



LAKENHEATH

TIMES

Winter 2024

www.lakenheath.onesuffolk.net



LAKENHEATH PEOPLE, SHOPS, BUSINESSES, SERVICES!

LOCAL AUTHORITY RESPONSIBILITIES

Who does what and how to contact them

Lakenheath Parish Council deals with:

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

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

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

OPEN TUESDAY, WEDNESDAY &
THURSDAY 9AM to MIDDAY

lakenheathparish@gmail.com

Telephone: 01842 860598

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

Phone: 020 7219 6191

Email: nick.timothy.mp@parliament.uk

Suffolk County Council deals with:

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

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

West Suffolk Council deals with:

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

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

The Christian Enterprise Foundation

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

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

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

Any grant requests should be put in writing to:

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



Useful Websites

Abandoned vehicles

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

Assisted bin collection service

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

Benefits and support

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

Bins

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

Bin missing/ sacks

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

Births and deaths

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

Bulky items collection

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

Cost of living help

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

Debt and finance

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

Dog Fouling

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

Environment

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

Find information on your address

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

Fly posting

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

Fly tipping

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

Graffiti

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

Licensing

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

Litter

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

Litter - Drug related

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

Nuisance vehicles

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

Parking on street – civil enforcement

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

Parking fines and appeals

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

Parking on pavements/verges

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

Parking – report an infringement

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

Planning

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

Waste Guide

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

POLICE

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

Call 101 for police if the matter is less serious.

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

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Deadline for Spring Issue 1st February 2025

Why advertise with us?

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

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

To advertise with us please contact advertising@lakenheath.org

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

Advert	Orientation	Size mm	
		Width	Height
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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Tel No: 07857 801802

LAKENHEATH LIBRARY

Tel: 01842 860723

LAKENHEATH PAVILION BOOKING CLERK

Tel No: 01842 860124 or 07789 499970

Email: mail@lakenheathpavilion.org

Website: www.lakenheathpavilion.org

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MP

Nick Timothy

Tel No: 020 7219 6191

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Tel No: 01638 590640

PARISH WEBSITE

Website: www.lakenheath.onesuffolk.net

PHARMACY

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POLICE (Non-emergency) Tel No: 101

SURGERY

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Website: www.lakenheathvillagehall.org

WEST SUFFOLK COUNCIL

Tel No: 01638 719000

Website: www.westsuffolk.gov.uk

HAPPY HOLIDAYS!

The Lakenheath Parish Councillors extend their warmest season's greetings to everyone. As the festive season unfolds, may the spirit of hope, joy, love and gladness illuminate your days and guide you through this special time of year.

Let us embrace the magic of the season, cherishing the moments spent with family and friends whilst creating special memories. Together, let's spread kindness and goodwill, ensuring that the warmth of this season touches the hearts of all. Wishing you a holiday season filled with peace and happiness, and a prosperous New Year to come.

Denise

DISCLAIMER

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

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Welcoming the Festive Season in Lakenheath

As the first winter chill settles in, our Remembrance Sunday event took place, and many of us gathered at our War Memorial to lay wreaths and remember those who died for our sakes from our community in years past. We prayed for world peace, which sadly seems more scarce than in years past. It also reminds us of the importance of community. The festive season is almost upon us, a time to celebrate, connect, and reflect on the year. As always, local groups are working to create a meaningful Christmas time for everyone. Whether joining others for the annual tree lighting or carolling by candlelight, there are many ways to embrace the spirit of togetherness and support our wonderful village. However, for some, it can be a lonely time of year; perhaps, it is their first on their own; for others, they remember better times, so if, during the rush of your Christmas preparations, you get a chance to drop in on your elderly neighbours for a cup of tea or drop a card round, that can make a difference at this critical time of year.

While the recent UK Budget, Labour's first in 14 years, has been making national headlines with its focus on big-city projects, it's important to remember that Lakenheath, like other villages, feels the impact of these financial decisions in its own unique ways. The complexity of budgets may seem distant, but they have a direct influence on our daily lives, shaping local services, infrastructure, and the funding available for community projects.

At Suffolk County Council, we are busy thinking about the limited resources. The budget for the council is nearly £1Billion, which seems large, but there are many calls for its money. It is never forgotten

that it is made up of our hard-earned Council Tax and a complex array of grant funding for this and that. Simply put, there is not enough money to fund all the services we would want to invest in, from Child protection services to repairing our roads. Nowadays, 75% of the budget goes on Adult and Child services, which leaves far less than we would want to spend on our highways and other community projects. It is always a complex set of decisions that must be considered and decided on over the next two months ahead of the February Budget meeting.

The removal of the Winter Fuel Allowance is appalling, and that, coupled with the rising cost of electricity and heating oil, will mean a difficult winter ahead for many. If you are going to struggle, reach out to the Parish Council and councillors such as myself, and we will help direct you to funds that can help you heat your home this coming winter. Our food bank, community cafes, and warm spaces are available to anyone in need of a little extra support. This winter, more than ever, we need to extend the spirit of giving to all in our community.

So please get involved, whether through volunteering, joining a festive event, or simply checking in with a neighbour. Let's come together to celebrate all that makes Lakenheath, Sedge Fen and Undley special and ensure that no one feels left out during Christmas.

That leaves me to wish you a very Merry Christmas, and here's to a happy and healthy New Year.

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

A Message from Lakenheath Parish Council Chair Gerald Kelly

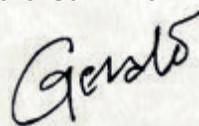
Christmas is coming and the village decorations will be appearing soon! It is a special and enjoyable time of year for most of us, but not for all...

As we know the Winter Fuel Payment has stopped for all except those receiving benefits; the concern is that so many aren't claiming benefits and could face real problems. There are lots of reasons (whether real or imagined) people have for not claiming benefits, from not being able to fill in the forms to thinking that it is a form of charity. Lakenheath has a history of looking after its own, and this is a time when we should all be making sure our neighbours don't go without unnecessarily. Citizens Advice and Suffolk Councils at all levels have some arrangements in place to help, but need to know where that help is needed, so I would ask you all to think about our older neighbours who might be at risk. If there is someone you know who could be facing hardship and you can have a comfortable conversation with them, get them to talk to Citizens Advice; the number is in the front of this magazine. If you have concerns but don't

think you can have that conversation, please do let one of your Councillors or the Parish Office know and they can take it from there. It could be the best Christmas present you could give!

In the meantime there's a lot's going on, with road closures and diversions what feels like every other day and largely there's not much we can do apart from asking those responsible to keep things to a minimum. However my second appeal is around what we can do! Our road – the B1112 – is now officially the worst B road, and the worst 'per mile' in Suffolk for speeding. That is pretty dreadful and while we will be pressing farmers, hauliers and the Base to talk to their staff, it is not all "those others". With the extra traffic generated by the new housing we must all – basically – do better!

Although these things are important, I think it is equally important to make the best of what we have. So I'll finish by wishing you all a peaceful Christmas, and a happy and prosperous 2025!



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 person's private information, to do otherwise would be in contravention of GDPR and privacy obligations.

AN INCREDIBLE QUARTER OF A CENTURY OF OUR LOCAL SUNSHINE CORNER NURSERY!

On the 7th October 2024 Sunshine Corner Nursery held its 25 year anniversary open day.

It was such a pleasure to welcome previous students who have now grown up and have their own families, who, now, are part of our family.

Everything was provided for free so everyone could enjoy this wonderful fun day.

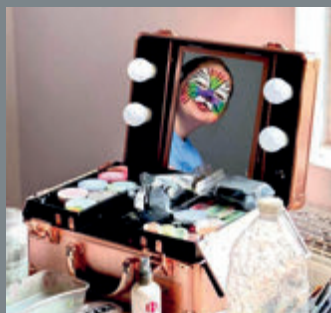
Celebrations included face painting, a bbq, even a puppeteer and other activities around the nursery.

It was lovely to have the original manager come back who first opened the nursery 25 years ago and made a lovely speech.

It was also an opportunity for Nicola, the current manger, to explain where the nursery is heading and what we look forward to doing in the future.

It was a fabulous day and I'm sure everyone enjoyed themselves.

Thank you to all who have given us your support over the years. It is very much appreciated!



LAKENHEATH PARISH COUNCIL SUPPORTS CHARITIES

Veterans Aid

In the Autumn edition Judy Williams, a local resident, celebrated her 90th birthday by jumping out of an aeroplane!

As promised, on behalf of the Lakenheath People £100 was donated to her chosen charity.

Veterans Aid have thanked the residents of Lakenheath for their kindness and generosity.

“Thank you for the donation you have made to our homeless ex-servicemen and women.”

It is thoroughly appreciated and every penny of it goes towards helping them.

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

VETERANS AID THANK YOU SINCERELY



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

Winter Gardening 2024

by Rachel Sobiechowski BSc. (Hons)

The final month of the year is here, but there's still plenty to do in the garden! Sure, the demand for watering and dead-heading has stopped but the garden doesn't have to be out of bounds during the winter. A few hours spent in the garden quickly gives visual results and caring for plants will lift your mood. If you can't get outside go on pintrest or flick through gardening books and magazines for inspiration! Here are the key gardening jobs for Winter:

December:

From late November until late February its Bare Root Season. Bare Roots are plants, usually trees, hedging, soft fruits, roses, and even some perennials, that have been grown in the ground then lifted for sale when dormant. They are sold without any soil or pots which makes them much cheaper to transport. They are usually sold mail order, but some large nurseries will also offer a great selection of bare root plants. It is essential that the roots of a bare-root plant don't dry out. Be sure to soak the roots in winter as soon as you receive your plants. If you can't plant immediately - if the soil is frozen, for example - heel them in until the weather improves. Sprinkling mycorrhizal fungi around the roots when planting will increase nutrient and water uptake and help bare-root plants establish well. Bare Root roses can be susceptible to damage from cold, drying winds so if the weather is particularly bad it may be worth potting them and keeping them in a very sheltered location before planting when conditions are better.

Other tasks for December:

- Winter prune plants that are prone to bleeding such as grapevines, birch, walnuts and Acers (Japanese Maples).
- Keep off lawns in frosty or snowy conditions, however, if The winter is mild

then keep removing fallen leaves from lawns to let in light and prevent dead patches.

- Take care not to let leaves accumulate around Alpines, they will die if left damp

January:

The new gardening season begins. January is a month of promises to come. You can start sowing hardy seeds, chitting seed potatoes and add colour by planting snowdrops, primulas, winter flowering shrubs and hellebores.

Other tasks for January:

- Cut back old foliage of ornamental grasses and perennials such as sedums.
- Winter Prune Wisteria
- Remove yellowing leaves from your winter brassicas as they are no use to the plant and may harbour pests and diseases.
- Finish pruning apple trees and pear trees.
- Start forcing Rhubarb by placing an old bucket over the crown.
- Plant new soft fruit bushes and canes (as long as the ground is not frozen).

