## PRESTON PARISH PAPER

Village Activities & News | St Mary's Church | Local Clubs & Events

#### Be A Star!

The 18th annual Christkindlmarkt Will be on November 14th this year at **Preston Manor** Barn CO10 9LU between 10am & 4pm. Will you be a star and help out as a volunteer? There are slots available for both the mornings and afternoons or indeed all day if you feel you could help. There are lots of different things to do so please telephone Lynne Brown on 01787 249893 or Janet Martin on **01787 249020** for more information.

We will be delighted to hear from you.

## **Wedding Bells**



Many congratulations to Lyn and Keith who need very little introduction in the village. They were married in Preston St Mary Parish church on Saturday 19th September by the Reverend Stephen Earl. As befits a classically trained soprano bride, the church was filled with music including a string quartet and various vocal ensembles. The sun shone on them all day and as you can see from the photo, they both looked very happy.

#### Church Roof - Thefts, Alarms and Insurance

You may have heard that at the end of August thieves raided Lavenham Parish Church and stole about seven tons of lead from the roof – the cost of repairing and restoring the roof will be about £140,000. Preston also has a lead roof, but we have been fortunate not to have been targeted – though about twenty other churches in Suffolk have been.

You may be asking yourself why do we not have an alarm system? - and surely we are covered by insurance? The answer is that until now insurance companies have limited claims for lead theft to £25,000, and then only if an approved alarm is fitted. The cheapest approved alarm costs about £5000 up front, plus £500 each year to maintain. We therefore decided several years ago that the cost was not worth the benefit.

However, following the recent spate of thefts our insurers have now agreed that we will be fully covered if we install an alarm, and as a result both Lavenham and Preston have acted immediately and fitted comprehensive alarm systems. Preston St Mary PCC have in the first instance covered the cost from our reserves, which have been heavily depleted as a result.

We would be grateful for any contribution that you can make towards this expense. I know how well Preston people support our church already, directly and through the Friends' activities, but we consider this is important enough to set up a church roof fund, and ask again for your support.

Robyn Lloyd Hughes

Treasurer, Preston St Mary PCC

It is with great sadness that the village has conducted two funerals at the Parish Church in Preston this summer. Our sincere condolences go out to the family and friends of:

GER WATES

9th July 1947 - 15th June 2015

ROSEMARY HELEN MABBITT 15th January 1942 - 31st July 2015

#### The Return of the Royal Arms of Elizabeth 1

Those of you who have visited the Church lately will know that the Royal Arms Board has returned safe and sound to its place in Preston St Mary Church. It spent 3 months in the Musee du Luxembourg, Paris in a special exhibition entitled *Les Tudors*. It gave gravitas to the Elizabethan room there, high on the wall opposite 3 significant portraits of the Queen.

However, it was not happy in its new and environmentally controlled space, which though perfect for showing paintings, was different from its home in Preston. This brought about changes in the Boards which then caused patches of the surface of the paint to blister.

The French conservators put patches on the spots affected and an English conservator, Polly Saltmarsh from Cambridge who works for the National Portrait Gallery in London, spent a whole day in Church here, restoring the board to its normal surface condition.

It looks wonderful back on our walls but we shall have to think twice before sending it on its travels again.

Janet Martin Church Warden.

#### **New Parish Clerk**

#### **OCTOBER/NOVEMBER 2015**

As you may have already heard, our Parish Clerk Maggie Bardzinski decided to retire at the end of August. She has been our Clerk for nine years and will be much missed. She has always worked hard on behalf of the Parish, kept all Councillors fully informed and organised our meetings in the Village Hall meticulously.

I was concerned it might be difficult to find another Clerk to take over from her, but I am delighted to say that Sylvia Watson, who lives in Monks Eleigh and is Parish Clerk to Kettlebaston, has agreed to join us on 1<sup>st</sup> October. We have had meetings with Sylvia, and Maggie is now formally handing over to her, so I hope the transition will be fairly seamless.



Maggie Bardzinski

On behalf of the Parish Council and everyone in the Parish I would once again like to say a big 'thank you' to Maggie for her years of service, and wish her well in retirement.

Joy Lloyd Hughes Chairman, Preston St Mary Parish Council

#### Congratulations



On July 31st 2015, Richard and Janet Martin celebrated 50 years of married life at a party in Vilalara, overlooking the sea in Portugal, with all their children and partners, 9 grandchildren and many old friends who were able to come to Portugal.

Anna, Tom and Ed made some heartfelt and witty speeches while 12 year old Lucy as the oldest grandchild took it upon herself to represent the little ones. 9 year old Freddie joined in with his speech and Olivia and Christina sang

"Believe me if all those endearing young charms" very sweetly and then "Congratulations" with lots of actions which delighted the audience and made grandparents feel very proud.

