



LAKENHEATH

TIMES

Winter 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:

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

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

West Suffolk Council deals with:

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

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

The Christian Enterprise Foundation

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

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

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

Any grant requests should be put in writing to:

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



Useful Websites

Abandoned vehicles

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

Assisted bin collection service

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

Benefits and support

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

Bins

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

Bin missing/ sacks

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

Births and deaths

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

Bulky items collection

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

Cost of living help

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

Debt and finance

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

Dog Fouling

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

Environment

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

Find information on your address

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

Fly posting

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

Fly tipping

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

Graffiti

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

Licensing

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

Litter

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

Litter - Drug related

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

Nuisance vehicles

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

Parking on street – civil enforcement

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

Parking fines and appeals

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

Parking on pavements/verges

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

Parking – report an infringement

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

Planning

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

Waste Guide

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

POLICE

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

Call 101 for police if the matter is less serious.

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

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Lakenheath Times Advertising Rates are very reasonable!

Deadline for Spring Issue 1st February 2026

Why advertise with us?

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

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

To advertise with us please contact advertising@lakenheath.org

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

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

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LAKENHEATH GOOD NEIGHBOURS

Tel No: 07857 801802

LAKENHEATH LIBRARY

Tel: 01842 668445

LAKENHEATH PAVILION BOOKING CLERK

Tel No: 01842 860124 or 07789 499970

Email: mail@lakenheathpavilion.org

Website: www.lakenheathpavilion.org

LAKENHEATH PRIMARY SCHOOL

Tel No: 01842 860256

MP

Nick Timothy

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Email: nick.timothy.mp@parliament.uk

CONSTITUENCY OFFICE

Tel No: 01638 590640

PARISH WEBSITE

Website: www.lakenheath.onesuffolk.net

PHARMACY

Tel No: 01842 862884

POLICE (Non-emergency) Tel No: 101

SURGERY

Tel No: 01842 860400

VILLAGE HALL and COMMUNITY CENTRE

Tel: 07538 609281

Email: bookings@lakenheathvillagehall.org

Website: www.lakenheathvillagehall.org

WEST SUFFOLK COUNCIL

Tel No: 01638 719000

Website: www.westsuffolk.gov.uk

The Lakenheath Parish Councillors send all our Parishioners season's greetings for the festive time.

This time of year brings an atmosphere filled with warmth, kindness, and connection. It is a season that blends family traditions, the joy of giving, and spiritual reflection into one beautiful celebration. Whether it's gathering around a decorated tree, sharing a meal, or writing heartfelt messages, these moments are what shape the essence of the holiday.

As the decoration lights fade into the quiet peace of winter nights, let your words remain like a glowing ember—reminding others of how much they're loved, remembered, and appreciated.

Wishing you a holiday season filled with peace and happiness, and a prosperous New Year to come.

Denise

DISCLAIMER

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

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Honouring Our Past and Shaping Suffolk's Future

As the nation gathered once again on Sunday, 9th November, for Remembrance Sunday 2025, communities across Suffolk paused to remember those who made the ultimate sacrifice to defend our freedom. This year's commemorations carried an especially poignant weight, as 2025 marks the 80th anniversaries of VE Day and VJ Day. These twin moments brought the Second World War to its end in Europe and the Pacific.

Wreaths were laid at our Lakenheath War Memorial, and the traditional silence was observed. These acts of Remembrance remind us not only of the immense cost of war but also of the enduring strength of our communities - values that continue to define Suffolk today.

While we look back with gratitude, Suffolk is also looking forward. The county's councils - One Suffolk, and the district councils' Three Suffolk proposals have been submitted to the Government, who will determine the future shape of local Government in our county. These submissions set out differing visions for how local services might be delivered more effectively, efficiently, and closer to the people they serve.

The Secretary of State's forthcoming decision on the way forward will be one of the most significant for Suffolk in decades. Not forgetting the Norfolk and Suffolk mayoral elections in May 2026. Whatever the outcome, the

debate highlights the shared ambition across our councils to make Suffolk stronger by growing the economy, more sustainable, and better equipped for the challenges ahead.

Meanwhile, Suffolk County Council's 2026–27 budget process is underway, and, as always, it's a balance between respecting your hard earned money that we all pay in Council Tax, how much the government provides in grants and the increased costs that inflation brings. The bulk of what the county council spends - about 77 pence in every pound - is now spent on Adults and Children services. These are not optional services but vital to protect the most vulnerable in our communities and so we debate how to spend the balance from highways to schools and the environment, I am always keen to hear your views so I can add those to the debate we have at the County Council, so please get in touch.

As Christmas approaches, please do think about your elderly neighbours and how, at this special time of year, a card or a chat over a cup of tea might be especially welcome. It's a wonderful time of year, but it can be lonely for some as they remember times past and loved ones sadly gone.

This just leaves me to wish you a very Merry Christmas and a happy, healthy, and prosperous New Year.

Colin Noble,

Suffolk County Council Councillor for Row Heath Division.



A Message from Lakenheath Parish Council Chair Nick Smith

As the winter
edition of the
Lakenheath Times

lands on our doorsteps, it's a moment
to reflect on the past year and the
progress we've made together.

Lakenheath continues to grow
rapidly, and we're thrilled with
the advancement on our new
school. With expansion, however,
comes the need to strengthen our
infrastructure. We're actively working
with developers and both district and
county councils to ensure our village
achieves the support necessary.

Thanks to funding from Sport
England, our Active Lakenheath
community connectors have been
busy engaging residents and
collaborating with Active Suffolk. Their
work is helping shape a healthier,
more connected community and

the feedback gathered is now being
prepared for submission.

We're excited about the potential of
the Pride in Place initiative, which
promises funding over the next ten
years. While details are still emerging,
it could be a transformative opportunity
for Lakenheath.

