



LAKENHEATH

TIMES

Summer 2025

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 Autumn Issue 1st August 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
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Half Page	Landscape	123	89
Half Page	Portrait	59.5	182
Quarter Page	Landscape	123	42.5
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

LAKENHEATH PRIMARY SCHOOL

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Tel No: 01638 590640

PARISH WEBSITE

Website: www.lakenheath.onesuffolk.net

PHARMACY

Tel No: 01842 862884

POLICE (Non-emergency) Tel No: 101

SURGERY

Tel No: 01842 860400

VILLAGE HALL and COMMUNITY CENTRE

Tel: 07538 609281

Email: bookings@lakenheathvillagehall.org

Website: www.lakenheathvillagehall.org

WEST SUFFOLK COUNCIL

Tel No: 01638 719000

Website: www.westsuffolk.gov.uk

Sunshine on my mind!

A year has passed by since I became the Editor of the L.T, where has that time gone!!

I hope you have all been enjoying the content of the magazines and have found them informative.

Thanks are due, of course, to all our article writers and advertisers who have contributed and supported me on this journey, it is much appreciated.

I would also like to express my thanks to Derek Leader for all the beautiful front cover pictures that he has provided throughout this time.

On behalf of all the Parish Council, we wish you a lovely Summer and we hope that you will support all the up and coming events in our village.

Summer is truly a wonderful time, so go, have fun with your families and friends.

Sending you warm summer wishes! Enjoy this season and don't forget to make the most of it.

Be back in the autumn

Denise

DISCLAIMER

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

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Remembering VJ Day and Honouring Our Past

As we approach the summer months, we must pause and reflect on a deeply significant date in our nation's history: Victory over Japan Day, or VJ Day, which falls on **15 August**.

For Lakenheath, this is not just a historical moment - it is a time to remember and honour the brave men from our village who served, fought, and, in many cases, gave their lives in the gruelling campaigns of the Far East during the Second World War.

Victory over Japan Day marks the official end of the Second World War. While VE Day is often more widely commemorated and will be again this year on 8th May, VJ Day holds deep significance for many families in our village whose loved ones served in the Far East campaigns. It is a poignant moment to honour not only victory but the incredible sacrifice made by so many.

Lakenheath, like many rural communities, gave much to the war effort. Several young men from our village left the quiet familiarity of village life to serve in distant lands they had never heard of, such as Burma, Malaya, Singapore, and beyond. The conditions they faced were unforgiving — thick jungles, monsoon rains, disease, and a relentless enemy. Yet, they persevered with courage, determination, and an unwavering sense of duty. Some never returned; their names, etched in memorials and remembered in the hearts of families, remind us that peace was dearly bought. Others came back carrying the physical and

emotional scars of war, experiences rarely spoken of but deeply felt. Their courage and resilience deserve our lasting recognition.

That is why VJ Day remains such an important occasion for our community. It is a chance to give thanks for peace, to reflect on the cost of war, and to ensure that the sacrifices made by the men of Lakenheath are not forgotten. As a parish, we must continue to share their stories and preserve their legacy for future generations.

As with VE Day, it takes a number of organisations to put these events in place. Lakenheath Parish Council, Lakenheath Royal British Legion Committee, of which I am privileged to be a member, and Lakenheath Playing Fields Association. There will, of course, be a short ceremony and other events to be announced and together, we will, once more follow the UK Pageantmaster's timetable for the day across the nation.

All are welcome to attend. Whether you join us at a formal commemoration or mark the day in quiet reflection at home, your participation helps keep their memory alive.

Let us honour those who gave so much for our freedom and ensure that the names and bravery of Lakenheath's sons, with gratitude for those who gave their all, not in the spotlight of Europe but in the shadows of the Far East, continue to be remembered with pride.

Colin Noble,

Suffolk County Council Councillor for Row Heath Division.

A Message from Lakenheath Parish Council

Chair Gerald Kelly

You sometimes think it might slow down, but it never does!

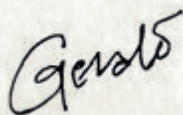
Despite topless protesters at the base, walls falling down and more traffic lights through the village than you could shake a stick at, life goes on and we do have lots to look forward to!

The first of these is that Nick Smith, who amongst a pile of other things saw through the replacement of our Post Office, is now Chairing the Parish Council. It has been a privilege for me to have that role and I think it's worth reminding everybody what a terrific team of unpaid Councillors we have working for the village. My personal thanks to them for their support and relentless efforts.

Our Active Lakenheath project lead has a separate piece in the magazine, so I'll leave most of that to Abi; what I must say is that cooperation and progress so far has been astonishing and everyone involved has worked hard and fast to make the most of this

Sport England opportunity. Success will depend on getting everyone's views so please do let the team have your views.

The other big project – our Neighbourhood Plan – has been stalled for some time but is now back and progressing. We need to get this done because of two important implications of Local Government Reform. The first is that with an inevitably more remote Unitary authority the Neighbourhood Plan will be a really important Planning tool. The second is that we will be moving to a system (the Community Infrastructure Levy (or CIL) where 25% of the increased contribution to infrastructure by builders and developers will be directly controlled by us. So really important, and as with Active Lakenheath, essential that you have your say!



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.



LAKENHEATH VE DAY 80 CELEBRATIONS

On 8th May, Lakenheath celebrated VE DAY 80 Years

In keeping with the UK government Pageantmaster guidelines a Union flag was raised at 09:00 at the Lakenheath Playing Fields flagpole.

An official proclamation was then read by our own Town Crier! Veteran Submariner, Denis Pipe. Many thanks are given to him.

The bells rang out at St Mary's Church at 18:30.

A time to reflect but also, at the same time, rejoice and celebrate freedom, unity and peace.

At 21:00 a short address was made by the Royal British Legion followed by the lighting of the beacon and fireshells released in red, white and blue.

The Union flag was then lowered to bring a close to the day.

We are grateful to the volunteers who gave their time to organise this event.

Lakenheath Parish Council, Lakenheath Playing Fields Association and the Lakenheath Branch of the the Royal British Legion.

Special thanks are given to the students of our Community Primary School who produced such amazing artwork which brightened up The Lancaster Room on the night.

**On the horizon, VJ Day!
August 15th**

See you there!

*Many thanks go to
Karen Abeyasekere and
Derek Leader for the photos
of this VE Day Celebration*



*Hand painted Union flag by the pupils of
Lakenheath Community Parish School*

Raising of the flag and proclamation



St Mary's Church bells ring out in celebration



Lighting of the beacon and lowering of the flag



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

On Friday 9th May, this years meeting was held at Lakenheath Football Club (The Nest).

There was a good public attendance, where we all got to hear from the local organisations in our village. We were told about what had happened and what was going to be happening in the foreseeable future!

Many societies attended and all the feedback was welcomed by everyone.

Refreshments were served, provided by the Lakenheath Parish council and the evening was an enjoyable and informative event.

A real message that came from the meeting was the need for volunteers.

Those who may not have a lot of time but have the heart.

Thank you to everyone who attended and contributed.

Here's to 2026!

A year has passed...

...since I took over as the Editor of our village magazine. I have now just finished off on my 5th edition and what a year it has been!

I'm pleased to say the Lakenheath Times seems to be going from strength to strength and all this is due to everyone who makes a contribution. I have been provided with some very fascinating articles over the past year.

The organisations within our village are a big part of our lives and I'm so pleased that they put in their programme of events for us all to attend and enjoy.

As the population of Lakenheath expands new advertisers have appeared, who provide us with services around our area.

I, especially, would like to give many thanks to all the volunteers who help with the distribution of our quarterly issues through rain and shine, without your help my work would not be needed. A big thank you!

I welcome any new articles which you think our readers would find of interest, I know many of you have a few stories of past life in our village, which you might like to share!

Please feel free to email me at editor@lakenheath.org

Thank you all

Denise



ACTIVE LAKENHEATH UPDATE

I have been in post as your Place Development Officer for 2 months now and want to take this opportunity to thank everyone in the community I have met so far for making me feel so welcome, and I look forward to hopefully meeting all of you at some point over the course of this work.

Even in this short amount of time, the Active Lakenheath Project has made some great progress. Firstly, the **Administrative Support Officer** role has now been filled by **Lottie Linton** who we are very excited to welcome on board on Thursday 8th May. On the theme of recruitment, many of you will have seen the advert for the vital roles of **Community Connectors**. This process

has now been completed, and we are thrilled to announce the two successful candidates, **Richard Keeble** and **Jo Chambers**, both of whom are already actively working in the Lakenheath area and who will be starting work very shortly. They will be out and about in the community discovering what matters to you, what you are passionate about and what activities you would like to take part in to help you become more active and thrive in Lakenheath.

Please do engage with Richard and Jo as much as possible as it is so important for us to hear the voice



Richard Keeble



Jo Chambers

and ideas of everyone from across all areas of the community in order to bring this opportunity to life.

We also held a **Sport England Leadership course** at Mildenhall Hub on Thursday 3rd and Friday 4th April. This brought together members of the Lakenheath community with partners from the council, health, housing and planning, leisure, and many more support services learning about how we can change the current system to **give everyone a leadership role in creating lasting, sustainable impact**.

We hope those who attended found it useful, I certainly did, and there was lots to consider for our Active Lakenheath work going forward.

There is still lots of exciting opportunities and work to be done so watch this space!

If you do have any questions, queries or comments on the Active Lakenheath project, we would love to hear from you so please don't hesitate to contact myself on abi.cartwright-thomas@activesuffolk.org or come and have a chat if you see me or the Community Connectors around the village.

Thank you.

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



Lighthouse

For a brighter future, free from domestic abuse



Mel Finch
Course Facilitator
and Centre Triage

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

☎ 01473 228270

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

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

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

Registered Charity Number: 1069296

GOWARD & EVANS CHARITIES LAKENHEATH

Reg Charity No. 253727

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

Applications for our next meeting (including those wishing to apply for support for Post-16/18 Education – 6th Form/College/Further or Higher Ed/University etc) are required by **25th August 2025** at the latest please.

Anyone may feel free to contact the Clerk to the Trustees (in confidence and at any time during the year):

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

Mobile: **07796 018816**

Email: laurawill@btinternet.com





**SUFFOLK
CONSTABULARY**

Police Connect

Keeping you informed,
keeping your community safe

£5.6 million lost to investment fraud in Suffolk in 2024

Suffolk residents and businesses lost £5.6million to investment fraud in 2024, with cryptocurrency fraud on the rise.

Data from Action Fraud reveals that people aged 35-44 were more likely to be targeted for investment fraud, while those aged 55-64 suffered the greatest financial losses.

