



# LAKENHEATH

## TIMES

Autumn 2025

[www.lakenheath.onesuffolk.net](http://www.lakenheath.onesuffolk.net)



LAKENHEATH PEOPLE, SHOPS, BUSINESSES, SERVICES!

# LOCAL AUTHORITY RESPONSIBILITIES

## *Who does what and how to contact them*

### **Lakenheath Parish Council deals with:**

- Community events
- Some streetlights
- Some litter bins
- Street furniture
- Lakenheath Cemetery
- Lakenheath War Memorial
- Lakenheath play area
- Neighbourhood Plan
- High Street Regeneration Plan
- Lakenheath Times
- Grants to local organisations
- Planning
- Finance and precept
- Emergency Plan

<http://www.lakenheath.onesuffolk.net/>

Parish Office, Peace Memorial Hall,  
98 High Street, Lakenheath IP27 9EW

OPEN TUESDAY, WEDNESDAY &  
THURSDAY 9AM to MIDDAY

[lakenheathparish@gmail.com](mailto:lakenheathparish@gmail.com)

Telephone: 01842 860598

**The Member of Parliament:** deals with  
problems affecting local people in the area,  
support of particular issues.

Phone: 020 7219 6191

Email: [nick.timothy.mp@parliament.uk](mailto:nick.timothy.mp@parliament.uk)

### **Suffolk County Council deals with:**

- Adult support services
- Fire and Rescue
- Public rights of way
- Bus passes
- Hazardous waste
- Libraries
- Social services
- Education
- Highways
- Potholes
- Streetlighting

<https://www.suffolk.gov.uk/>

### **West Suffolk Council deals with:**

- Anti social behaviour
- Fly tipping/ Fly posting
- Licensing
- Planning
- Council tax
- Grass cutting
- Parking
- Street cleaning
- Electoral services
- Housing
- Parks and open spaces
- Waste collection

<https://www.westsuffolk.gov.uk/>

## **The Christian Enterprise Foundation**

If you are involved with activities or projects within the village that would benefit from the support of the Charity, please let us know in writing.

To consider support for your scheme please give as much information as possible together with the level of grant being requested in your letter of application.

Our aim is to support Village groups and / or organisations within the Parish of Lakenheath.

Any grant requests should be put in writing to:

**CEF, Lakenheath Peace Memorial Hall,  
98 High Street, Lakenheath IP27 9EW**



# Useful Websites

## **Abandoned vehicles**

<https://www.westsuffolk.gov.uk/bins/street-cleaning/abandoned-vehicles.cfm>

## **Assisted bin collection service**

<https://www.westsuffolk.gov.uk/bins/assisted-bin-collections.cfm>

## **Benefits and support**

<https://www.westsuffolk.gov.uk/benefits/index.cfm>

## **Bins**

<https://www.westsuffolk.gov.uk/bins/when-are-my-bins-emptied.cfm>

## **Bin missing/ sacks**

<https://www.westsuffolk.gov.uk/bins/missing-bins-recycling-sacks-larger-bins.cfm>

## **Births and deaths**

<https://www.westsuffolk.gov.uk/Births-and-deaths/index.cfm>

## **Bulky items collection**

<https://www.westsuffolk.gov.uk/bins/bulky-items.cfm>

## **Cost of living help**

<https://www.westsuffolk.gov.uk/cost-of-living/index.cfm>

## **Debt and finance**

<https://www.westsuffolk.gov.uk/cost-of-living/finance-and-debt.cfm>

## **Dog Fouling**

<https://www.westsuffolk.gov.uk/bins/street-cleaning/dog-fouling.cfm>

## **Environment**

<https://www.westsuffolk.gov.uk/environment/index.cfm>

## **Find information on your address**

<https://maps.westsuffolk.gov.uk/>

## **Fly posting**

<https://www.westsuffolk.gov.uk/bins/street-cleaning/fly-posting.cfm>

## **Fly tipping**

<https://www.westsuffolk.gov.uk/bins/street-cleaning/fly-tipping.cfm>

## **Graffiti**

<https://www.westsuffolk.gov.uk/bins/street-cleaning/graffiti.cfm>

## **Licensing**

<https://www.westsuffolk.gov.uk/licensing/index.cfm>

## **Litter**

<https://www.westsuffolk.gov.uk/bins/street-cleaning/litter.cfm>

## **Litter - Drug related**

<https://www.westsuffolk.gov.uk/bins/street-cleaning/report-drug-litter.cfm>

## **Nuisance vehicles**

<https://www.westsuffolk.gov.uk/bins/street-cleaning/nuisance-vehicles.cfm>

## **Parking on street – civil enforcement**

<https://www.westsuffolk.gov.uk/parking/cpe/index.cfm>

## **Parking fines and appeals**

<https://www.westsuffolk.gov.uk/parking/parking-fines-and-appeals.cfm>

## **Parking on pavements/verges**

<https://www.westsuffolk.gov.uk/parking/cpe/parkingonpavements.cfm>

## **Parking – report an infringement**

[https://westsuffolk-self.achieveservice.com/service/Report\\_street\\_parking\\_infringement](https://westsuffolk-self.achieveservice.com/service/Report_street_parking_infringement)

## **Planning**

<https://www.westsuffolk.gov.uk/planning/index.cfm>

## **Waste Guide**

<https://www.westsuffolk.gov.uk/bins/upload/Waste-Guide-2023.pdf>

## **POLICE**

Call 999 if you require an immediate police response. For example, a crime is in progress or about to happen. You don't have to provide your details if you don't want to.

Call 101 for police if the matter is less serious.

You can call Crimestoppers anonymously on 0800 555 111. They will not ask for your personal details.

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## Lakenheath Times Advertising Rates are very reasonable!

### Deadline for Winter Issue 1st November 2025

### Why advertise with us?

The Lakenheath Times is a very well established Parish Council magazine. Approaching 3000 copies the issues are delivered throughout all of Lakenheath and also cover the USAF base.

We offer effective advertising at affordable rates. The magazine is in full colour and we offer friendly, personal service with our editor, [editor@lakenheath.org](mailto:editor@lakenheath.org)

To advertise with us please contact [advertising@lakenheath.org](mailto:advertising@lakenheath.org)

Advertising rate per	Quarter page	Half page	Full page
Single issue	£42	£64	£106
4 issues (discount rate)	£119	£200	£348

Advert	Orientation	Size mm	
		Width	Height
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**Advertising:** Denise Smith Email: [advertising@lakenheath.org](mailto:advertising@lakenheath.org)

# Useful Contacts

## AGE UK

Help Desk Tel No: 01473 257039

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## DISTRICT COUNCILLORS

Gerald Kelly

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Tracy Whitehand

tracy.whitehand@westsuffolk.gov.uk

## LAKENHEATH GOOD NEIGHBOURS

Tel No: 07857 801802

## LAKENHEATH LIBRARY

Tel: 01842 668445

## LAKENHEATH PAVILION BOOKING CLERK

Tel No: 01842 860124 or 07789 499970

Email: mail@lakenheathpavilion.org

Website: www.lakenheathpavilion.org

## LAKENHEATH PRIMARY SCHOOL

Tel No: 01842 860256

## MP

Nick Timothy

Tel No: 020 7219 6191

Email: nick.timothy.mp@parliament.uk

## CONSTITUENCY OFFICE

Tel No: 01638 590640

## PARISH WEBSITE

Website: www.lakenheath.onesuffolk.net

## PHARMACY

Tel No: 01842 862884

**POLICE** (Non-emergency) Tel No: 101

## SURGERY

Tel No: 01842 860400

## VILLAGE HALL and COMMUNITY CENTRE

Tel: 07538 609281

Email: bookings@lakenheathvillagehall.org

Website: www.lakenheathvillagehall.org

## WEST SUFFOLK COUNCIL

Tel No: 01638 719000

Website: www.westsuffolk.gov.uk

*Leaves are falling, Autumn is calling!*

**Well, Summer has been and is now sadly leaving us.**

Hopefully, everyone was pleased to see some lovely sunshine for a change, along with the odd drop of rain, which the gardens so desperately needed!

The school children will be heading back to school with tales of their summer break to share with one and all, off we go into the Autumn Term and we wish you all well.

Where has the time gone, it only feels like yesterday that I was reminding you that the days are getting shorter and the clocks will be falling back by 1 hour. This event for your diaries is Sunday October 26th at 2am. This is then followed closely by Halloween, Firework Night, Thanksgiving and before we know it, Christmas.

As always, take care and stay safe!

***Autumn...The year's last, loveliest smile***

**Let's cosy up and keep warm!**

**Denise**

## DISCLAIMER

Information contained within this issue of The Lakenheath Times is for information purposes only.

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## A Message from Colin Noble

At the time of writing this article, we are enjoying a lovely summer, and hopefully this continues into autumn. As the air turns crisp and the leaves begin to fall, our village enters a vibrant and meaningful season packed with village events, community spirit, and a touch of local democracy!

We begin with our much-loved Harvest Festival, taking place at St Mary's Church on Sunday, 28th September. The church will be decorated with produce from our gardens and fields, and all are welcome to bring donations for the local food bank. It's a lovely way to mark the changing season.

October brings craft, creativity, and pumpkins! The Autumn Craft & Produce Fair returns to the Village Hall, showcasing local talent and delicious treats. Later in the month, families are invited to the spooky and spectacular Pumpkin Trail on Thursday, 30th October. Expect fancy dress, glowing lanterns, and plenty of fun for little ones.

Bonfire Night is set to go off with a bang on Saturday, 1st November at the Playing Fields. Hot dogs, hot drinks, and community cheer guaranteed! If you plan to have fireworks at home, please notify your neighbours so they can keep their pets indoors.

Amid the season's joy, we pause for solemn remembrance. Remembrance Sunday, on 9th November, sees the community gather to honour those from our village who made the ultimate sacrifice. As usual, we will

all gather at our War Memorial for a service and wreath-laying ceremony. All are warmly encouraged to attend this poignant event.

Looking ahead, a major conversation is underway about the future of Suffolk's councils. Two proposals — "One Suffolk", which suggests a single unitary authority for the whole county, and "Third Suffolk", which would see Suffolk split into three new unitary councils — have been submitted to the Government. Both sets of proposals suggest an enhanced role for Parish Councils across Suffolk. At times, I think you might ponder what to do with me, but the reorganisation will shape local services for years to come. The last reorganisation was in 1974, so they don't come along very often! The Government is due to announce which option it will move forward with in January 2026, ahead of the elections to the new council or councils in May 2027.

Finally, as the season draws to a close, don't miss the Christmas Lights Switch-On in early December — a sparkling way to welcome winter!

With celebration, reflection, and a touch of politics, it's an eventful autumn for Lakenheath.

As always, if you have any issues or questions, you are welcome to contact me by email or phone. My number and email address are here in this great magazine.

**Colin Noble,**  
Suffolk County Council Councillor for  
Row Heath Division.



# A Message from Lakenheath Parish Council Chair Nick Smith

## Paper Boy to Chair

For those of you who are unfamiliar with me let me fill in some background. My father moved to Mildenhall as Sqn Leader when I was a child, so I knew of the area. I lived abroad for many years but returned to the UK back in 2021, moving to Lakenheath.

To meet people and acquaint myself with the village I decided to deliver the Lakenheath Times.

I joined the Council in 2023 and now have the privilege to Chair the Parish Council. Gerald Kelly stood down in May but continues as Vice Chair, whilst also working for the District.

Gerald's experience and, indeed that of all the other members of the Council, I find invaluable as we press on with the exciting future ahead!

However, as you will find later in this edition a vacancy has arisen for a new member to come and join the Council. Please consider adding to the team, come and have your say.

Our next meeting is September 1st.

I look forward to seeing you in the future.

Best

**Nick**

## REMEMBRANCE SUNDAY 2025

**This year's Remembrance commemorations take place on  
Sunday 9th November**

Lakenheath has maintained a proud tradition for holding a march through the village finishing at the War memorial. The march starts at 2.30 pm near to the church and will be followed by a service at the memorial.

The service includes the reading of the village's roll of honour and the laying of wreaths on behalf of the Royal British Legion, the armed services and many of Lakenheath's societies and clubs.

All residents are invited to attend.



## A Message from Gerald Kelly District Council Representative

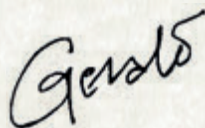
Another three months gone! The latest West Suffolk Council meeting involved more than usual of the big issues affecting us all, so from the top...

We now have a Local Plan. It doesn't do us any particular favours, and was nearly six years in the making but at least having it in place means we avoid developers doing (even more) what they like. Not an inspiring description, but having it in place means we can now get on with something much better, much quicker. I've started on my list of what should be in a new improved version, but I want to make sure we include as much as possible of what residents feel should be in there. So folks, you have my email address!

Next up was Local Government Reform. West Suffolk was the first to confirm a preference for three Unitary Authorities in the county, and the other Districts have all gone for the same. This is of course contrary to the County Council's view and they're spending loads of money talking nonsense and trying to get support. I

honestly can't see why as there is no referendum and the decision on whether it's one or three Unitaries rests solely with the Secretary of State! Ho hum.

Finally the really good news! West Suffolk is basically a low pay area with too few opportunities for our youngsters, so we are cracking on with an Advanced Manufacturing and Engineering centre (AME). Basically this is somewhere bright ideas can get University and other expert help while they grow into functioning (and higher paid) businesses. There's one company in Norfolk that started out this way and now employ 160 people! My notes leading up to Council amount to some 24 pages, so it's not something I can cover in my Lakenheath Times slot, but it's up there with the things achieved for Lakenheath and the wider West Suffolk. And we'll keep going!



**The Parish Council usually meets on the first Monday of the month (not on Bank Holidays) in the Methodist Church, Back Street at 7.00pm**

**MEMBERS OF THE PRESS AND PUBLIC ARE WELCOME TO ATTEND.**

The public may make their views known at the allocated item on this Agenda 'Public Participation'. Three minutes are allotted for each person, the public may not speak at any other time.

There are some instances when the matter cannot be discussed with the public present, (for example, staffing matters), as this contains a persons private information, to do otherwise would be in contravention of GDPR and privacy obligations.

## NEWS FROM SAINT MARY'S CHURCH, LAKENHEATH

### The Institution and Induction of the Reverend Andrew Tyler

An exciting and memorable event took place in St. Mary's Church on May 21st.

For two years, we have been without a priest after Rev. Tams retired and we had almost given up hope of finding another. To our delight, we were honoured on that Wednesday evening Rev. Andrew Tyler was licensed as our new Rector.

The Archdeacon of Sudbury, The Venerable Dr. David Jenkins officiated at the service which was attended by around 80 people which included many local dignitaries.