It's with sadness we mark the closure
of Good Neighbours, a beloved
volunteer group. Despite efforts to
recruit new helpers, the group couldn't
continue. This is a heartfelt reminder
of how even a small contribution of
time can keep our community spirit
alive. From half an hour delivering this
magazine to even joining the council.

On behalf of the Parish Council, I wish
you a magical Christmas season and a
happy, healthy New Year.

Warm regards,

Nick Smith

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

MEMBERS OF THE PRESS AND PUBLIC ARE WELCOME TO ATTEND.

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

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

A Message from Gerald Kelly District Council Representative

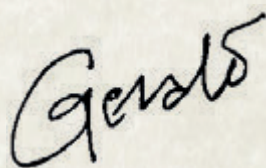
Looking back through my diary for things that are likely to interest most of us, I suppose top of the list should be Pride in Place. Up to £2,000,000 a year for ten years just for little old Lakenheath was the headline; reality I'm sure will be a bit different and lots of work! Hopefully by the time you read this we will know the rules and what hoops we will have to jump through to get anything at all, but I'm pleased to say that West Suffolk (who will be administering the project) are keen and committed to helping us get the most out of this opportunity. This of course is quite separate of any funding from the Active Lakenheath project, but much time and effort are concentrated on making sure that the two schemes work as one to get the best for Lakenheath.

The new school is moving along very nicely but one of the problems we've been working on there is parking. And unfortunately that is a problem generally in the village. We seem to be going through a period of particularly careless or selfish parking so I have asked for more frequent patrols by Parking Enforcement. We should all know the basics – blocking the Zebra Crossing, the pavement or peoples driveways is illegal, but more importantly it's inconsiderate and

unnecessary. If there isn't space in the car park, a few extra steps shouldn't be too much to keep us all safer and happier.

On the subject of happier, I was really delighted to be at the Awards event run by Abbeycroft Leisure, who run the sports and leisure facilities in Brandon, Mildenhall and across the District; I was even more delighted to collect the Unsung Hero award on behalf of one of Lakenheath's real stars. I think this is the first time I've mentioned a resident by name, but Richard Horrex has done – and continues to do – so much for our children through Lakenheath Youth Football. He will insist he doesn't do it alone, but this award recognises Richard as a behind the scenes champion whose dedication, passion, and tireless efforts have made a lasting difference in our community; well done and well deserved Richard!

He's not alone of course, so this Christmas lets raise a glass to all those who put so much in, often without pay or thanks, to help make Lakenheath a great place to live!





CHRISTMAS IS COMING!

Join us for the Christmas Tree Lighting Friday, 5th December 2025 from 5.00pm for lighting at 5.30pm on Hall Drive, Lakenheath!

Mola Cafe & Lounge has once again generously allowed us to gather in their car park for a safe and enjoyable viewing experience.

Mola is also remaining open and craft stalls are being set up. Refreshments will also be available to purchase from this well known cafe.

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

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

Let's come together and celebrate the holiday season.

LOVE WHERE YOU LIVE!

LAKENHEATH VJ DAY 80TH CELEBRATIONS

On August 15,
Lakenheath celebrated
VJ DAY 80 Years

Cllr Nick Smith started
our day of reflection,
but also, celebration
with a short address just
before midday at The
Peace Memorial Hall and
Community Centre.

VJ Day was the final
victory in a war that
changed the world, and
we honour those who
served in the Far East
with enduring gratitude.

Just as we proudly
marked VE Day, we
reflect on the courage,
sacrifice and resilience
shown by so many to
secure peace.

Their legacy must never
be forgotten, and it's our

duty to pass their stories
on to future generations.

At 12 noon, Veteran
Submariner Denis Pipe,
raised the Union Flag
and two minutes silence
was observed.

Denis then addressed
those gathered and told
us of the astonishing
events and suffering
in this final part of the
campaign. How we
arrived at that final day
after almost six years of
global war.

***Victory in Japan.
August 15, 1945***

***Truly a day of joy and
hope for the future!***

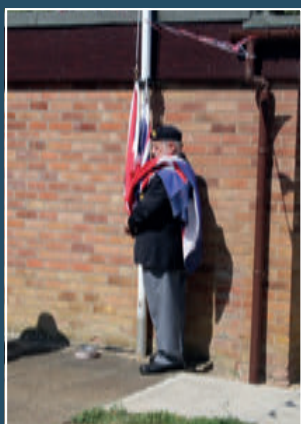
Cllr Smith then closed
the proceedings with a
prayer written especially



for the VJ Day by the
Church of England.

The Community Centre
had opened early for the
day and Jo-Anne Beek
provided some amazing
wartime food with ideas
from rations available at
that time.

Many thanks are given to
all those who attended
and for the help given by
Veteran Submariner Denis
Pipe and the staff of the
Community Centre.



LAKENHEATH REMEMBRANCE 2025

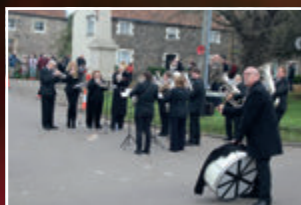
This year brought us two days to celebrate 80 years of peace. Victory in Europe and Victory in Japan. November, of course, brings us to the time when we remember those who served our country, defended our freedom and kept us safe. Never to get the welcome home they deserved.

Sunday, 09th November saw the village come together. Friends, neighbours and service personnel all gathered to hear the names, many so familiar in the area, and pay tribute to our fallen heroes. Despite the shutdown restrictions

imposed on our USVF friends we were also able to welcome those who wished to pay tribute, in a civilian role, from the base.

Many wreaths were laid at the memorial during the service presided over by Rector Andrew Tyler, of Saint Mary's Church, Lakenheath. The fine painting featured is on display at the Methodist Church and is a work of art by Anne Thompson.