Investment fraud occurs when criminals approach individuals, often out of the blue, and persuade them to invest in schemes or products that are either worthless or entirely fictitious. Fraudsters may claim to offer opportunities in foreign exchange, gold and other valuable metals, overseas time-shares, or cryptocurrency, promising unrealistically high returns that far exceed normal market trends.

In 2024, Action Fraud received 25,843 reports related to investment fraud, with victims collectively losing £649,062,146. While the number of reports represents a 7 per cent decrease compared to 2023, the total financial loss saw a 13 per cent increase highlighting that fewer but potentially larger scams were in operation. Cryptocurrency continued to be the most common asset fraudsters claimed to be investing in, accounting for 66 per cent of all reports - a 16 per cent increase from the previous year.

In Suffolk the more than £5.6million was lost across 233 cases.

Detective Superintendent Oliver Little, from the Lead Force Operations Room at the City of London Police, said: "Investment fraud continues to be a key focus area for the City of London because of its prevalence - which

is evident from the stark figure of £649m that has been lost last year.

"It may seem obvious, but we would really emphasise the age-old 'if it is too good to be true it almost certainly is' mantra. Investment fraudsters will often be incredibly skilled in what they do and will spin a convincing and alluring pitch of how much money they can make you, in often a short amount of time. Do not be seduced by the promise of making "easy money" as the world of stocks and shares is anything but.

"Whether it's £200 or £200,000, our advice is always the same - do your research independently, check if the company is FCA registered and never take financial advice via social media or from people who have approached you out of the blue. If it were that easy to make profit on an investment, we would all know about it."

Social media remained a key tool for fraudsters, with 36 per cent of all investment fraud reports linked to a social media platform. As was the case in 2023, WhatsApp was the most frequently used platform by scammers, appearing in 40 per cent of reports, followed by Facebook (18 per cent) and Instagram (14 per cent). Given this trend, individuals should be extremely wary of anyone contacting them via social media or messaging platforms who claims to be an investor or trader who can guarantee high returns.

The data also showed that fraudsters frequently impersonated well-known public figures to build credibility. Out of 537 reports, the most commonly used identity

was Martin Lewis (44 per cent), in all likelihood due to his reputation as a trusted financial expert.

What to look out for:

Being approached via social media: the use of social media platforms as an enabler was identified in 36 per cent of the reports, with WhatsApp being the most prevalent. If you are approached, out of the blue, by someone telling you they can make you guaranteed returns on an investment, then block the number and don't respond. For example, on Whatsapp you can do this by pressing and holding the message bubble, select 'Report' and then follow the instructions.

Investment opportunities that mention cryptocurrency, trading or stocks and shares:

cryptocurrency and trading (unspecified) alone made up 75 per cent of all commodity types mentioned in Action Fraud reports. These two categories hugely outweigh traditional investment in commodities like natural resources (oil and gas), energy, precious metals, alcohol and forex (foreign exchange) that were mentioned in fraud reports.

An advert which uses a well-known celebrity: over £10m was lost in 2024 to fraudsters who convinced victims to invest by using an influential identity like Martin Lewis, Elon Musk or Jeremy Clarkson. AI generated images and videos were produced which helped to promote the bogus investment schemes.

How to protect yourself from investment fraud

Investment opportunities: don't be rushed into making an investment. Remember, legitimate organisations will never pressure you into investing on the spot.

Seek advice first: before making significant financial decisions, speak with trusted friends or family members, or seek professional independent advice.

FCA register: use the Financial Conduct Authority's (FCA) register to check if the company is regulated by the FCA. If you deal with a firm (or individual) that isn't regulated, you may not be covered by the Financial Ombudsman Service (FOS) if things go wrong and you lose your money.

For more information about how to invest safely, please visit: <https://www.fca.org.uk/scamsmart>

What to do if you've been a victim of investment fraud

You could be targeted again: fraudsters sometimes re-establish contact with previous victims claiming that they can help them recover lost money, this is just a secondary scam. Hang up on any callers that claim they can get your money back for you.

Identity theft: if you suspect your identity may have been stolen, you can check your credit rating quickly and easily online. You should do this every few months anyway, using a reputable service provider and follow up on any unexpected or suspicious results.

Legal advice: in many cases of fraud there is a close correlation between what may be considered fraud and the civil tort of deceit and/or breach of contract, for which there are civil litigation options. We would always advise that you seek professional legal advice or contact Citizens Advice to understand your options.

You can also contact the Financial Conduct Authority's consumer helpline on 0800 111 6768 or report suspicious businesses or individuals by using the reporting form on their website.

If you live in England, Wales and Northern Ireland and have been a victim of fraud or cybercrime, report it at www.actionfraud.police.uk or by calling 0300 123 2040. In Scotland, victims of fraud and cybercrime should report to Police Scotland on 101.

Find out how to protect yourself from fraud: <https://stopthinkfraud.campaign.gov.uk>

VOLUNTEERING

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

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

Love where you live.

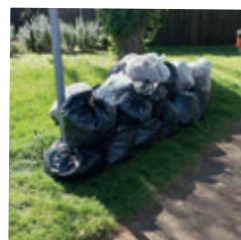
GREAT BRITISH SPRING CLEAN WEEKEND 2025!

Many thanks to all volunteers who helped with the Lakenheath clean up on the weekend 5th and 6th April.

Many areas were covered around the village and a total number of bags was an astonishing but perhaps disappointing 34!!

The next litter pick is to be held on Saturday 7th June at 10.00am

All welcome to keep our village tidy, meet at Wings Road Car Park



YOUR VILLAGE NEEDS YOU!

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

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



Lakenheath Parish Council

VOLUNTEERS NEEDED!

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

Contact: Lakenheathparish@gmail.com





Bag it &
bin it!



Please clean up after your dog

A practical guide for reducing the problem of dog fouling in your Community

The dog population of the UK is around 9 million, with the amount of excrement being produced probably exceeding 1,000 tonnes a day.

Dog mess is a nuisance and is associated with various diseases including *Toxocara canis* which is a roundworm whose eggs can be found in dog mess. This causes stomach upsets, sore throats, asthma and in rare cases blindness.

When irresponsible dog owners do not clear up, not only are they committing an offence but they are also leaving behind something which can be easily

picked up by young children or stood in by others.

Dog owners please remember:

- ✓ take enough bags when you take your dog(s) out
- ✓ bag it and bin it - any street litter bin will do
- ✓ use your black household bin at home if no other bin is available.

We would encourage anyone witnessing a dog fouling incident to report this to any of the parish/town councillors, the parish clerk or directly to West Suffolk Council on **01284 763233** or by emailing customer.services@westsuffolk.gov.uk

Love where you live.

Summer Gardening

by Rachel Sobiechowski BSc. (Hons)

Summer is the season of flowers, whether it's beds of perennials, shrubs and roses, or bedding plants from hanging baskets and containers. Although you're still busy, don't forget to sit down and enjoy the fruits of your labours. Believe me, it's all too easy to spend the whole time pottering and not relaxing! We should be free from the risk of frost in June, although it is not unheard of to get a frost early in the month, so keep checking the weather and keep fleece to hand if any frosts are forecast.

In early summer the routine maintenance of feeding, watering and deadheading plants begins. Ensure any trees or shrubs planted in winter are not suffering during dry periods and give them a good soak if necessary. It's also time to think about the seasons ahead, and in preparation for winter colour sow hardy seeds including Sweet Williams, Wallflowers and Pansies. Once any birds have fledged the nest make the first trim of yew, and leafy hedges such as beech or privet.

Come mid-summer it's important to keep on top of weeding, feeding, deadheading and watering. If you have a pond, keep it aerated, and the water level topped up. Remember to use de-chlorinator if using tap water. In dry weather, raise the height of your mower blades as grass will stay greener longer. If you water your lawn a depth of two inches of water is required on a weekly basis. To see how much water your lawn is receiving, place several straight sided containers (such as a tin can, mug or other similar container) on the lawn while you are watering. Then use a ruler to measure the depth of the water in the

container. I'm not a believer in watering the lawn (unless it's newly seeded or new turf) due to the amount of water required – even for my small lawn. It's not a bowling green, and any brown, dead patches will recover when it rains. Healthy lawns tend to recover quicker but if it doesn't re-grow, I'll simply re-seed a few patches in the autumn.

In late summer, pay attention to ericaceous plants grown in pots such as rhododendrons and azaleas. If the weather is dry, feed and water the plants, as the flower buds for next spring will be developing. It's also time to take semi-ripe cuttings of a wide range of hardy climbers, shrubs and trees. Semi-ripe cuttings are selected from healthy, undamaged stems from this season's growth. The base of the cutting should be firm whilst the tip is still flexible, take cuttings in the morning to avoid wilting. There are three main types of semi-ripe cuttings, however in this article I shall just detail the basic method. Simply use a sharp, clean tool and cut just below a leaf to leave a prepared cutting of 10-15cm (4-6") in length. Immediately put the cuttings into a plastic bag to reduce moisture loss. Remove the lowest leaves and soft tips from the cutting. Dip the cutting into hormone rooting powder, then insert the cuttings into suitable sized containers filled with seed compost. Water well and allow to drain before placing the container in a greenhouse, or cover with a clear plastic bag, and leave to root in a warm, light position out of direct sunlight. Rooting is quick in summer, however fungus and rots can cause severe losses. Regularly removing diseased material and ensuring good ventilation can help prevent any problems.



P&R
Garden Supplies

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



LAKENHEATH COMMUNITY PRIMARY SCHOOL

SUMMER FAYRE



SATURDAY 14TH JUNE 2025



BOUNCY CASTLE ★ GAMES

SPLAT THE ADULT ★ BBQ

ICE CREAM ★ FACE PAINTING

BADGE MAKING ★ RAFFLE

PONY RIDES ★ BOUNCY CASTLE

BAR ★ PERFORMANCES

12PM-3PM ON THE SCHOOL FIELD.

★ ALL WELCOME ★ FREE ENTRY ★



Following on from their very successful first event last year, Brandon Pride are holding their second family friendly Rainbow Colour Run and Pride Day on Saturday June the 14th on the Remembrance Playing Fields in Brandon, from 11am.

Last year's colourful event saw many visitors enjoy the fun atmosphere and camaraderie and a range of great live acts on stage. And over 100 runners took part in the town's very first Rainbow Colour Run!

