



LAKENHEATH

TIMES

Autumn 2024

www.lakenheath.onesuffolk.net

LAKENHEATH PEOPLE, SHOPS, BUSINESSES, SERVICES!

LOCAL AUTHORITY RESPONSIBILITIES

Who does what and how to contact them

Lakenheath Parish Council deals with:

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

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

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

OPEN TUESDAY, WEDNESDAY &
THURSDAY 9AM to MIDDAY

lakenheathparish@gmail.com

Telephone: 01842 860598

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

Phone: 020 7219 7186

Email: nick.timothy.mp@parliament.uk

Suffolk County Council deals with:

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

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

West Suffolk Council deals with:

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

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

The Christian Enterprise Foundation

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

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

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

Any grant requests should be put in writing to:

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



Useful Websites

Abandoned vehicles

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

Assisted bin collection service

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

Benefits and support

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

Bins

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

Bin missing/ sacks

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

Births and deaths

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

Bulky items collection

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

Cost of living help

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

Debt and finance

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

Dog Fouling

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

Environment

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

Find information on your address

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

Fly posting

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

Fly tipping

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

Graffiti

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

Licensing

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

Litter

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

Litter - Drug related

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

Nuisance vehicles

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

Parking on street – civil enforcement

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

Parking fines and appeals

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

Parking on pavements/verges

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

Parking – report an infringement

https://westsuffolk-self.achieveservice.com/service/Report_street_parking_infringement

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.

Advertisers

Accounting & Bookkeeping

JDH Accounting Service Ltd	70
Whitings-Chartered Accountants LLP	62

Beauty

Mandy's Nails and Beauty.....	60
-------------------------------	----

Building & Housing Services

Barnes & Son Building Services.....	62
Barry Carter Flat Roofing Specialist.....	68
Brunning Electrical Services.....	64
D.E.G Oil Boiler Specialist.....	64
Freedom Recycling Skip Hire.....	59
Persimmon	61
P.R.E Heating Service Ltd	68
Robbie Cash	64

Food & Drink

Mola Cafe & Lounge.....	56
The Paddocks - Coffee Bar	69

Entertainments

Corkeys Magic Show.....	57
Soft Play Hire.....	57

Funeral Directors

Mark Skinner Funeral Services.....	63
------------------------------------	----

Garden & Agricultural Services

Chase Timber Products -	67
The Complete Fencing Specialist	

The Joshua Tree -.....	58
Arboricultural Specialists	

Hairdressing

Eclipz Hairdressers	60
---------------------------	----

Health & Fitness

Lakenheath Opticians	58
Mildenhall Footcare -	67
Degree Qualified Chiropodist/ Podiatrist	

Household Services

Brandon Self Storage	65
Freedom Recycling.....	59
Mildenhall Skip Services	66
Suffolk Maids – Domestic Cleaning.....	68
& Ironing Service	

Legal Services

Julie McDonald Family Law.....	70
--------------------------------	----

Leisure & Interests

Sim2do Flight Simulators.....	60
-------------------------------	----

Motoring

Central Garage	71 & 72
JM Vehicle Repairs & Fabrication	67
Town & Country Cars.....	62

Pets

Rands & Wilson -	67
Complete Equine Nutrition & Animal Feeds	

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Deadline for Winter Issue 1st November 2024

Why advertise with us?

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

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

To advertise with us please contact advertising@lakenheath.org

Advertising rate per	Quarter page	Half page	Full page
Single issue	£39.70	£60.60	£101.30
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Quarter Page	Landscape	123	42.5
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Contents

Local Authority Responsibilities	2	Mildenhall Museum Society	34
The Christian Enterprise Foundation	2	Happy Halloween Lakenheath Pavilion.....	34
Useful Websites.....	3	Connecting Communities Rural Transport.....	35
List of Advertisers	4	Sunset Barn Care Farm News	35
Lakenheath Times Advertising Rates	4	Lakenheath Peace Memorial Hall.....	36
are very reasonable!		& Community Centre – What’s On	
Contents List	5	Lakenheath Peace Memorial Hall.....	37
Lakenheath Parish and District Councillors	6	& Community Centre – Clubs and Groups	
Lakenheath Useful Contacts.....	7	Citizens Advice Bureau Update.....	38
Editor’s Welcome.....	7	Men’s Shed Breakfast.....	38
Our Growing Village.....	8	Brandon Day Centre.....	38
A Message From LPC Chair G Kelly.....	9	Coach Services Time Tables.....	39
Lav Care Services Ltd.....	9	Lakenheath Library	40
D-Day 80 Years On.....	10	The Clubhouse	40
How do you celebrate your 90th birthday	11	Lakenheath Angling Club.....	41
Autumn Gardening 2024	12	EPIC Dad Fun Club	41
Lakenheath Community Primary School	13	Lakenheath Camera Club	42
Man Buried With Horse	14	Macmillan Coffee Morning	42
LPC Supports Local Charities.....	15	Love Where You Live	42
Goward & Evans Charities Lakenheath	15	Lakenheath Cricket Club	43
Lakenheath Consolidated Charities.....	16	Lakenheath Silver Band	43
Volunteering.....	17	Lakenheath in Bloom.....	43
Autumn Crossword.....	18	Squirrels Beavers - 1st Lakenheath Scout Group.....	44
Autumn Arithmagons & Maze	19	Girlguiding, Rainbows	44
Lakenheath Heritage Group.....	20	Venues For Hire	44
Saint Mary’s Church, Lakenheath	22	Lakenheath Flower Club.....	45
Environmental Update	23	Faith Page.....	46
Lakenheath’s Red Phone Boxes	23	Methodist Chapel	
The Annual Assembly	24	St Mary’s Group	
Lakenheath Friendship Club	24	Abundant Life	
Lakenheath Village Hall -	25	Brandon & Mildenhall Catholic Parish	
Luncheon Club News plus Weekly Money Bingo		Baptist Church	
Autumn Quiz Solutions	25	Move More Outdoors – Abbeycroft.....	47
Lakenheath Little Fishes	26	Messy Church	47
Having Fun	26	50’s Rock and Roll Lakenheath Pavilion.....	47
LPC Litter Pick	27	Central Garage Car Care	48
Lakenheath Youth FC	28	Lakenheath Noticeboard	49
Lakenheath Youth Club.....	29	Lakenheath Good Neighbours	
Alan Gyte Reports on Lakenheath FC.....	30	Lakenheath Friendship Club	
Celebrating a 100th Birthday	31	Autumn at RSPB Lakenheath Fen	50
Lakenheath Pavilion.....	32	Remembrance Sunday 2024.....	52
Lakenheath Indoor Bowls & Junior Section.....	33	Lakenheath Parish Walks.....	53
Sunshine Corner Day Nursery.....	33	Royal Air Force Lakenheath: Meet the Arthauds	54
		M.H Tutoring.....	55

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LAKENHEATH LIBRARY

Tel: 01842 860723

LAKENHEATH PAVILION BOOKING CLERK

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Email: mail@lakenheathpavilion.org

Website: www.lakenheathpavilion.org

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WEST SUFFOLK COUNCIL

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As leaves start to fall in Lakenheath!

I hope everybody has had a wonderful Summer, weather has been a bit hit and miss but hopefully didn't dampen the spirits too much!

Myself and the Parish Council wish all the school children a happy return to their classes and for the new students an exciting future ahead of them.

Thank you to everyone for the feedback from the Summer issue, it's been overwhelming to hear from readers and contributors. I will continue to take onboard your comments and make every effort to progress the magazine.

My thanks go to the Lakenheath Camera Club for supplying me with cover photographs of our beautiful village.

Let us hope the children enjoy the costumes of Halloween, the fireworks of the 5th of November and our American friends have a wonderful Thanksgiving.

Take care as the days get shorter and don't forget the clocks fall back Sunday 27th October.

Denise

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Our growing village

Thank you for reading my column in our great Parish magazine.

At the time of writing this article the weather was poor and fingers crossed we have all had a better August and here's to a late Summer for September.

As we have seen, new housing is coming to our village years after getting its planning permission, with the first arriving from the Liberty Gate estate on Eriswell Road. I have been contacted by several people who are shocked at the selling prices, especially the starter homes, but the market prices are the market prices. The good news is that over 40 social housing units will be owned and managed by a Housing Association, and this housing will only be available to local residents from West Suffolk. Many people want this to be for Lakenheath residents only, but the system works less than ideally as many of us would like it to.

Over my 59 years, I have seen most of the estates in our village built, and I, for one, look forward to new residents making our village their home, as others have over the years.

A couple of weeks ago, permission was granted by Suffolk County Council for the new school to be built alongside new housing off Station Road, and once the housing is started, the new primary school will begin to be built and hopefully open in September 2026 for the new school year. Then, and only then, the existing primary school will move

to the new site, which can't come a moment too soon as every year the existing primary, which can't expand on its current site, struggles to accommodate parents' choice to send their children there. The brand-new state-of-the-art school will be able to grow and have the playing fields a school of its size should have; once the school has moved, the existing site will probably be sold for housing as it is unsuitable for a modern school.

In July we had a change of guard in Westminster, with the Labour Party winning a solid majority of seats after 14 years of Conservative Government. Locally, in West Suffolk, Nick Timothy was returned as our Conservative MP. During the year since he was selected, I have often canvassed with him in our village and shown him our strengths and areas in which we will need his help to see improvement, from new shops to expanding the capacity of our doctor's surgery facility to accommodate our growing community needs and I continue to work with Nick and all our councils to see our village grow as we would want it to.

As always, if you have an issue you would like to raise with me, please email or call me at the number at the front of this parish magazine.

