



# LAKENHEATH

## TIMES

Spring 2025

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



LAKENHEATH PEOPLE, SHOPS, BUSINESSES, SERVICES!



# LOCAL AUTHORITY RESPONSIBILITIES

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

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

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

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

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

OPEN TUESDAY, WEDNESDAY &  
THURSDAY 9AM to MIDDAY

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

Telephone: 01842 860598

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

Phone: 020 7219 6191

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

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

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

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

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

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

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

## **The Christian Enterprise Foundation**

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

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

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

Any grant requests should be put in writing to:

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





# Useful Websites

## **Abandoned vehicles**

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

## **Assisted bin collection service**

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

## **Benefits and support**

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

## **Bins**

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

## **Bin missing/ sacks**

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

## **Births and deaths**

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

## **Bulky items collection**

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

## **Cost of living help**

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

## **Debt and finance**

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

## **Dog Fouling**

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

## **Environment**

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

## **Find information on your address**

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

## **Fly posting**

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

## **Fly tipping**

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

## **Graffiti**

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

## **Licensing**

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

## **Litter**

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

## **Litter - Drug related**

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

## **Nuisance vehicles**

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

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

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

## **Parking fines and appeals**

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

## **Parking on pavements/verges**

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

## **Parking – report an infringement**

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

## **Planning**

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

## **Waste Guide**

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

## **POLICE**

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

Call 101 for police if the matter is less serious.

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



# Advertisers

## Accounting & Bookkeeping

JDH Accounting Service Ltd .....	86
Whittings-Chartered Accountants LLP .....	78

## Building & Housing Services

Barry Carter Flat Roofing Specialist.....	84
Brunning Electrical Services.....	80
Cornfields .....	69
D.E.G Oil Boiler Specialist.....	80
Freedom Recycling Skip Hire.....	75
Persimmon .....	77
P.R.E Heating Service Ltd.....	84
Robbie Cash .....	80

## Environmental

Projects4renewables .....	71
---------------------------	----

## Food & Drink

Il Salvatore.....	68
Little India Indian Cuisine .....	73
Mola Cafe & Lounge .....	72
The Paddocks - Coffee Bar .....	70

## Entertainments

Afterburn .....	76
Corkeys Magic Show.....	73

## Funeral Directors

Mark Skinner Funeral Services.....	79
------------------------------------	----

## Garden & Agricultural Services

Chase Timber Products - .....	83
-------------------------------	----

The Complete Fencing Specialist .....	76
Gardens 2 Gutters.....	76
The Joshua Tree - Arboricultural Specialists.....	74

## Health & Fitness

Allfeet .....	76
Inspire .....	85
Lakenheath Opticians .....	74
Mildenhall Footcare - .....	83
Degree Qualified Chiroprapist/ Podiatrist .....	

## Household Services

Brandon Self Storage .....	81
Christopher The Locksmith.....	78
Freedom Recycling.....	71
Mildenhall Skip Services .....	82
Suffolk Maids – Domestic Cleaning.....	84
& Ironing Service .....	

## Legal Services

Julie McDonald Family Law.....	86
--------------------------------	----

## Motoring

Central Garage .....	87 & 88
JM Vehicle Repairs & Fabrication .....	83
Town & Country Cars.....	78

## Pets

Rands & Wilson - .....	83
Complete Equine Nutrition & Animal Feeds .....	
Home Sweet Home .....	81
Tania's Pet Sitting Service .....	

## Lakenheath Times Advertising Rates are very reasonable!

### Deadline for Summer Issue 1st May 2025

### Why advertise with us?

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

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

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

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

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		Width	Height
Full Page	Portrait	123	182
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Half Page	Portrait	59.5	182
Quarter Page	Landscape	123	42.5
Quarter Page	Portrait	59.5	89



# Contents

Local Authority Responsibilities .....	2	Lakenheath Village Hall - .....	46
The Christian Enterprise Foundation .....	2	Luncheon Club News plus Weekly Money Bingo .....	
Useful Websites .....	3	Lakenheath Indoor Bowls & Junior Section.....	47
List of Advertisers .....	4	Sunshine Corner Day Nursery.....	47
Lakenheath Times Advertising Rates .....	4	Citizens Advice Bureau Update.....	48
are very reasonable!		Men's Shed Breakfast.....	48
Contents List .....	5	Brandon Day Centre.....	48
Lakenheath Parish and District Councillors .....	6	Connecting Communities Rural Transport.....	49
Lakenheath Useful Contacts.....	7	Sunset Barn Care Farm News! .....	49
Editor's SPRING .....	7	Lakenheath Peace Memorial Hall.....	50
Devolution... Colin Noble .....	8	& Community Centre – What's On .....	51
A Message From LPC Chair G Kelly.....	9	Lakenheath Peace Memorial Hall & Community Centre – Clubs and Groups .....	
Lakenheath PC Meetings.....	9	Lakenheath Library .....	52
Moving More to Feel Better.....	10	Coach Services Time Tables.....	53
Lighthouse Women's Aid.....	11	Lakenheath Flower Club .....	54
Goward & Evans.....	11	Lakenheath Angling Club .....	55
Do's and Dont's of Drones .....	12	EPIC Dad Fun Club .....	55
Easter Egg Hunt .....	13	Squirrels Beavers - .....	56
Volunteering.....	14	1st Lakenheath Scout Group .....	
Beware of Scammers .....	15	Girlguiding, Rainbows .....	56
Spring Gardening 2025 .....	16	Venues For Hire .....	56
Cornfields .....	17	Lakenheath Cricket Club .....	57
From the Eyes of a Heathen .....	18/19	Lakenheath Silver Band .....	57
Lakenheath Heritage Group .....	20/21/22	Lakenheath in Bloom.....	57
Lakenheath Parish Walks.....	23	Lakenheath Camera Club .....	58
Spring Quizzes .....	24/25	Open Mic Night .....	58
Lakenheath Writers Group .....	26/27	Messy Easter.....	58
Christmas Past .....	28	Faith Page.....	59
The Lakenheath Hand Bells .....	29	Methodist Chapel .....	
News from RSPB .....	30/31/32	St Mary's Group .....	
RSPB Events.....	33	Abundant Life .....	
Royal Marines Cadets.....	34/35	Brandon & Mildenhall Catholic Parish .....	
Why I Love Libraries .....	36	Baptist Church .....	
Lakenheath Library Interview .....	37	Central Garage .....	60/61
Spring Quiz answers.....	37	Lakenheath Community Primary School .....	62/63
Lakenheath Little Fishes .....	38	Lakenheath Pavilion.....	64
Celebrating a 100th Birthday .....	38	Please Recycle Me .....	65
Lakenheath Youth Club.....	39	Dumping Waste .....	65
Let's Clean Up Our Village.....	40	Christmas Tributes/Wreaths.....	65
LPC Community Litter Pick.....	41	The Clubhouse .....	65
Lakenheath Youth FC .....	42	The Great Tommy Sleep Out.....	66
Nick Timothy MP .....	43	LPC Supporting Charities .....	66
Alan Gyte Reports on Lakenheath FC.....	44/45	Lakenheath Noticeboard .....	67
Surviving Winter.....	45	Lakenheath Good Neighbours .....	
Lakenheath Annual Assembly .....	46	Lakenheath Friendship Club .....	
Mildenhall Museum Society .....	46	Parish Clerk .....	

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# Useful Contacts

## AGE UK

Help Desk Tel No: 01473 257039

## COUNTY COUNCILLOR

C Noble Tel No: 07545 423795

Email: colin.noble@suffolk.gov.uk

## DISTRICT COUNCILLORS

Gerald Kelly

Email: gerald.kelly@lakenheath.org

Tracy Whitehand

tracy.whitehand@westsuffolk.gov.uk

## LAKENHEATH GOOD NEIGHBOURS

Tel No: 07857 801802

## LAKENHEATH LIBRARY

Tel: 01842 860723

## LAKENHEATH PAVILION BOOKING CLERK

Tel No: 01842 860124 or 07789 499970

Email: mail@lakenheathpavilion.org

Website: www.lakenheathpavilion.org

## LAKENHEATH PRIMARY SCHOOL

Tel No: 01842 860256

## MP

Nick Timothy

Tel No: 020 7219 6191

Email: nick.timothy.mp@parliament.uk

## CONSTITUENCY OFFICE

Tel No: 01638 590640

## PARISH WEBSITE

Website: www.lakenheath.onesuffolk.net

## PHARMACY

Tel No: 01842 862884

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

## SURGERY

Tel No: 01842 860400

## VILLAGE HALL and COMMUNITY CENTRE

Tel: 07538 609281

Email: bookings@lakenheathvillagehall.org

Website: www.lakenheathvillagehall.org

## WEST SUFFOLK COUNCIL

Tel No: 01638 719000

Website: www.westsuffolk.gov.uk

*Spring: a lovely reminder of how beautiful change can be!*

The equinox, of course, is not until 20th March but already the changes are visible around the village. Spring brings freshness, light and a promise of rebirth. A great gift of hope.

Whilst we look forward to this with joy there are a few things to keep in mind. As you flip your pancakes on March 4th remember, on March 30th the clocks spring forward at 01:00. Easter Sunday is late this year, April 20th.

***Wishing you all a Happy Easter filled with family, friends, fun and laughter!  
Steady on the chocolate!***

**Denise**



## DISCLAIMER

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# Devolution and Local Government Reorganisation in Norfolk and Suffolk: What it means for us in Lakenheath

As we step into 2025, Norfolk and Suffolk County Councils have voted to be at the forefront of local government transformation, with significant changes on the horizon due to devolution agreements and council reorganisation. At the time of writing, we await to hear if the submission to proceed gets the green light. These changes, if approved, aim to streamline local government and provide an elected mayor who can sit at the top table of the new mayoral structure of the local government that the Labour Government is requiring.

Devolution, in essence, transfers decision-making powers from central government to local authorities. In the case of Norfolk and Suffolk, this involves the creation of a combined authority led by an elected mayor. The combined authority will oversee critical areas such as transport, housing, skills development, and economic growth. The goal is to give our area greater control over resources and decisions directly affecting our community. This should enable more tailored solutions to affordable housing, sustainable transport, and job creation while unlocking additional government funding for local projects.

In parallel, local government reorganisation is underway, with proposals to replace the current county and district councils with a single or two unitary authorities for Suffolk. Norfolk and Suffolk have long operated under a two-tier system, where county councils manage services like Adult social care, Children's support and protection services, education and highways, while district councils oversee bin collection, housing and planning. However, the shift to unitary authorities promises a more efficient, simplified structure. Instead of multiple layers of governance, a single authority in each area would handle all local government functions. This change could reduce duplication, lower costs, and make services more accessible to residents.

Critics argue that reorganisation risks losing smaller councils' local knowledge and community focus, but proponents highlight the opportunity to deliver services more effectively and equitably across the County. The new structure could also strengthen Norfolk and Suffolk's national voice, ensuring our rural and coastal priorities are heard.

If this proceeds, local elections to the County Council will most likely be suspended for May this year as what would be the point of spending over £1M, which is what a county-wide election costs. We have to do it all over again in the new structure. There is likely a Mayoral election in May 2026 and elections to the new unitary council or councils in Suffolk in May 2027.

As residents, we can play a vital role in shaping this new era. Parish councils will remain at the heart of grassroots democracy, ensuring local issues are addressed and voices are heard. It is essential that we engage with consultations, attend public meetings, and share our views on the proposed changes, so keep an eye out for the proposals and how to have your say.

There is, of course, an alternative view that we do not engage with the government and wait for it to be done to us further down the line. That seems like a wasted opportunity to shape what is coming to our advantage.

While reorganisation and devolution bring challenges, they also present a unique opportunity to shape a stronger, more responsive system of governance. With collaboration and community involvement, we can ensure these changes benefit here in our villages.

Let us embrace this transformation with optimism and determination to build a brighter future for our county.

**Colin Noble,**

Suffolk County Council Councillor for Row Heath Division.



## A Message from Lakenheath Parish Council Chair Gerald Kelly

**Where to start? There's lots going on, and most of it great for Lakenheath!**

**Sport England** have allocated a total of around £190M for projects to improve activity in 80 places in the country, and **Lakenheath is one of those places!** In a nutshell we will have a project manager working with us over several months, talking to as many as possible, gathering information. A proposal then gets written for Sport England who will decide which proposals to fund. It's quite unlike most grant funding arrangements because it's about the place rather than a scheme dreamt up by enthusiasts of a particular sport; it's about activity, health and wellbeing. There will be all sorts of meetings and presentations where we want you to have your say, and the first of these will be at the **Parish Assembly on the 9th May**. It's a once in a lifetime opportunity for Lakenheath, so don't miss it! Needless to say it has only come about because of the brilliant hard work of West Suffolk Council and Active Suffolk officers so a huge thank you to them. I could write a book, but there's more...

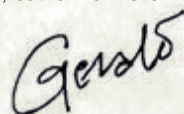
Next on the list is the **Post Office**. We all know about the demise of our Post Office and that the building has stood empty and derelict. Two things have happened; firstly plans have been submitted to alter the building itself, so that it is in keeping with the Conservation area and the rest of the High Street. At the same time, again with some help from West Suffolk officers and particularly Cllr Nick Smith from the Parish Council, the Post Office is coming back to Lakenheath! Work has been going on to convert part of **Lakenheath News** and will include a pedestrian ramp to improve access - the red

oblong sign will soon be appearing outside! The plan is to open on the **25th April**.