St. Mary's choir treated us to a beautiful rendition of "The Lord bless you and keep you" during the service. The evening finished with everyone enjoying drinks and cake.

I'm certain Rev. Andrew will be a wonderful asset to our community. We hope he will be with us for many years to lead us on our spiritual journey.

**Susan Taylor**



*Centre of the picture The Reverend Andrew Tyler. On the right, The Venerable Dr David Jenkins, Archdeacon of Sudbury, and on the left, Chair of Lakenheath Parish Council, Nicholas Smith.*

### St. Mary's Coffee Morning

On Saturday 19th July, we held another of our popular coffee mornings. It was well attended with lots of chat and laughter. Along with a jigsaw stall, bonus ball, books, raffle and tombola, the Lakenheath Hand bells played. It was a joyful occasion.



The morning made an astonishing £521 for our church. We would like to thank everyone who came, all who donated prizes and all who helped.

Please make a note of our next one which is on **Saturday September 27th.**

Thank you

Regards, **Susie.**





## LAKENHEATH PARISH COUNCIL SUPPORTS CHARITIES



In the Summer edition it was advertised that “Wing Song” Linda Spencer and Sue Crowe were holding a concert in The Methodist Church in aid of The Guide Dogs.

The evening was a great success for the charity and all those who came and enjoyed the Country Music.

Linda and Sue had got together a great group of friends to accompany them and our thanks go out to all.

A letter of thanks has been received from them for the Parish's kind donation of £100 which added to make an astonishing £679 from the night!

We thank the people of Lakenheath for their amazing generosity.

If anyone should know of any charities that have impacted our community, please contact the Parish Office for inclusion in future editions.



Linda Spencer, Cllr Denise Smith (Guide Dog Foster Parent), Sue Crowe and Guide Dog Mary

[www.guidedogs.org.uk](http://www.guidedogs.org.uk)



# LAKENHEATH CONSOLIDATED CHARITIES

## ANNUAL DISTRIBUTION

Lakenheath Consolidated Charities annual distribution to the aged and financially needy of the parish. Payments will be distributed by post. Cheque payments will be sent to your home address.

Applicants should be over the age of 74 and have been resident in the village for more than ten years. Application forms (see below) should be returned by 21st November 2025 to Mr J.Howard, 35 Eriswell Road, Lakenheath/ or Lakenheath Library.

Please note that only those people who are financially needy should apply.  
Every effort will be made to ensure that

the sick and housebound receive their payments  
**Lakenheath Consolidated Charities aim to have Charily Distribution Cheques to Applicants by the 23rd January 2026 post allowing.**

Applicants will be accepted from former recipients who can no longer live alone and therefore have to leave the village for care purposes.

Only one application per married couple, or individual can be accepted

J.Howard (Clerk)  
Lakenheath Consolidated Charities

## LAKENHEATH CONSOLIDATED CHARITIES

### ANNUAL DISTRIBUTION - Application Form

Aged and financially needy persons of Lakenheath are invited to apply for a grant. Applicants must be over 74 years of age and have lived in Lakenheath for a minimum of 10 years.

NAME: .....

ADDRESS: .....

.....

.....

.....

Telephone Number: .....

AGE/ DATE OF BIRTH .....

**ALL COMPLETED FORMS  
TO BE RETURNED TO:**

MrJ.Howard  
35 Eriswell Road  
Lakenheath  
Suffolk  
IP279AF

or **Lakenheath Library**  
**by 21st November 2025**

Applications from those younger members of Society also in need will be considered on an individual merit basis.



# ACTIVE LAKENHEATH UPDATE

I can't believe I'm saying I have been the Lakenheath Place Development Officer for 5 months now, time is just flying by, and I am pleased to say we have been making some really great progress with the Active Lakenheath project.

Last time I updated you on the recruitment of two Community Connectors **Richard Keeble** and **Jo Chambers**, and I can't praise them highly enough for how they have hit the ground running. Hopefully you will have seen them out and about in the community hearing and gathering the voices of many of you already about what will support increasing activity in Lakenheath. We can't thank you enough for your engagement so far, it's really vital in allowing the project to move forward, and please don't miss your chance to have your say - keep filling in **questionnaires** or chatting with Richard and Jo at their regular **drop-in sessions at the library on the 2nd and 4th Tuesday of each month, 2pm to 3pm**.

Some of the key trends that are coming from the community so far are: transport to local activities and services, the idea of a '**Community Hub**' to host a variety of community based services, groups and events, safe and accessible **walking / cycling / wheeling routes** to link the village to itself and surrounding areas as well as suggestions around new activities such as **tennis, badminton and netball**. This is only the most popular feedback so far and these may change and adapt as we continue to work hard on gathering more community input.

We also held an **Asset Based Community Development (ABCD)**

**training** session at Lakenheath Peace Memorial Hall on Wednesday 9th July. This was attended by a range of people from Lakenheath Parish Council, Community Connectors, Community Health teams, and Village Hall Association as well as Active Suffolk, Abbeycroft and Feel Good Suffolk. Asset Based Community Development focuses on utilising what already exists and is really strong in a place, which is a lot in Lakenheath, and how we can better support and develop these aspects. Overall, it was a really positive day, with the external facilitators commenting on the **openness, energy and connection** that was in the room and the actionable outcomes.

There is lots more going on which I cannot fit in this update and also so many exciting opportunities and further work to be done for Lakenheath!

If you do have any questions, queries or comments on the Active Lakenheath project, we would love to hear from you so please don't hesitate to contact myself on [abi.cartwright-thomas@activesuffolk.org](mailto:abi.cartwright-thomas@activesuffolk.org) or come and have a chat if you see me or the Community Connectors around the village.

Thank you.

**Abi Cartwright-Thomas**  
**Place Development Officer**  
**(West Suffolk)**  
**Active Suffolk**



# Lighthouse

For a brighter future, free from domestic abuse



**Mel Finch**  
Course Facilitator  
and Centre Triage

Lighthouse Women's Aid  
238 Felixstowe Road  
Ipswich IP3 9AD

☎ 01473 228270

**Lighthouse Women's Aid is a charitable organisation based in Suffolk, UK providing emotional support to women and their children experiencing domestic abuse in their personal or family relationships.**

We offer temporary accommodation in safe and supportive refuges where women and their children can recover from the traumatic effects of domestic violence and make informed choices. We also offer a range of community services and courses to support women and children to rebuild their lives after abuse.

We have been providing safe and supportive refuge in Ipswich since 1976.

**Registered Charity Number: 1069296**

## GOWARD & EVANS CHARITIES LAKENHEATH

Reg Charity No. 253727

The Trustees wish to remind all residents of the Parish of Lakenheath that written applications for both 'Relief in Need' and Education grants (young people under the age of 25) are welcomed in advance of meetings held in March and September each year.

Anyone may feel free to contact the Clerk to the Trustees in confidence, and at any time during the year.

Ms Laura Williams c/o 8 Woodcutters Way, Lakenheath, Suffolk IP27 9JQ

Mobile: 07796 018816

Email: [laurawill@btinternet.com](mailto:laurawill@btinternet.com)



# NOISE NUISANCE



photo by @kuest on www.freepik.com

## **Noise nuisance is dealt with by West Suffolk Council and comes under the Environmental Protection Act 1990.**

*Information from the website:*

### **What noises can the council investigate?**

There is no definitive list but Environmental Services investigate a variety of noises from parties, music, bird scarers and barking dogs in both domestic and commercial settings. Certain noises would be referred to and or investigated in connection with the council's Crime and Disorder Unit if they are considered to be anti social. We cannot investigate noise from traffic on the highway, from aeroplanes flying overhead (including helicopters) or 'normal living activities' such as children playing or vehicles arriving and leaving.

### **Will the police investigate noise?**

The police are often contacted about noise complaints. However,

unless there are issues relating to crime and disorder and or criminal activity they will generally refer such matters to Environmental Services. The police have powers to deal with groups of people who are causing disturbance including noise such as raves.

### **Is there a fixed noise level above which the council can take action?**

No, there is no fixed noise level, time of day, frequency or duration defined in law. These are, however, taken into consideration in any investigation. The Council can only take formal action if it is satisfied that the noise is causing a statutory nuisance under the Environmental Protection Act 1990.



## **What is a statutory nuisance?**

There is no set definition but case law has defined a statutory nuisance as a “material interference with the comfort and enjoyment of another’s home.”

## **What does this mean?**

In practice, to be a statutory nuisance, the noise would have to be excessive and unreasonable in the circumstances and significantly interfere with the use and enjoyment of someone’s home. Examples could be: disturbance of sleep, forcing you to close your windows, preventing you from using your garden, due to the level, time, frequency and duration of the noise.

## **How does the council investigate complaints about noise?**

Complaints are investigated under the Environmental Protection Act 1990. Standard letters are sent to both parties, and the complainant is required to complete diary sheets to record when the noise occurs. Thereafter visits may be made by officers to determine whether or not a statutory nuisance is occurring. The Council would try to offer advice and assistance to the person who is alleged to be causing the noise of measures that could be taken to minimise the noise.

## **What action could the District Council take?**

If the council is satisfied that the noise is causing a statutory nuisance, a notice can be served which can stop the activity occurring.

## **What if I don’t want to make a formal complaint?**

Many situations can be resolved on informal basis, perhaps by speaking with your neighbour to discuss your concerns and trying to reach an agreement. Environmental Services are unable to investigate anonymous complaints under the Environmental Protection Act 1990. However, there is the option for any individual to take a private action under the same act without any involvement by the council. West Suffolk have produced a leaflet with some guidance on how to tackle your neighbour: Direct Negotiation with a Neighbour.

## **How do I take a private action?**

1. Under section 82 of the Environmental Protection Act 1990, any person may make a complaint directly to the magistrates’ court on the grounds that they are aggrieved by a statutory nuisance.
2. You may take your own legal action for an injunction or damages in respect of private nuisance. Environmental Services would advise contacting a Solicitor regarding private action. Please note that you would be responsible for any costs incurred by this course of action.





# Community grants Funding for local groups

**West Suffolk Council actively support and encourage communities with a number of grant opportunities.**

The Thriving Communities Fund  
**The Thriving Communities funding round for 2026-27 is now open.**

The Thriving Communities Fund is now in its second year. The application process for the Thriving Communities Fund has been streamlined to encourage smaller community organisations to apply while two levels of grants are now available:

- Community grants of between £2,000 and £8,000 are available for one-off projects by community groups, that will support residents in a small part of the district such as an estate or village.
- Larger grants of between £8,001 and £20,000 – will fund work to support residents across the whole of West Suffolk or big parts of the district such as a town. Although organisations can apply for this level of funding, the

council retains its discretion to take each application on its merits and may grant a smaller amount.

## West Suffolk Councillor Locality Budgets

Smaller grants of £100 to £2,800 are available throughout the year from the Locality Budget. Applications to the Thriving Communities Fund for grants below £2,000 will be put forward to the ward councillor(s) for the area to consider whether to award locality budgets funds.

Before applying, please read the eligibility criteria in: West Suffolk Council Thriving Communities Funding 2026-27 Guidance for applicants

Organisations are to complete the Thriving Communities Fund Application Form (editable PDF) and email to [thrivingcommunitiesfund@westsuffolk.gov.uk](mailto:thrivingcommunitiesfund@westsuffolk.gov.uk)

For guidance on completing the form please read: West Suffolk Council Thriving Communities Fund Application Form 2026-27 Guidance notes

To discuss your application prior to submission please email **families.communities@westsuffolk.gov.uk** or phone 01638 719235.

**The deadline for applications is 12pm on Friday 26 September 2025.**

The 'free of charge' Thriving Communities Webinar visit Training Course Booking

- North locality officers -  
Lesley-Ann Keogh phone: 01638 719238 and Gemma O'Shea phone: 01284 757465
- Central locality officers -  
Ellie McCarthy Phone: 01284 757461 and Stephanie Edmans Phone: 01284 757080
- South locality officers -  
Jon Eaton Phone: 01638 719235 and Chris Swarbrick Phone: 01284 757216

For more details on this and restrictions, read the West Suffolk Locality Budget Scheme Guidance for councillors.

- To apply you will need to contact your local councillor. To find out who your councillor(s) are and how to contact them, please visit our Councillors and meetings page.
- For information about which community groups have received locality budget payments in West Suffolk, see our Locality budgets page.

## More Information

All projects supported are encouraged to align with the Thriving Communities strategic priority

For more information read Our approach to working with families and communities

## Other Funding Sources

### Home assistance grants

Funding is available from West Suffolk Council to assist families and residents to make safe, repair and improve their homes and we would like your help to engage with our communities.

West Suffolk can assist in different ways, through Warmer Homes Healthy People or through the Home Assistance grant (HAG) to help home owners carry out repairs and improvements to their homes to ensure that they are warm, weatherproof or watertight, safe and secure and have reasonably modern kitchen and bathroom facilities.

To find out more, or to see if one of our other grants could help, see the West Suffolk Council Housing grants page.

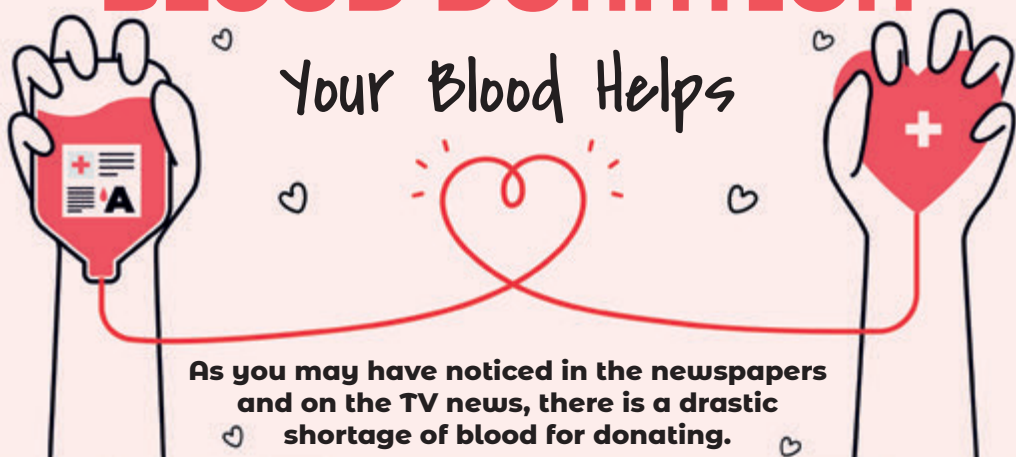
### Energy grants

For a wide range of grants and other assistance with energy saving initiatives for businesses and community venues, see the Green Suffolk website



# BLOOD DONATION

## Your Blood Helps



**As you may have noticed in the newspapers and on the TV news, there is a drastic shortage of blood for donating.**

### Did you know:

- The NHS needs over 6,000 people to give blood every day to meet the needs of hospitals and patients.
- Just one pint of donated blood can help save as many as three people's lives.
- Someone needs blood every TWO seconds!
- The NHS need more donors from all blood groups and types. In particular there is a need for more people from Black, Asian and minority ethnic communities.
- It takes up to ten minutes to make a blood donation.
- A single car accident victim can require as many as 100 units of blood...
- Most people between the ages of 17-65 are able to give blood. But around half of registered donors are over 45.
- A blood transfusion involves taking blood from one person (the donor) and giving it to someone else and can be needed for a number of reasons, including:- to replace blood lost during major surgery, childbirth or a severe accident, to treat anaemia that has failed to respond to other treatments; anaemia is a condition where a person has low levels of red blood cells, to treat inherited blood disorders, such as thalassaemia or sickle cell anaemia.
- Around one in four of us will need blood at some point in our lives.
- Cancer treatments can reduce the number of red blood cells in the blood. This is called anaemia. Sometimes cancer can also cause anaemia. A blood transfusion can relieve the symptoms of anaemia.
- You CAN donate blood if you carry the Sickle Cell Trait!
- There are more than 2 million people of African and Caribbean descent living in the UK, yet only 1% are registered blood donors...
- There is usually less than a weeks supply of blood in the UK's blood banks at any one time.
- Your blood donation could keep someone alive...