Take Care.

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

A Message from Lakenheath Parish Council Chair Gerald Kelly

There's lots of going on still at both Parish and District!

The school has – for the second time – received Planning Permission, but this time the safety issues raised by the Parish Council are being addressed. We are now looking at the new buildings coming into use in September 2026. That is clearly good news, but it raises the question of what happens to the existing school site; do we really want that old friend pulled down to build even more houses?

West Suffolk's Decarbonisation Fund (converting streetlights to LED) has helped our Parish finances to a much healthier state. The cost of streetlighting is one of the biggest bills we have, and we can now look forward to much lower bills and longer lasting streetlights. There was some change left over from this fund and it is now available to schemes which reduce energy consumption for any community asset. Although the fund has only about £250K for the whole of West Suffolk, we have managed to obtain match-funding which should more than double the amount available.

Probably the best news from my point of view is that after at least a year of delay, our Neighbourhood Planning is moving forward again, now with Councillor Nick Smith at the helm. There is still lots to do and it does depend on input from residents, so when meetings come up do please join in! Much of the reason for delay has been trying to find solutions to our parking issues – the Wings Rd / zebra crossing / Coop situation is still chaotic and dangerous, and we've failed to find an affordable solution. Bright ideas always welcome!

With Hyde Housing and Persimmon timetabling the construction of the 456 houses next to the new school on Station Rd, we will have a big increase in West Suffolk's social and affordable housing. What we are pushing for now is to make sure that as many as possible of these are available to our own people who are struggling with the lack of capacity in the system.

My thanks as always to those who give their time and effort to make Lakenheath a great place to live.



We at **LAV CARE SERVICES Ltd** would like to extend our gratitude with regards to how we have been received by the community. We run a service for those who are living with learning disabilities, autism and also those who present with behaviours that challenge. We have been able to use all the facilities in the local areas that surround us, mainly in Lakenheath, Feltwell, Hockwold, Brandon, Thetford, Mildenhall and the various villages in between. We have been received with so much appreciation and understanding as some of our service users who present behaviour that, at times, individuals in the community may not understand or comprehend. We have also been helped where we have not had enough or adequate food, a haircut, need a cup of tea or even just relaxing.

Thanks go to both Feltwell Surgery and Lakenheath Surgery, The Fen (RSPB), Nature Reserve Staff, Highglen, Mr G, McDonalds, B&M, Sainsbury's, Mildenhall Hub, ZEBRA adult group, Car boot sales, Burger King, Costa Coffee, Feltwell pub, Royal Air Force, Care Farm, Care Cafe, Methodist church, Recycling centre, Fish and Chips and many other places that surround us.



D-DAY 80 YEARS ON

06 June 1944, soldiers, sailors and airmen from the UK, Canada, the USA and other allied nations took part in Operation OVERLORD- the invasion of Europe in order to liberate it and defeat Nazi Germany.

General (later President) Eisenhower described it as 'the Great Crusade'

160,000 troops crossed the channel that day. Approximately 10,000 became casualties, 4,414 were killed. Of whom 1,760 were British.

A wreath laying took place in the village at 07.30 which reflected the 08.30 BDST time when the 1st Bn Suffolk Regiment landed on Sword Beach.

They were part of 8th Infantry Brigade- the lead formation charged with securing the beachhead.

The Suffolks' task was to seize the fortification nicknamed HILLMAN, a mile and a half south of SWORD. In an action demonstrating courage and determination they secured it in the early hours of 07 June 1944.

An address was made to those who attended by Matthew Edwards (of the

Royal British Legion, Lakenheath). Wreaths were then laid by representatives of the Parish Council on behalf of the People of Lakenheath, The Royal British Legion and USAF Airbase, Lakenheath.

Later in the day, at 21.15 on the Playing Fields of Lakenheath people gathered for the lighting of the beacon. Matthew was again available to address those gathered. On behalf of the Lakenheath People, Councillor Nick Smith lit the beacon before Sarah Brackenbury (RBL) led the prayers to end the day.

Lakenheath was one of over 1,000 beacons lit on 06 June 2024. Let's hope those lights lead us out of the world of conflict that still exists around us.



***They shall not grow old as we that are left grow old
Age shall not weary them, nor the years condemn
At the going down of the sun, and in the morning
We will remember them***



How do you celebrate your 90th birthday?

A glass of sherry, maybe bubbles or just a nice cup of tea and cake.

NAH! I was thinking of throwing myself out of an aeroplane!

An amazing Lakenheath resident, a lady truly with a head for heights, Judy Williams, did just this to raise money for charity. She did her first parachute jump on her 75th birthday and decided to relive the experience on her 90th! Over the years Judy has raised money for World Vision, Talitha Koum and one very close to her heart, Veterans Aid.

Veterans Aid help service men and women, upon their return to the UK, find accommodation and establish themselves within the community.

Judy served at RAF Holton followed by a two year stint in Egypt, in the maintenance unit 107 MU in Kasfereet.

She was demobbed in November 1956 at the age of 22 and was given the princely sum of £17. New coat, skirt and shoes! But nowhere to go so she went and stayed with an old school friend whilst organising her future and being helped by a service charity.

Service charities provide invaluable help to our veterans and Judy has raised well over a £1,000 from her jump, which is incredible!

Judy's sponsored tandem jump was on 29th May 2024, at Chatteris Wimbington Airfield in Cambridgeshire, from a height of around 10,000 feet.

Of the 8 parachutists that day, Judy was the first to jump and described the best part of the fall was just floating once through the clouds. On landing her knees were a bit sore but her younger sister gave up her wheelchair so she could be removed from the landing zone.

WELL DONE JUDY!

As part of this feature the Parish Council are happy to donate the Autumn donation of £100 to Judy's charity 'Veterans Aid' on behalf of the residents of Lakenheath.

We welcome any suggestions of charities to feature in future editions that have helped you in the past. Please send your nominations to the Parish Office for the next edition published in November 2024



Autumn Gardening 2024

by Rachel Sobiechowski BSc. (Hons)

So far both spring and summer have been a total washout so I'm hoping that Autumn is an 'Indian summer' to help ripen off the summer harvests and to be able enjoy some time outside!

If you want your garden to look good in spring, then all the preparation is done in the autumn. The first thing to do is plant spring flowering bulbs. Spring bulbs can provide colour from January right through to June! Most bulbs are best planted in September whilst the soil is warm, but tulips can be planted right into December if the ground isn't frozen.

When planting in borders or large raised beds aim to plant in groups or at least 6 bulbs. Typically 25 – 50 bulbs are needed to make an impression.

- Dig a hole wide and deep enough for your bulbs. Plant most bulbs at two to three times their depth. For example, for a bulb measuring 5cm (2in) high, dig a hole 10-15cm (4-6in) deep and sit the bulb in the bottom of it
- Place the bulbs in the hole with their 'nose', or shoot, facing upwards. Space them at least twice the bulb's own width apart
- Replace the soil and gently firm with the back of a rake. Avoid treading on the soil as this can damage the bulbs
- If the ground is moist watering is not critical. Otherwise, water straight after planting.

Planting in pots you can pack the bulbs in, creating layers which the Dutch call "Lasagna planting". Start with your largest bulbs, usually tulips, at the bottom of the pot, add a layer of compost, followed by Daffodil bulbs, then your top layer will be small bulbs such as crocus. This gives you a much longer show of colour than just having a single type of bulb in a pot.

Both traditional lawns and those that are more wildlife friendly will benefit from some extra care and attention in early autumn to get them into good shape for next year. Start by scarifying, (raking) the lawn to remove thatch (old grass clippings, moss and other debris) from the soil surface. Work in one direction, then the other. Your lawn may look a bit patchy and rough afterwards, but don't worry, it will soon recover and in the longer term will look and grow better as a result. Add the thatch to your compost heap. Next task is Aerating (or spiking), this improves the movement of air and water among the grass roots, helping the lawn to withstand periods of drought or waterlogging. The simplest way is to spike with a garden fork, going down as deep as you can and wiggling the fork to widen the holes. Then you'll need to top dress to fill the holes, a mixture of three parts topsoil to six parts sand spread across the grass and brushed in. Finally apply an autumn lawn fertiliser. Autumn lawn feed encourages root growth through winter, rather than leafy growth. Apply following the manufacturers instructions and water in if it doesn't rain. Autumn is also a good time to convert a lawn, or part of it, into a wildflower meadow, by sowing seeds and adding plug plants and bulbs. There's no need to feed a lawn where you're encouraging more wild plants to grow. Autumn lawn care is physically hard work so you might want to use mechanical methods on large lawns!

Other Top tips for Autumn:

- Clip conifer hedges. If you leave this too late any new growth will be damaged by frost.
- Sow seeds of mizuna, mustard, rocket and winter hardy lettuce.
- Plant evergreen shrubs whilst the soil is still warm.
- Plant winter flowering pansies & violas in tubs & baskets.



P&R
Garden Supplies

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

LAKENHEATH COMMUNITY PRIMARY SCHOOL

With the summer holidays finally here, it's lovely to reflect on all the things that have been happening in school recently...

Performing Arts

Our children in Y5/6 took to the stage producing a wonderful version of Aladdin.

Additionally, the school choir performed at the community lunch club in the village hall. They sang songs from the past alongside some of the pieces from their production. They sounded amazing and it gave us all pride to see them spreading some community spirit.



Sporting Success

Having won the Active Suffolk Primary School of the Year 2023, we've continued to have sporting success this year. Most notably, we were the Suffolk County Champions for orienteering! Our Panathlon team reached the County finals coming 5th overall in Suffolk and our netball team reached the county finals coming 7th in the region.



