



TROSTON PARISH NEWS – MAY 2018

The Bull - Coming Events.

The jungle drums are saying that we'll have a warm summer and that must be great news for all of us. I thought it would therefore be a good opportunity to tell you what is going on at the pub.

We have stopped serving our Roast Sunday Lunches but they will return around the end of September as we say farewell to summer. We are now offering a small menu more appropriate to the season with ploughmans' meat / cheese platters, salads, chips etc. We hope to add to this over the coming weeks as we recruit a chef for the pub.

Every Wednesday - Fish & Chips from the Suffolk Mermaid - great value and freshly cooked. Enjoy piping hot in the pub with a drink or take them home to enjoy.

Thursday - Haircuts / Quiz or Food Night (alternate weeks). Alfie the barber offers gents / boys haircuts from 18:30 for £10 with a free pint or drink for kids (a great waiting room with hassle free parking).

Quiz Night is on 17th and 31st May / 14th and 28th June / 12th and 26th July. Starts @ 20:00 Max 6 per team, £1 per person entry. Winning team taking the pot.

Food Night - Start @ 19:00 Booking Essential!

24th May Thai Night

Then the 7th and 21st June; 5th and 19th July - Themes to be confirmed.

On Friday and Saturdays we hope to be offering food very soon.

Sunday: our summer garden menu is available from 12:30

We also have special events planned in for the next few months

19th May - Celebrate the Royal Wedding and the FA Cup with the Pub Street Party - we'll have a BBQ going, so you can make the most of sun.

26th May - We have a reunion Saturday lunchtime with ex Honington RAF personnel (from the Buccaneer period). Anyone is welcome to come along.

10th June - See us at the Rural Pastimes Event (Euston Park) where we will be providing the bar facilities.

23rd June - "Buy your mate a pint for Cancer" - Help Laura Bourne raise money for prostate cancer with an 80's Disco. £3 entry goes to this great cause.

14th July- Celebrate the 1st year anniversary of the pub re-opening. Face painting for the kids, live music, food and more...

On a final point, we have hosted a number of private parties over the past few months (birthday parties for

both the young and old, Christenings, Wedding Showers, sit down meals etc.) If you are looking for a lovely venue that is great value and very local, come and chat to us.

From Terry Wilde

Troston WI

We held our Annual Resolution Meeting last Wednesday 9th May. Members discussed various aspects of mental health, and its treatments, before submitting a vote to the National Federation of WIs at the Annual General Meeting. This can be very important to our well-being and the country and the WI is at the forefront of similar issues affecting everyone.

But sadly we also discussed the possible closure of the Troston Branch in December 20108. If we cannot get any more members we will lose this facility in the village. This would be a great loss of activities for all our residents.

The WI is a source of friendship for everyone including the men as they get invited to most of our activities. These activities include amongst social events (where we have lots of fun) interesting talks on various subjects. For example: we have Martine Swaep of Greene & Greene explaining on the 11th July the value of Enduring Powers of Attorney and the need to write a Will. On the 12th September we have "Stories from the building of the Millennium Tower at St Edmundsbury Cathedral" from Horry Parsons who is always an

entertaining speaker! In October, "Rowing the Atlantic" and November "Being a Woman Racing Driver" from Celia Stevens who competed in the classic Le Mans Race as well as on other famous circuits.

These talks are open to all villagers on the second Wednesday - come along and see if you would like to join us. Note that we have the talks first so that any business can be discussed afterwards.

Definitely NOT just a cosy club for wrinklies! Lots of WIs across the country are springing up driven by younger people.

So if you want to keep a lively and sociable village which is ALIVE come and join us so we won't have to close. Remember 2nd Wednesday in the month 7.45 at the Village Hall unless advised. And you will be made most welcome .

For further info please contact our President Jenny Simmonds on 269219 or me on 269360.

From Anne Walker

Euston Rural Pastimes

Sunday 10th June. If you would like to donate anything to the TOMBOLA STALL at this event, items can be left with Ann Grimwood, 20 Garden Fields, Troston, (01359) 268132, collected by Gill Farrow, Parkside, Euston (01842) 763660, or left in her front porch.

Profits from this event benefit our local churches as well as St. Nicholas

Hospice, so all support is very much appreciated. Thank you.

From Gill Farrow (Mrs.)

Troston Lottery

The total prize money for the year is £540. Your Parish Councillors are still coming round to your homes in Troston to collect your £15 annual membership per member. Seventy Four Members have already joined this year raising £1,110, and we will achieve our biggest membership yet before our first draw in June.

So this year, we already have a healthy £570 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 Grounds and health and well being activities.

Many Thanks!

From Richard Walker

Carpet Bowls

The Village Club is looking for new members to enjoy this social activity - it's a great way to keep fit. Indoor carpet bowls is a smaller version of indoor bowls and is very much a community activity played by seniors, men, women and children. The bowls are much smaller and lighter than indoor bowls and there is less of a distance to bowl. This makes it a game of skill rather than strength and

can be played by people of all ages and abilities including wheelchair users.

Any one interested in joining is most welcome. We meet on the first and third Thursday of the Month. We pay £2.50 a night which covers tea and biscuits - and a draw prize.

As all the bowls are the same size, you don't have to have your own set when you start, and instead can use the bowls available at the club.

Any one wishing help can have some tuition if required. Do come along - you will enjoy it!

From Mike Cowdell

Village in Bloom

We are trying to get a group of villagers, young and old, together to form a working party to get the village looking more attractive.

There are several villagers who already work very hard planting bulbs and so forth. The Parish Council have allocated us a budget.

We would welcome ideas and offers of help so come along to The Bull on FRIDAY MAY 25th at 7.30 pm for a chat.

