



LAKENHEATH

TIMES

Summer 2026

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

clerk@lakenheathparishcouncil.gov.uk

Telephone: 01842 860598

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

Phone: 020 7219 6191

Email: nick.timothy.mp@parliament.uk

Suffolk County Council deals with:

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

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

West Suffolk Council deals with:

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

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

The Christian Enterprise Foundation



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

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

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

Any grant requests should be put in writing to:

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

Useful Websites

Abandoned vehicles

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

Assisted bin collection service

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

Benefits and support

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

Bins

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

Bin missing/ sacks

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

Births and deaths

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

Bulky items collection

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

Cost of living help

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

Debt and finance

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

Dog Fouling

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

Environment

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

Find information on your address

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

Fly posting

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

Fly tipping

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

Graffiti

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

Licensing

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

Litter

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

Litter - Drug related

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

Nuisance vehicles

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

Parking on street – civil enforcement

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

Parking fines and appeals

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

Parking on pavements/verges

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

Parking – report an infringement

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

Planning

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

Waste Guide

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

POLICE

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

Call 101 for police if the matter is less serious.

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

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Lakenheath Times Advertising Rates are very reasonable!

Deadline for Autumn Issue 1st August 2026

Why advertise with us?

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

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

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

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

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

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LAKENHEATH LIBRARY

Tel: 01842 668445

LAKENHEATH PAVILION BOOKING CLERK

Tel No: 01842 860124 or

07789 499970

Email: mail@lakenheathpavilion.org

Website: www.lakenheathpavilion.org

LAKENHEATH PRIMARY SCHOOL

Tel No: 01842 860256

CONSTITUENCY OFFICE

Tel No: 01638 590640

MP

Nick Timothy

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Email: nick.timothy.mp@parliament.uk

PARISH WEBSITE

Website: www.lakenheath.onesuffolk.net

PHARMACY

Tel No: 01842 862884

POLICE

(Non-emergency) Tel No: 101

SURGERY

Tel No: 01842 860400

LAKENHEATH PEACE MEMORIAL HALL AND OLD LEGION

Tel: 07538 609281

Email: bookings@lakenheathpmh.org

Website: www.lakenheathpmh.org

WEST SUFFOLK COUNCIL

Tel No: 01638 719000

Website: www.westsuffolk.gov.uk

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.

DISCLAIMER

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

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A Message from Lakenheath Parish Council Chair Nick Smith

Well, what an amazing few months!

The staggering Parish Donation to the new Lakenheath CP School and the new Memorial Garden in the cemetery. Both are well documented within this issue and it does make interesting reading.

The Annual Assembly took place slightly earlier this year, at the end of March. Around 80 people attended the Peace Memorial Hall from many diverse organisations. Presentations made by the groups, ideas and problems shared, followed by refreshments. The finale, of course, the new Chair of Pride in Place Mike Molina.



One recurring problem is again the shortage of volunteers faced by the organisations in the area. The Speedwatch Team has had to fold at a particularly worrying time as long Summer holidays loom and the new school opens in Station Road.

Lakenheath in Bloom is also unsustainable in its current form and have approached the Council. At the time of writing, discussions are taking place.

The Youth Club regrettably have withdrawn their advert appealing for helpers as no-one has come forward after appearing in many editions.

If you do feel you have even a little time, please contact the Council.

However, we continue to improve the village and have a few targets in our sights. You will have noticed the BT Site and this is an ongoing project.



Finally, may I take this opportunity to thank three councillors who, sadly, have decided to stand down. As we say goodbye to Councillors Wendy Overy, Jenny Murfet and Peta Gyte. They have worked tirelessly within the Council and the community and their invaluable input will be sorely missed.

However, we now welcome, Kerry Spicer-Denford and Richard Denford, who were co-opted on to the Parish Council at the May meeting.

Have an amazing summer!

Nick Smith

Lakenheath Parish Council Awards Record £60,000 to Support New School Play Facilities

Lakenheath Parish Council has awarded a record £60,000 towards the provision of outdoor play equipment for the village's new school, marking a significant investment in the future of local children.

The new school will feature modern, state-of-the-art buildings. However, due to funding constraints, outdoor play facilities are not included within the current project budget. To provide play opportunities comparable to those available

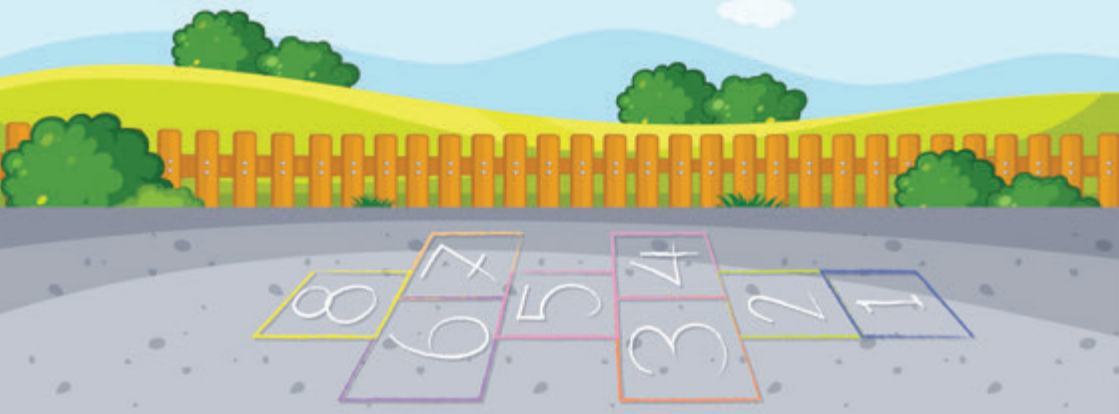
at the existing school site, an estimated £150,000 must be raised.

Staff, pupils, and parents have already made an impressive start to fundraising efforts, demonstrating strong community commitment to the project. The Parish Council's contribution represents a major step forward in reaching the overall target.

Despite this substantial grant, further support is still required. The Council is encouraging residents, local organisations, and businesses to continue supporting fundraising initiatives to help deliver high-quality outdoor facilities for the new school.

A Parish Council spokesperson said:

“This is a vital investment in Lakenheath's future. We are proud to support the school community and hope this contribution inspires others to get involved and help bring this important project to completion.”



*'It's a smile, it's a kiss, it's a sip of wine...
it's summertime!'*

Summer is here, and with it comes the excitement of the school holidays and the promise of longer, brighter days.

This season invites us to slow down, enjoy warm evenings, and make time for the simple pleasures, whether that's sharing picnics, hosting BBQs with friends and family, or exploring new activities. There's a special kind of energy in the air that brings people together and encourages us to make lasting memories.

I hope you find the summer magazine enjoyable and full of inspiration.

Let's make the most of the sunshine, create new memories, and embrace all the little moments that make summer so enjoyable.

Denise

The Christian Enterprise Foundation

The Christian Enterprise Foundation is delighted to support Lakenheath Community Primary School with a grant of £37,030.

This funding will contribute towards the establishment of the new primary school nursery and the development of an early years garden, creating a positive learning environment for local children. The garden will offer a dedicated outdoor space where younger pupils can learn, explore and develop through play, supporting their early development in a safe and engaging setting.

The Foundation's trustees are pleased to be able to support a project that will have a lasting impact on families within the village. Investment in early years education is vital to building strong foundations for the future, and this new provision will benefit children in the community for many years to come.

The Christian Enterprise Foundation was established to benefit the village

of Lakenheath and continues to honour the wishes of its benefactor by supporting local organisations, groups and initiatives. Since grant funding began on 19 January 2015, the Foundation has awarded £478,286 in funding, benefiting a wide range of local groups and societies.

The trustees are always keen to hear from local organisations and community groups who may benefit from additional funding. If you are involved in a project that supports the local community and would like to find out more, please get in touch care of The Peace Memorial Village Hall, 98 High Street, Lakenheath.

We are pleased to invest in the future of our community and wish the school every success as it begins this exciting new chapter



Squadron Leader Patrick "Pete" Peters

"I would like to offer my most sincere gratitude to everyone in the community who lined the High Street in Lakenheath for Squadron Leader Patrick "Pete" Peters funeral procession on Friday, 20th February. As his son, I was deeply moved and humbled by so many people taking the time to honour his service to his country and the kind and supportive comments made to me that morning from both neighbours and strangers. I have been told that at least 200 people were there and that some even came from outlying villages. I am deeply grateful to you all.

In 2024, the Veterans Minister, Alistair Carns, visited my father at home to present him with the Nuclear Test Medal for his work sampling Atomic clouds in 1954. During this visit I discussed with the Minister that medals should really also reflect the support and contribution of wives and partners who have to accept the considerable risks to those



that serve in His Majesty's Armed Forces, whilst running the family home and caring for their children during their partners deployment and operational missions. My late mother, Rosemary, was one of many exceptional women whose silent and consistent contribution in supporting their partners Military career, must be acknowledged and recognised. It might be considered they too serve our Country and that wives and partners today continue to do so"

Gareth Peters

The Lakenheath Electric Kettle



Many of the more senior members of our village will remember the three very different gentlemen of whom I write: Maureen's grandad, Bill Brown; Mr Walter Smith, who lived just two doors away in Wings Road; and Mr Tom Rolph, father of Jennifer Ottowell, who lived and kept a shop on the High Street.

Grandad Bill was quite a character. He had fought in the First World War and later served as a plane spotter up on the Warren during the Second. After the war, he bought himself a fine second-hand car from a friend—despite not having a driving licence. Nevertheless, he took great pride in it, cleaning it every week whether it had been used or not. Fortunately, his son and sons-in-law were licensed drivers, so the car did not sit idle for long.

During the war, Grandad Bill decided to embrace a modern convenience and ordered what is believed to have been the first electric kettle in Lakenheath. This was no ordinary purchase, especially in wartime.

The kettle was made by Mr Walter Smith, the local blacksmith. In addition to his trade, Mr Smith also worked as a barber in a shed in his garden, where many village boys—myself included—had their hair cut. Resourceful and skilled, he took on the unusual task of making an electric kettle. However, his efforts did not go unnoticed, and he was duly admonished by the War Office for using valuable raw materials during a time when such resources were strictly controlled.

Of course, a kettle is of little use without electricity. This was supplied by Mr Tom Rolph, who ran a shop on the High Street selling and repairing electrical goods. More remarkably, he also owned a generator, housed in a shed in the lane opposite his shop, from which he supplied electricity to a number of villagers, including Grandad Bill.

One cannot help but wonder whether a meter was ever involved in this arrangement.

And so, in its own modest way, this kettle represents a small but memorable piece of village history—perhaps the first of its kind in Lakenheath.

**Article kindly provided by
Bill Smith**

ST. MARY'S CHURCH, LAKENHEATH

☕ **COFFEE** ☕
MORNING

Saturday June 27th

10:00 – 12:00 a.m.

Drinks, cakes, raffle, tombola
and much more.



Everyone welcome!

Lighthouse

For a brighter future, free from domestic abuse



Mel Finch
Course Facilitator
and Centre Triage

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

☎ 01473 228270

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

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

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

Registered Charity Number: 1069296

GOWARD & EVANS CHARITIES LAKENHEATH

Reg Charity No. 253727

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

Applications for our next meeting (including those wishing to apply for support for Post-16/18 Education – 6th Form/College/Further or Higher Ed/University etc) are required by **23rd August 2026** at the latest please.

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



Financial Inclusion Service

→ Helping you with money

We can help you to:

Maximise your income



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

Explore options for increasing your income



Manage the money you have

Support with budgeting

Reduce your spending



Check for any reductions on household bills

Explore grants for household items



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

Contact us



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

The Renters Rights Act

Changes for tenants who rent privately



The Renters' Rights Act introduces important changes for tenants who rent their homes from private landlords. The changes aim to give tenants greater security, fairness, and flexibility in their homes. This leaflet gives a quick guide to the changes and what they mean for tenants in West Suffolk.

The following changes are effective from **1 May 2026**. Other changes will follow although dates have not yet been confirmed.

The council can fine landlords who break the new rules.

No more section 21 evictions

From 1st May 2026, landlords cannot use a section 21 notice to evict tenants, and will only be able to end a tenancy for a valid reason.