I have to add a couple of pleas to this. It's taken a lot of commitment from Lakenheath News to get this off the ground so do please support them. We shouldn't need reminding that it is use it or lose it - that's already happened once. The second is that like so much of the High St parking is a big problem. Apart from anything else, poor parking is plain dangerous, so please don't do it!

But there's more... West Suffolk will be installing **four Electric Vehicle chargers** on the Wings Rd car park in the next month or so. These are principally for those who want an electric car but don't have off-road parking, although I'm sure some of our visiting football fans will be making use of them!

Much less exciting for most of us (but important nevertheless) is **Devolution**. At some point Suffolk and Norfolk will become a Combined Mayoral Authority and we will have a directly elected Mayor of East Anglia. Given the go ahead for an early start, Suffolk County Council and West Suffolk Council will cease to exist and be replaced by Unitary authorities; how big and what areas they will cover will be thrashed out by the Autumn. They will be responsible for everything which the existing councils deliver, and in many ways this is probably a good thing though there are some big buts. Anyway, it's definitely "watch this space", but for now let's concentrate on the good things that are happening, and **do put the Parish Assembly in your diary...**



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

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

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

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



# Moving More to Feel Better

**An exciting opportunity is being developed in Lakenheath** to help us all move more and enhance our health and wellbeing. **Funding has been secured from Sport England** to develop, over the next year, what we want to focus on going forward. The local community will help lead and shape the potential opportunities and **we need your ideas and support to bring it to life.** We will work with wide variety of local organisations to help align priorities and resources with local need and we will have a **dedicated Locality Officer – Abi Cartwright-Thomas** to help co-ordinate and facilitate our proposal. Abi starts work in early March and I'm sure will soon become a well-known face in Lakenheath. The focus areas to develop could take many forms, providing positive experiences for Children and Young People, improving the health and wellbeing of people with long term health conditions or indeed helping to prevent them, reducing isolation, enhancing community connectiveness and spirit. The list of possibilities is endless and at this stage nothing is set in stone.

We also have a couple of job opportunities connected to developing the opportunity further. We are looking for two "Community Connectors" (16 hours per week) to help us understand more fully what it's like to live and work in Lakenheath and the opportunities and barriers you have to being active and we are also looking for a part-time Admin and Support Officer (2 days per week) to work alongside Abi and the rest of the team. We hope to advertise these roles asap.

Please don't hesitate to get in touch if you have any questions or thoughts on what we could develop, and I'll make sure they go directly to Abi when she starts. Contact me on [tony.bush@activesuffolk.org](mailto:tony.bush@activesuffolk.org)

**Tony Bush | Head of Operations**  
**Active Suffolk**





# Lighthouse

For a brighter future, free from domestic abuse



**Mel Finch**  
Course Facilitator  
and Centre Triage

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

☎ 01473 228270

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

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

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

**Registered Charity Number: 1069296**

## GOWARD & EVANS CHARITIES LAKENHEATH

Reg Charity No. 253727

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

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

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

Mobile: 07796 018816

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







# Do's and Don'ts of Drones

In late November last year, the TRiBase area experienced a significant, unusual and illegal level of drone activity for a protracted period. This resulted in increased flying activity and military presence and the 48 FW would like to express their thanks to the Community for their support and understanding during that time.

As a result, there have been some changes as to where drones can be flown. This article outlines the current legislation and procedures. As a reminder, if people do see activity that they think is suspicious, please report this to Suffolk Constabulary, by calling 101.

First and foremost, it is illegal to fly a drone over the perimeter of any military establishment.

Second, recent changes now make it illegal to fly a drone within the Flight Restricted Zone (FRZ) that extends 2.5 nautical miles from the centre of the airfield. A new Restricted Airspace (Temporary) (RA (T)) surrounds the airfield for 2 nautical miles. This now includes RAF Feltwell. A map showing these zones is included.

Should you be considering buying a drone, then there's a very comprehensive guide maintained by the UK Civil Aviation Authority (CAA) which can be located easily online at [www.caa.co.uk](http://www.caa.co.uk). Their 'Introduction to Drone Flying and the UK rules' is full of helpful information.

In short; if your drone has a camera (unless it is a toy) or weighs 250g or more, then you need to register with the CAA. You need to renew this registration every year. This is a registration of you as the operator rather than the drone itself. If

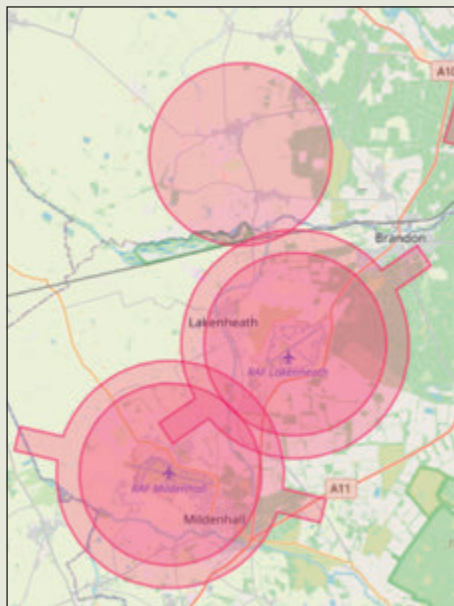
your drone weighs 250g or more, you will also need to pass a test and get a Flyer ID from the CAA.

If you need to fly a drone of any type in the local area around the Airbase, you WILL need to make initial contact in advance via [48fw.pa@us.af.mil](mailto:48fw.pa@us.af.mil) and await further instruction.

To report suspicious behaviour, please call 101 at the time; don't leave it until later. Occasionally the 101 number is exceptionally busy but you can always report online at [www.Suffolk.police.uk](http://www.Suffolk.police.uk).

If you think the issue is urgent, please report using 999.

**Thank you for your support, from the Suffolk Constabulary and the USVF Community Relations team.**





Charity No.1068028.



**Little Fishes  
Pre-school  
invites you to their**

# **Easter Egg Hunt**



**Saturday 5th April  
11am - 2pm  
At Lakenheath  
Pavilion**



**A fundraising event on  
behalf of Little Fishes**



**Actual Easter egg hunt for under 9s only**



# VOLUNTEERING

***Here's to all volunteers, those dedicated people who believe in all work and no pay.***

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

**Love where you live.**

## SUPER PICK-UP!

A great team assembled for the first litter pick of the year Saturday 1st February at Wings Road car park.

A combination of parishioners and USAF service personnel from the Lakenheath base put in an amazing effort in the cold of the morning. A total number of 14 volunteers gathered and we would like to boost the numbers, sadly we still need more volunteers.

Should you be available it's the village "Spring Clean Weekend" 5th and 6th April.

Please contact the Parish Clerk or turn up on the day.

**All welcome!**

***Thanks again to everyone who made the effort***



**Lakenheath Parish Council**

## VOLUNTEERS NEEDED!

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

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





# BEWARE OF SCAMMERS



SUFFOLK  
CONSTABULARY

Officer urges Suffolk residents to be aware of fraudulent calls.

A Suffolk police officer is urging Suffolk residents to be cautious and aware of fraudulent calls reporting suspicious activity on their bank accounts.

Suffolk Constabulary received at least two reports of residents in the county receiving calls, supposedly from a Suffolk police officer, reporting fraudulent activity on their bank accounts.

The victims were given officers' names and collar numbers and are asked to contact police to verify these details.

Detective Sergeant Jamie Adams, of Suffolk Constabulary's Fraud Assessment Unit said: *"Police would never call you and ask you to withdraw money to be collected by an officer nor would they ask you to transfer money into a different bank account."*

*"If you have any concerns about the legitimacy of the call please contact Suffolk police to verify the details of the officer provided in the call."*

*"If you have elderly or vulnerable neighbours, friends or family, I would ask you to inform them of this guidance and to check with someone they trust if contacted in a similar manner."*

For more details about checking police officers' identities, please visit:  
**[www.suffolk.police.uk/advice/advice-and-information/fa/how-to-check-an-officers-identity/](https://www.suffolk.police.uk/advice/advice-and-information/fa/how-to-check-an-officers-identity/)**

If an officer needs to speak to you on the phone, they'll identify themselves clearly.

A police officer should never:

- ask you for your bank details or PIN
- ask you to transfer funds to another account
- ask you to hand over cash or bank cards to a courier
- ask you to pay a fine or a fee to them or a third party over the phone or online
- ask you for access to your computer, passwords or log on details over the phone or online
- ask you to register personal details in an attachment or website online
- ask you to 'assist' in an investigation by doing any of the above
- state that you are committing a crime by not complying
- communicate in an abusive, threatening or coercive manner

Crime prevention advice can be found at  
**<https://www.suffolk.police.uk/cp/crime-prevention/>**





# Spring Gardening 2025

by Rachel Sobiechowski BSc. (Hons)

Hopefully your winter planning has set you in good stead for this exciting and busy time of year. Through the winter I spend time browsing our growers' catalogues and ordering key lines to arrive to store throughout the year. However, we operate a 'just in time' policy and most of our plants are ordered on a weekly basis from our smaller family run nurseries, and in busy periods twice a week from our larger commercial suppliers. Which means we always strive to have the freshest plant stock (UK grown) whenever you visit our store. The weather of course is the biggest dictator of what plants will arrive to store and when. So far hardy plants are coming on really quickly and we expect that our first batch of cottage garden favourite perennials will be ready for sale in early February.

Here's my key jobs to do in your garden over the coming months:

## March:

- Plant early potatoes outside
- Top dress containers with slow-release fertiliser and fresh compost.
- Keep an eye out for aphids and other garden pests and deal with accordingly.
- Plant up spring flowering bulbs such as Dahlia, Begonias and Cannas
- Protect newly emerging shoots from slugs and snails
- Sprinkle a general-purpose fertiliser in borders around shrubs and perennials.
- Use a mower set on a high blade setting to give the lawn a trim, later in the month (as daylight increases) sow grass seed in any bare patches of the lawn.
- Primroses, Polyanthus, Dianthus, and Pansies will all provide fantastic colour from now until May (when they can be replaced with summer annuals).

## April:

- Protect fruit blossom from late frosts using horticultural fleece
- Sow seeds of hardy annuals, herbs and wildflowers directly where they are to flower.
- Keep a ball of twine handy and tie in new growth of climbers particularly Clematis and Honeysuckle which grow rapidly
- Keep tender bedding plants frost free
- Prune Hydrangeas
- Sow sweet peas and other hardy annuals
- Sow under glass tender annuals and vegetables
- Make a note of any gaps in your spring planting to order any bulbs in the autumn for next year.
- Leave your spring bulbs to die down naturally, don't be tempted to cut back or tie up foliage. Lift & divide any congested clumps which didn't flower.

## May:

- Watch out for late frosts!
- Earth up potatoes and promptly plant any remaining
- When planting up hanging baskets use a good quality compost, and add some slow-release fertiliser and water retaining crystals.
- Trim back spreading plants such as aubrieta, alyssum and candytuft after they have flowered to encourage fresh new growth and more flowers.
- Start to closely inspect your plants for pests and diseases - early prevention is easier than curing an infestation.
- Harden off and plant out young vegetable and bedding plants.

This year is our 23rd year trading, I can't quite fathom where that time has gone! Thank you all for your incredible support over the years, we really appreciate it and look forward to helping you grow your best garden this year.



**P&R**  
Garden Supplies

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



# Cornfields

LAKENHEATH

SUFFOLK

## New Homes Designed For Today In The Heart Of Lakenheath

A new community of traditional two to five bedroom houses and bungalows in a range of designs is being created in the heart of Lakenheath – offering high specification homes for every age and stage.

Cornfields is the latest development from Bennett Homes, a family-run company which started life in Lakenheath more than 75 years ago and is delighted to be back with this prestigious collection of architect-designed homes for contemporary living.

Energy efficiency is top of the agenda, with all homes fitted with an air source heat pump and underfloor heating to the ground floor, as well as prewiring for an electrical car charging point.

The homes, all located on large plots and with their own garage and private gardens, include a range of features as standard: streamlined fitted kitchens incorporating integrated Bosch appliances, en suite shower rooms as well as family bathrooms, built-in storage and, in some styles, a separate study ideal for working from home.

Edward Parker, Managing Director of Bennett Homes said: “We are so

pleased to be back in Lakenheath with our new Cornfields development, offering inspiring homes for today's lifestyles. With a combination of energy-efficient houses and bungalows, together with a convenient location, excellent connectivity to nearby towns, and the benefits of rural living in the surrounding Suffolk countryside, we are sure that it will be popular with buyers.”

The benefits of buying new include the latest building technology with excellent insulation and energy efficiency, appliances covered by guarantee, the opportunity to put your own individual stamp on the interior (subject to build stage) and with less maintenance, there's more leisure time to enjoy with family and friends.

Bennett Homes was named Housebuilder of the Year by the National Federation of Builders six times, most recently in 2023.

Cornfields will be launched with an Open Day later this year. For further details on the homes and to get your priority invitation to the event, please contact Bennett Homes on 01284 766057 or email: [info@bennett-homes.co.uk](mailto:info@bennett-homes.co.uk)  
**[www.bennett-homes.co.uk](http://www.bennett-homes.co.uk)**





## LET'S LOOK BACK ON LAKENHEATH FROM THE EYES OF A HEATHEN!

Lakenheath? Well, we did have a village pond, and very picturesque it looks in old photographs. We also had two herds of cattle that were driven through the village each day to graze in open fields. The Pond was their interval for a drink and shall we say, relief! Believe me, that pond stunk, especially in hot weather!