Resident *Peter Thomas* is a regular donor and urges us all to help save lives.

People considering giving blood for the first time can register as a new donor by contacting the N.H.S Blood Donation website or telephone 0300 123 23 23

Just imagine if you or yours were in need of a blood transfusion and there wasn't any blood available. Don't let it happen, if you can, please help.

*Thank you Peter for informing our readers of this very important issue.*





# Update on the Lakenheath Hand Bell Team

We hope you enjoyed the item on handbells in a previous edition of this magazine. Much has happened in the last three months as we have performed at several functions and venues. We have entertained at Village Homes for the elderly or infirm, Clubs and for coffee mornings.

Following our appeal for more ringers Fiona has joined us and we now have nine in the team. Fiona has proved a great success and in a very short time has become an important member of our team. Should you be interested please come along any Thursday at 10.30am. We meet in the Parvis Room in the church. Our meetings are a lot of fun with coffee and biscuits to enjoy and lots of laughter.

You might be interested to know that we have two programmes, one, general music such as 'Over the rainbow' for summer performances and then Christmas carols and the like for our winter shows. Hence, we are usually performing at least twice a year at most venues. At the likes of clubs, we add in stories and humour to link the music.

Recently, we performed at the Brandon Park Gala Day, along with many other attractions and also at Stowlangtoft

village home. We have several events coming up for future enjoyment!

## **The Benefice Choir**

As many of you may be aware, we also have a Benefice Choir. The Benefice is a merging of the three churches of Lakenheath, Santon Downham and Elveden. The choir draws singers from even further afield. Among the ladies you may know we have Alison, Denise, Elaine, Patricia, and Sue. Plus, Alistair, Derek, John, Robert and myself.

Hoping to whet the appetite, we are performing songs from the war era to mark the anniversaries of VE and VJ Days with a performance at Elveden Village Hall on the 20th of September. Before then we performed at Brandon (along with others) on the 16th of August in support of a lovely young lady there who is handicapped. It was a varied programme and if you came along, we hope you had a lovely time.

If you enjoy singing and would like to join us, please have a word with anyone, named above.

We practice on Wednesday evenings alternating between Lakenheath and Elveden.

**Bill**



***“Volunteers are not paid-not because they are worthless, but because they are priceless.”***

Please contact the Parish Office if you feel that you are able to help make a difference in the community.

## LOVE WHERE YOU LIVE

### PLAY PARK TIDY UP AND IMPROVEMENTS

A big thank you goes to all who helped with weeding in early June and to those who came and laid the new wood chippings in mid July.

All efforts from the volunteers were greatly appreciated.

We do hope all the children have great enjoyment using the play area.

## YOUR VILLAGE NEEDS YOU!

As our village is expanding, the strain on the delivery volunteers of the Lakenheath Times is growing.

Please contact the Parish Clerk ([Lakenheathparish@gmail.org](mailto:Lakenheathparish@gmail.org)) if you would be willing to join this happy group in putting magazines through letterboxes.



Lakenheath Parish Council

### VOLUNTEERS NEEDED!

Please help if you can with either planting, digging, litter picking or making the tea! Everyone always welcome.

Contact: [Lakenheathparish@gmail.com](mailto:Lakenheathparish@gmail.com)





Bag it &  
bin it!



# Please clean up after your dog

## A practical guide for reducing the problem of dog fouling in your Community

The dog population of the UK is around 9 million, with the amount of excrement being produced probably exceeding 1,000 tonnes a day.

Dog mess is a nuisance and is associated with various diseases including *Toxocara canis* which is a roundworm whose eggs can be found in dog mess. This causes stomach upsets, sore throats, asthma and in rare cases blindness.

When irresponsible dog owners do not clear up, not only are they committing an offence but they are also leaving behind something which can be easily

picked up by young children or stood in by others.

Dog owners please remember:

- ✓ take enough bags when you take your dog(s) out
- ✓ bag it and bin it - any street litter bin will do
- ✓ use your black household bin at home if no other bin is available.

We would encourage anyone witnessing a dog fouling incident to report this to any of the parish/town councillors, the parish clerk or directly to West Suffolk Council on **01284 763233** or by emailing [customer.services@westsuffolk.gov.uk](mailto:customer.services@westsuffolk.gov.uk)

Love where you live.

# Autumn Gardening 2025

by Rachel Sobiechowski BSc. (Hons)

Autumn has arrived and the nights are starting to draw in. Autumn is a special time to be a gardener, allotments (and veg growing areas) are brimming with fruit and vegetables to be harvested and the soil is the perfect temperature for planting.

## Mulching your flower borders

One way to help plants survive through winter is to mulch to insulate roots.

If your home-made compost is ready to use it can be spread on the soil between plants to hold in moisture and feed your plants. If you don't make your own compost, you can purchase bags of compost, bark, or manure to do the same purpose. You can clear dead stems and foliage now too although in my opinion it is best to leave them standing until spring to provide habitat for insects and to provide extra insulation.

Weedy beds will need clearing before mulching which can be hard work. You could try covering empty beds with cardboard. The cardboard will block out the light from any weeds and cause them to die back. This will make it much easier to dig in spring. Alternatively, you can sow green manures, these crops are grown on bare ground either in spring or autumn and dug into the soil a few months later. This method enriches the soil and improves the structure.

## Harvesting fruit and vegetables

Now is the time to get over to the allotment or vegetable patch to collect what you can from the last of the summer crop before the cold weather comes. Autumn crops such as apples, pears, squash and leeks should all be ready to start harvesting now.

Any bare plots can be sown with winter salad crops such as mizuna, rocket and winter lettuce.

## Planting bulbs and sowing seeds

Now is the time to plant spring flowering bulbs including tulips, crocuses and daffodils. They can be planted in pots or in flower beds. If you have a large area of grass try planting crocus bulbs in drifts for a vibrant colour show in early spring, the bees will thank you!

You can also sow seed of hardy annuals in early autumn, including cornflowers, scabious and ox-eye daisies.

## Clearing leaves

When the leaves start to fall and the season heads into mid to late autumn it's a good idea to clear leaves from lawns and flower borders. Keep the leaves to make leaf mould to feed next year's plants. Do this by piling leaves in wire cages and leaving them to break down. If you're tight on space use strong bags tied at the top and add puncture holes near the base for air to circulate. This makes a good mulch to use on your plants next year.

Removing all leaves from around roses is also a good idea as the leaves can harbour diseases, including blackspot, during the winter. These need to be incinerated (not composted) otherwise you risk the diseases remaining in the compost you've created.

## Other Top tips for Autumn:

- Clip conifer hedges. If you leave this too late any new growth will be damaged by frost.
- Plant evergreen shrubs whilst the soil is still warm.
- Plant winter flowering pansies & violas in tubs & baskets for a splash of colour.



**P&R**  
Garden Supplies

P&R Garden Supplies,  
Fengate Drive, Weeting, IP27 0PW  
Tel: 01842 814800  
[www.prgardensupplies.co.uk](http://www.prgardensupplies.co.uk)



Pentaco Construction Ltd,  
Suites 5&6 Joseph King House,  
Southwell Road,  
Horsham St Faith,  
Norfolk,  
NR10 3JU

Mobile: 07940294719  
[Barney.aldridge@pentaco.co.uk](mailto:Barney.aldridge@pentaco.co.uk)  
[www.pentaco.co.uk](http://www.pentaco.co.uk)  
27/06/2025

**Introduction to Lakenheath Primary School Project**

Dear Residents and local business's I hope this letter finds you well. My name is Barney Aldridge, and I'm writing to introduce myself as the Project Manager for Pentaco Construction who will be leading the Lakenheath Primary School project, starting in July 2025.

Our team will soon begin works at Land off Station Road, Lakenheath, Suffolk, IP279AA starting from July 2025. The project involves a cut and fill of the area, new sports pitches, car parking, steel frame 2 storey construction with several low carbon initiatives which I will share with you along the journey.

We are committed to keeping disruption to a minimum and working respectfully within the local community. There may be some temporary inconveniences such as increased traffic, noise, or restricted access during certain stages, but we will do everything we can to communicate clearly and give as much notice as possible in advance of any impact.

The first 4-6 weeks of work is our enabling period with most works being groundworks. I will be updating you between now and then with how we are progressing and what to expect in the next 6-week period.

Please don't hesitate to get in touch if you have any questions or concerns. I will be your main point of contact throughout the project and can be reached directly via the contact details I have shared above.

We appreciate your understanding and cooperation as we carry out this work and look forward to being a considerate presence in your neighbourhood.

Warm regards,  
Barney Aldridge  
Project Manager  
Pentaco Construction



Pentaco Construction Ltd, Suite 5 & 6, Joseph King House, Southwell Road, Horsham St Faith, Norwich, NR10 3JU  
Company Number: 5198280 Registered in England VAT number: 125 4426 33





**SUFFOLK  
CONSTABULARY**

## Suffolk Constabulary launches new video to warn of the dangers courier fraud



Do you know about courier fraud? Millions of pounds are lost each year to these scams. Suffolk Constabulary has created an animated video to try and make people aware of the dangers of courier fraud, the signs to look out for and how you can protect yourself, your family and your friends.

Between April 2024 and March 2025 there were 43 reports of courier fraud offences in Suffolk. In total victims lost £364,763, with an average loss of £8,482.

Courier fraud occurs when people are contacted by people pretending to be police officers or bank officials and duped into handing over money, valuables or bank cards, which are collected from their home address, often by couriers. The criminals use a variety of different tactics, often claiming that there is a problem with your account and they need your help to catch the real criminals.

The victim may also be encouraged into handing over their bank cards, bank details and PINs, as well as handing over or buying high value items such as jewellery, watches and gold.



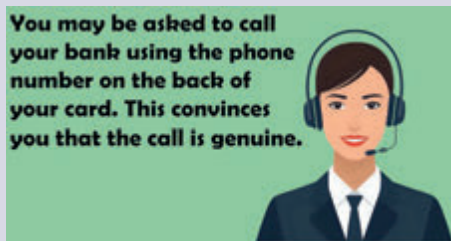
Older people are sadly the most likely to be targeted by criminals carrying out courier fraud.

### **Examples of courier fraud include:**

A scammer calling you, claiming to be from your bank or a police officer. They tell you either that:

- a fraudulent payment has been spotted on your card that needs sorting out
- someone has been arrested using your details and cards

You may be asked to call your bank using the phone number on the back of your card. This convinces you that the call is genuine. But the scammer has kept the line open at their end, so when you make the call, you're unknowingly connected straight back to them or their friends.



They'll either ask you for your PIN or ask you to key it into your phone. No bank or other legitimate service will ever ask you for your PIN.

The scammer then sends a courier or taxi to pick up the card from your home. Even the driver may not know they're being used as part of the scam.

Once the scammer has both your card and PIN they can spend your money.

A different version of this scam is where you're contacted and told there's a corrupt member of staff at your bank, post office or bureau de change and the police need your help to identify them.

They ask you to withdraw a large sum of your money, which the police or bank will mark, then put back into the banking system. They say this will help them identify the corrupt person. Once you hand the cash over, the scammers simply take it.

Victims are sometimes asked to meet the 'couriers' in public places such as supermarkets or retail parks.

Another example is when a fake police officer phones or approaches you and asks you to buy an expensive watch or other high-value item, to try to find out if counterfeit goods are being sold.

Once you've bought the item, the scammer tells you to hand it to a taxi driver for transfer to the police. The expensive item is, of course, taken instead to the scammer's partner.

The latest variation is where the scammer contacts you and says your bank account has been taken over and you need to transfer all the funds into a 'safe account'. Of course, the new account is operated by the scammers, who then steal the funds.

Victims are not just elderly or vulnerable people. Those responsible are professionals, they know what to say and are very convincing.

**Police officers will never:**

- Ask for bank details or PINs
- Request cash or bank card handovers to couriers
- Demand money transfers to other accounts
- Ask for payment of fines or fees over the phone
- Request access to your computer or passwords
- Ask you to 'assist' in an investigation by doing any of the above

Police are urging residents to share this warning with elderly and vulnerable family members, friends and neighbours – but stress that anyone can fall victim to these sophisticated scams.

If you know of anyone that you feel might be susceptible to this, please help ensure they are aware of the dangers and consider measures such as call blockers.

If you have any concerns or feel you or someone you know may have been targeted, please report it.

Reports can be made to both the police and to Action Fraud, while further advice on this and other scams is available on the **Action Fraud website**.

Please find the below links to Vimeo and YouTube to view/download the video.

**<https://youtu.be/IVhkKWbHcC8>**  
**<https://vimeo.com/1099637690?share=copy>**

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Alternatively go to the Suffolk Police website - **News page**

# SUFFOLK TRADING STANDARDS



We are receiving a high number of reports across the County of doorstep callers. Please warn friends, family and neighbours.

We have had reports of doorstep traders in Lakenheath, driving a silver or white ford panel van, with two males knocking on doors saying they are removing moss from the roof and quoting £200. At one property, once completed they then demanded £1200.

Residents of Aldham and Elmsett have reported a trader going door to door offering to jet wash their driveway and roof. Residents highlighted that the male was wearing a hi-vis jacket and was very pushy, demanding that the work should be done.