There's so much more to do and see this year. As well as taking part in the group warm up and exciting and fun Rainbow Colour Run, visitors can:

- **Brave running under Brandon Fire Brigade's water cloud during the Colour Run**
- **Enjoy great food and drink and an outside bar, with seating and a picnic area by the stage**

- **See children's characters and an amazing stilt walker**
- **Visit a wide range of great craft, community, charity and trade stalls**
- **Dance to sets from a DJ and listen to live acts on stage**
- **Take part in an inflatable bungee run game**
- **Watch an exciting fire breathing show**
- **Enter the funhouse and ride the exciting Miami fairground ride**
- **See a montage from Shoestring Theatre group**
- **And enter their dog in the mini dog show 'Pride Pooches'!**

There is a small charge to enter the fun Rainbow Colour Run of just £5.00 for under 16s and £10.00 per adult. To enter your dog in Pride Pooches just bring them along on the day.

'We're delighted that so many people came along last year,' says Brandon Pride Chairperson Sue Meader.

'Brandon really is a welcoming town and for anyone not sure what a Pride event is, or why they're held, we'd say come along and see - unlike many Pride events ours is free to attend and we're sure you'll have a great time!'

Sue adds 'Pride events are held to celebrate each other's uniqueness, that we all deserve respect and happiness, and that everyone deserves to be their true self. By getting together in such an informal and fun way, we can all get to know and understand each other better. And this ultimately may help people support their LGBTQ+ child, colleague, relative or friend and better understand any issues or prejudice they may face.'

There's still time to volunteer your help on the day, apply for a stall and enter the Rainbow Colour Run.

- To apply for a stall at Brandon Pride at just **£5.00** for a charity or community group and from **£15.00** for traders please visit **www.brandonpride.co.uk** for a form or email bookings. **brandonpride@yahoo.com**
- To volunteer your help on the day, please email **brandonpride2024@gmail.com** or call Sue on **07884 313563**
- To take part in the Rainbow Colour Run visit **<https://www.evententry.co.uk/rainbow-colour-run-brandon-2025>**

For more information about Brandon Pride visit www.brandonpride.co.uk or call Sue on 07884 313563





LAKENHEATH HERITAGE GROUP

Lakenheath Parish Recorder by Hermione Brown of Lakenheath Heritage Group

In the early 1950s, Suffolk Local History Council launched a scheme to appoint a volunteer Parish Recorder in every Suffolk village. I have had the privilege of serving as Lakenheath's Recorder for several years.

My role is to help preserve valuable historical material for future local historians by:

1. Recording present-day events to ensure they are properly documented.
2. Identifying historical items that might otherwise be overlooked or lost.

Each year, I compile an annual diary, which is archived at the Suffolk Records Office. The most recent published report, covering 2023, reflects how village life gradually returned to normal following the Covid pandemic and lockdowns. Reports from recent years are available on our website www.lakenheathparishcouncil.gov.uk/lakenheath-heritage.

If you are aware of any events or occurrences which should be recorded,

please let me know for inclusion in the diary.

I am passionate about local history and understand the importance of preserving documents, records, and photographs—many of which are unfortunately discarded. If you have any materials relevant to Lakenheath and wish to donate them, please consider Lakenheath Heritage Group, of which I am a member.

If you would like to arrange a donation or discuss historical materials, feel free to contact me at **01842 860621** or pusey20@btinternet.com.

Alternatively, if you wish to keep your collection for now, please consider adding a note to ensure that, in the event of your passing, these valuable items are not discarded but instead given to Lakenheath Heritage Group. We will ensure they are preserved and shared for the benefit of our village, historians and future generations.

“Here is The News”

This is part of a story, “Here is The News,” from the Parish website pages. It's a good example of how memories passed on from one generation to another can add useful knowledge of the village.

For many years our village relied on a town crier for information. Doris Ditchburn, (b.1909. d. 2004) left us many memories of the village from the end of the 19th century which were passed to the Heritage Group by her nephew, Prof. Raymond Bonnet.

The following memory would be from about 1914.



Doris Ditchburn, August 2001
Photographed by Ray Bonnett

"The town crier was Mr. Allsop, known as 'Trotman', every little while there would be notices to give out, and of course they were not printed and put up on a notice board. He would come round after dark, usually about 6 o'clock wearing corduroy trousers, a big cape on his shoulders, a top hat and a bell."

***Doris Ditchburn in an interview
with Ray Bonnett.***

Children followed Mr. Allsop along the High Street pretending to ring make-believe bells. We know of three town criers. In the early 20th century Mr. Allsop succeeded William Household, and Luke Coleman continued the tradition.

THE TOWN CRIER

By Doris Ditchburn

*T'was evening time when he
Trundled down the village street
In corduroys of Khaki shade
And gaiters to protect him from the cold
His brawny shoulders covered with a cape.
And with top hat and bell his news he told.
His voice, familiar to the ear
Would send his message forth so clear
Across the cold night air.
His first stop was the Bell Hotel.
He drew deep breath, his tale to tell.
"Ding Dong, Ding Dong" the bell rang out
And village folk in lamp light dim
With doors half open would listen to him
"OYEZ, OYEZ, this is to give notice":
A pause for breath, and then a loud,
"Tonight at the Bell Hotel 7.30pm. prompt
There'll be a letting of the droves for feed.*

*"OYEZ, OYEZ, OYEZ."
His call he then repeated by the Bull
Then to the Chequers telling all his news,
His loud chimes filled the lanes with
glorious sound
Which boomed across the bleak fen miles
around.
Town Crier, though your solid age has gone
In memory, now comes back your ancient
song. "OYEZ, OYEZ, OYEZ."
On he trundles bright and gay,
Another call to make, but wait
The dim lit street begins to feel so weird,
A howling dog, an owl hoots,
The Fenland bleak, space all around,
Yet feet are firmly on the ground.
Town Criers your solid age has gone
Remembered only by your cry or song.*

The poem is about the village 60 years before the Lakenheath Relief Channel was completed in the 1960's. Until then the Fen flooded regularly and before the oil street lights were installed in 1902 the village was completely dark at night. Village pubs were often used for auctions: the Bell, the Chequers and the Bull were probably the main ones, closely followed by the Plough, Tap and the Waggon and Horses. Also on the High Street was the small Star pub not far from Goward House. The Harbour and the Anchor were on Anchor Lane. Two other pubs, the High Bridge and the Swan, were well outside the village. The bidding for grazing rights on the droves mentioned in the poem probably goes back to medieval times.

A NEW PROJECT

Lakenheath Co-operative Society

When our Co-op was founded in 1892 life was very hard partly due to the agricultural depressions of the mid 19th-early 20th century. Work on the land was difficult to find and prices of basic foods often made it hard to make ends meet.

In 1844 mill workers in Rochdale, Lancashire, decided to take matters into their own hands and supply 'members' with basic foods- flour, sugar, and oatmeal, sold at affordable prices in their own shop which was run solely in the members interests, with any profit being shared. Each member had a say in how their Co-operative was run and what it should sell. This was the model on which Co-op's are based today.

We have begun researching our Co-op's early days and some interesting discoveries are being made but we will need some help building a picture of the Co-op in the 1940's- 1980's.

Can you help build a picture of our CO-OP? Have you got relatives who worked there, what products were sold, what was most popular, any funny stories? We hope this will include memories of both customers and employees. More information will follow asap. but please start thinking!

If you can help, please let us know at lakenheathheritagegroup@outlook.com giving your email address or phone number. We hope to hear from you.



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

www.lakenheathparishcouncil.gov.uk/lakenheath-heritage/

We welcome new arrivals to the village and invite anyone interested in the history of the village to get in touch at lakenheathheritagegroup@outlook.com

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 were due to be cut in in May. So, if you go walking after the middle of June 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.

PROTECT YOURSELF FROM INSECT BITES

As well as the usual midges, mosquitos and wasps, there are a lot of cleg flies and ticks around especially on the Warren, Santon Downham and similar walks. I have also had several clegs in my garden. Ticks will climb up legs and burrow into the skin and can cause Lyme Disease.

Clegs are small black flies with gauzy wings about the size of a female clothes moth. They feed on mammalian blood and can bite through clothing. They fly silently and have very thin spidery legs so you cannot feel them on your skin, and you cannot feel them bite you. The first you will know is when you feel the skin burning and swollen with red hot needles going through it. So, protection is necessary by using insect repellent and wearing gaiters to protect ankles and legs. I have found After Bite useful if you apply it as soon as you realise you have been bitten and keep on applying it. You may need to see a pharmacist or a doctor.



Summer quizzes

See Answers on page 62

Ditloids

Example: 366 D I A L Y - 366 days in a leap year

1. 366 D I A L Y

2. 7 B F 7 B

3. 101 D

4. 3 B M

5. T 39 S

6. 6 W O H T E

7. A B A T 40 T

8. T 7 W O T W

9. 50 W T L Y L

10. N 10 D S

11. 12 S O T Z

12. 16 O I A P

13. T 3 W M

14. 13 I A B D

15. 26 L I T A

16. 10 G B H O T W

17. 4 L O A H

18. A T W I 80 D

19. 2 W O A B

20. 52 C I A D

21. 60 M I A H

22. 20,000 L U T S

23. 12 I I A F

24. 147 I T M B I S

25. 24 H A D

Logo Quiz

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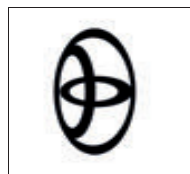
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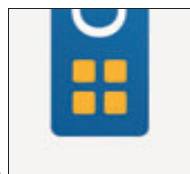
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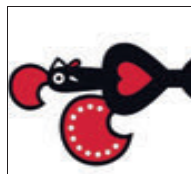
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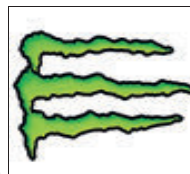
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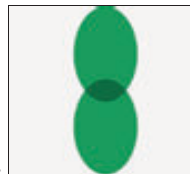
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11



16

Country Music Night hosted by Wing Song

Wing Song will be hosting a Country Music Night on Thursday 5 June at Lakenheath Methodist Church. The concert is in aid of Guide Dogs and will feature the duo, their supporting band, guest musicians and two Guide Dogs with their foster carers, who will be giving a short talk.

Wing Song was formed in 2019 by Linda Spencer and Sue Crowe. Neither are strangers to the music industry. Linda has worked with B J Cole, recording the back catalogue for Interworld Music Publishing and Sue has supported artists including Kenny Ball, the Wurzels and Sounds of The Platters. Both Linda and Sue sing lead and harmonise and Sue is a competent keyboard player, guitarist and song writer.

The Wing Song band is made up of professional pedal steel guitarist Jim Martin who was recently made Musician of the Year 2025 by Cross Country News. Jim began playing in rock and blues bands aged 16 and was soon supporting bigger acts of the late 60s and early 70s. In 1979 he turned to country music and after mastering the pedal steel guitar, Jim played with some top country bands. In 1999/2000 he was on the National Theatre Tours 'Stand By Your Man' Tammy Wynette and 'Queen's of Country'. He continues to tour the British Country Music Clubs and Festivals with Black Steel Duo/ Trio, Jeff Gallant Band, The Stories and Eastern Sons of Soil and record for British Country Artistes. Also recording for Suzi Quatro, Marty Wilde, Sarah Jay Hawley (Massive Attack), Atlantic Junction and Wing Song.