We had a Road Sweeper, whose main job would have been to scrape up behind the animals and a cart with buckets came round to empty outside toilet waste where flush toilets had not yet been installed.

We had four churches, as indeed we do today, but the congregation numbers have sadly decreased.

We had seven Public Houses (several more than this if we look back more than 100 years). We are now down to one, but we do have numerous restaurants and take away food shops.

We used to have several small shops, butchers, bakers and other general stores. Over the years they have sadly disappeared. They certainly could not make a living in our world today and no amount of sentiment can bring them back. However, we do have

a Co-Operative supermarket and a Newsagent/Convenience Store.

Our cemetery consisted of one avenue where Church people were buried on the left side as you walk down and Chapel people on the right. I have no idea why this segregation came about, but thankfully it has faded out with time. Burials were a frequent topic of conversation and if you could not attend the event, it was the 'done thing' to visit the grave later and read the wreath cards to pay your respects. We now have a much larger cemetery, which is very well kept and maintained.

Each year the Summer Fair visited our village. It was situated near where the Village Community Hall now stands. Everyone went to the Fair. The atmosphere was electric with excitement. The older people enjoyed the toffee apples, candyfloss, noise and meeting up with friends, some even tried the dodgems!

Some years ago, I was talking to an elderly gentleman about the "good old days", and he said that Lakenheath teenagers were divided into the UpStreeters and the DownStreeters (Mill Road probably being the dividing point)



and constant scuffles would break out if you wanted to court a girl outside your district. To have a girlfriend who lived in Hockwold would be a disaster and cause many black eyes.

We had a Policeman, P.C. Rogers, who kept order and crime was very low.

Children respected him and if he threatened to tell their parents about any cheek they quaked in their boots!

The Sunday School Outing to the seaside was an annual event and two buses were always full. You needed to book your place well in advance.

I was sent away to school, so sadly have no memories of my schooldays here.

Each year the river Lode flooded.

Houses at the bottom of Anchor Lane and along that side of the street were flooded on a regular basis. Talk at that time would always be about how high the water had risen each night. Fields were under water for many months of the year and could be very dangerous to cross. It was said that large pieces of farming equipment disappeared into the bogs, never to be seen again.

My friend and I loved the large marsh marigolds which appeared in the Springtime down Dumpling Bridge Lane. We were cautioned to stay on the path, but our enthusiasm caused us to hop on the clumps of grass to pick these treasures.

One day, we found some very pretty snail shells, they were pale pink and delicate looking so we collected two small buckets full. My friend's father was a keen gardener, and we assured him that we had carefully inspected each shell for occupants before leaving them overnight in his garden. He was not a happy man next day to find our buckets empty and his vegetables full of holes!

My father was a very respected businessman in the village. He served

an apprenticeship at West Row to be an Agricultural Engineer. At harvest time he was much in demand when binders broke down. He first introduced electricity to the village. Incredible to think that would have been only around 100 years ago!

Our village population has exploded. We have housing estates where there were open fields. I remember one day, looking with some dismay, at a new skyline of houses which had spoilt the view. My daughter pointed out that those houses contained more children for her to play with. Out of the mouths of babes comes wisdom, sometimes!

When I was a little girl, Lloyds Bank came to the village once a week, using a room at London House (next to the old Post Office). Sadly, both our Bank and the Post Office have now closed down.

Our doctor kept a surgery where you waited your turn to see him. If he was called out to an emergency, then you went back the next day.

Post Offices, Banks, Doctors are all now in short supply. However, this is a countrywide problem, not peculiar to our village.

Sport is a big part of our village life today. We have an Indoor Bowls Club, Football, Cricket, Youth Club and many more clubs are available to join.

We also have a reasonably good bus service here so you do not have to stay in and look at four walls, though it is your choice.

I am a Lakenheathen and proud of it.

***Thanks for this article it is most interesting, particularly to the fresh residents!***

***Anything from other contributors is very welcome.***

***Denise  
Editor***





# LAKENHEATH HERITAGE GROUP

## The Lakenheath Peace Poster and the League of Nations Movement in Lakenheath 1927-1938.

**Just occasionally something comes to light  
which brings us face to face with the past.  
This poster is one of them.**

*The poster as received by the Heritage Group.  
The boarding may have been a shutter from a  
shop window.*



In the 1980s Peter and Pat Hale found this tatty poster in the shed of a house they had bought in Broom Road which had belonged to Major Percy Popay since 1925. A veteran of WW1 and WW2, he had served at the battle of Passchendaele and in the British Army of the Rhine after WW2. Both he and his wife Jessie, who died in 1963, were well known in the village, perhaps partly because Jessie was the grand daughter of Dr Pickworth, the long serving village doctor and notable public figure and it's this relationship which probably led to the poster's survival.

### **So, what's it all about?**

Each year on or near November 11th we remember, amongst the others from later wars, the \*64 villagers who gave their lives in WW1 when we gather round the war memorial on the village green.

\* Using the 1911 census we have worked out that this represents 24% of those villagers

who were liable to be conscripted, effectively a quarter of the potential working population of the village in 1919.

### **The Lakenheath Branch of the British League of Nations Union.**

The savage cost in lives led to an almost universal international desire that wars should be prevented 'The War to end all Wars'. This was best expressed by President Woodrow Wilson's idea for an international peace organisation, The League of Nations, which would resolve disputes by arbitration. By 1920 42 countries had joined and in Great Britain local branches were encouraged. A branch in Lakenheath was formed in 1927 after a well-attended meeting at the Peace Memorial Hall. By 1933 there were 114 members, not a 'social' group, but one which sought to self-educate itself about world affairs through regular meetings and lectures. It held seven meetings in 1933.



The village's determination to remember the sacrifices of WW1 is impressive and we know the money for the War Memorial was raised in less than four years as it was unveiled and dedicated in 1921. Even more remarkable was the speed of the building of the Peace Memorial Hall. From the start of fund raising to the opening took roughly two years and the actual construction took around six months. Talk about determination!

The Lakenheath Branch of League of Nations Union went from strength to strength and it was decided to organise a 'Mass Meeting' in the village which we eventually found to have taken place in 1932. It's noticeable that the year is not shown on the poster and that the meeting was planned to coincide with the Armistice anniversary. The Bury Free Press (12th November 1932), recording a large attendance, shows that the speakers were Henry Flatt, Dr Pickworth, Rev John Lewis and the Rev Isaac Morris with Dr O'Leary acting as Chairman. Henry Flatt, speaking on 'The Horrors of War', was telling about his own experiences. After the meeting it seems that the poster, still on its boarding, was put away somewhere and as time passed, forgotten.

In 1934 a well-attended village debate was organised in the Peace Memorial Hall in support of the nationwide referendum, now known as the \*National Declaration or Peace Ballot. This set out to ascertain public opinion regarding membership of the International League of Nations and international security. Simply, the slightly ambiguous outcome of the debate was that the country should continue to support the work of the International League with the proviso that war should be avoided whatever the cost, but that if war was inevitable, we should fight!

\*Generally recognised as the most successful non-governmental ballot of all time. 11.5 million votes were cast out of a possible 30 million. The result of the ballot was

immediately handed personally to the Prime Minister, Stanley Baldwin, at 10 Downing St by officials of the National League.

## The Lakenheath Peace Poster - Lost and Found.



*The poster is roughly A2 size, or 42.0x59.4cm. Conservation by Museum Conservation Services Ltd.*

The poster was rediscovered most recently when more storage space was needed at the house in Broom Road. At this time, how it came to be there, was much less important than the space it took up!

An intriguing photo alerted us to the existence of the poster just before Covid struck. (Thank you Martin), and we began to look more closely at village life post WW1. A year ago, following further research, Peter and Pat decided to donate the poster to the Heritage Group when it became apparent that it was a rare survivor of the Peace Movement of the 1920s and 30s, which shone a light on the village



at the time. One thing was obvious, we needed advice about the possible future of the poster. Could it be restored, and then, what should happen to it?

### **Enter the experts.**

Even the briefest look shouts out the damaged state of the poster! We were fortunate to obtain expert advice from Nicholas Burnett of Museum Conservation Services Ltd. at Duxford, who confirmed the likely importance of the poster and after a detailed examination told us that conservation was possible but that a low humidity environment was essential if the poster was to be displayed safely. This ruled out most places in the village, and indeed some museums, so we asked the advice of experts at Cambridge University Library (CUL) and their interest was obvious straight away and emails with Dr Jill Whitehead, Associate Director of CUL and Head of the University Library Special Collections Archive, and the Head of Rare Books and Manuscripts, Dr Suzanne Paul, firmed up an agreement that the poster should find a home in the archives of the University Library.

### **Destination. The poster really is important!**

**The Cambridge University Library** is an internationally important research library with archives containing 'documents and artefacts of importance to global cultural heritage'. Its Special Collections Archive holds a 'who's who' of manuscripts of world importance such as Sir Isaac Newton's mathematical notes and experiments, sketches and notes made by Charles Darwin (the voyage of the Beagle), a first folio of the plays of William Shakespeare, a Gutenberg Bible (the

earliest printed book in Europe), and the oldest possession of the University, a Sumerian clay tablet from 2200 BC. This archive also contains rare posters of historic social significance which the Lakenheath Peace poster will join.

Our donation of the poster to Cambridge University Library will ensure it's safe preservation, enabling and supporting study by present and future historians, as well as use in future exhibitions. It will remain available to the village digitally on the University Library website and the Parish Council website. The Heritage Group will retain an electronic copy which gives us 'rights of use'. Much thanks should be given to Peter and Pat Hale for gifting the poster to the Heritage Group thereby ensuring its survival.

The poster was handed over to CUL at the studios of the conservator (Museum Conservation Services Ltd) at Duxford Imperial War Museum.



*Representatives of the Heritage Group and Cambridge University Library at Duxford, Imperial War Museum.*

*Left to right Hermione Brown, Michael Tuffs, David Jones, Dr Jill Whitehead - Associate Director CUL, Dr Suzanne Paul - Head of Rare Books and Manuscripts CUL, and Nicholas Burnett - Museum Conservation Services Ltd.*

### **David Jones**

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

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

We welcome new arrivals to the village and invite anyone interested in the history of the village to get in touch at **[lakenheathheritagegroup@outlook.com](mailto:lakenheathheritagegroup@outlook.com)**



# LAKENHEATH PARISH WALKS

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

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

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

## FOOTPATH NEWS

I am not sure about the state of the footpaths as I have not been well enough to go on a walk. All the paths 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 a map and pinpoint the location and, on the left hand side, select the type of problem and give details.

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

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







# Spring Quizzes

See Answers on page 37

## Easy Riddles

**1. Riddle:** What has to be broken before you can use it?

---

**2. Riddle:** I'm tall when I'm young, and I'm short when I'm old. What am I?

---

**3. Riddle:** What month of the year has 28 days?

---

**4. Riddle:** What is full of holes but still holds water?

---

**5. Riddle:** What question can you never answer yes to?

---

**6. Riddle:** What is always in front of you but can't be seen?

---

**7. Riddle:** There's a one-story house in which everything is yellow. Yellow walls, yellow doors, yellow furniture. What colour are the stairs?

---

**8. Riddle:** What can you break, even if you never pick it up or touch it?

---

**9. Riddle:** What goes up but never comes down?

---

**10. Riddle:** A man who was outside in the rain without an umbrella or hat didn't get a single hair on his head wet. Why?

---



# Dingbats - Well Known Terms



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TOTAL:

ABC....YZ

gathering bash  
celebration do  
function  
banquet

THE HANGRE

G G G  
A F I A L L A  
P P P

HEAR CAN'T SEE  
SMELL TOUCH

Happy Loving  
Cheerful Jolly Fun

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4pm sage

Gorgeous  
Epidermis  
Dermis  
Tissue

O E R T O

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Preserving  
Repairing  
Replacing  
Mending

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# Lakenheath Writers Group

Facebook page: **Lakenheath Writers -**

**[https://m.facebook.com/groups/](https://m.facebook.com/groups/1010392860225936/?ref=share)**

**[1010392860225936/?ref=share](https://m.facebook.com/groups/1010392860225936/?ref=share)**

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



Why not try something new this year and come along to our group at the library. The next workshops for March, April and May will be posted on our Facebook page and information will be available from the library also. They generally take place 1.30-3.30pm, times and dates occasionally vary, please check.

We are now in our 4th year and we don't just write poetry, we cover a plethora of different styles, themes and topics. And as a group we sometimes get involved in things going on in the village as well. For example:

- Previously for the Queen's Jubilee we were delighted to have a display of our work at St Mary's Church.
- In 2024 we were invited to run two sessions at the Lakenheath Friendship group and look forward to connecting with them again this year.
- At the beginning of this year we had a display featuring some of our members work at the library.
- Back in January Terri also assisted Jo and the library with its Christmas writing competition and the presentation of awards at the school assembly, alongside Lakenheath's resident author.

## **Member's news from poetry to platforms**

And from poetry to songwriting, Sue does both and her song Christmas Hill, produced late last year was available to download and stream on all platforms from November 8th.

Terri's poem titled **"Christmas cheer"** was featured on *BBC Upload* in December.