The happy couple would like to thank all those in Preston St Mary who wished them well. It was a wonderful evening of celebration to mark the anniversary of 50 years which is quite an achievement and can be recommended.

Did you know that you can order take away fish and chips from The Six Bells on Tuesday, Wednesday, Thursday and Sunday evenings? Either ring first (247440) or pop in and have a drink - you may even meet a fellow villager doing just the same - while they're being freshly cooked for you.

#### **Notice of Annual General Meeting**

The Eighteenth Annual General Meeting of The Society will be held in The Village Hall on **Thursday 5th November 2015** starting at 7.30 pm **AGENDA** 

- 1. Minutes of the 17th Annual General Meeting held on Thursday, 16th October 2014
- 2. Matters, if any, arising from The Minutes
- 3. Report of The Committee
- 4. Statement of Accounts
- **5**. Appointment of Auditors
- 6. Election of Officers

Officers are permitted to remain in post for 3 years. Due to retire in 2015 are: Tim Bridges (Vice Chair) - Continuing

Zoë Bridges (Secretary) - Resigning as Officer. Nominees\* to fill the post of Secretary are required.

7. Committee Members - Currently:

Janet Martin, Luke Potter, Roger Huggett, Ralph Crapnell, Lynne Brown, Zoë Bridges, Tim Bridges, Jude Shenton, Laura Ashford, Jo Williams, Jim Wilkinson (PCC Rep). Jo Williams will be resigning from the Committee with effect from the AGM.

- \* Any nominees must be proposed and seconded in writing along with their signed agreement to stand in any of the positions above and received before the notice period of 1 week before the AGM. All Committee Members are willing to continue their terms of office, save for Zoë Bridges.
- 8. Any Other Business

The Committee hopes that as many Members of the Society as possible will attend - the quorum for such a meeting is 12 members.

#### Following the meeting, wine and nibbles will be served.

New members will be welcomed on the night and current members are reminded that if not pre-paid for 2015/16, their annual subscriptions are due on the night. Subscriptions remain at £5 per Member.

Members are reminded that, under Clause 23, nominations for the election of Committee Members have to be in writing and have to reach The Honorary Secretary, Zoë Bridges at Safara, The Street, Preston St Mary at least 1 week before the AGM

#### **GEORGE HENRY WILLIAMS**







**Dave & Jacquie** are delighted to announce the birth of their fourth grandchild, born to Phill & Serena on 24<sup>th</sup> August. He weighed in at a healthy 8lb 6oz and already seems to have inherited some of his dad's characteristics!

### Village Hall

#### OCTOBER/NOVEMBER 2015

#### **FUNDRAISING EVENTS**

After the flurry of events during the Spring, all reported in the last issue, it has been a typically quiet Summer at the Village Hall. The Art Group and the Ladies Group are all active and their entries are elsewhere in this edition. The Table Tennis Club has strengthened and there are usually 6-8 players each week. There is, however, room for new members, so please phone Dave Williams (01787 248446) if you'd like to join us. We're not so good that we will scare newcomers off!

## **QUIZ NIGHT**

Friday 27th November @ 7.30 pm

Yes, it's time for another Quiz! The one that we held earlier this year in the Village Hall worked well, even though it was mid-week, so we are aiming for a Friday evening this time with the aim of attracting more contestants. As it happens, the selected weekend includes Advent Sunday, so there will be a Christmas feel to the quiz – though not wholly dedicated to that celebration.

As usual, teams of four (with three or five accepted) will battle it out, to see whether the current champions, the "Brainy Bees", can be toppled. If there's only one or two of you, don't feel excluded, as we always find partners or disturb teams so that you can join in.

£7.50 per person will include a light supper. There will also be a bar. **Please pre-book if you can** – Sue's number appears at the foot of this page.

#### **CLEANING**

We are delighted to announce that we have a regular cleaner. Thanks to Sue who has done the liaising, Adriana calls in every fortnight to ensure that all is well.

#### **HIRE FEES**

These have remained the same for several years now and we have taken the difficult decision to increase them. Residents can book the Hall for  $\mathfrak{L}7.50$  per hour, a discount of  $\mathfrak{L}2.50$  over the new fee of  $\mathfrak{L}10$  per hour for non-residents. They are still below the level charged by many other Village Halls in the area, reflecting the current restrictions in the use of the kitchen. Regular groups who pre-pay may continue with the present fee for an agreed period – Keith has contacted them.