Frog on drums who started playing in 1963 inspired by Buddy Rich and Joe Morello. EMI gave him his band Giggles a recording contract and that led to him being on stage with many excellent bands including Queen, Genesis, Sweet, Zombies and Argent. Frog has also toured the UK playing for several country bands.

Phil Louis guitarist and comedian who has been in the music business for a number of years and with the Phil Louis duo supported Lonnie Donnegan and Foster and Allen. Phil says his TV appearances include Crimewatch and Embarrassing Bodies.

Pete Theobald on bass and twelve string guitar. After learning the guitar as a child, Pete took up the bass in the early '80s. A Lakenheath local, Pete has played bass in Christian band New Life for 35 years and also plays for the Cliff and the Shadows Tribute band the Silhouettes and the Sunset Trio.

Guests include singer songwriter and performer S-Jay, Bert Woodhead who recently played bass on Wing Song's recent release 'Song In My Head'. Brilliant violinist Vee, who recently formed a duo with Pete Theobald and local country singer Luke.

THURSDAY
5TH JUNE
@ 7.30PM

COUNTRY MUSIC NIGHT

HOSTED BY
Wing Song

Linda Spencer and Sue Crowe

JIM MARTIN- STEEL GUITAR
PHIL LOUIS-VOCALS & GUITAR,
FROG ON DRUMS,
S-J- VOCALS
PETE THEOBALD - GUITAR &
VOCALS - VEE ON VIOLIN,
BERT WOODHEAD ON BASS
MIKE CASANOVA ON GUITAR
LUKE SPRAGGINS

Held in The Lakenheath
Methodist Church

tickets from ticketsource.co.uk/wings



LAKENHEATH PLAYING FIELD ASSOCIATION

PRESENTS

LAKENHEATH

Fete

SATURDAY 9TH AUGUST

12PM - 5PM

WITH THE LANCASTER BAR OPEN INTO THE EVENING

LAKENHEATH PLAYING FIELDS • IP27 9AF

ICE CREAM • BOUNCY CASTLES
FOOD VAN • STALLS+GAMES
BAR OPEN • ENTERTAINMENT
AND MORE!



SPONSORED BY



More sponsors to be announced soon!

SCAN FOR MORE INFO
OR TO BOOK A STALL!



lakenheathfete.org



info@lakenheathfete.org

Lakenheath Fete is organised by the Lakenheath Playing Field Association (registered charity n°304005). All proceeds from the event will go back into the organisation's charity.



Wildlife news from RSPB Lakenheath Fen

At this time of year, the reserve is at its best! On a walk around you can expect to hear a wide variety of birdsong, much of which is coming from species that have migrated here to take advantage of our warm summers. As the reserve heats up, insects begin to emerge and this provides the food needed to support these extra birds.

Viewed from the riverbank, the Hockwold Washes saw the first arrivals in mid-March, in the form of wading birds like Black-tailed godwit, Dunlin and Curlew. These are 'passage' waders. They aren't stopping with us but using the lagoon as a pit-stop to refuel on a longer journey north to their breeding grounds in the Arctic circle, Scandinavia, Greenland, or even the UK's uplands. They 'wade' through shallow water as their name suggests, sensing and sifting the soft mud to pick out small worms and insects rich in protein and calories. This passage continues over several weeks through Spring. It's worth looking too for the reserve's only migratory duck, the Garganey, a very intricately patterned small duck who breed on the reserve in small numbers. They like the weedy edges of the water, and the male duck (drake) has a strong and clear white eyestripe, unlike any other duck you can find here.

It wasn't long before small birds like Chiffchaff and Blackcap began to sing, and we never know if the birds we hear are actually migrants! Most of them will be, but a small (and increasing) number of each species overwinters in the UK, thanks to our milder winters making it easier for them to find insect food year-round. Then, in late March come the 'true' migrants, like Swallow and Sand Martin. These zip through the sky, especially over water, hunting small insects and they often flock together. You will be able to see



Garganey By Dave Rimes

these, as well as Swifts and House Martins here all summer and into early autumn.

Our specialist reed bed birds include Sedge and Reed warblers. These arrived here five days apart in early April this year and although their calls sound similar, they look quite different. They normally hide well within the reeds but if you watch patiently you may see them climb up the stems to sing. Sedge warblers have a much more streaky and stripey appearance, whereas Reed warblers are very plain looking. We also get small numbers of the rarer Grasshopper warbler here. They sounds just as you might expect, emitting a lengthy 'reeling' call which sounds a bit like a freewheeling bicycle, or a fisherman's reel unwinding. They slowly swivel their head when calling so it can get louder and quieter for the observer, depending on if the bird is facing you at that moment. It's a high-pitched song and some older people, especially men, struggle to hear it as we lose the upper ranges of our hearing as we age.

Many people come to see us in search of the beautiful Cuckoo, which is known more for its song than looks. It's a bird many people remember from their past, as they

used to be much more common, and they are delighted to find a place where their lovely two-note soft 'Cook-hoo' can be regularly heard. During May and June you will struggle to walk around the reserve on a nice day without hearing at least one or two! You may also see them flying slowly over the reed beds, especially male birds, as they display to watching females. Cuckoos feed mostly on caterpillars, especially larger hairy ones that other birds leave behind. Widespread use of pesticides in our green spaces sadly reduces the numbers of big caterpillars around, and therefore the Cuckoos themselves.

Hobbies are another bird we are known for that will be easy to see in the coming weeks if you visit us. Hobbies are roughly Kestrel-sized birds of prey with dark grey feathers on their back, and dark spots and streaks on a whitish belly, with a patch of rusty-red feathers around the base of their legs. They are fast and acrobatic, hunting large insects like dragonflies and beetles in the air, as well as small birds when they can catch them. They feed in flight, and nest high up in tall trees like poplars and oaks, in quiet places with few people around. If you visit us on a warm day, you should see some numbers build up. Over fifty during May and then reduce in June to a few pairs, as most leave this reserve to find their breeding grounds locally. Afternoons are best for looking for Hobbies, as it takes a few hours for their prey (often dragonflies) to warm up and get going in the mornings. Look out for their rapid and swooping flights over open areas like the reed beds or the Hockwold Washes. If you do come in the morning however, this tends to be the best time to see and hear the beautiful bird that is on the Lakenheath village sign, the Bittern. This camouflaged Heron is the reason the reserve was created in 1995 and our latest breeding surveys for this year indicate at least 14 male birds have set up territory here this Spring. On our weekly surveys we listen for their incredible low, loud 'boom' issued from within the reeds, designed to attract females. It's

common to see one chasing another too, as males argue over territory or pursue females.

We also have Kingfishers spotted regularly on the reserve, and this is another top bird on many peoples' lists of what they want to see when they visit us. The viewpoint pools, as well as along the river and Mere Hide are good places to look. Patience helps with this one, and with luck you may spot one as it does a circuit of it's favourite fishing spots looking for a meal.

As well as the birds, keep an eye out for a wide range of butterflies and dragonflies. In 2024 we recorded 22 different species of each. If you have binoculars with you, use these at close range to really appreciate the beautiful colours and patterns on their bodies and wings, which have to be seen to be believed!

Visiting Us

If you haven't been before, you can find RSPB Lakenheath Fen just north of the level crossing at Lakenheath Station. We are on the left as you head towards Hockwold, and we have two large blue roadside signs at our entrance.

If you are an RSPB member, entry is free, otherwise its £4 per adult (£5 from 1 June 2025), £3 for students (please show ID) and £2 for Under 18's. The first child in a family is free, as well as Under 5's, and the RSPB is currently within a two-year trial of free entry for 16-24 year olds (to try to reduce barriers to nature for young people).

We have a network of trails, some of which are hard surfaced and suitable for buggies and manual wheelchairs, and we have a new Tramper mobility scooter available to hire for free (donations for upkeep appreciated). The Visitor Centre and toilets are open daily from 9am to 5pm.

If you have any questions about the reserve, please call us on **01842 863400**, pop in to see us or e-mail us at lakenheath@rspb.org.uk.

With best wishes

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

Events at RSPB Lakenheath Fen May-August 2025

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

Treasures of the Moth Trap

30 May, 27 June, 25 July, 29 August (10am to 11am)

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

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

Guided Pond Dipping

7 June, 5 July, 2 August (11am-1pm)

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

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

Peatland Paradise Guided Walk

Monday 2 June (10am-11pm)

The Fens East Peat Partnership are holding a series of events on and around **World Peatlands Day** (2 June 2025) to celebrate our Fen peatlands in all their glory. As a result, we'll be hosting a guided walk at RSPB Lakenheath Fen, a reserve that owes everything to the peat soil it sits upon!

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

Fascinating Flora Guided Walk

Sunday 27 July (10am-1pm)

A visit to Lakenheath Fen in Summer is a very colourful one with a wide variety of plants in flower. But, behind their pretty exterior lies a hidden world of folklore, poisons and medicinal properties. Join us to discover more about the secret world of our wildflowers.

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

Lakenheath Writers Group

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

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



A Childs Easter (an acrostic) by L Turnbull

- E** - eating eggs, slowly eking out the smooth brown shells and saving shiny paper folded and tucked away in a secret place.
- A** - arranging daffodils and spiralling pussy willow in jugs for the window sill.
- S** - slowly walking to church in new summer coat and brimmed hat, with shiny shoes and pristine gloves shivering in the wind cutting across the fen.
- T** - the fierce breeze scattering pink blossom like confetti across the grass.
- E** - each person solemnly garbed nodding to each other at the church door.
- R** - robing up silently for Good Friday choir. Mournful hymns and sad words then Sunday with bright bonnets, hallelujah hymns and the risen Christ.



Easter (poetry by T Grant)

Freeze - the winter ice, that melts with springtime's passing,
Encouraging new buds of life, in to fragrance blooming.
No longer stark, the coat of winter's icy gloom,
But heralds new grown coats of green to pastures sprawling.
Where lambs and rabbits join the butterflies of spring,
And life is new, upon the earths bright morning.
No more dark, the nights of winter's breath encroaching,
But daffodils stand tall and still, with sunlight falling,
casting shadowy light of all new life, into the dawning.
Bringing hope to life, along the breeze that's calling,
Gone the still of hibernation, with the bronze of autumn,
Proud the crocuses and snowdrops, tilt towards the sun,
Streams of light reflecting on the gaze of morn,
Peace - another Easter Day is born.