Feedback from the workshops has included:

- Although work commitments have hindered me being able to attend of late, I did very much enjoy the group, in particular the surprising creative flourishes which came out of being under pressure!
- Creative Writing helps me to approach my writing in new ways and to interact and socialise with other like minded people.
- The workshops are fun, they take you out of your comfort zone and give you food for thought.
- It was lovely hearing what you were all writing about yesterday. What a great encouraging group you are

And if you like entering your own work, we regularly post details and information for upcoming competitions and activities on our Facebook group. You will also find writing "challenges" there too! Why not join and see what we do! **<https://m.facebook.com/groups/1010392860225936/?ref=share>**



## Christmas Cheer © TGrant

Snow flakes flutter to the ground  
The street's alive with Christmas sound  
The tree's lit up, the fire's ablaze  
The chestnuts stir a smoky haze  
Presents wrapped beneath the tree  
Star of Bethlehem for all to see  
Christmas turkey with all the trimmings  
Hear the chink of glasses brimming  
Snowman makes a frosty sight  
Squeal, the children with delight  
Brandy sauce and rich pudding plum  
Greet the visitors who come  
To share a drop of Christmas cheer

Now that the festive season's here  
Decorations of red and green  
Anticipation until Santa's been  
Midnight sky on starry night  
All behold this Christmas sight  
Christmas cards and Christmas song  
Hear the Carol Singers throng  
All together, a time to share  
A time for families to show they care  
But while we share this time at home  
Remember the child who sits alone  
Eyes wide and on his cheek, a tear  
Not everyone shares the Christmas Cheer

## A Cut Above The Rest

Freddie was three years old when he had his first proper haircut. He went with his step Dad Malcolm to the local barber. A large man, with more beard than hair on his head, Antonio was a master with the scissors and so entertaining to his customers.

Antonio made little Freddie's first experience of having his hair cut a memorable one. He greeted him with a bow and in his Italian accent said, "Good morning Sir, please have a seat" and encouraged the young man to climb into a large black leather swivel chair. Antonio made the chair gently swivel around 360 degrees. Freddie squealed with delight and said, "Again, again". "After you've had your haircut", Antonio replied. Then he placed an appropriately sized gown around Freddie to protect his clothing before proceeding to snip. Little by little strands of Freddie's auburn curls lay on the black and white tiled flooring. With his artistry Antonio turned Freddie from a toddler into a little man.

Freddie watched every move and smiled as Antonio fetched a mirror to show him the back of his head which was reflected in the large mirror on the wall in front of him. "Is that okay for you Sir?" Freddie shyly nodded his head.

As promised and to Freddie's delight Antonio swivelled the chair around 360 degrees again. Antonio removed the gown and Freddie climbed out of the chair. Antonio picked up an auburn curl and placed it in a little gold coloured cardboard box and gave it to Freddie saying, "This is to remember your first grown up haircut". Freddie took the box and carefully put it in his pocket while Malcolm paid the bill.

Twenty five years later from the day that the affinity with hairdressing began, Freddie opened his first unisex salon. One of his first customers, now in his eighties was Antonio.

**Sue Crowe, 2023**



# Christmas Past!

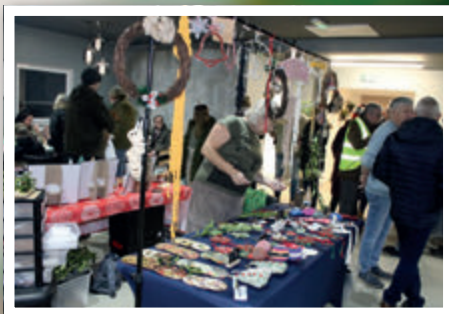
The Parish Council installed two Christmas Trees last year and the switch on was well attended by parishioners from the safety of MOLA Cafe & Lounge car park.

As snowflakes floated outside, Ed Morley, a well known local figure hit the button.

Wing Song, such a popular duo in the village, kicked off the evening. Sue Crowe and Linda Spencer kept the festivities fully on track!

Both food and drink were available plus the opportunity to purchase gifts from the craft stalls inside the cafe.

The High Street was a brighter place last December and thanks are due to all businesses who put lights up. We are already working towards an even brighter 2025!







# The Lakenheath Hand Bells



Lakenheath Church owns a set of hand bells which are now over 100 years old. They remain just usable but the leather handles are somewhat the worst for wear!

Mr. Robert Rolph, a long-time member of our church, talked some of us into attempting to ring them. He even joined us for a short period.

We looked up advice on how they should be rung and used copies of music from a much earlier date, to try to make an acceptable noise. I use the term music rather loosely as they were in fact numbers, from one to twelve, to cover each bell that should be rung to make a tune. The bells and so-called music are still used when we get visits from the Guides and Scouts and other groups. However, we changed to ringing from music to increase our range and more accurately reflect what the writer and arranger intended.

Three ladies whom most of you will have known, Win Hatchley (my mother in law), Aunt Gladys and Alice Horricks led money raising efforts to finance some better and newer bells. As usual, they were successful.

Forest Heath District Council also contributed as we ran a youth team too. Robert joined the group and oversaw our visits to a foundry and other hand bell outlets.

We eventually decided on bells made in the USA and they have served us well. After a while we had more ringers than bells and The Christian Enterprise Charity kindly made a donation to enable us to extend our range.

We practice most Thursday mornings and that has become a social occasion to enjoy chatting, a coffee and a laugh. You may like to join us, see later. We now ring on various occasions, for several Care Homes, for functions, for the Friendship Club and for the church itself, especially when we have a coffee morning.

On the ninth of August we will be ringing at a Summer Fete, along with other types of entertainment, at Brandon Park Home. You may like to make a note in your diary of this event and enjoy the day there to help support them.

We currently have nine ringers. Should you wish to have a go or join us please ring either Patricia on 01842 861565 or me on 01842 860242. Maureen and I are the only two left in the team from the beginning. Patricia is now in charge and organises us. Our newest member joined us just a few weeks ago. The attached photo shows Jean, Emma, Stuart, Marilyn, Patricia, Kaye, myself and Michael. Maureen was not available.

We all hope you have enjoyed this account and we look forward to you seeing and hearing us.

**Bill**





## News from RSPB Lakenheath Fen

Here at RSPB Lakenheath Fen we are really starting to

notice a change in our wildlife since the days began to lengthen, following the Winter Solstice on 21 December. We have recorded 76 different species of bird here already in 2025- not bad for a little patch of Fenland! Already there is a bit of a dawn chorus assembling even though it isn't Spring yet, with Robins and Blackbirds making up the bulk of the early morning music with Song thrush, Great tit and Blue tit joining in also. As well as extra singing, our Marsh harriers are beginning to pursue each other over the reedbeds, which is behaviour we only see when we get close to Spring. These amazing birds of prey were a rare sight in East Anglia just a few decades ago, but thanks to greater protection from persecution you now stand a good chance of spotting one on a walk in any damp, marshy habitat or reedbed, and they are especially common in Suffolk. We have them all year round at RSPB Lakenheath Fen as they breed here in the summer and a large roost of up to 40 birds makes use of the reedbeds for the night in winter. Some will stay to breed with us and others will go elsewhere.

We have also had lots of visits this past winter from our breeding Cranes. In 2024 we had three pairs here for the first time ever (up until 2023 we had only had up to two pairs) and between them they managed to raise three chicks to adulthood. Each pair will lay two eggs and for the first ten to twelve weeks of life they are flightless and are cared for around the clock by devoted parents. They are vulnerable to attack by predators like stoats and marsh harriers when young, and from foxes until they are able to fly,

so every year we have a tense waiting game to see if the youngsters make it into the air. And three out of a possible six chicks is quite good going! Towards the end of February we should see the pairs back on their territories here to try all over again, but for now they have last years' youngsters in tow, who stay with their parents for over six months after fledging.

As well as the return of the Cranes, we are eagerly awaiting our first migrant birds to come back to breed with us this coming summer. The first arrival is likely to be Garganey, a small and delicately marked duck which spends our winters in Africa. We may see the first ones in early March on the Hockwold Washes, viewable from the riverbank footpath here. For a few weeks visitors can enjoy looking at them as well as other species like Teal, Wigeon, Gadwall and Shoveler in all their breeding finery, after all, winter is courtship time for ducks and many are paired up by now and feeding on the Washes ahead of moving to their breeding grounds. We also hope to welcome back plenty of Cuckoos, Hobbies and Nightingales in April and May.

The beautifully camouflaged Bittern does an impressive job of pretending it isn't here



Garganey Hockwold Washes By Lee Gregory



outside of the breeding season. It is one of our key species at Lakenheath Fen and in 1995 Bitterns were the reason the reserve was created from arable fields. At that time in the UK there were only a handful of male Bitterns left, mainly in reedbed nature reserves like RSPB Minsmere. Slowly, through the creation of new suitable reedbeds, their populations increased and now the wonderful, deep booming call of a male Bittern is a common sound here in Spring. They also become easier to see and in April, May and June we will resume our early-morning surveys to try to work out how many males and nesting females we have here this year. If you haven't seen it already, next time you drive past the village sign (where Back Street joins High Street at the Eriswell end) have a look at the Bittern which has made it onto the emblem!

### **Our Open Day – Sunday 13 April (9am to 5pm)**

To celebrate our 30th Anniversary this year, we are having an Open Day on Sunday 13 April where the usual entry fees for non-RSPB members will be waived and admission will be free for all. We are hoping to put on a range of wildlife-themed activities for all ages, such as guided pond-dipping, bug-hunting, a guided walk and a talk about the reserve from a member of the team. To help raise funds for the reserve, we will charge a small fee for these events and activities but entry onto the reserve itself will be free. We are hoping that by taking away the financial barrier to visiting us that more people from the local community may come and give us a try and to see what the reserve is all about. We also hope the Open Day will help to raise publicity for us, after all, we have lost count of the number of times local people turn up for the first time and say they had no idea we were here, despite living in the area for years! There's no need to book to come to our

Open Day, just turn up and enjoy it. Our friendly team of volunteers and staff will be ready to welcome you, show you our map of the site and tell you what you could see here. Please come along no matter your level of knowledge of our wildlife. Our door is open and the reserve is there for people of all ages, abilities and walks of life. You can come along to watch the wildlife or just enjoy a peaceful walk amongst nature, away from the busy world beyond our roadside gate!

We have also organised a range of other events to suit different tastes this Spring and Summer- if you'd like to see our full listings, please visit <https://events.rspb.org.uk/lakenheathfen> . For every other event (aside from our Open Day) booking is essential. If you don't have access to the internet, you can book your places and pay for ticket(s) in person at the Visitor Centre, using cash or card.

### **Our new Tramper**

Towards the end of February we should receive delivery of a brand new Tramper. A state of the art all-terrain mobility scooter, which has been very generously funded by an anonymous donor. It is going to be a real asset to us as it will greatly improve accessibility for less mobile visitors to most of the reserve. It will be free to use (but we will accept donations for its upkeep) and we will provide a short lesson for users on how to operate it before they head out onto the reserve. We are really excited to be able to open up this quite large reserve to visitors who previously might not have been able to enjoy a trip around the site, either alone or with friends and family.

### **For new visitors**

Our Visitor Centre and toilets open daily at 9am and close at 4pm (in the winter- until Saturday 28 March 2025) then until 5pm (until Saturday 26 October 2025) where



you will find a warm welcome, indoor seating, a bean-to-cup coffee machine and a range of pre-packed snacks and cold drinks. We also hire out binoculars for use every day (£2 per pair, per day) and Pond Dipping and Bug Hunting kits (April and September) for £3 per kit per day. We have several miles of varied footpaths through woodland, reedbed and riverbank habitats. We have an accessible toilet with baby-changing facilities, and our full Accessibility Guide can be downloaded from this webpage: <https://www.rspb.org.uk/days-out/reserves/lakenheath-fen/facilities> if you would like to use it before you visit. Entry fees for non-RSPB members are £4 per adult, £3 per student (please show ID) and £2 per child. Under 5's go free, the first child in a family goes free, and the RSPB is currently mid-way through a two-year trial of offering free entry to all 16-24 year olds too (please show ID for this if you can). We also offer membership of the RSPB for a small fee

per month, which provides free entry to all RSPB reserves, our quarterly magazine and up to 20% off tickets for events at RSPB reserves, as a thank-you for supporting us through membership. We can sign up new members here at the reserve, or you can do so online.

There is a common misconception that we are just here for birdwatchers- please ignore this and just come along and see us no matter your level of knowledge of nature. We are here for everyone to come and enjoy being close to nature and a walk in the fresh air, or just simply for peace and quiet.

To get in touch with us before you visit, please free to e-mail us at [lakenheath@rspb.org.uk](mailto:lakenheath@rspb.org.uk) or telephone us on **01842 863400**.

With best wishes for a happy and healthy start to the year from the team here,

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





## Events at RSPB Lakenheath Fen- January - May 2025

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

### Treasures of the Moth Trap

**28 February, 28 March, 25 April, 30 May (10am to 11am)**

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

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

### Guided Pond Dipping

**5 April, 3 May (11am-1pm)**

Why not borrow a pond-dipping kit to see what beautiful and strange creatures live below the water? Come along to learn about the underwater world with our knowledgeable volunteers to guide you.

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

### Lakenheath Fen Open Day

**Sunday 13 April (9am-5pm)**

Join us to celebrate our 30th Anniversary year in style- we'll be offering free entry to all on the day, whether you are an RSPB member or not. There'll be a range of activities on offer for people of all ages.

**Entry for all is free; individual activities are chargeable.**

### Bittern Walks

**Saturday 26 April, Sunday 18 May (9:30am-12:30pm)**

This brand-new event aims to get you up close to Bitterns, at the time of year and time of day that offers us the best chance. We should hear plenty of booming as well.