However, if your landlord gives you a valid section 21 notice before 1 May 2026 they could still ask the court for a possession order to evict you. They will only have a limited time to do this and you can stop the eviction if the notice is invalid.

No more fixed term tenancies

Most private tenants currently have an Assured Shorthold Tenancy. These will automatically convert to Periodic Assured Tenancies, which are rolling agreements with no end date. Landlords must provide existing tenants with a government produced information sheet by 31 May to explain these changes.

Tenants can end the tenancy by giving 2 months' notice, or less if the landlord agrees.

Rent Rules

Landlords can only ask for one month's rent in advance and they can't accept more than the advertised rent.


Rent can only go up once a year, after the landlord giving 2 months' notice.


Right to ask to keep a pet


Tenants can ask to keep a pet. Landlords can only say no for a good reason.

End to discrimination

Landlords and agents can't discriminate against any tenants just because they have children or claim benefits.

 For more detailed information about these changes and the Renters Rights Act: safesuffolkrenters.org/tenants

 If you are affected by the Renters Rights Act and need help or advice: safesuffolkrenters.org/contact

 If you are threatened with homelessness: westsuffolk.gov.uk/housing/find_a_home/homelessness.cfm

West Suffolk
Council





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

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

Suffolk Connected – Stay Informed:

Suffolk Connected is our system designed to keep residents updated on local policing news, crime prevention advice, and community alerts.

Register today:

Visit: www.suffolk.police.uk/suffolkconnected

Home and Garden Security:

- Secure sheds, garages, bikes and tools (a big local issue)
- Lock doors/windows even when at home or in the garden
- Mark or register bikes and tools
- Be mindful of rear garden access and side gates

Report any suspicious activity.

ASB and Youth Related Issues:

- Persistent noise or gatherings late at night
- Damage to play areas, benches or public spaces
- Drinking or anti-social behaviour in communal areas
- Intimidation or nuisance towards residents
- Ongoing issues that affect quality of life

Early reports help prevent escalation.

Rural and Open Space Safety:

- Illegal off road motorbike use
- BBQ safety and fire risk in dry conditions
- Respect open land, livestock, and footpaths
- Report any suspicious rural activity

Protect our countryside – report misuse.

Vehicle Security:

- Don't leave vehicles unlocked while popping into shops or homes
- Remove valuables completely (not just hidden)
- Lock vans used by tradespeople overnight
- Report suspicious activity around parked vehicles

Lock it, check it – report anything suspicious.

Distraction Burglaries and Rogue Traders:

- Saying no to unsolicited traders
- Callers refusing to leave when asked
- Pressure to pay cash or decide on work immediately
- Use door chains
- Verifying ID properly
- Encourage neighbours to look out for vulnerable residents

If in doubt – don't engage, report it.

Your community police officer:

PC 503 Cameron



Lakenheath Life.

Poem by Robert Rolph

Lakenheath life has changed through the ages,
it can now be read from the restyled pages
of the Church magazine, our monthly news,
containing the rotas, the adverts, and other folks' views.
Lakenheath's war years brought the Women's Land Army,
all those young ladies sent the local lads barmy.
In time many of these girls, the local lads married,
and so blood from north, south and west was now carried
into the veins of Lakenheath new,
some of us here...perhaps me, or you.
Now, the Land Army hostels replaced at quayside,
by the place where the old folks reside.
The Americans came and did integrate,
and local young ladies made brides for the States.
Thus Lakenheath life was spread over the Atlantic,
leaving brides parents feeling quite frantic.
The American aircraft have always ben heard,
and are quite Lakenheath's noisiest birds.
It's useless to speak if F ONE ELEVENs
have swept back their wings to reach for the heavens.
We've had fighters, bombers and flying fuel tanks,
serviced and flown by our friends, some call yanks.
When the 'B' Thirty Sixes ten engines turned on their power,
the noise and vibration shook our Church tower.
The cups in the cupboard and plates on the shelf,
I remember those giants quite well myself.
Lakenheath fens are now drained so dry,
that there isn't enough rain from the sky,
and water is pumped from the ditches through pipes and reels.
To rain guns that travel the acres on wheels.
This makes the crops so very prolific,
does it make sense? The cost is terrific.
They tell us our country has a surplus of food.
So production at cost cannot be good,
unless our surplus to the third world is flown,
for there not enough food is grown.
We've all seen their plight, shown on the telly.

None of them have enough food in their belly.
Freezing at night and baked by the sun,
living there cannot be fun.
Now we are along way from Lakenheath fen
and the old days of farming, and when
the water was surplus and pumped out to sea,
through hand dug dykes all done properly.
The wage per chain was not very high,
for working in water up to your thigh.
Horses not tractors pull the farm implement
one acre a day and they were content.
Now, harvests soon over with all our power,
no wonder there's surplus – and men unemployed.
If we all worked just three days it could be enjoyed.
What would all the old folk have thought in the past,
to see all the farm work being done so fast.
No armies of workers out in the sun,
just a man on his tractor, sat on his bum.
Making things look easy, until it breaks down.
Then out with the spanners and on with a frown,
skin off his knuckles – perhaps a bad word.
Have a look round, nobody's heard.
No one's there so no one hears,
you work alone on the farm these latter years.
Lakenheath life in some ways has diminished,
for much local craft has now all finished.
Cobbler and Blacksmith and Bakers abundant.
So many pub drinkers never need be redundant.
On Sundays families walked down the road
and along the bank of Lakenheath Lode.
Round to the High Bridge and sit on the rail,
where they would enjoy a glass of good Bullards ale.
The Green Dragon is gone. No more Swan near the Station.
Star, Chequers, Wagon and Horses and Anchor no more give temptation,
to drinkers, to sup their brew.
For on some of the sites, stands something quite new.
No more Carron Shop. The Cinema's demolished.
Local killed meat at the butchers, is that all abolished?
I know I've not finished – there is so much more.
If I continue it might be a bore.
And this just won't do I fear,
so it's Lakenheath Life continued next year!



West Suffolk Council

West Suffolk Council offers support to households at risk of significant fuel hardship

Households that are experiencing or at risk of significant fuel hardship are being targeted for support by a West Suffolk Council service.

The council's Financial Inclusion Service will be contacting over 2,000 low-income households that it has identified as likely to be experiencing or at risk of significant fuel hardship. It will be working to maximise their income and direct them to all means of suitable help.

The conflict with Iran has seen oil prices surge – the Government has announced that over £50 million of support to help for low-income households with the extra cost. In Suffolk that support is to be distributed by Suffolk County Council through its Crisis and Resilience Fund which starts next Wednesday 1 April. Residents who require immediate support may be eligible for help with heating costs through the existing Local Welfare Assistance Scheme (LWAS) with priority being given to fuel payments,

(second applications will be accepted for Heating Oil Payments).

West Suffolk Council's Financial Inclusion Service can help households check if they are getting all the support that they can.

Cllr Donna Higgins, Cabinet Member for Families and Communities at West Suffolk Council said: "I know many people are anxious and worried about the impact of these price rises. That's why we are targeting support to low-income households who we believe may be experiencing or at risk of significant fuel hardship, to see if we can boost their income and get the help they need."

But the council recognises that other households may also need help.

Residents are advised to use a benefits calculator at home such **Better Off Calculator - Policy in Practice** to see if there are any benefits that they are entitled to. It is completely free to use and confidential. Some unclaimed benefits may also be back dated.

West Suffolk Council is also offering a free Energy Advice Survey to homeowners, private tenants and landlords who are looking to improve their homes energy efficiency and help reduce fuel bills. They can also advise on eligibility for grants to support these works. Contact environment@westsuffolk.gov.uk to book in a visit.

Many of our partner organisations can also help. These include:

- Citizens Advice West Suffolk can provide money advice support
Citizens Advice West Suffolk | Free, confidential, independent advice

- Realise Futures offers help with household budgeting **Confidence to Deal with Everyday Household Budgeting – Realise Futures**
- Reach Community Projects can help with managing debt **Reach Haverhill : I need help with debt**

More information on cost-of-living support can be found on West Suffolk Council's website at www.westsuffolk.gov.uk/cost-of-living These webpages also detail more on our Financial Inclusion Service. If resident need additional help they can contact our Financial Inclusion Service on **01284 757660** or at **Financial Inclusion Team Enquiry Form**.

HUMANS OF WEST SUFFOLK

Don't bin them, recycle your old electricals

LAKENHEATH
Wings Road Car Park, IP27 9HW

 **recycle your electricals**

Together with
West Suffolk Council

Significant Progress at Suffolk's First Net-Zero School

The Lakenheath project is progressing in line with the programme and continues to meet all key milestones. Works on site are advancing efficiently, with strong coordination across all trades ensuring targets are consistently achieved. Quality and safety standards remain a priority, with no impact to the overall delivery schedule. The project remains on track for completion as planned, with handover expected on time.



Seven talented pupils from Lakenheath Primary School saw their artwork brought to life on the site hoarding at the entrance of their brand-new, state-of-the-art school. A fantastic way to celebrate creativity and give students a real sense of ownership in their new space, we think they did an amazing job!



We commissioned this educational resource for Lakenheath New Primary School to help pupils and visitors understand the ground source heat pump system installed on site.

The visual display explains how 20 boreholes, each 150 metres deep, provide sustainable heating, while also illustrating the different geological layers beneath the school. Designed to be engaging and informative, it links renewable energy with local history and science, making complex infrastructure accessible and meaningful for young learners.





East Anglian Air Ambulance: Support our urgent Cambridge Air Base Appeal

Cambridge Airport – home to our Cambridge crew – will be closing. Without a base in Cambridgeshire, we risk losing half of the service that currently responds to medical emergencies across our region.

24/7 365 days a year, our crews deliver hospital-level care to people facing sudden medical emergencies. We're not just a fast transfer to hospital; we bring the emergency department to the scene, giving people the best possible chance when every second counts. But right now, this lifesaving service is under threat.

With no Cambridge site, our air ambulance service will be cut in half – leaving just one base in Norfolk. With no crew in the centre

of the region, tasking times to patients who are facing time-sensitive, life-threatening emergencies, will increase dramatically – putting local lives at risk.

We need your help to relocate and build a new base

As a charity, every mission we attend is only possible thanks to public donations.

Please act now and donate £30 to protect the future of lifesaving care in East Anglia: eaaa.org.uk/base

Recycle even more!

In June 2026, your Recycling and Waste Services will be changing to make it easier for you to recycle more. You'll receive a new recycling bin and food waste caddies as part of the changes.

Better Recycling
For WEST SUFFOLK

Paper & Card



Cardboard



Books



Paper



Shredded Paper

Containers



Glass bottles & jars



Plastic pots, tubs, trays, & bottles



Metal food & drinks cans



Cartons



Plastic films

Food Waste



Fish (inc bones)



Plate scrapings



Meat (inc bones)



Tea bags & coffee grounds



Fruit & veg



Pet food



Breads



Dairy

General Rubbish



Dirty fast food containers



Bagged vacuum contents



Bagged animal waste



Nappies



Other non recyclable waste

Garden Waste

Subscription Only



Small branches



Leaves



Dead plants & flowers



Grass trimmings

Suffolk recycles

WWW.SUFFOLKRECYCLING.ORG.UK





Lakenheath Parish Council do not organise bin collections.

If you have a query, please contact West Suffolk Council

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

Or phone **01284 757320**

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

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

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

A woman smiling and holding a green glass bottle and a carton of juice. In the background, there are recycling bins and a QR code. Text includes 'Suffolk recycles', 'Better Recycling IS COMING TO SUFFOLK', and information about recycling services in June 2026.

Suffolk recycles

Better Recycling
IS COMING TO SUFFOLK

In June 2026, your Recycling and Waste Services will be changing to make it easier for you to recycle more.

You'll receive a new bin and food waste caddies as part of the changes. If you live in a flat, new communal bins will be provided and clearly labelled for you to sort your recycling easily.

www.suffolkrecycling.org.uk/better-recycling

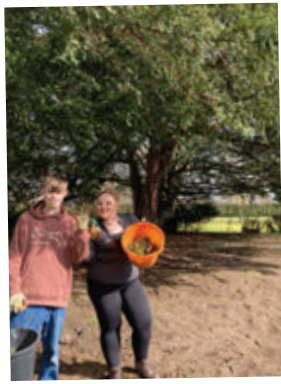


“Volunteers are not paid-not because they are worthless, but because they are priceless.”

