



TROSTON PARISH NEWS – NOVEMBER 2018

Village Christmas Party

The mince pies are in the shops and the leaves are falling off the trees so it must be coming up to the festive season.

Last year we had such fun with friends, neighbours and meeting new people so we thought it would be great for us to all meet up again at a Christmas party in the Village Hall and maybe have some more rousing Christmas Carols for everyone to join in with again.

Please come along to the Village Christmas Party from 18.30 on the 8th December. It will be great fun to meet up again. Please bring a plate of nibbles and your own favourite party drink(s).

Please register your interest by contacting either Sandra or Suzie (1 and 2 Capel Close) or text 07718 570134

From Sandra Davison and Suzie Woodward

Christmas Trees

You can help us pull the young pine trees at our Festive Fun on the Heath event on Sunday 16th December: 2 to 4 pm, £4 per child, £2 per adult, please book - and you can even take one home as a mini Christmas tree!

knettishall@suffolkwildlifetrust.org

From Samantha Norris 07717 156 601

Troston WI

We would like to welcome everyone to what is likely to be our last ever speaker, after 43 years.

We are looking forward to hearing Celia Stevens talk about "Being a Woman Motor Racing Driver", I am sure this will be of

interest to our menfolk as well. Celia has competed in the classic "Le Mans" race as well as racing all over Europe and the UK.

Do come and swell our numbers for this very interesting talk and enjoy some refreshment afterwards. The meeting will be held in Troston Village Hall at 7.45pm on Wednesday 14th November. The talk should be over by 9pm.

After refreshments we will hold the members business meeting to discuss our Christmas meal and the January meeting where a vote for suspension will probably take place unless we have a sudden influx of younger ladies willing to take over the running of our village WI.

From Carol Littlewood

Pear Tree Close

With the building work progressing well, I am keen to hear from anyone who may be interested in the two 'affordable houses' on the development.

Plots 1 and 2 are available at 80% of the market price, with 20% of ownership being retained by a housing association. This sum to be paid back at the market value when the house is sold. In essence, approx £236,000 instead of £300,000.

For further details please visit <https://burgesshomesltd.co.uk/our-developments/current/the-street/>

From Simon Burgess

Church News

This afternoon, when I went into the church in order to make some preparations for the Remembrance Day service, I was immediately moved by the eight silhouettes

sitting in the pews. What a simple, but poignant symbol of remembrance.

The PCC are extremely grateful to Mr Peter Deeley for cutting back churchyard hedge, particularly since the weather at the time was almost gale force! They are also very appreciative of all the work that Mr Freddie Gaught continually does to keep the churchyard trimmed and tidy.

Cafe church in December will be *Christingle*. Children of all ages love to make their symbol of Christ's Light, which are especially beautiful when all the candles are lit. Do come and make yours.

Forthcoming Services:

9th December 11am - Christingle Café Church – Village Hall

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

13th January 11am – Café Church – Village Hall

From Jane Harland

Remembrance Day

It is 100 years since the end of World War One. We promised never to forget the nineteen young men of Troston and Great Livermere who gave their lives in the Great War. The Service in St.Mary's Church was led by Rev.Tony Redman - and a wreath laid by an Officer from the RAF Base.

There was a display in Troston Village Hall of photographs and biographies of the men who died and some tales of those who survived. Thanks to every one who contributed pictures and memorabilia.

From Roger Anderson

Trench Farm

If you were moved by the photographs, and would like to see the conditions these men lived and died, please come and visit us at Trench Farm. We provide First World War trenches in an authentic rural setting. We

have painstakingly re-created British and German style trenches according to the original designs.

Our trenches are used by film companies wanting to reproduce the sights, sounds and smells of trench warfare during the First World War or Great War.

We are located just off the A14 near Ipswich in Suffolk. Visits are by appointment so please feel free to contact us to arrange a tour of our facilities.

Call us on 01473 741008 to arrange a viewing.

The Bull

St.Edmundsbury Borough Council have accepted the nomination of The Bull Public House as an asset of community value.

In the event that the owner wishes to sale the property for any other purpose than as a public house they must inform the Council who will inform the village they then have a right to bid.

From Davina Howes, St.Eds Head of Communities

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. We collect nearly four tons of glass every year for recycling - so keep up the good work!

Beware Online Pharmacy

Please beware of recent TV adverts to have your repeat prescriptions fulfilled by some on-line Pharmacies which are based outside the UK and employ doctors not registered in the UK.

It is never acceptable that unregulated online doctors prescribe for conditions you

really need to see a patient face to face (especially if the patient is unknown to you). Would you prescribe opiates, slimming tablets, strong pain killers etc for the first time to a patient purely based on an online questionnaire?