The Kohima Epitaph



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

Lighthouse

For a brighter future, free from domestic abuse

Mel Finch
Course Facilitator
and Centre Triage

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

☎ 01473 228270

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

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

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

Registered Charity Number: 1069296

GOWARD & EVANS CHARITIES LAKENHEATH

Reg Charity No. 253727

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

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

Ms Laura Williams c/o 8 Woodcutters Way, Lakenheath, Suffolk IP27 9JQ
Mobile: 07796 018816
Email: laurawill@btinternet.com



New features for the Lakenheath Times!

Whilst our normal delivery service continues to all households, new dump bins have been installed in the Co-op, Lakenheath News (Post Office), the Pharmacy and at Londis in Eriswell.

Pick up a copy and feel free to show your friends!



Wishing all our advertisers, contributors and delivery team, season's greetings and a big thank you for your support over the past year. Without you all, we wouldn't have a magazine.

A very Merry Christmas and a Prosperous New Year to all.

**Denise Smith
Editor
Lakenheath Times**



Birthday Celebration!

On October 9th, the Lakenheath Ladies Keep Fit group celebrated Sheila's 90th Birthday! She was presented with a beautiful orchid and all well wishers sang "Happy Birthday".

Many congratulations Sheila!



Left: Jo Cooke and Sheila Kimberley



POSTAL VOTE

Residents who applied for their postal vote on or before 31 January 2024 and wish to continue with this arrangement will need to reapply for their postal vote before 31 January 2026.

The implementation of Elections Act 2022 means that a postal vote can only be held for a maximum of three years. Some residents will have already been contacted digitally via the Gov. Uk notify service and those that have not re-applied will be invited to re-apply again. For those residents that we do not hold email addresses for or who have not re-applied will be sent a written notice to their registered address inviting them to re-apply.

Any electors that do not re-apply for their postal vote, will have their postal

vote removed on 31 January 2026.

We will be inviting residents who we hold email addresses for to reapply – the communication will come from the GOV.UK service from 20 October 2025. Written notices will be sent from 17 November. We are encouraging early and online re-applications.

Additionally, we will be posting information on our social media sites, intranet news and a press release has been issued (Have your say - postal vote reapplications are due!)

Residents can reapply for their postal vote by visiting: Apply for a postal vote - GOV.UK, or returning the postal vote application form on reverse side of the written notice.

Christmas and New Year bin collection days

Usual collection	Revised collection
Thursday 25 December	Saturday 27 December
Friday 26 December	Monday 29 December
Monday 29 December	Tuesday 30 December
Tuesday 30 December	Wednesday 31 December
Wednesday 31 December	Friday 2 January
Thursday 1 January	Saturday 3 January
Friday 2 January	Monday 5 January
Monday 5 January	Tuesday 6 January
Tuesday 6 January	Wednesday 7 January
Wednesday 7 January	Thursday 8 January
Thursday 8 January	Friday 9 January
Friday 9 January	Saturday 10 January



REMEMBRANCE DAY

The eleventh day of November, the day that we all especially remember. Long years of war, with Great Britain involved. On that day peace was declared, the countries rejoiced and the people hoped and believed, that the problem of war was resolved.

With an end to the call up for duty of young men from country or city. To face the enemy and Sargeant Majors, who showed them no pity.

In distant lands, in the trenches wet and cold, their tin hat for protection.

They must have been terrified, for these conditions bore no connection

To the lives they were called from, to serve in the armed forces. In the first world war much was relied on the use of heavy horses

To move artillery and equipment to the front where most required to face the enemy, and the place where exchange shots were fired.

Those desperate young heroes, both shaking with fear and the cold, had maybe lost comrades and wondered, will I ever grow old.

Ducked down in the trenches enemy fire was relentless, our lad hears a thud. His comrade now lies motionless, down in the cold, blood stained mud.

World War II drags on for all, the Royal Airforce and our Navy lads at sea, facing danger daily from above, and U-boats below they cannot see.

Many ships were lost with their crew, a cold, lonely, watery grave. Lost forever, loved ones at home in despair, there was no chance to save.

Our brave RAF lads flew over Germany on bombing raids at night, while the enemy doodlebugs over England caused terror and fright. Our people recognised

the sound of rocket bombs and their throb, well aware, when the sound stops, it drops and does its job. The Luftwaffe's bombing carried on, for so many night on end and our fighter pilots pursued them, did their very best to defend.

Anti-aircraft guns and searchlights support the hurricanes and spitfires, while troops and firefighters struggle with so many incendiary fires.

Our young ladies were all called by King and Country to serve in all units of the armed forces, many varied duties and to observe.

The women's Land Army did the work of the men, who were called to war. The ploughing, sowing and mowing, harvesting, the milking and much more.

Children were sent from the bombing and danger, in the cities and towns to stay with families in safer homes, in country regions, Wolds or Downs.

Today we remember so much of the destruction, agony and loss caused by war and it's hard to imagine just what was it all for?

There is no winner in war. So much heartache and loss by both sides involved. And still wars rage in our world, just why can't this issue be resolved.

The message received from God, in Heaven above is Peace shared by all and our neighbours we must love.

Words by Robert Rolph



Lakenheath Street Lights: Switching to LED

It's been several years of council meetings, debates, emails, street light reports from residents, and night-time street light checks by me, but now many of our parish street lights are upgraded to LED and any broken lights we find are being fixed. Switching to LED makes our lights more energy efficient, saving

the parish council thousands of pounds and cuts our CO2 emissions by 20 tons, making our lights more environmentally friendly. The new warm white LED street lights also illuminate our streets more effectively than the older street lights do.

Working with Suffolk County Council Street Lighting, we also did a structural testing survey on our street lights to check their condition and which needed immediate maintenance.

The project has been funded in part by the parish council and a very welcome grant from West Suffolk Council's Decarbonisation fund.


I'd like to say a huge thank you to everyone who's been involved in this project. Whether it's residents, our parish council, West Suffolk District Council, Suffolk County Council, and Pearce & Kemp, our street lighting contractor.

There's still more street lights to upgrade and issues to deal with, but we are closer to the finish line now.