ANNIE MASON, Chairman, 01787 247100 SUE DIGGGINS, Secretary, 01787 247810 KEITH DAVIS, Treasurer, 01787 247112

### **Clubs & Groups**

#### **OCTOBER/NOVEMBER 2015**

#### PRESTON ST MARY & DISTRICT LADIES CLUB

Meetings usually held on 2<sup>nd</sup> Monday in every month at 7.30pm in the Village Hall – unless stated otherwise

#### **Upcoming Meetings**

**Monday 12<sup>th</sup> October. Film Night at Preston Hall:** by invitation of Janet Martin. This is a ladies only night.

**Monday 9<sup>th</sup> November. Jewellery Making:** Jenny Goode, artist and designer, will demonstrate and talk about how she makes her beautiful real gemstone jewellery

Monday 14th December\*. Christmas Meal. \* Date and Venue yet to be decided

#### **Report on Previous Meetings**

13<sup>th</sup> July. Body Shop at Home Party. Members were treated to an evening of indulgent pampering by Colleen Ardley. For members who were possibly not familiar with Body Shop merchandise, Colleen explained and demonstrated the various lotions and potions and some interestingly coloured nail varnishes that she had brought with her, passing them to our members so that we could all sample and test and smell them for ourselves. Colleen offered hand and foot massages, using her Body Shop products, to any willing volunteers, of which there were many. The massages were declared a great success and very relaxing by the volunteers. Colleen, also ran a raffle, and the prizes were a great many of the Body Shop products. The raffle proceeds, which amounted to £30, were split between two charities that our members chose: Children on the Edge and Teenage Cancer research. Colleen created a very relaxed atmosphere where there was no pressure to buy anything at all, however many ladies ordered their favourite items.

## 10<sup>th</sup> August Garden Party Evening at Hatherley Cottage – by kind invitation of Judy Legg

After many, many rainy and cold days the weather decided to be kind for our evening in the garden of Hatherley House. Almost the full complement of our members met together in Judy's garden, where she had provided a sumptuous feast of cheeses and bites followed by melt-in-the-mouth scones topped with strawberries and cream. Absolutely delicious! Judy had also arranged games and a quiz for our amusement. Drinks, of course, were on offer. All in all it was a wonderfully social evening, with the chance to chat and plenty of laughter. Our Members think that Judy deserves a very big 'thank you' for all she did to make our Garden Party such fun. Many, many thanks to Chris too, for his 'behind the scenes' assistance.

### Clubs & Groups

#### **OCTOBER/NOVEMBER 2015**

Monday September 14<sup>th</sup> The Lives of Women in Victorian Stowmarket – a talk by Sue & Steve Williams from the Stowmarket History Group.

Sue and Steve gave us a very informative talk about the lives of women during the reign of Queen Victoria which they illustrated by slides, and also by bringing exhibits and reference books which included recipe books from that era, including a copy of Mrs Beeton's Household Management and an original Culpeper, for us to browse at leisure. The slides showed how hard women's lives were generally, but especially for the working classes, with long hours and low wages. Large families were the norm (one slide showed a family with 14 children!). Slides also showed the fashion during Queen Victoria's reign, for the wearing of crinolines and bustles. To achieve the small waists desired by these fashions it was necessary to wear tightly laced corsets which looked excruciatingly uncomfortable and also did untold damage to women's internal organs. However, this was also a time of great inventions and gadgets to aid housework – if you could afford them.

#### **Preston & District Social Club**

#### 2016 Date for your Diary

Saturday 2<sup>nd</sup> July 2016. 2.30pm After patiently waiting for over a year, we have finally managed to book a Visit to Kings Seeds in Kelvedon, near Colchester to view the Sweet Pea fields while they are in bloom. The Tour takes approximately 2 hours, although not a lot of walking is required the majority of the time you will be on your feet. Cost, £2 per person. There will also be opportunity to purchase seeds at the end of the Tour. Please register your interest if you would like to come (if you haven't already done so). I know it is difficult to know what you will be doing so far ahead but I do need to know what interest there is for this tour from Members, before I open it up to spouses, partners and friends

If you would like more information about the Club or any of the above activities, please contact Anne Springall on 01787 247156 or <a href="mailto:annespringall@gmail.com">annespringall@gmail.com</a>

#### **Topical Tea and Controversial Coffee**

This friendly group continues to meet every Thursday morning from 10.00-12.00. We discuss anything that is topical and not everything is controversial (although inevitably we don't always agree). We learn a lot from one another and have a range of experience and expertise among the current members. We meet at Hatherley Cottage and would welcome anyone who would like to come along. It is wise to 'phone first just in case we are away.

Judy & Chris 01787 247515

#### **Bible Study**

This group is going to re-start in April– reverting to the first and third Tuesday evenings each month from 7.30 – 9.00p.m at Hatherley Cottage (as above). Once again anyone with an interest in exploring the Bible in greater depth would be welcome.