Assessment results

Once again, we were incredibly proud of our academic achievements this year. Most pleasingly, for the second year running, our KS2 reading results were significantly above the national average (89%) and as a school, we've had improved scores in KS2 writing, Early Years and Y1 phonics. Congratulations to all the pupils and staff on this success!

Fundraising Thanks

Thank you to everyone in the community who has sponsored our staff on our 'Run to Paris' to celebrate the Olympics. Between staff, we ran the 308 miles distance from Lakenheath to Paris and have so far raised nearly £1,000. All the money for this will be going towards experiences for the children at school. If anyone would like to donate, it is not too late. Our JustGiving page can be found on: <https://www.justgiving.com/crowdfunding/LCPSA>



All the children at school joined in the fun too. Between them, they ran over a mile each to run the distance too. Our Family Support Worker, Mrs Fox is also fundraising with a Zip Wire experience in Wales later this month.

Thanks again to all the community for your continued support!

Michael Tingey,
Headteacher



MAN BURIED WITH HORSE!

Okay, calm down everyone!

The more I look, the more I search, the more I discover about this incredible village.

The RAF Hospital in Lakenheath was constructed in the 1950s but remains of an ancient burial site were discovered at that time. It was awhile before a professional dig was organised around about the late 1990s and lasted until 2008.

427 graves were discovered and one skeleton was found fully armed and by his side was his charge, a sturdy horse complete, still, in his bridle. The horse was found with a bucket by his head, the soldier with a cut of lamb. Food, perhaps, for their journey into the afterlife.

He is known as **"The Lakenheath Warrior"**!

A spokesman for the council recently commented on BBC Suffolk that this county is a home to an incredibly influential past. Indeed, the amount of history uncovered and documented from RAF Lakenheath is quite breathtaking. In fact, at the time of writing,

The Lakenheath Warrior and his companion are camping at Mildenhall and District Museum.

The excavation finds archives will be held by Suffolk County Council Archaeological Service to allow it to be made freely available to future visitors.

Please visit East Anglian Archaeology 182

The Anglo -Saxon Cemeteries at RAF Lakenheath, Eriswell, Suffolk, Excavations 1997 - 2008 for the new book funded by the MOD.

Authors – Jo Caruth / John Hines



St Nicholas Hospice Care

Many of you will remember reading about the local charity support from Lakenheath Parish Council.

In the Summer edition Peter Empson, a local resident, told us about the amazing support that they provided for him and his family.

As promised, on behalf of the Lakenheath People £100 was donated to this charity to help them continue their caring work in the community.

A letter of thanks from the hospice has been received expressing their gratitude for the kindness and generosity of the residents of Lakenheath.

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

Because you matter
St Nicholas Hospice Care
Thank you

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 25th November 2024** 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 25th January 2025 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:**

Mr.J.Howard
35 Eriswell Road
Lakenheath
Suffolk
IP279AF

or **Lakenheath Library**
by **25th November 2024**

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

VOLUNTEERING

***Volunteers do not necessarily have the time;
they just have the heart.***

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

Love where you live.



Lakenheath Parish Council

VOLUNTEERS NEEDED!



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

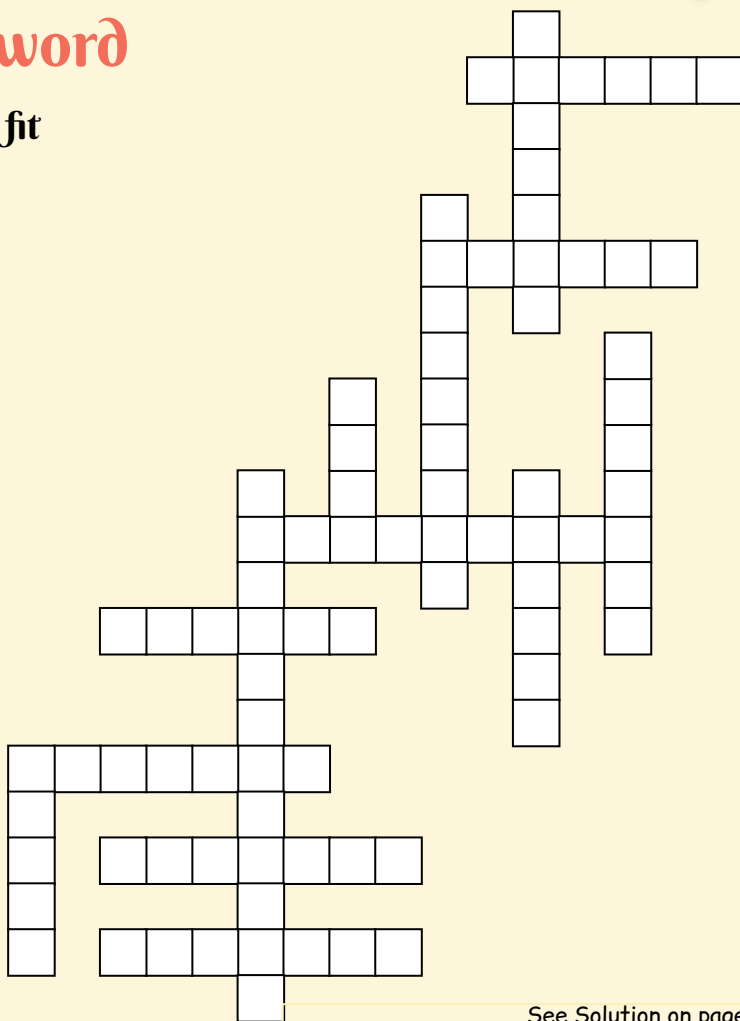
Contact: Lakenheathparish@gmail.com or Judy.cahill@lakenheath.org



Crossword

Words to fit

autumn
 chilly
 crunchy
 equinox
 fall
 foggy
 foliage
 halloween
 harvest
 leaves
 orange
 pumpkin
 scarecrow
 thanksgiving



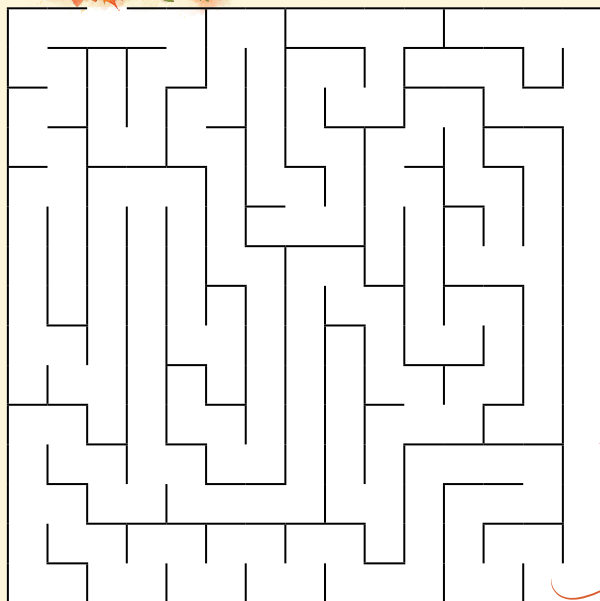
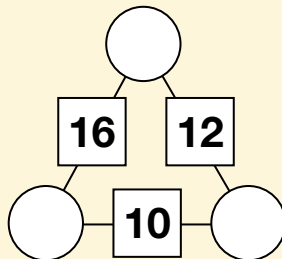
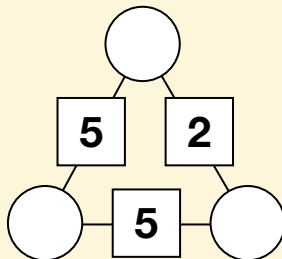
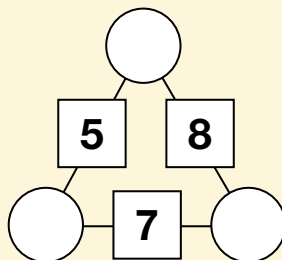
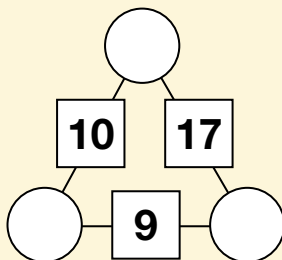
See Solution on page 25

Autumn Arithmagons

Autumn, or Fall lies between the seasons of Summer and Winter. It is the season when the leaves change colour and are shed from the deciduous trees. Did you know that pumpkins were once believed to cure snake bite and remove freckles?

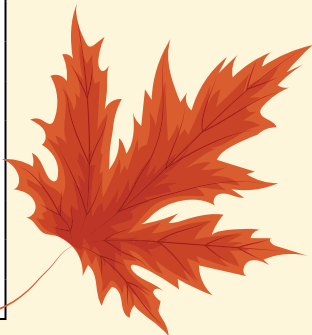
See if you can solve these four arithmagons

The aim of an arithmagon is to work out which numbers go in the empty circles. The numbers in the square boxes are made by adding together the numbers in the circles either side.



Maze

The leaves are falling from the trees. Can you guide the leaf down through the maze to reach the leaf pile.





LAKENHEATH HERITAGE GROUP



The Lakenheath Times is very grateful to Matthew Champion of MJC Associates who gave permission to reproduce on the Parish website the following article.