If anyone is curious to hear a little more about the LED Street Lights project, you can always stop me for a chat in the village, or you can email me at ian.frost@lakenheath.org

Merry Christmas and a Happy New Year,

Iain



An autumn night time scene on The Elders, with two new LED warm white street lights and one older orange street light.



Photo Credit: Steve Cave
SC Construction

Aerial view looking north from Station Road. Our new school road, Hebden Way.

Our new school site:

As you will have seen if you have travelled north on Station Road, our new school building is taking shape. Progress with construction and site landscaping is going well and currently running to time on the project plan. We hope winter weather is kind and doesn't throw us off schedule. Our main contractor, Pentaco, has been excellent, going above and beyond by supporting extra projects for our school, including fun learning activities with the children.

We've now reached a significant milestone with the full completion of the steel frame and the installation of staircases. The external brick





Signing event to mark completion of the final steel beam.

and blockwork, along with floor and roof casting, are taking shape. Development of the sports pitches and parking facilities is also underway.

A recent Suffolk County Council press release mistakenly described our new “state-of-the-art” sports facilities. While we will have extensive grounds, there are few children’s play facilities, which we’ll need to fund independently. Much thought is going into this, and with your help we hope to share good news soon. We’re determined to provide excellent facilities that encourage active play and participation in a wide variety of sports.

Considerable time and effort are also being devoted to ensuring the external road system is fit for purpose—challenging since nothing yet exists! The school is working closely with the Parish Council and district councillor Gerald Kelly, who are supporting negotiations with developers, planning, and highways authorities. This is vital to the school’s operation, and we’ll continue to keep the community updated.

We’re pleased to announce that our new access road will be named **Hebden Way**, in tribute to our very popular

former headteacher from the 1970s and 1980s, **Wally Hebden**. His family are delighted with this recognition.



Our current school site:

Many have asked about the future of our current building once we move. After much work and lobbying of the County Council, we believe we have saved our historic school building from possible demolition. We’ve received assurances it will be repurposed for possible mixed educational and community use. Many ideas are being explored, and we hope to share plans soon.

The school is also working with the **Lakenheath Heritage Group (LHG)** to collect memories and photos for our history project (see the LHG article in this edition). In 2028, we’ll celebrate 150 years since our founding in 1878. If you have photos or written memories to share, please email historyproject@lakenheath.suffolk.sch.uk or contact the Heritage Group.



*Councillors and members of the project team joined by pupils Layla and Heath.
Credit: Arleen Bathgate*

East Anglia's first net zero school marks construction milestone

The construction of the region's first net zero school has marked a major milestone.

A ceremonial steel signing event has been held at Lakenheath Primary School, with local councillors, members of the project team and the school gathering to mark the occasion.

Cllr Andrew Reid, Cabinet Member for Education and SEND at Suffolk County Council, said: "Suffolk County Council is proud to be delivering its first school in Suffolk that will be net zero in operation, as we prepare to move the existing school to its new, larger site.

"The next year is an exciting journey for the pupils of Lakenheath Primary, who are following the build process

with STEM (Science, Technology, Engineering and Maths) days at their school with the Pentaco and Concertus teams, to give them real life learning experiences of the construction industry."

The development of Lakenheath Primary and Pre-School will meet a rising demand for early and primary years education, which has been driven by the increased housing developments in the area.

Once complete, the school will become the first net zero in operation primary school in the region.

The new 420-place school will feature state-of-the-art leisure and sporting facilities, as well as hard and soft

landscaped outside play areas. The school will also feature a brand new 30-place nursery on site.

Michael Tingey, Headteacher at Lakenheath Community School, said: *"It's fantastic to see the building project starting to come together after years of planning."*

"We're working closely with the local authority and contractors to ensure the best possible learning environment for our children."

"We can't wait to move into our new, modern, sustainable building next September."

Procured through the Suffolk Construction and Building Services Framework, design and property consultants Concertus appointed Pentaco Construction in June, with work beginning on site in July 2025.

Charles Coulson, Associate Director at Concertus, said: *"We are pleased to be working closely with the Council and the existing school to design their first net zero school."*

"Having been involved since the inception stages, we have overcome many acoustic challenges due to its proximity to the RAF Lakenheath airbase."

"We are immensely proud of our team for creating an incredibly innovative school that sets a new standard for educational facilities across the region."

The building is located within the site's southwest corner and features an L-shaped design that maximises natural light while minimising solar gain and overheating.

The design prioritises accessibility, flexibility and sustainability, employing modern technology to support both current and future educational needs through a fabric-first approach.

Key features include both ground source and air source heat pumps, LED lighting and triple glazing to reduce energy waste.

The roof-mounted photovoltaic system has been optimised and paired with modular battery storage to maximise the use of free energy, with smart integrated controls in place to prevent excess energy usage.

In line with the school's motto, "Learn, Create, Progress, Succeed", the team recently hosted an interactive STEM event where pupils participated in five sessions focused on problem-solving, creativity and collaboration.

Andrew Grady, Managing Director at Pentaco Construction, said: *"We are incredibly proud to be delivering Suffolk County Council's first net zero in operation school, a project that reflects our shared commitment to sustainable development."*

"Reaching this key milestone highlights the strength of collaboration and technical expertise across the entire project team."

"We remain focused on delivering a high-quality build, ensuring the design intent is fully realised and creating an inspiring learning environment for generations to come."

Due to open in September 2026, the new school seeks to create an inspiring, sustainable and adaptable educational environment.

LAKENHEATH PAVILION

Christmas Tree Event

Sunday 30th November 3-6

LIGHTS SWITCH AT 5



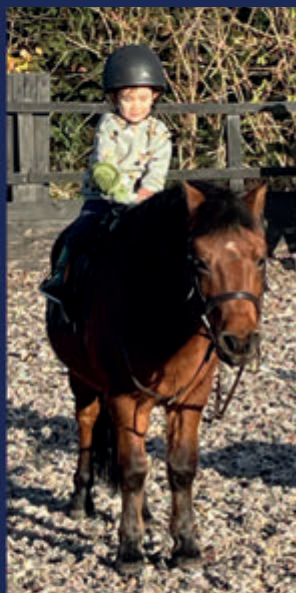
CRAFT STALLS



CHILDREN NEED A TICKET TO SEE SANTA.
100 AVAILABLE ON A FIRST COME FIRST SERVED BASIS

Ponies, picnic and popcorn!

