



LAKENHEATH

TIMES

Autumn 2026

www.lakenheathparishcouncil.gov.uk



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

clerk@lakenheathparishcouncil.gov.uk

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

Suffolk County Council deals with:

- Childrens Social Services
- SEND Services
- Adult Social Care 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

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 2026

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@lakenheathparishcouncil.gov.uk

To advertise with us please contact advertising@lakenheathparishcouncil.gov.uk

Advertising rate per	Quarter page	Half page	Full page
Single issue	£44	£67	£111
4 issues (discount rate)	£125	£210	£365

Advert	Orientation	Size mm	
		Width	Height
Full Page	Portrait	123	182
Half Page	Landscape	123	89
Half Page	Portrait	59.5	182
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Quarter Page	Portrait	59.5	89

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Help Desk Tel No: 01473 257039

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COUNTY COUNCILLOR

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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

CONSTITUENCY OFFICE

Tel No: 01638 590640

MP

Nick Timothy

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Email: nick.timothy.mp@parliament.uk

PARISH WEBSITE

Website: www.lakenheath.onesuffolk.net

PHARMACY

Tel No: 01842 862884

POLICE

(Non-emergency) Tel No: 101

SURGERY

Tel No: 01842 860400

LAKENHEATH PEACE MEMORIAL HALL AND OLD LEGION

Tel: 07538 609281

Email: bookings@lakenheathpmh.org

Website: www.lakenheathpmh.org

WEST SUFFOLK COUNCIL

Tel No: 01638 719000

Website: www.westsuffolk.gov.uk

"Autumn Breezes Through the Village"

There's nothing quite like a brisk, perfect British autumn day — crisp air, bright colours, and that unmistakable cosy feeling that arrives with the season. I hope your autumn is full of beautiful hues and good vibes.

A quick reminder: in the UK, the autumn clock change will take place on **Sunday, 25 October 2026**. At **2:00 am**, the clocks will go back one hour to **1:00 am**, marking the end of British Summer Time (BST) and our return to Greenwich Mean Time (GMT). The best part? You'll enjoy an extra hour in bed.

I've also attached a QR code so you can easily check us out online and stay connected with everything happening in the community.

Denise



DISCLAIMER

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

The Times does not make any warranty or representation as to the accuracy of any material in this magazine.

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A Message from Lakenheath Parish Council Chair Nick Smith

Opportunity Knocks!

As the magazine lands on your doorstep, families across the village will be looking forward to their first experience of our amazing new school. It will be a learning curve for us all as we get used to the comings and goings at this new destination, but an exciting one—especially for students as they continue their educational journey in such wonderful surroundings.

With the news that both *Active Lakenheath* and *Lakenheath Pride*

in Place are now truly up and running, we have a real opportunity to look to the future. The Parish Council will continue to work closely with these groups, and there are many avenues for you to have your say.

Both organisations share updates in this edition, keeping you informed about their plans and progress.

Make a contribution, get involved, and—between us—we can make a difference.

Nick Smith



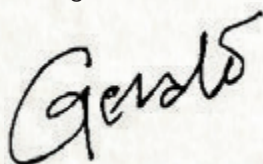
A Message from Gerald Kelly District Council Representative

I think we need to acknowledge the fantastic job our Editor does! There is so much going on that there is pressure to turn Lakenheath Times into the size of an Encyclopedia! One is Pride in Place with survey links which, despite being yet another survey, I'm asking everyone to complete because frankly it is a box that we have to tick to get the money! The other is the opening of the new and amazing school, and I think we should also acknowledge not only the effort that has gone in to get to this stage but also that almost everybody has had to put up with roadworks and inconvenience. It is appreciated.

And now a plea! We have unusual demographics and an extraordinary number of organisations all trying to improve the village—the Parish Council, Pride in Place, Neighbourhood Planning, Active

Lakenheath, the Heritage Group, Playing Fields Association, churches, sports clubs and a whole bunch of others. There is a risk of duplication and silo thinking which will get in the way of real progress. So this is a plea to all those groups to remember that unless we work together it simply won't work. Of course final decisions will sit where money and the rules demand but no one is in charge and no one is more important. To get there and we need to listen, join in and support each other, feed in the ideas and see how it all fits together.

I'll stop there or the Editor will tell me off. Again!



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.



LAKENHEATH PARISH COUNCIL SUPPORTS CHARITIES

In the Summer edition, we highlighted the East Anglian Air Ambulance's urgent Cambridge Air Base Appeal. As promised, and on behalf of the people of Lakenheath, a donation of **£100** has now been sent to support this vital service.

The Parish Council has since received a letter of thanks:

"Thank you for your kind donation of £100 to East Anglian Air Ambulance. Because of you, advanced critical care can be brought to more people in your community when they need it most."

The charity went on to explain that, as they receive no regular government funding, contributions like ours directly help keep their crews on the road and in the sky above East Anglia, 24 hours a day. Our donation supports the advanced treatment and care that gives local people the best possible chance of survival and recovery.

Their message closed with heartfelt appreciation:

"We couldn't do this without you, so thank you."

CHRISTMAS FETE & LIGHT SWITCH-ON

at THE OLD LEGION, LAKENHEATH



SATURDAY
28th
NOVEMBER



FETE
STARTS
12PM



LIGHTS
SWITCH ON
5.30PM



FURTHER DETAILS

with a list of stall holders will be
available online closer to the time,



INCLUDING DETAILS ON
FOOD, DRINK AND ALL
IMPORTANT FATHER CHRISTMAS.



LET'S MAKE SOME AMAZING
MEMORIES FOR CHRISTMAS 2026.

LAKENHEATH PARISH COUNCIL
LOOKS FORWARD TO
SEEING YOU ALL THERE.





LAKENHEATH PARISH COUNCIL

Commemorative Leaf – Ordering Information



A Lasting Tribute

A commemorative leaf is a beautiful way to honour a loved one within the Parish.



Cost per Leaf: £150

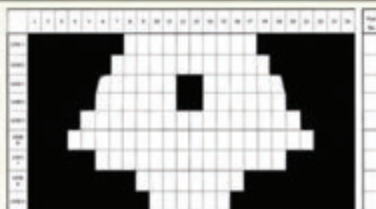
- One leaf permitted per deceased person(s)
- Up to two names included
- For more than two names, please contact the Clerk
- Ownership lasts for the life of the leaf (longevity not yet known)



Designing Your Leaf

Use the provided grid to show exact spacing and positioning of your inscription. Fill in the squares to indicate how you want the text engraved.

All inscriptions will be approved by you before engraving.



How to Order

- Complete your wording layout using the grid
- Return the form to the Parish Office or email: clerk@lakenheathparishcouncil.gov.uk
- Make payment before engraving
- Once approved, the Clerk will confirm with the engravers
- Estimated completion time: 6–12 weeks



Payment Details

Lakenheath Parish Council
Sort code: 30-95-58
Account number: 00122979
Payment method: BACs



Important Notes

- This is a new initiative and processes may evolve
- Lakenheath Parish Council accepts no responsibility for lost or damaged leaves
- No liability attaches to the Parish Council

A beautiful way to remember. A lasting part of our Parish.

WE ARE
MACMILLAN.
CANCER SUPPORT

MACMILLAN COFFEE MORNING

TOGETHER
WE CAN
MAKE A BIG
DIFFERENCE

SATURDAY
12TH SEPTEMBER 2026

10AM UNTIL 12.00

PEACE MEMORIAL HALL

LAKENHEATH IP27 9EW

A variety of
STALLS
and
BEAUTIFUL
CAKES

EVERY CUP
MAKES A
DIFFERENCE

Good coffee. Great cakes. Kind hearts.

ALL WELCOME!

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



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 20th November 2026 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 22nd January 2027 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 20th November 2026

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

Lakenheath Pride in Place

Building a Better Future Together

Lakenheath Pride in Place funding covers Lakenheath village, Sedge Fen, Undley and the Lord's Walk area.



Exciting things are happening in our community. Through the Government-funded Lakenheath Pride in Place (LPiP) programme, local people, community organisations, businesses and public sector partners are coming together with a shared ambition: to make this area an even better place to live, work and visit.

Over recent months, the Neighbourhood Board has been working hard to turn the community's aspirations into practical action. Rather than deciding what is best for residents, the Board has placed local voices at the centre of every decision. A wide-ranging programme of consultation is now underway, with surveys, community events, village noticeboards, local publications and online engagement all helping to ensure that as many people as possible have the opportunity to shape Lakenheath's future.



Members of the the LPiP Board at the School Farewell Fayre

One of the most exciting developments is the creation of a series of community-led Implementation Groups. Covering areas such as children and young people, health and wellbeing, heritage and tourism, economic development, community assets, environment, energy and sustainability and finding match funding. These groups will bring together residents with the ideas, enthusiasm and expertise to help deliver lasting improvements across the programme area. Open events are encouraging anyone with ideas or a passion for our community to get involved. Supporting local organisations is another key priority. Whilst larger scale projects will obviously take time, in depth planning and ultimately approval for Government funding, we have been able to make a start on smaller initiatives, using the start-up funding we have been allocated. Through the new LPiP Communities Fund, small grants are helping voluntary groups and charities deliver projects that strengthen community life, improve local facilities and create new opportunities for residents. Funding is awarded to projects that clearly demonstrate local need and lasting community benefit.

The Board has also been building strong partnerships with organisations including West Suffolk Council, RAF Lakenheath, educational providers and local businesses. These relationships

are creating opportunities to attract investment, improve skills, celebrate Lakenheath's rich heritage and explore ambitious projects that will benefit the village for many years to come.

Underlying all of this work is the Vision 2036 programme—a long-term commitment to creating a thriving, resilient and sustainable community where people of all ages can flourish. The emphasis is not simply on delivering projects but on building community pride, encouraging local leadership and ensuring that future investment reflects what matters most to residents.

Lakenheath Pride in Place is still at the beginning of its journey, but the momentum is clear. With growing community involvement, new funding

opportunities and an ambitious vision for the future, the area has a unique opportunity to shape its own destiny. Every conversation, every volunteer and every new idea brings us one step closer to becoming an even stronger, more connected and more vibrant community.

If you want to get involved but haven't yet had the opportunity to do so contact us at info@lpip.uk

Mike Malina
Chair, Lakenheath
Pride in Place



A poster with a blue background. At the top, it says 'HUMANS OF WEST SUFFOLK' in white and red. Below that, in large, bold, white and red letters, is 'Don't bin them, recycle your old electricals'. There are images of a digital watch, a camera, a USB cable, and a cat's face. At the bottom, it says 'LAKENHEATH Wings Road Car Park, IP27 9HW' and 'recycle your electricals' with a logo. To the right, it says 'Together with West Suffolk Council'.



**SUFFOLK
CONSTABULARY**

SUFFOLK POLICE

Keeping Suffolk Safe

Call: 999 If a crime is in progress or someone is in immediate danger.

Call: 101 or report online for any other non-urgent or crime related incidents.

Going Away? Protect Your Home

Before heading off on holiday:

- Lock all doors and windows, including those on upper floors.
- Make your home look occupied by using timer switches on lights.
- Ask a trusted neighbour to keep an eye on your property and remove any post building up behind the door.
- Avoid announcing holiday dates or sharing live location updates on social media.
- Ensure outdoor areas are locked securely.

Report any suspicious activity.