Matthew can be found www.mjc-associates.co.uk

On the edge of the bleak and windswept East Anglian fenland sits the bustling little Suffolk village of Lakenheath. At the heart of the village, towering over its surroundings as it has done for almost a thousand years, stands the imposing bulk of the church of St Mary the Virgin. From without the church looks to be a typical example of East Anglian medieval architecture. A masterpiece of medieval craftsmanship, religious devotion and design. However, it is what can be found inside that has assured St Mary's of a place in the history books. In the second half of the 19th century a remarkable discovery was made inside the church. Scraping away layers of dirt and lime-wash the Victorian workmen uncovered the remains of a startling series of medieval wall paintings. As each wall was examined more and more medieval images came to light. Angels, saints and sinners began to emerge from beneath the layers of lime-wash that had hidden them from view for hundreds of years. By the time the workmen had finished it was realised that the church contained not just one medieval paint scheme - but many. At least five different schemes were found, covering a period of over 400 years.

When they were first brought to the public's attention the Lakenheath paintings caused quite a stir. However, the sheer quantity of paintings from different periods was also Lakenheath's undoing. In some places fragments of three or four schemes sat upon the same pillar. The result was what appeared to be a jumbled mass of images that the public found very difficult to understand. Gradually interest in the newly found paintings diminished.

In the opening years of the 21st century, after being exposed to the elements for over 130 years, it was discovered that these remarkable paintings were in desperate need of conservation and preservation. If immediate action was not taken then it was likely that the paintings would be lost forever.

Early in 2009 a ground breaking project began to conserve the wall paintings. In a highly unusual move the funding bodies decided that, in addition to the physical conservation process, a key element of this project would be the interpretation of these images to the wider community. The idea was to be able to tell the story of the images -what they were, who they were made by and how they were made.



Is this how the wall paintings were found?

1907. An accident in St. Mary's Church was reported. Two men were working on scaffolding 20ft. above the floor. The scaffolding collapsed causing significant injury to both. One, a 'stranger' in the village who had just started work that afternoon, broke his wrist and received head injuries. A local workman was also injured. The result of this accident produced evidence which much later led to the discovery of the medieval wall paintings.

The Evening Star and Daily Herald, August 2nd 1907.

1908. SEPTIMUS HORREX was almost certainly the local man mentioned above. Whilst renewing the medieval angels wings he fell, scratching the lime washed wall which exposed traces of coloured plaster and caused the discovery of the medieval wall paintings. He fought in WWI and survived but was seriously injured. His son WILLIAM HORREX was a notable local craftsman who made the new west doors of St. Mary's Church and the altar server's seat. He is also credited with the opening up of the original medieval entry to the roof loft which had been destroyed in earlier times of religious troubles.

Taken from Timeline 5-1907-1939 from the Heritage pages of the Parish Council website.

Some have said that the 'Tale' of the discovery of the wall paintings was just that; a tale. Here's evidence that there is some truth in the story.

The daughter of Septimus, Blanche, a regular congregational member of St Mary's up to her death nine years ago would often relate to the story of her father falling from the ladder and scratching the wall. This fall amazingly revealed the black bird at the top left hand side of the very rare scroll work. She always said that her father referred to the bird as "my bird".

Additional information has been kindly provided by Robert Rolph of the Lakenheath Heritage Group.

What incredible history and tales we have in this village of ours!

SAINT MARY'S CHURCH, LAKENHEATH

I find it amazing when people tell me they have lived in Lakenheath for many years yet have never been in our beautiful Saint Mary's Church.

It is a very special church as we are one of the most important churches in the country for our wall paintings. A lot goes on behind these walls of our church that people do not know about.

We have two communion services a week, one at 11am on a Sunday, where we serve tea and biscuits and the other takes place at 9.45am on Thursday. Regrettably, we have no vicar at present but visiting clergy are keeping us going and we have not yet missed a service.

Saint Mary's is lucky enough to have a full team of bell ringers. We practice on a Tuesday from 7.30pm until 9pm and are proud to have a full choir who practice every Wednesday. Indeed, they recently sang at The Carnegie Rooms in Thetford. We also have a team of hand bell ringers.

Our Sunday school and youth group meet every week away from the service and come and join us in the final proceedings. Our band plays on the second Sunday of the month. We have our own florists and a dedicated team of regular cleaners. There is also available a Parish Pantry where anyone in need can come and take food items.

Thanks must be given to the Christian Enterprise Charity for their enormous help. They have provided us with our pew cushions, helped with our boiler and many other things. We are very grateful to them.

We are very proud of our church and our many visitors are very impressed. If you have never visited this wonderful place, please, come and have a look. You will not be disappointed.

The church looks forward to seeing you soon!

Susan Taylor, Lay Minister and Verger



Environmental Update by Judy Cahill



I would like to thank everyone who helped with the litter pick in June. It was super to see so many people there. I would like to extend a very warm welcome to the personnel from USAF Lakenheath, there were quite a lot of you, thank you for taking the time out to come and help us. It was a pleasure meeting you and I hope you will think about helping us again. Remember the litter picks are the first Saturday every other month with the next one being on October 5th followed by one on December 7th. I look forward to seeing lots of people there to help us keep our village looking lovely.



Lakenheath's red phone boxes

Very many thanks to residents who replied about the red phone box use.

The consensus of opinion is that they continue to be used as book swaps but need a really good clean up. Volunteers are needed to keep the boxes spruced up and to help with the regular maintenance. If you are willing to help, please let Nicky, the parish clerk, know.

lakenheathparish@gmail.com

By phone 01842 860598

By letter: Post box at the Parish Office, which is attached to the Peace Memorial Hall

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

All set up for The Annual Assembly in May! Aka The Annual Parish Meeting

Every year the village has an Annual Assembly which presents a great opportunity for local organisations to broadcast what they have been up to over the last year and their ambitions for the future.

The meeting was held on the 17th May in the Methodist Chapel and the tables soon filled up. Refreshments were provided by the Parish Council and enjoyed by all.

Thanks are given to all societies that attended, Heritage Group, Lakenheath in Bloom, The Pavilion, Sunset Barn Care Farm, The Friendship Group, The Library, Good Neighbours, Lakenheath Football Club including the Youth FC and many more.

We hope to see you in 2025!



LAKENHEATH FRIENDSHIP CLUB



It was after the pandemic that I realised the more elderly population of the village needed to start getting out and about. A friend and I came up with the idea of starting a Friendship Club. We initially had sponsorship from The Scouts to start us off with refreshments, including tea, coffee and biscuits.

We decided every other week would be a good idea and we would charge the small amount of £2 to cover the cost of the hall. That was three years ago, and our club has gone from strength to strength.

We meet in the Methodist Church Hall every other Thursday at 2 p.m. We start the afternoon off with an activity or entertainment. It could be a local speaker, bingo, musicians, a quiz or a local charity. This always goes down well. We follow this with tea and cake and time to chat. We finish the afternoon with a fun auction.

Any money we raise goes back into the club in prizes or donations to our speaker's charities. We have a range of ages who come to the club. We currently have 45 members on our books, and we average 35 members each week.

We have two parties a year, one in midsummer and one at Christmas. All our members enjoy themselves at the club. We make everyone welcome.

We close for August and the club starts again on September 5th. Why not come and join us? You will make new friends and meet up with old ones. Any questions, please phone Sue on 07833446707.

Register for
a place
NOW

Lakenheath Little Fishes

2 Fully
qualified
SENCOs

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



Ofsted
Rated
GOOD



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

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

Contact us on

07544579001

lakenheathlittlefishes@gmail.com

or find us on facebook



Partnerships with
parents and carers
are excellent
OFSTED 2017

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



Having Fun!

Some of our younger residents enjoying a wonderful time at The Lakenheath Play Park.

Lakenheath Parish Council has now replaced the old roundabout - which had been troublesome over the last few years - with an accessible roundabout.

Now tested and approved by little experts!

ENJOY!





Lakenheath Parish Council



Litter Pick



Love
Where
You
Live

Please meet on the First Saturday of June,
August, October, December, February
(undergrowth special) and April.

Meet at 11.00 am at Wings Road Car Park.

Equipment Provided.

Everyone Welcome.



Lakenheath Youth FC

I'm writing this article after a busy few months of football which has ended

with a great achievement for our club.

Firstly a little bit of information on our club. Lakenheath Youth Football Club was formed in 1981 and offers football for the children of Lakenheath and surrounding areas, playing its home matches at Lakenheath Playing Fields. Over recent years we have seen a growth in the club member numbers and have stuck to our principles to provide football in a fun and safe environment which is affordable to all.

We currently have over 200 children playing across the 13 teams in our club which is great to see. For me, as for many others who comment to me, it is a great sight on a Saturday or Sunday morning seeing the Playing Fields being used for football and knowing what benefits this brings to the children playing the games.

Our club is run by volunteers and that goes for everyone in the club - committee members, coaches, refreshment sellers, grounds maintenance people, and all other volunteers who give up their time to make this happen.

This season has been our biggest yet in terms of members and games played. We launched our first all girls team this season though girls play in most of our other teams also. Also this season we set up 3 new teams which was a great achievement and again only possible due to coaches giving up their time to run the sides.

Over recent years we have invested what money we have left over in equipment and our playing surface. It may not be apparent to some but we have spent over £12,000 on Lakenheath playing fields over the last 4 years to try and improve the grass. Add to that the costs for new goals, training equipment, grass mowing equipment, irrigation equipment and it doesn't not



take too much to work out that the costs to keep football going are high. That said we are proud to say we keep our annual membership at a low level compared to other club as this is in keeping with the principles we have as a club.

We have just finished our season and have had another successful challenge cup event at Lakenheath FC. This is a great event as the children have the opportunity to play on the men's team pitch which is the best ground in the local area. Lakenheath FC and our club work well together and we have formed a good pathway for children to progress into adult football with them. This is now apparent with many former LYFC players being part of the LFC set up.