On Saturday 1st November, Apollo Stables held a pony riding experience to dozens of Lakenheath residents, in partnership with Active Lakenheath, Lakenheath Library and EPIC dad and supported by Lakenheath Parish. Great fun was had by all! Thanks to everyone involved.





Lakenheath Hand Bells

It is always a pleasure to be asked by Denise to prepare an update on the handbells for this interesting magazine. Lakenheath is an attractive village supported by clubs and many activities and the magazine supports this.

Kaye is one of our ringers and her natural home is in the States but she loves it here. She met up with friends there from a handbell team in which she used to ring. They offered her some spare copies of Christmas music and she has given them to us, her current team.

Such items provide us with music we can play as we ring for various functions in the area. But they bring us notes not often played. In this case we have been able to obtain a bell to meet this need with the help of The Christian Enterprise Charity whom Patricia approached for help. Our thanks to them for their support.

Our activities take us supporting coffee mornings, clubs, village homes and in

some cases helping to raise money for the handicapped. But the core purpose is to entertain. It is always a delight when members of the above groups are brave enough to join us to try the bells out for themselves.

The Benefice Choir

We are currently practicing carols for the **Christmas Services**. Our local one will be in **St Mary's Church** on **Saturday December 13th at 7pm**. Do come along and join in the singing.

We held a very successful night singing songs from the 2nd World War at the Elveden village hall. We were joined by other choirs, twosomes and individual singers. Everyone enjoyed and joined in.

The night was all the more enjoyable as Pete and Kevin had spent much time in setting up the loudspeaker system. Our thanks to them.

If you enjoy singing do join us. We alternate practices at Lakenheath and Elveden on Wednesday evenings at 7.30pm



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

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

LOVE WHERE YOU LIVE

A MESSAGE OF THANKS!

On behalf of the Lakenheath Parish Council, we would like to say thank you for all your help and support throughout the year.

From the delivering of the Lakenheath Times, litter picking, Speedwatch, putting up Christmas lights to decorate our village and generally supporting us.

A special mention goes out to whoever cleans up the leaves in the walkway between the High Street and Mayfields, our unsung heroes, thank you.

We recognise the hard work and effort you all put in to making our village a lovely place to live.

If anyone has some spare time to help, volunteers are always welcome.

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



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.

Winter Gardening 2025

by Rachel Sobiechowski BSc. (Hons)

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

December

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

Other tasks for December:

- Winter prune plants that are prone to bleeding such as grapevines, birch,

walnuts and Acers (Japanese Maples).

- Keep off lawns in frosty or snowy conditions, however if the winter is mild then keep removing fallen leaves from lawns to let in light and prevent dead patches.
- Take care not to let leaves accumulate around Alpine's, they will die if left damp

January

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

Other tasks for January:

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

February

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



P&R
Garden Supplies

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

Report it!

citizens
advice

Scams and fraud

Report a scam to Trading Standards via Citizens Advice Consumer Service. You can either report a scam by:

- using the online form
- contacting the consumer helpline on **0808 223 1133**

If you have been the victim of fraud, report it to Action Fraud. You can:

- report online **<https://reporting.actionfraud.police.uk/login>** - either sign up for an account or continue as a 'guest'
- call **0300 123 2040**

Suspicious emails

Forward suspicious emails to **report@phishing.gov.uk**

Suspicious text messages

If you receive a suspicious text message you can forward it to **7726**.

The free-of-charge '7726' service enables your provider to investigate and take action if malicious content is found.

Adverts

Report scam or misleading adverts to the Advertising Standards Authority. You can report adverts found online, including in search engines, websites or on social media. You can also:

- report scam or misleading adverts to Google if you found them in Google search results
- report to Bing if you found them in Bing search results

Fake websites

The National Cyber Security Centre (NCSC) has the power to investigate

and remove scam websites. **It's free to report a suspicious website and it only takes a minute.** By reporting suspicious websites, you can help us stop cyber criminals and protect others online.

Doorstep crime or rogue traders

If someone has called at your home uninvited and carried out work that you are unhappy or worried about, or if you want to report an incident on behalf of a friend, neighbour or relative, **call the Citizens Advice Consumer Helpline on 0808 223 1133.**

- **If you feel threatened or in immediate danger:** Call the Police on **999**.

Reporting to Trading Standards

We welcome information on any dishonest or criminal trading practices. Examples of things you can report to us via the Citizens Advice Consumer Service include:

- Illegal tobacco and vapes
- Food sold with incorrect allergens information or past its use by date
- Sale of alcohol / tobacco / vaping products to underage children
- Livestock welfare issues
- Unsafe or dangerous goods and products
- False statements / misleading information (including price and costs)
- Unlicensed firework storage

Visit the Citizens Advice Consumer Service website for contact methods, including telephone, webform and online chat.

You can report anonymously if you wish. They treat reports with the strictest confidence.



SUFFOLK
CONSTABULARY

suffolk
connected

New community messaging service for Suffolk

Suffolk police's messaging service that offers local people policing news for their area - is changing, bringing residents even closer to the officers who serve them.

Suffolk police is to start using a new free community messaging system called Suffolk Connected.

This is a free messaging service that will allow anyone to sign up to receive updates and information about issues affecting local communities.

It will replace our current messaging service called Police Connect. People who are registered with the current Police Connect system will need to register with the new Suffolk Connected service to receive messages. If people don't register, they will not receive them.

Most other police forces are using this system to great effect and with strong results.

Known nationally as Neighbourhood Alert, Suffolk police will look to adopt this system to better engage with its communities.