February:

It's time to put the pruners into action! It's time to finish tidying the borders, cutting back old growth of perennials and grasses. You can also cut back over-wintered fuchsias and pelargoniums to encourage new growth. Trim deciduous hedges before birds start nesting, and prune back any winter flowering shrubs that have finished flowering such as Mahonia, Viburnum and Heathers. And whilst the pruners are in your hands don't forget to prune back the colourful stems of dogwoods and salix, you can prune right to their base to encourage lots of fresh new growth that will give bright stems next winter!



P&R
Garden Supplies

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

LOCAL DUO “WING SONG” SCORE AGAIN!

Music and Lyrics by Sue Crowe



Linda Spencer and Sue Crowe
“Wing Song”

“Christmas Hill” tells the story of a young couple who were torn apart by WW2 and their last meeting at the railway station before he goes off to war. He loses his life during the D Day Landings and word of his death never

reaches her until many years later. Inspiration for the song came to Sue as she drove over the railway crossing at Lakenheath and saw the sign for Christmas Hill Farm. In the three mile journey to her home in Lakenheath village, Sue, one half of the Wing Song duo with Linda Spencer, had written the song. Remembering the story of how piper Bill Millin played on Sword Beach during the D Day landings, she thought adding a piper would give the song a melancholy twist. Sue asked Ross Montgomery to play the ‘Skye Boat Song’ on the bagpipes and Jim Martin to add the haunting violins. With

Sue’s vocals and keyboard work and Linda’s beautiful harmonies, Wing Song have produced one of their most emotive tracks to date.

“Christmas Hill” is available to download and stream on all sites from 8th November 2024, visit “WING SONG” on Facebook for further details.



Poppy photo courtesy of Veronica in the Fens New

Tracy's Back Wrapping Up Ready For Winter!

Tracy Oxborough has decorated our High Street again!

Her spooky Halloween post box cover stirred up a cauldron of interest in October, followed by her tribute of Remembrance, remembering our fallen, in November.

Keep an eye open, Christmas is coming!!!





**West
Suffolk**



Citizens Advice
Proud to support the
LGBTQ+ community

We support people across West Suffolk by providing, free, confidential, and impartial advice on a wide range of issues, including benefits, housing, relationships and family, debt, energy, utilities, and employment.

We are continuing to see more people seeking our help with their issues and problems. Between April and the end of August this year, we have helped 3,137 clients with 12,172 issues. For the same five months in 2023, we helped 2,714 clients with 10,932 issues.

Pension Credit is very much in the news right now, due to the recent changes to the qualifying conditions for the Winter Fuel Payment. Below is a link to the 'Winter Fuel Payment' on the GOV.UK website.

<https://www.gov.uk/winter-fuel-payment/eligibility>

We can support people of pensionable age to check if they are eligible and make a claim for Pension Credit.

We made a successful grant funding application to the Nationwide's Community Grants Fund, last year as we wanted to do more to support older people. We were aware that Pension Credit was significantly underclaimed by older people and this was one of the reasons for the application.

This is the link to our website: -

Citizens Advice West Suffolk | Free, confidential, independent advice (**suffolkwestcab.org.uk**)

Please do encourage people to contact us if they are struggling with an issue.

We can provide a summary of the key issues that we have supported people with in your parish. Please email my colleague Joanne Albin, **joanne.albin@swcab.org.uk** and we will email the information.

Most of our team are volunteers and we currently have 72 volunteers plus our 10 Trustees. Details of current volunteering opportunities can be found on our website in the section 'join us'. **<https://suffolkwestcab.org.uk/join-us/>**

We have a range of roles including, benefit form fillers, advisers, client support advisers. We are also seeking Trustees and are especially interested if they have skills or interest in either: -

- PR and communication
- Event organisation
- Employee wellbeing and engagement

We are not funded directly by central government, we rely on support from local councils, other charitable grants, and individual donations. If you can support us with a donation towards our work, it would be much appreciated.

If you can, please send payment made payable to:

Suffolk West Citizens Advice Bureau at: 90 Risbygate Street, Bury St Edmunds, IP33 3AA
or to CAF Bank, account number: 00021551; sort code: 40 52 40

Best regards,

Carol Eagles, Chief Executive Officer, Citizens Advice West Suffolk
email: **finance@swcab.org.uk**



Lakenheath Foodbank thanks Lakenheath Parish Council for generous Donation.

We are delighted to announce that Lakenheath Foodbank has received a generous £1,000 donation from Lakenheath Parish Council. This incredible support will make a significant difference in our efforts to provide essential food and supplies to local individuals and families in need. Every donation helps us to stock our shelves.

Thank you, Lakenheath Parish Council, for standing with us and helping to ensure that our community is cared for. Together, we are making a real difference.



GOWARD & EVANS CHARITIES LAKENHEATH

Reg Charity No. 253727

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

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

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

Mobile: 07796 018816

Email: laurawill@btinternet.com



VOLUNTEERING

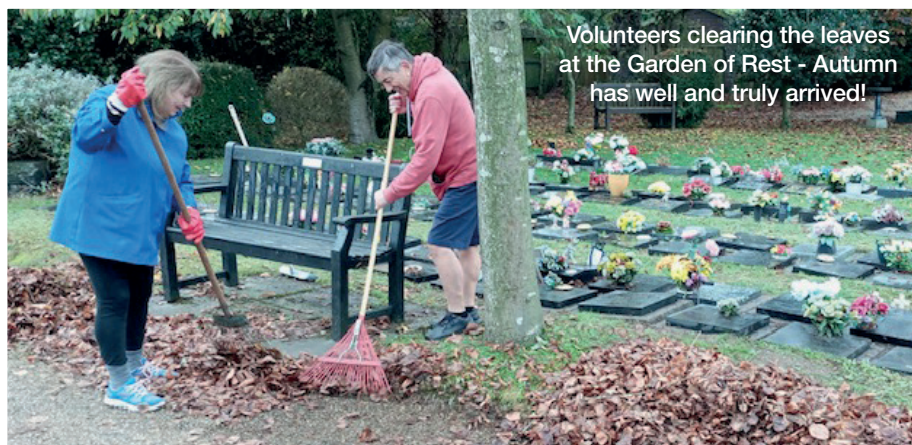
Volunteers do not necessarily have the time; they just have the heart.

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

Love where you live.

A BIG THANK YOU TO THOSE WHO DELIVER

On behalf of the Lakenheath Parish Councillors, we extend our heartfelt gratitude to the Lakenheath Times delivery team for your unwavering support and dedication over the past year. Your commitment to ensuring that our community stays informed and connected is truly commendable. We recognize the hard work and effort you put into delivering the news, rain or shine and appreciate your role in keeping the spirit of community alive. Thank you for your outstanding service and for being an essential part of our community.



Volunteers clearing the leaves at the Garden of Rest - Autumn has well and truly arrived!



Lakenheath Parish Council

VOLUNTEERS NEEDED!

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

Contact: Lakenheathparish@gmail.com



Supporting Each Other: Focus on Winter

You may have heard Winter Fuel Payments being discussed in the news recently. They used to be paid to everyone over State Pension age, regardless of their income. This has now changed. Only people who get Pension Credit will receive the one off Winter Fuel Payment this year.

And it's not just help with heating costs - getting Pension Credit opens the door to additional benefits such as help with the cost of dental work, glasses and transport to hospital; help with rent or mortgage interest; and help paying Council Tax. Not to mention a free TV Licence for those aged 75 and over.

A lot of people think if they have savings they won't be entitled, but that is not always the case. While 1.4 million households in the UK already receive Pension Credit, an estimated 880,000 people are eligible for it, but not receiving it.

Can you help us reach these people?

If you have friends or family over State Pension age (currently 66), ask them if they have checked their eligibility. They can find out more here: www.gov.uk/pension-credit, or by calling 0800 99 1234. Applications can be made online or over the phone.

You don't need to be an expert on Pension Credit:

Just encourage people to check their eligibility themselves, or support them to do so, either over the phone **0800 99 1234** or online: www.gov.uk/pension-credit

The quickest way to apply for Pension Credit is to call the claim line **0800 99 1234** (a friend or family member can call for them as long as they are with the person at the time) or go online www.gov.uk/pension-credit

What about people who are not entitled to Pension Credit?

Below you will find details of support throughout West Suffolk available to our communities who may find themselves vulnerable this winter.



The Government Funded Household Support Fund has been extended until March 2025 and is an allocation of funding given to Suffolk County Council to support people who are experiencing hardship or struggling with the rising costs. Suffolk County Council allocates Household Support Fund money to residents in a number of ways including Local Welfare Assistance Scheme (details below). For full details in relation to the Household Support Fund please visit: Household Support Fund - Suffolk County Council

Local Welfare Assistance Scheme:
www.suffolk.gov.uk/lwas

A fund set up for those experiencing financial hardship and can help with food, heating, clothing, fuel and white goods. Full details and eligibility criteria can be found on the website. This fund is changing so it is important you keep up to date by visiting the website.

Applications are made online, or with support from a partner organisation such as Citizens Advice. Warm Homes Suffolk: Warm Homes Suffolk

Grants available to help insulate and make properties more energy efficient. Eligibility can be checked online or by contacting 03456 037 686. This fund is available to homeowners, renters and landlords and is provided throughout the county.

Other benefits **www.entitledto.co.uk**

Check entitlement to other benefits such as Housing Benefit, Support for Mortgage Interest, Council Tax Reduction, Attendance Allowance, Carers Allowance and more. These could increase your income and help you better afford your bills. Use an online benefits calculator or contact an advice agency such as Age UK or Citizens Advice.

Discretionary Payments **www.angliarevenues.gov.uk/discretionary**

There are two different types of discretionary payment funds available: Discretionary Housing Payment: for those in receipt of Housing Benefit or Housing Element of Universal Credit and Exceptional Hardship Payments: for those receiving council tax reduction.

Both payments are short term and one off but are aimed at helping those experiencing exception financial hardship. Individuals can apply on line and full details of funding available can be found by visiting the website (application form is through this website as well)

Help with the cost of heating oil:

“Suffolk Oil Loans” from Eastern Savings & Loans, a Credit Union. They offer an interest-free loan of up to £500 for heating oil. This is only available to residents of Suffolk. You need to become a member of Eastern Savings & Loans to apply. Membership costs £5

To find out more about the Suffolk Oil Loan, visit: **www.eslcu.co.uk/products-and-services/loan-products/suffolk-oil-loans**

Community Oil Buying: by clubbing together with others in your community, you may be able to get a cheaper price for your oil. The Oil Club website lists the many Oil Clubs in Suffolk, and often several small rural communities in the same postcode area are included in the same ‘club’. To find your nearest oil club, visit: **www.oil-club.co.uk**

Another scheme to consider is Community Action Suffolk’s community oil buying scheme. It offers pre-payment and Direct Debit schemes, but please note it does not offer a ‘buy now, pay later’ scheme. For more information, visit: **www.communityactionsuffolk.org**

uk/business-support/community-oil-buying-bulk-lpg

Promote help to deal with debt:

There are a number of services, both West Suffolk wide and nationally that can support with financial concerns and managing your wellbeing. For local support please visit the council's Cost of Living support pages: Cost of living (westsuffolk.gov.uk)

Debt can cause financial hardship and stress. Sometimes even well-managed debt can spiral out of control when life circumstances change. For specialist debt advice, the following organisations can help.