## PRESTON ST MARY & DISTRICT ART GROUP

Would you like to draw and paint?
In a relaxed and enjoyable environment?
With people who share the same interest?
So why not join your local art club?



The Preston St Mary & District Art Group has been running successfully for over 15 years. We cater for all abilities (including beginners) and meet at 10am every Monday (in term time) for 2.5 hours in Preston Village Hall or outside at various venues when the weather allows. Some of our sessions are tutored so help, advice and demonstrations are on hand.



Our friendly group consists of 10 members and we currently have space for several more. We have some art materials available for general use, so you would be most welcome to come and join us for a trial session. For more information contact:

Judy Legg on 01787 247515 or Jim Wilkins on 01787 248233

#### Picture this!

The winner for our first year was very hard to judge so the criteria was based on miles travelled with a copy of the PPP. Joint winners are **Julia Yemm** of Whelp Street and **Richard Martin** of Preston Hall, Singapore and Borneo respectively. But as Richard has his own hive of bees, the prized jar of local honey goes to Julia. Keep sending your photos in please!

#### Thanks to Jenny Antill (County Councillor for Cosford) & her blog for this:

Suffolk's Police and Crime Commissioner Tim Passmore is encouraging Suffolk residents to take part in a University Campus Suffolk (UCS) survey to help understand perceptions of crime, anti-social behaviour and local policing services in Suffolk Your views are really important so we hope you will find 10 minutes to complete the survey and encourage others to do the same. A bit of background and a link to the survey are available here:

www.suffolk-pcc.gov.uk/news/pcc-supports-research-into-perceptions-of-crime

The results of this survey will feed into a project currently underway to identify where cost savings can be made in light of government cuts to policing budgets.

#### Lavenham, Preston & District Gardening Club

We normally meet at 7.30pm in Lavenham Village Hall; annual subscription is £5 and entry to each meeting is £1 which includes raffle entry & refreshments. New members are always welcome. For enquiries please contact the new secretary Michael Warner 01787-247615.

#### Forthcoming meetings:

**Tuesday 27th October** 'History & conservation on Sudbury riverside' Adrian Walters

**Monday 16th November** Quiz at Thorpe Morieux Gardening Club 7.30pm



#### **Reading Group**

Members of the Book Group met at Anne Coxon's house at the beginning of August on a very beautiful summer evening with the added bonus of an impromptu barn owl talk - with photos - given by our hostess.

We discussed Marjorie's choice 'Jock of the Bushveldt' by Percy Fitzpatrick. Some of us struggled to finish it - why is it more difficult to sit down with a book in the summer? - but Meggan outdid everyone by reading it for the 2nd time, her first reading when she was 18. Over 100 years old now, the book (not Meggan) was written in a decidedly unpolitically correct era and its themes of hunting wildlife and big game in Africa was very apposite given the controversy surrounding the reporting of the recent killing of Zimbabwe's Cecil the lion.

Our next meeting is at Sara Whymark's (Parsonage House opposite the church) on Wednesday 30th September at 7.30pm and Anne's choice is 'The Paying Guests' the latest book by Sarah Walters. Set in 1922 it vividly captures the change in society of post war London and the rise of the 'clerk class'; a young couple become lodgers in the impoverished house of a widowed mother and her spinster daughter. Tensions mount as the 4 main characters learn to live together...

If you would like to join this group of friendly, chatty women, please phone 01787-247786

Your advertisement could be here! Are you a plumber, electrician, decorator, gardener, cleaner or other service provider and live or operate in the village?

Rates (for 6 issues of the bi-monthly Preston Parish Paper) for villagers or businesses based in Preston St Mary:

Full Page £30 Half Page £15 Quarter Page £7.50

Further details: Caroline Gove pstmppaper@gmail.com 01787-247786

#### The Village People

#### **Dudley Mason**

How long have you lived in the village & why did you come to live here? When we moved to Suffolk, in 1982, we lived in Monks Eleigh, but Annie's horses were kept at Priory Farm, when Jane & Adrian Thorpe lived there. Whilst riding around the Preston by-ways, we often passed, and admired, Mortimers Farm, which we bought from Ali Mariner in September 1995.



**Best thing about the village?** The people, and the togetherness which enables us to maintain the identity and the individuality of the village alongside the greater parish of Lavenham. Also, our two children have a great affinity for the village, so much so that they both got married in the Parish Church.

**Favourite spot in Preston St Mary?** My tractor shed, where I can lose myself for hours amongst my old grey Fergies.

What would improve the village? Filling in the building gaps in the main street with houses whose front gardens adjoin the street, to maintain an open look to the centre of the village.