**RSPB members £12 (£6 for Under 18's); non-RSPB members £15 (£7.50 for Under 18's).**

### Hobby Walks

**Saturday 10 May, Sunday 25 May (1-4pm)**

In peak season we have dozens of Hobbies on the reserve at once and by the early afternoon they should all be busy hunting for food. On these new walks we hope to get you good views of these spectacular birds of prey.

**RSPB members £12 (£6 for Under 18's); non-RSPB members £15 (£7.50 for Under 18's).**

### Join in with Harrier & Bittern Nest Watches

**Tuesdays 13 & 27 May, also 10 June (7:30am-12:30pm)**

Why not join a warden for the morning and help complete our bittern and marsh harrier nest watch surveys? Spectacular views, high seats, hot drinks, pastries and transport are all included.

**RSPB members £64; non-RSPB members £80.**





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

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

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

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

**While you're doing this**

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



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

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

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

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

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

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

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

### **And skills and qualifications**

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

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



Duke of Edinburgh. Royal Yachting Association

Qualifications



Public services &Citizenship



BTEC's in Marine engineering



British Canoeing Union

Qualifications

Want to know more?

We parade Monday & Thursday 1900-2100

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



# Why I Love Libraries by Lorraine Gregory



***“A library outranks any other one thing a community can do to benefit its people. It is a never failing spring in the desert.”***

**Andrew Carnegie**

I grew up on a council estate in East London and there wasn't any spare money in our house to spend on books. Luckily, there was a local library within walking distance and my mum took me and my brother there every Saturday. The Children's Library was in a completely separate part of the building and had it's own librarian and my brother and I absolutely loved this part of our weekend routine, proudly getting our tickets stamped and taking home our books each week.

I was a voracious reader as a child and teenager and luckily the library was able to feed my habit and keep me stocked up with all the books I wanted to read. My love of reading continued into adulthood and eventually inspired me to start writing children's books. I'm now the published author of six books and I feel incredibly grateful that I had a library to help me overcome a disadvantaged background, to inspire me as a reader and to help me believe I could become a writer.

I am also very grateful that we have our own library right here in Lakenheath and I am a well known patron to our wonderful librarian, Jo Chambers. I

mainly make use of Suffolk Libraries online service and request the books I want to read. They email me when my books are in and I go and pick them up which is wonderfully convenient and allows me to read several books a week!

However there is so much MORE to libraries than borrowing books! You can use the computer, get photocopies, ask for advice or join one of the many activities that happen there every week.

There are special rhyme times for babies and toddlers, lego groups, art groups, knitting groups, school reading groups, book groups, creative writing groups, board game groups and even the occasional coffee morning with plenty of delicious cakes to buy!

Just pop in and ask what's happening to find out the current schedule or check it out online - <https://www.suffolklibraries.co.uk/visit/libraries/lakenheath-library>

Public Libraries are really only one of the few public services that are completely free to us, the user. We can go there to keep warm, have a natter, find a book or join a group. They are a community hub open to everyone and under Jo's management Lakenheath Library has gone from strength to strength.

Sadly not everyone is as lucky as us and 764 libraries have closed since 2010. With more and more councils struggling financially, that number may well go up. Some people suggest that libraries aren't needed any more because everyone is online now and people can read on their tablet/phone/computer but that is a simplistic argument because not everyone can afford the technology needed or indeed is able or wants to read on a screen. Plus it ignores entirely the role of the library within a community and the huge benefits it provides.

The more we use our library the more likely we are to keep it so do pop in and see Jo, take the kids, find a book, join a club or maybe even commit to helping out the \*F.O.L.K group like I did!

\* The Friends Of Lakenheath Library group meets once a month and organises fund raising and other activities to help the library.



## Jo from Lakenheath library interviewed Dawn, a volunteer from Mildenhall library.

**Jo:** How long have you been volunteering for the Home Library Service?

**Dawn:** Since the Mildenhall Hub was built – I think it was around 2021.

**Jo:** What is the Home Library Service?

**Dawn:** It is a free service, provided by some libraries, where volunteers bring books to customers to their own homes who would not ordinarily be able to visit a library.

**Jo:** So how does it work in Mildenhall?

**Dawn:** I loan out a number of books, usually between 10 and 20, based on customer's preferences on their behalf and drop them off at their homes. The books are on loan to them for 12 weeks so they have plenty of time to read ones they would like. I usually have tea and a chat too.

**Jo:** How often do you do it?

**Dawn:** I reserve books for my customers on a Sunday usually online and visit my customers to drop off books for them as they need them.

**Jo:** What do you enjoy the most about the role?

**Dawn:** I enjoying providing books which my customers would not be able to access and I like being their friend. I get to talk to them, listen to them and share some time with them.

**Jo:** Thanks so much Dawn. We have started our own Home Library Service here in the village so thanks for all the tips.

*Please come and talk to Jo at the library if you would like to be part of the Home Library Service – if you can't get to the library, the library can come to you!*



### Easy Riddles

1. **Riddle:** An egg
2. **Riddle:** A candle
3. **Riddle:** All of them
4. **Riddle:** A sponge
5. **Riddle:** Are you asleep yet?
6. **Riddle:** The future
7. **Riddle:** There aren't any - it's a one-story house
8. **Riddle:** A promise
9. **Riddle:** Your age
10. **Riddle:** He was bald

### Dingbats – Well Known Terms

1. Costs an arm and a leg
2. Long odds
3. Beauty is only skin deep
4. Blind corner
5. Split ends
6. High maintenance
7. Back to the future
8. Painless operation
9. Merry-go-round
10. Tea Party
11. Forgive and forget
12. Common cold
13. Lost generation
14. United States
15. Hang in there
16. Wait on hand and foot
17. International red cross
18. Breathing space
19. Wise after the event
20. Fill in the gaps



Register for  
a place  
NOW

# Lakenheath Little Fishes

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

2 Fully  
qualified  
SENCOs





Ofsted  
Rated  
GOOD

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

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

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

Partnerships with  
parents and carers  
are excellent  
OFSTED 2017

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



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

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

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

lakenheathparish@gmail.com

By phone: 01842 860598

By letter: 98 High Street Lakenheath IP27 9EW

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

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





The Lakenheath Youth Club would like to thank all our volunteers for enabling us to begin FORTNIGHTLY sessions. They will be on Wednesdays after school hours 5-7pm starting on April 9th and 23rd May 7th and 21st and thereafter.

This is a free entrance club as we have been supported so well by the Parish and County Councils.

We have free snacks and drinks too.

The activities include table tennis, table football, pool, Wii games, arts and crafts and music.

This is not a church youth club but is held in the Methodist church rooms.

Please get in touch if you wish to be a volunteer or need more info, email Linda Spencer at [derunboxers@yahoo.co.uk](mailto:derunboxers@yahoo.co.uk)

This is a recruitment poster for the Youth Club. At the top, it features the club's logo and the text "Youth Club". Below the logo, three children are holding up signs that say "Join the Youth Group!". The text "for ages 12-16 yrs" is prominently displayed. Below that, it says "Every fortnight As from 9th April at 5pm - 7pm". A large, stylized "FREE!" is followed by "entrance &amp; food and drink". At the bottom, it states "Held in Methodist church Back street Lakenheath IP279HF".



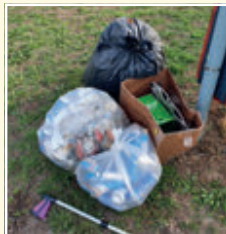
# LET'S CLEAN UP OUR VILLAGE!

## LITTER PICK UPDATE

Unfortunately, due to personal circumstances, our motivator and organiser Judy Cahill can no longer join us on our litter pick days. I hereby thank Judy for all the effort she has put into the running of the events and on behalf of the volunteers wish her all the best for the future.

I was asked to step in and continue with the bi-monthly Lakenheath Parish Council Litter Picks on a voluntary basis. As you might have noticed from the new posters on the notice boards, we will continue meeting at the Wings Road car park on the first Saturday of April, June, August, October, December and February but at the different start time of 10 AM.

## LAKENHEATH SPRING CLEAN WEEK-END



Having been one of the several Lakenheath Wombles for some years now, it still frustrates me that the litter situation in the village does not improve; I still

collect two fifty litre bags of cans, bottles, disposable vapes and take away packaging on my weekly two-hour rounds.

There are many areas within the village boundaries that need litter pick attention but the Wombles seem to be fighting a never-ending battle.

It is time to accept that our Parish Council has limited finances and resources to keep the village clean to the standards that we all would expect and/or like to see.

In order to be able to start with a clean slate in a clean village I propose, with approved

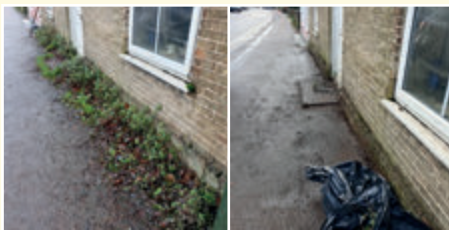
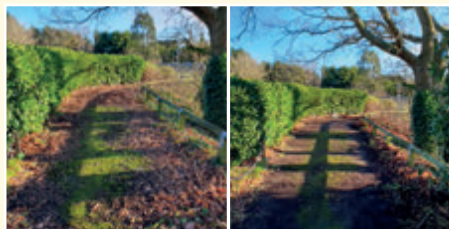
backing from the Parish Council, the **first** of our **annual Lakenheath Spring Clean Week-end** on Saturday 5th and Sunday 6th April 2025.

The concept of this is very simple and based on community spirit not blame culture.

1. I kindly ask for each household to clean up their front garden, remove weeds and soil from the footpath in front of their abode.
2. Cut any obstructing overgrown hedges and plants thus clearing the footpath.
3. To do the same for your elderly and/or lesser abled neighbour(s).

It would be great and very much appreciated seeing the school, scouts and Brownies getting involved with their own projects.

Some examples of what we can achieve:



And to close, remember, **If you are not part of the solution, you are part of the problem.**

**Paul R.**

Love where you live.



# LAKENHEATH PARISH COUNCIL



## COMMUNITY LITTER PICK LOVE WHERE YOU LIVE

*Please meet on the First Saturday of  
1st February, 5th & 6th April (Spring Clean),  
7th June, 2nd August, 4th October, 6th December  
and 7th February 2026  
Meet up at 10.00 till 12.00  
(Please note new time)  
at Wings Road Car Park  
Equipment provided*



***EVERYONE WELCOME***





# Lakenheath Youth FC

It doesn't seem that long ago that the football season started

but by the time the next edition of this magazine is published we will almost be finishing the 24/25 season.

Anyhow, there is lots of football still to be played and a few end of season events to be planned including the Annual Challenge Cup.

The Challenge Cup is a tradition going back many years and I remember playing in it when I was a child. A few seasons ago we brought the event back to The Pit, home of Lakenheath FC. Many people asked me "why?". I did question the decision myself as it takes a few days of marking pitches out, moving goal posts and equipment being set up. Whilst it was a number of years ago when I was playing in it as a young lad, I still remember how it felt to be playing on the main men's pitch, with plenty of supporters and a trophy presentation at the end of

the match. That made the decision to host it at The Pit an easy one and so it continues to be a real success for the kids who play in it.

The principle is simple - each of our teams invites an opponent to play in a one-off cup match with all participants getting a medal and the winning team winning a trophy.

This year, due to the number of teams we have, the event will be held over the weekend of 10th and 11th May with matches on both days. The planning for this event is already well under way and our committee are busy sorting many of the details. We still have some match sponsorship opportunities available if anyone would like to sponsor a match and this all goes towards helping cover the costs of the event.

If you are free on those days please come along and support the club, it's a good social day as many who have been before will agree.

**Richard Horrex**





# Nick Timothy MP: “I was happy to help local hero Pete get the medal he deserves”



It is tremendous to have a real hero living right here in Lakenheath.

Local Royal Air Force veteran Squadron Leader Patrick ‘Pete’ Peters — who is 93 — flew dangerous missions during the height of the Cold War to monitor American nuclear weapon testing in the Marshall Islands using high-altitude aircraft.

But, as the result of a bureaucratic anomaly, he was denied a medal — until recently.

Pete’s bravery in Operation Bagpipes, a 1954 Royal Air Force sortie during which he piloted an RAF Canberra aircraft at close to 50,000 feet over the South Pacific, was finally recognised just before Remembrance Sunday last year when the Ministry of Defence finally awarded him a Nuclear Test Medal.

Pete, who believes he is the last living crewmember on the mission and has survived colon cancer, was told last year he would not receive recognition because the official medal criteria excluded foreign nuclear tests.

I was informed of this by Pete’s family last Summer.

It was clear to me that here was a hero — someone who, by his actions, protected and

enhanced our national security. I felt this was an injustice that had to be remedied.

That is why one of my first actions after being elected was to ask the Ministry of Defence to change the medal criteria. I submitted a parliamentary question on this topic to the Government, and I wrote to the Defence Secretary asking him to take urgent action.

And others took part in the campaign to make sure Pete received his due, with the Daily Mirror running a series of articles on Operation Bagpipes.

Based at US Pacific naval base Kwajalein, Pete’s specially-fitted aircraft monitored the explosion of three atomic bombs which generated much larger yields than the devices dropped on Japan just nine years earlier.

After flying through the fallout, Pete then cooperated with ground teams to collect materials from the blasts so they could be examined in a lab in Aldermaston back in the UK.