Citizens Advice West Suffolk Citizens Advice West Suffolk | Free, confidential, independent advice (suffolkwestcab.org.uk) Advice line: **0808 278 7868** (Monday to Friday, 9:30am to 3:30pm)

West Suffolk - worried about money? Worrying about money? West Suffolk leaflet was co-produced as a straightforward resource for people facing money worries or financial crisis, and support workers, to quickly see which local agencies are best placed to help with advice and help to access cash first options.

National Debtline Telephone appointments, webchat 0808 808 4000 (9am-8pm, Monday-Friday) <https://nationaldebtline.org>

Christians Against Poverty (CAP) Face to face appointments, home visits **0800 328 0006** <https://capuk.org>

Resources

There are some really good resources available to use online and as printed material. Check out the following, particularly the Age UK simple booklet (which you can order printed copies of, for free, from Age UK) and the Gov.uk toolkit.

Gov.uk

Pension Credit toolkit: advice and guidance for stakeholders www.gov.uk/government/publications/pension-credit-toolkit/pension-credit-toolkit-advice-and-guidance-for-stakeholders

This toolkit includes videos, social media images, posters and flyers. It also examines the barriers to claiming, dispels myths, and gives advice on how to talk to people about Pension Credit.

Pension Credit claimant guide www.gov.uk/pension-credit

Pension Credit calculator www.gov.uk/pension-credit-calculator

Guidance on the closure of Tax Credits for people over State Pension age www.gov.uk/government/publications/pension-credit

Easy Read "Get Help from Pension Credit" <https://assets.publishing.service.gov.uk/media/600811bbe90e072f4ed77f6d/pension-credit-easy-read.pdf>

Age UK

Website www.ageuk.org.uk/information-advice/money-legal/benefits-entitlements/pension-credit

Simple A5 information guide booklet www.ageuk.org.uk/globalassets/age-uk/documents/information-guides/ageukig50_pension_credit_inf.pdf

More detailed A4 factsheet www.ageuk.org.uk/globalassets/age-uk/documents/factsheets/fs48_pension_credit_fcs.pdf

To order printed copies, visit: <https://www.ageuk.org.uk/services/information-advice/guides-and-factsheets/>

Martin Lewis of Money Saving Expert

Pension Credit guide webpage www.moneysavingexpert.com/savings/pension-credit

HAPPY 90TH ANNIVERSARY, RAF MILDENHALL!

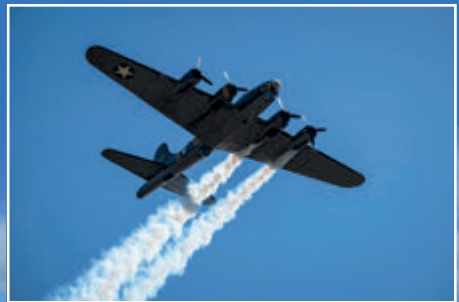


RAF Mildenhall has been a cornerstone of strength, collaboration, and resilience for 90 years, serving as a crucial part of both the Royal Air Force and the United States Air Force missions.

October 16, 2024, marked RAF Mildenhall's 90-year-anniversary as a Royal Air Force Station.

Since its founding, RAF Mildenhall has played a fundamental role in numerous historical events, from supporting the courageous efforts of Bomber Command in World War II, to playing a pivotal role as a joint operations base. Over the years, it has become a symbol of heritage and unity, connecting the shared commitment to security and freedom between the U.S. and the U.K.

Today, we honour the brave servicemen and women — past and present — who have served at RAF Mildenhall, protecting our skies and safeguarding our way of life. We look forward to seeing Team Mildenhall continue its legacy as the “Gateway to the U.K. and Europe.”



LAKENHEATH PARISH WALKS

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

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

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

FOOTPATH NEWS

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

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

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

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



Winter

Hibernal

WINTER
FIRESIDE
FROSTY
SNOW
ICE
COAT
CHILLY

HIBERNATE
SCARF
SNOWMAN
FOGGY
HAT
GLOVES
FREEZING



See solutions on pages 36 and 37

Please unscramble the words below

1. TVIYNAIT
2. RWEINT
3. SORFT
4. CICIEL
5. BTANOOGG
6. MMPOTINAE
7. URHLDOP
8. IEMNC IEPS
9. ALBNOWSL
10. EOIEMSTLT

11. DAGRBIEGENR
12. KNCTGSIO
13. MWNSONA
14. RIDREENE
15. SSTMCAIHR
16. EPTSRSEN
17. TTNMIES
18. KWLASOENF
19. EGISLH
20. EOIPNNEC

Christmas quiz

FUNTIME FOR THE FAMILY GATHERINGS

1. The Twelve Days of Christmas finishes on which date traditionally?
2. The Trafalgar Square Christmas Tree is a gift from which city to London, a longstanding tradition since 1947?
3. How do you say 'Merry Christmas' in Spanish?
4. What do elves typically have on their shoes?
5. What are small, inexpensive gifts usually called?
6. Which country is credited with the creation of the Christmas beverage, eggnog?
7. In Charles Dickens' "A Christmas Carol", how many ghosts visit Scrooge?
8. Which saint's day is celebrated on 26th December?
9. What time is the King's speech usually broadcast on Christmas Day?
10. What's the best-selling Christmas song of all time?
11. Which Christmas song has been a hit for both Brenda Lee and Michael Bublé?
12. What year was 'Do They Know It's Christmas?' written?
13. Which American singer had a 1950s hit with 'Blue Christmas'?
14. In the first Home Alone movie, where are Kevin's family going on holiday when they leave him behind?
15. In which film does Tom Hanks play multiple characters, including the train conductor?
16. Who plays Scrooge in "The Muppet Christmas Carol"?
17. In which city does "Love Actually" predominantly take place?
18. Who are the two lead actresses in "The Holiday"?
19. Which country did Stollen originate from?
20. In which country is it traditional to eat a meal of 12 dishes on Christmas Eve?
21. Which food and drink company helped popularize the image of Santa Claus' red and white outfit?
22. What should be eaten on each of the 12 days of Christmas to ensure good luck for the year ahead?
23. Which direction should you stir mincemeat for good luck?
24. What is a female turkey called?
25. Which country's Christmas dinner typically consists of KFC?

Initial Letters Quiz

What are the well known phrases or sayings represented by these initial letters?

For Example - L B you L = Look Before You Leap.

1. J of A T M of N
2. L B not L
3. B is T T W
4. An A A D K the D A
5. S S and B F
6. B L T N
7. A T G is N G
8. S F the H's M
9. The P is M T the S
10. A F in N is a F I
11. B C B C
12. H H no F L a W S
13. L B be B
14. It N R B it P
15. M H W the S S
16. E C H a S L
17. A L C C its S
18. H who L L L L
19. G M T A
20. A D is a M B F
21. H T and G T
22. M H M L W
23. O of S O of M
24. P M P
25. Y are W Y E
26. W in R D as the R D
27. W N W N
28. Y C G B O of a S
29. T H are B T O
30. P the C B the H

This image shows a single page of white paper with horizontal blue lines, resembling notebook paper. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.



The Lakenheath Youth Club would like to thank both Cllr Colin Noble and Cllr Gerald Kelly for their generous financial support plus the amazing Jell Ryan who raised funds with her stall at the village fete, raffles and quizzes.

We have been able to buy a Table tennis table, table football, pool table and Wii game. We have had a lot of donated arts and craft equipment and a few musical instruments.

The core team of Rev David McAloon and his wife Carol along with Sharon Fletcher and myself spent a long Saturday afternoon creeping into the evening putting all the equipment together.

Whilst Sharon and I were finishing off some of the preparation some youngsters came in to see what was happening and helped, especially grateful to young Charlie who helped us set up the Wii.

Our Taster session which was on Friday 20th September and the kids came and had a go at pretty much everything – I can see a possible competition coming.

I have to say how fabulous all the kids were and how polite they all are, they were a pleasure to be with.

Unfortunately, our team is too small in number for us to run the club on a weekly basis so when we have MORE

VOLUNTEERS we can up the sessions but at the moment only once a month. We have decided to hold the Club on Sunday afternoons during the winter and the next sessions are on Sunday November 17th and December 15th from 2.30-4.30pm.

Please get in touch if you wish to be a volunteer, email Linda Spencer at derunboxers@yahoo.co.uk





LAKENHEATH HERITAGE GROUP

Edited extracts from the village Timeline 5, 1914-1920. lakenheath.onesuffolk.net/lakenheath-heritage

In the late 19th century until about 1912 Sir William Dunn MP and Lady Dunn lived at 'The Retreat,' formerly North Lawn Cottage. The house was set in large grounds at was then the northwestern end of the village. Hall Drive was one of the entrances leading to The Retreat which they had greatly enlarged. Sir William died in 1912 and the estate was later sold. In the 1930's the house was renamed Lakenheath Hall by Sir Charlton and Lady Grace Briscoe and it now forms part of the Lakenheath Park Estate. Christmas 1914 was probably the last Christmas when the 'gentle folk' gave their employees a 'Christmas Box.'

Christmas 1914. Following tradition, villagers received annual gifts from the local landowners. Lady Dunn, by now a widow, gave tea (probably the ingredients for the drink not a meal) to the widows of the village. The employees of The Retreat Estate, of Lord Iveagh of Elveden Hall and of Mr. Newdick of Undley Lodge received their usual gift of beef.

Lord Iveagh also gave a Christmas tree to St. Mary's Church and a bag of sweets and an orange to each 'scholar.' The choir of the Baptist Church went carol singing and the Lakenheath Temperance Band went out on Boxing Day and 'enlivened the holiday.'

1914. January. The Football team played Northwold with ten men in the first half and lost 2-1. At least three of the team died in the coming war. The team was, G Garden, ? Bailey, G Hall, B Flack, W Harvey, Geo. Badcock, A Coleman, A Rutterford, S Cooper, S Coleman, H Rutterford.

1914. March. 'There had been some improvement in the disposal of house refuse but many houses were in poor condition. Some cases of tuberculosis had been treated but those with no insurance had no chance of treatment.' Bury Free Press. Sat. March 21st 1914,

1914. June. Following the death of Sir William Dunn 'The Retreat' was sold to Councillor Robert Bilsland tenant of Churchgate Farm on the High Street.

1914. WW1 was declared on 28th July. Lakenheath warren east of the A1065 was used as a bombing range by planes from Feltwell and Thetford. The army also used the area for artillery practice. It has been suggested that early tanks were tested on the eastern part of the warren. A narrow-gauge railway was made to carry building materials for the building of Feltwell aerodrome. In the summer hundreds of troops marched through the village and were given gifts of fruit and tea by the villagers.

1915. In January a good view of the flooded Lakenheath Fen could be seen from Maids Cross Hill. The Fen flooded regularly until the Lakenheath Flood Relief Scheme was completed in 1963.