I have included some photos of the challenge cup event along with our presentation day which is the conclusion of our season and all children get a trophy to reward their efforts throughout the season.

With all the costs of running the club I wanted to thank a few local organisations for their help over recent years - Goward & Evans and Christian Enterprise. Both

organisations have assisted us with various projects to enhance the football we offer. Also Lakenheath Co-op have supported us in many ways and recently we have been fortunate to benefit from their Local Community Fund. In addition to these we have some generous sponsors who help in many ways.

Finally, we have recently been voted the Suffolk FA Grassroots club of the year - this is a massive award for our club and is only achievable due to all those I have mentioned above who make Lakenheath Youth FC what it is.

Thanks for taking the time to read my whirlwind update on LYFC and thanks for all of your support. I could write more but hopefully the photos attached give more of an idea of how much the children enjoy their football and ultimately shows what the club sets out to achieve.

Richard Horrex





Alan Gyte reports on Lakenheath FC

Here we go again with the start of the new season 2024-25, which will have started by the time you receive this edition of the magazine.

We have had a few leave the club and quite a few new faces arrive. Moving on from last season were Ryan Taylor who has joined the exodus to Haverhill Rovers, Michael King has taken a position as player assistant manager elsewhere, Charlie Root has joined Ely City. Plus Luke Young and Karl Saffery have both decided to join Histon FC and Jamie Smith has decided to take a break from football. We wish them all well and thank them for their time with us. Also departing after a brief spell were Ross Bilham, George Edwards and (tall) Jamie Smith. All three live near Norwich and decided to play nearer to home.

Incoming, we have signed Toby Salmon, Jordan Patrick, Taylor Hastings, Jude Iron, George Whitehall, Chris Henderson and Ben Monteith-Weed. We welcome back Tom Debenham and of course, there are some we are still looking at with a view to them maybe signing. We welcome them all and hope they have a long and successful stay with us. We have had a few friendlies already and they all look to be great signings.

The friendlies were against Newmarket town, Mildenhall Town, March Town and Sudbury U23's, ending in 2 defeats, 1 win and a draw. Whilst the results of course matter, the main thing was getting minutes on the pitch in for all players, especially the new arrivals and getting prepared for the new season.

We kick off on 30th July and our first team fixtures till the New Year are as follows:-

Kick off times are all 15.00 and Premier League unless stated otherwise

30th July	Home V Soham Town Rangers	
3rd August	Away V Cambridge City (FA CUP)	
6th August	Away V Mulbarton Wanderers	K/O 19.45
10th August	Home V Long Melford	
17th August	Home V Brantham Athletic	
20th August	Home V Ely City	K/O 19.45
24th August	Away V Eynesbury Rovers (FA VASE)	
31st August	Home V Sheringham	
7th September	Away V Hadleigh United	
10th September	Away V Soham Town Rangers	K/O 19.45
14th September	Home V Fakenham Town	
20th September	Away V Great Yarmouth	
28th September	Home V Dereham Town	
1st October	Home V Downham town	K/O 19.45

5th October	Away V Walsham Le Willows	
12th October	Home V Mulbarton Wanderers	
15th October	Away V Heacham	K/O 19.45
19th October	Away V Long Melford	
26th October	Home V Cornard	
2nd November	Away V Kirkley & Pakefield	
9th November	Away V Sheringham	
16th November	Home V Stowmarket Town	
23rd November	Away V Cornard	
30th November	Away V Dereham Town	
7th December	Home V Harleston	
14th December	Away V Woodbridge Town	
21st December	Home V Great Yarmouth	
26th December	Home V Thetford Town	K/O 11.00
4th January	Away V Fakenham town	

That takes us up to the New Year and I will put remaining fixtures in the next edition, together with a rundown of results, our league position and any updates on the team.

We are hoping to push on this season and improve on last year's league position. Also a decent cup run is always a moral booster.

Until then, **UP THE HEATH!** and we would love to see more of you supporting the lads.



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

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

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

lakenheathparish@gmail.com
By phone: 01842 860598
By letter: 98 High Street Lakenheath IP27 9EW
In person: Nicky is in the office Tues, Wed, Thurs mornings.

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



LAKENHEATH PAVILION

📍 Lakenheath Playing Fields, Eriswell Road, IP27 9AF



*Scan to visit
our website!*

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



Email us at
mail@lakenheathpavilion.org



Call us on
07789 499970



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

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 Janice Brackenbury at
07795 244768

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



MILDENHALL AND DISTRICT MUSEUM

90th Anniversary of the Great Air Race Mildenhall to Melbourne 1934 – 2024

September – December – Mildenhall Museum
exhibition of Air Race 1934.

September 5th	Museum Society Talk – 1934, That was the year that was, why was 1934 such an important year for the town - Stephanie Palmer
October	Air Race Talk at Library (date tbc)
October 16th	RAF Mildenhall commemorating 90th Birthday Event
October 18th	20th Mildenhall Flower Club Flower Festival.
October 19th	Band Concert – Mildenhall Town Council.
October Half Term	Art Trail in Mildenhall Town with audio tour guide, Mildenhall Town Window Plane Spotting competition. Children's craft and Paper Plane competition at the Library.

Mildenhall Museum Society PROGRAMME 2024

Talks start at 7.30 pm and are held
at the Museum

6 King Street, Mildenhall IP28 7EX

Members £2 non-members £4,
Annual membership £10

September 5th

1934 That was the year that was,
why was 1934 such an important
year for the town. –
Stephanie Palmer.

October 3rd

Oludah – Donna Martin.

December 7th

Welcome Lord Christmas -
Sarah Doig.



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



Sunset Barn Care Farm News!

Hi, from down on the farm, where we are currently blackberry and raspberry picking having collected loads of cherries and plums from the wider hedgerows around the farm and lifted our massive onions, thanks to all the rain. We had beautiful weather for our Open Day where we raised £1,000 which will be split between Mink Donks (three of them visited on the day and were so cute its hard to describe), we are supporting MIND this year too and SARS the local emergency response and rescue charity who have helped so many people locally that we are aware of.



The Care Cafe celebrated its 3 year anniversary and we had lots of cake! Balloons and bunting provided by the Local Co-op to whom we continue to be indebted for all their generous support to both the Care Cafe and the Care Farm. Remember, we are open each Tuesday at the Methodist Church from 10 a.m. - 2 p.m. with a new menu each week from cake to a hot lunch, do pop along and see us, we were set up for anyone in the village and surrounding area and continue to meet some very interesting people, a gentleman on a cycle ride from Ely to Norwich dropped in for lunch just the other week - we love it.

Take care one and all and remember we have a prayer meeting at 10 a.m. prior to commencement of the day if anyone wishes to join us for that or have a prayer request we are more than willing to oblige.

More information about either the Care Cafe or Care Farm contact Melanie on (07847) 037622 or email: melaniesmith@hotmail.co.uk

LAKENHEATH PEACE MEMORIAL HALL & COMMUNITY CENTRE

Centrally located,
the perfect venue for
your function



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



For more information and to book please contact the booking clerk on
bookings@lakenheathvillagehall.org or 07538609281



www.lakenheathvillagehall.org



Lakenheath Peace Memorial Hall and Community Centre

What's on

Community Centre Bar open every Friday night 7-11pm. Pool table and darts board available for use. Families welcome. Card or cash payments accepted.



Open Mic Night in the Community Centre, 1st Friday of every month 8-11pm. Whether you're a singer, a poet, comedian or in a band come along and take over the mic for a session. Lounge and bar also open.

Lakenheath Community Music Project in the Community Centre, monthly on a Friday 7-9pm. Welcoming all ages and all levels of experience. Don't have your own instrument? No problem, we have some for you to use. For more information please contact Bert on 07818056061.



Quiz Night – Next quiz Friday 13th September 2024 in the Community Centre. Arrive 7:30 for a 8:00pm start. Teams of up to 6, £4 per person entry fee. Cash prize for the winning team. Pre-booked teams only, to book call Sue on 07939810829 or Val on 07845918707.

Proceeds to be donated to a East Anglian Air Ambulance.

Keep an eye on our facebook page for our next Quiz Night.

LAKENHEATH PEACE MEMORIAL HALL & COMMUNITY CENTRE



www.lakenheathvillagehall.org



Lakenheath Peace Memorial Hall and Community Centre

Clubs and Groups



Marvelous Monday

THE MONDAY CLUB

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

LAKENHEATH FLOWER CLUB

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



ZUMBA

Peace Memorial Hall: 6:00 – 7:00pm
For more information join our Facebook Group – Zumba with Kirsty C.

POSITIVELY PAWFECT RINGCRAFT TRAINING for training show dogs, will be starting at Lakenheath Community Centre on 9th September and every Monday evening thereafter. Novice and Junior handlers 6-7pm. Experience handlers 7-8pm. Please email positivelypawfectpets@gmail.com or call 07983482915 for more info.

Terrific Tuesday

LAKENHEATH PARENT BABY & TODDLER GROUP

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



LAKENHEATH LINERS

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

LAKENHEATH SILVER BAND

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



MOVE MORE PILATES

Peace Memorial Hall: 5:30 – 6:30pm

Wonderful Wednesday

MONEY BINGO

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



LUNCHEON CLUB

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



Thrilling Thursday

PILATES

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

LADIES KEEP FIT

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



ZANSHIN BLACK BELT ACADEMY

Peace Memorial Hall: 6:00 – 7:00pm
No prior experience required, open to all ages 5+ and all abilities. For more details email info@startingkarate.com or visit www.zanshinmkd.com

JUJITSU

Community Centre: 4:15 – 5:30pm
Contact Trevor for more info on 07368227738

Fabulous Friday

LAKENHEATH KURLING GROUP

Peace Memorial Hall: 10:30am – 12:30pm
£2.50 per session.
First session is FREE!
For details call Phil on 07708404587



DRUMMING

Peace Memorial Hall: 7:00 – 9:00pm every other Friday. Contact Gail on 07368303466 for more info.