Writing workshops for the remainder of the year.

All being well but subject to change.

23rd May	August No workshop	28th November
20th June	26th September	19th December
25th July	24th October	30th January 2026

The digital phone switchover

What you need to know

What is the digital phone switchover?

The UK's telephone network is changing. Between now and 2027 most telephone providers will be moving their customers from old analogue landlines over to new upgraded landline services using digital technology.

This means services that rely on the old landline system such as home phones and healthcare devices will be switched over.

How will it affect me/what do I need to do?

The good news is – your landline isn't going anywhere and for most consumers and businesses, this change will be straightforward. In fact, many customers are already making the switch when they upgrade to full fibre broadband.

Your telecoms provider such as Virgin Media O2 or BT should contact you before the switchover to check in and discuss what you need to do to make sure your service isn't affected. However, we're encouraging everyone to know what to expect.

If you have an internet connection, the change may be as simple as plugging your phone into your broadband router rather than the socket on the wall.



Your telecoms provider should contact you before the switchover to let you know if you'll be affected.



#DigitalSwitchover

Factsheet



People who use personal alarms or health monitoring devices should check if the switchover will affect how they work.



Do you or someone you know depend on their landline for use of a telecare device connected to the phone line such as a fall monitor, lifeline or personal alarm?

If yes, then please notify your communications provider (the people you pay for your landline) and check with your monitor/alarm provider whether your device is digitally enabled so that they can advise on how the switchover might affect the service of the devices.

If you have other devices connected to your phone line, such as burglar alarm systems, your alarm service provider might need to upgrade your device to make sure it is compatible. If you are unsure about how a device in your home or business might be affected, it is recommended you contact the equipment supplier or device manufacturer to find out whether it will still work on a digital phone line.

In an emergency

Digital landlines cannot carry a power connection, so in the event of a power cut they will not work. If you have a mobile phone this can still be used, but if you've no other means of calling the emergency services your telecoms provider will offer a solution to allow calls to be made to emergency services.

You should tell your telecoms provider now if you have no other way of making emergency calls.

Concerned about the switchover?

If you're worried about your devices, please contact the supplier, provider or company who provide them. They will be able to give you more information.

LAKENHEATH FRIENDSHIP CLUB NEWS

Lakenheath Friendship Club has had a busy few months since Christmas. Our club is very well attended with new members welcomed every week.

We started the New Year with bingo. Cash prizes were won, much to everyone's delight. The following fortnight, we had a very interesting speaker, Paul Newton. Paul spoke about his job in Newmarket as a 'horse midwife'. He was very entertaining and everyone enjoyed his talk.

The following session was a quiz. Much laughter was heard and lovely prizes for the winning team.

Something different the following time and everyone was amazed by the fantastic Martin the Illusionist. He astounded us all and did table magic during tea break.

'Diddy Dave' from the Camera Club brought in a selection of his wonderful photographs to show us. What a lovely man. The following session was our old friend David Jones from the Heritage Society. David is always popular and very interesting.

Next was a musical afternoon with local musicians Al and Ted. The members sang along and it was a joyful afternoon.

The following time was Easter. We had bingo with lots of eggs for prizes and hot cross buns with our tea.

A firm favourite at the Club is speaker Kevin Boardman who came next. Kevin is very knowledgeable and very entertaining, much

enjoyed by our members. The Lakenheath Hand Bell ringers came next. They again are a firm favourite at the club. Their leader Bill Smith ensures they make it a very jolly afternoon. The members are given a chance to come and ring too.

At the time of writing, we are planning our midsummer party in June. Hank Shadow is playing for us again and our members look forward to plenty of good food and those that are able, to get up and dance.

Our club is non-profit making and every penny that comes in, goes back out to our members. We pay our guests and speakers and if they do not accept it, we send the money to Cancer Research. We have recently sent them a remarkable £100.

We charge just £2 entrance. We ask our members to bring something new and small for our auction at the end of the afternoon. This is usually fun with people outbidding each other for a packet of biscuits!

We know we can't please everyone with our activity, but we hope there is something for everyone over the weeks. We meet at the Methodist Church Hall every other Thursday at 2 pm. We close for August but are back on Thursday September 4th. If you would like to join us, either with friends or alone, you will be made most welcome. For more information or questions, please phone me, Sue Taylor on **01842 86278** or **07833446707**.



Lakenheath Post Office is open for business!

On Wednesday, April 23, new Postmistress Mrs Anantharajah completed the first transaction in the new post office situated within Lakenheath News, 65a High Street.

Vice Chair of Lakenheath Parish Council Nick Smith and Councillor Denise Smith made cash withdrawals, part of the everyday banking services now provided by Lakenheath News. Other services are, of course, postal. Letters and parcels including collect and return.

**The Post Office counter opens
Monday to Friday 09.00 - 17.00
Saturday 09.00 - 12.00
Sunday Closed**

Lakenheath News will continue their existing opening hours and also provide its wide range of products which the villagers have enjoyed for such a long time.



Since Lloyds Bank withdrew their mobile bank visits and the post office closed last year this is a great sign to the area that Lakenheath is up and running.

The Parish Council urge the village to support the new Post Office.

LET'S HELP THEM TO HELP US!

Love Where You Live





Expand your reading horizons!

by Lorraine Gregory

Finding the type of books you enjoy reading is a wonderful thing, you always know what shelves at the library to look at and it's easy to search for them online.

My favourite genres to read were always Fantasy, Historical and Crime and for a long time I didn't really try anything else.

BUT over the last few years I have expanded my reading choices and experimented with different genres and I've found some amazing books because of it. Part of that change was due to being recommended new books on social media that sounded interesting and deciding to give them a go and part of it was because it's easy to try out different books by using my library.

I'm perfectly happy to try a different type of book if I can borrow it from the library first because if I don't like it I can simply take it back and it doesn't matter. I haven't wasted any money AND I know the author is still going to benefit due to something called Public Lending Right.

Public Lending Right is the way that authors get paid a small sum every time someone borrows a book from a library. Once a year they collect the figures and send the author a statement with how many loans their books had and the corresponding fee. This extra money is extremely important to authors who generally don't earn very much as a rule and also a wonderful way to see how many people have been reading their books!

One way to expand your reading is to try something from a genre that you enjoy that's been slightly adapted - for example - Cosy Crime

- made famous by Richard Osman's series about murder solving O.A.P's in the Thursday Murder Club. There is now a huge selection of these charming tales to choose from. Although I still enjoy a gritty crime novel I do also enjoy something more gentle and less likely to give me nightmares!

Try Miss Beeton's Murder Agency or Vera Wong's Unsolicited Advice for Murderers.

Another new Cosy combination is Cosy Fantasy where instead of orcs and goblins going to war and magic destroying the world you're more likely to find an orc opening a tea shop! I find these books huge fun to read, I still get the world building but again it's in a more gentle way that allows me to simply enjoy wandering through this new world without fearing for my life!

Try The Spell Shop by Sarah Beth Durst, The Phoenix Keeper by S.A Maclean or Legends and Lattes by Travis Baldree.

More recently I've discovered the excellent combination of Fantasy Crime where the characters are solving crimes in a fantasy world and the combination of two of my favourite genres has been entirely delightful.

Read The Tainted Cup and A drop of Corruption by Robert Jackson Bennett or The Voyage of the Damned by Francis White.

I love the fact there are all sorts of exciting books out there just waiting for me to discover them so maybe you too could expand your reading horizons and find something new at your library!

LAKENHEATH PARISH COUNCIL



COMMUNITY LITTER PICK LOVE WHERE YOU LIVE

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



EVERYONE WELCOME

Register for
a place
NOW

Lakenheath Little Fishes

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

2 Fully
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GOOD

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

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

Contact us on
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lakenheathlittlefishes@gmail.com
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



St. Mary's coffee morning and sale

On May 3rd, our church held a coffee morning and sale. Although well-advertised, fewer than we had hoped attended. This did not deter us and a wonderful morning was had by all who came.

Besides tea and coffee, we had much to offer. Our wonderful raffle offered twenty prizes including an enormous fruit basket, lots of alcohol and plenty of chocolates.

We had a lottery bonus number stall, bric-a-brac, jigsaws, tombola, books and a mountain of cakes.

The wonderful hand bells ringers rang throughout the morning and were much enjoyed by everyone there.

I would like to thank everyone who came, those who helped and everyone who so kindly and most generously donated prizes.

We made well over £400 plus, which goes towards the upkeep of our beautiful church.

LAKENHEATH PARISH COUNCIL SUPPORTS CHARITIES

Parkinson's Charity

In the Spring edition many of you will remember reading about the charity Parkinson's UK.

As promised, on behalf of the Lakenheath People £100 has been donated to this charity. Parkinson's UK have thanked the residents of Lakenheath for their kindness and generosity.

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

PARKINSON'S^{UK}
CHANGE ATTITUDES. FIND A CURE.



LAKENHEATH PAVILION

📍 Lakenheath Playing Fields, Eriswell Road, IP27 9AF



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Search **Lakenheath Pavilion**



Lakenheath Youth Football Club

And so, another season draws to a close. In the last 3 months it has been very busy with matches, training, and of course, next season planning with a few new initiatives.

Open Training

Our annual programme of Open Training gives people an 8-week taster of football training and practice matches. We are about to complete the sessions this year and are setting up our U7s teams and on the back of it, we will start league matches in September. After a little persistence we have coaches that have stepped forward and look all set for the season.

Wildcats

As a club, we have girls who play

in our mixed teams in addition to our under-13 Girls team. Following an afternoon of football for girls at Lakenheath Primary School we have enrolled in The FA Wildcats programme which has been a great success with 25 girls starting to play football on the back of this. We are looking to build our girls teams (in addition to the mixed teams) so please keep an eye out on our Facebook page for details.

Next up, is Presentation and Registration Day before a few weeks rest and then we start again!

Thanks as always go to our coaches and volunteers for giving up their time to provide football for 270+ children. It is a massive effort from all involved.

Richard Horrex



Nick Timothy MP meets Lakenheath Primary pupils to answer their questions

Nick Timothy — the MP for West Suffolk — answered questions from pupils at Lakenheath Primary School when he visited the school recently (on Friday 28 February).

He was given a tour by headteacher Michael Tingey and answered questions from members of the school council, including the following:

What made you want to be an MP?

How are new laws and rules made at the Houses of Parliament?

What would you like to change about the UK?

What do you most enjoy about your job?

In answering the last of these, Mr Timothy said one of the things he enjoys most is visiting places around West Suffolk such as Lakenheath Primary School.