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

LOVE WHERE YOU LIVE

A BIG THANK YOU TO OUR YOUNG VOLUNTEERS



The Parish Council would like to extend heartfelt thanks to all our young volunteers who recently helped with the cemetery weeding, gardening, and mulching.

Your willingness to give up your time, roll up your sleeves, and care for this special place means a great deal to the whole community. It's genuinely uplifting to see the youth of today stepping forward with such enthusiasm and kindness.

Thank you for your hard work, your good humour, and the pride you take in helping keep our village looking its best.

Well done Leo, Luca and Sofia.



FEBRUARY LITTER PICK – A HUGE THANK YOU

Our February and April litter picks saw a fantastic turnout from both villagers and service personnel, whose enthusiasm made a real difference. With many hands pitching in, we collected numerous bags of rubbish and gave several areas a much-needed tidy.

Our next community litter pick will take place on **Saturday 4th July**, with a new poster appearing later in this issue.

Everyone is warmly invited to join us in keeping our village clean and welcoming. It's a simple way to make a big difference — and the more the merrier.



GOOD FRIDAY LITTER PICK AT THE PLAYPARK

Well done to Abi, who had a morning of cleaning up the playground for everyone else to enjoy over the Easter weekend.

YOUR VILLAGE NEEDS YOU!

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

Please contact the Parish Clerk (Clerk@lakenheathparishcouncil.gov.uk) if you would be willing to join this happy group in putting magazines through letterboxes.



Lakenheath Parish Council VOLUNTEERS NEEDED!



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

Contact: Clerk@lakenheathparishcouncil.gov.uk

Summer Gardening 2026

by Rachel Sobiechowski BSc. (Hons)

Summer is truly the season to celebrate flowers—whether you're enjoying beds of sunny perennials, the fragrance of roses and shrubs, or bursts of colour in hanging baskets and containers. While there's always something to do, don't forget to take a moment to relax and admire your beautiful handiwork. Here are some helpful tips for each month to help you plan, keep your garden thriving, and get the very most enjoyment from your outdoor space.

June

If your hanging baskets are growing unevenly, just give them a little trim and you'll soon see lush, bushy growth in return. It's a great time to feed containers and baskets regularly—choose a high potash feed to bring out lots of cheerful flowers.

June is perfect for taking softwood cuttings from shrubs, short-lived perennials, and woody herbs. Snip a 4-inch (10cm) non-flowering shoot below a leaf bud, remove the tip and bottom leaves, dip in hormone rooting powder, and plant in cuttings compost. Give them a drink and keep them cosy by popping a clear plastic bag over the top until they take root.

If you haven't already, now's a great time to prune back spring-flowering shrubs that have finished their show (think forsythia, lilacs, and bridal

wreath spiraea).

Warm weather brings out not just gardeners, but pests too! Keep an eye out for aphids (greenfly, blackfly, and whitefly), as they love the heat. Caught early, you can simply remove them by hand. It's helpful to stay on top of these visitors—they can spread plant viruses.

July

Watch out for blight on potatoes and tomatoes—this fast-moving disease has no cure once it sets in. The spores of *Phytophthora infestans* are carried by the wind and can even linger in the soil. Stay informed with blight warnings, check out <https://blightspy.huttonltd.com/> and, if blight strikes, harvest your potatoes straight away and use them soon.

Camellias, azaleas, and rhododendrons are now setting next year's flower buds. If these plants don't flower, it's often down to their roots drying out at this crucial time—especially in containers. Keep them watered (rainwater is best for these acid-loving friends), and if tap water is your only option, watch for yellow leaves and treat with a little iron tonic if needed.

Wisteria looking a bit wild? Tidy up the new growth by cutting stems back to five or six leaves from their base—this lets in light and air, and helps ensure a fantastic floral display next year.

Around mid-July, it's time to thin out fruit on your trees. The "June drop" is nature's way of thinning, but giving a helping hand lets remaining fruit grow bigger and healthier.

Thinning also lets sunlight and air circulate, helping fruit ripen evenly and reducing disease. Plus, your tree's branches won't get weighed down and risk breaking.

August

English lavender (*Lavandula angustifolia*) benefits from a yearly

trim to keep it neat and happy. Once flowering is over, snip off the stalks and about one inch (2.5cm) of this year's growth, making sure there's still some green left.

If it's a dry summer, water wisely! The best method is to soak the soil at the base of your plants, rather than spraying leaves or the air. This way, every drop helps your plants stay healthy and hydrated.

**From your gardening friend,
Rachel Sobiechowski BSc (Hons)**



P&R
Garden Supplies

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

**PLEASE CLEAN UP
AFTER YOUR DOG
BAG IT
AND
BIN IT**



LAKENHEATH LOVE WHERE YOU LIVE

Lakenheath Writers Group

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

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



Now in our 5th year

Monthly Workshops for 2026 (subject to change)
Fridays - 1.30-3.30 at Lakenheath Library

June 19

July 17

August **no workshop**

September 25

October 23

November 27

December **no workshop**



Lakenheath Writers' group
FREE 2-hour adult writing classes on a Friday once a month covering a variety of writing styles and topics.

A friendly group who meet regularly at the library, working together to expand our writing skills. Spaces limited.

Please text 07940114943 to pre-book your place or pop into the library and let Jo know.

Please bring writing materials.

Feel free to join our Facebook group for regular updates.



The facilitator

Terri has been facilitating creative writing workshops for over 20 years. 15 in the corporate arena and the last five in Lakenheath. Over the years Terri has won various writing competitions, had work published in anthologies, been featured on BBC Upload, set weekly challenges in an online forum and more recently participated in and presented at a mini poetry festival in Suffolk.

LAKENHEATH PARISH WALKS

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

We will still meet at Wings Road Car Park. Walks are about 5 miles long and take about 2 hours. If we see hares, deer etc we stop and watch them. Sturdy footwear, preferably boots, is essential. There is no charge and everyone is welcome.

Please check the notice boards for the dates. I hope that you will join us when the new dates are posted. Walking will give you a new perspective on life as well as the opportunity to make new

friends and get to know the beautiful area in which you live.

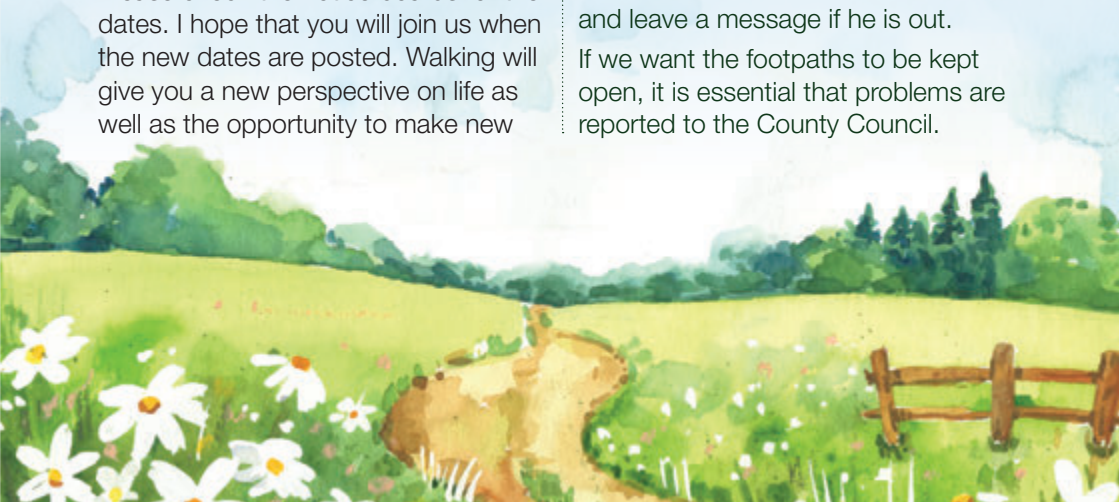
FOOTPATH NEWS

I am not sure about the state of the footpaths as I have not been well enough to go on a walk. All the paths are due to be cut over a 6 week period starting in May. So, if you go walking after mid June and find a footpath is overgrown or impassable, it is important that you report it to Suffolk County Council. Hopefully then the County Council will take action to get it cut or take whatever remedial action is required.

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

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

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





LAKENHEATH HERITAGE GROUP

Maids Cross Hill. A long story?

You may have heard that there once was a high stone cross on Maids Cross Hill and, even, that 'maids' danced around it. An article in *The Bury Free Press*, April 23rd 1932, says, "From the tower of Ely Cathedral a barrow on the highest point of the Suffolk chalk hills at Lakenheath a barrow is plainly visible." This barrow, or tumulus, (burial mound), probably constructed by the Iceni celts 3,000 or so years ago, was levelled around the end of WW2 to create much needed agricultural land. The intervention of Lady Grace Briscoe (a well-known amateur archaeologist) who lived at Lakenheath Hall caused the 'pimple,' as local children called it, to be 'put back,' as the photo from 1947 shows. Prof. Ray Bonnett.



The remaining stones were lost until one shaped stone was found in the mid 1970's under a large bed of bracken or bramble. All known archaeological sites in Suffolk are recorded, (*Suffolk Heritage Explorer*). The

Maids Cross site, LKH 043, confirms the existence of stones likely to have been part of a large medieval stone cross.

The Cross

To guide travellers in the 11th -14th centuries large 'way crosses' were often sited at a distance from isolated villages which were hidden by the landscape. Lakenheath was hidden by the rising land and the path to the village was probably barely visible from the valley bottom. A cross placed on the barrow would have been visible from some distance away.

To the east of the base is/was an ancient pathway now known as the Pilgrims Way leading to the religious shrine at Walsingham in Norfolk. Henry VIII passed this way three times to pray at the holy shrine. Two other possibilities are that the barrow itself marked an ancient boundary, maybe from pre-roman times, or that a Saxon legend had survived that ancient people (bronze age) lay here. Our early ancestors were very superstitious.

Maids' dancing

In common with many ancient civilisations Celtic tribes celebrated the spring equinox- the end of the dark cold winter, the beginning of the new farming season and the bright sunrise heralding new life. Young girls often represented this, welcoming and celebrating the new season's life by dancing and singing. Such traditions became adapted and embodied in folklore. Annual traditions like maypole dancing are said to have their roots in such early communal celebrations.

Good Friday Hill

In the early 20th century, *"Every Good Friday it was the custom of the village people to walk to the warren at the top of Maids Cross Hill*

where there would be stalls. Thomas Halls, (nicknamed Timmy) always had a stall of winkles and oranges. Other stalls had sweets and ice creams. The children saved their pennies for several weeks to 'go up Good Friday Hill.'

The late Doris Ditchburn. 1977.

Even now Maids Cross Hill is sometimes referred to as 'Good Friday Hill' by some villagers.

And later

In 1986 the Warren and Maids Cross Hill was designated a Site of Special Scientific Interest (SSSI) because of the presence of rare wild flowers in their natural habitat.

Early this century Lakenheath got involved in an initiative supported by Forest Heath District Council which offered the opportunity of a 'bespoke' piece of public art by an established artist.

As a result of consultations and discussions with Anita Rivera, a well-known sculptor, Maids Cross Hill was chosen as a suitable site because of its historic significance. The emerging idea was to provide seating as near as possible to the original site of the cross and that the 'monument' should reflect the early history of the warren and memories of more recent times through poetry written by villagers. The basic shape of the seating was in the form of the circular centre of a Celtic cross. To represent 'age' the monument was to be made using a variety of locally reclaimed building materials. A village poetry competition was organised which invited entries which told of memories of Maids Cross Hill. Construction began in 2005-2006 and was completed by 2008 with the poems displayed nearby.



Maids Cross Hill. Wikipedia. Creative Commons Attribution license. Photograph by Bob Jones. 2011.

One of the Maids Cross poems:

'The Warren.'

Roman remains, it's said, lie on this land
History from Lakenheath's past hidden
beneath stone and sand.

Fairs were held here colourful and bright
With stalls, music and laughter echoing on
this site.

We here today will leave fond memories, too
Of people who cared about nature and
wildlife, and me and you.

Somewhere to walk, the silence, the peace
from toil of the day

This is our legacy for the future to enjoy in
every way.

Lakenheath Over 60's Lakenheath Keep Fit.