These actions were those of heroes who risked their safety in the service of their country.

So it was wonderful to hear in September last year that the Government was looking into amending the medal criteria.

And then finally, in early November, the news arrived that Pete had been awarded his medal just in time for Remembrance Sunday.

I visited Pete and his son Gareth in Lakenheath last month to thank him for his service [Editor’s note: on Friday 10 January].

Yet it was sad to hear that his crewmates have passed away without receiving the recognition that they so richly deserved.

The importance of recognising the sacrifice of our veterans transcends party politics.

So I want to give special thanks to Defence Secretary John Healey and Veterans Minister Al Carns for taking the necessary action to recognise Pete’s bravery.

And I want to repeat my congratulations to Pete. We owe him and his crew mates a huge debt of gratitude.

**By Nick Timothy  
MP for West Suffolk**





# Alan Gyte reports on Lakenheath FC

Well, nothing much has changed, we are at the wrong end of the table and some would say in a relegation battle. We just don't seem to be able to put a run together; we put in decent performances against teams higher than us (that's most of them), but then struggle against teams we really should be beating. We are currently third from bottom and fortunately are eight points above the bottom two relegation spots, so must not get complacent and make sure we pick up more points to take the pressure off and hopefully maintain our premier

league status. A few ins and outs on the playing staff; goalkeeper Denham Oliver broke an arm, Ashley Dobson has gone into semi- retirement and is hopefully joining the army, Ben Hammett is moving to the west country, Luke Bailey also has semi - retired through personal reasons. We wish them all the best and thank them for their efforts while with us. New recruits include goalkeeper Matt Walker, Luis Cowie, brothers Valta and Carlos Rocha, Liam Wailes and Theo Carter. We hope they enjoy their stay at the Heath.

## Upcoming Fixtures all 3.00pm kick offs unless otherwise stated:

March			
1st March	AWAY	Downham Town	
8th March	HOME	Sheringham	
11th March	AWAY	Cornard	7.45 KO
15th March	AWAY	Fakenham	
22nd March	HOME	Heacham	
25th March	AWAY	Brantham	7.45 KO
29th March	AWAY	Harleston	
April			
5th April	AWAY	Great Yarmouth	
21st April	AWAY	Thetford	

## Chris Philipson

Since our last magazine we have had some terrible news. Our good friend Chris Philipson had been admitted to hospital very ill, then some days later the

worst news possible that he had sadly passed away. Chris was a good, hard-working member of our club. He joined many years ago and because he was



first aid trained, through his life as a firefighter, he was for some time our 1st team physio. Being heavily involved myself with the 1st team we became good mates and travelled all over Suffolk and Cambridgeshire on match days, taking it in turns to drive. He liked to drive the long distances and although he never said, I think it was because he was not too keen on my driving (apparently, I drive quite aggressively !!!) We always had loads of banter and laughs and never fell out, we would sometimes disagree on something but would always finish a conversation with 'Mate' so we knew we were ok lol. Sometimes he would text me and ask a question and a few seconds later, if he'd forgotten, another text would come through with just "mate" on it. Chris was a good man, nothing spectacular about him, he didn't stand out in a crowd, he wasn't loud or opinionated, just a nice, honest, man and he will be so sadly missed by everyone at the club and all that knew him. Our thoughts of course go out to his lovely wife Lynn and all his family, we can only imagine the pain you are going through but know you will all support each other to get through. As I said, on a personal note I will miss Chris, our banter and our half time cup of coffee, so farewell and RIP "MATE"



## Surviving Winter APPEAL 2024/25



### HOW TO RECEIVE SUPPORT

Don't choose between eating and heating this winter. If you're struggling to heat your home, help is at hand.

You may apply for financial support if you meet the criteria below:

- Aged 66 plus
- Not on pension credit
- Maximum income £20k individual and £24k couple
- Maximum savings £5,000
- Live in Suffolk

Please contact the organisation listed for your district council area to find out if you are eligible for support.

Three charity partners are working with Suffolk Community Foundation to manage the applications and payments. They are:

#### BABERGH AND MID SUFFOLK

Sudbury & South Suffolk Citizens Advice

E: [session.supervisor@sudburycab.org.uk](mailto:session.supervisor@sudburycab.org.uk)  
T: 01787 321 400

#### IPSWICH AND EAST SUFFOLK

East Suffolk Citizens Advice

E: [advice@caes.org.uk](mailto:advice@caes.org.uk)  
T: 0808 278 7866

#### WEST SUFFOLK

Gatehouse Caring

E: [survivingwinter@gatehouse.org.uk](mailto:survivingwinter@gatehouse.org.uk)  
T: 01284 703 835

### CASE STUDY



Brian and Susan's health was deteriorating rapidly as they were unable to afford to keep their heating on, despite working full time their whole lives.

They asked for help from Gatehouse after seeing an advert on Facebook. The couple agreed to let the charity look for a better electricity deal for them, while Gatehouse was also able to make a one-off payment using the Surviving Winter fund. They are now in a much better place financially and on a good, fixed-price deal.

Surviving Winter helped to vastly improve their situation and Brian and Susan are now able to enjoy their retirement.



### CASE STUDY

Jennifer (whose name has been changed) visited Gatehouse's community café regularly in early 2024 so that she could stay warm and enjoy a bowl of hot soup without needing to put the heating on at home.

As fuel prices have soared, she has had to restrict how often she puts on the heating, which in turn has made her long-term health conditions worse.

After hearing about the issues Jennifer was facing, Gatehouse helped her to get a Surviving Winter payment. This reduced her monthly fuel costs, which made a significant and positive difference to her physical and mental health.

Gatehouse was also able to give Jennifer blankets, a hot water bottle and electric radiator, which has helped her to keep warm, especially at night.

[www.suffolkcf.org.uk](http://www.suffolkcf.org.uk) / 01473 602 602



## NOTE FOR YOUR DIARIES

### Lakenheath Annual Assembly 2025

- What the Parish Council has been doing during the past year
- Reports from local voluntary groups about their year
- Lakenheath looking forward/ what needs doing.

*Where?* **Lakenheath Football Club**

*When?* **Friday 9th May 2025 at 6.30pm**

Everyone welcome

### **Refreshments provided**

This is not a parish council meeting but it is organised by the clerk, please email Nicky if you have any questions [lakenheathparish@gmail.com](mailto:lakenheathparish@gmail.com)

## Mildenhall Museum Society

### MEETINGS 2025

Talks start at 7.30 pm

Members £2 non-members £4

**6th March**

Ed Lowis - History of Secondary  
Education in Mildenhall

**3rd April**

Martyn Taylor - Chequer Square and  
Angel Hill

**1st May**

Imogen Radford - Tales from the  
Riverbank.

**THE MUSEUM WILL REOPEN ON  
SATURDAY 1ST MARCH**

**Tuesdays, Wednesdays**

**Thursdays & Saturdays**

**2:00 - 4:00**

**Fridays 10:30 - 4:00**

## LAKENHEATH VILLAGE HALL

### Luncheon Club News



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

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

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



### Weekly Money Bingo!

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

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



## LAKENHEATH INDOOR BOWLS CLUB

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

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

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

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

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

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

A great way to exercise.

Please contact Secretary 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](mailto:sunshinecornerlakenheath@gmail.com)



**citizens  
advice**

**West  
Suffolk**

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

Telephone:  
**0808 278 7868**

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

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

## **Men's Shed Breakfast**

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

Where: Lakenheath Peace Memorial Hall

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

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

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

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



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

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

To find out more, why not get in touch?

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





# connecting communities

rural transport

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

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

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

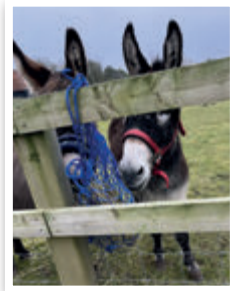
[www.suffolkonboard.com/CC](http://www.suffolkonboard.com/CC)



## Sunset Barn Care Farm News!

### ***"Hey Eeyore where's all the hay gone?" Says Storm***

Hi from down on the farm - trust everyone has made it through the stormy weather and enjoying first signs of Spring. I saw the snowdrops peeping through this week, a welcome sign. We've been kept busy since the start of the New Year with our two new residents Eeyore and Storm, learning how to care for them.



The cafe has been quiet over the first part of January but its been nice seeing some new and familiar faces return, meeting up with friends and sharing a coffee and cake together or sharing lunch. Please tell your friends and neighbours about us as we are here for everyone to provide a warm, safe place to eat each Tuesday at the Methodist Church between 10 am and 2 p.m. Run by volunteers with all proceeds going to help with the work of our local Methodist Church.

If you would like more information about either the Care Farm or Care Cafe please contact Melanie on: (07847) 037622 or e-mail: [melaniepsmith@hotmail.co.uk](mailto:melaniepsmith@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](mailto:bookings@lakenheathvillagehall.org) or 07538609281



[www.lakenheathvillagehall.org](http://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, 1<sup>st</sup> Friday of  
every month 8-11pm. Whether you're a  
singer, a poet, comedian or in a band come  
along and take over the mic for a session.  
Lounge and bar also open.



#### Lakenheath Community Music Project

in 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 – Regularly Throughout the Year 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.

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

**!! QUIZ NIGHT: FRIDAY 28<sup>TH</sup> FEBRUARY 2025 !!**



**VOLUNTEERS NEEDED!**

Lakenheath Peace Memorial  
Hall and Community Centre

**Annual General Meeting**

**Thursday 6th March 2025 @ 7:30pm**

Meeting in the Community  
Centre dance hall.  
This year we are looking  
for new committee  
members. Without you  
the halls are at risk of  
closing.

**WAYS YOU CAN HELP:**

- ☒ JOIN OUR COMMITTEE (MEETING ONCE A MONTH)
- ☒ OFFER YOUR SERVICES
- ☒ HELP BEHIND THE BAR
- ☒ MAKE SUGGESTIONS
- ☒ USE OUR HALLS FOR YOUR CLUBS AND EVENTS

**Warm Room** in the Community Centre,  
Wednesday's 12 – 2pm. Pop in for a  
chat, a cuppa and a bowl  
of soup. Everyone welcome.  
Free of charge however  
donations are appreciated.





# LAKENHEATH PEACE MEMORIAL HALL & COMMUNITY CENTRE



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



Lakenheath Peace Memorial Hall and Community Centre

## Clubs and Groups



### Marvelous Monday

#### THE MONDAY CLUB

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

#### LAKENHEATH FLOWER CLUB

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



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

### Terrific Tuesday

#### LAKENHEATH PARENT BABY & TODDLER GROUP

Peace Memorial Hall: 9:30 – 11:30am  
Brighten up 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

#### Lloyds Community Bank Hub

Fortnightly 2:00 – 4:00pm

### Wonderful Wednesday

#### MONEY BINGO

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



#### LUNCHEON CLUB

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



### Thrilling Thursday

#### PILATES

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

#### LADIES KEEP FIT

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



#### ZANSHIN BLACK BELT ACADEMY

Peace Memorial Hall:  
**KARATE** 6:00 – 7:00pm  
No prior experience required, open to all ages 5+ and all abilities. For more details email [info@startingkarate.com](mailto:info@startingkarate.com) or visit [www.zanshinmkd.com](http://www.zanshinmkd.com)

### Fabulous Friday

#### LAKENHEATH KURLING GROUP

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



#### DRUMMING

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



SUFFOLK LIBRARIES

WHERE I BELONG




Lakenheath Library arranged a Winter writing competition and here are the two prize winners! Aubrey and Rayne wrote stories about Rudolph going missing and Christmas toys coming to life! Well done to all the finalists too.

SUFFOLK LIBRARIES



WHERE I BELONG

Do you struggle to get to the library but love books? Lakenheath Library has 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





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.org.uk/donate](http://www.suffolklibraries.org.uk/donate) © 2020 Suffolk Libraries



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.org.uk/donate](http://www.suffolklibraries.org.uk/donate) © 2020 Suffolk Libraries

Message of thanks

The Friends of Lakenheath Library (FOLK) would like to thank all the businesses on the High Street who kindly donated to our “Proud to Support” the Library Christmas Campaign. Your generosity was greatly appreciated.

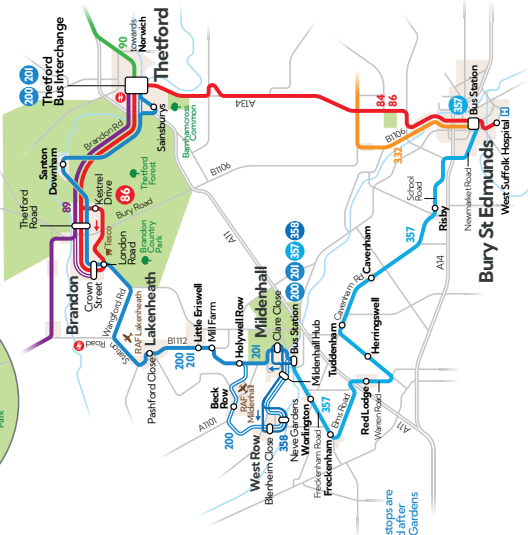
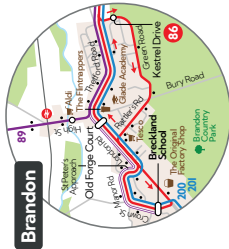
Every penny is used to further improve the services provided by “our” Library.

We are very grateful for your support.