The pupils also put to Mr Timothy important questions about local issues in Lakenheath, including about work to fix potholes, the need for more local affordable housing, shops and services and the demand for more public transport.

Nick said following the visit: “It was delightful to be quizzed by Lakenheath Primary’s pupils who asked intelligent and relevant questions in a poised, clear and eloquent manner.

“All the pupils were a huge credit to their school, which has a peaceful, calming and welcoming atmosphere and excellent leadership in Mr Tingey.

“It was a great pleasure to meet the children and the staff, and I also valued the chance to see the school’s facilities and outdoor space, which — as well being as an activities area — allows the children to learn about nature and looking after animals. It’s a wonderful school.”





Lakenheath FC End of Season!

Here we are again, another season over and quite a poor one compared to recent seasons.

Pre-season went quite well but as always, a few decent players turn up and you're thinking we may have a good team this year, but then after a couple of friendlies some disappear and sign elsewhere.

You then chase round to find replacements and it's a struggle as other teams have same idea and some are offering more than we can.

But we find a few, who come with a decent reputation, then, one of them just doesn't bother turning up after a couple of games, then another decides to move on. Then you realise that those replacements you signed really are not good enough, but you're stuck with them. Then your goalkeeper decides to move to a team closer to home and decent keepers are like hens' teeth. It obviously became more of a struggle because when you start losing a few games, you're suddenly fighting relegation so it's near impossible to get reinforcements.

This all culminated in our manager, Trevor Collins, being relieved of his position in November. It's a shame it didn't work out, Trevor is a really nice guy, some would argue a bit too nice.

Coach Steve Holder took over as interim manager till at least the end of the season and brought in ex player Craig Nurse as first team coach. He continued to try find and players which is not easy over the Christmas period with players settled with their clubs. However, he did manage to bring a few on board, especially some on dual registration from Bury Town and then managed to sign the Rocha brothers from Downham Town

and we started to pick up after Christmas and a run of wins and draws took us well clear of the bottom two relegation spots. Notable results drawing with Fakenham, drawing with Downham Town (and missing a penalty in last minute), drawing with Walsham and a draw at Dereham. These four clubs finished 2nd 3rd 4th and 5th in the league, yet we struggled against the 'lower' sides, funny old game!

Once safe I think the impetus dropped off and we just went through the motions seeing the season out.

Talking with Holds (who is staying as manager) and Nursey, they are working hard already trying to get a few players in for next season, one which I hope will be better than this last season.

Pre-season training starts on June 12th, and some tasty friendlies are already arranged, but because of continued pitch maintenance they will all be away at Mildenhall, Debenham, West Wrating, Wroxham and either Bury Town or Histon. Can't wait, been too long already.

The club are busy behind the scenes as having to extend the pitch again, plus all the normal 'stuff' like re-seeding, fertilizing and topsoil on the pitch, improvements to the driveway and entrance.

So, all looking positive off the field, just have to get it right on the field, but I'll still be there (can't get rid of this oldie!) and so will many more, trying our best to make it a great little club and hopefully a successful club. We enjoy your support so keep coming and cheering the lads on, it is appreciated.

Up the Heath

Alan Gyte

Congratulations to Lakenheath Luncheon Club!

This year's charity donation of **£420.00** from the **Lakenheath Chalk Farm Shooting Syndicate** goes to Lakenheath Luncheon Club.

Lakenheath Luncheon Club, an organisation that is run solely by volunteers to provide a hot meal the last Wednesday of every month, would like to thank Chalk Farm Shooting Syndicate for their very kind donation.



Presentation of the cheque from the Chalk Farm Shooting Syndicate presented to Margaret Fulham and Dawn Tuffs

LAKENHEATH LUNCHEON CLUB

The Lakenheath Social and Luncheon Club, to give it the full name, was first thought about after a conversation with Mrs Neal, the Health Visitor, who had come to do a check on my two year old daughter in the September of 1979. Just in that conversation she mentioned that she met many lonely people in her job that would benefit from having a meal and conversation with new people.

I was already helping Social Services with a couple of other people in the village so I discussed it with them and it was decided to call a meeting to measure the interest. We knew we would need the support of other helpers to get it off the ground. At the meeting a committee was formed with Mr Roberts agreeing to be the chair person and Margaret Fulham became the secretary (a position I still hold). Mrs Neal and a representative from Social Services attended and offered their support.

A jumble sale was organised as the hall did not have any cooking equipment. The money raised at this was supplemented with a grant from Social Services and we were able to purchase the items we required. We were also given a donation of food by Mr and Mrs Derek Palmer. It was agreed with the committee at the British Legion Club that we could use their premises and the first lunch was in March 1980.

This was attended by 40 people and we had a picture and an article in the Bury Free Press. Everyone was very enthusiastic and after the first week a team of gentlemen took it upon themselves to come and put out the tables and chairs each week. The customers began arriving

before lunchtime and some would play cards and others would have a game of darts. We met every week except for school holidays as most of the helpers had young children. In fact, a couple of us had children who were too young to go to school so they used to come with us and they always made a beeline for Mr John Brown who each week had a pocket full of sweets for them. Ambrose also used to keep the helpers supplied with aniseed balls.

We only meet the last Wednesday of the month now, since beginning again, after the Covid lockdown. We have fewer volunteers at the moment. We cook all fresh meat and vegetables each time we meet. More often than not, we cook a roast dinner and dessert and make the very reasonable charge of £7. Obviously this does not always fully cover the costs and recently we needed to buy some new equipment. We have been going 45 years and nothing lasts forever.

We were very fortunate to have been awarded a very generous donation by the Christian Enterprise Foundation (CEF) and recently another donation of £420 was given to us by the local Chalk Farm Shooting Syndicate. It is very gratifying to be supported by village organisations as they realise that we are providing a worthwhile service. We are always ready to welcome new members. If you don't want to eat but have an hour to spare you can always come and help with preparation, or spend an hour on the clean up.

We thank the Editor for printing this article and photo.

MILDENHALL AND DISTRICT MUSEUM



**Mildenhall & District
1945**

**Shared moments of
celebration**

**Exhibition from
29 April 2025**

Mildenhall Museum Society TALKS AT THE MUSEUM

Doors open 7:00 for 7:30 start
Members £2 non-members £4

5th June

Fran Saltmarsh
Six into One will go!!

3rd July

Peter Hiatt
My Life as a Newmarket Farrier

AUGUST NO MEETING

4th September

Lloyd Hughes
The History of Jodrell Bank

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 minibuses 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 and Care Café News!

Hi, from down on the farm and from the café held at Lakenheath Methodist Church each Tuesday from 10 am – 2 pm

Thank you once again all staff, volunteers and attendees of both the farm and café for helping to provide so many opportunities to people young and old from the local area.

Spring has well and truly sprung as this week I write you this article we are having temperatures consistently 20 degrees and above and it is still April. After a slow start the Spring bulbs have popped open in succession from the snowdrops, daffodils and the tulips. We are now smelling the fragrant scent of our various Lilac trees, they love chalky soil so are doing well here.

We've made a good start with seedlings of various vegetables including pumpkins, courgette, runner and dwarf beans AND would you believe I ate my first strawberry tonight from our polytunnel!

So, if you'd like to find out more about what we do; we try to outreach by offering opportunities at the Care Café and entertaining at Brandon Care Home as well as our charity event each year, this year the date is 28th June 2025. Please contact Melanie if you are interested in any of the activities we provide or email for more information.

Contact Melanie on 07847 037622 or email melaniepsmith@hotmail.co.uk

Melanie and the team



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, 3rd Friday of
every month 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.



Meet and Eat in the Community
Centre, Wednesday's 12 – 2pm. As
above, now open all year
round. Everyone is
welcome, dogs
included.
Come down and see us.



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. Community Centre: every Monday evening. 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

Lloyds Community Bank Hub

Fortnightly 2:00 – 4:00pm

Wonderful Wednesday



MONEY BINGO

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

LUNCHEON CLUB

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



Thrilling Thursday

PILATES

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

LADIES KEEP FIT

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



ZANSHIN BLACK BELT ACADEMY

Peace Memorial Hall:

KARATE 6:00 – 7:00pm

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

Fabulous Friday

LAKENHEATH KURLING GROUP

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



DRUMMING

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

**SUFFOLK
LIBRARIES**

**WHERE
I BELONG**

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

HOME LIBRARY SERVICE

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

**SPECIAL
DELIVERY**



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

**SUFFOLK
LIBRARIES**

**WHERE
I BELONG**

The Summer Reading Quest is back!

Every year, the library hosts an activity based quest to enjoy books! Come into the library throughout the summer holidays, borrow books and gain prizes! There will also be crafts to do each week. More details will be posted on Lakenheath Library's facebook page in the run up to the holidays.



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

**SUFFOLK
LIBRARIES**

**WHERE
I BELONG**

Lakenheath Library Opening times

Monday - closed

Tuesday - 10:00-2:00pm

Wednesday - 2:00-5:00pm

Thursday - 12:00-5:00pm

Friday - 9:00-2:00pm

Saturday - 9:00-12:00pm

Sunday - 10:00-3:00pm



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

**SUFFOLK
LIBRARIES**

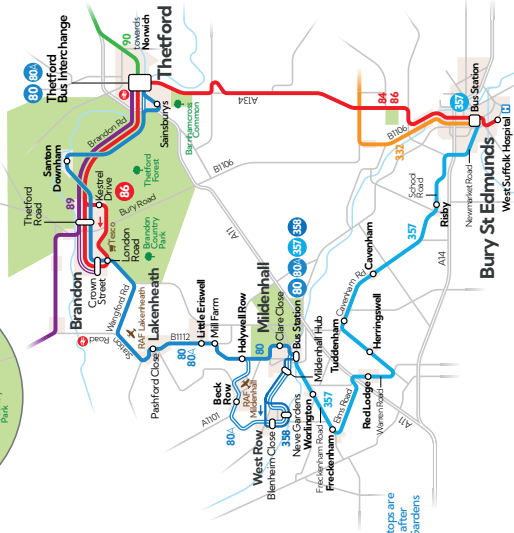
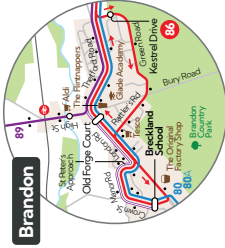
**WHERE
I BELONG**

New telephone!