Stop. Think. Fraud. Phone Scams on the Rise:

Criminals are becoming increasingly convincing when contacting people by phone, text and email.

Watch Out For:

- Calls claiming your bank account has been compromised.
- Someone claiming to be a business asking you to withdraw or transfer money.
- Text messages asking you to click links or verify personal details.
- Calls demanding immediate payment of tax, fines or bills.
- Requests for bank details, PIN numbers or security codes.

If you notice suspicious behaviour, report it!

Enjoying the Countryside Responsibly:

If you're spending time outdoors:

- Keep dogs under close control around livestock.
- Take litter home with you.
- Respect local communities and wildlife.

- Report suspicious activity or rural crime to police.

If you notice anything unusual – report it!

Road Safety for Everyone:

Summer roads can be busy with traffic, cyclists, motorcyclists and pedestrians.

Drivers:

- Plan longer journeys and take regular breaks.
- Observe speed limits and adapt to road conditions.

Cyclists:

- Wear a helmet and high-visibility clothing where appropriate.
- Ensure lights and brakes are working correctly.

Ensure all road users are safe!

Crime prevention for homes and businesses:

Be on the lookout for:

- Individuals loitering near shop entrances or storage areas.
- Repeated visits by the same individuals acting suspiciously.
- Vehicles parked in unusual locations late at night near business premises.
- Unknown vehicles parked on bridleways, field entrances or farm tracks.
- People taking interest in machinery, barns, or livestock movements.

Not sure? Report it – we'll assess it!

Your community police officer:

PC 503 Cameron



REMEMBRANCE SUNDAY 2026



LEST WE FORGET



This year's Remembrance commemorations take place on
Sunday 8th 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.





West Suffolk Council's Thriving Communities Fund

The Parish Council are delighted to tell you that West Suffolk Council's Thriving Communities Fund has now opened for applications for 2027/28

During this current financial year, the fund is already supporting work that is making a positive difference to the lives of local residents in West Suffolk including:

- Cost-of-living support
- Help for people coping with the trauma caused by domestic abuse
- Schemes aimed at reducing loneliness and social isolation
- Youth activities and support
- Targeted support for people who are vulnerable in our communities
- Health and wellbeing support for families and individuals
- Bereavement support.

In total, during 2026/27, we've backed 38 projects run by charities,

community groups and voluntary organisations. They have received grants totalling close to £275,000 after the fund was topped up with unspent council locality budget.

Applying for Thriving Communities Fund grants for 2027/28

The fund will have £266,733 available for 2027/28, although this may again be topped up with any locality budget that is uncommitted as of 14 January 2027.

The scheme is open to community groups, charities and voluntary organisations with projects that will benefit the health and wellbeing of residents in West Suffolk.

There are two levels of grants available to apply for:

- Community grants of between £2,000 and £8,000 for one-off projects 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 – for 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 will retain its discretion to take each application on its merits and may grant a smaller amount.

We are also continuing to make smaller grants from as little as £100 available throughout the year through councillor Locality Budgets. Each councillor has £2,800 available each year to support smaller projects that will benefit residents in their wards.

They can also choose to collaborate with other councillors to fund projects that benefit residents of wider areas. Please speak to your ward councillor personally if you have a project in mind. Please also be aware that locality budget applications are now required to be submitted by the 14 January 2027 in order to be considered and processed before the end of the financial year. The same project cannot receive funding from both the Thriving Communities Fund and Locality Budgets.

The Thriving Communities Fund and the Councillor Locality Budgets

scheme contribute to the delivery of our strategic priority for Thriving Communities, ensuring residents can access services and support as well as activities to improve their health and wellbeing.

We will be promoting the scheme through our social media channels as well as issuing a press release to the local media. You can all help by making sure groups in your areas are aware of the scheme.

Applications for the Thriving Communities Fund can be made at Community grants (**[westsuffolk.gov.uk](https://www.westsuffolk.gov.uk)**) where people can also find details about how to apply for support from councillor locality budgets. The deadline for applications to the Thriving Communities Fund is **12noon on Friday 25 September 2026.**

Webinars for applicants

Community groups, charities, and voluntary organisations can also join one of two webinars to discuss the Thriving Communities Fund.

This is free to attend and will be held on Teams on:

- **Tuesday 8 September from 10.30am to 12pm** - people can book at **Thriving Communities Fund Webinar**

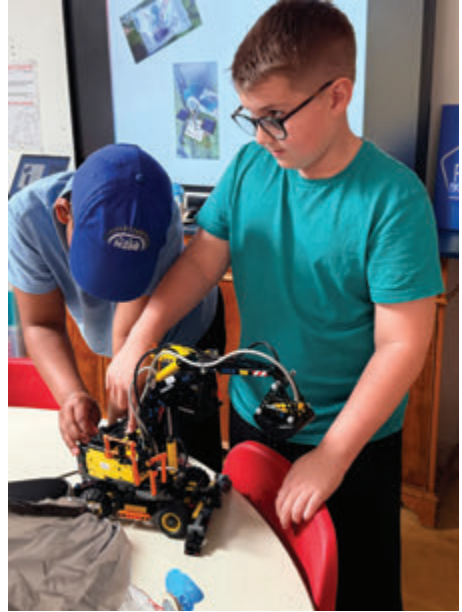


Pentaco Construction with Concertus visit Lakenheath Primary

Pentaco Construction held a wonderful couple of STEAM sessions with Concertus.

At Lakenheath Primary. The pupils explored the power of solar energy by building their own solar-powered fans and testing them outdoors. On one of the hottest days of the year, those fans proved to be a welcome relief!

Hands-on learning experiences like this helps bring an understanding of renewable energy and engineering in a way that textbooks simply can't replicate. By encouraging problem-solving, we aim to spark curiosity and inspire young people to engage with the technologies that will shape the future.



Financial Inclusion Service

→ Helping you with money

We can help you to:



Maximise your income

Check that you are claiming all of the support that you are eligible for

Explore options for increasing your income



Manage the money you have

Support with budgeting



Reduce your spending

Check for any reductions on household bills

Explore grants for household items



The service is open to anyone. You can be referred by another organisation or refer yourself. We are unable to help if you are already being supported with your money by another organisation.

Contact us



Financial.inclusion@westsuffolk.gov.uk
www.westsuffolk.gov.uk/cost-of-living



Autumn News from the Handbell Ringers and the Benefice Choir

The Handbell Team

Our handbell team is thriving, with eight members – six ladies and two gentlemen. We currently ring using a maximum of two octaves (16 bells), but we have the exciting opportunity to purchase additional bells, increasing our range to two and a half, or even three octaves. To achieve this, we'd love to welcome two to four new ringers.

So, what makes a good handbell ringer? The answer is simple – **you!**

Every member of our team brings something different. We all have our own personalities and backgrounds, yet we enjoy each other's company and have great fun making music together. If you're curious, enthusiastic, or simply fancy trying something new, you'll fit right in.

We rehearse every Thursday morning from **10.30am** in the Parvis Room.

We pause around **11.00am** for a chat and refreshments before finishing at approximately **12.15pm**. Although we practise at the church, we are an independent group and everyone is welcome.

To give people the chance to see what handbell ringing is all about,

we're holding an Open Morning on **Thursday 10th September**. Come along, have a go, meet the team and discover just how enjoyable it is. No experience is needed – just bring yourself. We promise you'll receive a very warm welcome.

Benefice Choir

Following a special invitation, the Benefice Choir has recently recorded two much-loved pieces: *The Vicar of Dibley* theme and *I Heard the Bells on Christmas Day*.

The project was expertly led and arranged by **Sue Crowe BA**, with wonderful support from our choir leaders, **Wendy** and **Kayleigh**. The men's section also benefited greatly from the guidance and patience of **Patricia**. Their encouragement, combined with plenty of practice, has made the recordings something we're very proud of.

Our attention now turns to preparing for our annual choir concert, which will take place on **Saturday 24th October** at **Elveden Village Hall 7.00pm**.

It's always a relaxed and enjoyable evening of music, and we'd be delighted if you could join us. We look forward to welcoming you.

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 had a great first half of the year, with several new members joining. And although we have had gentleman writers in the past, it's been great hearing the work of three new writers this year. We have a wonderfully eclectic mix of backgrounds, age ranges (from 19 years to some well into their seventies (and beyond-you are never too old)), creating a diverse group with new beginners, just starting their literary journey; authors, retired head teachers, musicians and all

other characters and walks of life. Each person adds to the group dynamic and enriches the fun workshop experience. There have been some excellent written pieces flowing at each session.

We return on **September 25**. Dates for the remainder of the year: **October 23**, **November 20** and **December 11**.

Below is a collection of pieces written by our writers to showcase some of the styles and themes covered this year.

Alphanumeric T15

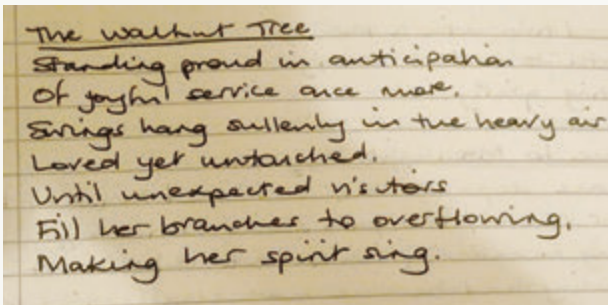
Story with fifteen words beginning with T

The whole point is; tea is important. Tea for breakfast, tea after lunch, tea in the afternoon. Sometimes I invite my friends round for tea on a Thursday. We sit in the garden and Vanessa always provides a treat. Usually, it is toffee that she's made but a few weeks ago she brought some turnips she'd grown in her garden. Terrific, they were. In size, I mean. I gave mine away to Trevor next door. Tomorrow, Sandra has invited me to walk a new trail she has discovered and then we'll have tea.

Copyright Barbara©BC2026

Excerpt from a homework piece

Copyright Monica © MMS2026



"Have I gone colour blind?
A very odd kind of colour
blind.

Through the looking glass.
Day and night 24/7.

A light brightens and blinds
my pupils; I've never seen
anything like it. A glass in
the horizon of sunlight that
makes colours.

It blew my mind when I saw
the blue in it.

Miracle of Ra.

Indigo of the sun."

Copyright Ayden © AJ2026

Liberty Wing welcomes new commander

By Staff Sgt. Nicole Molignano,
48th Fighter Wing Public Affairs



Service members, families and members of the local community welcomed U.S. Air Force Col. Michael C. Alfaro as commander of the 48th Fighter Wing, accepting command from Brig. Gen. Jack R. Arthaud during the wing's change of command ceremony at RAF Lakenheath, England, July 10, 2026.

Alfaro previously served as Headquarters Air Force A5/A7XD design development division chief at the Pentagon, Arlington, Virginia.

Maj. Gen. Paul D. Moga, Third Air Force commander, presided over the ceremony and reflected on Arthaud's leadership during the past two years. He highlighted the Liberty Wing's operational achievements, including

rapid deployments, major exercises, further integration of F-35 operations with partner and Ally forces, and continued combat readiness across the European theater. He also spoke about the lasting impact Arthaud made on the wing and expressed confidence in Alfaro as he assumes command.

"[Brig. Gen. Arthaud], you led this wing through it all with grace and style, fostering a sense of community, getting the mission done and getting it done the right way," said Moga. "You're one of the most natural leaders I've come across, and you leave behind a legacy you can and should be extraordinarily proud of."

