

PRESTON PARISH PAPER

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

It's official

The Six Bells pub has been voted 2nd 'Best New Restaurant' in The Times November 2015. Congratulations to Head Chef John Tremayne, the Martin family and all the staff who have made this possible. To read more about the man who creates the delicious food served up in our local hostelry, turn to 'The Village People' on p.11

Hygge

Pronounced "heu-gah" the name describes the Danish art of building a sanctuary of cosiness with friends and loved ones for the long winter months. Think: open fires, candles, delicious warming food & sheepskin rugs etc. See p.10 for sensible precautions when lighting candles or open fires at home during winter

Christmas Services

Preston St Mary's Church

Christmas Crib & Carol Service on 24th December 5pm

Holy Communion (BCP) Christmas Day 9am



Christkindlmarkt 14 November

A very BIG THANK YOU to all who helped make this event such an enjoyable experience for our many delighted visitors. Stall holders provided interesting and unusual gifts and the Committee had worked hard for a year organising and making sure all was ready for the big day. Residents of Preston St Mary turned up to help with catering, parking, raffles and gluwein. Many had donated cakes and provisions, others helped with carpentry and electricity. We are very grateful to Tim and Anne Coxon for the use of their barn and their help throughout this undertaking. The atmosphere in the Barn was relaxed and happy with lovely Christmas decorations, everyone pulling together to ensure the success of the event and to raise funds for the upkeep of the fabric of the Church. The Friends of Preston St Mary are grateful for all the support that you have given. We could not do it without you.

Janet Martin - Chairman

Tim & Anne Coxon pictured right



DECEMBER 2015/JANUARY 2016

WHO'S WHO IN THE VILLAGE

Parish Council

CHAIRMAN	Joy Lloyd Hughes	247571	joy.lloydhughes@orangehome.co.uk
CLERK	Sylvia Watson		prestonpcclerk@gmail.com

Parochial Church Council

RECTOR	Rev'd Stephen Earl	247244	earls2222@btinternet.com
CHURCHWARDENS	Janet Martin	249020	janet.martin@btconnect.com
	Keith Davis	247112	keithdavis@btinternet.com

Friends of Preston St Mary Church

CHAIRMAN	Janet Martin	as above
SECRETARY	TBC	

Village Hall

CHAIRMAN	Annie Mason	247100	ranniemason@btinternet.com
SEC./BOOKINGS	Sue Diggins	247810	sdiggins2rda-east.org.uk

Art Group

Monday mornings, 3 terms of 12 weeks

NEW MEMBERS	Jim Wilkins	248233	jimwilkins97@aol.com
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Ladies Group

Informal gatherings arranged for most months of the year, usually on Mondays

CO-ORDINATOR	Anne Springall	247156	annespringall@gmail.com
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Book Club

CO-ORDINATOR	Caroline Gove	247786	thosegoves@aol.com
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Table Tennis

Thursday evenings at 7.30 in the Village Hall

CO-ORDINATOR	Dave Williams		williams.jackdaws@btinternet.com
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The Six Bells Pub

HEAD CHEF	John Tremayne	247440	reservations@thesixbellspreston.com
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Neighbourhood Watch

Sue Cawston		247189	kishcash@tiscali.co.uk
Mervyn Cochrane		247810	

Preston St Mary Parish Paper

News of events & village life, distributed free to every household, bi-monthly

EDITOR	Caroline Gove	247786	pstmppaper@gmail.com
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Doctors' Surgeries

Bildeston	01449-740254
Lavenham	378226

Local Councillors

Suffolk County Council	Jenny Antill (Con)	378310	jenny.antill@suffolk.gov.uk
Babergh District Council	Clive Arthey (Ind)	211316	clive.athery@babergh.gov.uk

Our ward is North Cosford

Preston St Mary & District Ladies Club

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

Upcoming Meetings

Monday 9th November. Jewellery Making: Jenny Goode, artist and designer, will be showing us a selection of the beautiful real gemstone jewellery that she makes and designs and talk about the wide range of colours that can be found in gemstones, which makes her jewellery such a delight to wear and a stunning fashion accessory. If you would like to place an order for a piece of jewellery, or buy something you like, on the night, Jenny would be delighted to oblige, but there will be no pressure to make a purchase.

WEDNESDAY 9TH DECEMBER - This year we will be holding our Christmas Meal **at the Six Bells on Wednesday 9th December, meeting at 7.00pm for 7.30pm.** This should be a good night – and most of us will be able to walk home!

Report on Previous Meetings

Monday 12th October. Film Night at Preston Hall: by invitation of Janet Martin. This was a ladies only night. As always, Film Night at Preston Hall is an evening to look forward to and we were not disappointed. Janet welcomed members with a cup of coffee or tea and biscuits before we settled down very comfortably, to watch the film she had chosen for us, which was **The Second Best Marigold Hotel.** Judging by the spontaneous laughter and giggles during the viewing, Members thoroughly enjoyed the film. We thought the film eminently watchable, brilliantly acted and very amusing with some brilliant one liners. Surprisingly, it was as good as the first film – which is not usually the case with sequels. Our grateful thanks to Janet as hostess, and to Richard as projectionist, for a memorable evening

Dates for 2016

The following are our meeting dates, but as yet we have not worked out a programme – if anyone has any ideas to fill these dates, please let me know.