1915. A roll of honour of the names of Lakenheath Scouts who had 'joined up' was on display in the Post Office.

1917. At the end of July possibly the largest public event ever to take place in the village saw the unveiling of the Kitchener Memorial in St. Mary's Church. Lord Kitchener was Secretary of State for War until his death by drowning in 1916 when HMS Hampshire hit a mine. His ancestors lived in the village in the 17th century in the recently demolished 'Kitchener Cottage' formerly known as 'Rookery Farm'. Lord Derby, Secretary of State for War was to unveil the tablet but 'unfortunately he was called to a conference in Paris'! After the service, which was attended by several national figures and the Lord Lieutenant of the County, a reception and luncheon were held in the grounds of The Retreat hosted by Mr. Bilsland. Large crowds were said to have attended the occasion. Bury Free Press Sat. August 4th 1917.

1917. A Zeppelin airship dropped bombs on the Turf Pits drove just west of the village not far from Undley.

1917. The Russian Revolution.

1918. Serious food shortages led to food rationing- imprisonment was a penalty for the infringement of rationing regulations. There was a proposal that The Retreat should be used as an agricultural training centre for men suffering from shell-shock and the after effects of tuberculosis. A Mr. W Salmon became the owner of The Retreat and a few years later he gave the village the land on which the Peace Memorial Hall (Village Hall) is built.

1918. The war ended on 11th November. When the armistice was announced flags rapidly appeared on the church tower and in the High Street. Children had the day off school and took part in a parade with addresses being given in the High Street by the Headmaster, W H Gilbey, Rev W S Cooper, and Rev J G M Stretton. In the evening St Mary's Church bells pealed loudly and a united thanksgiving service was arranged.

1919. The RAF left the warren in the spring. By early summer discussions were well advanced about the siting of a War Memorial. The RAF did not return until 1940.

1919. In December a hurricane-type storm struck the village, on Station Road a car was blown into a ditch. It caused havoc at Rookery Farm.

1919. The football club reformed after the war. Originally known as Lakenheath Rovers in 1907, it was now Lakenheath Wanderers. Mr. S Penson offered his field (possibly in Broom Road) for the new season.

1919. There were local political disagreements over the siting of the War Memorial which were eventually resolved and the Unveiling and Dedication took place in March 1921. The building of a Village Hall was agreed and a committee established. The hall opened on November 11th, Remembrance Day, 1922. It had taken six months to build.

1920. The Parish Council approved the building of a cinema in the village and 'moving pictures' were on the way.

Lakenheath Heritage Group. ©Lakenheath Parish Council.

THE HISTORY OF OUR SCHOOL - CAN YOU HELP?

We have decided that before we leave this building to move to the new school site, we would like to put together as much information as we can about the history of the school, the changes it has seen since it was built in 1878 and some of the memories of pupils and staff who have spent time here over the years. (This is being co-ordinated by some of our Governor's and former staff in conjunction with Lakenheath Heritage Group.)

We need your help!

Many of our current pupils will have parents, grandparents, aunts and uncles and even great-grandparents who came to this school. We would like their memories and also, if they are willing to share, any photos they may have.

Here are a few questions to think about or to ask your relatives:

- What did you like most (or least!) about school?
- What lessons do you remember?
- What did you do at playtimes?
- What is the most memorable thing that happened during your time at school?

(These are just a few ideas; we would love to hear any stories about schooldays at Lakenheath).

To make it easy for people to send in their memories, we have set up a special e-mail address: historyproject@lakenheath.suffolk.sch.uk If you prefer, hand written memories can be dropped in at the school office (please mark envelope 'School History Project').

If sending photos, please scan them or take a photo on your phone. If you are not able to do this just send us an email message and we will arrange to get them scanned at school.

If you have any questions about this project, just send an email to the above address.

And finally. ...

Can you help solve the 'MYSTERY OF THE BELL TOWER'?



This is an old picture of the school. Some time over the first 50-60 years, the bell tower disappeared! Some say it blew down in a storm in 1919. Others think it was taken down during renovations in the 1930's. Maybe, something completely different happened to it. Can anyone in your family help solve this puzzle once and for all?



Lakenheath's red phone boxes

Volunteers cleaning the red phone box near the Library, the other box on Station Road has also been scrubbed by a separate volunteer team.

Other refurbishments are needed-this is a great first step!

Thanks to our wonderful workers, what a difference you have made.

Nicky, Parish Clerk

LAKENHEATH FRIENDSHIP CLUB

The numbers at Lakenheath Friendship Club are growing. It's a happy, sometimes noisy, but very friendly place to come every other Thursday afternoon.

We have an activity of some sort every time. Recently we had bingo with either money or prizes for the winners. We had a Midsummer afternoon tea with music which everyone enjoyed. Another week we had St. Mary's hand bell ringers entertain us. The following week was a fun week with Family Fortunes, more prizes for our winners!

Next we had 'Hank Shadow' (aka Kevin Wright) come to play guitar and sing. This was a fabulous afternoon with those who were able to get up and dance. We had an excellent speaker, Kevin Broadman talking about life in the 50's which was very entertaining and enjoyed by all.

Peta Gyte, a local Councillor, gave a very interesting talk on her role as chair of Lakenheath Good Neighbours and

her work as a Councillor. A friend of the club, Terri Grant is always popular with her creative writing and poetry. At time of writing, we are preparing for our annual Christmas party where food, music, dancing and Father Christmas is the order of the day.

We put a lot of work into our club to ensure that everyone is made welcome and has a good time. We charge just £2 entry and we are non profit making. Everything we make goes back into the club for prizes, payment for our guests or donations to their chosen charity.

We value every member and try to ensure they enjoy themselves.

If you would like to join us, you will be made most welcome. We meet at the Methodist Church hall every other Thursday. We start the New Year on January 9th. We look forward to seeing you. For any questions or enquiries, phone Sue on 862768 or 07833446707.

How to Become an Author

by Lorraine Gregory



Lorraine is a local children's author and a great supporter of our local Library

READ!

Read a lot, as much as you can, read books you love and even some you hate. Most of what I needed to know about writing came from all the reading I'd been doing all my life.

Start reading critically, think about what you like and don't like. Notice the way authors control the action and bring their characters to life. Think about what you would change or do differently. Explore different genres and styles, find what speaks to you the most.

For me it was fantasy and sci fi that I really loved because I so enjoyed creating new worlds and writing for children appealed to me because I knew the effect an amazing book could have on a child and I wanted to be a part of that.

WRITE!

First of all just write something short, something you are excited about. The most important thing is to finish it, even if you think it's terrible. You can't fix something if you never finish it. No author writes a book that's perfect first time round. Every single book you've ever seen in a bookshop has been re written and edited ten, twenty, fifty times!

So practice, practice, practice. Sometimes it will feel amazing and you'll enjoy every minute though sometimes it will feel awful and impossible and you'll have to struggle through.

I've been writing for over ten years now and it doesn't get much easier I'm afraid. Each book goes through the same stages of yes, this is great, to no, this is terrible, to actually it's not bad, to HELP I CAN'T DO THIS, to I think it might be done, to oh no, I need to rewrite it all AGAIN!

Despite all that, I love what I do and still think writing a book is a little bit like magic.

SHARE!

This is one of the hardest things to do. I found it really scary to let other people read my work and it took me a loooong time. If you don't have a friend you trust or a helpful reader around then the best thing to do is look for a writing/critique group.

Some of these are online which can make it more convenient and some might meet in person which can help build up a supportive friend group.

Don't ask for critique too early in the process though because you might find it overwhelming. When you've done as much work on it as you can and you feel like you're just not sure what else needs to be done that's the time to ask for help. You'll be amazed how helpful it can be and at the same time reading other people's work can be hugely educational and help hone your critique skills!

FAIL!

If you want to become a published author then you have to accept that you will probably fail many, many times. The life of an author is full of rejection, at the start when you're trying to get an agent and then a publisher you will no doubt receive many rejections AND even after you are published you will probably face many more rejections. The only thing you can do is accept that is normal, keep going, get better, don't give up and HOPE that eventually you find someone who loves your work as much as you do.



Lakenheath Writers Group

We are a friendly group of writers who meet once a month at Lakenheath library from 1.30-3.30 (times and dates occasionally vary, please check with the library or the Lakenheath Writers facebook page for more details). Each workshop covers a variety of topics and writing styles.

**December 2024 - 13th December
1.30-3.30pm**

**January 2025 - 31st January
1.30-3.30pm**

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

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

The Wordy Nerds

Do you write poetry, or prose,
in rhyming couplets, or even Haikus.
Does your imagination run away with you,
and end up on paper: what style do you do,
when pouring out your innermost thoughts,
your creative writings, in long hand or short.
Do you challenge yourself to write every day,
or scribble some words, then throw it away.
Do you wake up at night and write in the dark,
then try to decipher it when you're up with the lark.
If writings for you, or to try something new,
come along to our workshops, and have some fun too;
with like minded people, who have a creative flare,
we meet once a month, and you're welcome there:
to spend time with others, who have a passion for words, we're the
poetry group, the wordy nerds!
It's all there in writing, a meeting of minds;
shared in the passion of words that we find.
So come join us next month and see what we do,
this might just be, the group for you!

NEW NEST BOX PROJECT AT LAKENHEATH CEMETERY

On a brisk Saturday morning in October, I installed ten new nest boxes in Lakenheath Cemetery, marking the start of an exciting local bird monitoring project. With support from the Lakenheath Parish Council, this initiative aims to provide nesting locations for some of our most common British birds while gathering valuable data on their breeding success.

The standard hole boxes that you'll see on the trees are designed for species such as Blue Tits, Great Tits, and Coal Tits, and are now awaiting their first residents. As spring approaches, it's hoped that we'll also see Robins or Wrens taking up residence in the open-fronted boxes, which are strategically placed among denser foliage and therefore more concealed than the standard boxes.

Once the breeding season begins in March or April, the nest boxes will be monitored weekly, tracking the stages from nest building to fledging. Crucially, the data collected will contribute to the British Trust for Ornithology's (BTO) Nest Record Scheme, a national effort that has monitored nesting birds since 1939. Under licensed supervision, chicks will be ringed once they reach a suitable size, helping researchers to follow their movements and even identify returning adults in future years.

This project not only supports bird conservation but also encourages local residents to get involved. Installing nest boxes in your garden can contribute to the growing body of data on how bird populations are faring amidst environmental changes. For details on the BTO Nest Record Scheme and guidance on responsible nest monitoring, visit the BTO website. You can also sign up to the Nest Record Scheme and submit data for your own boxes.