Bidding farewell to Arthaud, Moga introduced and welcomed Alfaro and his family on their return to England.

"[Col. Alfaro] is the perfect fit to be the next 48th Fighter Wing commander. I know you will drive this wing to continued success and new heights. I look forward to watching you lead and watching you command," said Moga.





Following the traditional passing of the guidon, Moga officially transferred command of the Liberty Wing to Alfaro, symbolizing the formal transfer of authority and responsibility.

In his first remarks as commander, Alfaro thanked the Liberty Wing for the warm welcome and expressed his excitement to join the team. He spoke about the wing's reputation across the Air Force and its critical role in projecting combat airpower alongside Allies and partners throughout the European theater.

"I would just like to say thank you for your patriotism, your sacrifice and your endurance. [I have] the overwhelming feeling of appreciation and gratitude for having the opportunity to lead one of the most consequential wings in the U.S. Air Force," said Alfaro. "Chief Master Sgt. Joseph Rohde, [48th Fighter Wing command chief,] and I couldn't be more impressed with the team that we have here."

As commander of the Liberty Wing, Alfaro leads four combat-ready fighter squadrons operating F-35A Lightning II and F-15E Strike Eagle aircraft, supporting U.S., NATO and Allied operations throughout Europe. The 48th Fighter Wing remains the largest U.S. fighter wing in Europe, providing ready, responsive and lethal combat airpower whenever called upon.

**A Note from the Commander:
By Col. Michael C. Alfaro
Commander, 48th Fighter Wing**

'Returning to the United Kingdom is a privilege for my family and me. Having

served here before, I know what makes RAF Lakenheath special extends far beyond our F-35s and F-15Es. It is the people—the Airmen, families, civilian teammates, and the communities across the region who have welcomed generations of Americans.

To our British neighbors, civic leaders, and host-nation partners, thank you. We are honored to be guests in your country, and we never take that responsibility for granted. The partnership between our two nations is built not only on our shared history, but also on the friendships, trust, and shared values we experience every day here. To the Airmen, civilian professionals, and families of the Liberty Wing: Chief Master Sgt. Rohde and I are proud to join this exceptional team.

As we look ahead, we are committed to being engaged members of this community, building new relationships, strengthening existing partnerships, and continuing the legacy of friendship between the Liberty Wing and our host nation.

Thank you for welcoming us. We are excited to become part of this community once again'.

Renaming Ceremony

U.S. Air Force Staff Sgt. Gilibaldo Garcia, 48th Aircraft Maintenance Squadron F-35A Lightning II aircraft dedicated crew chief, salutes during a renaming ceremony for an F-35A aircraft at RAF Lakenheath, England, July 10, 2026. During the wing change of command ceremony, the name on the wing commander's designated aircraft was revised to reflect the incoming commander, Col. Michael Alfaro. (U.S. Air Force photo by Staff Sgt. Marcus Hardy-Bannerman)



Autumn Gardening 2026

by Rachel Sobiechowski BSc. (Hons)

The first thing I like to do when I sit down to write these articles is look back at what I shared the previous year. Drought was naturally high on my agenda this time, but I noticed it was also the focus of my articles in 2025 and 2022. If you'd like a copy of either, just drop me an email and I'll be very happy to send them over.

By now, I'm sure most of us are familiar with the hosepipe ban and what we can and can't do with water in the garden. At first, I was convinced that using a watering can meant I was getting through far more water. However, after checking our smart meter and comparing the figures, I discovered that I've actually been using around 20% less water at home—which is a very welcome saving! When you're not busy watering, here are a few rewarding jobs to enjoy in the garden this autumn:

September:

September is the ideal month for planting narcissi (daffodils) and other spring-flowering bulbs, except for tulips. It's a good idea to buy bulbs as soon as they arrive in store—not only will you have the best selection, but the bulbs will also be fresher. If they need to wait before planting, keep them somewhere cool and well ventilated, and open the bags or nets so that air can circulate around them. Try to plant daffodils as soon as you can, as they'll begin putting down roots once they're in warm soil. Plant them deeply—at around twice the height of the bulb. One of the main reasons daffodils 'go blind' and fail to flower is that there may not be enough moisture or nutrients closer to the soil surface.

Sowing hardy annuals in autumn will give you earlier flowers than sowing them in spring. Calendula (pot marigolds), cornflowers, nigella (love-in-a-mist) and

poppies can all be sown directly into beds and borders. Sweet peas can also be sown in deep pots and left to overwinter in an unheated greenhouse.

September is also a good time to give conifer hedges a tidy trim. Try not to leave it too late, as young new shoots can be damaged by frost, which is one of the main causes of browning.

It's worth preparing your lawn for winter too. Apply an autumn moss killer, then scarify the lawn a couple of weeks later to remove dead moss and thatch. This will help the grass thicken up and give you a lush, green lawn next year.

October:

Once the first frosts arrive—usually sometime in October—tender annuals begin to blacken, and that's your cue to refresh a few pots and baskets with winter colour. Pansies and violas can keep flowering even beneath a light dusting of snow, while mini and Latina cyclamen often bloom for weeks, sometimes right up to Christmas in a mild season. There really is no shortage of lovely choices for autumn planting!

Towards the end of October, gardens often put on their finest display of foliage colour as the leaves of shrubs and trees slowly change colour.

November:

Then, as November arrives, those glorious leaves begin to fall and it's time for a gentle tidy-up. Clear fallen leaves from around roses to help prevent blackspot from spreading. It's best not to compost these leaves or use them for leaf mulch, as the disease can persist in the soil.

Cut back herbaceous plants that aren't needed for winter interest or as food and

shelter for wildlife but leave ornamental grasses standing to protect overwintering beneficial insects. Once the borders are tidy, add a mulch such as bark chippings or garden compost to insulate roots through winter and help keep weeds in check.

This is also the perfect time to plant tulips. They don't root well in warm soil, so there's no rush to plant them earlier. Waiting until the soil is cold also offers natural protection from certain viral and fungal diseases, which are far less active in cooler conditions.

Autumn is also one of the best times of year to plant shrubs, conifers and hardy plants. The soil is still warm, giving roots time to establish before winter. A healthy root

system will then help each plant take up as much water and nourishment as possible.

As the kitchen garden begins to slow down, it's sadly time to store the last of the summer crops. I enjoy making green tomato chutney, cucumber pickles and hot chilli sauce, so there's still a taste of summer to enjoy throughout winter.

There's plenty changing at the garden centre too, as summer favourites make way for all the rich colours and fresh inspiration of autumn. Do pop in and see what's new—we'd love to welcome you.

Rachel Sobiechowski
BSO (Hons)



P&R Garden Supplies,
Fengate Drive, Weeting, IP27 0PW
Tel: 01842 814800
www.prgardensupplies.co.uk



WORKSHOP

Understanding Young People

Join us for a **free, face to face, interactive workshop** designed to help you better understand issues young people face and how this can impact their sports participation levels.

Who?

Sport and physical activity leaders, coaches and volunteers.

What you'll learn?

- Key influences shaping young people's choices and behaviours.
- How identity impacts participation and engagement.
- Practical tips for creating engaging sport and physical activity offerings.

Book your place!



14th October 2026
18:00 - 21:00
Lakenheath Library

Active Lakenheath
STREET GAMES



WORKSHOP

Engaging Women and Girls

Join us for a **free, face to face, interactive workshop** designed to help you successfully engage more women and girls in sport and physical activity.

Who?

Sport and physical activity leaders, coaches and volunteers.

What you'll learn?

- The sporting needs and motivations of young women and girls.
- Practical ideas and techniques for delivering inclusive and engaging sessions.
- Real-life case studies from successful projects.

Book your place!



10th September 2026
18:00 - 21:00
Lakenheath Library

Active Lakenheath
STREET GAMES



THE END OF ONE CHAPTER, AND THE BEGINNING OF ANOTHER

And just like that, another school year ended. No doubt, by the time you're reading this, we will most likely already be settling into our new school building. At the time of writing, we wanted to take a moment to reflect on the final few weeks of term and, in particular, on saying goodbye to our much-loved Victorian school building.

The last day of term was filled with smiles, pride, happy memories — and, inevitably, a few emotional moments too. Our Farewell Fayre was a great success and it was so lovely to welcome back former staff and so many former pupils and members of the community. Thank you to everyone who attended.

The final weeks of term were, in many ways, a fortnight of 'lasts'. Our last Sports Day in the old building, our last performances, our last assemblies and our last gatherings in those familiar spaces that have been such an important part of school life for so many generations.

There was something particularly poignant about saying goodbye to a building that has been at the heart of our village for almost 150 years. Within its walls there have been countless lessons, friendships, celebrations, laughter and moments of growing confidence. Generations of children

have passed through its doors, creating memories that they have carried with them long after leaving.

Of course, a school is so much more than its building. It is the children and staff who fill it, the families and community who support it, the values that guide it and, above all, the memories and relationships created along the way. Those are the things that make a school truly special — and those will continue, wherever we learn.

Even so, leaving our beloved old building was an emotional moment. It felt like the end of a very special chapter in our school's story, and we are enormously grateful to everyone who has been part of that story over the years.

Now, a new chapter has begun. We are excited about all that lies ahead and look forward to making many more wonderful memories together in our new home.

Thank you to our whole school community for your support, encouragement and friendship throughout this time of change.

We hope everyone had a wonderful and restful summer, and we look forward to seeing you in the new school year.

Best Wishes,
Michael Tingey
Headteacher

LAKENHEATH PARISH WALKS

Lakenheath is fortunate to have a good network of footpaths and the Parish Walk normally has explored 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 some of the other regulars have been ill, you may well have turned up and found no one there. I am hoping that I will soon have enough energy to start leading walks again. In future, walks will probably be during the week and on a morning. I will post the dates on the Wings Road Car Park notice board and in the Library.

We will still meet at Wings Road Car Park. Walks are about 5 miles long and take about 2 hours. If we see hares, deer etc 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 are due to be cut over a 6 week period starting in May. So, if you go walking after mid June and find a footpath is overgrown or impassable, 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 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 Women's Land Army in Lakenheath

For some people in Lakenheath, the Women's Land Army isn't just an aspect of the Second World War to be read about in history books, it is part of their family history. One such person is Heritage Group member Michael Tuffs and he shares his family story in this issue. First, though, we would like to give a brief history of the Women's Land Army and what we know about their role in Lakenheath during the Second World War.

A very brief history of the WLA

The Women's Land Army was originally founded during the First World War to replace male farm workers conscripted into the armed forces but was disbanded again in 1919. It was quickly reinstated in 1939 in order to maintain the country's food supply during WW2 and at its peak employed over 80,000 women. Initially it relied on volunteers, who could be aged between 17 and 50, but later conscription was introduced. They were widely referred to as 'Land Girls'.

The WLA comes to Lakenheath

Today the Fens provide some of the most productive agricultural land in the country but this was not the case

at the end of the 1930's, when a depressed economy had resulted in underused and neglected farmland in this area. It was vital that the Fens became productive and this resulted in the largest Land Army hostel in Britain being built here in Lakenheath in 1942.

Each day the women were transported to their workplace or made their way by bicycle. For some this would be to work on existing private farms, planting, hoeing and harvesting the usual field crops, sometimes driving tractors or working with livestock. For others the job was about reclaiming Fen land, repairing droves, digging ditches and clearing scrub so that previously unsuitable land was ready to be used for arable farming.