Have you been approached? Do you have any details of the traders and the vehicle they are travelling in? Call us via Citizens Advice Consumer Service on 0808 223 1133.

Our normal advice is to never agree to anything, including a home visit, when approached by a cold caller on the phone, at your door or via email. Do your research first, and find out if it is a product or service that you want or require.

While it might be tempting to agree to low prices being offered on the doorstep, think twice.

- never agree to have any work done as a result of a cold call, and don't be pressurised into having the job done immediately
- if you think work needs doing to your home, get quotes from 2 or 3 traders. Ask friends and family for recommendations of traders who have carried out work for them. You can also check Suffolk Trusted Trader for traders that have been vetted and approved by us (link in the comments)
- ask for the full name & address from a trader before considering dealing with them, and never rely solely on a mobile phone number
- ask for a written quotation detailing all the proposed work and a final price for the job BEFORE the work is started
- only pay in full once the work is completed to your satisfaction and PLEASE don't pay cash

Report all doorstep callers to us via Citizens Advice Consumer Service on 0808 223 1133. If you feel threatened call 999.

If you would like to receive a FREE No Cold Calling sticker for your door, please email us with your address on **tradingstandards@suffolk.gov.uk**.



# LAKENHEATH PARISH WALKS

Lakenheath is fortunate to have a good network of footpaths and the Parish Walk normally explores these every other Sunday afternoon, helping you to enjoy the beautiful area in which we live as well as keeping the footpaths open. However, as I, and indeed some of the other regulars have been ill, you may well have turned up and found no one there. I hope that I will soon have enough energy to start leading walks again. I will post the dates on the Wings Road Car Park notice board and in the Library.

Normally, we meet at Wings Road Car Park at 2 pm but don't expect anyone there before 1.55pm. Walks are about 5 miles long and take about 2 hours. If we see hares, deer and other wild-life we stop and watch them. Sturdy footwear, preferably boots, is essential. There is no charge and everyone is welcome.

Please check the notice boards for the dates. I hope that you will join us when the new dates are posted. Walking will give you a new perspective on life as well as the opportunity to make new friends and get to know the beautiful area in which you live.

## FOOTPATH NEWS

I am not sure about the state of the footpaths as I have not been well enough to go on a walk. All the paths were due to be cut in May and again in August. So, if you go walking and find a footpath is overgrown or impassible, it is important that you report it to Suffolk County Council. Hopefully then the County Council will take action to get it cut or take whatever remedial action is required.

To report a footpath problem to the County Council, go on their website and select Roads and Transport, then public rights of way in Suffolk, then report a public right of way issue. You will then be able to open up a map and pinpoint the location and, on the left hand side, select the type of problem and give details.

If you prefer to telephone you can ring James Pickerin, the County Footpath Officer for this area, on 01284 741352 and leave a message if he is out.

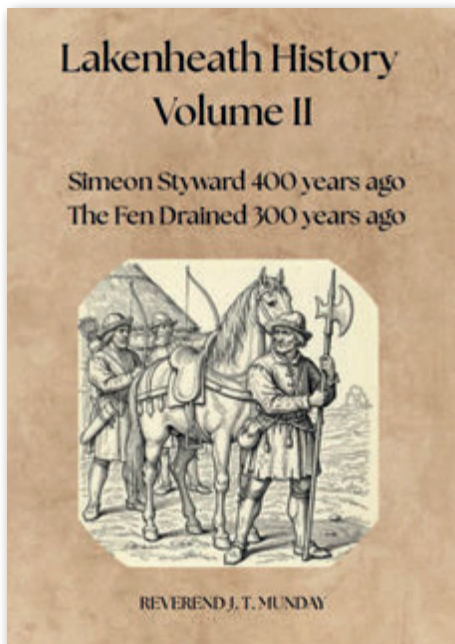
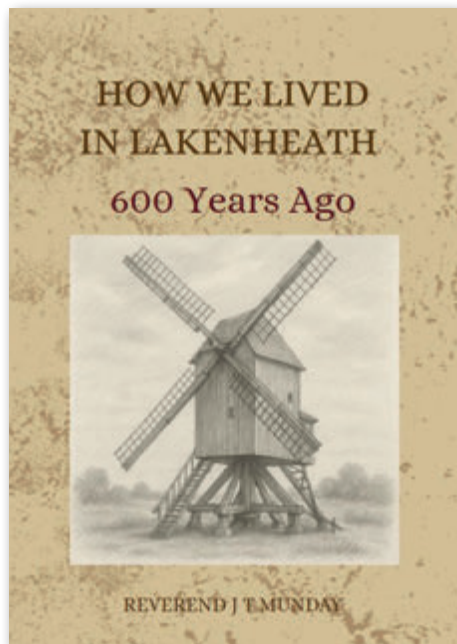
If we want the footpaths to be kept open, it is essential that problems are reported to the County Council.





# LAKENHEATH HERITAGE GROUP

*The Heritage Group is pleased to announce the re-publishing of two booklets written in the 1970's by Rev J T Munday, one-time vicar of Eriswell. The booklets, which give an insight into life in Lakenheath during the 14th-17th centuries, were originally written for the village and are now available for the first time since they were written.*



**How we Lived in Lakenheath 600 Years Ago,  
and  
Simeon Styward 400 years ago, (together with),  
The Fen Drained 300 years ago.**

**These new editions have been prepared especially for today's reader with clarified and corrected village detail, a glossary of terms and up-dated illustrations. The historical content is exactly as written by the author.**

**Rev. John Theodore Munday. MA. 1898-1979.**

Rev. John Theodore Munday M.A, rector of St. Lawrence church, Eriswell, (1969-1970), retired to Lakenheath and lived here until he died in Bramwell near Ipswich in 1979. Medieval Lakenheath was his great interest and his writing about the life of the village and its inhabitants was published locally in popular pamphlets. However, due to the duplicating technology of the time, these did not survive long.

Like many of his generation his early life was interrupted by WW1. He fought as a tank commander in the first tank battle of the war, being awarded the Croix de Guerre. He then took his degree at Cambridge before entering the Church of England in 1923. He was a curate in London dockland before leaving to become a missionary in what was then Northern Rhodesia, returning in 1969 as Rector of Eriswell.

**The booklets will soon be available at the library. You can also contact The Heritage Group at [lakenheathheritagegroup@outlook.com](mailto:lakenheathheritagegroup@outlook.com) or Hermione Brown on 01842 860621 to arrange delivery. It may be possible to deliver to village groups. Please ask.**

**Although we have been very fortunate to receive some grant funding, we would appreciate voluntary donations to cover the remainder of the printing costs. We would suggest £3 for one or £5 for both booklets.**

**Thank you.**



The Lakenheath Heritage Group is about discovering and sharing the history of the village. Some of our work can be seen at

**[www.lakenheathparishcouncil.gov.uk/lakenheath-heritage/](http://www.lakenheathparishcouncil.gov.uk/lakenheath-heritage/)**

We welcome new arrivals to the village and invite anyone interested in the history of the village to get in touch at

**[lakenheathheritagegroup@outlook.com](mailto:lakenheathheritagegroup@outlook.com)**



See Answers on page 68

Solving these dingbats will lead to sayings associated with this time of year

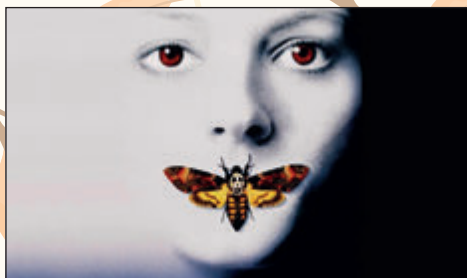
<b>Lefavaells</b>	<b>Gawain Galahad Lancelot Percivale</b>	<b>SPRING SUMMER —————→ AUTUMN WINTER</b>
1	2	3
<b>sevael      umber              sepia</b>	Bonjour Hello Hej Kia Ora Hola Hallo Hei Tere Ciao Helo Salaam Hi	<b>F I R E</b> Hot Reddish Brown Horses
4	5	6

These anagrams when solved are all names of popular fireworks

7	<b>WHEEL IN TEACHER (9,5)</b>	
8	<b>REPLARKS (8)</b>	
9	<b>NORMAL DANCE (5,6)</b>	
10	<b>CAMP JUNK JIG (7,4)</b>	
11	<b>CAREER CHICKENS (7,7)</b>	
12	<b>A FUNNEL VISITOR (6,8)</b>	



Can you name these scary movies from the poster pictures?



13



14



15



16



13



14



15



16



**A staggering amount of Lakenheath Times magazines are hand delivered to every household and businesses in the area, thousands every quarter. This includes the airbase.**



A couple of volunteers unload the delivery, then of course the boxing of the respective rounds has to take place for our amazing army of volunteers who deliver the LT through all weathers.

However, when the manager of the Co-Op, Nick Reeve, (pictured) found out about this he immediately offered an amazing 100 Co-Op shopping bags. This speeds up the whole process and helps all the volunteers in their distribution work.

The volunteers and the Parish Council thank Nick Reeve and the Co-Op for their support within the community. The LT is a vital source of information to the village, particularly those who cannot access social media.

**Lakenheath Parish Council**

## Walk for Parkinson's 100 Mile Challenge

**My wife Marion was diagnosed with Parkinson's in April 2023.**

**I felt that I would like to raise some funds to support the Parkinson's Group, so I decided to do the 100 mile challenge during May. I started on the 1st and finished on the 25th and with the help of family, friends and Lakenheath Kurling Club, I raised £750 for this very good cause.**

*Well done Phil Banks and thank you for sharing your achievement with us. As our regular readers know, Parkinson's was our highlighted charity in April.*

*Thank you*  
**Denise, Editor**



# Lakenheath Writers Group

Facebook page: **Lakenheath Writers** -  
<https://m.facebook.com/groups/1010392860225936/?ref=share>

Contact: text or call Terri on **07940114943**



**Lakenheath Writers** have been very busy these past couple of months.

There is no workshop in August and we return at the end of September.

## What's been happening!

**June 6th** - Gill and I attended the "Writing the Brecks" workshop at Lakenheath library.

**June 11th** - I performed at the Porter's Lodge Mini-Festival of Creative Writing.

**June 16th** - Sue and I went to visit Trish, a long-term member of the group for at least four years, in her new home.

**July 5th** - I attended the "In Breckland Wilds Day" (part of the Brecks Festival) in Thetford, which celebrated 100 years of WG Clarke's book.

Have a wonderful summer and should you wish to join us and try your hand at creative writing and poetry please do come along to the library on September 26th at 1.30pm



## Wandering the Brecks

The barely audible murmur of the lark, circling above, echoes through the distorted conifer plantations: Humming, meandering, rustling in the breeze. Tiptoeing along the scented path, the fresh citrus aroma of yellow gorse wafting, mixed with pungent elderflower, the earthy, woody forest floor crunching underfoot, disturbing the bruised prickly sweet chestnut husks. Steeping olfactory perception: drifting. Colloquially. The taste of the fresh morning dew rising, palpable in the air. A robust Egyptian goose feather agile in the cloying wind, wanders. Its tiger stripes following Blaschko's patterned lines; zephyrs catch in the fronds whisking it high into the air before cascading gracefully and settling in the briar.



# Alan Gyte reports on Lakenheath FC

Here we are again at the start of another season, with hopes of an improvement on last season.

Got through four pre-season friendlies against higher opposition, winning one and losing three, but in general didn't do too badly, it was more about minutes on the pitch, 'trialing' proposed new players rather than the results.

Have a few new faces in Babacar Camara, Carlie Coxall, Joel Glover, Kieran Hayden, Connor Lewis and his brother Isaac Lewis, Ryan Sanders and Roan Tucker, plus a couple more in the pipeline. All have settled in well and I am sure our supporters will make them welcome. On the downside we have lost a few, Ray Conroy has gone back to Ireland, Ben Curtis has a scholarship in the US, Gelson Rocha, Reuben Truter, Ethan Flack, Teddy Hogg and Jake Stephenson have all left for other clubs and we wish them well.

We started the season at Great Yarmouth Town and came away with a point from

a 0 - 0 draw, which was not too bad, considering we played most of second half with 10 men and could easily have won the game. Next up we lost at home to Soham Town Rangers in a bit of a scrappy game and were unlucky not to get a share of the points. Saturday saw us in FA Cup action away at Ipswich Wanderers, who are a tidy outfit having played in step 4 for the last two seasons. We took the lead on the stroke of half time, but in the second half they threw everything at us and it was not long before they scored an equaliser, then within minutes a second. We grew more into the game but alas couldn't find a second and they hung on for the win, so no Wembley appearance for us come next May!

We are steadily looking half decent now and the new players are settling in well although there have been quite a few absentees because of the holidays and commitments, but in truth the future, so far, is looking brighter.

## Up coming 1st team fixtures are as follows (3.00 kick off unless otherwise stated), all subject to change:-

2nd September	Away V Haverhill Rovers	K/O 7.45pm
6th September	Home V Dereham Town	K/O 11.00am
13th September	Away V Mulbarton Wanderers	
27th September	Home V Kirkley & Pakefield	
4th October	Away V Walsham le Willows	
11th October	Home V Hadleigh United	
18th October	Away V Harleston Town	
25th October	Home V Fakenham Town	
1st November	Away V Heacham	
8th November	Home V Woodbridge Town	



15th November	Away V Stowmarket Town	
22nd November	Home V Mulbarton Wanderers	
29th November	Away V Soham Town Rangers	
6th December	Away V Fakenham	
13th December	Home V Ipswich Wanderers	
20th December	Away V Ely City	
27th December	Away V Thetford Town	



# Christmas is Coming!

Join us for the Christmas Tree Lighting Friday, 5th December 2025 from 5.00pm for lighting at 5.30pm on Hall Drive, Lakenheath!

Mola Cafe & Lounge has once again generously allowed us to gather in their car park for a safe and enjoyable viewing experience.

Mola is also remaining open and craft stalls are being set up. Refreshments will also be available to purchase from this well known cafe.

Please note that the car park will be coned off from 3.30pm for everyone's safety.

The Parish Council eagerly anticipates your presence at this festive community event.

Let's come together and celebrate the holiday season.

**LOVE WHERE YOU LIVE!**





# Events at RSPB Lakenheath Fen September - October 2025

Places for all events need to be booked online - please visit  
**<https://bit.ly/LakenheathFenEvents>**  
to read more and book tickets.

## Treasures of the Moth Trap

**26th September (10am to 11am)**

Learn more about the amazing world of moths  
join us to admire what we catch in our harmless trap.

**RSPB members £5 (£2.50 for Under 18's);**  
**non-RSPB members £6 (£3 for Under 18's).**

## Guided Pond Dipping

**6th September (11am-1pm)**

Why not borrow a pond-dipping kit to see what beautiful and strange  
creatures live below the water?