People need to take responsibility for their own decisions but it is wrong to put financial interests above patient safety, or to exploit legislation to avoid the scrutiny of regulation that exists to keep people safe.

From Steve Field, Care Quality Commission

Ixworth GP Surgery

Please come along to the next meeting of the Patient's Association 19.00 28th November. The plan is to give every one a summary of the activities of the Association over the last year and to hear your views on what we might do next - and how you might participate.

We are particularly interested to know topics for education events on illness prevention.

The venue is Ixworth Court Care Home just behind the Surgery on Peddars Close, IP31 2HD.

There will also be a talk by Dr Vijay Chandraraj about new technology to reduce the probability of suffering a Stroke and a chance to ask questions.

Stroke is the third largest cause of death in the UK and the largest cause of long term disability. The effects on the whole family can be devastating to see their loved one so unwell. We believe nine out of ten strokes could have been prevented if people knew they suffered from an irregular heart rhythm.

From Sara Deblassie

Honington School

Our new academic year has started and we welcomed 35 new pupils in Reception Class and across the school and also three new members of staff.

Our Yr6 Class have already attended a Sports Festival at Thurston Community College and we have welcomed back staff from St. Edmundsbury Cathedral who run Pilgrim's Progress workshops throughout the year.

We are collecting filled shoeboxes for the Christmas Link to Hope appeal again this year – if you would like to help us support this worthy cause, please contact the school for details.

We had a very successful MacMillan Coffee Morning run by our Yr6 pupils and raised an amazing £357.00 for the charity. We have launched a major fundraising initiative across the school to raise money to update our old adventure play area, which is now beyond economic repair and will cost £8,000 to replace.

Our first event was a "Walk up Everest" sponsored walk where children enjoyed trekking 6 laps of the school's outdoor area every day for a week – money is still coming in but we thrilled with the amount we have received so far. We have also taken part in the Tesco Bags of Help scheme over the past two months to raise money from those blue tokens in store.

Parents have been invited into school for the Harvest Festival, phonics and maths workshops and also an outdoor learning session. Busy times ahead as we provide positive learning experiences both inside and outside the classroom.

From Lauren Moore

Anxiety and Fear

There has been concern about the number of young people suffering from anxiety in our local senior schools. Apart from fears about exam results and job prospects, many of the cases seem to have been caused by unrealistic body images in

magazines and comments from “friends” on social media.

Thurston School has piloted the idea of funding a psychologist to offer support in the school. The success of the initiative was reported on a recent TV programme (Channel 4). It is intended to roll out the scheme to a further four schools.

From David Taylor

Christmas Dinner Dance

There are a few tickets left for the Christmas Party to be held in Honington and Sapiston Village Hall on December 1st. at 7:30 p.m. They cost £8 for a three course meal and live music. They will be allocated on a first come first served basis and can be obtained from Linda Howe lindahe1502@gmail.com 01359269142. Admission by pre-paid ticket only.

Join the Parish Council

There are two vacancies on the Parish Council. Meetings are held every two months in the evening to comment on planning applications, identify possible amenities to improve the village and manage projects of interest.

The Council is particularly keen to represent all residents - in particular young families. There are still grants to spend on the Wood and Playing Field. Funds have also been awarded by the National Lottery for a modest sized BMX Pump Track.

If you care about the village and would like to be involved please contact the Parish Clerk to find out more about the role.

Proposed Parish Projects?

Residents have proposed a number possible projects for the Council to consider:

1. Emergency Cushion to help aid elderly folk who have fallen and need assistance getting up off the floor and have to wait a number of hours for an ambulance to arrive.

2. Dog poo bin by the Jackdaw at the end of Green Lane.
3. Warning Ducks Crossing sign.
4. Safety barrier to prevent children rushing out of the play ground and on to the main road.
5. Dog gym circuit in the playing field.
6. Defibrillator.
7. Birds nest basket swing.
8. Imaginative play equipment for very young children.
9. Out door gym exercise equipment.
10. Improve acoustics of the Village Hall.
11. Sun/Shower Shelter for parents in the young children’s play area.
12. War Memorial Bench.
13. Sign post in the village to the Wood.
14. Planting forest trees, hedgerows around playing field.

What projects would get your vote? Come along to Meetings and have your say.

Next Parish Council Meeting

The Council needs to hear the views of parishioners on the issues the village faces. Ideas for improving amenities and social events can be discussed and then addressed. Please come along to the next meeting or send me an email.

The next Parish Council Meeting will be at 19.30 Monday 7th January 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

From Linda Harley, Parish Clerk