No meeting in January

February 8th, March 14th, April 11th, May 9th, June 13th, July 11th, Aug 8th, Sept, 12th, Oct 10th, Nov 14th, Dec – Christmas meal venue to be advised

Preston & District Social Club

2016 Date for your Diary

Saturday 2nd 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

DECEMBER 2015/JANUARY 2016

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 annespringall@gmail.com

Finally, may I wish all our Members and their families a very happy Christmas and a wonderful New Year.

SUFFOLK HISTORIC CHURCHES TRUST

Once again Preston supported the Suffolk Historic Churches Trust annual bike ride on Saturday 12th September.

As always the aim was to cycle (or walk) to visit some of the fine old churches and other places of worship we have in Suffolk, and to raise sponsorship money while doing so. The amount raised is not known yet, but will be well in excess of £750 – another magnificent effort. The proceeds will be shared as always between the Trust and the Parish Church. For a number of years Preston has strongly supported the SHCT, and in particular this event, and we have been rewarded with several grants for works in the church. We have just received a grant of almost £2000 towards the cost of the roof alarm. Our thanks go to all those who volunteered to ride, man the church on the day, collect sponsorship money or sponsor our riders. Our riders this year were Sara and Bethany Whymark, Oliver Dyson, Chris Dyson (with his brother in law Harry Whittaker), the Burmans (Janet and Richard Martin's daughter and family) and Robyn Lloyd Hughes. Those who manned the church or collected donations were Keith Davis, Janet Martin, Lavender Hawkins, Sylvia Tillotson, Sue Diggins and Joy Lloyd Hughes.

Again, many thanks to everyone, especially those who gave so generously to support the event.

Robyn and Joy Lloyd Hughes



For more inspiration on where to cycle in Suffolk, visit the very extensive and useful www.suffolkyearofcycling.co.uk and discover group rides, 'route of the week', maps, safety tips and other information. It's also a great way to hook up with fellow cyclists nearby.

Communities across Babergh are being urged to apply for grant funding to promote a cycling event in their area. Grants of up to £500 are available to help support events or activities that involve cycling. Babergh District Council is desperate for communities to apply for the grants and, as the events have to be held before the end of March 2016, they are urging people to get in touch. The funding is part of Babergh's commitment to supporting the Suffolk Year of Cycling. It can be used for a variety of activities or events including running a cycle safety event, a family cycling day or to simply gather cycling enthusiasts together and take part in a day of cycling among other things. If anyone in the village is keen to start a village cycle group (summer evenings, once a week finishing at the pub for instance) contact Jo Beever Babergh & District Councils' Grants Officer 01449-724654 Josephine.Beever@baberghmidsuffolk.gov.uk



FUNDRAISING EVENTS

A quiet period at the moment, with other groups around the village doing their “thing”, so the committee members have been helping out there.

By the time you read this, we will have had our Village Hall Quiz on Friday 27th November. Some of you will therefore know whether the Busy Bees were able to retain the trophy, or whether the Wonders of Whelp Street were re-invigorated enough to seize the crown back – or indeed whether another group has wrested the title from both. Food and drink have been organised, i.e. the usual essentials towards an enjoyable evening. Many thanks to all who have participated and who will have helped towards the funding of the:-

REPLACEMENT WINDOWS

We have almost completed the trawl through window suppliers and fitters to obtain quotes – many thanks to Geoff Poole for his help in this part of the project. We are currently seeking a small grant to cover 50% of the costs, so we hope to be able to get the new windows fitted early in 2016.

LOOKING AHEAD

Now that we have a cleaner and that Sharon continues to do her grand work of looking after the Hall between times and opening it up for booked sessions, we hope that we are able to offer a good level of amenity, bearing in mind always the limitations of the current facilities. We are actively seeking to find a way to improve the offer to all residents and will announce more details once we have made a little more progress.

The Committee has agreed to meet again in early January and we will then decide what our social calendar for 2016 will be. Please let any of us know if you would like any particular event organised, as it is always heartening to have ideas from others.

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



Displaying a copy of another well travelled Preston Parish Paper are newly weds Keith & Lynn Davis (cameo role c/o a very smiley steward) in front of the Venice bound Orient Express taken this September.

Their call for donations to charity instead of gifts resulted in a grand total of £2400 which they have shared equally between Make A Wish UK and the Support for Sick Newborn and Parents charity based in John Radcliffe Hospital, Oxford.

Remember to take a PPP on your travels to win a money-can't-buy jar of village honey for the best annual photo

Strawberry Tea

Many thanks to those of you who came to our annual Strawberry Tea and a big thank you to those who donated but did not have a single strawberry. We have sent a cheque for **£320** to the Society for the Protection of Animals Abroad – SPANA, which includes donations for tea and coffee from our Thursday chat group. Sorry that the lovely sunny day also brought a plague of little beetles to join us but it was great to see everyone.