*N Smith Chair, D Smith Treasurer*

52 | Lakenheath Times





- this bus runs on IES Breckland school days only
- these buses run on Mondays to Fridays only

Thetford | Brandon | Lakenheath | West Row | Mildenhall

Mondays to Saturdays except public holidays											
200	358	201	201	358	201	201	358	201	201	358	201
0720	0740									1640	1740
▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼
0727	0747									1647	1747
0735	0755	0930	1030	1130	1230	1330	1500	1655	1755		
0738	0758	0933	1033	1133	1233	1333	1503	1658	1758		
0742	0802	0937	1037	1137	1237	1337	1507	1704	1804		
	0805	▼	▼	▼	▼	▼	▼	▼	▼		
0750	0810	0945	1045	1145	1245	1345	1515	1711	1811		
0755	0815	0950	1050	1150	1250	1350	1520	1716	1816		
0758	0818	0953	1053	1153	1253	1353	1523	1718	1818		
0800	0820	0955	1055	1155	1255	1355	1525	1720	1820		
0809	0824	0959	1059	1159	1259	1359	1529	1724	1824		
0810	▼	▼	▼	▼	▼	▼	▼	▼	▼		
0814	▼	▼	▼	▼	▼	▼	▼	▼	▼		
0820	0914			1131	▼	▼	1431	▼	▼		
0822	0915	▼	▼	1132	▼	▼	1432	▼	▼		
0824	0917	▼	▼	1134	▼	▼	1434	▼	▼		
0834	0920	0834	▼	1137	▼	▼	1437	▼	▼		
▼	0923	▼	1001	1101	1140	1201	1401	1440	▼	1726	1826
0839	0928	0838	1005	1105	1145	1205	1405	1445	1535	1730	1830

Mildenhall | West Row | Lakenheath | Brandon | Thetford

Mondays to Saturdays except public holidays											
200	358	201	201	358	201	201	358	201	201	358	201
0640	0730	0845	0900	0945	1045	1117	1145	1245	1345	1417	1530
▼	▼	▼	0848	0905	0948	1048	1122	1148	1248	1348	1422
0643	▼	▼	0907	▼	▼	1125	▼	1125	▼	1424	▼
▼	▼	▼	0914	▼	▼	1131	▼	1131	▼	1431	▼
▼	▼	▼	0915	▼	▼	1132	▼	1132	▼	1432	▼
▼	▼	▼	0917	▼	▼	1134	▼	1134	▼	1434	▼
0646	0735	0851	0951	1051	1151	1251	1351	1543	1607	1812	
0652	0739	0855	0955	1055	1155	1255	1355	1548	1611	1816	
0655	0744	0857	0957	1057	1157	1257	1357	1550	1614	1819	
0658	0748	0858	1000	1100	1200	1300	1400	1553	1616	1821	
0701	0751	0905	1005	1105	1205	1305	1405	1558	1618	1823	
▼	0800	▼	▼	▼	▼	▼	▼	▼	▼	▼	
0711	0915	1015	1115	1215	1315	1415	▼	1608	1628	1833	
0715	0918	1018	1118	1218	1318	1418	▼	1611	1632	1837	
0717	0920	1020	1120	1220	1320	1420	▼	1613	1634	1839	
0721	0924	1024	1124	1224	1324	1424	▼	1618	1638	1843	
0725	0928	1028	1128	1228	1328	1428	▼	1622	1642	1847	
0732	0935	1035	1135	1235	1335	1435	▼	1629	1649	1854	

200 201 358

- Thetford Bus Interchange (Stand D)
- Thetford Sandhury
- Santon Downham St Mary's Church
- Brandon Liphpath Road
- Brandon Old Forge Court
- Brandon Pond Lane
- Brandon IES Breckland School
- Lakenheath Post Box
- Lakenheath Postford Close
- Ersell North Road
- Ersell North Walk
- Holywell Row Holywell Farm
- Beck Row Parkside
- Beck Row Parkside
- West Row Blenheim Close
- West Row St Peter's Church
- West Row Nave Gardens
- Mildenhall Mildenhall Hub
- Mildenhall Clare Close
- Mildenhall Bus Station (Stand B)

200 201 358

- Mildenhall Bus Station (Stand B)
- Mildenhall Clare Close
- Mildenhall Queensway
- Mildenhall Mildenhall Hub
- West Row Blenheim Close
- West Row St Peter's Church
- West Row Nave Gardens
- Beck Row Parkside
- Beck Row Parkside
- Holywell Row Holywell Farm
- Ersell North Road
- Lakenheath North Road
- Lakenheath Postford Close
- Lakenheath Post Box
- Brandon IES Breckland School
- Brandon Pond Lane
- Brandon Old Forge Court
- Brandon Liphpath Road
- Santon Downham St Mary's Church
- Thetford Sandhury
- Thetford Bus Interchange (Stand D)





*Arrangements done at recent classes*

## Lakenheath Flower Club

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

**Discover a new skill**

**Learn about arranging flowers**

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

**The Flower Arranging club meets on the second  
Monday of the month at 2-00 pm in Lakenheath Village Hall.  
(Not in January or April.)**

**Everyone welcome including beginners.**

**10th March 2025 Demonstration by Naomi Wells,  
Lakenheath. Area Demonstrator.**

**"Miss Cullimore"**

**Tickets £7-00**

**April 2025 AGM venue to be arranged.**

**12th May 2025 Class by Pat Scott.**

**Members demonstration for June by Treen Webb.**

**9th June 2025 Class by Treen Webb,**

**Members demonstration for July.**

**Garden Walk date to be confirmed.**

**Annual club membership is £35**

**Juniors up to 18 years £3**

**Visitors to classes £5**

**If you need any further information please call**

**Heather on 01842860997**



## LAKENHEATH 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](http://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](http://www.epicdad.co.uk)

EPIC Dad CIC is currently pausing its regular activities but will restart in April 2025. We look forward to continuing to develop our support services for fathers, father figures, and families in West Suffolk later next year.

We are also launching an EPIC Dad Podcast on YouTube in January 2025 with new episodes released on the 2nd and 4th Monday of each month. Our first episode will be available to watch from Monday 13th January 2025.

<https://www.youtube.com/@epicdad6240>



## **Squirrels BEAVERS**

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

**Squirrels** – age 4-5

**Tuesday 5pm-6pm**

**Beavers** – age 6-8

**Monday 4.45pm-6pm**

**Cubs** – age 8-10½

**Monday 6.30pm-8pm**

**Scouts** – age 10½-14

**Thursday 6.30pm-8.30pm**

All sections welcome boys & girls

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

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

Group Scout Leader

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

## **cubs scouts**



**We meet Wednesday Evenings**  
**4.30 – 5.30 (Rainbows)**  
**6.00 – 7.30 pm (Brownies)**

We do various crafts, activities and learning new skills.

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

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

or contact below for more information:

#### **Brownies:**

Emma (07713 696475) or

Cheryl (07754 540182)

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

#### **Rainbows:**

Lauren (07503157086)

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

## **VENUES FOR HIRE**

*For more information please contact*

### **Lakenheath Football Club**

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

### **Lakenheath Pavilion**

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

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

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

### **Lakenheath School**

Christine Nobbs 01842 860256

### **Methodist Chapel Community Rooms**

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



## 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](mailto: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](mailto:daphneflugal@btinternet.com)



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

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

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

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

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



# LAKENHEATH CAMERA CLUB

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

This is our programme from March to April 2025.

## **3rd March 2025.**

The E.A.F. Portfolio. A chance to see the Colour & Monochrome Prints and Projected Images that were selected to form the East Anglian Federation entries for the PAGB 2024. Exhibition. PART TWO.

## **17st March 2025.**

Print and Digital Image Competition, The subject is to be "Still Life." Members to judge this.

## **31st March 2025.**

Print and Digital Image Competition with

the Brandon & District Photographic Club. (10 prints and 10 Digital Images from each club). The Judge will be Mr. Nick Akers ARPS BPE from East Rudham, King's Lynn.

## **14th April 2025.**

Annual General Meeting.

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.*



OPEN MIC NIGHT

Christian –spiritual  
Music

23RD MARCH 2025  
at 7pm

Lakenheath methodist Church

Contact Person  
linda 01842 861160



Messy Easter

19th April 3pm - 5pm

THE SUPER COOL  
STORY OF JESUS

join us for an  
easter egg hunt!

Churches together event  
Abundant Life, St. Mary's and Methodist  
held at The Lakenheath Methodist Church  
All children must be accompanied by an  
appropriate adult



## METHODIST CHAPEL

### Offer of Prayer.

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

### Come and worship with us!

Rev David McAloon 01842 753819

### Hire our Raven and Evans rooms

Contact: Linda 01842 861160

or Melanie Smith 07847 057622



## BRANDON & MILDENHALL CATHOLIC PARISH

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

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

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

Sunday Mass St Thomas' 11am St John's 9am.  
For weekday masses and other sacraments visit:  
[www.stthomas-stjohnparish.com](http://www.stthomas-stjohnparish.com)

## WHAT DO YOU DO ON A SUNDAY MORNING?

Who was this bloke called Jesus?

Do you like arts and crafts?

We would love to see you at

### St. Mary's Church Youth Group

**We meet alongside the Sunday service.**

**11.00 - 12.00**

Suitable for all ages

*For further information call Peter on*

**07962007343**

## ABUNDANT LIFE CHURCH

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

Affiliated with the Assemblies of God UK.

We are a Bible based contemporary style

Church with a community focus. Lakenheath

Community Food Bank is also based here.

### Sunday - Morning Service - 11am

(including Sunday School & Youth Group)

### Monday - Prayer Meeting - 7.30pm.

For more info contact Pastor Vince and Lisa

Williams: 01842 862646 or 07711 996759

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

## BAPTIST CHAPEL

**Sunday Services Morning 10.30am**

**Evening 6.00pm**

**Delight thyself also in the LORD;  
and he shall give thee the  
desires of thine heart.**

*- Psalm 37*

Lifts available – contact Richard or Liz on

**01842 861191.** More information on our

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





I would like to briefly highlight some common issues that we find happen regularly on cars that come to Central Garage Lakenheath, what they mean, how to avoid them getting worse and what you could do about them.

The first and most common occurrence is the car simply not starting, maybe making a clicking sound. I heard a little tip once, I am not sure it works but here goes; when it is really cold, turn your lights on while you scrape the car and as these heats up the battery slightly, it helps the battery be ready to start the car. I have no idea if this actually works and please don't hold me to it!

This will always happen at the worst time possible (when is ever a good time?) but there are a few things that you can do! There are several reasons for this but by far the most likely cause for this is the failure of the battery. Batteries normally last around 3 years; of course, some last much longer (especially the ones fitted to the car when new) and some last less than this.

You can have your battery tested. This will establish the health of the battery, the cells, and other components and whether or not it is being charged by the alternator.

Generally, the health of the battery is not so good and this is a replacement battery. All batteries come with a warranty from the manufacturer, the period varies but generally it is 3 years. This gives confidence

in it lasting this period or longer. On newer cars, batteries need to be coded into the car and this needs the diagnostic equipment that most garages carry.

Today's technology means that you can have a booster pack that is the size of a book with enough "oomph" to start most cars. It is worth keeping one of these, all charged up, in your car. Most also come with a powerful light and a means to charge your phone, just in case. If your battery is the problem, this will at least get you going again! Pop in and chat with us about what is available!!

If your battery is not charging, the alternator is usually at fault. These can be replaced and also repaired. We would always recommend a replacement as they are reasonably priced (for what they are) and again, the part comes with a manufacturer's warranty.

Having a weak battery often leads to extra wear and tear on the alternator so it is always worth having your battery checked if you suspect it is deteriorating (a symptom of this could be that it is taking longer to start the car).

We would be happy to test your battery and advise on it's health; just pop in and we will do this; no charge for the test!

There are several other reasons for a car not to start but these are the first two areas to focus on.

Another common problem that cars experience is to do with the tyres and



tracking. It is very important for safety, comfort and economy to have your wheels, tyres and steering all working at the optimum. The last thing you want to be doing is skidding around the place on some ice, thinking about tyres!

The symptoms here may be a heavier than usual steering wheel, the car drifting to the left or right, gradually or quite pronounced, a white line forming just above the flat area of the tyre, a noticeable difference in ride quality, that is bumps in the road, speed bumps, pot holes and the like; it might just be a difference “noise”.

The first and obvious item to check is the tyres. It is important to “get to know your car” so you can quickly see if something is not quite right and this is very true with tyres. Tyres do not generally lose air unless there is a problem but they do need regular checking as they “live” in a very precarious world and suffer from problems very easily! Sometimes it is easy to see that a tyre is lower than usual and on seeing this, have a check for things that have caused a puncture. It is worth checking for such often as sometimes, the offending item can still be in the tyre and not actually leaking (until you take it out!)

Tyres are obviously very important, especially in this wintery weather and most garages can check your tyre for leaks, both in the tyre itself, the valve and the rim and advise on the best course of action. I carry a tyre inflator with me “just in case” so at least I can get somewhere safer, should the tyre have a slow puncture.

You may experience a vibration through the steering wheel or in the car, especially as the speed gets higher. The most likely cause for this is that the wheels are out of balance and if you experience this, you should pop to a garage to have them check the rims, tyres and balance the wheels. Whenever you have new tyres fitted, the garage should balance the

wheels but often the material used for balancing comes off.

If the car veers to the left or right, varying from slightly to pronounced, this is a sign that the wheel alignment is not set to the optimum. If really slight, it could be the road camber and to check this, I move to the middle of the road, on the crown, for a short time, to check. Be careful of on coming traffic!