County Police Commander for Suffolk Chief Superintendent, Janine Wratten said: "The service will allow Suffolk police to communicate directly to our local residents through email.

"Crucially, it also allows our local officers to conduct surveys with residents relevant to their area to find out about the issues that matter to them and what local residents would like to see happen. It will also notify the public to community engagement events or public meetings we are holding, allowing them to provide feedback."

To register with Suffolk Connected people will need to sign up online. A link to Suffolk Connected will be available via suffolkconnected.org.uk

It will ask for basic details such as name, address, email address, and telephone number – It will

be up to the user if they wish to add any further details such as their age, religion, gender, first spoken language etc.

Registration is straightforward; the simple online process takes only a couple of minutes and will give people the opportunity to specify the type of information they would like to receive.

Chief Supt Wratten added: "The public are a vital partner in tackling crime - we know that the information we get from them can be crucial.

"Use of the new Suffolk Connected system brings us closer than ever to the communities we serve and we hope that this will continue to strengthen our links and further build trust and confidence."

"People can get involved by signing up themselves, spreading the word within communities and also with family and friends.

"We look forward to making sure local people remain connected and engaged with Suffolk police so they can hear the latest updates, make sure their voice is heard and that their views will help shape how we police their area."

Suffolk Police and Crime Commissioner Tim Passmore said: "Communication is key to maintaining trust and confidence so I am pleased to see this improved police messaging service being rolled out in Suffolk.

"Most significantly, the new 'Suffolk Connected' service allows two-way communication between the Constabulary and the public, which I feel is particularly important.

"I would encourage everyone to sign up - it's free and will give Suffolk residents the opportunity to receive policing news targeted to their specific area."

Winter Crime Prevention: Keeping Our Community Safe

PC 503 Scott Cameron, Community Police Officer

As nights grow longer and the festive season approaches, certain crimes tend to rise. Here's what to watch for — and how to protect yourself, your family, and your property.

Seasonal Crime Trends

- **Burglary:** Peaks in Nov & Jan. Gifts visible through windows attract thieves.
- **Vehicle Crime:** “Frosting” thefts occur when cars are left running to defrost.
- **Fraud & Scams:** Online shopping scams, fake delivery texts, and phishing emails increase.
- **Shed Theft:** Tools and bikes are targeted in poorly secured sheds and garages.

Winter Prevention Tips

- **Home:** Use light timers, keep valuables out of sight, lock up, and dispose of packaging discreetly.
- **Vehicles:** Don't leave cars running. Remove valuables and consider steering locks or trackers.
- **Online:** Be cautious with payment requests. Use strong passwords and shop from trusted sites.

- **Community:** Let neighbours know if you're away. Report any concerns around suspicious behaviour on your street.

What To Watch For

- Suspicious behaviour near homes or vehicles, especially at dusk.
- Unfamiliar vehicles repeatedly driving through residential areas.
- Unexpected callers asking odd questions or offering unsolicited services.

Road Safety

- Drive to the conditions of the road—slow down on icy or wet roads.
- Check tyres, lights, and antifreeze.
- Keep a torch, blanket, snacks, and charger in your car.
- Cyclists: Ensure you are visible at all times. Lights, reflectors and helmets should be a minimum.

Final Word

Crime prevention works best when we look out for each other. Stay alert, stay safe, and don't hesitate to reach out if you need advice or support.

LAKENHEATH PARISH WALKS

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

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

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

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

FOOTPATH NEWS

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

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

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

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





LAKENHEATH HERITAGE GROUP



End of an era and new beginnings *The making of our future historians*

In July 2026 the Primary School will close its doors for the summer and (all being well) the staff and pupils will take up occupation of the new school on Station Road in September, less than 2 years short of the school's 150th anniversary. In time no doubt the new school will also form part of the village's heritage, and people will write about their experiences of schooldays in the first 'net zero' primary school in Suffolk.

The design of the two buildings couldn't be more different and reflect changed priorities and the very different world in which we now live. I'm sure we all have views on the aesthetics of old and new buildings, but I hope we can all agree that it is important to conserve our heritage, both physical buildings when possible and the memories of people who used those spaces.

The school and the Heritage Group are very keen to gather memories about people's experiences in the 'old' building and at the same time to inspire our children to be interested in their local history and maybe to become our future historians. We are working on a project where older members of the community are invited into school to



chat with groups of children so that they can have a go at being 'oral historians' and learn about the history of the village as experienced by local people. More information to follow but we're hoping lots of members of the community will enjoy getting involved in this project to span the generations.

Meanwhile, we are very keen to gather historical photos or documents about the school so that we can preserve them into books and on the heritage website for the benefit of the whole community. Any contributions welcome and we are particularly looking for

- Photos taken at the rear of the school
- Photos of the old HORSIA building (last used by reception class until demolished in 2002)
- Photos of the old swimming pool
- Photos of internal and external spaces

And most of all, we are still trying to find out what happened to the bell tower – when did it come down and why?

Scans, photos of photos and written information can be emailed to:

historyproject@lakenheath.suffolk.sch.uk

If you would like to donate ANY original historical photos when having a clear out, please get in touch with the Heritage Group (details below).