**citizens
advice**

**West
Suffolk**

Citizen's Advice Bureau UPDATE!

Telephone:
0808 278 7868

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

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

Men's Shed Breakfast

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

Where: **Lakenheath Peace Memorial Hall**

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

It's free so please do come along!

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

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



Spaces available at Brandon Day Centre

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

To find out more, why not get in touch?

Michelle Jarrett
Brandon Day Centre, Warren Close, Brandon IP27 0EE
Tel: 01842 819777
Email: daycare@empanda.org.uk
www.empanda.org.uk





Thetford | Brandon | Lakenheath | Mildenhall **200** | **201**

Thetford Bus Interchange (Stand D)
Thetford Sainsburys
Santon Downham St Mary's Church
Brandon Lingheath Road
Brandon Old Forge Court
Brandon Pond Lane
Brandon IES Breckland School
Lakenheath Post Box
Lakenheath Pashford Close
Lakenheath North Road
Eriswell Lords Walk
Holywell Row Holywell Farm
Beck Row Parkside
Beck Row Barleycorn Way
West Row Neve Gardens
Mildenhall Clare Close
Mildenhall Mildenhall Hub
Mildenhall Bus Station (Stand B)

Mondays to Fridays											Saturdays							
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0727	0747									1647	1747	0727					1647	1747
0735	0755	0925	1025	1125	1225	1325	1500	1655	1755			0735	0925	1125	1325	1500	1655	1755
0738	0758	0928	1028	1128	1228	1328	1503	1658	1758			0738	0928	1128	1328	1503	1658	1758
0744	0804	0934	1034	1134	1234	1334	1509	1704	1804			0744	0934	1134	1334	1509	1704	1804
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0759	0816	0946	1046	1146	1246	1346	1521	1716	1816			0759	0946	1146	1346	1521	1716	1816
0801	0818	0948	1048	1148	1248	1348	1523	1718	1818			0801	0948	1148	1348	1523	1718	1818
0805	0820	0950	1050	1150	1250	1350	1525	1720	1820			0805	0950	1150	1350	1525	1720	1820
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Mildenhall Bus Station (Stand B)
Mildenhall Mildenhall Hub
Mildenhall Clare Close
West Row Neve Gardens
Beck Row Barleycorn Way
Beck Row Parkside
Holywell Row Holywell Farm
Eriswell Lords Walk
Lakenheath North Road
Lakenheath Pashford Close
Lakenheath Post Box
Brandon IES Breckland School
Brandon Pond Lane
Brandon Old Forge Court
Brandon Lingheath Road
Santon Downham St Mary's Church
Thetford Sainsburys
Thetford Bus Interchange (Stand D)

Mildenhall | Lakenheath | Brandon | Thetford **200** | **201**

Mondays to Fridays											Saturdays					
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0646	0735	0846	0946	1046	1146	1246	1346	1543	1607	1812	0846	1046	1246	1607	1812	
0652	0739	0852	0952	1052	1152	1252	1352	1549	1611	1816	0852	1052	1252	1611	1816	
0655	0744	0855	0955	1055	1155	1255	1355	1552	1614	1819	0855	1055	1255	1614	1819	
0658	0748	0858	0958	1058	1158	1258	1358	1555	1616	1821	0858	1058	1258	1616	1821	
0701	0751	0901	1001	1101	1201	1301	1401	1558	1618	1823	0901	1101	1301	1618	1823	
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0711		0911	1011	1111	1211	1311	1411	1608	1628	1833	0911	1111	1311	1628	1833	
0715		0915	1015	1115	1215	1315	1415	1612	1632	1837	0915	1115	1315	1632	1837	
0717		0917	1017	1117	1217	1317	1417	1614	1634	1839	0917	1117	1317	1634	1839	
0721								1618	1638	1843					1638	1843
0725								1622	1642	1847					1642	1847
0732								1629	1649	1854					1649	1854

this bus runs on
school days only

there is no service on Sundays or public holidays

bus times valid from
25th September 2023

SUFFOLK LIBRARIES

WHERE I BELONG

Lakenheath Library

opening times

Mon - closed

Tues 10-2pm

Weds 2-5pm

Thurs 12-5pm

Fri - 9-2pm

Sat 9-12pm

Sun - 10-3pm



By donating to Suffolk Libraries you can help us fund crucial additional services that reduce social, digital and rural isolation in our communities. For details visit www.suffolklibraries.co.uk/donate 0800 0000000 0730000

SUFFOLK LIBRARIES

WHERE I BELONG



The Summer Reading Quest was very well received this summer. Thank you for all your support.

You are always welcome in the library for a warm drink and a friendly face.



'Games Galore', a new board game group will start in the Autumn. Friday lunchtimes. Details to follow. Open to all adults. Free.

Watch out for details of an adult craft group called 'Crafts and calm', hopefully starting in the Autumn/Winter.



By donating to Suffolk Libraries you can help us fund crucial additional services that reduce social, digital and rural isolation in our communities. For details visit www.suffolklibraries.co.uk/donate 0800 0000000 0730000



THE CLUBHOUSE

AVAILABLE TO HIRE



LAKENHEATH FC
BACK STREET
LAKENHEATH
IP27 9HN

THE PERFECT VENUE FOR ALL PARTIES,
CLUBS AND WAKES

PLEASE CONTACT MISSY ABOUT AVAILABILITY

07834983094 - MISSYW19@HOTMAIL.CO.UK



0784300991 @LAKENHEATHFC LAKENHEATHFC BACK STREET, LAKENHEATH, IP27 9HN

SUFFOLK LIBRARIES

WHERE I BELONG

Do you struggle to get to the library? We are starting a Home Library Service where we can bring books to your home if you live within Lakenheath.

Call the library when we are open and we can start the process so you can access books.

Ask to speak to Jo on (01842)860723

HOME LIBRARY SERVICE

We know not everyone can get out and about easily so our Home Library Service can bring the library to you.

SPECIAL DELIVERY



By donating to Suffolk Libraries you can help us fund crucial additional services that reduce social, digital and rural isolation in our communities. For details visit www.suffolklibraries.co.uk/donate 0800 0000000 0730000

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.



EPIC Dad Fun Club

www.epicdad.co.uk

The Fun Club now meets on the First Saturday of the Month at 10am to 12noon at Lakenheath Primary School (this is a change from last year when we met on the last Saturday).

The dates for the rest of the year are:

No Group in June

Saturday 6th July

Saturday 3rd August (Family Meet-Up at Lakenheath Play Park)

Saturday 7th September

Saturday 5th October

Saturday 2nd November

Saturday 7th December

For more information, please contact us on **info@epicdad.co.uk** or call or text **07717744608**.

LAKENHEATH CAMERA CLUB

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

This is our programme from October to December this year:

7th October 2024

Print and Digital Image competition. The subject will be "Trees," and will be judged by Mr. Brian Turner from Lakenheath.

21st October 2024

Studio Session 1. Hosted by Mr. David Spain.

4th November 2024

Print and Digital Image competition. All to be 'Open' subject. The Judge will be Mr. Peter Norris from Sudbury.

18th November 2024

Studio Session 2. Hosted by Mr. David Spain.

2nd December 2024

Members to bring (max. 6 prints and 6 Digital Images each), illustrating their new knowledge after Studio Sessions 1 and 2.

16th December 2024

Our Christmas Party.

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

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

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



Lakenheath Ladies Keep Fit Club invite you to a Macmillan Charity Coffee Morning

On Thursday 12th September
10am - 12.30pm

The Peace Memorial Hall, 98 High Street
Lakenheath IP27 9EW

£2.50 for Tea or Coffee and Cakes,
Raffle, Bric-a-Brac and a books stall

COME ALONG AND JOIN US FOR THIS
GREAT CAUSE!



On Saturday 27th July Parish
Councillors and volunteers, got
together to do a makeover on the
village car park. As you can see
from the picture, 2 hours of hard
work made a great transformation.
Well done to all concerned.

Love where you live

Lakenheath Cricket Club

We play 1st and 2nd XI cricket in the Two Counties Saturday cricket league.

If you are interested in playing contact us.

We also run a youth section for girls and boys as part of the ECB All Stars and Dynamos cricket sessions for 5 to 11 years old.

email: Lakenheathcc@yahoo.co.uk



LAKENHEATH SILVER BAND

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

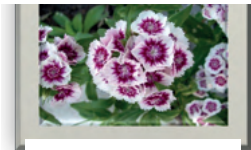
Anyone interested in our village band, either contact me, Daphne Austin, or come along on any band practice night.

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

Beginners through to experienced players are all made welcome.

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

Secretary: Daphne Austin, phone: 01842 861076 mobile 07731780406 or email: daphneflugal@btinternet.com



Any Volunteers

For Lakenheath In Bloom would be very welcome.

Help us to brighten our village

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

If interested In joining us you can contact Jill on jillile@icloud.com

Or via our Facebook page

Lakenheath in Bloom



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 / 07767768348 / Facebook: Lakenheath Pavilion

Lakenheath Peace Memorial Hall & Community Centre

bookings@lakenheathvillagehall.org / 07538609281

Lakenheath School

Christine Nobbs 01842 860256

Methodist Chapel Community Rooms

Linda Spencer derunboxers@yahoo.co.uk / 01842861160



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.