Judy and Chris



Did you know that last year Suffolk Highway's 39 gritters treated 100,000 miles of road? This amounts to a trip that would take you four times around the world.

Full information about the council's preparations for the winter can be found by going onto the Suffolk County Council website. This year you will be able to watch a video that has been specially made to illustrate the extent of the task faced every winter season. You can access

information at www.suffolk.gov.uk/gritting

At the time of writing this, mid November, with temperatures well into the teens, ice and snow seems rather distant but it is good to know that when and if it does arrive the county is prepared.

There are 2400 strategically placed grit bins across the county and now is a good time to check to see if your local one has been filled. The filling process starts in mid October so it may not yet have been done. If however in a week or so yours remains empty there are full instructions about what to do on the website.

Taken from the blog written by our County Councillor Jenny Antill. For more details & information about what's going on around our area: jennyantillsblog.blogspot.com

Reading Group

In late September, we all met up at Sara Whymark's, Parsonage House, to discuss 'The Paying Guests' by Sarah Walters. Wine flowed, nibbles were nibbled and Apache helicopters practised low level flying for the entire meeting. Congratulations to Hilde Crapnell for persevering in the dark, interfering with road blocks and finding us. Though the first half of the book was slow to start, it fairly picked up during the second - an unusual thriller, ripe for a TV or film adaptation which we all enjoyed reading.

Our next meeting will be at Meggan Curry's, College Farm on **Wed 25th November** when we will discuss '**After The Crash**' by **Michel Bussi**

"On the night of 22 December 1980, a plane crashes on the Franco-Swiss border and is engulfed in flames. 168 out of 169 passengers are killed instantly. The miraculous sole survivor is a three-month-old baby girl. Two families, one rich, the other poor, step forward to claim her, sparking an investigation that will last for almost two decades. Is she Lyse-Rose or Emilie?

Eighteen years later, having failed to discover the truth, private detective Cr d le Grand-Duc plans to take his own life, but not before placing an account of his investigation in the girl's hands. But, as he sits at his desk about to pull the trigger, he uncovers a secret that changes everything - then is killed before he can breathe a word of it to anyone . . ." Amazon review

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

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 secretary Michael Warner 01787-247615

Forthcoming meetings:

December No meeting

Tuesday January 26th 2016 New Year's Party
Please bring a plate of food

Tuesday February 23rd AGM



A NHW reminder about receiving information through the village NHW scheme and Police Connect.

As you are no doubt aware Police numbers are falling whilst rural crime is rising so on the basis that 'forewarned is forearmed' members of rural communities are being encouraged to register themselves for the Police Connect system at: suffolk.police.uk/policeconnect which will then give you local crime information by phone, e-mail or text. The NHW Newsletter is only distributed by the NHW co-ordinators to those that have provided an e-mail address to either myself or Mervyn. This gives more detailed information about crimes committed around the wider area, making us more aware of law breaking and therefore more able to protect ourselves.

Susanne Cawston (01787- 247189). Mervyn Cochrane (01787- 247810).

As well as having the Second Best New Restaurant* in our village, Lavenham Farmers Market is the
Winner of the 2015 Best Food Market in Suffolk: BBC Radio 4 Food & Farming Awards

Held on the **fourth Sunday of every month.**

10am until 1.30pm

Lavenham Village Hall, Lavenham, Suffolk

Free entry & free parking

Everything that is sold at the market comes from within a 30 mile radius with traders travelling from Hadleigh, Sudbury, Woodbridge & Boxford. **The Times*

The following has been reproduced with permission from the Lavenham NFU

In 2014, NFU Mutual paid out an estimated £2.6 million in fire claims for thatched properties and, as part of Chimney Fire Safety Week at the beginning of September, NFU Mutual launched its 'Assets to Ashes' campaign to remind people to take a few precautions before lighting the first fire of the season.

Statistically, homes with thatched roofs are no more likely to catch fire than those with conventional roofs; however, if a thatched roof does ignite, the results are rapid and spectacular, so their owners are well advised to take the following precautions:

- Around 90% of thatch fires are caused by chimneys - so make sure you have your chimney swept regularly to prevent a build-up of soot deposits.
- Ensure that the top of the chimney stack is at least five feet above the thatch, allowing sparks to escape and die-out before they settle on the thatch.
- Have your chimney checked to ensure that the brick or stone work is in good condition, especially where it passes through the thatch.
- An insulated lining should be fitted where the stack passes through the thatch.
- Having your chimney lined is a sensible precaution.
- When installing a stove, make sure you employ a professional with experience of thatched properties to do the job.
- Keep any eye on the flue temperature by fitting a flue thermometer.
- Do not burn wet or unseasoned wood, as this will leave greater deposits in the flue.
- Electrical wires in the roof space should be checked by an electrician at regular intervals and your electricity provider will often conduct a free visual check for you.
- Check your roof for signs of mice or other vermin as they can cause damage to electric wires.
- Locate smoke alarms and appropriate fire extinguishers throughout the property.
- If contractors are carrying-out work in the roof space, make sure they do not use blow-torches or other equipment which could create sparks. Plumbers for example should only use compression joints.