If you are interested in helping but cannot make May 25th, then please email David Farnaby on davidfarnaby2@sky.com or ring on 07794 685 454

The more people we get to help, the more we can achieve!!

Walking Group

A programme of two hour walks has been planned for the year. Dates for the next group walks are: - 6th June Bradfield Woods and 4th July Mildenhall Woods. We meet at the Troston Bus Shelter at 10 a.m.

From Martyn Smith

Village Hall

Bookings are quite brisk for the spring and summer. So, if you are planning an event and would like to hire the hall, just ring me on 269467 and I'll get back to you.

Just so that residents are aware, there are currently two occasions when there may be some noise until late:

Sat May 26th Christening celebration and evening party.

Sat Aug 18th Wedding Reception

Apologies for any inconvenience and thank you in advance for your understanding.

From Sue Bishop

Honington CEVCP School

We started our new term with a visit from the Circus, which was a huge success with over 80 people attending each of the performances. The children had a wonderful time learning circus skills and performing in the Big Top.

Our Year 3 & 4 children had a visit to the School Farm and Country Fair at Trinity Park in Ipswich. They thoroughly enjoyed meeting the farm

animals, whilst learning about farming and agriculture. This visit was kindly funded by the Suffolk Agricultural Association.

We continue to use the Woods for our Forest School groups, and this term we have a whole class enjoying the woodland area each week.

From Lynn Plampin

Lunch

Tuesday Lunch is for everyone, whatever your age or gender! It is a place to come and chat with other members of the village. Baked potato with a choice of fillings, 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

Love Singing

After the great success of forming the Choir at Christmas, it seemed a good idea to continue.

The emphasis for the choir really will be on 'community', with everybody welcome. We hope that this will not only be a chance to come out and sing, but also offer a social and 'wellbeing' aspect as well.

We will hold two rehearsals each month, one during the day, and one in the evening, aiming to include as many

people as possible. The first rehearsal will take place on the first Tuesday of the month, from 6pm - 9pm. The second rehearsal will take place on the second Thursday of the month, from 12.30pm - 3pm. All rehearsals will take place at Honington Village Hall unless otherwise notified.

All ages from 10 years upwards are welcome, no experience needed, only the desire to join in! If anyone needs assistance with transport or other practicalities to enable them to attend, please let us know, and as a group we will make sure we help wherever possible.

Everyone's song suggestions are welcome, and there is interest in covering a number of styles, so please email me your ideas and requests!

I look forward to seeing you all for our first official rehearsal on Tuesday 5th June.

From Claire Pruden

Social Club

We will have a picnic on Monday June 4th in the village hall from 6.30 pm onwards.

Everyone welcome! No charge!

BRING YOUR OWN DRINKS AND A PLATE OF FOOD TO SHARE.

We will have a quiz on a Monday night in July; please watch this space.

From David Farnaby

Memorial Day 1918

Sunday 11th November marks 100 years since the end of World War One.

Nearly a dozen young men from Troston lost their lives and few families were spared the consequences of a terrible conflict.

The Parish Council would like to organise a community event on the Saturday to commemorate these men and also our relatives from that time. What are your thoughts on what we could do? If you would like to be involved (or want to just put forward an idea) please let me know. Clearly, the aim is to do something that will be of interest to as many people, both young and old, in the village as possible.

From Roger Anderson

Church News

Since it is Rural Pastimes on the second Sunday of June, there will be no café church on that day. There will, however, be a service at 11am at Euston where the church will be beautifully decorated for the flower festival. The theme of the festival this year is "Music through the Ages" and is open for viewing on both Saturday 9th June and Sunday 10th.

Services for the coming months:

25th May Friday Prayers
Troston Church

22nd June Friday Prayers
Troston Church

8th July Café Church
Village Hall

27th July Friday Prayers
Troston Church

Can you help??

Do you have a background in publicity, or would you like to give it a try? I have been publicising Euston Rural Pastimes Event for the last four years and am unable to continue. It would be wonderful if there was someone with a little time available to take over from me for next year. You can do it from home although there are four meetings of the committee which are good to attend for the purpose of information sharing and feeling of belonging to a team. Please contact me if you are interested and want to know more details.

From Jane Harland

Ixworth Surgery

Every month this year about 40 people have booked an appointment to see a GP but have then failed to turn up.

Also, every month about 80 people fail to notify the Nurses they can't make an appointment.

Please let us know so we can make good use of our time. Thanks.

From Sara DeBlassie, Practice Manager

Stroke Prevention

Stroke is the third largest cause of death in the UK and the largest cause of long term disability - but six out of 10 strokes could be prevented by maintaining blood pressure to a healthy level.

Further, recent research suggests that nine out of ten strokes could have been prevented if people knew they suffered from an irregular heart rhythm. This atrial fibrillation (AF) can be detected at an early stage by a simple device attached to a mobile phone being trialled by West Suffolk Clinical Commissioning Group.

Come along to the Bull Pub Troston **20.00 1st June** to meet the Project Manager and try the device - be one of the lucky ones and get an early warning or an all clear! All you have to do is place your finger tips on the card and in under 30 seconds you will know if you should visit your GP (or buy a round of drinks!)

Want to be a Parish Councillor?

Sadly, Richard Balaam, Peter Hay and Richard Walker have resigned from the Council. Sincere thanks go to them for their valued contribution to addressing some of the issues that face the village.

However, there is still much that could be done. Are you interested in representing the interests of the village? Please let me know.

There are three vacancies on the Parish Council. The role is unpaid and you are expected to act solely in terms of the public interest.

The next Parish Council Meeting will be at 19.30 Monday 2nd July. 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