The hostel circa 1945

Where was the hostel?

The hostel was situated on both sides of the road near Sharpes Corner; three accommodation blocks where Quayside Court now stands and communal and recreation facilities in a separate block at what is now Mutford Green. The dormitories held a total of 116 young women, most of whom came from towns and cities in the north of England or from London. The living conditions were basic, with no privacy, but may well have been preferable for the women to a potentially lonely life billeted in a remote farm house.

Impact on the village

The large influx of 'land girls' must have had a significant impact on the village. It is likely that local young women, some of whom were already experienced in land work, were not impressed by the new arrivals and some would certainly have envied the freedom they had away from parental rules. For the young men of the village their arrival was probably more welcome, although they would have had competition from both RAF and USAF personnel stationed nearby.

The land girls had free time every evening after work and would take opportunities to attend dances, go to

the cinema in Mildenhall or visit one of the, then, many pubs in the village.

There were many relationships formed at this time and we have a record of 41 marriages between local men and Land Army women listed. Many remained in Lakenheath and made important contributions to future village life.

The Women's Land Army was officially disbanded in 1950, although some records state land girls were in the village until 1952, and the hostel was then converted into temporary housing. The women had had a huge impact on the productivity of the land but after the war were given little recognition for the contribution they had made, receiving none of the privileges or rewards accorded to the Forces or to Civil Defence personnel. It was not until 2008 that a badge of honour was finally awarded by the Government to former Land Army Girls. Perhaps it is time for the village to fully recognise the contribution made by the Land Army in this village with some form of permanent memorial. What do you think?

If this has whetted your appetite to know more then please visit the Heritage Group pages of the Parish Council website and look for 'Civil Organisations in the Village in Time Line 6' <https://lakenheathparishcouncil.gov.uk/lakenheath-heritage/time-line/>

Or this article by local historian Roy Silverlock: http://santondownham.org/Archive/22villagesfull/lakenheath22/womens_army.htm

Sue Malina,
Lakenheath Heritage Group

*Photos from Heritage Group Archive.
Image of WLA badge from Wikimedia Commons.*



Local men with Land Army girls by the wall of St Mary's church

Marjorie “Shirley” Sherlock — A Land Girl’s Journey from Sheffield to Lakenheath



Shirley - 3rd from left, back row

My mother, Marjorie Sherlock, was born in Sheffield in 1923, a working class girl from a city dominated by the steel industry. She left school at 15 to work in an office, beginning adult life early, as so many young people did in those years. Her memories of wartime Sheffield were stark, as the city suffered heavily during the Blitz, and she often recalled the horrific sights she witnessed when walking through the streets after bombing raids.

At 18, determined to do more for her country, she volunteered for the Women's Land Army and soon found herself in Lakenheath, Suffolk, in a landscape so utterly different from the industrial world she knew.

Life in the Land Army was demanding. She rose before dawn and her days were filled with milking cows, mucking out barns, harvesting crops, and tending livestock. The farms around Lakenheath were vital to wartime food production, and this could not have been sustained without the labour of the land girls.

In the hostel where she lived, there were several girls named Marjorie. To avoid confusion, she was given a new name — “Shirley.” It stuck. For the rest of her time in the Land Army, and for the rest of her life, she was known by that name. It became

part of her identity and symbolic of the new life she had stepped into.

A Story She Loved to Tell: The Bicycles

One of her funniest memories from those years involved a local cycle dealer named Henry Flatt, a lively character and a true entrepreneur. Seeing an opportunity, he provided bicycles for the Land Girls so they could ride down to the fens to work on the land. The only problem? Most of the girls had never even seen a bicycle, let alone ridden one! My mother remembered fits of laughter as they tried to master the strange machines — wobbling down the lanes, crashing into hedges, and toppling over in heaps. The sight of a dozen Land Girls attempting to cycle for the first time became a daily comedy, as they set off each morning hoping to stay upright long enough to reach the fields. Humorous moments like these, and the friendships formed, balanced the hard work and long days.

Life, Love, and Lakenheath

Like many Land Army girls, she eventually met and married a local boy — Cyril ‘Sam’ Tufts. Their marriage rooted her permanently in Suffolk, the county that had become her second home. Her years in the Women's Land Army shaped her profoundly, teaching her the endurance needed to work on the land, the independence that comes from mastering unfamiliar tasks, and the pride of knowing she was carrying out a vital role for the country.

It is an honour to tell her story and add the memories of a young woman from Sheffield to the wartime history of the village.

Michael Tufts

Do you have a family story to share? The Heritage Group would love to hear it. Email: lakenheathheritagegroup@outlook.com



***Alone we can do so little;
together we can do so much.***

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

LOVE WHERE YOU LIVE



THANK YOU

A heartfelt thank-you to the wonderful volunteers who joined the village litter pick on 4th July. Eight dedicated villagers rolled up their sleeves, and you can see a few of them pictured here. Although our numbers were smaller than usual — the date coinciding with American Independence Day meant many of our regular supporters were celebrating elsewhere — we're

confident our friends from the visiting forces will be back with us for the next tidy-up on 3rd October.

What is normally a brisk one-hour sweep took a little longer this time, as a worrying amount of broken glass was found in the play park. Even so, the team pressed on and collected eight full bags of litter, plus a car tyre and a rear parcel shelf. You never know what you'll find on a village clean-up.

We'd love to see new faces at the next event. Everyone is welcome — come and help keep our village looking its best.



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 (clerk@lakenheathparishcouncil.gov.uk) 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: clerk@lakenheathparishcouncil.gov.uk

Autumn quiz

See Answers on page 65

1. Why do leaves on trees change colour in the Autumn?
2. Hedgehogs start to hibernate in Autumn, but what is a baby hedgehog called?
a) Hogling b) Hoglet c) Hedgekit
3. Which of the following is an acorn?



4. What is the Autumn equinox?
5. Which farming activity traditionally takes place in the Autumn?
6. Pumpkins are a fruit, true or false?
7. Which of the following is a Muntjac Deer?



8. Which of these birds migrates in Autumn?
a) Swallow b) Robin c) Cuckoo
9. Why do some animals collect and store food in the autumn?
10. When does Autumn finish in the Northern hemisphere?
a) End of November b) End of September c) End of January

10 Fun and Fascinating Facts about Autumn

Autumn, also known as fall, is an exciting season full of changes! From colourful leaves to pumpkin treats, there's so much to love about this time of year. Here are some fun facts about autumn that will make you fall in love with the season even more!

1. Why Leaves Change Colour

During autumn, the leaves of many trees turn red, yellow, orange, or even purple. This happens because the green chlorophyll in the leaves breaks down, revealing the other colours that were hiding all along! It's like the trees are showing off their hidden rainbow before winter arrives.

2. The First Day of Autumn

Autumn begins on the autumnal equinox, which usually happens around September 22 or 23. On this day, the hours of daylight and darkness are almost equal! It's one of two times a year when this happens (the other is the spring equinox).

3. Animals Prepare for Winter

Autumn is a busy time for animals! Some animals, like squirrels, collect and store food like acorns and nuts to last them through the winter. Others, like bears, start eating a lot so they can build up fat and hibernate during the cold months. And of course, some birds fly south for the winter in a journey called migration.

4. Pumpkins Galore!

Pumpkins are the most famous fall fruit, and they belong to the gourd family, just like cucumbers and watermelons! Did you know that pumpkins are 90% water? They come in all shapes and sizes, and the largest pumpkin ever grown weighed over 2,700 pounds—that's heavier than a small car!

5. Apples Everywhere

Autumn is also the best time for apple picking. Apples are harvested in fall because the cooler temperatures help make them crisp and delicious. There are over 7,500 varieties of apples in the world, with colours ranging from red and green to yellow and even pink!

6. It's Sweater Weather!

As autumn comes, the weather starts to cool down. This is because Earth tilts away from the sun during fall, which means we don't get as much direct sunlight as in summer. So it's time to pull out your cosy sweaters and enjoy some hot cocoa!

7. Autumn Celebrations

Many holidays and festivals happen in the fall! One of the most famous is Halloween, celebrated on October 31. People carve pumpkins into jack-o'-lanterns, dress up in costumes, and go trick-or-treating. There's also Thanksgiving, a time to celebrate the harvest and give thanks, in countries like the United States and Canada.

8. Falling Leaves

In autumn, some trees lose their leaves in a process called abscission. This helps the trees conserve water and energy during the cold winter months. The leaves form a beautiful carpet of colours on the ground before decomposing and turning into nutrients for the soil.

9. Autumn Constellations

The night sky changes with the seasons, and autumn brings its own special stars! One of the most famous constellations you can see in fall is Pegasus, named after the winged horse in Greek mythology. You can also spot the Andromeda Galaxy, the closest large galaxy to our own.

10. Days Get Shorter

Have you noticed it gets dark earlier in autumn? That's because the days get shorter as we move closer to winter. In fact, the shortest day of the year happens in December, just after fall ends. This happens because of the way Earth tilts as it moves around the sun.

Autumn is a magical time of year filled with colourful changes, cozy clothes, and yummy treats. Whether you're jumping in piles of leaves, picking pumpkins, or gazing at the stars, there's so much to discover and enjoy. So, grab your favourite fall snack, get outside, and have some fun this autumn!



TEAM MILDENHALL Community Update

June 2026 | Updates for our Local Parish Councils



A Message from Community Relations Advisor.

Welcome to the latest Team Mildenhall community newsletter. We value our strong relationship with the surrounding parish councils and the local community. As we move into the summer season, we want to keep you informed about our community outreach efforts, and upcoming events. Thank you for your continued support and partnership.

Requesting Support or Speakers

Are you hosting a community event, Remembrance Day ceremony, or school assembly? Team Mildenhall is always looking for ways to engage. You can request base representatives, guest speakers, or volunteer support for your parish events by contacting **100ARW.CRA@us.af.mil** (Mission Depending).

Community Outreach & Partnership

Team Mildenhall personnel love giving back to the local community that hosts us! Here is what our Airmen have been up to locally:



Security Forces Airman represented the 100th Air Refueling Wing at a Memorial Event in Bury St Edmunds



6 Airmen briefed 50 Cadets and RBL members in Sudbury. They briefed about their roles here at RAF Mildenhall.



Sparky our RAF Mildenhall Fire Dog visited Beck Row Pre School to say hello to all the children. They were all so good and sweet.



Airmen from RAF Mildenhall Supported Beck Row Primary School Summer Fete.



8 Airmen attended the Lakenheath Primary School Fete, helping set up, assist with stalls and tear down.



7 Airmen Visited Mildenhall Museum in May and met with MP Nick Timothy.



Airmen from RAF Mildenhall and RAF Lakenheath decorated over a weekend in June to help the service users in Norwich.



283 Athletes attended 43rd Joan Mann Special Sports Day. This Event is well loved in the community.



Natalie & Vikki met with Eriswell Parish Council Chairman for a look around Lords Walk Estate in Eriswell.



CRA attended Mildenhall & Newmarket Sea & Royal Marine Cadets to say thank you for volunteering at Joan Mann Special Sports Day.



7 Airmen went to talk to On Track Education in Mildenhall. We had a great time.

Follow Us

Our Community Relations team is here to support you. If your Parish Council has any questions, noise concerns, or feedback, please reach out.