For further advice about preventing fire in thatched properties, speak to your local fire safety advisor or Master Thatcher. They will also be able to advise on preventative measures such as the use of Thatchbatts, Barrier Foil and Magma Firestop.

Your local fire officer should carry out a free site visit for thatched properties, as they are keen to know of the whereabouts of every thatched property in their area, especially as thatched properties are often old with poor water supply and access.

Please note in case of fire - call the brigade first. Many roofs could be saved if only they were called 5 minutes earlier!

The Village People

John Tremayne (Head Chef at The Six Bells)

How long have you lived in the village & why did you come to live in Preston St Mary? We came to live in the village 7 months ago, April 2015, when the pub opened after its refurbishment

Best thing about the village? The pub! The village is warm & friendly. And quiet, we came from Charlton in South London which also had a village feel

Favourite spot in Preston Village? Apart from the pub, I like the road which turns into a path beyond College Farm down towards the river

What would improve the village? A busier pub....! *(there's a theme going on here -ed)* As the parent of a 3 year old, a play area on the way to Lavenham would improve things for us - you can walk there with little ones and have a break, it's a long walk for little legs

Hobbies? Cycling - I've just got a new bike

Guilty pleasure? A toastie at the end of the evening's service

Favourite sport? Football and cricket. I support 3 football teams: Liverpool, Millwall and Scunthorpe Town. 2 years after Roman Abramovitch bought Chelsea FC, Scunthorpe were drawn with Chelsea in the FA Cup competition; 10,000 fans travelled to Stamford Bridge, enjoying their team beating the Premiership side for the first 19 minutes of the match. I have supported Liverpool since I was a little boy because my father supported Manchester United and there was a father/son rivalry going on. I support Millwall because we lived in that part of London until earlier this year and Scunthorpe Town because my mother worked there and other members of my family originated from the town. My cricket team is Australia...

Favourite TV/Box set? 'Breaking Bad'

Favourite music? Indie music: Modest Mouse, The Pixies, Oasis and the Cure in particular

Tell us a secret? I love my son Benjamin



December 2015/January 2016

It is no exaggeration to say that the Tremayne family have blown into our village from all corners of the globe. John came to England from Hobart (population 170,000) the capital city of Tasmania (population 400,000) an island state south of Australia. His own father was born in the UK and worked in Glasgow as a sub editor for one of Robert Maxwell's papers. In search of a new life and presumably less rainfall than Glasgow, he & his wife emigrated to Hobart many years ago where he rose to become deputy editor of The Mercury. They make the long journey to visit the family most years enjoying long stretches of time on their narrow boat which they moor in the UK.

John's mother originally came to the UK from Jamaica to work as a nurse. She was randomly allocated a hospital in Scunthorpe which may sound like getting the short straw but it was where she met John's father when he was working in the same hospital as a student.

John's wife Julia is from Brazil (pop 200 million) which seems to me to be about as far away from Tasmania as is possible to get but they seem to have triangulated their movements by settling in Preston St Mary (pop 177). John and Julia met when they were working in a London bar; they went their separate ways but met by chance a few months later. Winston their mainly Lakeland terrier dog is from an unknown location.

Hobart didn't hold too much excitement for an adventurous 18 year old so John came over to the UK for a gap year and he never went back. Initially he DJ'd and worked in bars but through a friend began working 1 day a week in the kitchen of Salt Yard, Goodge Street, an award-winning bar and restaurant serving modern tapas inspired by the flavours & produce of Spain & Italy. When a full time job became available, he jumped at it and began to learn to cook in earnest. After 18 months he moved from there to become Head Chef at The Gun which is part of the ETM Group where he remained for 3 & a half years. His move to the Six Bells is to fulfil a dream of not only a quieter & better quality of life for the family but also for raising animals - field to fork - for the table and growing vegetables, fruit and herbs for the kitchen. 2 Gloucester Old Spot pigs are arriving on 12th December, chickens will come in the spring, raised beds are being built for the plants but the nanny goat will have to wait until one becomes available. (Does anyone in the village know of a nanny goat for sale?)

It's worth mentioning that other notable people who originated from Tassie are Mary, Crown Princess of Denmark, actors Errol Flynn & Simon Baker, star of The Mentalist, and Richard Flanagan whose Booker prize winning novel The Narrow Road to the Deep North, which our Reading Group devoured earlier this year. I'm sure I can speak for the majority of the village when I say that we are extremely lucky and grateful that Tassie's latest export has decided to put down roots in Preston. The pub has once again become a thriving community hub and the quality of John's cooking, his knowledge, experience and enthusiasm have very quickly gained a well deserved reputation from not just the villagers but rapidly further afield. Let's hope he forgets that he's still on his 'gap year'.