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





News from RSPB Lakenheath Fen

As we head into winter, the wildlife on the reserve has changed

quite dramatically. Many weeks ago we saw our last Swallows, Cuckoos and Nightingales, and on 11 October we had our last record of a Hobby on site. These elegant birds of prey are about the size of a Kestrel but look a bit like a small Peregrine, with a dark slate-grey back, a dark-spotted off-white chest, and in adults, a red patch of feathers around the base of the legs. They cut through the air a bit like House Martins or Swallows as they hunt for large insects like dragonflies and chafers, so they tend to stick around into Autumn until the insect numbers start to drop. We are still seeing the occasional butterfly, usually a Peacock or a Large white, plus, if the sun comes out we still spy a few of the beautiful and delicate Willow emerald damselflies or the red Common darter dragonflies.

In place of the Hobbies hundreds of Whooper Swans have arrived, which roost on the Hockwold Washes at night. These have flown down from Iceland, mostly, though a small number breed in northern Scotland. They are attracted to our milder conditions in the UK and also the glut of food in our local fields following the harvest. They will enjoy picking through the stubble, spilt seed or sugar beet tops. For roosting at night, they like a shallow, broad body of water where they feel safer than on land from predators like foxes. If there's a clear sky and a full moon, they may stay out feeding all night and may not come into roost at dusk. If you would like to come and see them, then take a seat at the Washland Viewpoint, on the riverbank, near the Visitor Centre at dawn or dusk and you should see them arrive or leave. You may also see other twilight wildlife like Barn owls, Woodcock or bats, too.



Redwing photograph by Emma Cuthbertson

As well as the Whooper swans, Autumn has brought in hundreds of Redwings, a small thrush with chocolate-brown wings and a rusty-red patch on the sides of their bodies. At the time of writing (7 November) we don't yet have any of their larger cousins the Fieldfares, who tend to arrive later. Redwings often gather in the bare poplar trees along the entrance track, especially in the early mornings or early evenings, often in their hundreds. They then take flight and stream over the Visitor Centre, making their high-pitched calls, as they go in search of berry bushes or fields full of worms to feast on. Many small birds such as Goldcrests, Pied Wagtails and Blackbirds arrive in the UK when the weather turns colder and boost numbers of their own species. One special visitor to look out for is an all-black male Blackbird, you may even see one in your garden if you feed the birds. First-year males (that hatched in the summer of 2024) on the Continent have a black bill for their first winter, not the usual yellow one. So if you see one in your garden or street, you know he is a long-distance traveller!

It's not just the bird scene that has changed in recent weeks we have seen an increase in sightings of certain mammals

too. We have the very popular Otter here all year but in wetter weather they are quite enthusiastic about fishing, perhaps because of the effect the rain has on the fish, drawing them to the surface and in colder weather they need to eat more. Whilst we receive about 80% of our human visitors for the year during the Spring, it is always Autumn and Winter when these fewer visitors spot more Otters, so they must be quite a bit more common in the colder months. Sightings have recently come from Mere Hide, or Gary's Pool. If you come looking for them, it's important to be patient and to keep an eye out for ripples in the water, they are quite shy and unless you see a family group, usually silent but the ripples can betray their elegant swimming below the surface. Follow the bubbles and you just might see one emerge onto a bank or reed heap and spend some time in view above the water! We should also soon be spotting more Roe deer, who like to patrol the entrance track in a small group during the winter. We don't

see them much in the Summer but they do return to us when it gets colder.

Aside from the wildlife, the humans that work and volunteer on the reserve have been busy making changes and improvements to what we can offer visitors. A few months ago, our new warden Henry (who replaced Emma) began working here after moving from RSPB Fen Drayton near Cambridge. He has proved a real asset to the team and his hard-working nature and commitment are obvious to us. He was thrown in at the deep end a little bit with the mammoth task of designing and organising the build of our new raised dipping pond. The reason for the urgency was that a local partnership scheme, BFER (Brecks, Fen Edge and Rivers trust) was coming to a close and had some 'underspend' money from the National Lottery. Our Site Manager Dave quickly put in a proposal to build us a new raised dipping pond, and thanks to the generosity of BFER, it was approved. The only catch was we had to have most of it built and



the money spent by the end of September. This was early August! Nevertheless, Henry did a super job of drawing up plans, organising contractors for the necessary groundworks and foundations, and getting the pond built. We also owe a huge debt to our volunteer team, as without them we would never have got the work done on time or to the standard that has been achieved. Many of our volunteers have worked in construction and engineering jobs before retirement, so their decades of experience come in so useful and they so generously offer their time and effort in return for a few modest tea breaks. Well, so long as the biscuits are good! Included in this article is a photograph of the pond as it looks now, on 7 November, it just needs planting up with native aquatic Fenland plants from elsewhere on the reserve. We will also construct a ramp to allow smaller children or wheelchair users to access one end at the optimum height.

Other developments include continuing work on Cowles Drove, making the fields there wetter and more suited to breeding waders like Redshank and Lapwing. We purchased 54 hectares of land down the drove in early 2023 and work has progressed through habitat and wildlife surveys. Assessments of the soil took place and we are now nearing the end of the phase of groundworks to adjust the water levels there. Ditches have been dug to encourage the flow of water from the river onto the new land, as well as bunds added to help the land hold more water when they do get wet. Raising the water table will make the fields more attractive to breeding waders, many of which are suffering huge declines in our countryside and need more suitable space to breed and find food. The breeding population of Redshank has declined by 49% in the UK between 1995 and 2022, and Lapwing by 62% between 1967 and 2022. It will be a few years before we can measure our success, but

2024 has been a year filled with work to try and make the new land suitable for them.

We are also making preparations for our 30th Anniversary celebrations next year. Quite unbelievably, 2025 will mark three decades since the first part of the reserve was bought by the RSPB. We are hoping to hold a Spring fayre with free entry and a range of activities on offer for all ages. We are making plans to offer pond dipping, bug hunting and to have a guided walk on offer, amongst other activities. We are also organising a special pin badge to commemorate our 30th Anniversary and hope too to have a display board of historical photographs for visitors to enjoy, following the history of the land here as far back as the early 1900's.

I hope this article has given you a good idea of what has been happening at your local RSPB reserve in the past few months. Through the winter, our Visitor Centre and toilets will be open from 9am to 4pm every day excluding 23 December to 1 January. The footpaths, viewpoints, Mere Hide and our car park will be open every day during daylight hours for you to enjoy. If you haven't been to see us before, entry is free for RSPB members or:

£4 per adult

£3 per student (please show valid ID)

£2 for Children

FREE for Under 5's, the first child in a family and currently any 16-24 year old also gets free entry as part of a two-year trial by the RSPB. Please bring ID for anyone in this category if you have it.

If you have any questions for us, you can always call us on **01842 863400**, e-mail us at lakenheath@rspb.org.uk or pop in and see us. Or send us a message on our Facebook page (search for RSPB Lakenheath Fen).

With best wishes for a happy and healthy winter,

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

Winter solutions

Hibernal

WINTER
FIRESIDE
FROSTY
SNOW
ICE
COAT
CHILLY
HIBERNATE
SCARF
SNOWMAN
FOGGY
HAT
GLOVES
FREEZING



Christmas quiz

1. January 5th
2. Oslo, Norway
3. Feliz Navidad
4. Bells
5. Stocking fillers
6. England
7. 4
8. St. Stephen
9. 3pm
10. White Christmas
11. Rockin' Around the Christmas Tree
12. 1984
13. Elvis Presley
14. Paris
15. The Polar Express
16. Michael Caine
17. London
18. Kate Winslet & Cameron Diaz
19. Germany
20. Poland
21. Coca-Cola
22. A mince pie
23. Clockwise
24. Hen
25. Japan

Please unscramble the words below

1. TVIYNAIT
2. RWEINT
3. SORFT
4. CICIEL
5. BTANOOGG
6. MMPOTINAE
7. URHLDOP
8. IEMNC IEPS
9. ALBNOWSL
10. EOIEMSTLT

NATIVITY

WINTER

FROST

ICICLE

TOBOGGAN

PANTOMIME

RUDOLPH

MINCE PIES

SNOWBALL

MISTLETOE

11. DAGRBIEGENR

12. KNCTGSIO

13. MWNSONA

14. RIDREENE

15. SSTMCAIHR

16. EPTSRSEN

17. TTNMIES

18. KWLASOENF

19. EGISLH

20. EOIPNNEC

GINGERBREAD

STOCKING

SNOWMAN

REINDEER

CHRISTMAS

PRESENTS

MITTENS

SNOWFLAKE

SLEIGH

PINECONE

Initial Letters Quiz

What are the well known phrases or sayings represented by these initial letters?

For Example - L B you L = Look Before You Leap.

1. J of A T M of N	Jack of all trades master of none
2. L B not L	Last but not least
3. B is T T W	Blood is thicker than water
4. An A A D K the D A	An apple a day keeps the doctor away
5. S S and B F	Ship shape and Bristol fashion
6. B L T N	Better late than never
7. A T G is N G	All that glitters is not gold
8. S F the H's M	Straight from the horses mouth
9. The P is M T the S	The pen is mightier than the sword
10. A F in N is a F I	A friend in need is a friend indeed
11. B C B C	Beggars can't be choosers
12. H H no F L a W S	Hell hath no fury like a woman scorned
13. L B be B	Let bygones be bygones
14. It N R B it P	It never rains but it pours
15. M H W the S S	Make hay while the sun shines
16. E C H a S L	Every cloud has a silver lining
17. A L C C its S	A leopard cannot change it's spots
18. H who L L L L	He who laughs last laughs longest
19. G M T A	Great minds think alike
20. A D is a M B F	A dog is a man's best friend
21. H T and G T	Here today and gone tomorrow
22. M H M L W	Many hands make light work
23. O of S O of M	Out of sight out of mind
24. P M P	Practice makes perfect
25. Y are W Y E	You are what you eat
26. W in R D as the R D	When in Rome do as the Romans do
27. W N W N	Waste not want not
28. Y C G B O of a S	You can't get blood out of a stone
29. T H are B T O	Two heads are better than one
30. P the C B the H	Put the cart before the horse

LAKENHEATH REMEMBRANCE 2024

On Sunday 10th November 2024, we stood united to remember the courageous men and women who served our country, defended our freedom and kept us safe.

Parishioners, RAF personnel, American service men and women, friends and neighbours came together as one community to honour our fallen heroes.

Wreaths were laid at the War Memorial: the names inscribed were read out by Mr M. Edwards, reminding us of those local people who gave the ultimate sacrifice- many of whom still have relatives in the village today.

A copy of the Order of Service, printed by Lakenheath Parish Council, is available on the parish website, or from the parish clerk.

The Kohima Epitaph



**When you go home tell them of us and say,
for your tomorrow we gave our today.**

FINALLY, RECOGNITION!

At this time of the year we all look forward, 2025 is around the corner. But we also look back. Remembrance and the service that our veterans have given.

Who knew that living in our midst we have an RAF Hero, 93 year old Patrick 'Pete' Peters.

Pete joined the RAF in 1949 and operated during the 'Cold War' in the 50's. He served an incredible 38 years.

At this point there was spy activity between the West and the USSR. Atomic weapons were being developed. I guess we've all seen Oppenheimer. The development of deliverable, by air, of atomic weapons continued at pace.