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

Winter

Christmas Cracker Jokes

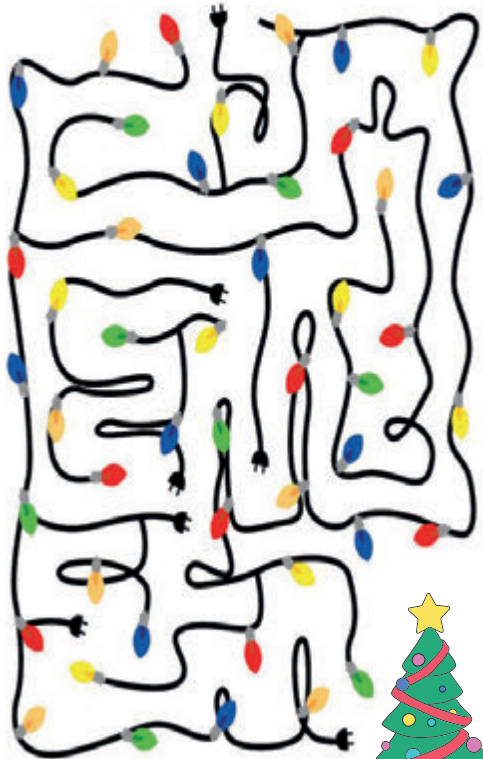
1. What do you call an elf who sings?
2. Why did the Christmas tree go to the barber?
3. What do snowmen like to do on the weekend?
4. What do you get if you cross a snowman and a vampire?
5. Why was the turkey at the Christmas party so proud?
6. What do you call an old snowman?
7. Why has Santa been banned from sooty chimneys?
8. Why don't you ever see Father Christmas in hospital?
9. What do elves do after school?
10. Which of Santa's reindeer has the best moves?

Cracker Joke Answers

1. A Wrapper! 2. It needed a trim!
3. Chill out! 4. Frostbite!
5. Because it was stuffed! 6. Water
7. Carbon footprints
8. Because he has private elf care
9. Their gnome work! 10. Dancer



Make Santa's Christmas merry and bright. By helping him through this maze of lights!



Can you name the foods shown in the pictures?
They are all named after places in the UK.

See Answers on page 76



Financial Inclusion Service

→ Helping you with money

We can help you to:

Maximise your income



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

Explore options for increasing your income



Manage the money you have

Support with budgeting

Reduce your spending



Check for any reductions on household bills

Explore grants for household items



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

Contact us



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

Lakenheath Writers Group

Facebook page: **Lakenheath Writers -**

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

1010392860225936/?ref=share

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



Veiled lace (by T Grant)

The fatigued yawn of autumn's startled frown,
Makes way for Mother Natures bridal gown.
In Solitary greyness once the sun goes down,
A powdered icy blanket coats the ground.
Dendritic crystals, tree-like, hushed in delicate sound,
The subtle scent of evergreen lingers all around.

Intricate, glacial cotton candies,
Playfully swirling; lacy prisms,

Drifting; pristine daggers, whirling,
Heavy snow-laden trees, leaning.
Vibrant blood red berries, piercing,
The brilliant veil of an opaque dawn.
Stellar, Zen, intention branching.

The winter protest has begun,
Still wearing the weakness of the sun.
Its crispness striking in a frozen sky,
Reflected on the frosted path.
From stark clouds and billowed breath,
In flurries the tail end of winter hurries by,
Anticipating springs now whispered sigh.



The Injured Pigeon (by S Crowe)

No please don't step on my land!
Yes you the pigeon with the broken wing.
As soon as you step onto my property,
I feel I have a moral obligation to protect and do the caring thing.
Maybe go next door or across the way,
But please don't place that responsibility on me, especially today.
I don't want to see you suffer and there is so little I can do.
Maybe food and water, a phone call or message too.
I'd love to be able to fix it, but it's not something I can do.
So please Mr or Mrs pigeon don't step on my land,
But if you do I will take care of you.

WORKSHOPS Provisional dates for 2026 (subject to change)

January 30

February 27

March **no workshop**

April 10

May 29

June 19

July 17

August **no workshop**

September 25

October 23

November 20

December **no workshop**



An update from the team at RSPB Lakenheath Fen

As many of us are all too aware, we have had another very dry Spring and Summer this year. From February onwards, we received very little rainfall until recent weeks when we have begun to see some more as autumn has arrived. RSPB Lakenheath Fen is cleverly designed to hold on to as much water as possible during the summer, following autumn and winter when we are allowed to 'abstract' or remove water from the adjacent Little Ouse river to top up the reserve. The naturally peaty soil and network of ditches, sluices and channels were designed at the reserves' conception in the mid-1990's to retain the maximum level of water through the following warmer, drier months. We also have a reserve-length Sedimentary Interception Drain (affectionately called SID) with a pump at either end which recirculates water that would otherwise drain away to the south of the reserve. So, most of what we do lose gets recycled, too.

All this water helps to support breeding wetland wildlife like the Bittern (depicted on our village sign) as well as Bearded tits, Marsh harriers, Otters, Water voles and Common cranes. An abundance of large insects whose larvae are aquatic, like dragonflies, St. Mark's flies, caddisflies and mayflies in turn support other beautiful birds like Hobbies, Swallows and Spotted flycatchers. This dry summer has been testing for all of them, but thankfully we know that the breeding season has not been a failure- for example, we know our Marsh harriers fledged at least 10 youngsters and our early morning Bittern surveys counted 16 booming males. Our three pairs of Cranes had mixed success, but this is to be expected given that for the first 10-12 weeks of life their chicks are flightless. This follows over four weeks of incubation so the birds



need about 16 weeks of good fortune when it comes to staying off the radar of ground predators! One pair this year raised both their chicks to fledging, whilst two of our pairs failed this year.

As summer rolled on, the reserve continued to bake in high temperatures, but the Hobbies and their dragonfly prey put on a good display for visitors, with Kingfisher sightings remaining frequent at Mere Hide (which is deep enough to remain wetter for longer) and increasingly along the river itself. A couple of pairs of Spotted flycatchers set up camp in woodland spots, where they nest high and use prominent perches to make short flights to catch insects to eat. We had a good year for butterflies, too, with many species enjoying an improvement in their numbers following a long, chilly, damp spring and early summer in 2024 which hampered them. Caterpillars don't do well when they get cold and damp, and they are particularly vulnerable to fungal infections which are much more common in inclement weather. Many species also need to bask in the sunshine to help with their digestion and also the adult butterflies didn't get much of a chance to fly and court each other in Spring 2024 either.

