Monday**

Banish those Blue Mondays! Every Monday, throughout 2018, the Samaritans of Bury St.Edmunds will attempt to turn the most difficult day of the week on its head by renaming it “BREW Monday.” We aim to celebrate that great tradition of simply getting together to talk over a cup of tea (or coffee!) to banish the winter blues.

Volunteers have been given permission to be at their local bus or railway station throughout the day. Samaritans will hand out tea bags to commuters with the message “no strings attached” plus information about the charity.

But who are Samaritans? Thousands of us countrywide work 24 hours a day handling telephone calls, emails, texts, letters and face-to-face visits from those seeking a friendly voice in their “moment of crisis”. Our approach is not religious, non-

judgmental and, of course, confidential.

Our 24/7 number is 116 123 free from any phone. If you are interested in joining the over 100 volunteers in our area, please email [sambury2010@hotmail.com](mailto:sambury2010@hotmail.com)

### **Mobile Phone Offences**

Last month more than 120 people have been caught driving while using a mobile phone. Officers patrolled roads around Stanton, Ixworth and Great Barton with marked and unmarked cars and motorcycles, which were all fitted with cameras to obtain evidence to help secure successful prosecutions.

Many of the drivers who were stopped stated that they were not aware the penalties for the offence increased last year and offenders now receive a £200 fine and six penalty points, which for someone who has had their licence for less than two years would see it revert back to a provisional one.

The message is simple – don't put lives in danger - leave your phone alone whilst behind the wheel. Be warned, using your mobile phone as a sat-nav is included as an offence!

*From Chief Inspector Kris Barnard*

### **Beware Nottingham Knockers**

These individuals are back: knocking on doors and claiming to be ex-convicts attempting to mend their ways, before trying to sell the householder everyday household

products at very high prices. Nottingham Knockers work in groups across the country with fake id-cards but they are not involved in any officially recognised offender rehabilitation programme. They do not possess Pedlar's Certificates, which are issued by the police and are necessary for salespeople to be legally allowed to sell door-to-door.

Please report all scams and rogues to Suffolk Trading Standards via Citizens Advice Consumer Service on 03454 040506.

### **Health Record**

Many people do not realise that in an emergency situation the paramedic, ambulance crew, A&E doctor treating them will likely only have access to their basic health information.

By agreeing to share their health record potentially vital information will be accessible and could, literally, be life-saving. It's easy for people to agree to share, they simply need to download and sign a form and hand it in to their GP practice. Go to [westsuffolkccg.nhs.uk](http://westsuffolkccg.nhs.uk) website, go along menu bar to "Your Health" and press "Your Patient Record"

*From Sara Deblassie, Ixworth Surgery*

### **Hospital Update**

Cast your mind back to the first week of the year and it looked like the NHS was heading for collapse. Ambulances were queuing outside A&E units unable to handover their patients,

trolleys were stacking up in corridors and there was hardly a bed free anywhere.

Just two months on and it looks as if the ship has been steadied. Is this true? In some ways, yes...

Despite ambitious targets, staff shortages and lack of funding, the West Suffolk Hospital inspection rating was again “outstanding” with positive comments on the quality of care and attitude of staff.

- A&E 84% treated within 4 hours - close to the average across England of 85%
- Cancer Care 87% begin treatment within 62 days - the average across England is 84%
- Planned Operations 89% within 18 weeks - the average for England is 88%

Performance this winter is on a par with the last one. This has come despite rising numbers of people coming to A&E - and more of those needing to be admitted on to wards amid the worst flu season since 2011.

There are now closer relationships between council care teams and the hospital, helping ensure frailer, older patients can be discharged back into the community when they are medically ready.

Placing GPs in A&E has also helped as they have been able to deal with some of the more minor cases. This has meant that the rise in patients coming to A&E - up 5% this January

compared with the previous one - has been absorbed without any deterioration in performance.

So some good news but you have to ask at what cost? Routine treatments, including hip and knee replacements, have been cancelled en masse. And none of this gets away from the fact it has still been incredibly difficult time for staff who feel they are being pushed too far.

*From Nick Triggle*

## **Church News**

If you like a less formal, family service, please come and join our vibrant Café Church. This coming Sunday is Mothering Sunday and we will be making posies to take home.

Our church is considered the most appropriate place to hold the Easter Sunday communion service. This is always a special occasion, and the church always beautifully decorated with spring flowers at this time.