Facebook Account:

RAF Lakenheath- <https://www.facebook.com/RAFLakenheath>

RAF Mildenhall – <https://www.facebook.com/RAFMildenhall>

48th Fighter Wing Commander – <https://www.facebook.com/48FWCommandTeam>

100th ARW Command Team – <https://www.facebook.com/100ARWCC>

352d Special Operations Wing – <https://www.facebook.com/352sow>

Instagram Account:

48fighterwing- <http://www.instagram.com/48fighterwing>

rafmildenhall – <http://www.instagram.com/rafmildenhall>

Suffolkusvf_comrel – http://www.instagram.com/suffolkusvf_comrel

X (Formerly Twitter):

48FighterWing- <https://twitter.com/48fighterwing>

@RAFMildenhall – <https://twitter.com/RAFMildenhall>

Website:

Royal Air Force Mildenhall – <https://www.mildenhall.af.mil/>

Royal Air Force Lakenheath – <https://www.lakenheath.af.mil/>



Events at RSPB Lakenheath Fen Autumn 2026

<https://events.rspb.org.uk/lakenheathfen>.

Guided Pond Dipping

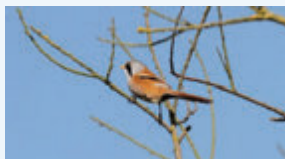
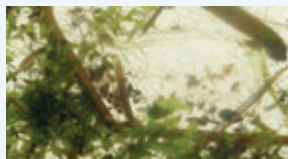
5 September

Moth Mornings

25 September, 30 October

Autumn Guided Wildlife Walks

10 October, 8 November



LAKENHEATH LITTER PICK

Love Where You Live!

Community Litter Pick Meet 10am at Wings Road Car Park
All equipment provided – everyone welcome

NEXT DATES:

Saturday 3rd October

Saturday 9th January 2027



Help Keep Lakenheath Clean & Green!



Hello fellow villagers,

Firstly I would like to introduce **Lakenheath Bloomers**, which was formed following the closure of Lakenheath in Bloom.

At the moment, we are a small group of volunteers: myself, **Sharon Digiulio-Rowntree** (Chairperson), **Joanne Kiff-Croasdell** (Treasurer), and Paula Green (Secretary).

Over the past two months, we have been busy planning and working hard to make the most of what we have inherited from the wonderful volunteers whose vision was to improve the environment we live in with flowers, colour, and community pride.

One of our biggest challenges was finding suitable new locations for the existing planters where they could be easily maintained with access to a water supply while remaining highly visible to the public.

I am delighted to say that, despite starting late in the summer season,

we have achieved this. All of the planters are now filled with flowers and colour, helping to brighten our High Street.

I would like to extend a heartfelt thank you to **The Old Legion, Lakenheath**, for their incredible support. Not only have they provided a new home for three of our planters, but they have also installed an automatic watering system to help keep them looking their best.

A special thank you also goes to **Pauline Wickham**, who has lovingly cared for two of the smaller planters at **St Mary's Church**, giving the church entrance a beautiful new look that so many people can enjoy.

We are also extremely grateful to **Mrs Margaret Fulham** for her generous donation towards our summer planting. Your kindness and support are truly appreciated.

We hope that, with the continued support of our community, Lakenheath Bloomers can carry on enhancing our village with flowers and colour, creating a welcoming environment for everyone who lives here or simply passes through. Together, we can show just how much we love and care for the place we call home.

New volunteers are very welcome; please get in touch with Sharon at **Sherriroses@yahoo.co.uk** or follow on Facebook Lakenheath Bloomers

MILDENHALL SEA & ROYAL MARINES CADETS



**ROYAL
MARINES
CADETS**
PART OF THE SEA CADETS

**SEA
CADETS**

"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!



Sea cadet unit, Recreation Way Mildenhall. Mon & Thur 1900Hrs –2100Hrs

Odysseus is back!

by Lorraine Gregory

My love of Greek myths began as a child when I first watched *The Clash of the Titans*. Its a classic film with amazing special affects created by Ray Harryhausen who pioneered stop motion animation to bring titans like Medusa to life.

I still find mythical stories fascinating so when I heard that Christopher Nolan was making *The Odyssey* I was very excited to see how he would bring such an epic story to the screen and this week I went to the cinema to see for myself .

At nearly three hours long it was definitely epic in scope but also in style. Following Matt Damon as the titular Odysseus on his long journey home from the war in Troy there are incredible set pieces to enjoy.

During his journey we meet, among others, Polyphemus the Cyclops, Circe the witch, the monsters Scylla and Charybdis and the irresistible Sirens, all of whom make it very hard for the poor beleaguered Odysseus to return home.

We also follow Penelope, Odysseus wife - played by Anne Hathaway who's been waiting for him to return home to Ithaca for twenty years and their son Telemachus - played by Tom Holland. Their island is under siege by unwelcome suitors who want to marry Penelope but she is reluctant to give up on her husband despite his long absence. It may not be entirely accurate to the epic Homer poem but I became very invested in the sto-ry and characters. I thought it was very well made, giving the audience plenty of exciting and dramatic scenes but also taking a deeper look at the characters and their motivations. It offered up plenty of background too, from Odysseus's plan to use the Trojan Horse to trick their way into Troy, to Agamemnon's bloody end at the hands of his embittered wife Clytemnestra.



I'm pleased to say I'm not alone in enjoying the film which has done very well critically and made plenty of money at the box office too. I'm hoping this might open the doors to some more Greek myths being explored at the cinema.

If you'd like to explore Greek myths a little more I can recommend several books that might entice you in. **The Song of Achilles** by Madeline Miller is an achingly sad love story. You could also try **The Women of Troy** by Pat Barker which takes a look at the famous tale from the per-spective of the women involved.

Stone Blind by Natalie Hayes and **Medea** by Rosie Hewlett also give a different look at two women we may have judged harshly.

Of course it is difficult to ignore some of the darker parts of Greek myths, many of them had aspects that could make them difficult to adapt into a modern story. But, thanks to Christopher Nolan's efforts I'm hopeful that more stories from those times with their monsters and magic and villains and heroes will be in bookshops and on the big screen soon!



Alan Gyte reports on Lakenheath FC

Hi all, again we are starting out on another 'campaign' and hoping it will be more successful than last season, although in fairness we only have to finish fourth from bottom to show an improvement.

As some may be aware, we have a new manager in Harry Zachariou. Now, Harry was boss at Haverhill Borough in Division One North for the last couple of seasons and finished just outside the play-offs; before that he was heavily involved in youth football.

He feels ready to make the step up to manage in step five and also feels the same about quite a few of his players, which he has brought with him. The only two players to have stayed from last season are Ryan Yallop and young Isaac Lewis. It will be a very young side, but I think you'll find they will be a very good footballing side and hopefully will be a pleasure to watch. They have certainly looked good in preseason games.

We kicked off the league last Saturday, travelling to most people's favourites to win the league, Ipswich Wanderers. The boys were fantastic and after going a goal down after only six minutes their heads didn't drop and a fantastic free kick from Tommy Allan levelled the score and saw us

drawing well into the second half until the referee gave the most ridiculous penalty you will see all season, VAR would have wiped it out immediately! The opposition bench and players all agreed that if refs give penalties for two players literally coming together then the games gone mad. It totally knocked the stuffing out of the boys, but they kept pushing to the end, which alas left gaps and Ipswich scored a third. In fairness, Ipswich were the better side and obvious why they have the favourites tag, but I believe our boys would have held out for a point, thanks ref! Tuesday saw us at home against Walsham Le Willows and we couldn't quite match our performance levels of Saturday, going 2 - 0 down by half-time, but they rallied and goals from Isaac Hines and Kai Wilson got us level. Trying to find a third again left us exposed and two late goals finished us off.

If the lads can add some consistency to their play, then I'm sure the first win is imminent and will see us moving in the right direction, up the league.

Come down and watch the boys; they really are very good, plus there's food, teas, coffees and the bar is open. Come enjoy an afternoon with a high standard of football in fantastic surroundings.

Upcoming fixtures (subject to change). All kick-offs 3.00 unless otherwise stated			
September 5th	Haverhill Rovers	Home	
September 12th	Ely City	Away	
September 19th	Brantham Athletic	Away	
September 26th	Cornard	Home	
October 3rd	Mildenhall Town	Away	
October 10th	Heacham	Home	
October 17th	Downham Town	Away	
October 24th	Harleston	Home	
October 27th	Haverhill Rovers	Away	7.45 K/off
October 31st	Wisbech Town	Away	
November 7th	Dereham Town	Home	
November 14th	Great Yarmouth	Away	
November 21st	Brantham Athletic	Home	
November 28th	Kirkley & Pakefield	Home	





ACTIVE LAKENHEATH UPDATE

It's certainly been a warm summer; we hope you've been finding ways to keep moving whilst also staying safe in the heat.

In the last update, I told you we had re-submitted our **Full Award proposal** (for the second phase of the Sport England funding) in early April following a period of working alongside Sport England themselves and all the partners and community members involved in the Active Lakenheath work to respond to initial feedback.

We are delighted to announce that in July 2026 we received confirmation of the success of our proposal and the formal award letter which along with partner funding will bring a total of £1,347,713 into Lakenheath over the next 18 months to March 2028.

This funding will focus on **providing positive experiences for children and young people in Lakenheath, reducing health inequalities locally and strengthening the community.** Plans include recruiting a youth worker to work directly with young people locally, enhancing local pathways into health and wellbeing services, a walking and cycling hub and bespoke package of support for the volunteering sector among many others which will be sharing with you and starting to deliver over the coming months.

This is a huge success for the partnership and the local area and is testament to the hard work and dedication of all those who have come together in support of this work including those who have contributed to the vital community voice which is at the heart of this investment.

Meanwhile, we continue to have a full programme of activities running for local residents designed to help people stay active, meet others, and feel part of the community. We continue to run our monthly Warren Walks on the first Sunday of each month, our Family Carpet Bowls After School Club takes place on the third Tuesday of each month, and our Seated Movement sessions every Friday, 2pm

at the Indoor Bowls Club aimed at improving balance, mobility, and confidence.

We also have two exciting **training workshops** for local volunteers, coaches, and activity leaders. The first, 'Engaging Women and Girls', is taking place on Wednesday 10th September at Lakenheath Library, and the second, 'Understanding Young People' is on Thursday 14th October, also at the library - both workshops are free, can be booked online, and run from 6pm to 9pm.

We are also looking forward to working closely with **Lakenheath Pride in Place**, as we share the same focus on supporting children and young people, improving health and wellbeing, and making the best use of our local community assets. This exciting collaboration will enable us both to maximise the impact for local people and communities.

With so many opportunities to get involved with Active Lakenheath, there are a few ways you can keep up to date. Firstly, we have our dedicated Active Lakenheath WEBSITE: <https://active.lakenheath.org/> but also our Facebook page: <https://www.facebook.com/people/Active-Lakenheath/61584943334181/> so please do get following, liking and sharing!

We also always welcome hearing from you directly, so if you do have any questions, queries or comments on Active Lakenheath, please don't hesitate to contact myself on abi.cartwright-thomas@activesuffolk.org or the Community Connectors (jo.chambers@lakenheath.org and Richard.keeble@lakenheath.org) or come and have a chat when you see us around the village.

Thank you.

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



Active Suffolk



LAKENHEATH PAVILION

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for your child to learn,
socialise and play.







We are a non-profit charity sessional 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.