Lakenheath Library has a new
telephone number.
(01842) 668445



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



pay with
contactless

- this bus runs on IES Breckland schooldays only

- these buses on all services run on **Mondays to Fridays only**

Thetford Brandon Lakenheath West Row Mildenhall

Mondays to Saturdays accept public holidays											
80A	358	0740	0900	1000	1100	1200	358	80	358	80	80
0720	▼	▼	0905	1005	1105	1205	1305	1640	1740	1640	1740
0727	▼	0912	1012	1110	1210	1310	1650	1750	1650	1750	
0735	▼	0919	1019	1115	1215	1315	1655	1755	1655	1755	
0738	▼	0922	1020	1120	1220	1320	1700	1800	1700	1800	
0742	▼	0926	1025	1125	1225	1325	1705	1805	1705	1805	
0747	▼	0935	1035	1135	1235	1335	1710	1810	1710	1810	
0750	▼	0935	1035	1135	1235	1335	1715	1815	1715	1815	
0755	▼	0940	1040	1140	1240	1340	1720	1820	1720	1820	
0758	▼	0943	1043	1143	1243	1343	1725	1825	1725	1825	
0800	▼	0945	1045	1145	1245	1345	1730	1830	1730	1830	
0809	▼	0949	1049	1149	1249	1349	1735	1835	1735	1835	
0810	▼	0950	1050	1150	1250	1350	1740	1840	1740	1840	
0814	▼	0954	1054	1154	1254	1354	1745	1845	1745	1845	
0820	▼	0959	1059	1159	1259	1359	1750	1850	1750	1850	
0820	0914	▼	1131	▼	▼	▼	1431	▼	▼	▼	
0822	0915	▼	1132	▼	▼	▼	1432	▼	▼	▼	
0827	0917	▼	1134	▼	▼	▼	1434	▼	▼	▼	
0834	0920	▼	1137	▼	▼	▼	1437	▼	▼	▼	
0834	0920	0834	▼	1137	▼	▼	1437	▼	▼	▼	
0839	0928	0839	0928	1140	1200	1300	1400	1415	1530	1732	1832
0839	0928	0839	0928	1140	1200	1300	1400	1415	1530	1732	1832

Mildenhall West Row **Lakenheath** **Brandon** Thetford

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0645	0855	0955	1055	1155	1255	1355	1455	1555	1655	1755	1855
0650	0900	1000	1100	1200	1300	1400	1500	1600	1700	1800	1900
0655	0905	1005	1105	1205	1305	1405	1505	1605	1705	1805	1905
0700	0910	1010	1110	1210	1310	1410	1510	1610	1710	1810	1910
0705	0915	1015	1115	1215	1315	1415	1515	1615	1715	1815	1915
0710	0920	1020	1120	1220	1320	1420	1520	1620	1720	1820	1920
0715	0925	1025	1125	1225	1325	1425	1525	1625	1725	1825	1925
0720	0930	1030	1130	1230	1330	1430	1530	1630	1730	1830	1930
0725	0935	1035	1135	1235	1335	1435	1535	1635	1735	1835	1935
0730	0940	1040	1140	1240	1340	1440	1540	1640	1740	1840	1940
0735	0945	1045	1145	1245	1345	1445	1545	1645	1745	1845	1945
0740	0950	1050	1150	1250	1350	1450	1550	1650	1750	1850	1950
0745	0955	1055	1155	1255	1355	1455	1555	1655	1755	1855	1955
0750	1000	1100	1200	1300	1400	1500	1600	1700	1800	1900	2000
0755	1005	1105	1205	1305	1405	1505	1605	1705	1805	1905	2005
0800	1010	1110	1210	1310	1410	1510	1610	1710	1810	1910	2010
0805	1015	1115	1215	1315	1415	1515	1615	1715	1815	1915	2015
0810	1020	1120	1220	1320	1420	1520	1620	1720	1820	1920	2020
0815	1025	1125	1225	1325	1425	1525	1625	1725	1825	1925	2025
0820	1030	1130	1230	1330	1430	1530	1630	1730	1830	1930	2030
0825	1035	1135	1235	1335	1435	1535	1635	1735	1835	1935	2035
0830	1040	1140	1240	1340	1440	1540	1640	1740	1840	1940	2040
0835	1045	1145	1245	1345	1445	1545	1645	1745	1845	1945	2045
0840	1050	1150	1250	1350	1450	1550	1650	1750	1850	1950	2050
0845	1055	1155	1255	1355	1455	1555	1655	1755	1855	1955	2055
0850	1100	1200	1300	1400	1500	1600	1700	1800	1900	2000	2100
0855	1105	1205	1305	1405	1505	1605	1705	1805	1905	2005	2105
0900	1110	1210	1310	1410	1510	1610	1710	1810	1910	2010	2110
0905	1115	1215	1315	1415	1515	1615	1715	1815	1915	2015	2115
0910	1120	1220	1320	1420	1520	1620	1720	1820	1920	2020	2120
0915	1125	1225	1325	1425	1525	1625	1725	1825	1925	2025	2125
0920	1130	1230	1330	1430	1530	1630	1730	1830	1930	2030	2130
0925	1135	1235	1335	1435	1535	1635	1735	1835	1935	2035	2135
0930	1140	1240	1340	1440	1540	1640	1740	1840	1940	2040	2140

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Theftord Bus Interchange (Stand B)
Theftord Sanduways
Santon Downham St Mary's Church
Brandon Lingheath Road
Brandon Old Forge Court
Brandon Pond Lane
Brandon PES Brickland School
Lakenheath Post Box
Lakenheath Parish Close
Lakenheath North Road
Eriswell Lords Walk
Hollywell Row Hollywell Farm
Beck Row Parkside
Beck Row Barleycote Way
West Row Blenheim Close
West Row St Peter's Church
West Row New Gardens
Midlenhall Millenial Hub
Midlenhall North Close
Midlenhall Bus Station (Stand B)

80 80A 358

Midland Hub (B) Station (Sand B)
Midland Clive Chase
Midland Queensway
Midland Midland Hub
West Row Birkham Close
West Row St Peter's Church
West Row New Gardens
Beck Row Balcroan Way
Beck Row Parkside
Hollywell Row Ryehill Farm
Ewell Lodes Walk
Lakenheath North Road
Lakenheath North Close
Lakenheath Post Box
Lakenheath TES Breckland School
Brandon Pond Lane
Brandon Old Forge Court
Brandon Longmead Road
Brandon Downham St Mary's Church
Theford Sandhury
Theford Bus Interchange (Sand D)

Lakenheath Kurling Club



Lakenheath Kurling Club, Caring and Sharing

Marion and Phil are part of the team that organise the Kurling Club and arrange the weekly games.

The club supports many local and national charities and over the years have raised more than a £1,000.

On Friday 21st March, another raffle was held in aid of Red Nose Comic Relief Day. This raised an amazing £100 which was donated to this very good cause.

The club's members are local people who enjoy the competition of the Kurling Club as well as the opportunity to meet up with and make new friends.

Held every Friday 10.30am to 12.30pm in The Peace Memorial Hall.

New members are always welcome.



Photo: Jo, Marion and Phil

Birthday Celebration!

Lakenheath Kurling Group celebrated Shirley Dekker's 90th Birthday at their Febuary 14th session, with a cake and flowers donated by group members.



EPIC Dad Fun Club

www.epicdad.co.uk

Our dads and children's fun club meets on the first Saturday of the month from 10am to 12noon at Lakenheath Primary School. The morning includes breakfast, soft play, toys, games, Lego, crafts, sports, and lots of other fun activities.

The club is open to dads, male carers, and children of all ages.

Hope to see you there!

For more info about our Fun Club and other EPIC Dad groups and support services please email to info@epicdad.co.uk

Forthcoming Dates:

Saturday 7th June,
Saturday 5th July,
Saturday 6th September,
Saturday 4th October,
Saturday 1st November,
Saturday 6th December



EPIC Dad Kitcamp Equipment



EPIC Dad Easter Egg Hunt 2025

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

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

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**

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

If interested contact Jill on jillile@icloud.com or **07702 230856**

LAKENHEATH CAMERA CLUB

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

We will be starting our 2025/2026 year on Monday 8th September 2025. We are hoping to attract some new members.

8th September 2025.

Welcome evening, with simple finger buffet. Members will bring some of their pictures and talk about them.

22nd September 2025.

Talk and Presentation by Mr. David Spain from Swaffham. "W.H.I.M.S. Basic Photography." This should be of particular interest to any new Members we are able to attract.

Membership costs £25.00 per year. This includes free tea/coffee and biscuits. There are 16 nights in the 2025/26 Season – so not expensive.

Competition Entrants must be Members.

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

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

LAKENHEATH 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.



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.

12 May 2025 Class by Pat Scott

Members demonstration for July by Treen Webb

**9 June 2025 Workshop with Jus Snare of Bunches and Bows,
Brandon**

18 June 2025 Garden Walk, Methwold Hythe

14 July 2025 Class by Treen Webb

Members demonstration for October Heather Milner


11 August 2025 Club Show (members only)

**8 September 2025 Demonstration by Brenda Tubb, Great Ellingham
Visitors £8.00**

Annual Club membership is £35 (Juniors up to 18 years £3)

Visitors to classes £5 per class

**If you need any further information please call
Heather on 01842 860997**



Summer answers

Ditloids

1. 366 days in a leap year
2. Seven Brides for Seven Brothers
3. 101 Dalmations
4. 3 Blind Mice
5. The 39 Steps
6. 6 wives of Henry the Eighth
7. Ali Baba And The 40 Thieves
8. The 7 Wonders Of The World
9. 50 Ways To Leave Your Lover
10. Number 10 Downing Street
11. 12 signs of the zodiac
12. 16 ounces in a pound
13. the 3 wise men
14. 13 in a baker's dozen
15. 26 letters in the alphabet
16. 10 green bottles hanging on the wall
17. 4 legs on a horse
18. Around The World In 80 Days
19. 2 wheels on a bike
20. 52 cards in a deck
21. 60 Minutes in an hour
22. 20,000 Leagues Under The Sea
23. 12 inches in a foot
24. 147 is the maximum break in snooker
25. 24 hours a day

Logo Quiz

1. Aldi
2. Nando's
3. Premier Inn
4. Airfix
5. Ralph Lauren
6. Lacoste
7. Ferrari
8. Wall's (ice cream)
9. Toyota
10. B&M (B&M Bargains)
11. Specsavers
12. Monster Energy
13. Greggs
14. Levi's
15. DHL
16. Google Chrome
17. Toblerone
18. Waterford Crystal
19. IKEA
20. The North Face



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JUNE 14TH

All ages welcome!

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+ MESSY NOISY

FOOD

3-5PM

Churches Together Event

St Mary's, Abundant Life and Methodist

Held at the Lakenheath Methodist Church, Back Street.

All children must be accompanied by an appropriate adult.



More Fun More Games & snacks

After school youth club

for ages 10-15

June 4th & 18th @ 5pm - 7pm

Wii

FREE!