**Hobbies?** Freemasonry, woodturning and tractors.

Guilty pleasures? Being diabetic, I do like to sneak the occasional KitKat!

**Favourite sport?** Rugby Union. I support Northampton and England. Annie, being a Wurzel from Somerset, supports Bath.

Favourite TV Show? Minder and Sharpe.

Favourite Music? Mozart's Clarinet Concerto

#### Tell us a secret.

For the first eleven years of my life, we lived abroad, mainly in the Far East. My best memory is of the time when I started school in Singapore during the time of the civil unrest; we were taken to school in various types of armoured vehicles, driven and guarded by two or three Gurkhas who related blood-curdling tales about their military exploits. The problem was that many of these tales were true!

Dudley is well known in the village for two main reasons: firstly, because he is the unofficial "Keeper of the Village Barby" and secondly because of his and Annie's eponymous shoe shops in Bury and Stowmarket where discerning mothers took their children at the end of the school holidays, for various articles of footwear.

Dudley was first dragooned into manning the barbecue in Preston in 1993, before he had even moved to the village, as Jane and Adrian Thorpe asked him to assist at an event at Priory Barn. Little did he think that twenty-two years later he would still be cooking for the village and on the same pieces of equipment. His not-so-secret weapon is his ex-Gurkha gas range, obtained form the Army & Navy shop in Lavenham many years ago and which came complete with an oven, chopping boards and heavy-duty utensils. Dudley provided his own pair of heat-proof welding gloves, as the stove has two settings: 'Off' and 'Inferno'.

The princely sum of £120 was invested in this stove and an old oil drum which is the basis of his barbecue. The ensemble is transported round the village on his "Gator", often driven by one or other of his catering colleagues: Merv "the burger" Cochrane and Keith "onions" Springall. Mike Taggart and John Gove are amongst many others who often assist, but have not, as yet, earned a soubriquet!

Dudley's first career as an Industrial Chemist was cut short mainly owing to the difference between his sense of humour and that of the Chemist-in-Charge. He joined Clarks Shoes on their graduate trainee scheme and qualified as a shoemaker before moving into the company's sales division; having observed over the years how the good operators ran their shops, he decided to run his own. With full support and help from Annie, he set up in Stowmarket in 1982 and Bury in 1987 at the same time securing their long-term future by buying the freeholds of the two properties. With green hippos to clamber on and lollipops to lick, there was no other shoe shop for my children and these attractions, allied to the expert foot-fitting of Annie and her staff, helped to sell well over a million pairs of children's shoes over a period of twenty-six years.

In 2008 they sold the business and now enjoy an active retirement between Preston and their house in Spain.

Do you have a glut of green tomatoes? Here's a firm family favourite passed down from my grandmother (adapted for metric measurements)

#### **Green Tomato Chutney**

1 kg green tomatoes

1 kg cooking apples

900g onions 6 large garlic cloves, crushed

450g raisins

625g demarara or soft brown sugar

25g pickling spice

Half teaspoon cayenne papper

2 level dessertspoons ground ginger

half teaspoon salt

1.75 litres malt vinegar

You will also need a small preserving pan, 8 x 1lb glass jam jars, a mincer, string and some gauze, old clean dish cloth or tights.

Wash and cut the tomatoes into quarters or chunks; peel the onions and quarter them, peel & core the apples, keeping them in water to stop them going brown. Using the medium blade of a mincer, mince the tomatoes and place them in the pan; follow with the onions and apples. Add the raisins, garlic, cayenne, ginger, sugar & salt making sure to mix it all up thoroughly. Tie the pickling spice in a small piece of double thickness gauze ( cloth, tights etc) and attach it to the handle of the pan handle so that it hangs down into the mixture. Pour the vinegar into the pan, stir and bring it to simmering point; let it simmer very gently for about 3-4 hours without covering. You will know when it is ready: the vinegar will have been almost completely absorbed/evaporated and a spoon leaves a trail through the mixture; try not to overcook as the chutney will thicken up as it cools. Stir occasionally during the cooking time to prevent sticking to the bottom of the pan. Pour the hot chutney into hot clean jars as high as you dare and cover with wax seals followed by tight fitting lids. Label when cold and store away for about 3 months before eating. Just in time for Christmas.

Caroline Gove

Do you have a story to tell or information for other villagers? Please send articles, recipes (especially seasonal gluts) letters, news, photos or 'Picture This!'

pstmppaer@gmail.com 01787-247786 Mortimers Barn, Preston St Mary by 1st November for the Christmas and New Year edition.