Au revoir to the Keeley family from Down Hall who moved from Preston to Ipswich this autumn. David and Karen became a family while they lived here and were always involved in village life: moving larger items in David's van, using & erecting the marquee for the Great Garden and other events, sitting on committees and in many other helpful ways. I especially remember David running across the fields to help with the house fire at Old Thatches in February 2006 - if we'd ever had a middle distance running race in the village, he would definitely have won.



CELEBRATE CHRISTMAS AT THE SIX BELLS

We are coming over all festive this December with a specially designed menu to make sure your Christmas party goes off with a bang!

Whether it's an annual Christmas lunch/dinner with colleagues or a relaxed celebration with friends and family, let us take away the stress of organising it!

For all enquiries or to make a reservation just contact Gabriella,
Events Coordinator: 07872 456 117 or email
gabriella@etmgroup.co.uk

The Six Bells

THE STREET, PRESTON ST MARY, SUDBURY, SUFFOLK CO10 9NG
(THREE MILES FROM LAVENHAM)

01787 247 440

WWW.THESIXBELLSPRESTON.COM



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www.etmgroup.co.uk

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- Rehabilitation



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

Old Joes Golf Club



Are you looking for somewhere fun, relaxed and affordable to come and learn or practice golf?

Here at Old Joes we have some amazing facilities available to all levels of golfer whether you are just starting out to the player looking for more intensive practice

Our facilities include:

A 10 bay floodlit driving range

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A recently installed pro shop home to Nike Golf

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As well as our friendly knowledgeable staff, we are able to answer almost all of your golf queries

Golf Tuition is available - please ask at the Pro Shop or give us a call for more details

Old Joes Golf Club
Joes Road, Cornard Tye,
Great Cornard, Sudbury, CO10 0QB
Tel: 01787 374807
Email: info@patrickcollinsgolf.com
www.oldjoesgolfingrange.co.uk

Beauty by Megan

Megan is a mobile Beauty Therapist with over 10 year's experience in the Beauty Industry, offering professional and thorough treatments in the comfort & convenience of your own home. As an alternative to home treatments, I also have a treatment room within Preston St Mary, 3 miles from Lavenham with off road parking! I use and stock leading professional beauty products such as **Dermalogica & Jessica**


Dermalogica facials/Spray tanning/Waxing/Eye treatments/Jessica manicures & pedicures/Foot maintenance (nail trimming and hard skin removal)/LVL Eyelash perming/Eyelash extensions/Make-Up.

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Megan Pryke VTCT, BABTAC

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www.pbnaturalstone.co.uk

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:

Ipswich 01473 230888

North Suffolk & Great Yarmouth 01502 722234

Suffolk Coastal 01394 670770

West Suffolk 01284 767674

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

"I felt my counselling with my volunteer was very helpful indeed, at a time when I felt isolated and at times desperate".

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



According to Heritage Suffolk, Preston means 'homestead of the priests'; it was not until 1957 that our village was renamed Preston St Mary. In 1674 only 23 houses were inhabited. The population recorded in 1086 was 33. 1851 saw the highest number at 386. In 1627 it was noted that there was one villager who was a 'popish recusant'; 17 years later the Rector was accused of being 'popishly affected' by The Suffolk Committee for Scandalous Ministers (please bring this committee back!). In 1066 there was a 'Manor of 2 curucates held by Wulward a free man under

Stigand' (sounds a bit Viking) and 20 years later there was a manor or 2 carucates belonging to Roger of Poitou. Rookwood Lane is not named after the black birds in the surrounding woods as you would think but by an early lord of the sub-manor Maisters, Robert Rookwood, in 1572. It has been recorded that in 1680 only '2 Resident Gentry' ('gents') lived in the village; I would hazard a guess that there are more than that now. In 1550 there were 4 yeomen, 1 carpenter, 1 husbandman, 1 wheelwright and 1 labourer. Only 100 years ago there were 8 farmers, 3 shopkeepers (three!), 4 farm bailiffs, a publican, a miller, a sub postmaster and a teacher. 50 children attended the Sunday School in 1833 and there was a workhouse in 1776 which housed 16 inmates.

Garden birds to spot this winter

There has been a huge increase in the number of wild species coming to gardens to feed according to the British Trust for Ornithology. Their Garden Bird Feeding Survey has seen numbers up almost 50 percent since the 1970s. Two breeds that have seen a significant increase in numbers are the Goldfinch and Blackcap species with bird feeders in the domestic garden thought to be the main reason, and in the case of the Goldfinch particularly, responsible for their over wintering in this country rather than making the perilous annual migratory journey to southern Spain.