Held at the Lakenheath Methodist Church Every Fornight

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

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Affiliated with the Assemblies of God UK.

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

Sunday - Morning Service - 11am

(including Sunday School & Youth Group)

Monday - Prayer Meeting - 7.30pm.

For more info contact Pastor Vince and Lisa

Williams: **01842 862646** or **07711 996759**

or email: vinniekw@gmail.com

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www.stthomas-stjohnparish.com

BAPTIST CHAPEL

Sunday Services Morning 10.30am

Evening 6.00pm

The Lord, he it is that doth go before thee; he will be with thee, he will not fail thee, neither forsake thee: fear not, neither be dismayed

- Deuteronomy 31

Lifts available – contact Richard or Liz on

01842 861191. More information on our

website: **www.lakenheathbaptist.org**



Hello Lakenheath Parish

I'd like to bore you with some things about MOT and a few rules surrounding them!! We get asked a lot of these questions by many people and joking apart, I hope you find the following of use:

What is an MOT?

An MOT is an annual safety / road worthiness check on a vehicle that is over 4 years old. There is around 120 items that are checked which are, amongst other things, brakes, suspension, tyres, structural stability, emissions, lights and seat belts. The MOT testers are already experienced mechanics and then take extensive training to become a tester and then have to pass a very onerous test every year to keep their licence. They know what they are doing and your safety is literally in their hands.

An MOT can only check the condition of your car at the time of presentation and at all other times, you are bound by the law to keep your car in a road worthy condition; just some simple weekly checks on tyres, brakes, lights, keeping your eyes on all these things would be good! The laws surrounding

road worthiness are different to MOT rules; yes, they correlate but the police have extensive powers if they think a vehicle is unroadworthy. Best avoided! If you are in doubt, we do a free MOT check which is basically an MOT and we can advise on areas of concern.

How can I check if my MOT is due?

By far the best way is to call us at Central Garage Lakenheath (01842 860226)!

The second-best way is to use the government website - Check the MOT status of a vehicle - GOV.UK – the gov. uk check is free, and it is worth a bit of care to make sure you are on the right site as others will charge you! You can also check previous MOT history on another part of the gov website, and this is very handy when buying a car.

What should I do if my MOT has expired?

As obvious as it sounds, you need to get an MOT ASAP! There is no grace period as some people think; when it has expired it is, er, well, expired.

It is illegal to drive a car without an MOT and if picked up by the boys in blue, it will mean a fine and points. Not having an MOT also invalidates

your insurance so you could get a fine and points for that also! It all gets very expensive very quickly.

The only two times it is legal to drive a car without an MOT is when you are on your way to a booked in MOT or booked in to a garage for repairs leading to an MOT. That is literally it!!

If your car is more than 40 years old, it is MOT exempt so doesn't need one. You do still have to keep it in a road worthy condition! There is one exemption on this and it needs an MOT if it is "highly modified". There is little guidance on this so I can't give much help here! You know who you are!

How this is covered by insurance varies from insurer to insurer so if in doubt, please check with your insurer.

You cannot tax your car without an MOT. While this sounds obvious, it is sometimes the case that if you pay the car tax by direct debit and the tax year does not correspond with the MOT year, you may not realise your MOT has run out until you get a letter kindly advising you that your tax is not applicable and here is a nice fine!

If it passes, it is immediately posted on the gov.uk website and more importantly, appears on the police database. You do not need the certificate if it passes, although we happily give these. We do issue the certificate if it fails; we are nice like that (it is actually a DVLA / VOSA requirement).

What if my car fails its MOT? Can I drive it home?

There are two scenarios here.

If your MOT is still "in date" then technically you are still MOT'd. If

you get stopped by the police and they check your car and find it to be unroadworthy, if you have an MOT fail certificate that highlights certain errors, you'd be hard pushed to use the "sorry guv, I didn't know argument"!! You will get a fine and maybe points.

If your MOT is out of date and you have an MOT failure, driving it is up to you; as an MOT station, we cannot stop you. But the big but, driving a car without an MOT is illegal.

How can I be reminded of when my MOT is due?

Of course you can stick alerts on your phone, sticky notes on your fridge / dashboard, and so on but who actually does this?

You can set up an alert thing on gov.uk or, the easiest way is to give us a call and we can add you to our MOT reminder service – you will never miss another MOT!

That's all folks!! I hope you found that interesting and of use. If you have any questions, please call Central Garage Lakenheath on 01842 860226 or just pop in – we will stick the kettle on!



SPRING UPDATE FOR THE NEST BOX PROJECT AT LAKENHEATH CEMETERY

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

The most recent checks were carried out on the 12th April. Of the 8 hole fronted boxes, one had a finished and lined nest and one had been used as a roost at some point. I returned on the 20th of April and found 7 warm eggs in the box. Going by the presence of a few feathers and the size of the eggs it is likely this is a Blue Tit nest.

Unfortunately on checking on the 4th of May, expecting there to be recently hatched chicks or warm eggs, the 7 eggs were cold. Cold eggs means the adult had stopped incubating for some reason. This is a little disappointing but the boxes will continue to be checked in case of new nests which may be second attempts. There will be a further update in a future issue of Lakenheath News.

Whilst checking the nest boxes I have been keeping an eye out for species that nest openly rather than in cavities such as Blackbirds and Robins. Both these species are present with at least one pair of Robins and two pairs of Blackbirds.

Given this is the first year for all the boxes the low occupation is not a huge surprise. The location of the boxes will be tweaked over the winter to best take advantage of the new growth following the pollarding of the main avenue of trees, where 6 of the boxes are located.

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

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



Celebrate outdoor activities across the unique and beautiful landscape of the Brecks this year at the Brecks Outdoor Festival.

Last year, over 400 of you joined us to walk, run, swim and cycle around the Brecks, as well as enjoy birdwatching, pond-dipping, foraging, crafts and so much more! We're thrilled the Brecks Outdoor Festival is returning for a second year and, this time, it's even bigger with over 50 events across 14 days in August and many of the events are either free or very low cost. Whether it's brushing up on old hobbies, trying a new skill for the first time, or just meeting new people with shared interests, we're sure you will find something for you in our programme.

The full programme will go live on our website on Saturday, 31 May, but here's a sneak-peek of some of the events taking place in and around Lakenheath:

History of Elveden - an exclusive tour of the Elveden Estate, starting and ending at The Guinness Arms, Icklingham.

The Lakenheath Loop - a sociable 5-mile walk, spotting wildlife along the fen edge and learning about the history of the fens.

Sketchbook Stroll – have a go at starting a nature sketchbook at Brandon Country Park in this free event as part of the Festival launch on Saturday 9th August.

Walk with the Warden at Cavenham Heath National Nature Reserve.

Mildenhall River History Walk – with a twist! Hear tales of swimming, fishing and boating and see how the river is being restored for wildlife – with optional dip in the river afterwards!

You can find out more and see the full Festival programme after 31 May at brecks.org.





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



Love where you live.

Dumping waste

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

This is a criminal offence.

CCTV in operation



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Please contact:
07834 983094



LAKENHEATH PUBLIC NOTICEBOARDS

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

Thanks

LOVE WHERE YOU LIVE

Lakenheath Good Neighbours

URGENT HELP NEEDED

Lakenheath Good Neighbours scheme has been serving the Parish for the last twenty years, providing help and support to the community. Most of the work is driving to hospital/ Drs. appointments, plus shopping and picking up prescriptions. We currently have 11 volunteers responding to requests, sometimes as many as 15 a week, and we are very rarely unable to help.

HOWEVER

The long-term future of the scheme is very much in doubt. Many of our volunteers are over 70 years of age and the time will come when they simply will not be able to respond as they do now. We urgently need new volunteers to continue the work of the scheme, which is very much valued and appreciated by all who use it.

PLEASE

If you think you can help, please give our number a ring: **07857801802** to find out more. Ideal for someone recently retired or working part time.

**IT WOULD BE SO SAD TO LOSE SUCH A VALUED
COMMUNITY SERVICE.**



LAKENHEATH NOTICE BOARD

Lakenheath Good Neighbours

We are here to help.

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

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

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

Polite Reminder

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

Lakenheath Good Neighbours

We are looking for volunteers to join our happy band.

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

Please phone 07857 801 802
for an informal chat.



Lakenheath Friendship Club

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

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

Diary of Village Events

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

Thanks Nicky Glading

Email: lakenheathparish@gmail.com Tel: **01842 860598**

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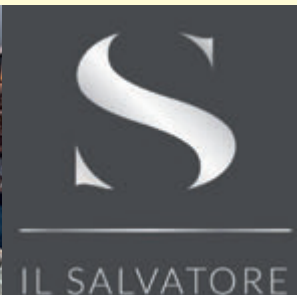


Custom planting of shrubs, trees, bulbs and flowers, based upon preference, seasons, soil type, even considerations for shaded and sunny areas.

Fencing, driveways, slabbing, paths, patios, low walls, decorative stone, various shingle sizes and colours.

Grass and hedge cutting, pruning, strimming, thinning and weeding.

Edged and / or planted garden beds, at ground level or raised with soil, gravel, wood chips or slate.



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2 Mill Road, Lakenheath IP27 9DT

01842 669575

<https://facebook.com/IlSalvatorerestaurant>

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Wednesday/Thursday/Friday/Saturday 12-10.30pm

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Dear Lakenheath Residents,

Projects4Renewables is thrilled to share some fantastic news about a new initiative for our area.

Through the Warm Homes Suffolk Loan Scheme, eligible homeowners in Lakenheath can access 0% interest loans for energy efficiency upgrades. These loans, ranging from £2,000 to £15,000, can help with insulation, solar panels, batteries and heat pumps, to be repaid over up to seven years.

KEY DETAILS INCLUDE:

- **0% interest loans** from £2,000 to £15,000.
- Loan terms up to **seven years**.
- **No upfront costs** — repay over time.
- Essential upgrades that help **reduce energy bills**.

Applications are simple and can be completed online via Lendology's Warm Homes Suffolk Loan page.

All installation measures will be carried out by our team of highly skilled, employed staff to ensure the highest standards of quality and service.

We hope you take advantage of this opportunity to improve your home's energy efficiency and contribute to a greener future. If you have any questions, feel free to get in touch—we're here to help!

Best wishes,

Chris and Clare

Chris and Clare Whitehall

 
SCAN FOR MORE INFORMATION



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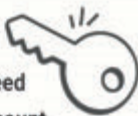
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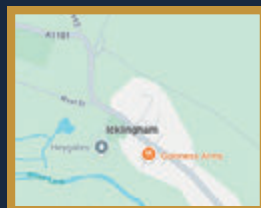
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