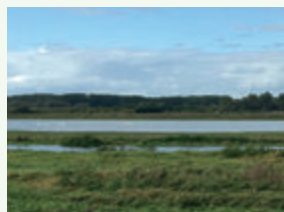
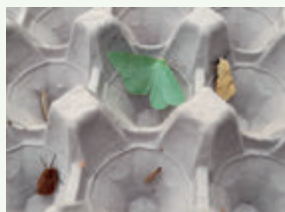
Come along to learn about the underwater world with our  
knowledgeable volunteers to guide you.

**RSPB members £5 (£2.50 for Under 18's);**  
**non-RSPB members £6 (£3 for Under 18's).**

## Amazing Autumn Guided Walks

**14th September and 12th October (9.30 - 12.30)**

**For current prices please refer to the website**





# CENTRAL CAR CARE CORNER



Lakenheath Times has asked me to do a series of articles on car care and it is my pleasure to do so! I'll be covering many subjects over the coming editions but if there is anything you'd like to ask about, please give Elaine a call on 01842 860226.

I thought I'd touch on engine management lights (EMLs) as this is a very common question to the team at Central Garage Lakenheath and whether or not you can drive with one on.

What are they? These are the warning lights that come up on the dashboard when the car's system finds something wrong. The car's system is run by one or a suite of Electronic Control Units (ECU), some come under different names (Body Control Unit (BMU), for instance) and of course, different manufacturers call them different names. I will call them all ECUs here!! Basically, when a sensor, or whatever, causes the light to come on the dash fails, well, the light comes on!!!

The picture on the EML sometimes gives a bit of a clue on what is wrong but there is also some generic ones that just show a picture of, say, an engine with no other clue. More on what to do at the end of the article and we will run a series of identification posts on our facebook and Instagram pages to help where we can.

There are basically two types of EML's – red and yellow.

Red ones first. So, these are red for a reason!!!! This means the fault is serious and you should make your way to a garage before driving too far as damage to the engine or whatever has been found to be

at fault will occur. There are many things that could be covered by this, overheating, low oil pressure, low oil, all sorts of nasty things! If in doubt, give Elaine a call on 01842 860226 and she will talk you through how best to get to us. For the residents of the parish of Lakenheath, we can come to where you are to give advice for a very reasonable cost. it may mean a recovery truck to the garage but that is so much cheaper than the ensuing repairs.

Yellow ones denote issues that are not immediately dangerous; having said this, you do have to get to a garage as quickly as possible as it does mean there is a problem.

We get asked if you can drive a car with a warning light on and of course, the answer is "it depends"!! Red, definitely not! Yellow, it is best to find out what it is and if you are not in a position to fix it immediately and it is a fault that we can advise won't do any damage if solved quickly, yes. The key is to seek advice before deciding what to do; we have a lot of diagnostic equipment that reads the fault code on the ECU and will tell us quite accurately what is wrong.

Please keep an eye on our facebook and Instagram pages for a guide to what the different lights mean.

There are two easy ones to fix – the "low fuel" and the TPS light!! You are on your own for the fuel light but we can top up your air if you pop into Central Garage Lakenheath and we can have a health check on your tyres at the same time. Saturday is best as it's less busy!!



# LAKEHEATH COMMUNITY PRIMARY SCHOOL



## Our new school building:

We are delighted to share some wonderful news with the local community – building work has now officially begun on our brand-new school! We have been liaising closely with Suffolk County Council, Concertus and the new contractors, Pentaco as the groundwork has started.

After many years of planning, it is fantastic to see progress finally taking shape on site. There is a real buzz of excitement among staff and pupils as we watch the work unfold, and we are still hopeful that we will be able to move into the new building by next September.

A small group of our children were lucky enough to visit the site recently. They were given the chance to see the plans up close, wear hard hats and high-vis jackets, and ask lots of questions about how the new school will be built. Their enthusiasm has been infectious, and we look forward to sharing more updates as the project continues.



## SEND Unit: Hedgehog Class



We're excited to share that from September, we will have a Special Educational Needs small group provision in school (Hedgehog Class). This 12-place SEND unit will provide specialist provision for children with SEND. This class has a different admissions process via Suffolk County Council. There are many children with SEND needs in the county that are struggling to find school places based on their needs. We're pleased to have been recognised for our provision in school for children with SEND and we look forward to establishing a new class so more children across the county have access to the tailored education they need and deserve.

The class will run at slightly different timings to the rest of school (9-3:30) to allow taxis to bring children to the school after the rush of pick-up and drop-off.

## Thank you!

As always, we want to thank you for your unwavering support. We always feel so privileged to be part of such a close community. Recently, we have been blessed with monetary donations to support some of our projects. Special thanks to: Christian Enterprise and Goward and Evans for their amazing charitable donations over the past year – these have really supported our budget and provided lots of lovely opportunities for our children. We also want to thank Freedom Recycling, GA Autos, Cameron Ventures Group, Rands and Wilson. Tony Parr, Jumpin' Jacks, Center Parcs and The Pumpkin Patch – Undley, who among other businesses have donated generously to the school recently.

**Best Wishes, Mr. Tingey**

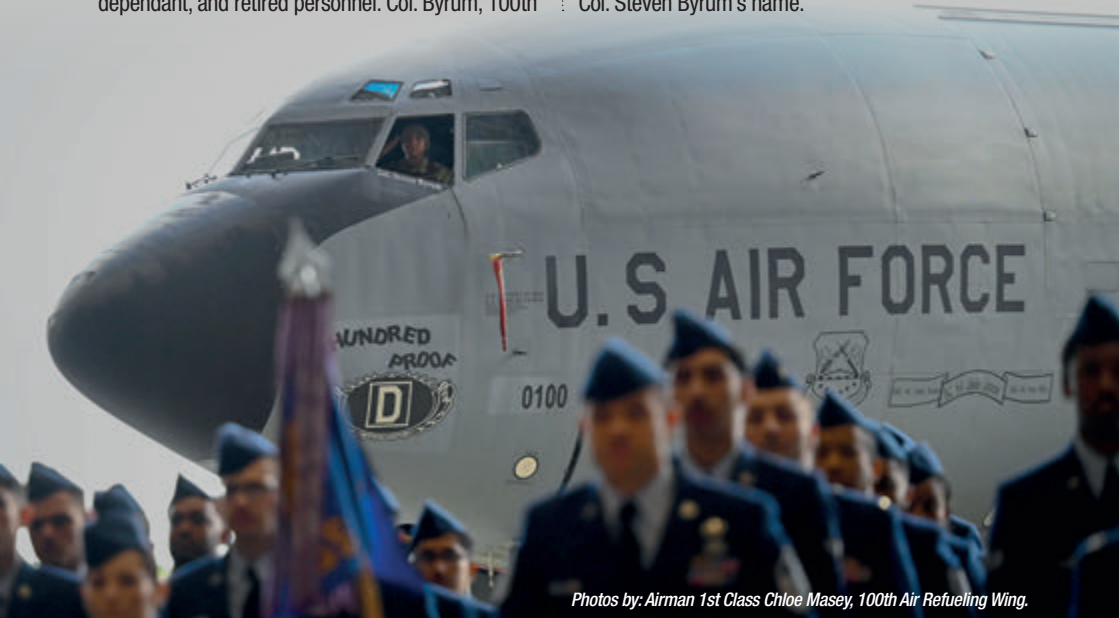


## Change of Command Ceremony, 100th Air Refueling Wing, RAF Mildenhall, 22 July 2025

U.S. Air Force Col. Ryan Garlow, 100th Air Refueling Wing (ARW) outgoing commander, relinquished command to Col. Steven Byrum, 100th ARW incoming commander, during the 100th ARW's change of command ceremony at RAF Mildenhall, July 22, 2025. The ceremony recognized the accomplishments of the installation during Garlow's leadership and introduced Byrum to base personnel. Col. Garlow received his last salute as commander during the ceremony. Garlow was responsible for supporting four U.S. Air Force major command flying programs and more than 16,800 military, civilian, dependant, and retired personnel. Col. Byrum, 100th

Air Refueling Wing incoming commander, received the guidon from Maj. Gen. Paul Moga, Third Air Force commander. The passing of the guidon signifies the ceremonious assumption of responsibility and command from one party to another.

U.S. Air Force Senior Airmen Christan Contreras, 100th Air Refueling Wing dedicated crew chief for aircraft 100, carried out the tradition of replacing the name on the aircraft dedicated to the wing commander during the ceremony. Contreras replaced former 100th Air Refueling Wing commander Col. Ryan Garlow's name with the incoming commander, Col. Steven Byrum's name.



*Photos by: Airman 1st Class Chloe Masey, 100th Air Refueling Wing.*



**"Within you is the best in you"**

If you're looking for a real challenge, this could be for you....

Part of the Sea Cadets family, Royal Marines Cadets enjoy all the exciting activities on water that Sea Cadets do, as well as branching off into serious adventure training too. Specialising in orienteering, field craft and weapons handling is what makes Royal Marines Cadets unique and you can join from the age of 13 to 18.

You can join Sea Cadets from age 10 and start your journey as a Sea Cadet then when you are 13 you can go green or stay as a Sea Cadet!

**While you're doing this**

Orienteering across Dartmoor, travelling abroad, rock-climbing, rowing, ceremonial drill and parading with a band, first aid, engineering, even weather-forecasting and power-boating.... and getting badges to prove it, perhaps taking part in national competitions...



### **...You'll get all this**

You'll become confident in new situations. Feel more in charge of yourself and know how to make a good impression.

You'll find you want to listen to others with more experience in life than you because you'll quickly see how it gets you to where you want to go.

In turn, you'll learn how to support people who are less experienced than you, which you can use to captain a sports team and stand out in interviews.

And think how it would feel to be able to walk into a room and feel at ease speaking with anyone!

You'll gain positive habits and thinking that will last a lifetime.

I don't give up' will become just how you think!

### **And skills and qualifications**

You'll get all the support you need to show what you are made of, whether or not you shine at school.

***With Royal Marines Cadets & Sea Cadets you gain qualifications:***



Duke of Edinburgh. Royal Yachting Association

Qualifications



Public services &Citizenship



BTEC's in Marine engineering



British Canoeing Union

Qualifications

Want to know more?

We parade Monday & Thursday 1900-2100

Then why not come and visit us at the Sea Cadet Unit in Mildenhall  
Recreation Way, Mildenhall, Suffolk, IP28 7HG

## LAKENHEATH FRIENDSHIP CLUB NEWS

Well, what a busy time it's been for the club, and I'm pleased to say our numbers are increasing weekly. In June we had our midsummer party. Food was plentiful with rolls, cakes, sausage rolls, crisps and trifle. It was thoroughly enjoyed by everyone and Hank Shadow played for us, so before long lots of us were up dancing.

The following fortnight we had bingo with the usual array of lovely prizes.

One afternoon while Claire and I were in the charity shop, we noticed a lovely tall lady looking very glamorous. We complimented her on her appearance and she told us she was a singer. Not wasting a moment, we booked her for the club. She played the following fortnight and what an afternoon it was! See the picture. Louise had everyone singing

a mixture of songs from the war and the 60's, which everyone knew. The dancers were on the floor and it was one of the best afternoons.

We had a break in August but for the first week back, Thursday 4th September, we are having a lovely lady from the Fire Brigade who will give us a very interesting insight to the work they do.

We have much more exciting stuff planned until Christmas, with our usual party in December.

I'm sure we could fit a few more members into the club. It's just £2 entrance and that includes tea and cake, a good chat and many laughs. If you would like to join us, give me a ring on **07833446707**. You would be made most welcome.

**Susan Taylor**



## Defibrillator training **FREE**

You will be aware how important it is to use the defibrillators in an emergency.

With this in mind, the Parish Council would like to offer limited training for those who are keen to learn how to use one.

### Defibrillators are located at:

- ♥ Lakenheath Village Hall
- ♥ Lakenheath Community Primary School
- ♥ Lakenheath Sports Pavilion
- ♥ Sedge Fen Village Hall

To locate these and other sites, please go to <https://www.defibfinder.uk/>

If you are interested, please let Nicky the clerk know **01842 860598**  
[lakenheathparish@gmail.com](mailto:lakenheathparish@gmail.com)



Just as we begun to take off with the Wednesday after school sessions, we lost half of our volunteers. For safeguarding purposes we must have a minimum of 4 volunteers, ideally 6-8, over the age of 17.

DBS checks are necessary, but the Methodist church can deal with these so no cost to the volunteer.

So many great ideas for activities have been tabled but can't be done without 'minders'.

It is difficult for working adults as we need to set up at 4pm ready for 5pm.

If anyone is prepared to give up one or two Wednesday evenings a month to help out, please get in touch with either:

Linda Spencer **01842 861160** or email [derunboxers@yahoo.co.uk](mailto:derunboxers@yahoo.co.uk)

Sharon Fletcher **07884 367890** or email [sharonfletcher1@talktalk.net](mailto:sharonfletcher1@talktalk.net)



## Explore the past with historical fiction

by Lorraine Gregory

**"If history were taught in the form of stories, it would never be forgotten."**

***Rudyard Kipling***

I studied history for both G.C.S.E and A level but it wasn't until I left school and discovered historical fiction that I truly began to love it. Learning history with a series of dates and dry facts was interesting but discovering history through story became a fascination of mine and I've been devouring historical fiction ever since.

One of the things I love about historical fiction is how it brings the worlds of the past alive, the best writers create the smells and the sounds and the day to day routines of people from different historical periods until it feels like you're there with them experiencing it all.

For me historical fiction is a gateway into another time and because the characters are made to feel real I become far more invested in their lives. I love how the small details of someone's life, what they ate, what they wore, what they believed, help us to understand why people from another time behaved as they did. I think it's remarkable how the authors of historical fiction take a huge amount of research from different sources and then weave it all together into an easy to digest form that readers can enjoy. I am learning but somehow it doesn't feel like it, the learning is simply absorbed alongside the story.

There is a huge amount of historical fiction to choose from thankfully and almost any period

of history from whatever country that interests you is bound to have some fiction you can enjoy. There is even something of a resurgence in historical fiction as more and more women's stories are being explored for the first time and written about from their point of view.

Madeline Miller is an author to look out for if you enjoy exploring Greek history - *Song of Achilles* is a beautiful love story. Philippa Gregory and Hilary Mantel are well known for their books on English history like *The Other Boleyn Girl* and *Wolf Hall*.

There are also many brilliant historical fiction books for children that can help them understand history in a more personal way. Books by Emma Carroll, Lesley Parr, Candy Gourlay and Ruta Sepetys are a great way to get children interested in history.