Food to put out: oil-rich nyger seed and sunflower hearts

If the blackcap is a bird you associate with a spring dawn chorus or summer's day, then prepare yourself for a surprise. The BTO has reported an increase in this species visiting gardens in winter, in what they describe as a 'remarkable evolutionary event'. Blackcaps tend to be relatively sedentary as the weather gets colder, and favour food like berries and fat. This may partly explain their growing tendency towards gardens. In fact, supplementary feeding, along with a warming climate, is attracting birds from central Europe as our summer migrants fly to Africa for the winter. These birds tend to be quite aggressive at the bird table.

Food to put out: fat balls

Do you have a story to tell, an unusual hobby or information for other villagers? Please send articles, recipes (especially seasonal gluts) letters, news, photos for 'Picture This!' pstmppaper@gmail.com 01787-247786 Mortimers Barn, Preston St Mary by **1st January 2016** for the Feb/March 2016 edition.

£1,000 Lead Theft Reward!

Following the recent renewed spate of lead thefts in and around Norfolk and Suffolk, including our own Parish Church, the **Eastern Daily Press** is offering a reward of **£1,000** to anyone supplying information leading to the conviction of those stealing lead from any church in their readership area.

Church leaders in Norfolk and Suffolk, along with the police and Ecclesiastical Insurance, are urging people to people to be extra vigilant to help keep our region's sacred buildings safe from lead thieves, particularly with the longer dark nights approaching.

We are encouraged to report any suspicious activity to the police, and to note the descriptions and registration numbers of suspicious vehicles, particularly those loitering in the area, oddly driving past several times, and appearing to 'eye up' any remoter access to church premises such as gateways to adjoining fields. And of course to note descriptions of any suspicious people we may see.

Lead thefts have more than doubled year-on-year in the Norwich, Ely and St Edmundsbury & Ipswich Dioceses. In 2013, there were 11 attacks, while last year there were around 25. In the last three months alone, thefts are already well into the teens – including Combs, Stratford St Mary, Hundon, Gestingthorpe, as well as our own sister church at **Lavenham** – and until the thieves are caught it seems they will continue. So we must do what we can to help!

Thank you for your watchful eye!

Do you have information about lead theft? Call Suffolk police on 101.
To support this campaign please e-mail newsdesk@archant.co.uk.

Using material with permission from article '**Church leaders urged to heed advice to beat lead thieves**' Published Weds 14th Oct. in the *Eastern Daily Press* by Peter Walsh.

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Preston St Mary Parish Council**Notes on Minutes of a Meeting of the Parish Council
held at 7.30 p.m. on Tuesday 29th September 2015
in the Village Hall, The Street, Preston St. Mary**

Present: Cllrs: Bardzinski, Bisson, Hutchinson, Lloyd Hughes (Chair), Shenton
Members of Public 1 plus Cllr Arthey BDC and Mrs Sylvia Watson (Parish Clerk
designate)

1. Apologies

Cllr McGrory – reason given work commitments – reason accepted
Cllr Luck - reason given work commitments – reason accepted
Police – non-attendance due to operational policy.

2. Declarations of interest - None**3. Approval of Minutes of last meeting – 28th July 2015**

These were agreed and signed by the Chairman as a true record.

Proposed: Cllr Bisson

Seconded: Cllr Shenton

unanimous

4. Clerk's Retirement/Replacement

The Chairman expressed the Council's thanks and best wishes to Mrs Bardzinski on her retirement as Parish Clerk.

Mrs Sylvia Watson was introduced as the new Clerk (designate) to start on 1st October 2015. Her appointment was approved.

Proposed: Cllr Shenton

Seconded: Cllr Bardzinski

unanimous

*Meeting adjourns for public forum and to receive questions from members of the public
Reports from District and County Councillors and Police Officer*

Police: No recent crime in the area to report. The Chairman read out a letter from the Chief Constable to all Parish Councils outlining their new policy on attending meetings.

Cllr Arthey BDC – reported that Babergh District Council had opened consultations on its gambling and licensing policies. The electoral registration process was currently under way. The Council had been closely involved following the Sudbury town centre fire, particularly with problems arising from loss of homes and from dangerous structures. The Babergh Community Achievement Awards had been launched with four categories – 'Rising Star', 'Community Hero' Action in the Community & Outstanding Local Business. He noted that under the new glass recycling contract aluminium tops could be left on bottles & jars and would be left on bottles and jars and would be separated and recycled.

Regarding the Swifts Manor Riding Centre proposals Babergh District Council had not received any new input, but when it did the application would be restarted and the Parish Council consulted again. Cllr Arthey reminded councillors that Parish Councils were encouraged to develop emergency plans. He gave an update on possible devolution plans for Norfolk and Suffolk, noting that although proposed structures were not yet clear it was unlikely that greater powers would be granted to Parish Councils.

Cllr Antill SCC reported as follows:

I am sorry not to be with you this evening but I am away on holiday.

Devolution: Suffolk's expression of interest in respect of taking on devolved powers from central government was published in early September and at the time of writing still has to be discussed by Cabinet and full council. This document is the joint production of Suffolk County Council, the Districts and other public sector organisations such as the PCC and the Clinical Commissioning Groups. This is just the opening move in what is likely to be a lengthy process of negotiation with central government. The expression of interest can be seen on the SCC website among the papers for the full council meeting on 16th September.