Working together, the USA and UK, atomic tests were actually carried out in the Pacific Islands owned by the USA. The Marshall Islands, named after British Navy Captain John Marshall 1748-1819.

The tests were carried out in the early 50's and bombs were dropped. But information was needed regarding the effect of these bombs.

How did we get that? We needed to send an aircraft to a high altitude and take air samples. And what can do that? The British Canberra.

Our own Lakenheath veteran Sqn Leader Peters flew these aircraft through the clouds above the islands.

The samples were returned to base and unloaded. The crew of the teams were not awarded medals as the operation was attributed to the American Forces.

Pete has been continuously campaigning for recognition for those who took part in this action. Not only flying crew, but those ground crew who unloaded the toxic material.

The Mirror Newspaper quickly picked up on the campaign and with the push of reporter Susie Boniface the publicity drew attention and activity.

The new government has pushed through fresh criteria which the King has signed off. On Thursday 7th November, the Veterans Minister, Al Carns, visited Lakenheath and delivered his gong. Pete wore this with pride for all his comrades and indeed, all the service men and women involved at the Lakenheath's Remembrance service on Sunday 10th November.

The role of wives and partners play supporting our Armed Forces is often overlooked and the medals are also worn in tribute to them.

The Mirror website has further information



CHRISTMAS IS COMING!

**Join us for the Christmas Tree Lighting
Friday, 6th December 2024
from 5.00pm for lighting at 5.30pm
on Hall Drive, Lakenheath!**

We are thrilled to announce that Mola Cafe & Lounge has generously allowed us to gather in their car park for a safe enjoyable viewing experience. Mola is also remaining open and craft stalls are being set up. Refreshments will also be available to purchase from this well known cafe.

Our local music duo Wing Song will be also be performing some festive favourites to get us in the swing of the season!

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

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

Many thanks to our businesses that have indicated support along the High Street with lights donated by the Parish Council.

MOLA CAFE & LOUNGE

**LITTLE INDIA
CHOPHOUSE
ECLIPZ**

**LAKENHEATH
OPTICIANS**

**LAKENHEATH
PHARMACY**

**SAKURA
THE CO-OP**

**THE BREWERS TAP
LAKENHEATH EXPRESS**

**FLY BARBERS
C & H FLOORING**

**CENTRAL GARAGE
TRAWLERS CATCH**

**CJ'S
RISING STAR
LAKENHEATH NEWS
THE LIBRARY**

**HEALTHCARE
HEAD OVER HEELS
LAKENHEATH FISH &
CHIP SHOP**

**TATTOOS CUSTOM
STUDIO**

**STUDIO HAIR
DOG SHACK
MARK SKINNER
FILIPINIANA**

**Let's come together and celebrate
the holiday season.**

LOVE WHERE YOU LIVE!



LAKENHEATH PAVILION

 Lakenheath Playing Fields, Eriswell Road, IP27 9AF



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



Email us at
mail@lakenheathpavilion.org



Call us on
07789 499970



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

Register for
a place
NOW

Lakenheath Little Fishes

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

2 Fully
qualified
SENCOs






Ofsted
Rated
GOOD

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

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

Contact us on
07544579001
lakenheathlittlefishes@gmail.com
or find us on facebook

Partnerships with
parents and carers
are excellent
OFSTED 2017

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



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

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

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

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

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



Lakenheath Parish Council



Litter Pick



Love
Where
You
Live

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

Meet at 11.00 am at Wings Road Car Park.

Equipment Provided.

Everyone Welcome.



Lakenheath Youth FC

So the season has begun so quickly with fixtures being

played each weekend with no weather postponements (so far). Our pitch can usually take all the rain that can be thrown at it and it seems like there has been a lot this year!

As I write this we have had our 250th person join this season which is a record for the club! Along with the U18s that play at Lakenheath FC that means there are around 275 youths playing football in Lakenheath now - that is impressive for a village our size!

So how is that all possible? You need many things to make it work and one of the key roles is that of the team coaches. I have asked our coaches what they enjoy about the role rather than hear me go on and here are some of their responses:

"The fact that you're teaching kids to play football, socialise with each other and do something that doesn't involve them just sitting in a room playing on a games console, it gives me a lot of satisfaction."

"I feel if I can give a few hours of my time each week to enable children to have the chance and play sports, then that puts a smile on my face"

"I love to see the development for every child, knowing we have been a part of that. Not only developing the football skill it's about the social skills, making friends and having fun."

"Improving them individually and as a team every week. Seeing them learn social skills, working as part of a team. Winning and losing together, supporting and encouraging each other"

"It's great to be able to help the kids improve and stay active. Getting to see the bonds and friendships they make that we know will last a lifetime. It's not just about the football, it's knowing that you can have a positive impact on their lives, especially taking them from U7s, teaching them strong ethics and values that they will hopefully carry with them into adulthood."

If you ever want to find out what's going on at the club please follow our Facebook page and, as always, if you'd like to volunteer or help then please do not hesitate to get in touch.

Richard Horrex



My Priorities for People in West Suffolk



Nick Timothy MP for West Suffolk

After many months of knocking on doors and listening to residents, I am humbled by the trust placed in me by the people of West Suffolk. No matter how you voted, it is my job to keep listening and acting on your behalf. During the election, I signed a Contract with the people of West Suffolk that clearly stated my priorities for the area. On immigration, crime, pensions, the NHS, and the economy, I have already been making my voice heard in Parliament.

But I have been working round the clock to maintain and improve the quality of life in West Suffolk. This means holding developers to account so they put people before profit, finding a new approach for reviving our high streets, campaigning for a rail link between Haverhill and Cambridge, demanding a relief road for Mildenhall, and pushing for more and better local services. This is an ambitious plan and I have been reaching out to residents, businesses, charities, and public bodies across West Suffolk. These commitments will shape so much of what I do in the years ahead.

There are many ways for MPs to champion their local area in Westminster.

Recently, I delivered a speech in a debate on Special Educational Needs provision in Suffolk. We all know that the level of SEN provision in our area is not as good as we need it to be, and this is great concern to so many families. I said to the government minister that if she brings forward changes in a constructive spirit, then I and other Conservative MPs will support them where we believe they are right. Some things are bigger than politics.

I have kept pressure on ministers to go ahead with the West Suffolk Hospital rebuild announced under the previous government. Visiting the proposed site, I discussed the next steps with the chief executive of the foundation trust, Dr Ewen Cameron, and the head of the new hospital project, Gary Norgate. I have also spoken in Parliament on the future of our economy, calling for policies to help us reindustrialise, export more, and support small businesses. Fixing our broken economic model is the key to delivering more opportunities in our area.

In the months and weeks ahead, I will keep fighting for the people of West Suffolk in Parliament. From making speeches to asking questions to meeting ministers, I will be a determined local champion. I will always listen to local residents about their concerns and new ideas for making West Suffolk better, so please get in touch if you have anything you want to talk about. Since July, I have handled hundreds of cases, and my office is ready to help anyone in need.

It is a privilege to be elected as the new MP for West Suffolk. Everything I do as your Member of Parliament will be on your behalf and in your interests. The hard work has begun.

Nick



Alan Gyte reports on Lakenheath FC

After a shaky start things went downhill, taking us till the end of September to record our first win.

In the meantime, with only three draws and 6 defeats, saw us near the bottom of the league and also saw our manager, Trevor Collins leave the club.

Trevor's a lovely guy and I think he was let down badly with our collective performances. We were so inconsistent and put in some dreadful performances, but it's a performance 'business' and Trevor departed on good terms with everyone at the club and will always be welcome. He's a football man and I'm sure after a break, if he wants, some team will be glad of his services and knowledge. All the best Trevor!

Our performances since have not been a lot better, although we do see signs of improvement then, in the next game, turn in another poor one, so still inconsistent.

Picked up a couple of wins which took us up the table only to lose and drop down again. We really need to find some performances otherwise we'll end up in a relegation battle near the end of the season.

We are also now, regrettably, out of all cup competitions. The latest being last night (29th October) in the Suffolk Premier cup, losing 3 - 2 away to Hadleigh United, although in fairness to the boys we put in a great performance and were never behind till the last few minutes of the game. We also had a couple of our under 23's and an under 18 with us. So nice to see these young lads looking to push onwards and upwards in the club.

We really do have some talented players and on our day are a match for most teams, so hopefully we can turn our fortunes around soon.

Next set of fixtures are as follows, all kick offs are 3.00pm unless otherwise stated

3rd December	Home v Soham Town Rangers	K/O 7.45pm
11th December	Home v Harleston	
21st December	Home v Great Yarmouth Town	
26th December	Home v Thetford Town	K/O 11.00am
4th January	Away v Fakenham Town	
11th January	Away v Brantham Athletic	
18th January	Away v Stowmarket Town	
1st February	Away v Ely City	
8th February	Home v Hadleigh United	
22nd February	Home v Woodbridge Town	
1st March	Away v Downham Town	
8th March	Home v Sheringham	

22nd March	Home v Heacham	
29th March	Away v Harleston	
5th April	Away v Great Yarmouth Town	
21st April	Away v Thetford Town	

We would love to see more of you supporting the lads.

UP THE HEATH!

LAKENHEATH PAVILION AND FRIENDS

NYE *Party* 2025

31ST DECEMBER, 2024

MUSIC BY:
APOLLO SOUNDS
JAMIE CHAPMAN

**COME PARTY THE YEAR AWAY
AND RING IN 2025.**

£5 TICKET, FREE PARKING

Doors Open at 7pm Onwards – Lakenheath Pavilion



MILDENHALL AND DISTRICT MUSEUM

Mildenhall to Melbourne Air Race

90th Anniversary of Exhibition
Till December

Free entry- Donations welcome

Mildenhall & District Museum SOCIETY TALKS

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

December 7th

Welcome Lord Christmas -
Sarah Doig.

Talks start at 7.30pm

Thursday 9th January 2025

AGM followed by a talk by Kevin
Boardman The Kitchen, the most
important room in the house?

**Please note start time 2:00pm
followed by refreshments.**

Opening times:

Tuesday, Wednesday, Thursday
and Saturday

2:00 – 4:00 pm

Fridays – 10:30 – 4:00

Please note the last day of
opening before we close for the
short winter break will be
14th December 2024.

LAKENHEATH VILLAGE HALL

Luncheon Club News



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

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

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



Weekly Money Bingo!

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

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

LAKENHEATH INDOOR BOWLS CLUB

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

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

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

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

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

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

A great way to exercise.

Please contact Secretary Janice Brackenbury at
07795 244768

LAKENHEATH INDOOR BOWLS JUNIOR SECTION

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

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

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

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

All coaching is provided by qualified coaches.

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

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

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

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

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

Please contact Pauline Wright at **07934 642486**



SUNSHINE CORNER DAY NURSERY

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

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

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

Family events year round!

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

Please call Nicola Palmer on 01842 862646

or email: sunshinecornerlakenheath@gmail.com

**citizens
advice**

**West
Suffolk**

Citizen's Advice Bureau UPDATE!