#### **Nature Notes**

This creepy critter (seen by Clarice Starling in the film 'Silence of the Lambs') is a *Death's-head Hawkmoth* (Acherontia atropos) which was found dead near Rookwood Lane, Preston St Mary on 10th September, curiously the same date as the annual UK moth recording day. It was duly reported to and noted by the Suffolk Moth Recorder - does anyone else know this officer exists?! These moths are easily distinguishable by their human skull-shaped pattern markings on the thorax, which can be clearly seen in the photograph, which mimics a worker honey bee. They creep into beehives, hide in the dark corners, reproduce the bees'



scent and raid the honey. Another distinguishable feature this large moth has is the ability to emit loud squeaks which although not heard at the time of discovery, it was dead, was fairly accurately reproduced by the finder.

#### Have you registered with Police Connect yet?

Police Connect is a messaging service connecting you to the very latest policing news for your area via e-mail, text or phone.

There is no charge for this service - all messages you receive are free.

You can register to receive information about the issues that most matter to you and be among the first to be alerted by police in the case of an emergency affecting your area.

You can choose to receive regular updates on crime and public appeals, safety advice and meetings and events. There is the option to receive information about a range of specific interest areas – such as 'rural' – as well as updates for business owners and news from your Police and Crime Commissioner.

Information from the public is a major help in the fight against crime. We need your help to make your community a safer place.

By taking a few moments to fill out a simple form (a copy of which is in the previous edition of the PPP) you become more informed about what's happening in your community and can become more involved in helping to prevent and reduce crime.

How to register: The simple online process takes only a couple of minutes and will ensure we have the most up-to-date contact details and preferences for you.

#### suffolk.police.uk/policeconnect

## COMMAND PEST CONTROL



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Fly control units, electric and adhesive Stockists of all leading brands Replacement tubes and servicing carried out to all units Secondhand units available

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Command House, College Farm, Church Lane, Preston St Mary, Sudbury, Suffolk CO10 9NQ Email: sales@commandpestcontrol.co.uk Web: www.commandpest control.co.uk

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**Old Joes Golf Club** 

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Tel: 01787 374807

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www.oldjoesgolfingrange.co.uk

## Lavenham Physiotherapy



## ध

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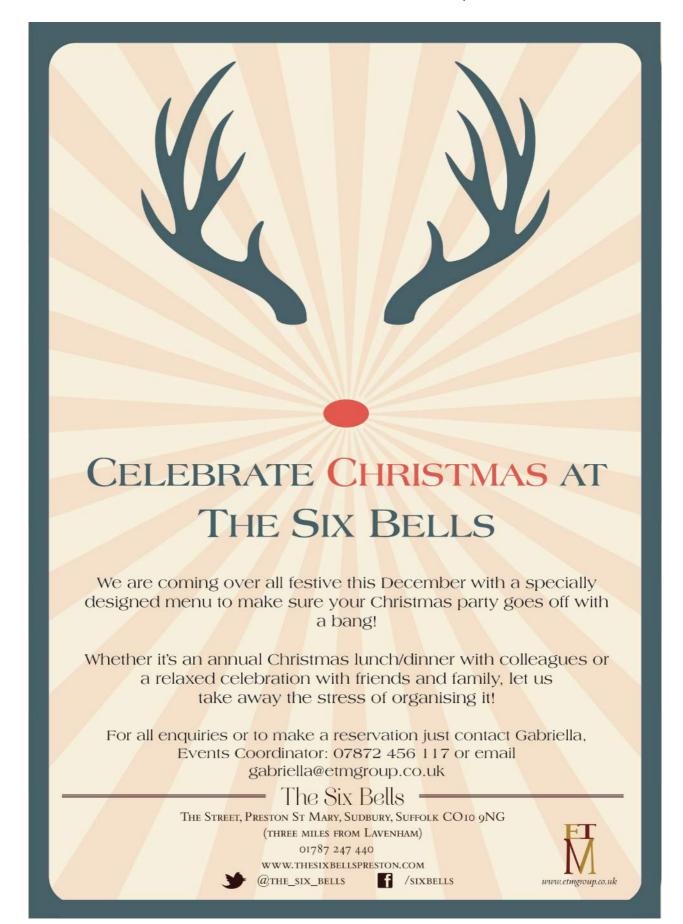