One of my favourite history based series is *The St Mary's Chronicles* by Jodi Taylor. In this engaging series of books historians have access to time travel and can visit the biggest moments from history to find out the truth of what actually occurred. Often the intrepid team are called upon to live among the native people, explore the motivations of famous characters, rewrite wrongs and of course stop the bad guys from trying to change history for the worst. These books are a wonderful introduction to different parts of history as well as being huge fun to read.

I hope you might consider exploring the past with a historical fiction read which you can order from the wonderful Lakenheath library!

# LAKENHEATH PARISH COUNCIL



## COMMUNITY LITTER PICK LOVE WHERE YOU LIVE

*If you have got some spare time on the First  
Saturday of  
4th October, 6th December,  
and 7th February 2026*

*We meet up at 10.00  
At Wings Road Car Park  
Equipment provided*



***EVERYONE WELCOME***



Register for  
a place  
NOW

# Lakenheath Little Fishes

A warm welcoming environment  
for your child to learn,  
socialise and play.

2 Fully  
qualified  
SENCOs





Ofsted  
Rated  
GOOD

We are a non-profit charity seasonal pre-school for ages 2 to 5 years. We offer 15 and 25 hours free funding a week for some 2, 3 and 4 year olds. We accept golden tickets and a variety of employers childcare vouchers.

My little one is my third  
child to go here,  
Professional, structured and  
fun. FISHES PARENT

Contact us on  
**07544579001**  
[lakenheathlittlefishes@gmail.com](mailto:lakenheathlittlefishes@gmail.com)  
or find us on facebook

Partnerships with  
parents and carers  
are excellent  
OFSTED 2017

**Lakenheath Pavilion, Eriswell Road, Lakenheath, Suffolk IP27 9AF**



## Do you have a family member or friend that is celebrating a 100th Birthday?

If they are living in, or near, Lakenheath, the Parish Council would love to mark this wonderful milestone in our Lakenheath Times magazine with a picture and a short article about the person concerned.

Please let Nicky, the Parish Clerk, know so we can celebrate such a wonderful occasion.

lakenheathparish@gmail.com

By phone: 01842 860598

By letter: 98 High Street Lakenheath IP27 9EW

In person: Nicky is in the office Tues, Wed, Thurs mornings.

You are truly blessed with an amazing 100 years  
of life and memories



# LAKENHEATH PAVILION

 Lakenheath Playing Fields, Eriswell Road, IP27 9AF



*Scan to visit  
our website!*

**SEATING FOR UP TO 175 GUESTS • DAY PACKAGES AVAILABLE  
BAR/MUSIC LICENSE TO 1AM • WELL-EQUIPPED KITCHEN  
PERFECT FOR WEDDING RECEPTIONS, PARTIES, AND MORE!**



Email us at  
[mail@lakenheathpavilion.org](mailto:mail@lakenheathpavilion.org)



Call us on  
**07789 499970**



Find us on social media  
Search **Lakenheath Pavilion**

# LAKENHEATH LIBRARY

What can the library offer?

**Book loan** - up to 20 books at any one time for 3 weeks - can be renewed up to 6 times (as long as there are no reservations).

**Large print books** - for readers who find reading small print a challenge.

**Audio books** - on CD - for readers who struggle to read print.

**Knit and Knatter group** - friendly chat and a cup of tea and a biscuit - every other week Thursday 2pm-4pm.

**Book Club** - meet once a month - the first Weds at 5pm for an hour, Read one book a month.

**Home Library Service** - volunteers check out books for people who find it hard to physically get to a library. Delivered to your home. 20 book loan for 3 months. Printing, photocopying and scanning for a small fee  
Bus pass application forms

## Donated and withdrawn books for sale at the Co-op

**Suggested donation 50p**

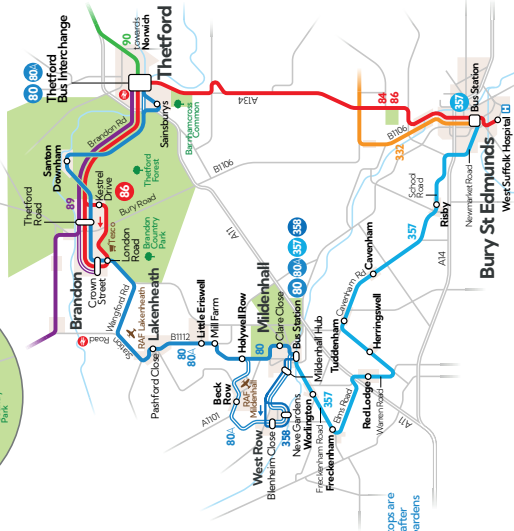
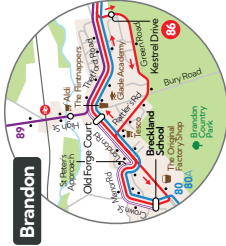
**All proceeds go to help your  
local library. Thank you.**

[suffolkcommunitylibraries.co.uk](http://suffolkcommunitylibraries.co.uk)

**Suffolk**  
Community Libraries

 **Suffolk**  
County Council





pay with  
contactless

- this bus runs on IES Breckland school days only

- these buses on all services run on **Mondays to Fridays only**

Thetford Brandon Lakenheath West Row Mildenhall

[illegible]

Mildenhall West Row Lakenheath Brandon Thetford

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**Middlefield Bus Station (Stand B)**

Middlefield Site Close  
Middlefield Old Overwain  
Middlefield Middlemill Hub  
West Row Blenheim Close  
West Row St Peter's Church  
West Row New Gardens  
Beck Row Brilincorn Way  
Beck Road Parkside  
Holywell Road Hywel Farm  
Erwall Lords Walk  
Lakenheath North Road  
Lakenheath Parish Close  
Lakenheath Post Box  
Brandon ES Brickland School  
Brandon Pond Lane  
Brandon Old Forge Court  
Brandon Lingham Road  
**Santon Dymphna St Mary's Church**  
**Theford Sanatorium**  
**Theford Bus interchange (Stand D)**

## LAKENHEATH PARISH COUNCIL

### Vacancy for a Councillor

If you are interested in becoming a Councillor, please contact Nicky the parish clerk for a chat

We would like to hear from you: what's needed are life skills and a calm, level head, plus wanting our community to remain safe and happy.

#### **Parish Councillors are not paid.**

*"If you can keep your head when all about you  
Are losing theirs and blaming it on you,  
If you can trust yourself when all men doubt you,  
But make allowance for their doubting too;  
If you can wait and not be tired by waiting,  
Or being lied about, don't deal in lies,  
Or being hated, don't give way to hating...  
If you can bear to hear the truth you've spoken  
Twisted by knaves to make a trap for fools,  
You'll be a **Parish Councillor!**"*

(Excerpt from "If" with sincere apologies to  
Rudyard Kipling)

## Mildenhall Museum Society TALKS AT THE MUSEUM

Talks start at 7:30 pm  
members £2 non-members £4  
Refreshments available

**4th September**

Lloyd Hughes  
The History of Jodrell Bank

**2nd October**

Geraint Jones  
Mildenhall and District at War  
1939 -1945

## LAKENHEATH VILLAGE HALL

### Luncheon Club News



Luncheon club is held in the Village Hall on the last Wednesday of each month. Why not come along and enjoy a home cooked meal and meet some new friends.

Coffee and tea is served from 11am. Later you will be served a two-course lunch. If you would like to attend, please ring Margaret on 01842 860878 for catering purposes.

We do ask each person attending to bring a small item for the raffle if possible. If you need transport, **Good Neighbours** will be happy to help. We would love to meet you.



### Weekly Money Bingo!

Weekly money Bingo evenings are held in the Village Hall starting at 7:30pm each Wednesday.

Everyone is welcome. We give away a total of £165 in prize money. We are a relaxed group so come along and give us a try and who knows – you might win some money. Bring your own refreshments.



## LAKENHEATH INDOOR BOWLS CLUB

We have three rinks, a bar, and a small social area for you to socialise after a game of bowls. We are a friendly club.

Have you just moved to the village why don't you give bowls a try, a great way to meet and make new friends.

We welcome bowlers of all ages new and experienced. We do offer adult coaching sessions during the summer. (More information in the June issue of the magazine) just turn up in casual wear and bring a pair of flat smooth shoes, or a pair of socks bowls will be provided.

We have an internal league that runs from September to March. A summer league that runs from June on a Tuesday and Wednesday evening. An Aussie pairs league that starts in March on a Thursday evening.

Your first three sessions are free and thereafter the appropriate rink fee will apply **£3.50**.

Membership for the year is **£50.00**.

A great way to exercise.

Please Contact Secretary Tina Seeley on  
**07889 393952**

## LAKENHEATH INDOOR BOWLS JUNIOR SECTION

Bowls is not just for the elderly, as you will see if you come and give it a try, you never know you may enjoy it.

We have a very successful junior section. Our junior section runs in the school term only from September to July. Wednesday afternoon from 3.15 - 4.30 pm.

On Saturday mornings there are two sessions for beginners 9.15-10.30 am.

Experience bowler 10.45-12.15. All sessions are £2.00. Ages range from 7yrs - 17 yrs.

All coaching is provided by qualified coaches.

Bowls are provided. Just turn up in casual wear, with a flat-soled pair of shoes or a pair of socks

Our juniors play in county competitions. If you wanted to take your bowling further you could try for the Suffolk under-18 squad.

We do hold internal club competitions for our juniors. A very competitive game of junior v adults towards the end of the season.

We do hold summer coaching sessions. (There will be more info in the next magazine).

Junior membership is £10.00 up to the age of 18yrs.

Please contact Pauline Wright at **07934 642486**



## SUNSHINE CORNER DAY NURSERY

Sunshine Corner Day Nursery, at the Abundant Life Church, Backstreet, is open Mon-Fri 8.30am to 4pm during school term time.

Come and visit our bright, spacious classrooms, including our Soft Play Area, and our two outdoor areas.

Our friendly staff are ready to welcome you and start your child's learning journey. We are a community minded, non-profit making nursery, dedicated to providing affordable, quality child care and early education.

Family events year round!

FREE sessions for when children turn 3 and some two-year-olds.

Please call Nicola Palmer on 01842 862646

or email: [sunshinecornerlakenheath@gmail.com](mailto:sunshinecornerlakenheath@gmail.com)

**citizens  
advice**

**West  
Suffolk**

## **Citizen's Advice Bureau UPDATE!**

Telephone:  
**0808 278 7868**

Website:  
**<http://www.suffolkwestcab.org.uk/>**

Address:  
**The Risbygate Centre, 90 Risbygate Street  
Bury St Edmunds, Suffolk IP33 3AA**

## **Men's Shed Breakfast**

Look out for dates on the Parish Notice Boards and Facebook.

Where: Lakenheath Peace Memorial Hall

This is a new initiative for older chaps in the village to get together for a breakfast, read the papers and chat.

**It's free so please do come along!**

Text or email:  
Colin Noble  
07504 417929 [colin.noble@askcolinnoble.com](mailto:colin.noble@askcolinnoble.com)  
Stephen Frost  
07710 436672 [spfrost@tory.org](mailto:spfrost@tory.org)

*Please let us know so we can  
plan the number of sausages needed!*



## **Spaces available at Brandon Day Centre**

If you, or someone you know, is feeling isolated and would like to make new friends, or you are a family carer looking for some much-needed respite from looking after a loved one, Brandon Day Centre may be the perfect solution for you.

To find out more, why not get in touch?

**Michelle Jarrett**  
**Brandon Day Centre, Warren Close, Brandon IP27 0EE**  
**Tel: 01842 819777**  
**Email: [daycare@empanda.org.uk](mailto:daycare@empanda.org.uk)**  
**[www.empanda.org.uk](http://www.empanda.org.uk)**



# connecting communities

rural transport

## COMMUNITY TRANSPORT FOR THE FOREST HEATH AREA AND SURROUNDING EAST CAMBRIDGESHIRE VILLAGES

The voluntary network provides door to door minibus services fully equipped to carry passengers in wheelchairs or with walking aids. Our minibuses are available to all who have difficulty travelling because of lack of suitable public transport.

BOOKING LINE 01638 664 304 FROM 8am – 4pm Monday to Friday

[www.suffolkonboard.com/CC](http://www.suffolkonboard.com/CC)



## Sunset Barn Care Farm and Care Café News!

### Hi from down at Sunset Barn Care Farm.

It's been a difficult time keeping all our plants alive, staying cool and getting enough grass and hay for our sheep and donkeys. In spite of all the heat we've been having a great time collecting cherries on our walks and already had many punnets of blackberries, so look out on a Tuesday at the Care Cafe for lovely blackberry crumble over the Autumn and Winter months. A great big thank you to everyone who helped in any way at our Open Day in June where we raised £760 split equally between Suffolk Punch Trust and Priscilla Bacon Hospice (Norfolk). We thought it would be nice to support a charity from each county as we have people attend the farm from Norfolk and Suffolk.

If you'd like more information about what we do please do drop into the Cafe (open to all) on a Tuesday at the Methodist Church in Back Street from 10 a.m. - 2 p.m. or e.mail/phone Melanie on [melaniepsmith@hotmail.co.uk](mailto:melaniepsmith@hotmail.co.uk) or (07847) 037622.



## LAKENHEATH PEACE MEMORIAL HALL & COMMUNITY CENTRE

*Centrally located,  
the perfect venue for  
your function*



*2 halls available to hire  
at very reasonable rates  
bar and kitchen also  
available*



**For more information and to book please contact the booking clerk on  
[bookings@lakenheathpmh.org](mailto:bookings@lakenheathpmh.org) or 07538609281**



[www.lakenheathvillagehall.org](http://www.lakenheathvillagehall.org)  
Centre



Lakenheath Peace Memorial Hall and Community

### What's on



#### Community Centre Bar

Open every Friday 6-11pm, Saturday 12pm-12am, Sunday 11:30am-3:00pm. Pool table and darts board available for use. Children's indoor and outdoor toys. Families and dogs welcome. Food available. Card or cash payments accepted.

#### Open Mic Night

in Lakenheath Peace Memorial Hall, 1<sup>st</sup> Friday of every month 8-11pm. Whether you're a singer, a poet, comedian or in a band come along and take over the mic for a session. Lounge and bar also open.



#### Lakenheath Community Music Project

in Lakenheath Peace Memorial Hall, 3<sup>rd</sup> Friday of every month 7-9pm. Welcoming all ages and all levels of experience. Don't have your own instrument? No problem, we have some for you to use. Lounge and bar also open. For more information please contact us on facebook.

#### Meet and Eat

in the Community Centre, Wednesday's 12 – 2pm. A friendly social space to meet with friends old and new, have a hot drink and some fresh homemade food. Free of charge, donations welcome. Open all year round. Everyone is welcome, dogs included. Come down and see us.