Telephone:
0808 278 7868

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

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

Men's Shed Breakfast

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

Where: Lakenheath Peace Memorial Hall

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

It's free so please do come along!

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

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



Spaces available at Brandon Day Centre

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

To find out more, why not get in touch?

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



connecting communities

rural transport

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

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

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

www.suffolkonboard.com/CC



Sunset Barn Care Farm News!

Hi from down on the farm - we've just returned from walking the dogs, a daily opportunity to get out and about on the wider farm and see the changing landscape. We've had a good harvest of pumpkins and especially butternut squash this year from our veg patch so watch out for butternut squash soup on the menu at Care Cafe.

Christmas/New Year closure dates - no Care Cafe on 24th December and 31st December 2024 but we wish you a very Happy Christmas and hope to see you in the weeks leading up to the festive season and the New Year.

Remember we have a prayer meeting at 10 a.m. prior to commencement of the day at Care Cafe each Tuesday if anyone wishes to join us for that or have a prayer request we are more than willing to oblige.

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



LAKENHEATH PEACE MEMORIAL HALL & COMMUNITY CENTRE

Centrally located,
the perfect venue for
your function



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



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



www.lakenheathvillagehall.org



Lakenheath Peace Memorial Hall and Community Centre

What's on



Community Centre Bar

open every Friday night 7-11pm.
Pool table and darts board available for use.

Families welcome. Card or cash payments accepted.

Open Mic Night

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



Lakenheath Community Music Project



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

contact Bert on 07818056061.

Quiz Night – Regularly Throughout the Year in the Community Centre.

Arrive 7:30 for a 8:00pm start.
Teams of up to 6, £4 per person
entry fee. Cash prize for the winning
team. Pre-booked teams only, to book call Sue on
07939810829 or Val on 07845918707.

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



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



LAKENHEATH PEACE MEMORIAL HALL & COMMUNITY CENTRE



www.lakenheathvillagehall.org



Lakenheath Peace Memorial Hall and Community Centre

Clubs and Groups



Marvelous Monday

THE MONDAY CLUB

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

LAKENHEATH FLOWER CLUB

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



POSITIVELY PAWFECT RINGCRAFT TRAINING

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

Terrific Tuesday

LAKENHEATH PARENT BABY & TODDLER GROUP

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



LAKENHEATH LINERS

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

LAKENHEATH SILVER BAND

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



MOVE MORE PILATES

Peace Memorial Hall: 5:30 – 6:30pm

Bank Hub

Fortnightly 2:00 – 4:00pm

Wonderful Wednesday

MONEY BINGO

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



LUNCHEON CLUB

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



Thrilling Thursday

PILATES

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

LADIES KEEP FIT

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



ZANSHIN BLACK BELT ACADEMY

Peace Memorial Hall:

KARATE

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

JUJITSU

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

Fabulous Friday

LAKENHEATH KURLING GROUP

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



DRUMMING

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

SUFFOLK LIBRARIES

WHERE I BELONG

Crafts and Calm is a free new craft club for adults, which will be weekly on Thursdays from January 9th from 5:30-7:00pm after the library closes. There will be clay, painting, diamond art and much more. Please sign up at the library. Numbers limited to 20 adults (10 one week, 10 then the next) Sorry, no children at these classes. Booking is essential.











By donating to Suffolk Libraries you can help us fund essential additional services that reduce social, digital and rural isolation in our communities. For details visit www.suffolk.gov.uk/donate 04401 charity number: 0154546

SUFFOLK LIBRARIES

WHERE I BELONG

Suffolk Libraries have launched our 'Warm welcome' campaign where you can come to the library for a hot drink. There are also hygiene products available for people to have for free. Just help yourself.




'Games Galore', our new board game group is running weekly on Tuesdays from 10-12pm. Open to all adults. Free. Beginner Bridge and Beginner Chess tuition is available free!






By donating to Suffolk Libraries you can help us fund essential additional services that reduce social, digital and rural isolation in our communities. For details visit www.suffolk.gov.uk/donate 04401 charity number: 0154546

SUFFOLK LIBRARIES

WHERE I BELONG

Do you struggle to get to the library but love books? Lakenheath Library has a Home Library Service where we can bring books to your home if you live within Lakenheath. Call the library when we are open and we can start the process so you can access books. Ask to speak to Jo on (01842) 860723





By donating to Suffolk Libraries you can help us fund essential additional services that reduce social, digital and rural isolation in our communities. For details visit www.suffolk.gov.uk/donate 04401 charity number: 0154546

SUFFOLK LIBRARIES

WHERE I BELONG

Creative writing class

Come and join us at Lakenheath Library one Friday a month for a fun creative writing session. Even if you've never written before or are a seasoned author, this lovely group are friendly and will encourage your inner author. They meet monthly from 1:30-3:30pm. All you need is paper and something to write with. FREE. Usually the third Friday of the month but not always so check in the library for any date changes.





By donating to Suffolk Libraries you can help us fund essential additional services that reduce social, digital and rural isolation in our communities. For details visit www.suffolk.gov.uk/donate 04401 charity number: 0154546



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

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

Mondays to Fridays											Saturdays							
200	201	201	201	201	201	201	201	201	201	201	200	201	201	201	201	201	201	201
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0727	0747									1647	1747	0727				1647	1747	
0735	0755	0925	1025	1125	1225	1325	1500	1655	1755			0735	0925	1125	1325	1500	1655	1755
0738	0758	0928	1028	1128	1228	1328	1503	1658	1758			0738	0928	1128	1328	1503	1658	1758
0744	0804	0934	1034	1134	1234	1334	1509	1704	1804			0744	0934	1134	1334	1509	1704	1804
▼	0805	▼	▼	▼	▼	▼	▼	▼	▼			▼	▼	▼	▼	▼	▼	▼
0753	0813	0941	1041	1141	1241	1341	1516	1711	1811			0753	0941	1141	1341	1516	1711	1811
0759	0816	0946	1046	1146	1246	1346	1521	1716	1816			0759	0946	1146	1346	1521	1716	1816
0801	0818	0948	1048	1148	1248	1348	1523	1718	1818			0801	0948	1148	1348	1523	1718	1818
0805	0820	0950	1050	1150	1250	1350	1525	1720	1820			0805	0950	1150	1350	1525	1720	1820
0809	0824	0954	1054	1154	1254	1354	1529	1724	1824			0809	0954	1154	1354	1529	1724	1824
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Mildenhall Bus Station (Stand B)
Mildenhall Mildenhall Hub
Mildenhall Clare Close
West Row Neve Gardens
Beck Row Barleycorn Way
Beck Row Parkside
Holywell Row Holywell Farm
Eriswell Lords Walk
Lakenheath North Road
Lakenheath Pashford Close
Lakenheath Post Box
Brandon IES Breckland School
Brandon Pond Lane
Brandon Old Forge Court
Brandon Lingheath Road
Santon Downham St Mary's Church
Thetford Sainsburys
Thetford Bus Interchange (Stand D)

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

Mondays to Fridays											Saturdays					
201	201	201	201	201	201	201	201	201	200	200	201	201	201	200	200	
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▼	▼	0843	0943	1043	1143	1243	1343	▼	▼	▼	0843	1043	1243	▼	▼	
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▼	▼	▼	▼	▼	▼	▼	▼	▼	1558	1803	▼	▼	▼	1558	1803	
▼	▼	▼	▼	▼	▼	▼	▼	▼	1604	1809	▼	▼	▼	1604	1809	
0646	0735	0846	0946	1046	1146	1246	1346	1543	1607	1812	0846	1046	1246	1607	1812	
0652	0739	0852	0952	1052	1152	1252	1352	1549	1611	1816	0852	1052	1252	1611	1816	
0655	0744	0855	0955	1055	1155	1255	1355	1552	1614	1819	0855	1055	1255	1614	1819	
0658	0748	0858	0958	1058	1158	1258	1358	1555	1616	1821	0858	1058	1258	1616	1821	
0701	0751	0901	1001	1101	1201	1301	1401	1558	1618	1823	0901	1101	1301	1618	1823	
▼	0800	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	
0711		0911	1011	1111	1211	1311	1411	1608	1628	1833	0911	1111	1311	1628	1833	
0715		0915	1015	1115	1215	1315	1415	1612	1632	1837	0915	1115	1315	1632	1837	
0717		0917	1017	1117	1217	1317	1417	1614	1634	1839	0917	1117	1317	1634	1839	
0721								1618	1638	1843				1638	1843	
0725								1622	1642	1847				1642	1847	
0732								1629	1649	1854				1649	1854	

this bus runs on
school days only

there is no service on Sundays or public holidays

bus times valid from
25th September 2023



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.

13h January 2025 No Meeting.

10th February 2025 Class with members demonstration for May.

**10th March 2025 Demonstration by Naomi Wells,
Lakenheath.
"Miss Cullimore"**

April 2025 AGM venue to be arranged.

Annual club membership is £35.

Juniors up to 18 years £3.

Visitors to classes £5

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

LAKENHEATH ANGLING CLUB

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

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

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

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

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

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

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

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

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

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

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

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



EPIC Dad Family Christmas Party

Saturday 7th December

10am to 12noon

Lakenheath Primary School

Open to dads, mums, carers, and children of all ages. Free to attend (donations welcome)

Join us for some festive fun including bouncy castle, toys, games, crafts, refreshments, and lots more!

EPIC Dad Fun Club (for dads, male carers, and children) meets on the 1st Saturday of the month at 10am to 12noon at Lakenheath Primary School.

Please note we are taking a break for the first few months of next year but our dads and kids club will return on Saturday 5th April 2025. Look forward to seeing you then!

LAKENHEATH CAMERA CLUB

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

This is our programme from January to February 2025:

6th January 2025

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

20th January 2025

"Kodak." A Talk by Mr. David Spain from Swaffham.

3rd February 2025

"Faraway Places 2." Presentation by Mr. Brian Turner from Lakenheath.

17th February 2025

Print and Digital Image competition. The subject is to be "Cars," and will be judged by Mr. David Spain from Swaffham.

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

We meet every two weeks from September to April, in the Methodist Chapel Function Room, Back Street, Lakenheath. IP27 9HF. (Programmes commence at 8 pm, doors open 7.30 pm).

If you would like any further information please contact Mrs. J. Ottewell on 01842860785.

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

MACMILLAN CANCER SUPPORT

On Thursday 12th September Councillor Jenny Hastings held a coffee morning in the Peace Memorial Hall as part of Macmillan Coffee Mornings month.

The grand sum of £540 was raised, a tremendous increase on the previous year and Councillor Hastings would like to thank everyone who attended and provided cakes and goods.

Special thanks for the help and support from the Ladies Keep Fit Club who manned the stalls, served tea and coffee and also serving the lovely cakes.

It was a wonderful morning and a worthwhile sum of money for this exceptionally worthy cause.



Lakenheath Cricket Club

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

If you are interested in playing contact us.

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

email: Lakenheathcc@yahoo.co.uk



LAKENHEATH SILVER BAND

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

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

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

Beginners through to experienced players are all made welcome.