Finance: During the August break there has been no news about how the County Council proposes to bridge the forecast shortfall in our finances of over £20m in the next two financial years. £20m may be a conservative assessment of the problem since, as was reported in an Audit Committee report last year, central government has little idea about the relative financial strength of individual councils and continues to push more costs onto them. In addition to changes with regard to payment of the living wage, there have also been changes in National Insurance contributions and a number of other impositions. The Local Government Association is becoming increasingly vehement about the necessity for central government to reconsider its approach to the future funding for councils in the autumn statement expected in November.

Other news, mainly about education: August as usual has been a quiet month and the only important other news has been examination results. I think that it is fair to conclude that efforts to improve educational standards in the county are showing signs of working, but progress is not surprisingly slow. Improvements were seen in both GCSE and A level results despite the fact that no overall improvement was seen nationally.

In addition the SAT tests for 11 years olds in the county saw an increase in the percentage of pupils in primary schools achieving the expected level in reading, writing and maths. In 2015 77% of pupils achieved level 4 or higher in the tests compared with 73% last year. The national average stands at 80%, so Suffolk is definitely closing the gap. Suffolk has moved up 22 places in the national rankings, and is now 118th out of 150. There have also been improvements at key stages 1 and 2. The full figures will be published in October.

You Can Leave Your Cap On: The Suffolk Waste Partnership has launched a campaign to encourage residents to recycle the aluminium screw tops from glass bottles such as wine, spirits and cooking ingredients, along with the glass bottles on which they came.

The 'Leave Your Cap On' campaign aims to increase the recycling of aluminium screw tops and collars by encouraging people to screw the tops back onto the empty glass bottles before taking them to one of the many glass recycling banks located at sites throughout Suffolk.

New vaccination programme launched to protect against meningitis: This month, SCC's Public Health team are welcoming the start of the new vaccination programme that will offer teenagers protection against meningitis (inflammation of the brain) and septicaemia (blood poisoning) caused by four meningococcal strains.

GPs will be inviting all teenagers aged 17 and 18 (born between 01 September 1996 and 31 August 1997) for the vaccine. It's important that anyone who plans to go to university this year gets vaccinated before they leave.

Preston: All has been quiet from Preston over the summer.

Questions from Members of the Public: *Questions were raised about trees and hedges overgrowing the road and paths along the Street. The Chairman noted the points and referred to the next point on the agenda.*

Standing orders resumed

5. Matters arising from Minutes – items carried forward from previous meetings:

a. Update on Correspondence with Strutt & Parker.

The Chairman reported on her email and telephone conversations with Strutt & Parker's local Farm Manager. He had agreed to ask his drivers to take extra care on the narrow lanes and along the village street and would attend to hedges, ditches etc. He had referred to trees and hedges overhanging the roads, forcing large vehicles into the centre of the carriageway, and offered to do some cutting back with the agreement of the relevant landowners or householders. The Chairman will contact those concerned in the first instance.

b Date for October Finance Meeting

It was agreed that the Council's Finance Meeting would be held on Tuesday 20th October 2015, and not 27th October

6. Clerk's Correspondence - relevant matters e-mailed to Councillors – matters arising

a. Gambling Act

b. Licensing Act

It was noted that Babergh DC's policy regarding both the above Acts was open for consultation until 19th October 2015.

7. Finance:

A Payment of Accounts

- i. Clerks expenses - £290.67 – final account
- ii PAYE Income tax £63.60
- iii Chilton – PPP printing £88.20
- iv SALC course fee £24.00
- v Village Hall Hire £78.00

Proposed Cllr Bisson
unanimous

seconded: Cllr Shenton

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

B. Income

- i Advertising PPP – Command £30.00 Helping Hands £45.00 Pryke Bros £7.50
Megan Pryke £7.50
Old Joes Golf range £45.00
- ii BDC – Precept - £2000.00

C. BDO Annual return report – to be discussed at the October Finance Meeting

D. Change of details for Barclays Bank – signatures etc. – Agreed that Cllr Hutchinson would be added as a fourth signatory. The new Parish Clerk will complete the appropriate forms for herself and for Cllr Hutchinson and submit them to the Bank.

8. **Planning:**

- a. Application No: B/15/00896/FHA - GRANTED
Location: Applebough, Whelp Street, Preston St Mary CO10 9NL
Proposal: Erection of Garden wall on East & West site boundary
- b. Application No: B/15/00608/FUL - REFUSED
Location: Applebough, Whelp Street, Preston St Mary CO10 9NL
Proposal: Erection of a single storey side extension
- c. Application No: B/15/00844/FHA - GRANTED
Location: Greenacre, Whelp Street, CO10 9NL
Proposal: Erection of detached double garage
- d. Application No: B/15/01215
Location: Willowbrook, The Street, CO10 9NG
Proposal: Erection of detached cart lodge

No objections were raised to this application. Cllr Shenton intended to visit the site the next day, and subject to his comments the Chairman would respond to Babergh DC signifying approval.