**9th September 2024 Demonstration by Lee Berrill,
Earls Barton.**

14th October 2024 Class with members demonstration for November

**11th November 2024 Class with members demonstration for
February**

30th November Christmas Workshop by Treen Webb 07858417707

**9th December 2024 Demonstration by David Wright,
Tunstead, Norwich.**

"Twelve Days of Christmas"

Annual club membership is £35.

Juniors up to 18 years £3.

Visitors to classes £5

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

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 for £12 per hour.

Contact: Linda **01842 861160**

or Melanie Smith **07847 057622**



BRANDON & MILDENHALL CATHOLIC PARISH

Your local Catholic Parish where all are welcome.

St Thomas of Canterbury Church Brandon Road,
Weeting, Brandon IP27 0PT

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

WHAT DO YOU DO ON A SUNDAY MORNING?

Who was this bloke called Jesus?

Do you like arts and crafts?

We would love to see you at

St. Mary's Church Youth Group

We meet alongside the Sunday service.

11.00 - 12.00

Suitable for all ages

For further information call Peter on

07962007343

ABUNDANT LIFE CHURCH

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

Affiliated with the Assemblies of God UK.

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

Sunday - Morning Service - 11am

(including Sunday School & Youth Group)

Monday - Prayer Meeting - 7.30pm.

For more info contact Pastor Vince and Lisa Williams: **01842 862646** or **07711 996759** or email: **vinniekw@gmail.com**

BAPTIST CHAPEL

Sunday Services Morning 10.30am

Evening 6.00pm

**I will both lay me down in peace,
and sleep: For thou, LORD, only
makest me dwell in safety.**

- Psalm 4

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

MOVE MORE OUTDOORS

LAKENHEATH, PEACE
MEMORIAL HALL

Tuesdays, 17:30-18:30

Activity: Pilates

A FREE community programme that aims to break down the barriers of travel and fitness allowing you to live a more active lifestyle.

abbeycroft.org.uk



Saturday 14th September
from 3pm - 5pm



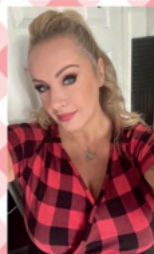
Fun, Craft, Food, Songs, Bible Stories
It's church but a whole lot messier!



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



50S ROCK AND ROLL



FRIDAY 20TH SEPTEMBER
LAKENHEATH
PAVILION 8.30PM



Central Garage Lakenheath

Welcome to Central Garage Lakenheath's car care series for the Lakenheath Times! In this edition, we have a look at the importance of monitoring the condition of your tyres; much can be learnt from your tyres!!!! Tyres are very important!!

Tyre pressure is very important to tyre wear and of course safety. There are many signs that tyres are damaged, under or over inflated but the best check is visual. Firstly, pump your tyres up to the recommended tyre pressure (found in the owner's manual and sometimes in the door jamb) and take a look at how they look. Each time you get to your car, have a look at your tyres to see if they are the same as they were with the right pressure; there are more obvious signs!! If any are low, have a quick look for nails, screws, flint, anything sharp in the tyres. If anything found, pop in, we can have a good look and advise on the tyres.

Most cars have a system called a "tyre pressure system" (TPS for short) and if one or more tyre is less than the pressure at which the TPS was set, a warning sign will appear on the dashboard; it will look something like this:



If you see this, once your tyres are at the correct pressure again, this can be reset. This is usually in the owner's manual, it can be searched on line or just pop in.

Tyres are not manufactured with lumps, bumps, bulges, things sticking out!!! So, keep an eye out for any of these. Potholes, curbs and the like can damage tyres!

Check the inside and outside of each tyre regularly. If the edges are wearing more than the middle, the most likely cause is that your tracking is out. This can be caused by damage (potholes, etc) or wear on the steering components. Another symptom is that the car will run left or right when driving in a straight line. If you are experiencing this, pop to a tracking specialist and he will check everything and if all is OK, he will reset the tracking.

There are laws surrounding the condition of your tyres and how they can be repaired and should you be stopped with illegal tyres, you can get fined and points on your licence. It is worth keeping an eye on your tyres.

There is a lot more to tyres, as you'd expect; I have just gone over the basics this time. More later!!

If you would like us to check your tyres, please don't forget we are open 6 days a week and we can check your tyres or, give us a call on 01842 860226.

I hope you have found this useful; more tips next time!

LAKENHEATH NOTICE BOARD

Lakenheath Good Neighbours

We are here to help.

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

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

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

Lakenheath Good Neighbours

We are looking for volunteers to join our happy band. If you are a driver, have an hour or two a week to spare and enjoy helping the local community, we would love to hear from you.

Please phone 07857 801 802 for an informal chat.



Lakenheath Friendship Club

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

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



Autumn at RSPB Lakenheath Fen



Young Marsh Harrier taken by Pauline Fowler

This year so far has been quite a positive one for the reserve and we have managed to make a few changes to improve the experience of visitors to our reserve, thanks especially to our network of wonderful volunteers (we have over 50 on our books, undertaking a wide range of roles). The riverbank makes up our northern boundary and since the reserves' creation in 1995, we have had a precariously steep bank and a stile providing access down to our footpath at New Fen, but last winter we had our wonderfully talented digger driver Paul in to maintain our ditches for us. Whilst he was here, he widened and deepened a small pool which fills via the river north of New Fen, to make it (hopefully) wet all year round and better for wading birds and ducks. The spoil from the expansion was used to build a replacement ramp, much bigger than the existing one and much shallower, so it is easily walked up and down and there is no stile anymore. Following the very sad passing of one of our volunteers' fathers who visited the reserve most years, we decided we wanted to dedicate the pool to him with a plaque and a bench for visitors to rest upon. This enlarged pool is now Gary's Pool, with a poignant quote from Spike Milligan accompanying it.

Our weekly work parties also spent multiple days filling in and levelling our 'hard track'- the access route visitors and staff can use to get from the Visitor Centre, down past New Fen, Mere Hide and to Joist Fen (a distance of about 2km) which has made the surface much easier to navigate for buggies, wheelchairs and the less physically able visitor. In recent weeks, several volunteers, led by our new warden Henry, had the arduous task of lifting and levelling our bench which overlooks the Washland Viewpoint. As with many structures in the fens, as we know things tend to lean and slide over time and this bench used to tip visitors forward quite a bit- not any more! New footings and re-laid paving underneath have made it much better, and more enjoyable to use. Our viewpoint shelters at New Fen and Joist Fen have had a lick of paint, and some of the deteriorating benches at New Fen have been repaired.

A few weeks back we were finally able to install our new InfoPoint computer at Joist Fen Viewpoint- our furthest viewpoint- as part of a project organised by the charity BFER (Brecks, Fen Edge and Rivers trust) to help improve interpretation across the region. Now, visitors with a smartphone or tablet can log on to our InfoPoint

WiFi network when within proximity of the viewpoint, to discover a website full of useful information about the reserve, despite being around 2km from the Visitor Centre. We hope it helps support visitors, especially newer ones, and we hope to soon have a live camera feed to a barn owl nest site showing on one of the pages. You can also find an InfoPoint at Nunnery Lakes and Ancient House Museum in Thetford, and West Stow Anglo-Saxon Village.

We also had a very kind donation from a friend of a regular visitor who had passed away. He had purchased a pair of binoculars in memory of his friend and wished us to display them in the Visitor Centre, with a plaque made up at A&J Engravers in Brandon, which we gladly did. These binoculars are now available for use by any visitor who may not have their own, to use around the Visitor Centre. We have some smaller pairs for hire for use on the wider reserve.

Throughout the Spring, work has been underway on Cowles Drove, following our recent land purchase of an additional 54 hectares, thanks to a generous donation from the Morgan Sindall Group. This new land does not have visitor access at present (although the drove-way is a public road, but very rough-going) but it allows us to do more work with the land we already have there, which was more fragmented before. We have been filling in ditches, creating new ones and adding dams in an effort to raise the water levels. This should mean the habitat becomes more attractive to breeding waders such as Redshank and Lapwing, who are declining in numbers due to habitat loss across the UK. It also means that the carbon in the soil is safe from erosion, as the soil is wetter and has more vegetation coverage too, so it will help to reduce climate-damaging emissions from our land, too.

Many visitors come to the reserve hoping to spot a Kingfisher, and as Spring has turned into Summer sightings have

increased, especially from Mere Hide and at the Visitor Centre pond- this is likely because of young birds starting to spread out across the site. It's clear too that our Great Spotted Woodpeckers have raised chicks, as we had three youngsters relying quite heavily on the peanut feeders at the Visitor Centre for their first weeks of independence. And only yesterday (20 July) one of our volunteers, David, spotted a young Nightingale in the visitor car park, which is a promising sign. Nightingales are so secretive once the males have finished singing their incredible song that we often don't see any more of them so it was great to spot a youngster!

Despite the very wet Spring, where temperatures were lower than average, there are good numbers of dragonflies about, especially the red Common and Ruddy Darters. If the sun is out, you will see plenty on a walk around the reserve at the moment. There does seem to be fewer butterflies, but we are hopeful numbers will pick up now that we are seeing some warmer, drier weather. This should enable adults to lay eggs, for the caterpillars to develop properly and turn into adults, and for the smaller species like Brown Argus or Small Heath, this process can take just a few weeks. So there's time for things to improve this season- and there's certainly plenty of flowers out after all this rain we've had!