And then

Over a period of years vandals reduced the monument to a ruin. Large stainless-steel plates showing extracts of the poems, wrenched from the stone work, disappeared. (Almost miraculously they were recovered later). In 2015-16 some villagers, who later formed the Heritage Group, decided to try to save and restore both monument and poems. Eventually they were successful; full restoration was carried out with the lost metal plates reinstated and the poems displayed permanently in what is now The Old Legion. Access to the monument was improved by the provision of a new path directly from the road.

Then finally

It all happened again! Theft, and vandalism. Despite efforts to keep the site tidy is the monument to be eventually reclaimed by the land it was built to commemorate?

David Jones.



Summer quizzes

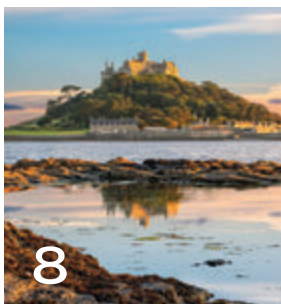
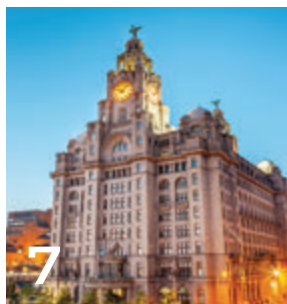
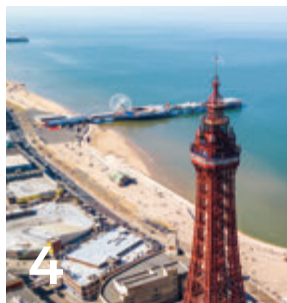
General Knowledge

See Answers on page 82

1. Which British seaside attraction is 158 metres tall?
2. At 1.34 miles, where is the longest pleasure pier in the UK?
3. Which group had a Top 10 hit with Summer Sunshine in 2004?
4. What was the name of the ITV holiday show fronted by Judith Chalmers which ran from 1994 to 2003?
5. Thunderstorms are most likely to hit the South East of England. True Or False
6. When does summer official start?
7. The month of July is named after which famous historical person?
8. 'The First Day of Summer' is an annual public holiday celebrated in which European country in April?
9. Can you give the first line of Grease's 'Summer Nights' lyrics?
10. Which feast day falls on July 15 every year?
11. Who was credited with saving 77 lives during seven summers working as a lifeguard at Lowell Park, Illinois, starting in 1926?
12. Which singer was known as the 'Queen of Disco'?
13. Who met and fell in love with Marge Bouvier in a 1974 summer camp?
14. What was the first name of Clegg in the sitcom Last of the Summer Wine?
15. The summer solstice occurs in the Southern Hemisphere during which month?

Britain picture quiz

Do you know where the landmarks are?



1. _____
2. _____
3. _____
4. _____
5. _____

6. _____
7. _____
8. _____
9. _____

SPRING UPDATE FOR THE NEST BOX PROJECT AT LAKENHEATH CEMETERY

I wanted to give the readers an update on the nest box monitoring at Lakenheath Cemetery.

I carried out the first checks on 13th April and found that of the 8 hole fronted boxes, one had a nest where the adults were laying up, with one egg found. Going by the presence of a few feathers and the size of the eggs it was likely this was a Blue Tit nest.

During the subsequent and most recent checks carried out on 20th April, the adults had gotten to 3 eggs. However we would have expected there to be more eggs by then, given that once started laying birds usually lay one egg per day. It seems there may have been some kind of event that both disturbed the nest contents and resulted in the adults abandoning this breeding attempt.

This is a little disappointing but the boxes will continue to be checked in case of new nests which may be second attempts. There will be a further update in a future issue of Lakenheath News.

Whilst checking the nest boxes I have been keeping an eye out for species that nest openly rather than in cavities, such as Blackbirds and Robins. Both these species are present but I was unable to locate any nests.

The low occupation of the boxes is perhaps not a surprise as we wait for the tree foliage, and therefore food supply, to return. New sites do take a few years to become established as birds find these spaces.

The data gathered so far contributes to the British Trust for Ornithology's (BTO) Nest Record Scheme, a national effort that has monitored nesting birds since 1939. If any readers have nest boxes in their gardens and are able to submit their records, they can find more information on the BTO website. Sign up to either Nesting Neighbours or the Nest Record Scheme. There is lots of information and guidance on how everyone can get involved..

For more information, advice or to ask questions about the project, please contact lnbirdprojects@gmail.com





FRIDAY 20 MARCH

Members of Lakenheath Kurling Club and the Ladies Keep Fit group came together in support of this year's Comic Relief on 20th March, proudly raising £125. Both clubs were delighted to take part, showing not only their commitment to fitness and community but also their generosity in helping those in need.



FEEL GOOD SUFFOLK CHAMPION TRAINING

including very brief advice on smoking (VBA+)



- Learn how to deliver simple, effective stop-smoking conversations in less than 30 seconds.
- Understand the full range of Feel Good Suffolk services, including stop smoking, adult weight management, and increasing physical activity.
- Get a simple overview of the referral pathways, so you know exactly how to connect residents to the right support.
- Build confidence when having health-promoting conversations with clients, patients, or service users.
- Free, practical, and suitable for all frontline staff who interact with the public.



Book your FREE online course

Scan the QR code or visit:

www.feelgoodsuffolk.co.uk/VBA

Boost your confidence to support people to quit smoking!



RAF Mildenhall Strengthens Community Ties with Honorary Commander Induction 100th Air Refueling Wing

Honorary Commanders and Team Mildenhall pose during the Honorary Commanders Induction Ceremony at RAF Mildenhall, England, March 19, 2026. The Honorary Commander Program facilitates meaningful connections and fosters understanding between local and U.S. communities. (U.S. Air Force photo by Airman 1st Class Chloe Masey)

RAF Mildenhall, England

In a time-honored tradition symbolizing the passing of responsibility, RAF Mildenhall welcomed seven local leaders into its Honorary Commanders Program during an induction ceremony on base. The ceremony formally recognizes the strong partnership between the installation and the surrounding community.

The Honorary Commanders Program is a U.S. Air Force initiative designed to foster relationships and educate civic leaders on the missions of the U.S. Visiting Forces. Honorary commanders are encouraged to serve for a two year period, acting as key liaisons between the military and civilian communities.

The day's events provided the new inductees with an in-depth look into the diverse missions at RAF Mildenhall. The

group received mission briefs from U.S. Air Force Col. Steven Byrum, 100th Air Refueling Wing commander, and Col. DK Kobs, 352nd Special Operations Wing commander. They also had the opportunity to meet with military working dogs and their handlers, learn about the specialized capabilities of the 321st Special Tactics Squadron, tour a KC-135 Stratotanker, and see the advanced equipment used by the base firefighters and security forces personnel.

"This year's induction ceremony was a fantastic success, and it's incredibly rewarding to see these new partnerships form," said Natalie Murphy, 100th Air Refueling Wing community relations advisor. "The heart of this program is connecting influential local leaders directly with our commanders. It's the perfect

opportunity to build lasting relationships, foster a deeper understanding of our mission, and further strengthen the incredible bond between the U.S. Visiting Forces and our host nation partners" she added.

The induction ceremony mirrored a military change of command, where a unit's guidon is passed to the new commander to signify the assumption of responsibility. In this tradition, the new honorary commanders were officially appointed, marking their induction into the RAF Mildenhall family.

The new honorary commanders and their respective units are:

- 100th Air Refueling Wing Honorary Chief:
WO Martin Finney

- 100th Mission Support Group:
Mr. Rory Chamberlain
- 100th Comptroller Squadron:
Ms. Emma Arrand
- 100th Civil Engineer Squadron:
Mr. Dan Whyment
- 100th Force Support Squadron:
Mr. Brian Keane
- 100th Air Refueling Wing Chapel:
Bishop Peter Collins
- 321st Special Tactics Squadron:
Mr. Bruce Crompton

By fostering these connections, the Honorary Commanders Program aims to create and maintain enduring relationships, ensuring a strong and supportive bond between the base and the local community for years to come.



Community Update – Speed Watch Closure

It is with real sadness that we share the news that our Community Speed Watch programme has closed, as we no longer have enough volunteers to keep it running safely.

This initiative has been a vital part of our village's efforts to promote safer driving—particularly around the new school, where protecting our young people is so important.

To everyone who has volunteered: thank you. Your time, energy, and commitment have made a meaningful difference, and we are truly grateful.

Although the programme cannot continue for now, we ask all drivers to stay mindful of their speed and help keep our roads safe for everyone who uses them.

Thank you for your understanding, and for the continued care you show our community.



A Fenland Summer, full of wildlife



River scene by Heidi Jones, visitor experience officer

This summer there will be plenty to see at your local RSPB reserve- young birds will be taking their first flights, the warm air will be alive with butterflies and dragonflies, and we have a range of events planned for people of all ages and levels of experience.

As I write this, in mid-Spring, the reserve is full of promise as birds are singing, building nests and trying to protect their patch of reedbed or scrubby tree from intruders and competition by others. In 1995, the RSPB made the first land purchase of what is now Lakenheath Fen, with the purpose of providing a home for the beautiful but rare Bittern, which was suffering a catastrophic decline in the UK and ‘booming’ males were reduced to single figures. Nowadays, thanks to committed conservation work, Bitterns are doing much better and their recovery and presence nearby is celebrated on our village sign. At the moment, we have 13 males here and we hope to have several

nests soon- unusually for most birds, the females build the nest and raise the chicks completely alone, with no help from the showy males- so we will have to wait and see how many nests we have.

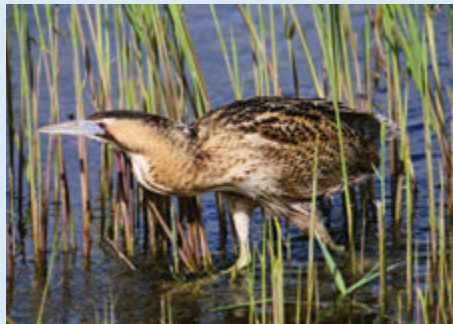
If you were to come down for a walk this summer, you might also see young Marsh Harriers sitting around in willow bushes in or near the reedbeds- whilst they learn to fly at a few weeks old, it is some months before they are capable hunters and they still need the support of their parents (mainly their fathers) to feed them and support them whilst they learn to hunt for themselves. You may not see many females- as Marsh Harrier Mums tend to leave the territory shortly after breeding so that there is more food available for the growing youngsters and their fathers- with the females often moving to their wintering territories where the food supply has built back up in their absence. The reserve’s pools will have lots of young Coot, Moorhen and ducklings on



them- mostly Mallards but we usually have a Pochard family at New Fen Viewpoint too, as well as several Little Grebe families. These are much smaller than the Great Crested Grebes that you will also see here, and they feed on aquatic insects and small fish, which they pass to their stripey young until they are old enough to hunt for themselves.

In a typical year, we have over 20 different species each of butterfly and dragonfly at Lakenheath Fen, and most of them are out during the summer months. As you walk round, keep an eye on the flowers around you for butterflies resting as they feed on them, and on sunny spots on the paths for the dragonflies. They may also be whizzing through the air as they catch smaller insects, and if you have binoculars with you, make sure to use them to look at these beautiful insects close up, so you can really appreciate their patterns and colours.

Cuckoos are here now and singing for a few more weeks but by the time we get to midsummer, the males have mostly left the UK to return to their wintering grounds in Africa and the Mediterranean as, like the Bittern, males play no part in rearing their young. Neither do females either- they lay their eggs one at a time in the nests of host species like Reed and Sedge Warblers. So visit us soon if you'd like to hear a Cuckoo, but later in the season you will still hear a whole chorus of Reed, Sedge, Cetti's and even the rarer Grasshopper Warblers singing from within the reeds and scrub as you walk around. There really is so much to see and



enjoy here, so please do pop down to your local reserve to enjoy summer in the fens.

For those who haven't been before, we have a Visitor Centre staffed by friendly volunteers, which is open from 9am to 5pm every day, along with the toilets. We have an accessible cubicle with baby-changing facilities, and our Accessibility Guide can be downloaded from the AccessAble website. It is important to us that the reserve is a welcoming place for everyone, so even if you don't know your birds or you just want a lovely walk in a beautiful place, we hope you feel you can come down here to enjoy this reserve. For anyone less mobile, we do have a Tramper all-terrain mobility scooter available for hire during Visitor Centre opening hours, which can access most of the reserves' footpaths. We don't charge for its hire but we do welcome donations if you feel able, to help pay for annual servicing.