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fun. FISHES PARENT

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lakenheathlittlefishes@gmail.com

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are excellent
OFSTED 2017

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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.

clerk@lakenheathparishcouncil.gov.uk

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





Celebrating

1951
2026



Please come and visit us

Opening times:

Tuesdays 2:00 – 4:00 pm

Wednesdays 2:00 – 4:00 pm

Thursdays 2:00 – 4:00 pm

Saturdays 2:00 – 4:00 pm

Fridays 10:30 – 4:00 pm

Mildenhall Museum Society TALKS 2026

Talks held at the Museum
Doors open at 7:00 for 7:30 pm start
£2 members £4 non-members
Refreshments available
Annual Society membership £10

Thursday 3rd September –
History of Jewellery –
Jason Middleton

Thursday 1st October –
History of waterway transport
in the fens –
Alan Denny

LAKENHEATH PEACE MEMORIAL HALL

Luncheon Club News

Luncheon club
is held in the
Peace Memorial
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. We would love to meet you.



Weekly Money Bingo!

Weekly money Bingo evenings are held in the Peace Memorial 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.

**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

Bi-month on a Saturday morning
**08:30-10:00 at Lakenheath Peace
Memorial Hall**

Look out for details on Facebook's
Lakenheath People Group
or contact Colin or Stephen

This is a new initiative for older chaps in the
village to get together for a delicious full english
breakfast, and have a chat.

It's free so please do come along!

Text or email:
Colin Noble
07504 417929 colin@askcolinnoble.com
Stephen Frost
07710 436672 spfrost153@gmail.com

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



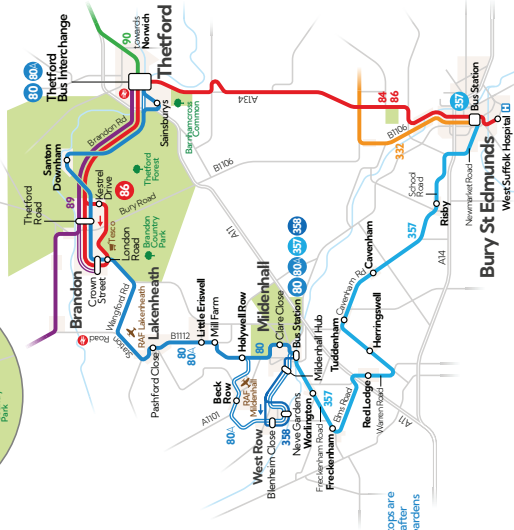
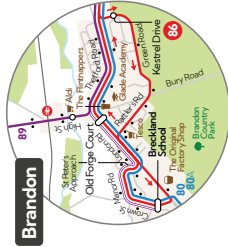
Spaces available at Brandon Day Centre

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
www.empanda.org.uk





- this bus runs on ES Breckland school days only
- these buses on all services run on school days to Fridays only

Thetford | Brandon | Lakenheath | West Row | Mildenhall

Mondays to Saturdays except public holidays												
80A	358	80	80	80	358	80	80	358	80	80	80	80
0720	0740	0900	1000	1100	1200	1300	1400	1500	1600	1700	1800	1900
0727	0747	0905	1005	1105	1205	1305	1405	1505	1605	1705	1805	1905
0735	0755	0915	1015	1115	1215	1315	1415	1515	1615	1715	1815	1915
0738	0758	0920	1020	1120	1220	1320	1420	1520	1620	1720	1820	1920
0742	0802	0925	1025	1125	1225	1325	1425	1525	1625	1725	1825	1925
0750	0810	0935	1035	1135	1235	1335	1435	1535	1635	1735	1835	1935
0755	0815	0940	1040	1140	1240	1340	1440	1540	1640	1740	1840	1940
0758	0818	0943	1043	1143	1243	1343	1443	1543	1643	1743	1843	1943
0800	0820	0945	1045	1145	1245	1345	1445	1545	1645	1745	1845	1945
0809	0824	0949	1049	1149	1249	1349	1449	1549	1649	1749	1849	1949
0810	0830	0955	1055	1155	1255	1355	1455	1555	1655	1755	1855	1955
0814	0834	0959	1059	1159	1259	1359	1459	1559	1659	1759	1859	1959
0820	0914	1100	1130	1131	1132	1133	1134	1135	1136	1137	1138	1139
0822	0916	1102	1132	1133	1134	1135	1136	1137	1138	1139	1140	1141
0824	0917	1104	1134	1135	1136	1137	1138	1139	1140	1141	1142	1143
0834	0920	0834	1137	1138	1139	1140	1141	1142	1143	1144	1145	1146
0839	0928	0838	1000	1100	1145	1200	1300	1400	1445	1530	1742	1832

Mildenhall | West Row | Lakenheath | Brandon | Thetford

Mondays to Saturdays except public holidays												
80	80	358	80	80	358	80	80	358	80	80	80A	80A
0640	0720	0855	0900	0950	1050	1117	1150	1250	1350	1417	1530	1540 1745
0645	0725	0905	0915	1005	1105	1124	1155	1255	1355	1424	1535	1545 1750
0650	0730	0910	0920	1010	1110	1129	1160	1260	1360	1429	1540	1550 1755
0655	0735	0915	0925	1015	1115	1134	1165	1265	1365	1434	1545	1555 1760
0700	0740	0920	0930	1020	1120	1139	1170	1270	1370	1439	1550	1560 1765
0705	0745	0925	0935	1025	1125	1144	1175	1275	1375	1444	1555	1565 1770
0710	0750	0930	0940	1030	1130	1149	1180	1280	1380	1449	1560	1570 1775
0715	0755	0935	0945	1035	1135	1154	1185	1285	1385	1454	1565	1575 1780
0720	0800	0940	0950	1040	1140	1200	1210	1310	1410	1459	1570	1580 1785
0725	0805	0945	0955	1045	1145	1205	1215	1315	1415	1464	1575	1585 1790
0730	0810	0950	1000	1050	1150	1210	1220	1320	1420	1469	1580	1590 1795
0735	0815	0955	1005	1055	1155	1215	1225	1325	1425	1474	1585	1595 1800
0740	0820	1000	1010	1100	1200	1220	1230	1330	1430	1479	1590	1600 1805
0745	0825	1005	1015	1105	1205	1225	1235	1335	1435	1484	1595	1605 1810
0750	0830	1010	1020	1110	1210	1230	1240	1340	1440	1489	1600	1610 1815
0755	0835	1015	1025	1115	1215	1235	1245	1345	1445	1494	1605	1615 1820
0800	0840	1020	1030	1120	1220	1240	1250	1350	1450	1499	1610	1620 1825
0805	0845	1025	1035	1125	1225	1245	1255	1355	1455	1504	1615	1625 1830
0810	0850	1030	1040	1130	1230	1250	1300	1400	1500	1509	1620	1630 1835
0815	0855	1035	1045	1135	1235	1255	1305	1405	1505	1514	1625	1635 1840
0820	0900	1040	1050	1140	1240	1300	1310	1410	1510	1519	1630	1640 1845
0825	0905	1045	1055	1145	1245	1305	1315	1415	1515	1524	1635	1645 1850
0830	0910	1050	1100	1150	1250	1310	1320	1420	1520	1529	1640	1650 1855
0835	0915	1055	1105	1155	1255	1315	1325	1425	1525	1534	1645	1655 1860
0840	0920	1100	1110	1200	1300	1320	1330	1430	1530	1539	1650	1660 1865
0845	0925	1105	1115	1205	1305	1325	1335	1435	1535	1544	1655	1665 1870
0850	0930	1110	1120	1210	1310	1330	1340	1440	1540	1549	1660	1670 1875
0855	0935	1115	1125	1215	1315	1335	1345	1445	1545	1554	1665	1675 1880
0900	0940	1120	1130	1220	1320	1340	1350	1450	1550	1559	1670	1680 1885
0905	0945	1125	1135	1225	1325	1345	1355	1455	1555	1564	1675	1685 1890
0910	0950	1130	1140	1230	1330	1350	1400	1500	1560	1569	1680	1690 1895
0915	0955	1135	1145	1235	1335	1355	1405	1505	1565	1574	1685	1695 1900
0920	1000	1140	1150	1240	1340	1400	1410	1510	1570	1579	1690	1700 1905
0925	1005	1145	1155	1245	1345	1405	1415	1515	1575	1584	1695	1705 1910
0930	1010	1150	1200	1250	1350	1410	1420	1520	1580	1589	1700	1710 1915
0935	1015	1205	1215	1305	1405	1420	1430	1530	1585	1594	1705	1715 1920
0940	1020	1210	1220	1310	1410	1430	1440	1540	1590	1599	1710	1720 1925
0945	1025	1215	1225	1315	1415	1435	1445	1545	1595	1604	1715	1725 1930
0950	1030	1220	1230	1320	1420	1440	1450	1550	1600	1609	1720	1730 1935
0955	1035	1225	1235	1325	1425	1445	1455	1555	1605	1614	1725	1735 1940
1000	1040	1230	1240	1330	1430	1450	1460	1560	1610	1619	1730	1740 1945
1005	1045	1235	1245	1335	1435	1455	1465	1565	1615	1624	1735	1745 1950
1010	1050	1240	1250	1340	1440	1460	1470	1570	1620	1629	1740	1750 1955
1015	1055	1245	1255	1345	1445	1465	1475	1575	1625	1634	1745	1755 1960
1020	1100	1250	1300	1350	1450	1470	1480	1580	1630	1639	1750	1760 1965
1025	1105	1305	1315	1405	1505	1475	1485	1585	1635	1644	1755	1765 1970
1030	1110	1310	1320	1410	1510	1480	1490	1590	1640	1649	1760	1770 1975
1035	1115	1315	1325	1415	1515	1485	1495	1595	1645	1654	1765	1775 1980
1040	1120	1320	1330	1420	1520	1490	1500	1600	1650	1659	1770	1780 1985
1045	1125	1325	1335	1425	1525	1495	1505	1605	1655	1664	1775	1785 1990
1050	1130	1330	1340	1430	1530	1500	1510	1610	1660	1669	1780	1790 1995
1055	1135	1335	1345	1435	1535	1505	1515	1615	1665	1674	1785	1795 2000
1100	1140	1340	1350	1440	1540	1510	1520	1620	1670	1679	1790	1800 2005
1105	1145	1345	1355	1445	1545	1515	1525	1625	1675	1684	1795	1805 2010
1110	1150	1350	1400	1450	1550	1520	1530	1630	1680	1689	1800	1810 2015
1115	1155	1405	1415	1505	1605	1525	1535	1635	1685	1694	1805	1815 2020
1120	1200	1410	1420	1510	1610	1530	1540	1640	1690	1699	1810	1820 2025
1125	1205	1415	1425	1515	1615	1535	1545	1645	1695	1704	1815	1825 2030
1130	1210	1420	1430	1520	1620	1540	1550	1650	1700	1709	1820	1830 2035
1135	1215	1425	1435	1525	1625	1545	1555	1655	1705	1714	1825	1835 2040
1140	1220	1430	1440	1530	1630	1550	1560	1660	1710	1719	1830	1840 2045
1145	1225	1435	1445	1535	1635	1555	1565	1665	1715	1724	1835	1845 2050
1150	1230	1440	1450	1540	1640	1560	1570	1670	1720	1729	1840	1850 2055
1155	1235	1445	1455	1545	1645	1565	1575	1675	1725	1734	1845	1855 2060
1200	1240	1450	1460	1550	1650	1570	1580	1680	1730	1739	1850	1860 2065
1205	1245	1455	1465	1555	1655	1575	1585	1685	1735	1744	1855	1865 2070
1210	1250	1460	1470	1560	1660	1580	1590	1690	1740	1749	1860	1870 2075
1215	1255	1465	1475	1565	1665	1585	1595	1695	1745	1754	1865	1875 2080
1220	1300	1470	1480	1570	1670	1590	1600	1700	1750	1759	1870	1880 2085
1225	1305	1475	1485	1575	1675	1595	1605	1705	1755	1764	1875	1885 2090
1230	1310	1480	1490	1580	1680	1600	1610	1710	1760	1769	1880	1890 2095
1235	1315	1485	1495	1585	1685	1605	1615	1715	1765	1774	1885	1895 2100
1240	1320	1490	1500	1590	1690	1610	1620	1720	1770	1779	1890	1900 2105
1245	1325	1495	1505	1595	1695	1615	1625	1725	1775	1784	1895	1905 2110
1250	1330	1500	1510	1600	1700	1620	1630	1730	1780	1789	1900	1910 2115
1255	1335	1505	1515	1605	1705	1625	1635	1735	1785	1794	1905	1915 2120
1300	1340	1510	1520	1610	1710	1630	1640	1740	1790	1799	1910	1920 2125
1305	1345	1515	1525	1615	1715	1635	1645	1745	1795	1804	1915	1925 2130
1310	1350	1520	1530	1620	1720	1640	1650	1750	1800	1809	1920	1930 2135
1315	1355	1525	1535	1625	1725	1645	1655	1755	1805	1814	1925	1935 2140
1320	1360	1530	1540	1630	1730	1650	1660	1760	1810	1819	1930	1940 2145
1325	1365	1535	1545	1635	1735	1655	1665	1765	1815	1824	1935	1945 2150
1330	1370	1540	1550	1640	1740	1660	1670	1770	1820	1829	1940	1950 2155
1335	1375	1545	1555	1645	1745	1665	1675	1775	1825	1834	1945	1955 2160
1340	1380	1550	1560	1650	1750	1670	1680	1780	1830	1839	1950	1960 2165
1345	1385	1555	1565	1655	1755	1675	1685	1785	1835	1844	1955	1965 2170
1350	1390	1560	1570	1660	1760	1680	1690	1790	1840	1849	1960	1970 2175
1355	1395	1565	1575	1665	1765	1685	1695	1795	1845	1854	1965	1975 2180
1360	1400	1570	1580	1670	1770	1690	1700	1800	1850	1859	1970	1980 2185
1365	1405	1575	1585	1675	1775	1695	1705	1805	1855	1864	1975	1985 2190
1370	1410	1580	1590	1680	1780	1700	1710	1810	1860	1869	1980	1990 2195
1375	1415	1585	1595	1685	1785	1705	1715	1815	1865	1874	1985	1995 2200
1380	1420	1590	1600	1690	1790	1710	1720	1820	1870	1879	1990	2000 2205
1385	1425	1595	1605	1695	1795	1715	1725	1825	1875	1884	1995	2005 2210
1390	1430	1600	1610	1700	1800	1720	1730	1830	1880	1889	2000	2010 2215
1395	1435	1605	1615	1705	1805	1725	1735	1835	1885	1894	2005	2015 2220
1400	1440	1610	1620	1710	1810	1730	1740	1840	1890	1899	2010	2020 2225
1405	1445	1615	1625									