In October, we have our Race for Wildlife on Sunday 20th. Runners that have booked with us can choose from a 5k or a 10k route through the reserve, taking in a variety of habitats and beautiful surroundings. It's a great way for sporty people to support nature at the same time, as all profits from ticket sales go to the RSPB, who spend over 90% of their net income on conservation work. By taking part, runners really will be helping nature as they go. For anyone who is interested in entering, we support our runners in many

ways with free parking, secure baggage storage, two water stations and plenty of marshals to provide encouragement and a friendly face as you go round. Then, to top it off, we have a homemade cake sale at the end too! Those supporting the runners are welcome to come along and it is very much a family-friendly event.

If you'd like to find out more about our Race for Wildlife, or our other events, please visit: <https://events.rspb.org.uk/lakenheathfen>

We hope to welcome as many visitors as possible in the coming Summer and Autumn, but if you haven't been before, here's a few facts that may help you if you are thinking about giving us a try:

- Lakenheath Fen is a former arable site, restored in 1995-96 to a mixture of reedbed and wet grassland habitats. We also have some patches of poplar woods which are older than the reserve and were planted by Bryant & May for matchstick timber.
- The reserve is approximately 6km from east to west, and 1km from north to south.
- We have two viewpoints, one hide, one photography station and a network of

trails, some of which are suitable for manual wheelchairs and buggies.

- We have two sets of bird feeders for visitors to enjoy, one of which is at the Visitor Centre which has level access throughout, plus an accessible toilet with baby-changing facilities.
- We have a bean-to-cup coffee machine, and a range of pre-packed snacks including local Norfolk ice-cream maker Ronaldo's.
- Entry to the reserve is free for RSPB members, or £4 per adult, £3 per student and £2 per child for non-members. Under 5's are free, as well as the first child in a family group. We are also currently in a two-year RSPB-wide trial to offer free entry for all 16-24 year olds- just show us some photo ID with your date of birth at the welcome desk.

I hope this update has been an interesting read. If you'd like to get in touch with us, please give us a call on 01842 863400 (answered 9am to 5pm daily) or you can e-mail us at lakenheath@rspb.org.uk.

With best wishes,

Heidi Jones
(Visitor Experience Officer,
RSPB Lakenheath Fen).

Remembrance Sunday 2024

This year's Remembrance commemorations take place on Sunday 10th November.

Lakenheath has maintained a proud tradition of 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.



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LAKENHEATH PARISH WALKS

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

Normally, we meet at Wings Road Car Park at 2 pm but don't expect anyone there before 1.55pm. Walks are about 5 miles long and take about 2 hours. If we see hares, deer 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 should have been cut in August and the next cut is due in May. So, if you go walking and find a footpath is overgrown or impassible, it is important that you report it to Suffolk County Council. Hopefully then the County Council will take action to get it cut or take whatever remedial action is required.

To report a footpath problem to the County Council, go on their website and select Roads and Transport, then public rights of way in Suffolk, then report a public right of way issue. You will then be able to open up 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.



Royal Air Force Lakenheath welcomes new command family: Meet the Arthauds

ROYAL AIR FORCE LAKENHEATH, U.K.
– The 48th Fighter Wing welcomed Col.
Jack Arthaud and his family June 21
during a change of command ceremony.

Alongside him are his wife, Mrs. Natalie Arthaud, and their four sons: Jackson, James, Graham, and Max. Hailing from Hoquiam, Washington, Arthaud brings with him a wealth of experience from his 25 years of service and a deep commitment to the principles of liberty and family.

Arthaud replaced Brig. Gen. Joseph Campo as the 48th FW commander and U.S. Country Representative to the United Kingdom (USCR-UK) after serving as the deputy director of operations, strategic deterrence, and nuclear integration at Headquarters U.S. Air Forces Europe-Air Forces Africa. Arthaud is a combat pilot with more than 2,200 flying hours across 19 platforms.

Col. Arthaud and Mrs. Arthaud have been married for 25 years, growing up together and forging a partnership that has weathered the challenges of military life.

“Throughout my various commands I’ve always made a point to express my gratitude for our military families because they endure many of the same hardships as our service members,” Col. Arthaud noted. “When I look at my family, that’s what I see – their service and relentless support right alongside me during our many moves and adventures.”

Mrs. Arthaud plays an active role in the Commander’s Key Support Program, providing a network of communication, help, and support for military spouses, especially while stationed outside of the United States.

“We are thrilled to be at Lakenheath and to build new relationships both on base and out in the community,” she shared. “Connecting



with our Airmen and their families as well as our U.K. partners who work alongside us is one of the most fun parts of being part of the Air Force family. Learning about our communities and celebrating the partnerships we share makes overseas service special.”

Building combat-credible Airmen remains paramount for the commander in his current role. As commander of the only wing in the Air Force with an official name, the “Statue of Liberty Wing,” Arthaud is responsible for nearly 7,000 active-duty personnel, British and U.S. civilians, and 11,000 family members. Employing four combat ready fighter squadrons of F-15E Strike Eagles and F-35A Lightning II, the Liberty Wing is the largest U.S. fighter operation in Europe. Additionally, as the United States Country Representative to the United Kingdom or USCR-UK, Arthaud directs the host nation coordination cell and liaises with the U.K. government, Ministry of Defence, and the U.S. Embassy on behalf of the 24,000 U.S. Visiting Forces covered under the NATO Status of Forces Agreement.

“The Liberty Wing plays a central role in U.S. and Allied air operations across Europe, Africa, and the Middle East, or wherever else called worldwide,” said Arthaud. “The threats to our shared liberty are growing in strength and proliferating throughout our areas of responsibility, and especially in the Pacific. Our Airmen have to live up to the Liberty Wing motto, ‘Always Ready to Own the Skies,’ because our shared legacy of liberty



depends on it. The question is not if, but when and where, we'll be asked to prove our combat-credibility, just as the 494th Fighter Squadron recently demonstrated*."

"The men and women here in the 48th, to include our British and U.S. civil servants, embody our core values each and every day — Integrity, Service and Excellence," said Col. Arthaud. "In my short time, I've already seen how the Liberty Wing takes care of one another like family while crushing the mission. It is a privilege for my family and I to serve right alongside."

*Reference: Air and Space Forces Magazine; USAF Fighters shoot down Iranian drones in defense of Israel

*Reference link for digital upload:

<https://www.airandspaceforces.com/usaf-fighters-shoot-down-iranian-drones-in-defense-of-israel/>

M.H. TUTORING

A new business has launched in Lakenheath, with an aim to improve confidence in learning and attainment. Provided by Michael Hallett, M.H. Tutoring aims to deliver tutoring to learners of all ages. Michael has a background in education, with over six years as a qualified primary school teacher and over two years as a higher-level teaching assistant. He has taught as a Key Stage Two teacher within the East of England at several schools. Michael has a passion for history and learning and holds a degree in Ancient History. M.H. Tutoring will provide online remote learning sessions for those wanting to improve their (or their child's) English and Maths primarily, including functional skills and SATs preparation. He hopes to soon support learners in Latin, the 11+ exam and Computing. With an Enhanced DBS certificate and training in safeguarding, Michael will help you reach your potential, and enjoy your learning.

For more information contact M.H. Tutoring on **07702746642**

Or contact via Facebook by searching **M.H. Tutoring**

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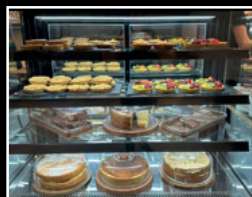
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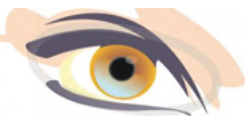
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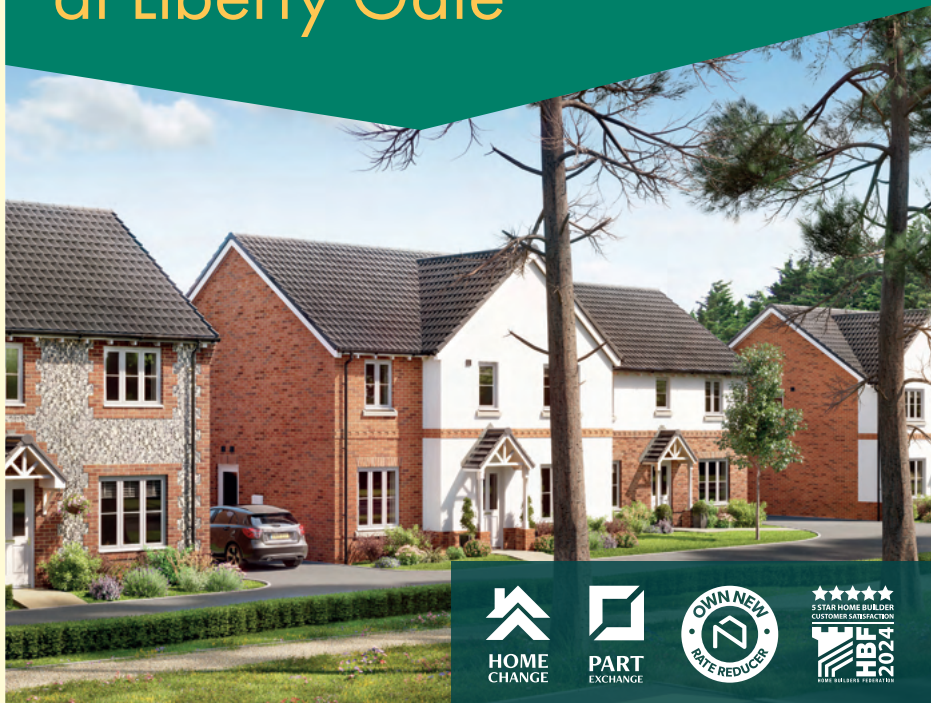
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