Our entry fees for non-RSPB members are: Adults £5, Students £3, Children £2 (5-17 years), Under 5's get free entry, as do any 16-24 year olds and the first child in any family. We do encourage regular visitors or supporters of the RSPB to join us as members, which starts at £6 per month and rewards you with unlimited free entry to all RSPB reserves as a 'thank you' for supporting us with a regular monthly donation.

We keep our wildlife sightings updated at least weekly and these can be found on our RSPB webpage here: <https://www.rspb.org.uk/lakenheathfen>.

Events at RSPB Lakenheath Fen

Summer 2026

To book onto any of our events, please visit
<https://events.rspb.org.uk/lakenheathfen>.

If you don't have internet access, you can buy tickets in person at the Visitor Centre (by cash or card) but if you intend to pay on the day, please let us know you intend to come to an event so we have your details, know numbers and just in case we need to postpone the event.

If you have any questions about the reserve, please do get in touch with us on 01842 863400 (answered 9am to 5pm daily) or by e-mail at lakenheath@rspb.org.uk.

Guided Pond Dipping

6 June, 4 July, 1 August

Moth Mornings

26 June, 31 July, 28 August

Summer Wildlife Walks

14 June, 12 July

The Butterflies and Dragonflies of Lakenheath Fen

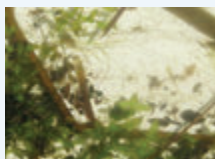
Saturday 27 June (10:30am – 1:30pm)

Summer Walking Safari

Sunday 26 July (2-7pm)

Big Wild Sleepout

Saturday 1 to Sunday 2 August (1pm-1pm)



RAF Lakenheath

Home of 48th Tactical Fighter Wing (TFW)

48th moves with the times

Part 2



In 1959, Strategic Air Command SAC relinquished control of RAF Lakenheath to the United States Air Forces in Europe, so the base was about to be transformed from a bomber base

to a fighter base. In January 1960 the 48th TFW completed its move here from Chaumont Air Base, France, bringing with it the supersonic F-100 “Super Sabre.”

The F-100s graced the skies over East Anglia until 1972 when a program began to replace the Super Sabres with the more modern F-4 “Phantom” jet. Because of other Air Force requirements worldwide, this conversion was not completed until August 1974.

During 1977, the wing converted to the highly sophisticated supersonic F-111F fighter/bomber aircraft. This changeover, bringing in approximately 90 F-111s represented the largest peacetime swap of aircraft in Air Force history.

Like RAF Lakenheath, the 48th took root in 1941. Originally a bombardment group, the unit became a fighter group in 1943. In 1944, the unit flew from England (Ibsley, Hampshire) in the pre invasion softening of the French coast defences. Close air support was furnished by the group with

low level bombing and strafing attacks by its P-47 “Thunderbolt” aircraft during D-Day and after. One of their most spectacular missions in support of ground forces over Germany in December 1944 earned the 48th FG the Presidential Unit Citation for “outstanding performance.” The unit was inactivated in November 1945.

The 48th was reformed in 1952 from Air National Guard units and designated a tactical fighter wing. Stationed at Chaumont, France, the 48th TFW was a strengthening factor in the NATO forces. The wing was originally equipped with the single seat, single engine, F-84 “Thunder Streak” jet fighter. This aircraft was later replaced by the swept wing F-86 “Sabre Jet” which in turn was replaced by the F-100 in 1957. During this time, until the move to RAF Lakenheath in 1960, the wing was known as the “Statue of Liberty Wing” by the citizens of Chaumont, who felt the unit represented all the Americans who fought and died in France during the two world wars. The name was officially adopted July 4, 1954 and today the 48th TFW is the only U S Air Force unit with both a numerical and descriptive designation.

*Thanks are given to **Bill Smith** for sharing this information prepared by the Office of Public Affairs 48th TFW RAF Lakenheath.*



LAKENHEATH CP SCHOOL UPDATE – EXCITING TIMES AHEAD

We are delighted to share with the parish community that plans for moving to our new school and pre-school remain firmly on track for September. This is a hugely exciting new chapter for Lakenheath CP School, and we are incredibly grateful for the continued encouragement and support from our local community as we move towards this new adventure.

Of course, you may have seen that we have been very busy fundraising for playground provision. One of the most wonderful recent developments has been the incredibly generous £60,000 donation from the Parish Council towards our outdoor environment at the new school site. This significant contribution will help us create exciting and engaging outdoor spaces for our children to enjoy for years to come. We are also thrilled to share that a further £13,000 has been raised through the fantastic support of Goward and Evans, alongside the hard work of our PTA sponsorship fundraising involving our children and families. We are so thankful for every contribution that has helped us move closer to creating the very best environment for our pupils. While we are still seeking additional funding for further provision at the new site, the generosity shown so far has been truly overwhelming. Furthermore, I'm delighted to share that our pre-school will now be opening in September too. I say this with immense gratitude to Christian Enterprise, who have supported the school with £37,000 towards the initial setup of this provision alongside our Early Years.



The nursery will allow us to offer provision for children aged 2–11 years, creating a seamless educational journey for local families.

Our preschool provision will also include a 7:45am start to support working families, as well as Forest School sessions in our ecological area led by trained staff. Having a nursery based within the school site brings many benefits for children and families, including familiar surroundings, strong relationships with staff, and a much smoother transition into Reception and beyond. Children become confident and settled in the school environment from an early age, helping them to thrive socially, emotionally and academically as they progress through the school.

We know there have been concerns raised regarding parking arrangements for parents at the new site. Please be assured that we are actively working with the housing developers to explore options for a temporary car park, which we hope will provide convenient parking close to the school. We will also be sharing a 'Safe routes to school' pack to all of our families with solutions to help ease access and congestion and ensure our children are able to get to school safely.

As we move to our new school, it seemed appropriate to change our school logo. Earlier this year, we gave staff, children and the wider community the chance to re-design it and I'm excited to reveal the chosen one...



The new logo pays homage to the current design with sun-rays but replaces the old school with a learning tree. The growing tree symbolises our school motto: Learn, create, progress, succeed with the roots representing learning, the tree symbolising: create and progress and the leaves representing: succeed. The branches/children represent our 6R values. It is fitting that Miss Smith - a former pupil and now teacher at the school designed this logo based on ideas from different entries. Aside from the new logo, our school uniform will remain the same as we move to the new school.

Finally, please save the date for Saturday 20th June, when we will be holding a special Summer Fair farewell celebration at our current Victorian school site. This will be an opportunity for the whole village to come together and celebrate our wonderful school building one last time before we move. We would love to see the community out in force to enjoy what promises to be a memorable day, while also helping us raise further funds for our new school site.

Thank you once again to everyone in our parish for your continued kindness, encouragement and support. We are looking forward with great excitement to this next chapter for Lakenheath CP School and cannot wait to share it with you all.

Best Wishes,
Michael Tingey
Headteacher





**LAKENHEATH PLAYING
FIELD ASSOCIATION**

PRESENTS

LAKENHEATH

Fete

SATURDAY 1ST AUGUST

12PM - 5PM

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lakenheathfete.org



events@lakenheathplayingfields.org

Lakenheath Fete is organised by the Lakenheath Playing Field Association (registered charity #304908), and is a fundraising event for the charity.



NEW REMEMBRANCE GARDEN LAKENHEATH CEMETERY

There was always a spot in the cemetery that was overlooked, well, until Cllr Alan Gyte came up with a design for a remembrance garden and working with the landscape company the project really got underway. Cllr Mike Rowntree researched memorial trees and came up with an amazing Mulberry Tree manufactured in the UK from Cor-Ten Steel, a weathering steel that develops distinctive bronze and copper tones over time, creating the natural appearance of tree bark. As the material ages, it undergoes an oxidation process that enhances its resistance to corrosion, ensuring long-term durability and strength.

The Mulberry Tree measures approximately 6ft by 6ft and can

accommodate up to 240 individual ceramic plaques which can be ordered from the Parish Council Office.

The Remembrance Garden was officially opened at 10:00, Bank Holiday Monday May 04 2026.

Parishioners and Parish Council representatives gathered together and it was a perfect time to remind ourselves that remembrance is not only about looking back, but also about finding strength to continue on.

The Spiritual Meaning of the Mulberry Tree

The Mulberry trees spiritual meaning extends beyond it's attributes, offering a profound connection to the human experience of life, death and the cycles of existence.



MILDENHALL SEA & ROYAL MARINES CADETS



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



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

From Page to Screen by Lorraine Gregory

Book adaptations have been popular for a long time and that trend only seems to be getting stronger, probably because there have been huge successes in this area. The Hunger Games currently has its fifth film upcoming as every new book Suzanne Collins writes is immediately optioned for the cinema. J.R Tolkien's The Lord of the Rings is apparently getting a new film to join the original trilogy, the Hobbit films AND the T.V series - the Rings of Power. Game of Thrones by George R Martin continues to delight with two new spin off series so far - the House of the Dragons and more recently A Knight of the Seven Kingdoms - with even more shows planned for the future.

Children's books are another popular area for adaptation - How to Train your Dragon by Cressida Cowell has now been made into both live action and animated films, Enid Blyton's Magic Faraway Tree has been turned into a film, Little House on the Prairie by Laura Ingalls Wilder is getting a new Netflix series this summer, Heart Stopper by Alice Oseman is getting a film to finish off the hugely popular T.V show and Crook Haven by J.J Arcanjo has recently been turned into a BBC series.

It's often a dream of authors to have their books turned into a T.V show or film - mainly because it would be amazing to see the world you created in your head turn into a reality and also because as

well as an upfront fee it generally increases book sales and holds the possibility of merchandising, all of which can bring in some much needed extra income. However, it is fairly rare for such things to happen and even if your book does get optioned by a T.V or film company the chances of it making it all the way to the screen are still fairly low.

For readers who've loved a book series it can be exciting to see that world translated onto the screen but for authors and readers alike there is also the possibility that the end product is NOT what you imagined at all, maybe due to big changes made to the story, the cast or simply the style and that can be upsetting.

With the ever growing need for new material, especially when some popular books will bring their own audience, I think the trend to adapt books will be continuing. I for one quite enjoy seeing books brought to life as long as it's done with care and consideration to the original and I love discovering new books from shows and films that I hadn't yet heard about at our wonderful local library. I'm currently enjoying Detective Hole based on the books by Jo Nesbo, the other Bennett Sister based on the book by Janice Hadlow AND The Testaments based on the book by Margaret Atwood so there's plenty out there to choose from.



RAF LAKENHEATH, UNITED KINGDOM

48th Fighter Wing



Story by Senior Airman Alexander Vasquez

48th Civil Engineering Squadron Explosive Ordnance Disposal holds demonstration for local community

ROYAL AIR FORCE FELTWELL, England - The 48th Civil Engineering Squadron explosive ordnance disposal shop hosted a demonstration for the Feltwell Parish Council and local community members at RAF Feltwell, England earlier this year.

The primary mission of the EOD team is to protect the Liberty Wing's personnel, equipment, and resources from explosive hazards. This includes responding to any potential threats to the installation, encompassing everything from historic WWII unexploded ordnance, Improvised Explosive Devices to the safety and security of the wing's fighter squadrons. The unit invited a handful of United Kingdom citizens on base to give better insight into the mission, operations, and equipment used on a consistent basis.

"The overriding theme of any EOD operation is safety," said Senior Master Sgt. Timothy Donnan, 48th CES EOD explosive ordnance disposal flight chief. "These demonstrations can strengthen the partnership we share with our host nation and show the

community that EOD is an asset for our collective safety."

While demonstrations are often provided for military personnel, on-base students, or distinguished visitors, this event marked the first community member demonstration in three years and focused on partnership, public safety, and transparency.

This unique opportunity to connect with the local community served as a direct way to educate and reassure. "It's important to show people in the local community what we do and why we do it," said Senior Airman Cole Childs, 48th CES explosive ordnance disposal team member. "We tell people about what EOD is and what mission areas we have, as well as showing equipment that we use to perform these missions."