FRIENDSHIP CLUB NEWS.

Well, it's been hectic at the Friendship Club since Christmas. Our numbers are growing; new friendships being made and old friendships rekindled.

Our entertainment has been varied and exciting. Along with the Lakenheath hand bell ringers, who are always popular, we had Wing Song, our local talented duo Linda and Sue. They never fail to please.

Our old favourite David Jones from the Heritage Society always delights with such interesting tales about our village.

A lovely lady from The Dogs Trust came and told us about their work. The dog she brought with her was a joy for everyone.

June was our midsummer party with food, laughter music and dancing. Hank Shadow played all the favourites.

We had a Brandon singing group, The Melody Makers, entertain us and what a success they were. We will certainly have them back later in the year.

So, with all the acts, speakers and music, along with bingo and the odd quiz, the Friendship Club is enjoyed by all its members.

We are back from our Summer break on **Thursday September 10th, 2pm at the Methodist Church Hall** if you would like to join us. You will be made very welcome. Please phone me on 07833446707 if you have any questions. Hope to see you soon.

Susan Taylor



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



JOIN US FOR A WARREN WALK!

Come and meet Rich and Jo for a walk on the Warren on the first Sunday of every month!

Meeting Point - By the picnic tables next to the car park at Maids Cross Hill Nature Reserve, Lakenheath, IP27 9EJ

Meeting Time - 9am, walk will finish by 10.30am.

What can you expect - Refreshments to start, a walk with friends and some fun games and activities for all the family!



No booking required, completely free!

Walks taking place on the first Sunday of each month!

WHAT'S ON



www.lpmh.org



The Old Legion, Lakenheath



The Old Legion, Lakenheath Lounge and Bar

Open to everyone, no membership required, every Wednesday & Thursday 5 - 11pm, Friday 5pm - 12am, Saturday 12pm - 12am and Sunday 11:30am - 10:00pm. Pool tables and darts boards available for use. Children's indoor and outdoor toys. Families

and dogs welcome. Food is served 6 - 9pm Wednesday and Thursday, 5 - 9pm Friday, between 1 - 2:30pm & 6 - 9pm Saturday and 12:30 - 6pm on Sunday. Card or cash payments accepted.



Lakenheath Peace Memorial Hall Sunday Roast Dinners

Look out for the return of our fabulous Sunday Roast Dinners. Booked tables only. Bar menu will not be served on Sunday Roast dates.



Meet and Eat

Every Wednesday 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.

Prize Bingo

Join us for our regular Saturday Prize bingo nights. Ticket sales start at 7pm, eyes down at 7:30pm. £10 a book, 2x flyers £3 each, £1 a strip of raffle tickets. Bar open and food available. Raffle prize donations greatly received.



Karaoke Nights from 7:30pm

Everyone is welcome. Bar open and food available. Take to the stage and have a good time with family and friends.

DATES FOR THE DIARY

- Saturday 19/09(rescheduled) – Prize Bingo
- Saturday 26/09 – Karaoke
- Saturday 03/10 – Prize Bingo
- Saturday 31/10 – Halloween Disco
- Saturday 14/11 – Prize Bingo
- Saturday 28/11 – Karaoke
- Saturday 5/12 – Prize Bingo
- Saturday 26/12 – Boxing Day Karaoke



LAKENHEATH PEACE MEMORIAL HALL & THE OLD LEGION

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 or 07538609281



www.lpmh.org



The Old Legion, Lakenheath

Clubs and Groups that use our halls

Positively Pawfect Ringcraft Training

Monday, 6-8pm, 07983482915

Lakenheath Liners

Tuesday, 7:30-9:30pm, 07931 857574

Lloyds Community Bank Hub

Every other Tuesday, 2-4pm, open to all

Luncheon Club

Last Wednesday of the month, 11am,
01842 860878

Ladies Keep Fit

Thursday, 10am-12pm, 01842 861390

Lakenheath Kurling Group

Friday, 10:30am-12:30pm, 01353 675248

Men's Shed Breakfast

Various dates, 07504417929

Lakenheath Flower Club

2nd Monday of the month, 2pm, 01842 860997

Lakenheath Parent, Baby & Toddler Group

Tuesday(term time), 9:30-11:30am,
open to all

Lakenheath Silver Band

Tuesday, 8-9:30pm, 07731780406

Money Bingo

Wednesday, 7:30pm, open to all

Zanshin Black Belt Academy

Thursday, 6-7pm, info@startingkarate.com

Lakenheath Community Music Project

3rd Friday of the month, 7-9pm, 07818056061

Slimming World

Monday, 6pm, 07792615260

We have regular weekday spaces available for your club or group, please
contact the booking clerk for more information.

Sunset Barn Care Farm and Care Café News!

Sunset Barn Care Farm truly living up to its name as you can see from the photo. You don't need me to tell you how dry it's been, causing havoc with our vegetable patch and, with the hosepipe ban, we've had to stop watering in the poly tunnel as things are just too hot. However, on a positive we've been collecting all kinds of seeds for next year, oxeye daisies, hollyhocks, sweet peas, various poppies and marigolds to name but a few. We are currently picking blackberries which should appear on the Care Café menu over the next few months.

Remember the Care Café at Lakenheath Methodist Church is for everyone and open each Tuesday to serve you from 10 a.m. To 2 p.m. each week. The menu changes weekly and is an ideal place to meet up with or make new friends. Either sharing a coffee/tea and piece of cake or come a little later and have lunch. All proceeds from the Care Café go toward the running of your Methodist Church. We continue to be so grateful to all our volunteers who give up their time to support this weekly event.

If you require any information about either Sunset Barn Care Farm or The Care Café please do contact Melanie on 07847 037622



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

LAKENHEATH CAMERA CLUB

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

VENUE: Methodist Chapel Function Room Back Street, Lakenheath IP27 9HF
We meet on the **3rd Monday of every month**. Doors open **7:30pm for an 8:00pm** start.

Monday 21st September

'WELCOME NIGHT' we're excited to return with our welcome night, and kicking off a year with socialising, learning and enjoying all aspects of photography whether you own a camera or simply use your mobile phone. simple finger buffet and members to show photos.

Monday 19th October

'BACK TO BASICS' and Tips on taking better photographs. Also bring cameras or phones along for table top photography.

Saturday 24th October

'SOCIAL EVENT' A get together at Brandon Country park to take some Autumn photographs and hopefully Fungi.

Monday 16th November

'COMPETITION' open subject 2 prints and 4 Digital. Judge will be Peter Norris DRAGB AFIAP BPE 3* from Sudbury.

Monday 21st December

'CHRISTMAS PARTY' Finger Buffet, Quiz and in house competition with photographs from Brandon county park, 2 prints & 2 digital.

More info

lakenheathcameraclub@yahoo.com

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.

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

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

Rainbows:

Lauren (07503157086)
Cheryl (07754 540182) and Anna at LakenheathRainbows@gmail.com

VENUES FOR HIRE

For more information please contact

Lakenheath Football Club

missyw19@hotmail.co.uk / 07834983094

Lakenheath Pavilion

mail@lakenheathpavilion.org / 07789 499970 / Facebook: Lakenheath Pavilion

Lakenheath Peace Memorial Hall & The Old Legion

bookings@lakenheathpmh.org / 07538 609281

Lakenheath School

Christine Nobbs 01842 860256

Methodist Chapel Community Rooms

Linda Spencer derunboxers@yahoo.co.uk / 01842 861160



LAKENHEATH SILVER BAND

We practice at the Community Centre, Lakenheath every Tuesday night at 7.30 p.m.

Anyone interested in our village band, either contact me, Vikki 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: Vikki Austin,
email: j.vandd@gmail.com



The banner features a festive design with a string of colorful bunting (blue, orange, red, yellow) across the top. In the center, there is an illustration of three bowling balls (two dark, one light) on a green circular base. To the left is a logo for 'Active Lakenheath' with a green background and white text. To the right is a crest for 'LAKENHEATH' featuring a landscape scene. The main text is in bold, with 'ACTIVE LAKENHEATH' in black and 'FAMILY CARPET BOWLS AFTER-SCHOOL CLUB' in red. Below this, a red banner contains the text 'Third Tuesday of the Month 3:30pm to 5pm'. The background is yellow with scattered colorful stars and confetti. At the bottom, a red banner contains the address 'Lakenheath Indoor Bowls Club, The Nest Back Street, Lakenheath, IP27 9HN'.