# LAKENHEATH PEACE MEMORIAL HALL & COMMUNITY CENTRE



[www.lakenheathvillagehall.org](http://www.lakenheathvillagehall.org)



Lakenheath Peace Memorial Hall and Community Centre

## Clubs and Groups



### Marvelous Monday

#### THE MONDAY CLUB

Peace Memorial Hall: 10:00am – 12noon  
Snooker & Pool for the over 50s. 1<sup>st</sup> session free!  
For further details call Kevin or Sandra on: 01842 860829

#### LAKENHEATH FLOWER CLUB

Peace Memorial Hall: 2<sup>nd</sup> Monday of every month 2pm. Call Heather on 01842 860997



**POSITIVELY PAWFECT RINGCRAFT TRAINING**  
for training show dogs. Community Centre: every Monday evening. Novice and Junior handlers 6-7pm. Experience handlers 7-8pm. Please email [positivelypawfectpets@gmail.com](mailto:positivelypawfectpets@gmail.com) or call 07983482915 for more info.

### Terrific Tuesday

#### LAKENHEATH PARENT BABY & TODDLER GROUP

Peace Memorial Hall: 9:30 – 11:30am  
Brighten up you Tuesday Mornings!  
All are welcome to join us. FREE whilst generous funding from Goward & Evans lasts!  
Join our facebook group: Lakenheath Parent, Baby & Toddler Group.



#### LAKENHEATH LINERS

Peace Memorial Hall: 7:30 – 9:30pm  
Teacher Peter Jones. £5.00 per person. For more information please call Tony King on 07719271261

#### LAKENHEATH SILVER BAND

Community Centre: 8:00 – 9:30pm  
For more information please Call Daphne on 07731780406



**Lloyds Community Bank Hub**  
Fortnightly 2:00 – 4:00pm

### Wonderful Wednesday

#### MONEY BINGO

Peace Memorial Hall: 7:30pm. See detailed advert for more information.



#### LUNCHEON CLUB

Peace Memorial Hall: 11am, last Wednesday of every month.  
See detailed advert for more information.



### Thrilling Thursday

#### PILATES

Community Centre: 9:30 – 10:30am  
Please contact Helen on 07977186969 for further information.

#### LADIES KEEP FIT

Peace Memorial Hall: 10:00am – 12noon  
Please contact Jenny for further details on 01842 861390.



#### ZANSHIN BLACK BELT ACADEMY

Peace Memorial Hall:

#### KARATE 6:00 – 7:00pm

No prior experience required, open to all ages 5+ and all abilities. For more details email [info@startingkarate.com](mailto:info@startingkarate.com) or visit [www.zanshinmkd.com](http://www.zanshinmkd.com)

### Fabulous Friday

#### LAKENHEATH KURLING GROUP

Peace Memorial Hall:  
10:30am – 12:30pm  
£2.50 per session. First session is FREE!  
For details call Phil on 07708404557





## **Squirrels BEAVERS**

### **1st Lakenheath Scout Group**

**Squirrels** – age 4-5

**Tuesday 5pm-6pm**

**Beavers** – age 6-8

**Monday 4.45pm-6pm**

**Cubs** – age 8-10½

**Monday 6.30pm-8pm**

**Scouts** – age 10½-14

**Thursday 6.30pm-8.30pm**

All sections welcome boys & girls

Come and enjoy camping, canoeing, den building, archery & so much more!

**For more information, or to add your child to our waiting list please contact:**

Group Scout Leader

Wendy Barnes: 07428 623057 or  
email [1stlakenheathgsl@gmail.com](mailto:1stlakenheathgsl@gmail.com)

## **cubs scouts**



**We meet Wednesday Evenings**

**4.30 – 5.30 (Rainbows)**

**6.00 – 7.30 pm (Brownies)**

We do various crafts, activities and learning new skills.

If you have a girl who would like to join Rainbows (4-7) or Brownies (7-10) please go on-line and register at:

**[www. Girlguiding.org.uk](http://www.Girlguiding.org.uk)**

or contact below for more information:

#### **Brownies:**

Emma (07713 696475) or

Cheryl (07754 540182)

[LakenheathBrownies@gmail.com](mailto:LakenheathBrownies@gmail.com)

#### **Rainbows:**

Lauren (07503157086)

Cheryl (07754 540182) and Anna at  
[LakenheathRainbows@gmail.com](mailto:LakenheathRainbows@gmail.com)

## **VENUES FOR HIRE**

*For more information please contact*

### **Lakenheath Football Club**

[missyw19@hotmail.co.uk](mailto:missyw19@hotmail.co.uk) / 07834983094

### **Lakenheath Pavilion**

[mail@lakenheathpavilion.org](mailto:mail@lakenheathpavilion.org) / 07789 499970 / Facebook: Lakenheath Pavilion

### **Lakenheath Peace Memorial Hall & Community Centre**

[bookings@lakenheathvillagehall.org](mailto:bookings@lakenheathvillagehall.org) / 07538 609281

### **Lakenheath School**

Christine Nobbs 01842 860256

### **Methodist Chapel Community Rooms**

Linda Spencer [derunboxers@yahoo.co.uk](mailto:derunboxers@yahoo.co.uk) / 01842 861160

# EPIC Dad Fun Club

[www.epicdad.co.uk](http://www.epicdad.co.uk)

Our dads and children's fun club meets on the first Saturday of the month from 10am to 12noon at Lakenheath Primary School. The morning includes breakfast, soft play, toys, games, Lego, crafts, sports, and lots of other fun activities.

The club is open to dads, male carers, and children of all ages.

Hope to see you there!

For more info about our Fun Club and other EPIC Dad groups and support services please email to [info@epicdad.co.uk](mailto:info@epicdad.co.uk)

## Forthcoming Dates:

Saturday 6th September

Saturday 4th October

Saturday 1st November

Saturday 6th December



*EPIC Dad Kitcamp Equipment*



*EPIC Dad Easter Egg Hunt 2025*

# LAKENHEATH CAMERA CLUB

*Affiliated to the Photographic Alliance of Great Britain through the East Anglian Federation.*

We will be starting our 2025/2026 year on Monday 8th September 2025. We are hoping to attract some new members.

**8th September 2025** – Welcome evening, with simple finger buffet. Members to bring some of their own pictures, and talk about them.

**22nd September 2025** – W.H.I.M.S Basic photography. Talk and Presentation with Mr. David Spain from Swaffham.

**6th October 2025** – Print and Digital Image competition. All "Open" subject. The Judge for the evening will be Mr Peter Norris DRAGB AFIAP BPE 3\* from Boxford, Sudbury.

**20th October 2025** – The EAF Portfolio (a chance to see the Monochrome & Colour Prints and Projected Images which were selected to form the EAF Entries for the 2025 PAGB Exhibition). Part 1.

**3rd November 2025** – A Tutorial programme on "Water Refraction" presented by Mr. David Spain from Swaffham. Mr. John Hellard from Tuddenham will also talk about "Ultra Violet Light."

**17th November 2025** – Print and Digital Image Competition. The subject is to be "Isolate." Mr. Nick Akers ARPS BPE3\* from East Rudham, King's Lynn is to be the Judge for the evening.

Membership costs £25.00 per year. Competition Entrants must be Members.

We meet every two weeks from September to April, in the Methodist Chapel Function Room, Back Street, Lakenheath. IP27 9HF. (Programmes commence at 8 pm, doors open 7.30 pm). If you would like any further information please contact Mrs. J. Ottewell on 01842860785.

*Guests are always made welcome, just turn up – there is no obligation to join.*

## LAKENHEATH ANGLING CLUB

The Club has an 'Open Membership' for those wishing to join. It is not restricted to Lakenheath residents only. The Membership Year is from 16th June, one year until 15th June, the following year, and the costs of membership are:

Adult Male and Female: **£30** (over 17 and under 65)

\*Concessions: **£25** \*\* Juniors: **£12**

\*Concessions: Any **Male** or **Female** aged 65 or over OR THOSE WHO ARE **Disabled** (with no age constraints)

\*\* Juniors: Any one under the age of 17 (at the date of purchase)

Club Membership cards only available from **Lakenheath News**.

It is a condition of membership that Club Members must be in possession of a valid rod licence, which can be obtained 3 ways:

1. From the Post Office
2. By telephone on: 0344 800 5386
3. Online at: gov.uk/get-a-fishing-licence

The cost of rod licences from 1st April 2017 are: Adults: **£30**

\*Concessions **£20**; \*\* Juniors (12-17) **Free**.

Those under the age of 12 are exempt from purchasing a rod licence.

It is also a condition of membership that any club member under 12 must always be accompanied by a responsible adult, but it is **not necessary** for the adult to be a Member of the Club.



## LAKENHEATH SILVER BAND

We practice at the Community Centre, Lakenheath every Tuesday night at 8.p.m.

Anyone interested in our village band, either contact me, Daphne Austin, or come along on any band practice night.

If you would like to join us you would be made very welcome and subject to availability, would be given an instrument and music stand.

Beginners through to experienced players are all made welcome.

We do not judge your ability. A sense of humour and a love of music is a must.

Secretary: Daphne Austin, phone: 01842 861076 mobile 07731780406 or email: [daphneflugal@btinternet.com](mailto:daphneflugal@btinternet.com)



## Any Volunteers For Lakenheath In Bloom would be very welcome. Help us to brighten our village

It would be mainly helping to dehead the flowers if needed, watering when it's not raining, planting and generally helping to keep the planters looking nice. All idea's welcome too.

If interested In joining us you can contact Jill on [jillile@icloud.com](mailto:jillile@icloud.com) or via our Facebook page **Lakenheath in Bloom**

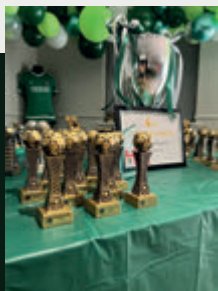
Lakenheath In Bloom is looking for committee members to join and volunteers to look after the containers

If interested contact Jill on [jillile@icloud.com](mailto:jillile@icloud.com) or **07702 230856**





# LAKENHEATH YOUTH FOOTBALL CLUB



The highlight of every football season is presentation day. It's a great opportunity to reflect on how much the children have grown and developed across the year, but more importantly, to look back on the wonderful memories that have been made. Over 300 awards were given out to the youth teams! A big thank you to Shane, all the coaches, children, parents and helpers for making it a huge success.

## PRESENTATION DAY



We are very pleased to report the club is getting bigger and bigger every year, with new teams starting up, and in particular, a new U8s girls team. During presentation day, we had a great signing-on event. The boys & girls officially signed their contracts and had their photos taken in the 'boardroom'. If you haven't signed on yet - there is still time!

WILDCATS is starting again in August - look out on social media!

This is a great opportunity for girls (aged 5-11) to get involved in playing football. Last season's success led to an U8s girls team being developed.



The playing fields are a great asset to the village and a place where everyone can enjoy sports and leisure. Work has already begun on getting the playing fields ready for the new season. This is a huge task and many thanks to volunteers watering, grass cutting etc. (and with a bit of rain), the fields are slowly recovering from the drought. The club has also secured the Eriswell playing fields for this season and will continue to use Beck Row.

The club is completely reliant on volunteers for its success - just to say a big thank you to everyone who is involved and gives up their time to support local youth.

Although the season has officially come to an end, many teams have had great success at local football tournaments.

[www.lakenheathyouthfc.co.uk](http://www.lakenheathyouthfc.co.uk)





## You're Invited to the Community Connectors Drop-In!

Come along to Lakenheath Library on the 2nd and 4th Tuesday of the month from 2pm to 3pm.

Enjoy refreshments while sharing your thoughts on what you love about the village and what new activities or facilities could help encourage more physical activity in the future.



Upcoming Dates: 8th July, 22nd July, 12th August, 26th August, 9th September, 23rd September, 14th October, 28th October



Drop in for a friendly chat, connect with others, and help shape the future of our community. We look forward to seeing you there!



The Active Lakenheath Project is dedicated to promoting physical activity and community wellbeing. You can contribute by completing surveys of your experience and aspirations to help shape future opportunities. Please scan the QR code to complete the survey online or collect and return a paper copy to the Parish Council Office or Library.



Thank you for your support in making Lakenheath a healthier and more active community!



jo.chambers@lakenheath.org  
richard.keeble@lakenheath.org





*Arrangements done at recent classes*

## Lakenheath Flower Club

**Why Don't You Join a Flower Arranging Club**

**Discover a new skill**

**Learn about arranging flowers**

**Watch demonstrations and increase your garden interests.**

**The Flower Arranging club meets on the second  
Monday of the month at 2-00 pm in Lakenheath Village Hall.**

**(Not in January or April.)**

**Everyone welcome including beginners**

**8th September 2025 Demonstration by Brenda Tubb,  
Great Ellingham.**

**“Wonderful Bloomers”**

**Tickets £8-00**

**13th October 2025 Class by Heather Milner.  
Members demonstration for November by Bev Cole.**

**10th November 2025 Class by Bev Cole,  
Members demonstration for February by June Meades**

**6th December Christmas Workshop.**

**Please contact Treen Webb Mobile 07858417707 if you would like to attend.**

**8th December Demonstration by Barbara Collins  
Peterborough.**

**“All Spruced Up”**

**Annual club membership is £35. Juniors up to 18 years £3.**

**Visitors to classes £5**

**If you need any further information please call Heather on 01842860997**

# Lakenheath Good Neighbours

## URGENT HELP NEEDED

Lakenheath Good Neighbours scheme has been serving the Parish for the last twenty years, providing help and support to the community. Most of the work is driving to hospital/ Drs. appointments, plus shopping and picking up prescriptions. We currently have 11 volunteers responding to requests, sometimes as many as 15 a week, and we are very rarely unable to help.

### HOWEVER

The long-term future of the scheme is very much in doubt. Many of our volunteers are over 70 years of age and the time will come when they simply will not be able to respond as they do now. We urgently need new volunteers to continue the work of the scheme, which is very much valued and appreciated by all who use it.

### PLEASE

If you think you can help, please give our number a ring: **07857801802** to find out more. Ideal for someone recently retired or working part time.

**IT WOULD BE SO SAD TO LOSE SUCH A VALUED  
COMMUNITY SERVICE.**



# What a view-St Mary's Church Tower!

Many people in Lakenheath, and surrounding area will remember the Forest Heath Band's exchange visits with the Mandolin and Guitar orchestra in Schiefbahn, Germany, in the 1990s and early 2000s.

Families hosted families and great friendships were formed, no less with my wife, son (a band member) and myself, we two families have maintained that friendship meeting every year for almost 40 years.