"Feltwell and the 48th Fighter Wing have been side by side for many years," said Victoria Quamina, 48th Fighter Wing community relations advisor. "It's important to connect with the other side of the fence and educate." EOD covered numerous topics during the demonstration,

ranging from their robotic platforms and bomb suits, all the way to explosive ordnance in the shape of C-4. They also covered ordnance hazards they may encounter in the area, identification of unexploded ordnances, and the remaining 10 mission areas for Air Force EOD.

“The focus was less on the ‘how’ and more on the ‘why.’ This partnership is essential for the safety and well-being of the residents they represent,” said Donnan. “This was a significant event primarily because it

serves as a direct way to educate and reassure the community.”

Demonstrations like this can strengthen partnerships with host nations and show the community that EOD serves as an asset for collective safety, allowing the sharing of tactics, techniques, and procedures, while enhancing the capabilities of participating nations and strengthening the NATO alliance.

“Regardless of the weather, we had a great time,” said Quamina. “We hope to do this more in the future.”



Courtesy Photo | U.S. Airmen assigned to the 48th Civil Engineer Squadron held an explosive ordnance..



Alan Gyte reports on Lakenheath FC

Hi again, here we are at the end of another hard season and a very unsuccessful one at that. Our Under 18s finished bottom, our Under 23s finished bottom and the First Team finished second from bottom, and I'm sure all those involved, both players and officials, are hurting as much as me. There are rumours that we may not be relegated, but nothing concrete yet, watch this space.

All three management teams have suffered this season with late call offs, injuries, and suspensions, and some weeks I know the Under 23s have gone to an away fixture with only ten, or even nine players. The First Team have had manager, coach, and an injured player on the bench, not good enough for this standard of football. Nothing but admiration for the managers; I don't know how they stuck it at times, but they did, and they saw the season out. Full credit to them.

Well, that's enough about this past season. We now have to look forward and make plans so we can get to where we want to be, at the other end of the table, with decent cup runs.

You may or may not be aware that both the Under 23s and First Team management have called it a day, and we wish them well for the future and thank them for their efforts while at the helm of our great little club. They could not have done more or put more effort into the job.

Not much to write about, so I just thought I might reminisce a little, back to when I first played for the Heath, and some of the players and characters I played alongside. The back four then were a brilliant defence and also looked after this young 'un. Left back was Les Thurlbourn, who told me on

my first game in goal, "Every time you get the ball, young 'un, look for me, I'll always have it." And he was right. The second I caught the ball, Les would be on his toes, straight out to the sideline ready for me to throw it to him. Never failed. Every time, Les was always available.

Right back was my brother, Trevor Gyte. To this day he's probably the best player I've seen in a Heath shirt. He captained both West Suffolk and full Suffolk schoolboys, and also their Under 18s. He was strong in the tackle and rapid getting forward, overlapping, he was a brilliant player. But his career was shortened somewhat with a broken ankle in two places. He played on, but was never quite the same.

The two centre backs were John "Painter" Pugh and Richard "Dick" Bond, two absolute giants. Richard used to walk out with me and, at only 5'8" at the time, it made him look even bigger. Richard was great, used to win just about everything in the air. He was not just tall but huge in stature as well, and nobody ever knocked him off the ball; players used to bounce off him. John was different, tall and slender, won his fair share in the air too, but won loads of last minute tackles with those long legs of his. Also, he never shut up, in the ref's ear from kick off to final whistle. He wouldn't last five minutes today with sin bins and cards. But both of them together were brilliant. All four were, and they all looked after me.

Right, enough from me. New managers will be announced soon and we can start planning for next season. Hope to see you all supporting us.

UP THE HEATH

LAKENHEATH LITTER PICK

Love Where You Live!

Join Our Community Litter Pick!

UPCOMING DATES:

4th July

3rd October

9th January 2027

Meet at 10am - Wings Road Car Park

All equipment provided - Everyone Welcome!

Let's Keep Lakenheath Tidy!



ACTIVE LAKENHEATH UPDATE

Isn't it wonderful to see Spring and some sunshine, a perfect opportunity to get

outdoors in the garden or for light walking around the lovely village.

It's been a very busy and important 2026 so far for Active Lakenheath - in the last update, I told you we were working towards submitting our **Full Award proposal** (the second phase of the Sport England funding) for February 2026 and I can confirm this was sent in as planned on 30th January.

Since then, we have been working alongside Sport England themselves and all the partners and community members involved in the Active Lakenheath work to respond to initial feedback from Sport England by providing greater detail and clarity on our plans. This response was re-submitted to Sport England in early April and though we, of course, cannot guarantee funding approval, we are very positive and hopeful of the latest updates – we will have a more definite answer in June after the Sport England committee next meet to discuss our proposal.

Regardless of this outcome, the way in which those involved with the Active Lakenheath work were able to come together and respond to Sport England feedback is testament to the hard work and dedication of the whole group and we will continue to work tirelessly to bring investment into the village.

A reminder from my last update, the Full Award proposal has been informed by engagement with our statutory partners, learning from the Development Phase (first funding phase) and most importantly your community voice and focuses **on providing positive experiences for children and young people in Lakenheath, reducing health inequalities locally and strengthening the community.**

As well as this, 2026 has seen the delivery of JoJo's **Cooking on a Budget classes**, a 6-week course where attendees learned how to cook new, nutritious meals whilst having

a great time and getting a little bit active and competitive (mainly with giant Jenga!). In March, we held our first **Warren Walk** which was so popular, we are making this a regular event on the first Sunday of each month! April saw our **Talk and Walk event in partnership with RSPB Lakenheath Fen** raising awareness and engagement with a fantastic local asset. And finally, upcoming soon we will be supporting **Parent Wellbeing Drop-In** sessions alongside Lakenheath Primary School on a Friday morning, **Family Carpet Bowls Sessions** at the Lakenheath Indoor Bowls Club, as well as starting to plan a second edition of our brilliant **Family Fun Day** which we will be hosting in August so watch this space for more information!

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

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

Thank you.

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





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lakenheathlittlefishes@gmail.com

or find us on facebook

Partnerships with parents and carers are excellent OFSTED 2017

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

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

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

clerk@lakenheathparishcouncil.gov.uk

By phone: 01842 860598

By letter: 98 High Street Lakenheath IP27 9EW

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

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



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 Thursdays 2:00 – 4:00 pm
 Saturdays 2:00 – 4:00 pm
 Fridays 10:30 – 4:00 pm

Mildenhall Museum Society

TALKS 2026

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

Thursday 4th June –
 Garden Ecology – Susan Jones
 JULY NO MEETING

Thursday 6th August –
 Norfolk Artists – Lloyd Hughes

Thursday 3rd September –
 History of Jewellery – Jason Middleton

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

LAKENHEATH PEACE MEMORIAL HALL

Luncheon Club News

Luncheon club is held in the Peace Memorial Hall on the last Wednesday of each month.



Why not come along and enjoy a home cooked meal and meet some new friends. Coffee and tea is served from 11am. Later you will be served a two-course lunch.

If you would like to attend, please ring Margaret on 01842 860878 for catering purposes. We do ask each person attending to bring a small item for the raffle if possible. We would love to meet you.



Weekly Money Bingo!

Weekly money Bingo evenings are held in the Peace Memorial Hall starting at 7:30pm each Wednesday. Everyone is welcome.

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



**West
Suffolk**

**Citizen's Advice Bureau
UPDATE!**

Telephone:
0808 278 7868

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

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

Men's Shed Breakfast

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

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

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

It's free so please do come along!

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

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



**Spaces available at
Brandon Day Centre**

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

To find out more, why not get in
touch?

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



WHEN I FIRST MOVED

It was nearly twenty years ago that we decided to move. 'There's good fishing in Suffolk,' my husband said. So, after looking at over forty properties in both Suffolk and Norfolk, we arrived in Lakenheath, a village I had never been to, let alone heard of. What a venture after living in a busy town for the last forty years.

In our first week of roaming the village, on a notice board, it said there was a whist drive in the village hall. Having always been keen card players, we went along. We were made so welcome and many people told us about other whist drives in Hockwold and Methwold, so we started getting to know people and making friends.

I first found it odd that complete strangers would say good morning to me, something that had never happened in the street before, and I liked it.

I then joined the Good Neighbours Scheme, so again, it not only made me find my way around the village but also gave me the chance to meet more people.

Next was bell ringing! Something that had never entered my head to do but

everyone there treated me like an old friend. I was warmly welcomed into the church immediately and soon felt one of the family.

All this, and at first, I thought I would be bored living in a village!

Saturday nights were usually at the Legion with dances and quizzes.

Some things have changed but some have remained the same. The same friendly people and clubs which have been going for decades and are still well attended. Many of the old villagers have passed away but new people have come.

We enjoy walking and how lucky we are to live near beautiful fields, rivers and forests.

Lakenheath has grown. We have over 35 different clubs and societies in the village for everyone to enjoy. I really feel there is something for everyone. No one can say there is nothing to do here. We are surrounded by beauty and friendship. We are truly blessed to live in Lakenheath.

**Susan Taylor,
Friendship Club**



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



FREE 30mph BIN STICKERS

Supporting safer
speeds in Lakenheath

Priority collection:
High Street & Station Road
residents

Where to collect:
Lobby of the Parish Office
Peace Memorial Hall



WHAT'S ON



www.lpmh.org



The Old Legion, Lakenheath



The Old Legion, Lakenheath Lounge and Bar

Open to everyone, no membership required, every Wednesday & Thursday 6-11pm, Friday 5-12am, Saturday 12pm-12am and Sunday 11:30-10:00pm. Pool tables and darts boards available for use. Children's indoor and outdoor toys.

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



Lakenheath Peace Memorial Hall Sunday Roast Dinners

Please see our facebook page for Roast Dinner dates. Booked tables only. £12 adults, £6 children (*starters and desserts additional cost*). Bar menu will not be served on Sunday Roast dates.



Meet and Eat

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

Prize Bingo

Join us for our Prize bingo night. Ticket sales start at 7pm, eyes down at 7:30pm. £10 a book, 2x flyers £3 each, £1 a strip of raffle tickets. Bar open and food available. Raffle prize donations greatly received. 13th June, 25th July, 22nd August, 5th September, *more dates to follow*



Disco and Karaoke Nights from 7:30pm

Everyone is welcome. Bar open and food available. Dance the night away on 27th June and 30th August or take to the stage on 8th August and 26th September, *more dates to follow*



AUGUST BANK HOLIDAY WEEKEND

We will be bringing the beach to Lakenheath, keep your eyes peeled for more information on our facebook page and the village notice boards. You won't want to miss it!



Don't miss out on our events, follow our Facebook page.

LAKENHEATH PEACE MEMORIAL HALL & THE OLD LEGION

Centrally located,
the perfect venue for
your function




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



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

 www.lpmh.org

 The Old Legion, Lakenheath

Clubs and Groups that use our halls

Positively Pawfect Ringcraft Training
Monday, 6-8pm, 07983482915

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

Lloyds Community Bank Hub
Every other Tuesday, 2-4pm, open to all

Luncheon Club
Last Wednesday of the month, 11am,
01842 860878

Ladies Keep Fit
Thursday, 10am-12pm, 01842 861390

Lakenheath Kurling Group
Friday, 10:30am-12:30pm, 07708404557

Men's Shed Breakfast
Various dates, 07504417929

Lakenheath Flower Club
2nd Monday of the month, 2pm, 01842 860997

Lakenheath Parent, Baby & Toddler Group
Tuesday (term time), 9:30-11:30am,
open to all

Lakenheath Silver Band
Tuesday, 8-9:30pm, 07731780406

Money Bingo
Wednesday, 7:30pm, open to all

Zanshin Black Belt Academy
Thursday, 6-7pm, info@startingkarate.com

Lakenheath Community Music Project
3rd Friday of the month, 7-9pm,
07818056061

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

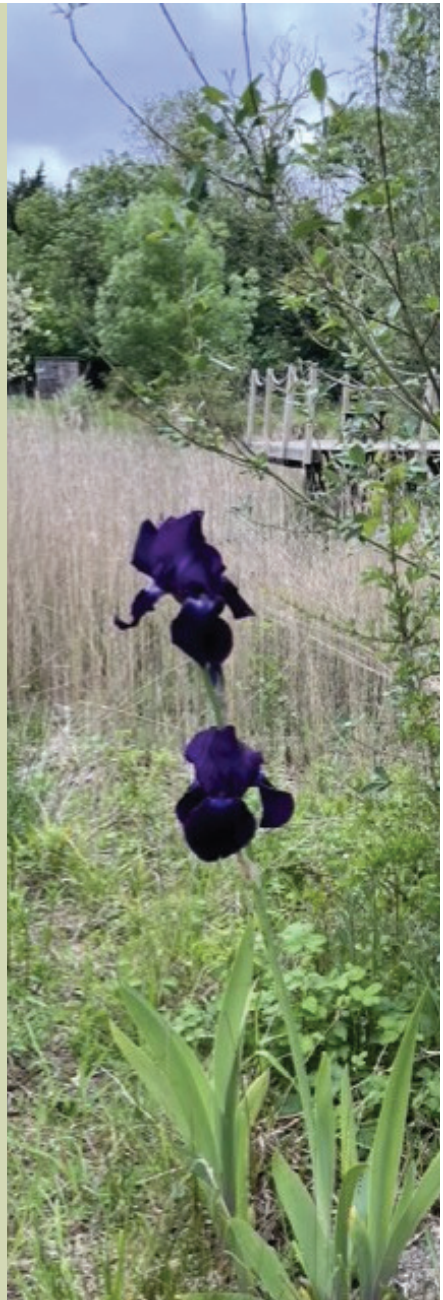
Sunset Barn Care Farm and Care Café News!