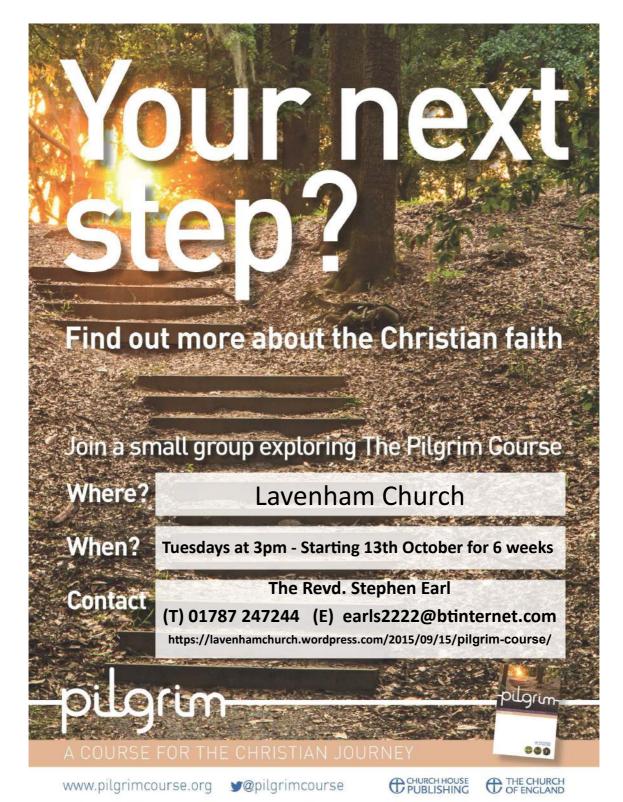
Private treatment is provided in a relaxing and friendly atmosphere by Preston resident Mrs. Hua Sands MSc MCSP MAACP, who has been trained in acupuncture in China and the UK, is qualified as a Physiotherapist to Master's level in the UK, and has worked as a Senior Physiotherapist in the NHS. Treatments depending upon your condition may include exercises, manual therapy, ultrasound and/or acupuncture.

Scientific evidence shows that acupuncture treatment can stimulate the brain and spinal cord to produce natural pain-relieving chemicals such as endorphins, melatonin (which promotes sleep) and serotonin (to promote well-being). Based on strong scientific evidence available so far for its effectiveness, the National Institute for Health and Care Excellence (NICE) recommends acupuncture as a treatment option for chronic lower back pain, chronic tension-type headaches and migraines. Large scientific studies also indicate that acupuncture can help relieve pain caused by osteoarthritis.

"I have found your sessions to be beneficial for my neck...I also found the acupuncture to be incredibly relaxing. Your fees are very reasonable for the high value of therapy you offer." Ben Holden, Rattlesden. See website for more examples of what patients say.

Ring **01787 247 726** or e-mail **Hua@lavenhamphysio.co.uk** to book an initial appointment. For more information, see **www.LavenhamPhysio.co.uk** 





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### **Beauty by Megan**

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## Cruse Bereavement Care

#### **Suffolk Cruse Bereavement Care**

We are a charity set up to help bereaved people to understand their grief and cope with their loss. We provide information, one to one support and offer advice, education and training services. We also have a specialist Children & Young People Team.

If you would like to volunteer to support bereaved people, help on our Area Committee or with publicity and fundraising please contact us.

For help or information please telephone your local Branch:

Further information can be found at www.cruse.org.uk, www.suffolkcruse.co.uk or email suffolk@cruse.org.uk

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Contact - Stuart and Julie 01787 247850

Juliea.prior@btinternet.com

### Preston St Mary Parish Council

# Notes from the Minutes of the MEETING of the PARISH COUNCIL held at 7.30 p.m. on TUESDAY 28<sup>th</sup> July 2015 In the VILLAGE HALL, The Street, Preston St. Mary

Present: Cllrs: Bardzinski, Bisson, Hutchinson, Lloyd Hughes (Chair), McGrory,

Members of Public 2 plus Cllr Arthey BDC and Cllr Jenny Antill SCC

**Police:** No recent Crime in the area to report

Clir Arthey BDC – He was pleased to confirm that the Energy from Waste plant is now operational. With regard to recent articles in the Press in connection with the Brown Bin service – this is already charged for by Babergh District Council to residents and will continue to be so. It is other District Councils that at present offer a 'free' service that will be affected. He asked if we had heard anything from Planning regarding the Swifts Manor Riding School proposals and since we had not received anything he suggested that we contact the Planning Dept., for an update. He would also put in a request that this matter be referred to the Planning Committee rather than the decision be made at Officer level as the Councillors would welcome the opportunity to attend to emphasise their concerns

#### Cllr Antill SCC reported as follows:

#### **Finance**

The newly formed Cabinet has not really done a great deal to address the budget gap since it was formed in May. We wait with interest to find out where necessary savings will be found. The administration has however committed  $\mathfrak{L}5m$  extra from the Capital Budget to build a new 'heritage facility' in Ipswich to accommodate material from the Records Office. This, which is currently in Bury St Edmunds, is now very old and is running out of space. The new 'iconic building' will be jointly developed with University College Suffolk, will be on the waterfront and will include café and shop facilities. The Cabinet has also agreed to spend an additional  $\mathfrak{L}800,000$  from the Capital Budget on improvements to the Corn Hill in Ipswich and a similar amount from the revenue budget to support the Raising the Bar initiative.