Proposed: Cllr Bardzinski
unanimous

seconded: Cllr Bisson

9. **Reports from Members:**

Cllr Hutchinson reported on the SALC Planning Essentials course that he and Cllr McGrory had attended. He considered it poor – covering procedures rather than planning itself. A legal point which came out was that three councillors were required to agree a response to a planning application taken outside a Parish Council meeting.

10. Questions to the Chair - none

There being no other business meeting closed at 8.45p.m.

Next Meeting: 20th October 2015

**Preston St Mary Parish Council
Notes on Minutes of the Finance Meeting of the Parish Council
held at 7.30 p.m. on Tuesday 20th October 2015
in the Village Hall, The Street, Preston St. Mary**

Members Present: Cllrs: R Bardzinski, P Bisson, R Hutchinson

Also present: Sylvia Watson, Clerk to the Parish Council

Members of Public: There were no members of the public present at the meeting.

1. Chairman's welcome and apologies:

Vice Chairman Bob Hutchinson welcomed everyone to the meeting.

Apologies:

Cllr. Joy Lloyd Hughes	reason - sickness
Cllr Luck	reason - work commitments
Cllr McGrory	reason - work commitments
Cllr Shenton	reason - work commitments

Council consented to accept these apologies.

Apologies received from County Councillor Jenny Antill; District Councillor Clive Arthey.
The Police no longer routinely attend parish council meetings.

2. Declarations of Members' Interest:

- (i) There were no Declarations of interest previously served for the Agenda.
- (ii) There were no requests for Dispensations to be considered.

3. Minutes of the previous Meeting:

The Minutes of the Parish Council Meeting of the 29 September 2015 were approved.

4. Public Forum: There were no members of the public present at the meeting.**5. To receive reports from County and District Councillors:** None present at the meeting**6. To review and approve Preston St Mary Council Procedures and Policies:**

(i) Standing Orders: It was agreed this item requires further review and will be re-circulated for comment from members of the Parish Council.

(ii) Code of Conduct: It was agreed this item requires further review and will be re-circulated for comment from Parish Council members.

(iii) Asset Register: A redesigned Asset Register was circulated and approved.

(iv) Risk Assessments: Risk Assessment Forms are currently in place to cover risk of fire, financial control; setting up the hall for meetings.

(v) Financial Regulations: It was agreed this item requires further review and will be re-circulated for comment from members of the Parish Council.

(vi) Contract of Employment: Parish Clerk: Cllr Hutchinson said this will be reviewed following the clerk completing a three month probationary period.

(vii) Local Code of Conduct: The Local Code of Conduct was reviewed and re-adopted.

Cllr Bob Hutchinson proposed to prepare a draft Planning Policy for consideration at the next Council meeting.

Sylvia Watson agreed to prepare a draft Complaint Procedure for consideration at the next Council meeting.

7. Finance:

(i) To review the budget for 2015/16 and note statement of Council's financial position.

An Income and Expenditure statement for the year to the 20 October 2015 was circulated and approved.

It was agreed that the Council will continue to pay grants to the Parochial Church Council and the Village Hall.

(ii) To consider and set the Precept for 2015/16

Following discussion and review of Income and Expenditure, it was agreed that the precept should be increased to £4,600 per annum.

Proposed Cllr Peter Bisson; Seconded Cllr Richard Bardzinski; Agreed Cllr Bob Hutchinson

(iii) To consider and agree a continuation of contract to Heelis and Lodge as internal auditors.

This was considered and unanimously agreed by Council.

Proposed Cllr Bardzinski; seconded Cllr Peter Bisson. Agreed Cllr Bob Hutchinson

(iv) BDO Auditors: To review the Notice of Conclusion of Audit 2014-5

Noted and accepted.

(v) To receive and approve financial items awaiting authorisation:

Council approved the following payments: SALC £16.80 cheque No 100503; Chilton £75.60 cheque No. 100504.

Sylvia requested to contact Cllr McGrory regarding the progress of the proposed website for the Parish Council.

8. Planning Issues:

(i) To consider any new planning applications coming forth:

Application No B/15/01312/FUL Applebough – revised planning application received. There were no objections.

proposed Cllr Hutchinson; seconded Cllr Bardzinski – unanimous decision

(ii) To receive communications from Babergh District Council on planning matters raised.

- Application No B/15/00525/FUL Swifts Manor Riding Centre – no further communications.
- Application No B/15/00896/FHA/JC Applebough – a revised plan has been re-submitted.

9. Questions to the Chair - none

There being no other business meeting closed at 8.35p.m.

Date of Next Meeting: Tuesday 1 December 2015 at 7.30 pm

DECEMBER

January

PRESTON ST MARY CHURCH

Invite and welcome all parishioners,
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CHRISTMAS CRIB & CAROL SERVICE

**5 pm Christmas Eve
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Children are especially welcome and are asked to come dressed as
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All are welcome!