Hello from down on the farm - a slow start to Spring and as I write we are hoping for rain - a true farmers wife! We've got many seedlings started in our polytunnel and are looking forward to growing fresh produce for us to eat at the Care Farm and Care Cafe.

The animals continue to keep us busy and "skinny" sheep who was very ill over the Christmas/New Year period is going to have to have a new name as she is no longer skinny but in fine health given her advancing years and managing with few teeth. We have been able to let her roam free because she doesn't seem to be eating anything other than the grass though is partial to the odd dandelion flower.

The Care Cafe continues to be well attended each Tuesday at the Methodist Church and we celebrated some volunteers moving on and new volunteers joining us. Open time 10 a.m - 2 p.m. Whether its a cake and cuppa you are after or a full lunch please do come and try us out.

If you would like any further information about either the Care Farm or the Care Cafe please do contact Melanie on (07847) 037622 or e mail: melaniepsmith@hotmail.co.uk





LAKENHEATH INDOOR BOWLS CLUB

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

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

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

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

Your first three sessions are free and thereafter the appropriate rink fee will apply **£3.50**.
Membership for the year is **£50.00**.

A great way to exercise.

Please Contact Secretary Tina Seeley on
07889 393952

LAKENHEATH INDOOR BOWLS JUNIOR SECTION

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

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

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

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

All coaching is provided by qualified coaches.

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

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

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

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

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

Please contact Pauline Wright at **07934 642486**



SUNSHINE CORNER DAY NURSERY

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

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

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

Family events year round!

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

Please call Nicola Palmer on 01842 862646

or email: sunshinecornerlakenheath@gmail.com

LAKENHEATH CAMERA CLUB

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

Lakenheath Camera Club – Summer Break & Welcome Night

The Camera Club is currently on its **summer break** and will be back in **September**.

We're excited to return with our **Welcome Night on Monday 21st September 2026**, kicking off a year of socialising, learning, and enjoying all aspects of photography — whether you own a camera or simply use your mobile phone.

MEETINGS:

We meet on the **3rd Monday of every month**.

Doors open **7:30pm for an 8:00pm** start.

VENUE:

Methodist Chapel Function Room
Back Street, Lakenheath IP27 9HF

MORE INFO:

lakenheathcameraclub@yahoo.com

*Guests are always welcome with no obligation to join.
Come along, meet friendly faces, and see what we're all about.*

LAKENHEATH ANGLING CLUB

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

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

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

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

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

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

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

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

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

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

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

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

Squirrels BEAVERS

1st Lakenheath Scout Group

Squirrels – age 4-5
Tuesday 5pm-6pm

Beavers – age 6-8
Monday 4.45pm-6pm

Cubs – age 8-10½
Monday 6.30pm-8pm

Scouts – age 10½-14
Thursday 6.30pm-8.30pm

All sections welcome boys & girls

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

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

Group Scout Leader

Wendy Barnes: 07428 623057 or email 1stlakenheathgsl@gmail.com

cubs **SCOUTS**



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

We do various crafts, activities and learning new skills.

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

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

or contact below for more information:

Brownies:

Emma (07713 696475) or
Cheryl (07754 540182)

LakenheathBrownies@gmail.com

Rainbows:

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

VENUES FOR HIRE

For more information please contact

Lakenheath Football Club

missyw19@hotmail.co.uk / 07834983094

Lakenheath Pavilion

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

Lakenheath Peace Memorial Hall & The Old Legion

bookings@lakenheathpmh.org / 07538 609281

Lakenheath School

Christine Nobbs 01842 860256

Methodist Chapel Community Rooms

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



LAKENHEATH SILVER BAND

We practice at the Community Centre, Lakenheath every Tuesday night at 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

ACTIVE LAKENHEATH
FAMILY CARPET BOWLS AFTER-SCHOOL CLUB

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

Forthcoming Dates –
Tues 17th May, Tuesday 16th June, Tues 21st July,
Tues 15th Sept, Tues 20th Oct, Tues 17th Nov.

Join us on the third Tuesday of each month for a fun and relaxed family carpet bowls session. A brilliant, easy to learn activity perfect for all the family to enjoy together.
Recommended donation of just £2 per family.
We look forward to seeing you there!

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

EPIC Dad Fun Club

www.epicdad.co.uk

EPIC Dad has 2 regular main activities based at Lakenheath Primary School and the details are below with all the upcoming dates:



EPIC Dad Fun Club

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

First Saturday of the Month at 10am to 12noon (Lakenheath Primary School, Mill Road, Lakenheath, IP27 9DU)

Forthcoming Dates 2026:

Saturday 6th June, Saturday 4th July, (No Club in August),
Saturday 5th September, Saturday 3rd October, Saturday 7th November,
Saturday 5th December

EPIC Dad Lego Club

Sunday morning Lego and Duplo fun for dads, male carers, and children. Join us for some creative Lego building.

Third Sunday of the Month at 9am to 10:30am (Lakenheath Primary School, Mill Road, Lakenheath, IP27 9DU)

Forthcoming Dates 2026:

Sunday 21st June, Sunday 19th July, (No Club in August),
Sunday 20th September, Sunday 18th October, Sunday 15th November,
Sunday 20th December





Arrangements done at recent classes

Lakenheath Flower Club

Why Don't You Join a Flower Arranging Club

Discover a new skill

Learn about arranging flowers

Watch demonstrations and increase your garden interests.

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

8th June 2026 Class by June Meades.

Workshop by Justine Snare.

24th June 2026 Garden Walk

Porters Lodge Cavenham.

Open to Non Members, please contact Heather.

13th July 2026 Class by Justine Snare.

Demonstration for August Treen Webb.

10th August 2026 Class by Treen Webb

Demonstration for October by Heather Milner.

14th September 2026 Demonstration by Jacquie Aldous.

Swanton Morley.

"I Just Can't Give It Up".

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

Visitors to classes £5

If you need any further information please call

Heather on 01842860997



LAKENHEATH YOUTH FOOTBALL CLUB



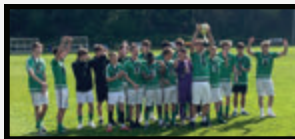
Charity Match - Playing for Dottie

Last month, LYFC showed what's truly possible when a community comes together. The youth club hosted a special charity match in support of a local young girl, Dottie, who has recently been diagnosed with a brain tumour.

The headline fixture saw our own development coaches and parents take on the competitive coaches and parents in a spirited and memorable match. The LYFC Belles also took to the pitch, alongside other youth teams who proudly showcased their progress and achievements from the season.

The event was backed by an incredible turnout of players, parents, and extended families, with generous support from many local businesses. Thanks to everyone involved, £2,000 was raised for this important cause. A heartfelt thank you goes to Jason, Tom and Zoe (& a team of volunteers) for organising such a meaningful and impactful event.

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



WINNERS

Our Lakenheath U16s have enjoyed an outstanding season.

Following promotion last year, they rose to the challenge in a highly competitive league, delivering a dominant campaign with a strong 20-player squad.

In their first season at this level, they secured an impressive 15 wins from 18 matches—an achievement that saw them finish top of the league as well-deserved champions.

This is a fantastic accomplishment for every player, and great credit goes to their coach, Gary Hurren, along with his assistant coaches, Jamie Mills & Sonny Seaforth, for their dedication and guidance throughout the season.



You can support our club with your Co-op membership and choose LYFC as your chosen cause!

www.lakenheathyouthfc.co.uk



Building a better future for Lakenheath

By Nick Timothy MP

Lakenheath is a community with real pride, strong roots, and big ambitions. Over the coming months and years, it also has a once-in-a-generation opportunity to invest in its own future – and I am determined to help make the most of it.

The Pride in Place programme will deliver £20 million of investment into Lakenheath over the next decade. That is serious money, and it must be used seriously – to revive the village high street, improve local amenities, strengthen transport links, and create the kind of infrastructure a growing village deserves.

With many hundreds of homes already built or under way, the need for that investment is not in doubt.

A great deal has happened in recent weeks to get the programme moving.

In March, I was involved in recruiting a Chair for the Pride in Place Neighbourhood Board. Residents across the village know Mike Malina.

As Chair of Governors at Lakenheath Community Primary School, he has demonstrated real dedication to this



community, strong organisational ability, and a clear, imaginative vision for what Lakenheath can become. He is exactly the right person for this role, and I am delighted he has agreed to take it on.

On 16 April, I joined Mike and Garth Tolmie of Eriswell Parish Council at Lords Walk – a neighbourhood of more than 500 homes that, after green spaces were sold off years ago, now has no play park, community hall, or pub. It is precisely the kind of place this investment can transform, and I am optimistic we can make that happen.

I have also been working closely with local councillor Gerald Kelly and representatives of West Suffolk Council and the Government to ensure we make



the most of every pound. We met at the excellent Mola Café on 13 March for a fruitful discussion about the way forward. A member of my parliamentary team attended a workshop in London on 12 February to learn insights from other communities around Britain about how they delivered similar investment.

I have also been listening. I have knocked on doors across Lakenheath and conducted my own survey of residents.

The message is consistent: people want a revived high street, better community spaces, improved sports facilities, and transport solutions for those without easy access to a car – whether they need to reach the shops, see family, or get to a GP appointment.

It was also a privilege, in March, to attend a match at The Nest – Lakenheath FC's remarkable ground, set in a former quarry – where the Heath faced Basildon Town in the League Cup semi-final.

The result did not go the Heath's way, but the occasion told me everything I needed to know about this community.

The club has eighteen teams, supporters of every age, and genuine ambition – including plans for a 3G pitch to open up year-round football.

Richard Horrex has grown the youth section from seventy to over 250 members.

That kind of community spirit is exactly what Pride in Place should be built around, and I will do all I can to support the club's ambitions.

Encouragingly, we received a number of strong expressions of interest from residents wanting to join the Neighbourhood Board. By the time you read this article the board will be in place.

This is exactly what the programme needs. It is residents who will shape how this money is spent, and their involvement is essential.

Lakenheath and surrounding areas are ready for this.

The leadership is in place, the community is engaged, and the funding is there.

Now it is time to build something that will benefit residents for generations to come.



Lakenheath Pride in Place – Get Involved!

Lakenheath Pride in Place (LPiP) programme is a government-funded initiative that has selected Lakenheath to receive up to **£20 million over the next decade.**



I am really pleased to have been given the opportunity to take on the role of chair of Pride in Place for Lakenheath. I intend to ensure the greatest benefit for the community where I have happily lived and worked for many years.

By the time you are reading this, a steering group or board will have been appointed after several days of interviews.

We will be gathering the views of local people on the changes they would like to see and we intend to hit the ground running with some practical projects to make a real difference to where we live. I really hope that many of you will feel inspired to get involved too and become part of the process to make our village a place of which we can truly be proud.

What are the quick wins? Perhaps to fill some of the worst potholes; tidy up some of the eyesores in the village; provide more bins.

What are your priorities?

We will also immediately set up a small grants process to help existing local groups fulfil their objectives.