Forthcoming services in Troston:

11th March: Mothering Sunday –  
Café Church Village Hall 11am

23rd March: Friday Prayers  
St Mary's 9am

1st April: Easter Sunday  
St Mary's 11am

8th April: Café Church  
Village Hall 11am (tbc)

28th April: Friday Prayers  
St Mary's 9am

## Help wanted!

Are you able to rid the churchyard of moles? There is a problem and can be very distressing for those visiting the graves of their loved ones. If you are willing to help, please contact me on 07957611576

## Soup Lunch

Tuesday Lunch is for everyone, whatever your age or gender! It is a place to come and chat, to meet other members of the village, or to get out of the cold. A bowl of soup with fresh bread, followed by a hot drink and biscuits, all for just £3.

It's held in the Village Hall on the 1st and 3rd Tuesday of the month at 12:30pm. No need to book or anything, just pop along, perhaps with a friend; you will be made very welcome.

*From Jane Harland*

## Busy, busy

A wry smile and a warm inner glow develops whenever somebody says they don't know how I manage to do all that I do. So here is what I try to do, based on Stephen Covey's "Seven Habits of Highly Effective People". I would never count myself highly effective, but hey, we all need something to aim at. He recommends we:

**1: Be pro-active.** Don't assume someone else will sort out the thing that is bugging you. Take responsibility, take the initiative with all the self-confidence you can

muster. If the thing bugging you is beyond your ability to sort out, try and find out whose responsibility it might be to do just that.

**2: Begin with the end in mind:** have a purpose for all you do, look always to that goal and work everything else in around you as you focus on the main task in hand. Personally I find focussing on one task a bit difficult, and so I will often have two or three on the go, but when the deadline looms, I will focus hard on the one goal and just do it, regardless of whatever else screams at me for attention.

**3: Take control of your time.** Time is a finite resource, and there is always more to do than time - so prioritise! Make a list every evening of what you must do tomorrow - and what would be nice to do - then relax and sleep. Wake up fresh and start to work through that list. Limit time spent on social media and staring at a small screen. Limit your TV to the things you enjoy watching, and then only watch them as a reward for completing another task.

Work out which time of day suits you best. Some of us are morning people, others work best in the afternoon, others still in the evening or late at night. Once you have worked out which time of day suits you best, try and do the things which you make you most tired, when you have the most energy.

Don't forget to spend time with those you love.

**4: Look for the “win-win”.** See how you can work with others for mutual benefit. It lowers the angst levels and gives you more energy to tackle that list in point 3. Mutual self-help is at the heart of community life, so looking at life this way automatically helps build community.

**5: Try and understand others before being understood yourself.**

Listen and consider other people’s agendas: walk in the other person’s shoes. Understanding where they are coming from and their fears can transform an argument. Believe me, doing this saves a whole shed load of misunderstanding and fruitless effort. It takes time and practice, but it is always worth it.

**6: Synergise.** A dreadful American word but a problem shared is a problem halved, as the old adage goes. Heavy loads shared between more people reduces back pain.

**And 7: stop to sharpen the saw:** as every lumberjack knows, apparently, a blunt saw requires more effort to cut through wood than a sharp one. Take the time to sharpen your saw. I try and avoid cutting wood, in fact, I try and avoid any form of arduous effort. Sketching and painting is my way of relaxing - my way to sharpen my saw.

Finding the time to sit and reflect is essential for your wellbeing. Lack of this alone leads to all measure of panic attacks. Prayer is a form of being pro-active, focussing attention, organising your time, sharing the burden and looking for the (godly)

win-win. It helps you to understand others, to synergise with The Almighty. For me prayer is work. Prayer helps me to share a problem and to lift my own spirit. Do you want to have your prayers answered? You will never know the answers unless you pray in the first place. You will never know how much God cares for you, unless you ask him.

*From Rev Tony Redman*

**Next Parish Meeting**

The next Parish Council Meeting will be at 19.30 Monday 14th May. 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)

The next Annual Village Meeting will be at 19.00 Wednesday 30th May. There will be presentations about:

- The design of the new houses in Troston and plans for affordable homes;
- The vision for redeveloping the town centre of Bury and parking;
- The proposed changes in providing GP and Primary Care Services as the number of new houses outstrips the capacity of existing Practices. There is a pressing need for patient feedback to improve the linkages between our health and social care services.

Do let me have topics you would like to ask questions - and seek answers!

*From Linda Harley, Parish Clerk*

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