ACTIVE LAKENHEATH
FAMILY CARPET BOWLS AFTER-SCHOOL CLUB

Third Tuesday of the Month 3:30pm to 5pm

Forthcoming Dates –
Tues 20th Oct, Tues 17th Nov, Tues 15th Dec.

Join us on the third Tuesday of each month for a fun and relaxed family carpet bowls session. A brilliant, easy to learn activity perfect for all the family to enjoy together.

Recommended donation of just £2 per family.

We look forward to seeing you there!

Lakenheath Indoor Bowls Club, The Nest Back Street, Lakenheath, IP27 9HN

EPIC Dad Fun Club

www.epicdad.co.uk

Saturday morning fun for dads, male carers, and children of all ages. The club includes refreshments, soft play, toys, games, crafts, and lots more!

First Saturday of the Month
at 10am to 12noon



Forthcoming Dates:

Saturday 5th September (Family Meet-Up at Lakenheath Play Park)

Saturday 3rd October (Venue to be Confirmed)

Saturday 7th November (Venue to be Confirmed)

EPIC Dad Lego Club

Saturday morning Lego and Duplo fun for dads, male carers, and children of all ages. Join us for some creative Lego building.

Third Saturday of the Month at 9:30am to 11am (Lakenheath Library, 65 High Street).

Forthcoming Dates:

Saturday 19th September,

Saturday 17th October,

Saturday 21st November





LAKENHEATH YOUTH FOOTBALL CLUB

♥️⚽️ **LAKENHEATH YOUTH FC: A NEW SEASON & AN EXCITING FUTURE!** ⚽️♥️

Following our recent AGM, we are heading into the 2026/27 season with some exciting changes, and we wanted to share an update with our fantastic Lakenheath & Beck Row community!

👑 A Massive Thank You to Richard

First and foremost, the entire club wants to extend a massive, heartfelt thank you to our outgoing Chairman, Richard Horrex. Richard has poured endless time, energy, and passion into LYFC over the years, leaving the club in a fantastic, thriving position.

The good news? He isn't escaping us entirely! Richard is staying on the committee to serve as our new Club Treasurer, so his invaluable experience will keep helping us move forward. Thank you for everything, Richard! 🙌

🌟 Our Fantastic Community Programmes

Lakenheath Youth FC is more than just a club—we are a community! We are incredibly proud to offer a wide range of pathways, events, and community nights including weekly open training for ages 5-8 years old, Wildcats; dedicated girls' football session on Sundays, our annual Challenge Cup, charity matches and monthly bingo nights.

Here's to a fantastic, successful, and fun-filled season ahead. Let's go, Lakenheath! 🙌🗨️🏆⚽️♥️

Shane Howe - LYFC Chairman

WINNERS

U14s Eagles had an incredible unbeaten season, winning the league with just one draw. The team has come a long way over the past two years, and promotion is a fantastic achievement. As they move up a league and become U15s, we hope to continue our success.



Join us for our monthly Bingo Nights at The Pit. Enjoy great prizes and a cash pot to be won! The jackpot roll over is still going! Everyone is welcome!



MORE WINNERS

Huge congratulations to the U15 Eagles for winning their league this season. Despite a backlog of fixtures, the squad has stuck together and deservedly been crowned the league winners.

www.lakenheathyouthfc.co.uk





LYFC CHALLENGE CUP



ANNUAL CHALLENGE CUP



This year's annual Challenge Cup successfully delivered on its high expectations, offering a fantastic weekend of grassroots football filled with endless energy, brilliant matches, and plenty of laughs. Every player gave their all, resulting in a memorable event defined by smiles, proudly worn medals, and well-earned trophies. A huge thank you goes out to everyone who took part and supported, with special appreciation for Rich, Shane, and Sarah as the main drivers, alongside the incredible team of coaches, referees, committee members, sponsors and volunteers who made it all possible. We are already looking forward to the next one!



www.lakenheathyouthfc.co.uk





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**

10th August 2026 Class by Treen Webb.

Demonstration for October Heather Milner.

14th September 2026 Demonstration by

Jacquie Aldous

Swanton Morley

"I just Can't Give it Up".

12th October 2026 Class by Heather Milner.

Demonstration for November Bev Cole.

9th November 2026 Class by Bev Cole.

Demonstration for February Naomi Wells.

28th November 2026

Christmas Workshop.

Annual club membership is £40. Juniors up to 18 years £3.

Visitors to classes £5

If you need any further information please call

Heather on 01842860997

Autumn answers

1. Trees reduce the production of chlorophyll which is green, so the leaves appear red or orange as they prepare for winter

2. B) Hoglet

- 3.



4. The Autumn equinox is when day and night is of equal length, usually around the 20th September

5. Harvest

6. Pumpkins are a fruit

- 7.



8. A) Swallow

9. To prepare for hibernation

10. A) End of November

West Suffolk Council

BIN COLLECTION



Lakenheath Parish Council do not organise bin collections.

If you have a query, please contact
West Suffolk Council

[https://www.westsuffolk.gov.uk/bins/
when-are-my-bins-emptied.cfm](https://www.westsuffolk.gov.uk/bins/when-are-my-bins-emptied.cfm)

Or phone **01284 757320**

The clerk posts a hard copy of the
bin collection changes on the main
noticeboard and Lakenheath Parish
Council Facebook page.

**The Parish Council office is
open 9 am to 12 noon
Tues /Wed/ Thurs
(clerk is part-time)**

Nicky endeavours to be in
the office at these times, but
there are occasions when
she is called out or attending
a meeting. If your query is
urgent, a note is left on the
door with the contact number
07388 408115

Homeschool family fun

Come to Lakenheath Library for to play, learn, research or read. Meet other families over tea and biscuits and share experiences with each other. FREE.



Tuesdays
12:30-2:00pm

Continues in September

Suffolk
Community Libraries

Suffolk
County Council



Opening hours for Lakenheath Library

Sunday	10am – 3pm
Monday	CLOSED
Tuesday	10am-2pm
Wednesday	2pm - 5pm
Thursday	12pm-5pm
Friday	9am – 2pm
Saturday	9am – 12pm

65 High Street, Lakenheath, Suffolk IP27 9DS

Tel : (01842) 668445

Email: Lakenheath.Library@suffolk.gov.uk

Facebook: Lakenheath Library

Suffolk
Community Libraries

Suffolk
County Council



TOP TIME BOOK GROUP

Do you enjoy reading? Why not join the local book group at Lakenheath Library? We read one book a month, discuss it the following month, then choose a new book. It lasts around one hour and everyone's opinions are respected and valued. Our next group is

Wednesday 2nd September 2026 from 5-6pm during the Summer months until the clocks go back then the first Tuesday of the month from November 2-3pm.



Suffolk
Community Libraries

Suffolk
County Council



ACTIVE LAKENHEATH SUBSIDISED GROUP

GENTLE EXERCISE & SEATED MOVEMENT FOR ADULTS

Join our fun and friendly 45-minute gentle exercise group designed to improve balance, mobility, and strength for daily life.

GROUP ONLY £3 A SESSION (PAY ON THE DAY), NO NEED TO BOOK JUST TURN UP! STARTING FRIDAY 19TH JUNE AT 2PM WITH AN INITIAL BLOCK OF 12 SUBSIDISED SESSIONS PLANNED

Session Dates: 9th June, 26th June, 3rd July, **NOT 10th JULY**, 17th July, 24th July, 31st July, **NOT 7th AUGUST**, 14th August, 21st August, 28th August, 4th September, 11th September, 18th September.

Location:
Lakenheath Indoor Bowls Club,
The Nest
Back Street
Lakenheath
IP27 9NW

For More Info:
Call/ Text Aimee: 07927277836

Active Lakenheath Contacts:
richard.keoble@lakenheath.org
jo.chambers@lakenheath.org

GET IN TOUCH:

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St. Mary's Church
Lakenheath



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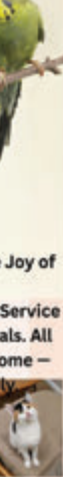
Date: 20th September
Time: 10.30 am
Lakenheath Methodist Church



Celebrate God's Goodness & the Joy of Creation

Join us for a joyful Harvest Festival Service with a special Blessing of the Animals. All creatures great and small are welcome — furry, feathered, scaly, or cuddly.

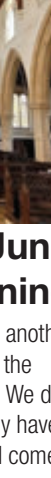
Pet Guidelines
 Pets on leads or in carriers
 Nervous animals? may bring a photo instead
 Soft toy "pets" welcome for children

17th October
3pm - 5pm

FREE Messy Church

Fun, Craft, Food, Songs, Bible Stories
 It's church, but a whole lot messier!



Messy Church is for the whole family to enjoy together and children must be accompanied by an adult.

AT LAKENHEATH METHODIST CHURCH, BACK STREET.
CHURCHES TOGETHER : METHODIST:
ST MARY'S AND ABUNDANT LIFE
CHILDREN MUST BE ACCOMPANIED BY APPROPRIATE ADULT
FREE PLUS FOOD



St. Mary's June Coffee Morning

Our June coffee morning was another amazing success considering the temperature was 35 degrees! We didn't have the numbers we normally have, down to the heat, but those who did come had a wonderful morning and were very generous. We made an astonishing £562.

I would like to thank Pauline Wickham and her team for organising the event, all those who came and those who contributed prizes and gifts. Your generosity is much appreciated and all goes to the upkeep of our beautiful church.

Susan Taylor

Remembrance service Sunday 8th November @ 7pm



The Methodist Church, Back Street IP279HF

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*

BAPTIST CHAPEL

Sunday Services

Morning 10.30am

Evening 6.00pm

**Be of good courage, and he
shall strengthen your heart,
all ye that hope in the Lord.**

- Psalm 31

Lifts available – contact Richard or Liz on
01842 861191. More information on our
website: www.lakenheathbaptist.org

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

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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



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



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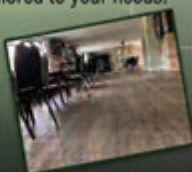
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LAKENHEATH FOOTBALL CLUB
The Nest, Back Street, Lakenheath, IP27 9HN

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 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 2026, please would you let the parish clerk know?

Thanks Nicky Glading

Telephone: **01842 860598**

Email: **clerk@lakenheathparishcouncil.gov.uk**

Lakenheath Parish Council can award grants to village organisations

Details of our straightforward criteria and a short application form, which can be returned by email, are readily available on the Lakenheath Parish Council website

Lakenheathparishcouncil.gov.uk

or from the clerk at The Parish Office, 98 High Street, Lakenheath
IP27 9EW

Telephone: **01842 860598**

Email: **clerk@lakenheathparishcouncil.gov.uk**

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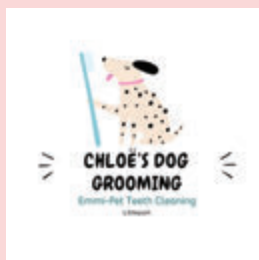
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DETAILS ARE ON PAGE 4

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