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

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



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

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

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

Or via our Facebook page

Lakenheath in Bloom



Squirrels BEAVERS

1st Lakenheath Scout Group

Squirrels – age 4-5

Tuesday 5pm-6pm

Beavers – age 6-8

Monday 4.45pm-6pm

Cubs – age 8-10½

Monday 6.30pm-8pm

Scouts – age 10½-14

Thursday 6.30pm-8.30pm

All sections welcome boys & girls

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

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

Group Scout Leader

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

cubs scouts



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

We do various crafts, activities and learning new skills.

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

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

or contact below for more information:

Brownies:

Emma (07713 696475) or

Cheryl (07754 540182)

LakenheathBrownies@gmail.com

Rainbows:

Lauren (07503157086)

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

VENUES FOR HIRE

For more information please contact

Lakenheath Football Club

missyw19@hotmail.co.uk / 07834983094

Lakenheath Pavilion

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

Lakenheath Peace Memorial Hall & Community Centre

bookings@lakenheathvillagehall.org / 07538 609281

Lakenheath School

Christine Nobbs 01842 860256

Methodist Chapel Community Rooms

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

METHODIST CHAPEL

Offer of Prayer.

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

Come and worship with us!

Rev David McAloon 01842 753819

Hire our Raven and Evans rooms

Contact: Linda 01842 861160

or Melanie Smith 07847 057622



WHAT DO YOU DO ON A SUNDAY MORNING?

Who was this bloke called Jesus?

Do you like arts and crafts?

We would love to see you at

St. Mary's Church Youth Group

We meet alongside the Sunday service.

11.00 - 12.00

Suitable for all ages

For further information call Peter on

07962007343

ABUNDANT LIFE CHURCH

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

Affiliated with the Assemblies of God UK.

We are a Bible based contemporary style

Church with a community focus. Lakenheath

Community Food Bank is also based here.

Sunday - Morning Service - 11am

(including Sunday School & Youth Group)

Monday - Prayer Meeting - 7.30pm.

For more info contact Pastor Vince and Lisa

Williams: 01842 862646 or 07711 996759

or email: vinniekw@gmail.com

BRANDON & MILDENHALL CATHOLIC PARISH

Your local Catholic Parish where all are welcome.

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

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

For weekday masses and other sacraments visit:

www.stthomas-stjohnparish.com

BAPTIST CHAPEL

Sunday Services Morning 10.30am

Evening 6.00pm

Jesus said, Come unto me, all ye that labour and are heavy laden, and I will give you rest.

- Matthew 11

Lifts available – contact Richard or Liz on

01842 861191. More information on our

website: **www.lakenheathbaptist.org**

NEWS FROM SAINT MARY'S CHURCH, LAKENHEATH

It is now over twenty six years ago since the Church of England had the bright idea of illuminating Church buildings with outside floodlights for a celebration of the Millennium year 2000. We at Lakenheath took up the challenge to raise the £6,204:00 estimated by Lark Electrical to install a suitable lighting arrangement for Lakenheath's most iconic building and through special events, well supported by yourselves the general public, the handsome sum of £3274:36 was raised, enough with the help of Church funds to inform Lark Electrical that the illumination work could begin.

At a Parochial Church Council meeting the question of running costs was raised. One thought was that continued money raising events might bring in a surplus to requirements to be invested, with interest to pay electricity running cost, with continued coffee mornings, sales, fetes, bazaars. It took some years to raise the £2,715:94 paid from general Church funds. During that time folk were invited to pay the running cost in celebration of a birthday, anniversary or whatever their choice.

In line with the (go green) requirements the old sodium lamps have been recently replaced with more efficient L.E.D. lamps, costing in excess of £2000:00, supported by our local Christian Aid Foundation Charity, that is able to help so many of our local organisations thanks to Mr Lionel , (deceased founder).

Although the new lamps are much more efficient, in the shorter days it costs at least three pounds for every evening to bathe your beautiful ancient Church building in modern bright light.

The PCC has agreed to give you, the people of Lakenheath the opportunity to sponsor the flood lights at the cost of £20-00 per week to celebrate a birth, Wedding anniversary, passing of a loved one or whatever you feel appropriate. If you would like to support your Church in this manner contact our Churchwarden's wife, Mrs Pauline

Wickham, on 07788856574. She will be pleased to arrange your name and reason for sponsorship on the Church notice board for your chosen week.

The photograph was taken on the evening when the Millennium lights were officially first switched on, a great percentage of the folk in that picture were educated at our old school. How many can you older Lakenheath residents recognise?

Whilst in Germany a few years ago my wife and I visited a museum. The building was formally a school, it also housed a library, an area to enjoy coffee and cake and other amenities. That old school was built in the same period as our local, well built, Victorian primary school that has been responsible for the education of so many of Lakenheath's people, for over 140 years, Lakenheath's other iconic building.

The Charity of Mr Goward and Mr Evans, founders of Lakenheath school, continues in the education of the young of our village and beyond, plus valuable relief to those in need.

Saint Mary's extends the message of peace and goodwill to all in this season of Christmastide.

All are welcome to join a fitting preparation to Christmas at our Carol Service in Saint Mary's Church on Sunday, 22nd December at 6.30pm.

Please come along!

Robert G W Rolph



Reverend Mather and daughter (foreground) with parishioners celebrating the Millennium light switch on



ADVENT

**7th December 2024
@ 3pm-5pm**

AT THE METHODIST CHURCH, BACK STREET,
LAKENHEATH.

Your invitation to:

- Activities
- Songs
- Food
- Crafts
- Games
- Stories

Merry Christmas

All children must be accompanied by an appropriate adult
This is a United Churches event with St Mary's, Abundant Life and Methodist Church

Dumping waste

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

This is a **criminal offence**.

CCTV in operation




CHRISTMAS

CAROL SERVICE

December 24th @ 7pm

Methodist Church

Music by Revelation



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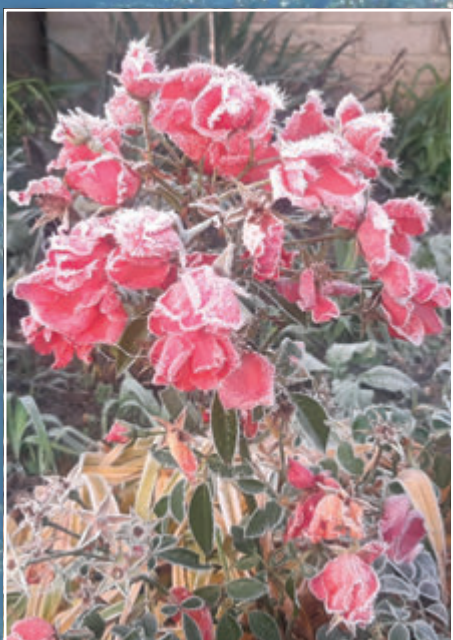
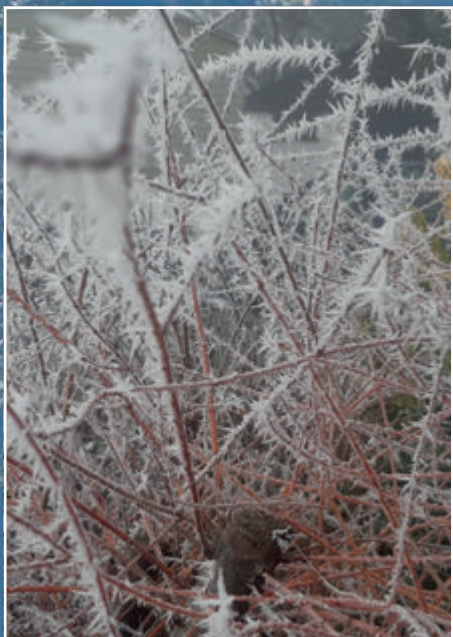





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LAKENHEATH FC BACK STREET LAKENHEATH IP27 9HN

Winter Pictures by Paula Green



LAKENHEATH NOTICE BOARD

Lakenheath Good Neighbours

We are here to help.

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

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

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

Lakenheath Good Neighbours

We are looking for volunteers to join our happy band.

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

Please phone 07857 801 802
for an informal chat.



Lakenheath Friendship Club

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

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

The Co-operative no longer offers the accumulation of dividend. If you have any balance, you must use this by Christmas 2024 or it will be lost.

The Parish clerk is keeping a Diary of Village Events, as in the past.

If your group is arranging an event please let her know:

lakenheathparish@gmail.com



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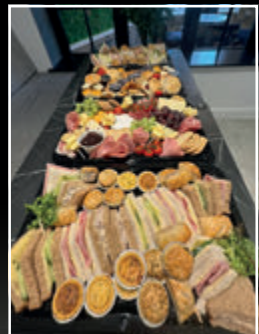
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Friday 27th December 8-1pm

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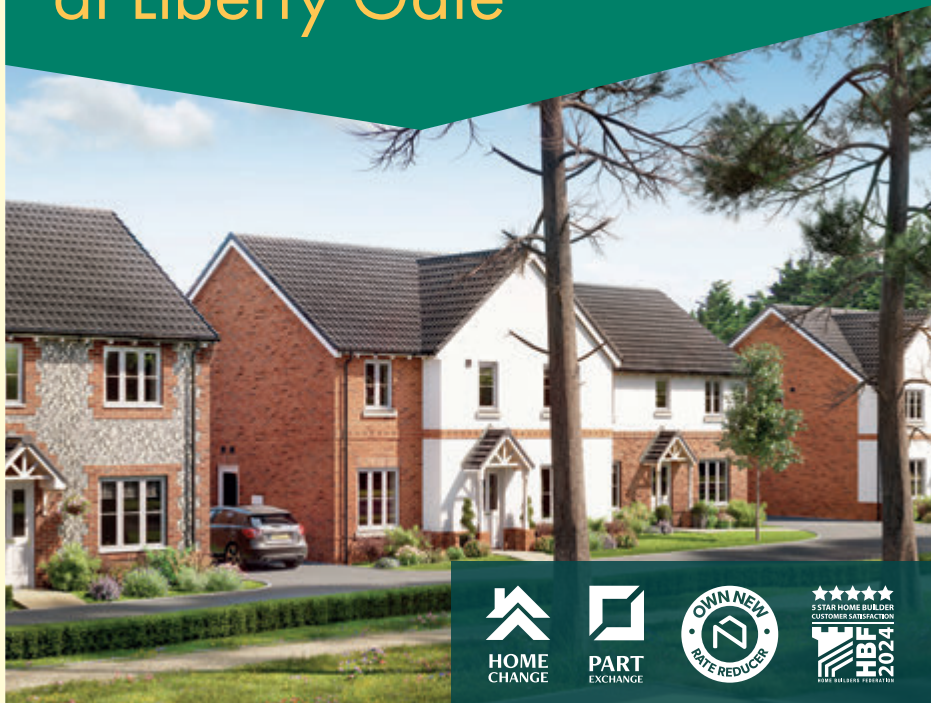
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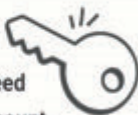
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