At present it seems that changes to the minimum wage made in the Budget will cost the council £10m annually

#### Fire Service issues

SCC's Fire and Rescue Service (SFRS) ran a 4-week pre-consultation on 23<sup>rd</sup> June, which finished on 24<sup>th</sup> July. SCC is calling on people to have a say in helping to shape the future of the Service.

#### Fairer funding for Schools.

The Cabinet Member for Schools, Lisa Chambers, has been working hard with other similarly disadvantaged councils to redress inequalities of funding with regards to the amount of money we receive per pupil. In Suffolk we receive around £4500 per head, whereas other areas get up to 50% more. This is largely due to the fact that the funding

#### **PPC**

#### **OCTOBER/NOVEMBER 2015**

formula is very out of date. A large meeting was held in Westminster recently which was attended by our new MP, James Cartlidge. The general impression was that this had been a success, and indeed the Government has recently seemed to acknowledge the disparity by granting additional money to Suffolk and similarly badly off areas.

#### **Garden Waste**

Currently Suffolk County Council subsidises the District Councils in respect of their brown bin deliveries. As part of our cost cutting measures it has been decided to take the level of this subsidy down to the statutory level. This is obviously not very popular with the Districts some of whom, but not Babergh, offer the brown bin service free to residents. It remains to be seen whether as a result of this measure Babergh will choose to increase charges or absorb the increase within their own budget.

#### **Preston**

#### **Broadband**

I am now part of a group that includes members from particularly remote areas in the county. The aim is to try to keep up to date with regard to where the Suffolk high speed broadband has got to, and also to monitor the progress of mobile reception. I recently wrote a piece for my website about the current situation and will continue to post updates. The short version is that a lot more information will be available for those without high speed broadband before the end of the year. Some of Preston is in this position. The commitment to provide at least 2 mps to anyone who cannot achieve this stands and further details of how to apply will also be available by the end of the year.

#### **Annual Parish Meeting report**

It was generally agreed that this was a successful event with some interesting and at times amusing reports from local clubs and organisations and was well attended despite there not being a quest speaker as in the past.

Clerk had been advised by the Village Hall Committee that they had decided to increase the rates of hire.

after several years of remaining static. The rate that affects the Parish Council is as follows:

Hire of Village Hall increase in hire charges £6 – £7.50 p.h. from September 2015

#### Finance -

#### A Payment of Accounts

- Clerks expenses £318.00
- ii PAYE Income tax £66.00
- ii Chilton PPP printing £84.00
- iv BDC election fees £87.50

Above items all passed for payment, cheques signed and paperwork noted

Planning: - Approval of minutes of extraordinary planning meeting 15.6.15

The minutes of the Extraordinary Planning Meeting held on 15<sup>th</sup> June 2015 were agreed and approved and duly signed by the Chairman as a true record. These minutes refer to items A & B below and comments passed to Babergh District Council after the meeting to meet the deadline.

A. Application No: B/15/00608/FUL

Location: Applebough, Whelp Street, Preston St Mary CO109NL

Proposal: Erection of a single storey side extension.

Note that this has now been rejected – letter from Planning 23<sup>rd</sup> July 2015 Councillors expressed their disappointment at this but felt there was nothing further they could do until a possible appeal was made by the applicant.

B. Application No: B/15/00525/FUL
 Location: Swifts Manor Farm Riding Centre, Whelp Street, Preston St Mary CO10
 9NJ

Proposal: Refurbishment and extension to Swifts Manor Farm Riding Centre, including demolition of dilapidated stables, new stable buildings, change of use of existing stable buildings to 4 No. Holiday lets: Enclosure of main barn and open hay store with new cladding and roof finishes providing additional accommodation related to the riding centre and an on-site management dwelling (linked to the centre) Provision for container storage adjacent to the menage.

Cllrs noted that nothing had been received regarding this proposal and the Chairman agreed to contact the Planning Dept. for an update.

C. Application No: B/15/00844FHA

Location: Greenacre, Whelp Street, CO10 9NL Proposal: Erection of detached double garage

This proposal was discussed and no objections to the proposal raised. Clerk to advise the Planning Dept., accordingly.

#### **Reports from Members:**

Cllr Bisson reported that the footpaths are very overgrown and impassable in places. Despite having contacted the 'Countryside Access Team' and had their assurances that these would be cleared to date nothing had happened.

There being no other business meeting closed at 9.00p.m.

The next full meeting of the Council will be on Tuesday 29th September 2015

## October services

### **OCTOBER/NOVEMBER 2015**

## **November Services**

### **OCTOBER/NOVEMBER 2015**