Longer term projects:

- How do we build on our Neighbourhood Plan and revitalise and improve our High Street?
- What will happen to the old school site? Already there is an overwhelming view coming forward that this should be used as a community resource.
- How can we help local and young people secure housing in our village?
- How can we build skills and secure local jobs?
- Where should we put more cycle and footpaths?

You will certainly have ideas and we want to hear them!

How can you become involved and help the process?

You can get directly involved by volunteering to participate in the engagement and implementation teams we will be establishing:

You can join one or more of these community teams to make a difference. Whatever your interest there is a role for you.

If you cannot commit the time to this, then we still want to hear your ideas. We will be at local events over the next few months when there will be an opportunity to talk to steering group members, or you can submit your ideas by email at anytime.

Ultimately, LPIP is an invitation for residents to make a difference by starting

with their own corner of the world. By joining in, lending a hand, and sharing ideas, small individual actions transform into a powerful movement and shape the environment that future generations will inherit. Every resident is encouraged to take that first step and help make Lakenheath a place that inspires everyone who calls it home.

I look forward to hearing from you.

Mike Malina
Chair, Lakenheath
Pride in Place

To find out more or volunteer, email info@Lpip.uk





CENTRAL CAR CARE CORNER



Lakenheath Times has asked me to do a series of articles on car care and it is my pleasure to do so!

I'll be covering many subjects over the coming editions but if there is anything you'd like to ask about, please give Elaine at Central Garage Lakenheath a call on 01842 860226.

As we all know, the last couple of months has seen a sharp increase in fuel costs and therefore the cost of running vehicles has become an issue for us.

The importance of keeping your car in it's best running state has many advantages, one of which is optimum fuel economy and this month I'd like to briefly delve into some of the various factors that can impact fuel efficiency; not in any particular order, all of these are important and depends what your car is doing!!

Regular checking of your car

The trick is to keep your car in it's best state possible so it is running at it's best.

The things that we can check regularly are things like tyre pressures, tyre issues, oil level, coolant level and knowing your car – are there any new noises, knocking, pulling left or right, has one part of the car's performance changed, running, brakes?

Servicing / regular maintenance

Having the engine running at it's best will of course mean that the fuel efficiency is the best it can be. The first step here is to follow the service and maintenance intervals recommended by the manufacturer. These are (usually!) shown in the owner's manual

that comes with the car but failing that (especially in today's "paperless" era), many manufacturers refer the owner to the online service manuals. Either way, the data is available and if you struggle with either, Central Garage Lakenheath can look up in the various resources we have available; just give us a call or pop in.

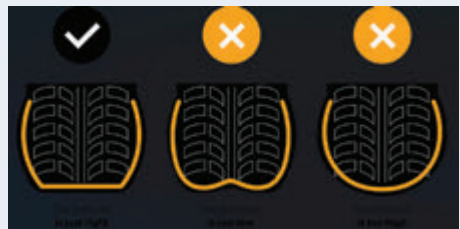
For higher mileage engines, we always recommend an oil change every 5,000 miles to help with the longevity of your engine and to help the engine run at it's best.

At Central garage lakenheath, we also do a health check on cars that come in for servicing and can advise on any ways that the overall health of the car can be improved.

And, of course, get to know the way your engine runs; if you notice something different to it's normal operation, for instance smoking under the bonnet or out the exhaust, running "lumpy", reduced performance, feeling like it is struggling, any change, seek professional advice. As is the way with everything, car problems only get worse!

Tyres

Tyres can influence fuel efficiency by up to 10%, with factors like tyre pressure, tread



depth, rolling resistance and even tyre type playing key roles.

Maintaining the correct tyre pressure is crucial for many things, one of which is fuel efficiency. Under-inflated tyres increase the contact patch the tyre has with the road and cause the sidewalls and tread to flex more which can lead to reduced fuel efficiency by around 0.2% per 1 PSI drop in pressure. A vehicle with tyres under-inflated by 10 PSI could see a fuel economy reduction of 2% or more, while properly inflated tyres can improve mileage by up to 3.3% - all this makes a difference over time.

If the tracking on your car is “out”, you will feel this by the car drifting to the left or right; you will notice it if it gets bad but a good check is to find a safe place to drive your car along the crown of the road i.e. a straight road with no other cars around and lightly hold the steering wheel, letting the car “do its thing”! (the crown is the middle of the road, where the white line is and this so that the road camber does not overly affect the car) and if the car drifts either way, your tracking is probably out and needs re-aligning. I say “probably” as there are other factors that will show the same effect such as tyre pressures, brakes dragging and some other factors); as with everything, if you think the tracking is out, seek professional advice. If it is tracking, they can do it but if it is not, they can advise on possible causes.

The type of tyre has a bearing on fuel efficiency also; the majority of tyres are well suited to all cars but tyres with overly aggressive tread patterns for the conditions (for instance, winter tyres) will increase the work a tyre has to do and therefore the fuel efficiency. Work treads have a similar effect. And of course, tyres can also affect things like road holding, braking performance, etc so choice needs some thought.

Brakes

Obviously, if your brakes are catching / binding, this will affect the amount of effort the engine and therefore the fuel efficiency.

Many things can affect your brakes catching binding and catching this early is helped by “knowing your car”!!! I know, I’m like a broken record (but it is important!).

The two most frequent ones are something trapped between the disc and the pad, a warped disc or discs or a failing calliper.

An early symptom is simply a noticeable change in operation; if your brakes become less powerful, wooden, spongy, pulsate, just different, it is time to have a look. One effect of binding brakes is heat so it is worth putting the palm of your hand close to the wheel you suspect is causing an issue. If it is hotter than normal, there may be a problem. Please don’t touch the disc as while it is normally fairly cool, they very quickly get hot! You will have seen race cars with glowing red discs, especially if seen at night – if yours is like that, don’t drive any further – you have a major issue!!!



Please bear in mind that as you drive the car, you can get used to the deterioration of the performance; it is worth doing a check regularly.

There are other factors that your car may be experiencing that would have an effect on fuel efficiency and we are offering free health checks on cars and this will highlight any issues you may have; if you’d like us to do one, please contact Central Garage Lakenheath on 01842 860226.

Lakenheath Times and Parish Council Sponsor the Youth of the Village

The Lakenheath Youth Football Club held its **Annual Challenge Cup** from 1st to 3rd May, with excellent support from players, families, and spectators of all ages. The weekend once again proved to be a fantastic community occasion, full of energy, teamwork, and family enjoyment.

On Sunday 3rd May, two competitions were sponsored by *The Lakenheath Times* and *Parish Council*. **The Wildcats** and **The Lakenheath Belles U7/8s**. Both groups delivered exciting matches and showcased some truly talented young players. Medals were presented to all participants in the Wildcats and the Lakenheath Belles, recognising their enthusiasm, skill, and brilliant sportsmanship.

The editor of *The Lakenheath Times*, *Cllr. Denise Smith* was also invited by Richard Horrex to present medals to the **Boys Open Training U8s**, celebrating their efforts and achievements throughout the tournament.

The entire weekend highlighted the strength of youth football in the village and the dedication of volunteers, coaches, families, and supporters who make the Challenge Cup such a valued annual event.





Weigh your baby at Lakenheath Library!

Tuesday 12pm - 2pm

Friday: 9am - 2pm

Just bring the red book

No booking required



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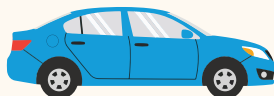
Home Library Service



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

Our volunteers can bring books direct to your home.

If you're interested please telephone Lakenheath Library to arrange some books to be delivered to you. Speak to Jo - (01842)668445



suffolkcommunitylibraries.co.uk

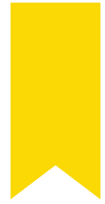
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2. **Borrowbox** - listen to books or read ebooks.

3. **Pressreader** - read magazines and newspapers.



4. **Kanopy** - an ad-free, on-demand video streaming service providing access to thousands of independent films, documentaries, classic cinema, and educational videos



To log in to these apps once you have downloaded them, you will need your library card and PIN. Your account number is the list of numbers found at the bottom of your library card. Use this to log into these apps.

If you don't know your PIN (a 4 digit code) you can reset it at the library.



THEY ARE ALL FREE!





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

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

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

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



No booking required, completely free!
Walks taking place on the first Sunday of each month!

Your Voice Matters

Rich and Jo, your Active Lakenheath Community Connectors, are still keen to hear your views on movement, connection, and wellbeing.

If you would like to chat by phone, or would prefer a home visit, simply complete the form below, tear it out, and drop it into Lakenheath Library (65 High Street) or the Parish Council office (Peace Memorial Hall, 98 High Street) or call the Parish Office on 01842 860598.

All information will be stored securely in line with GDPR regulations.
Thank you.



Your Contact Details



Full Name: _____

Address: _____

Contact Number: _____

Please hand in to Lakenheath Library or the Parish Council Office.

Summer answers

General Knowledge

1. Blackpool Tower
2. Southend
3. The Corrs
4. Wish you were here
5. True
6. 21st June
7. Julius Ceasar
8. Iceland
9. Summer loving had me a blast
10. Saint Swithun's
11. Ronald Reagan
12. Donna Summer
13. Homer Simpson
14. Norman
15. December

Britain picture quiz

1. Stonehenge
2. London
3. Bath
4. Blackpool
5. Hadrians Wall
6. Durdle Door
7. Liverpool
8. St Michael's Mount
9. Norfolk Broads



St. Mary's Church Coffee Morning.

Our coffee morning at the end of March was an astounding success. All the hard work was well worth it. It was very well attended, and we made a magnificent £640. Many thanks to Pauline Wickham, who organised it and all her helpers.

Thanks go to everyone who came and donated prizes. More thanks to the Lakenheath handbell ringers who kept us entertained all morning. We appreciate everyone for their generosity.



Churches Together Event
St Mary's, Abundant Life and Methodist
Held at the Lakenheath Methodist Church, Back Street.
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**



WHAT DO YOU DO ON A SUNDAY MORNING?

Who was this bloke called Jesus?
Do you like arts and crafts?
We would love to see you at

St. Mary's Church Youth Group

We meet alongside the Sunday service.

11.00 - 12.00

Suitable for all ages

For further information call Peter on
07962007343

BAPTIST CHAPEL

Sunday Services

Morning 10.30am

Evening 6.00pm

**Be strong and of a good courage;
be not afraid, neither be thou
dismayed: for the Lord thy God is
with thee whithersoever thou goest**
- *Joshua 1*

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

ABUNDANT LIFE CHURCH

A Warm Welcome awaits you at The Abundant Life Church, Back Street, Lakenheath. Affiliated with the Assemblies of God UK. We are a Bible based contemporary style Church with a community focus. Lakenheath Community Food Bank is also based here.

Sunday - Morning Service - 11am

(including Sunday School & Youth Group)

Monday - Prayer Meeting - 7.30pm.

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

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

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



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



Love where you live.

Dumping waste

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

This is a criminal offence.
CCTV in operation




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The Nest, Back Street, Lakenheath, IP27 9HN

LAKENHEATH PUBLIC NOTICEBOARDS

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

Thanks

LOVE WHERE YOU LIVE

LAKENHEATH NOTICE BOARD

Lakenheath Friendship Club

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

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

Diary of Village Events

We are looking to reinstate the previous "Diary of Village Events", which used to be kept at the Parish Office. If your group is planning an event in 2026, please would you let the parish clerk know?

Thanks Nicky Glading

Telephone: **01842 860598**

Email: clerk@lakenheathparishcouncil.gov.uk

Lakenheath Parish Council can award grants to village organisations

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

Lakenheathparishcouncil.gov.uk

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

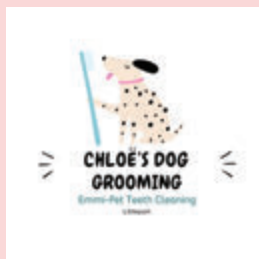
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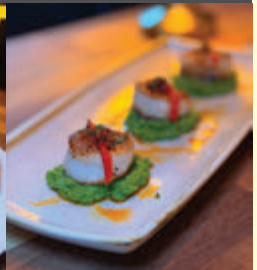
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Thursday 12-10.30pm

Friday 9am-10.30pm

Saturday 9am-10.30pm

Sunday 9am-9pm





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