If the alignment is out, the tyres will wear unevenly, more at the outer edges, and this will mean that you will have to replace a tyre before it's time. The cost of an alignment will outweigh the cost of replacing a couple of tyres! More importantly, having tyres in a poor condition is not only unsafe, if you are unfortunate enough to be stopped by the police (or DVLA or VOSA) and they deem your tyres to be unsafe, you could receive points and a hefty fine, per tyre. I am sure you can think of better things to spend fine money on!

In severe cases, you may feel the car feeling unstable, a bit “edgy”; this is where “knowing your car” is important. If you notice something has changed, whizz to a garage and seek expert help. Most garages can do front wheel alignment on cars and for more sophisticated cars, where a lot more can be adjusted, you would need to seek a more specialist wheel alignment centre.

As usual, there are several other things that can give similar symptoms, but these are often combined with new noises, clonks, creaks and / or leaking fluids. If you think you have an issue, pop to a garage.

I do hope this brief article has been of use. If you have any concerns about your car, it just doesn't feel (or smell!) right and you would like to discuss it, please pop into Central Garage Lakenheath. We are here to help!





# LAKENHEATH COMMUNITY PRIMARY SCHOOL

As we dive into the new year at Lakenheath CP School, we're looking forward to a term packed with engaging learning opportunities, creative activities, and new adventures for all of our students.

## Twilights: Our After-School Club Success!

Before Christmas, we established a new 'wraparound care' service, Twilights. We're thrilled to share how well this is going! The children have been embracing a variety of fun and enriching activities, including baking delicious treats, engaging in playground games, exploring their creativity with arts and crafts and computing. It's been wonderful to see so many smiling faces as they learn, play, and make new friends in a safe and supportive environment. Twilights is open for all children at LCPS and runs until 6pm.



## December News

Our school council helped to raise £120. As part of our commitment to pupil voice, the children chose to donate some of this money to support Karen's Hedgehogspital (Hedgehog Rescue Centre) in Brandon. This cause is especially close to our hearts after

rescuing several baby hedgehogs from the school field last term. Karen cared for them and ensured they were ready to be safely released back into the wild. Later this term, we hope to support Karen further as we plan to help her release some of her rescued hedgehogs into our forest area—a fantastic way to teach our pupils about wildlife conservation and community kindness.



## Spreading Christmas Cheer in the Village

Children in KS1 brought the spirit of the season to the village lunch club where they performed a selection of songs from their school nativity. Their beautiful singing and enthusiastic performances were met



with warm smiles and heartfelt applause from the audience. It was a wonderful opportunity for the children to share their talents and connect with the local community, spreading joy and festive cheer to everyone present. A big thank you to the lunch club for welcoming us so warmly and to the children for their fantastic effort in making this such a special moment!

On the last day of term, our KS2 children walked down to St. Mary's Church for a beautiful carol service assembly to celebrate the festive season. The church was filled with the joyful sound of carols and bible readings about the true meaning of Christmas. A heartfelt thank you to St. Mary's Church for hosting us and to Pauline Wickham for her lovely Christmas message to the children.

Our Year 6 children who have earned their leadership badges brought festive joy to the village community by delivering Christmas cards and warm holiday wishes to local residents. Their kindness, maturity, and cheerful smiles reflected the spirit of the season. It was a proud Headteacher moment to see our young leaders



representing the school so beautifully, demonstrating the values of care and community that we hold dear.

Finally, in January, we took a large group of Year 5 and 6 children to the O2 arena in London to perform in the Young Voices Choir. It was a fantastic experience where our children joined 8000 other children performing alongside professional musicians, dancers and singers. Thanks to contributions from Goward and Evans charity, this was another unforgettable experience for our pupils.







# 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**





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



Love where you live.

## Dumping waste

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

This is a criminal offence.

CCTV in operation



## Christmas tributes/wreaths at Lakenheath Cemetery

Please would you ensure that any Christmas wreaths and decorations are removed by 1st March 2025.

Remaining items will be removed by the Cemetery Committee after this date.

Your cooperation would be very much appreciated.

Many thanks

*Cemetery Committee  
February 2025*



# THE CLUBHOUSE

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THE PERFECT VENUE FOR ALL PARTIES,  
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PLEASE CONTACT MISSY ABOUT AVAILABILITY

07834983094 - MISSYW19@HOTMAIL.CO.UK

 @LAKENHEATHFC

 LAKENHEATHFC@GMAIL.COM

 @LAKENHEATH\_FC





Many of you will remember "The Great Tommy Sleep Out" from last year, featured in our Summer magazine.

Chris Forbes camped outside the Co-op to raise money for the RBLI, a charity that provides incredible veterans support.

Chris has chosen to pitch up on Friday 28th March this year so please show him your support if you are visiting the High Street.

Every pound raised from The Great Tommy Sleep Out help UK veterans by allowing them to provide safe homes and the support they need to get back on their feet.

***Good luck Chris and keep warm!***

## **Lakenheath Parish Council Supporting Charities**

For this quarters magazine we have chosen to support the Parkinson's Charity. Parkinson's is a rare nervous system disorder that affects movement. Currently, there is no cure for this, further emphasising the importance of the Parkinson's National Awareness Day.

This year it falls on Friday 11th April and everyone is encouraged to wear the colour blue to signify this.

It's purpose is to raise awareness about Parkinson's across the United Kingdom and provide support to those living with the condition.

I'm sure we all know someone who suffers with this condition, be it family or friends.

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

**PARKINSON'S<sup>UK</sup>**  
**CHANGE ATTITUDES. FIND A CURE.**



# LAKENHEATH NOTICE BOARD

## Lakenheath Good Neighbours

### We are here to help.

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

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

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

### Polite Reminder

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

## Lakenheath Good Neighbours

We are looking for volunteers to join our happy band.

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

Please phone 07857 801 802  
for an informal chat.



## Lakenheath Friendship Club

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

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

## Diary of Village Events

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

**Thanks Nicky Glading**

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





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

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

**01842 669575**

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

**Opening times:**

CLOSED Monday

Tuesday 5.30-10.30pm

Wednesday/Thursday/Friday/Saturday 12-10.30pm

Sunday 12-8pm

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

**Exciting news coming soon**

Breakfasts • Outdoor renovation • Sunday barbecues  
Souffle pancakes





LAUNCHING SPRING 2025

# Cornfields

LAKENHEATH  
SUFFOLK

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

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



Register your interest

01284 766057

Please quote ref: LTM0325



[bennett-homes.co.uk](http://bennett-homes.co.uk)





# THE PADDOCKS

COFFEE BAR

*Coffee Bar*

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AVAILABLE TO GO



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WILLOW GROVE FARM  
STATION RD, LAKENHEATH,  
IP27 9AA



# LAKENHEATH

## We're Coming To You

PROJECTS4 RENEWABLES

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heating & cooling solutions



**Suffolk**  
County Council

**West Suffolk**  
Council

***Providing FREE energy efficiency measures  
throughout your community.***

### What measures are covered?

- Solar PV
- Air Source Heat Pump
- Loft Insulation
- Cavity Wall Insulation
- Flat Roof Insulation
- Electric Storage Heaters
- Mechanical Vents
- Smart Heating Controls
- FREE EPC Assessment
- First Time Central Heating/  
Boiler Upgrade

### What's in it for you?

- Reduced Energy Bills
- Protect Yourself from Rising  
Fuel Prices
- Generate Your Own  
Electricity
- Increased Comfort in Your  
Home
- Add Value to Your Home
- Contribute to a Cleaner,  
Greener Future

***Visit the website below to find out what Government  
Grants you qualify for and start saving!***

**[www.projects4renewables.co.uk/community](http://www.projects4renewables.co.uk/community)**





# MOLA

## Cafè & Lounge

18, High Street, Lakenheath IP27 9JS

01842 681138

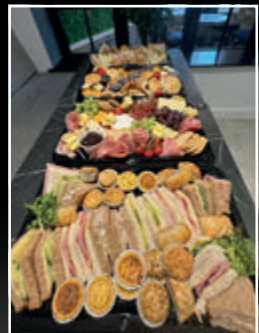
Kick off your day with an amazing choice of breakfasts, graze through the morning with your selected cake, coffee or tea. Lunch with a burger, baked potato, panini or just a sandwich. Delve into our choice of lasagna, including a vegan option and don't forget our salads.

Bring your party to us and you can experience the Magic of **MOLA!**

We do buffets for all occasions. Parties, corporate events and wakes at all times of the year. Whatever the occasion just call our helpful staff for more information.

Rear decking is available for those sunny days where you can enjoy a cold drink, even a bottle of bubbly!

Parking is also on site.







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MAGIC SHOW**  
*where the magic begins*

For all Children's Party Entertainment .  
 Magic show, Balloons, Games, Disco, Prizes  
 & Wizards Workshops for the older kids  
 Great prices  
 Call 07464005217  
[www.cmshappykids.com](http://www.cmshappykids.com)



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

Home delivery is also available.

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

Our contact numbers are:

**01842 861 222 / 01842 862 666**

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

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

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

Per adult £18.95 and children under 10 years £11.50

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





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## LAKENHEATH OPTICIANS



**Independent Opticians (UK & USA Trained Optometrists)**

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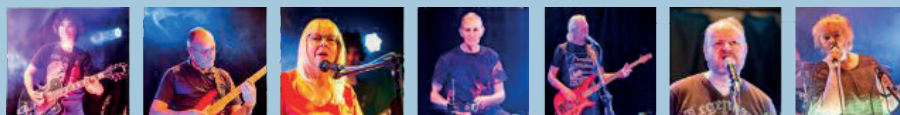


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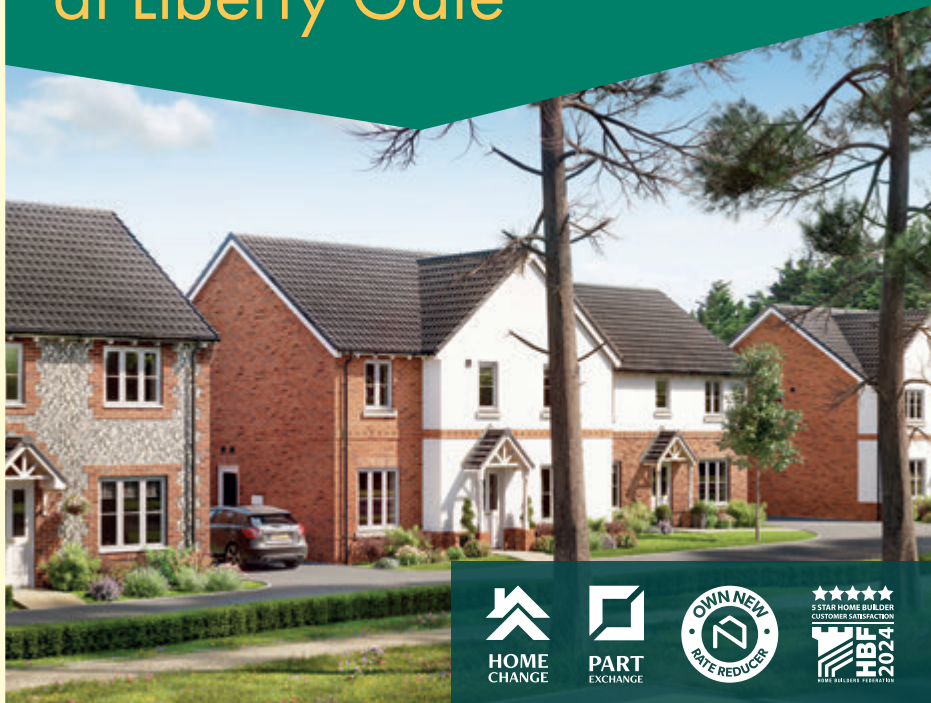
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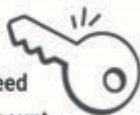
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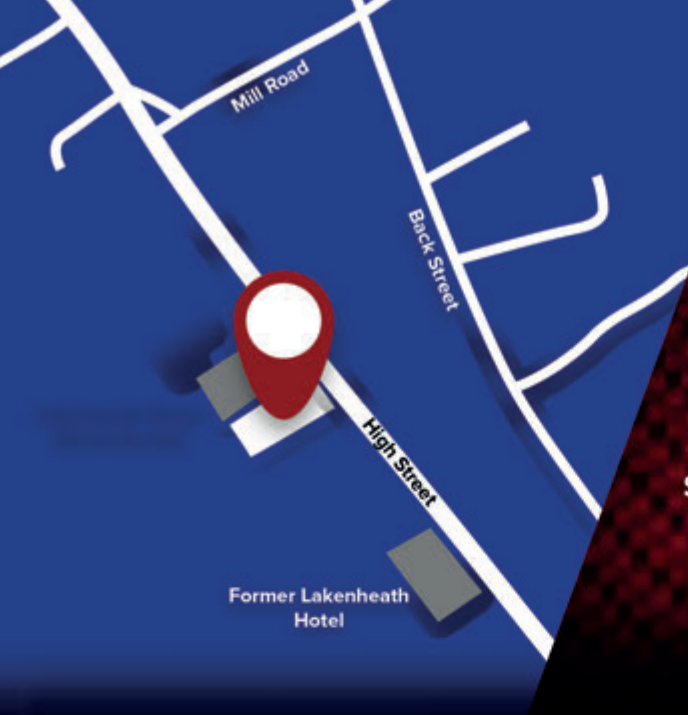


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