It was with those friends that we visited the redundant school in Germany built around the same time as our Victorian school.

We enjoyed coffee and cake there, wandered into the extensive library followed by a quick look at the museum, and left really impressed. This old German school was mentioned in my last article printed in the Lakenheath Times.

Our friend's daughter (a Mandolin player in the German orchestra) recently came with her husband and two sons, 14 and 16, and stayed with us for eight days. They expressed a wish to take in the view from St Mary's Church Tower, our esteemed editor of the Lakenheath Times had also indicated her desire also.

## Bell Tower Exploration

We met at the Church at 09.30 on a pleasant warm morning and ascended the ladder of 31 steps. 1624 is carved by a certain RD? on its side. Arriving at the floor where the ancient clock is housed, now wound electrically, formerly a hard weekly wind! We surveyed its anti-clockwise dial with the date of 1859 etched upon it.

The next climb is a fairly upright ladder of 29 rungs to the belfry containing six bells hung in a splendid metal frame constructed by Alfred Bowell of Ipswich in 1915 replacing the old wooden frame that housed five bells and, had become loose and unfit for purpose.

Records show a total of a £200.00 payment for the new frame that

was constructed to house a sixth bell cast at Whitechapel in 1946. This treble bell was hung in the new frame to commemorate the end of World War Two. The second bell was recast by Alfred Bowell of Ipswich in 1915, bells 3 and 4 were cast around 1460, the 5th bell, founder Charles Newman of Norwich, and the 13 and three-quarter hundredweight tenor inscribed John Darbie made in 1676 (Ipswich).

The next climb is a vertical ladder, not quite so long, to a platform and short ladder to the heavy lead covered hatch opening to the tower roof. After squeezing through the small hatch the view over Lakenheath and beyond is quite remarkable considering that standing behind the parapets



our feet are only sixty feet above the Churchyard ground level. The lead covered spirelet (short spire) is surmounted by a cockerel wind vane, said to have been made by a local blacksmith and surprisingly lower than the top of Maids Cross Hill.

A few years back Ely Cathedral could be seen plainly from the tower top but it was unseen on our visit. Trees

have grown much taller and in full leaf, the trip aloft was enjoyed by all.

Some years ago, whilst raising the flag before the eight-o clock Christmas morning service I saw the lights of Ely Cathedral come on. It gave me a warm feeling, more of our Christian family preparing for that great festival.

**Robert G W Rolph**



***A big thank you Robert for such a fascinating morning spent with you.***  
***Denise***



# Autumn answers

## Dingbats

1. Falling Leaves
2. (K)Nights are getting longer
3. Autumn Leaves
4. Leaves turn to (two) Brown
5. All Hallows
6. Custnuts roasting on an open fire

## Anagrams

7. Catherine Wheel
8. Sparkler
9. Roman Candle
10. Jumping Jack
11. Chinese Cracker
12. Silver Fountain

## Movies

13. Silence of the Lambs
14. Fright Night
15. Nightmare on Elm Street
16. IT
17. Halloween
18. The Shining
19. Carry on Screaming
20. Poltergeist



## Messy Harvest

**4th October**  
**3pm-5pm**

Stories Crafts Messy Church Fun Games

**AT THE LAKENHEATH METHODIST CHURCH,  
BACK STREET.**

**CHURCHES TOGETHER METHODIST;  
ST MARY'S AND ABUNDANT LIFE**

**ALL CHILDREN MUST BE ACCOMPANIED  
BY AN APPROPRIATE ADULT**

**FREE PLUS FOOD**



## Remembrance Concert

**November 8th**

At The Lakenheath  
Methodist Church  
@ 7pm

*Lest We Forget*



More Fun More Games  
& snacks

**After school youth club**  
for ages 10-15  
July 2nd & 16th & 30th @ 5pm - 7pm

Wii

**CANCELLED TILL  
FURTHER NOTICE**

FREE!

Held at the Lakenheath Methodist Church  
Every Fornight

## METHODIST CHAPEL

### Offer of Prayer.

Many of us are experiencing increased pressure on our lives and circumstances due to the economic situation at present. We believe that God does answer prayer, and should you wish us to pray for your situation or family we will be happy to do so. All you need to do is place your prayer request in the Letter Box at the door of the Methodist Church Hall. Each request will be dealt with in a confidential and sensitive way and will be included in our prayers of intercession during our Sunday worship.

### Come and worship with us!

Rev David McAloon **01842 753819**

### Hire our Raven and Evans rooms

Contact: Linda **01842 861160**

or Melanie Smith **07847 057622**



## WHAT DO YOU DO ON A SUNDAY MORNING?

Who was this bloke called Jesus?

Do you like arts and crafts?

We would love to see you at

### St. Mary's Church Youth Group

**We meet alongside the Sunday service.**

**11.00 - 12.00**

Suitable for all ages

*For further information call Peter on*

**07962007343**

## ABUNDANT LIFE CHURCH

A Warm Welcome awaits you at The Abundant Life Church, Back Street, Lakenheath.

Affiliated with the Assemblies of God UK.

We are a Bible based contemporary style Church with a community focus. Lakenheath Community Food Bank is also based here.

### Sunday - Morning Service - 11am

(including Sunday School & Youth Group)

### Monday - Prayer Meeting - 7.30pm.

For more info contact Pastor Vince and Lisa

Williams: **01842 862646** or **07711 996759**

or email: [vinniekw@gmail.com](mailto:vinniekw@gmail.com)

## BRANDON & MILDENHALL CATHOLIC PARISH

**Your local Catholic Parish where all are welcome.**

St Thomas of Canterbury Church Brandon Road, Weeting, Brandon IP27 OPT

St John The Evangelist Church St John's Close, Mildenhall IP28 7NX

Sunday Mass St Thomas' 11am St John's 9am.

For weekday masses and other sacraments visit:

**[www.stthomas-stjohnparish.com](http://www.stthomas-stjohnparish.com)**

## BAPTIST CHAPEL

**Sunday Services Morning 10.30am**

**Evening 6.00pm**

**Be strong and of a good courage; be not afraid, neither be thou dismayed: for the Lord thy God is with thee whithersoever thou goest.**

*- Joshua 1*

Lifts available – contact Richard or Liz on

**01842 861191.** More information on our

website: **[www.lakenheathbaptist.org](http://www.lakenheathbaptist.org)**



With almost 3000 copies of the Lakenheath Times distributed throughout the area to both homes and businesses, please recycle!



Love where you live.

## Dumping waste

The bin in the Wings Road car park is for general street rubbish only, if you have domestic/ house moving waste, please use your own bin or take it to the dump. Lakenheath Parish Council reports any fly tipping.

This is a criminal offence.

CCTV in operation



## Hall Hire



Lakenheath Football Club offers an ideal setting to host your event, with highly competitive rates & service tailored to your needs

For Enquiries  
Please contact:  
07834 983094



## LAKENHEATH PUBLIC NOTICEBOARDS

Please only advertise your events that are imminent or taking place in about a month as there is very limited space on the noticeboards.

Thanks

**LOVE WHERE YOU LIVE**

# LAKENHEATH NOTICE BOARD

## Lakenheath Good Neighbours

### We are here to help.

If you need to go to the doctor or the hospital, have your prescription collected or need shopping, just ring **07857 801802** and our friendly volunteers will help.

We do not charge for trips to the village although a small donation toward the phone would always be appreciated. We ask for a contribution of 40p a mile for trips outside the village. We would also like at least 24 hours' notice of driving trips.

All our volunteers are DBS checked and we look forward to helping you. The number again is: **07857 801802**.

### Polite Reminder

Can we please politely remind everyone who wishes to use the Good Neighbours service that all requests **MUST** be arranged via the Good Neighbours number 07857801802. Volunteers should not be contacted privately as the details of all jobs must be logged for insurance purposes.

## Lakenheath Good Neighbours

We are looking for volunteers to join our happy band.

If you are a driver, have an hour or two a week to spare and enjoy helping the local community, we would love to hear from you.

Please phone 07857 801 802  
for an informal chat.



## Lakenheath Friendship Club

We meet every other Thursday in the Methodist Church Hall at 2pm. Each week we have a different activity, tea, coffee and cake and a small fun auction.

It's a great place to catch up with old friends or make new ones. We are a friendly bunch who make all our new members welcome. Entrance is just £2. Everyone is welcome to come and join. Phone Sue on **01842 862768** for details or just turn up. We look forward to seeing you.

## Diary of Village Events

We are looking to reinstate the previous "Diary of Village Events", which used to be kept at the Parish Office. If your group is planning an event in 2025, please would you let the parish clerk know?

**Thanks Nicky Glading**

Email: [lakenheathparish@gmail.com](mailto:lakenheathparish@gmail.com) Tel: **01842 860598**



# Lakenheath fireworks shop

## **FIREWORKS RETAILER** **Suffolk & Norfolk**

- Sparklers
- Barrage cakes
- Compound cakes
- Low noise
- Gender Reveal
- Confetti cannons
- Party items



**07594858070**

**[www.lakenheathfireworks.co.uk](http://www.lakenheathfireworks.co.uk)**

Fully licensed by the local authorities





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# STOP PRESS!

**IF YOU ARE READING THIS WHY NOT PLACE YOUR  
ADVERTISEMENT HERE SO THAT YOUR BUSINESS GETS  
NOTICED TOO!**

**OUR AD RATES ARE VERY REASONABLE AND YOU  
WILL BE SUPPORTING THIS COMMUNITY ENTERPRISE  
CALLED LAKENHEATH TIMES AT THE SAME TIME!**

**DETAILS ARE ON PAGE 4**



A family run Italian restaurant with a modern twist in the heart of Lakenheath. The Il Salvatore story started back in 1982 when Salvatore Iovine arrived in London from Mondragone situated in the middle of Italy, near Naples. In 1994 the first restaurant opened. In 2011 his Granddaughter and husband followed in his footsteps. Their most recent venture found it's new premises in Lakenheath and opened October 2024.

**2 Mill Road, Lakenheath IP27 9DT**

**01842 669575**

**<https://facebook.com/IlSalvatorerestaurant>**

**Opening times:**

CLOSED Monday

Tuesday 5.30-10.30pm

Wednesday/Thursday/Friday/Saturday 12-10.30pm

Sunday 12-8pm

Dine In from the Let's Eat Menu and enjoy our cocktails and crazy shakes! For that special person, gift vouchers are available.

**Exciting news coming soon**

Breakfasts • Outdoor renovation • Sunday barbecues  
Souffle pancakes





# LANDSCAPING & GARDENING SERVICES

Contact Dave or Callum for a free estimate

Call Dave 01760 441545 or 07876 571503

Call Callum 01842 861592 or 07368 539021

or email [callumstannard@icloud.com](mailto:callumstannard@icloud.com)



All work carried out to a high standard with over 35 years experience.

No job too small.



Custom planting of shrubs, trees, bulbs and flowers, based upon preference, seasons, soil type, even considerations for shaded and sunny areas.

Fencing, driveways, slabbing, paths, patios, low walls, decorative stone, various shingle sizes and colours.

Grass and hedge cutting, pruning, strimming, thinning and weeding.

Edged and / or planted garden beds, at ground level or raised with soil, gravel, wood chips or slate.



LAKENHEATH  
WE'RE COMING  
TO YOU!

# PROJECTS RENEWABLES

EXCITING OPPORTUNITY  
FOR IMPROVING ENERGY  
EFFICIENCY IN YOUR HOME!

**0% INTEREST LOANS OVER 7 YEARS**  
Saving money on your energy bills



SOLAR PANELS



BATTERIES



HEAT PUMPS



INSULATION

**01638 507 730 | [info@projects4renewables.co.uk](mailto:info@projects4renewables.co.uk)**

CREATING CLEANER, GREENER COMMUNITIES FOR US ALL

Dear Lakenheath Residents,

Projects4Renewables is thrilled to share some fantastic news about a new initiative for our area.

Through the Warm Homes Suffolk Loan Scheme, eligible homeowners in Lakenheath can access 0% interest loans for energy efficiency upgrades. These loans, ranging from £2,000 to £15,000, can help with insulation, solar panels, batteries and heat pumps, to be repaid over up to seven years.

**KEY DETAILS INCLUDE:**

- **0% interest loans** from £2,000 to £15,000.
- Loan terms up to **seven years**.
- **No upfront costs** — repay over time.
- Essential upgrades that help **reduce energy bills**.

Applications are simple and can be completed online via Lendology's Warm Homes Suffolk Loan page.

All installation measures will be carried out by our team of highly skilled, employed staff to ensure the highest standards of quality and service.

We hope you take advantage of this opportunity to improve your home's energy efficiency and contribute to a greener future. If you have any questions, feel free to get in touch—we're here to help!

Best wishes,

*Chris and Clare*

Chris and Clare Whitehall

   
**SCAN FOR MORE INFORMATION**





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 & Wizards Workshops for the older kids  
 Great prices  
 Call 07464005217  
[www.cmshappykids.com](http://www.cmshappykids.com)



Anwar and his team at **LITTLE INDIA** have been providing fine Indian Cuisine to Lakenheath and surrounding villages for a long time and is a popular hotspot for both eat-in and takeaways.

Home delivery is also available.

**LITTLE INDIA** is situated at 20 High Street, Lakenheath, IP27 9JS

Our contact numbers are:

**01842 861 222 / 01842 862 666**

**[WWW.LITTLEINDIALAKENHEATH.CO.UK](http://WWW.LITTLEINDIALAKENHEATH.CO.UK)**

**Our popular Banquet Night for dining in on Tuesday and Wednesday comprises a 4 course meal.**

A Starter/Main Course/Side Dish/Rice or Nan Bread plus Coffee,

Per adult £18.95 and children under 10 years £11.50

We are open 7 days a week from 4.30pm to 10.30pm so come and join us for this amazing Indian experience!

**SHOW HOME NOW OPEN!**

# Cornfields

**LAKENHEATH  
SUFFOLK**

**Make your move to Cornfields,  
where homes are designed with  
your lifestyle in mind.**

Discover a new community of traditional **family homes and bungalows in Lakenheath**, ranging from **two to five bedrooms** and designed to the highest specification. Each residence boasts cutting-edge **energy-efficient** air source heat pumps and luxurious underfloor heating on the ground floor.



Show Home & Sales Office:  
Open Thursday to Monday, 10am – 5pm

For further information please call:

**01284 766057**

Please quote ref: LTM0625



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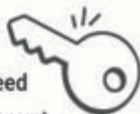
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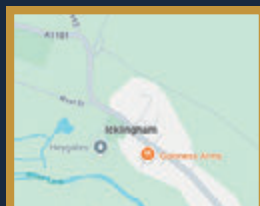
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