This year, the reserve soldiered on through week after week of warm, dry conditions, and waited patiently for the rain to come. Well, it finally has, the water levels on the pools across the reserve are rising and the wildlife is responding. At New Fen and Joist Fen Viewpoints, you can see increasing numbers of ducks, attracted to the newly wetted margins where they will feast on submerged plants and hatching insects. Egrets and herons are interested too in hunting the new margins for amphibians such as frogs, toads and newts, as well as fish and insects. And with more water comes more hunting options for Kingfishers as small fish can be found in more places. Our weekly work party have recently installed an additional, new 'duck perch' at Mere Hide too. It's still suitable for Kingfishers to use, but with the perch being more substantial, heavier birds with bigger feet like cormorants, egrets and ducks should be attracted to it as well and we hope this will increase the interest for visitors at the hide when the roaming Kingfishers are not there.

Over the next few months, as autumn gives way to winter, we expect the reserve to continue to welcome more Whooper swans, which currently roost on the Hockwold Washes (viewable from the riverbank at the reserve). We may also gain a few Bewick's swans which always seem to arrive quite close to the New Year, much later than the Whoopers. The numbers of ducks like Wigeon, Teal, Gadwall and Shoveler should build up too. These will accompany the swans and add to the soundscape as they all have different calls and are quite vocal in winter, which is their season for courtship and pairing up.

We should also see more of our Barn owls, who like to hunt across the reserve, especially along the margins of the river, in the colder months. They may be visible if you come to watch the Marsh harriers flying in to roost from one of our viewpoints at dusk. In winter we usually end up with 20-40 Marsh harriers coming in from all directions at dusk, primarily to roost in the safety of the reedbed at night. Other raptors like the Barn owls

mentioned, as well as Merlin, Sparrowhawk, Peregrine, Short-eared owl and Hen harrier sometimes show up too. These will be attracted to the smaller birds like tits and finches that also roost in the reedbed. A late meal is an appealing idea when it is going to be a long cold night ahead!

Other highlights to look for include the arrival (which has already begun) of winter thrushes like Redwing and Fieldfare to the reserve. Look for these in berry-filled bushes like Hawthorn and Blackthorn and in the dense leaf litter under the poplar trees on our Brandon Fen trail. A large group of Siskin (tiny, yellow-green seed-eating finches) have already gathered near the Visitor Centre to feed in the alder trees. They mix readily with Goldfinches but generally we only see them here in winter as they breed in coniferous forests (such as at Thetford) and we may see a few Redpoll or even a Brambling mixed in with them too, especially if we get a cold snap.

Many visitors come to see us in winter hoping to see Bearded tits. These gorgeous birds are reedbed specialists and are easier to see in winter when they switch to their reed-seed diet and need to find more food to survive. In summer they feed on insects so are harder to find, as they creep through the reeds much lower down, like monkeys swinging through the jungle. Look out for them moving across the tops of the reeds now, in small groups, where the seedheads are.

We hope to welcome you to the reserve in the coming weeks. If you haven't been before, we can answer any questions you may have in the Visitor Centre, which is open daily from **9am until 4pm** along with our toilets (including an accessible one). If you want to speak to the team from the comfort of your own home, you can call us on **01842 863400** or e-mail us at **lakenheath@rspb.org.uk**. The reserves trails, viewpoints and Mere Hide are open from dawn to dusk daily.

With best wishes for a happy and healthy winter,

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

Events at RSPB Lakenheath Fen

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

Treasures of the Moth Trap

28 November, 27 February (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).**

Wild Wetland Winter Guided Walks

Sundays 23 November, 11 January (9:30am-12:30pm)

Wrap up warm and join us to see the best that winter has to offer- we will be looking for seasonal highlights with our knowledgeable guides on this beautiful reserve!

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

Raptors in the Reedbed

Sunday 25 January, Saturday 14 Feb 2026

Watch the reserve come to light as darkness falls, and birds of prey gather to hunt or roost in the reedbeds.

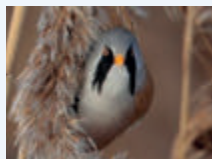
**RSPB members £12 (£6 for Under 18's);
non-RSPB members £15 (£7.50 for Under 18's).**

Winter Walking Safari

Sunday 8 February 2026 (9:30am-3:30pm)

Many parts of the reserve aren't usually open to the public, and this behind the scenes tour provides a great opportunity to see the wildlife hiding out in pools and reedbeds which aren't visible from the current visitor trails. This walk is just over six miles long, and will include a visit to Botany Bay SSSI.

**RSPB members £20 (£10 for Under 18's);
non-RSPB members £25 (£12.50 for Under 18's).**





Lakenheath Airbase

The 48 FW welcomed 30 guests for the Civic Leaders Tour on 17 Sep. Guests were accompanied by the 48 FW Deputy Commander, Col Jurewicz, and the Command Chief, CMSgt Martinez. After an updated brief on the current mission, guests were able to visit the Tower, the Military Working Dogs and of course 'pet the jet' with detailed briefings on the F15 and the F35 by the pilots themselves.





"Within you is the best in you"

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

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

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

While you're doing this

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

...You'll get all this

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

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

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

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

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

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

And skills and qualifications

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

With Royal Marines Cadets & Sea Cadets you gain qualifications:



Duke of Edinburgh. Royal Yachting Association

Qualifications



Public services &Citizenship



BTEC's in Marine engineering



British Canoeing Union

Qualifications

Want to know more?

We parade Monday & Thursday 1900-2100

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



Alan Gyte reports on Lakenheath FC

Well, now a third of the way into the new season already and the league table does not make good viewing, we are currently the strongest team in the league holding the rest up. Although the table never lies and in general if you're bottom then you are the worst team in the league. However, at times we have played so well but let ourselves down by missing countless chances in front of goal, then giving away a goal with silly mistakes. We take one step forward then two back and continually shoot ourselves in the foot so to speak. We were terrific against, at the time, league leaders Fakenham, only to concede from a penalty in last few minutes, played Dereham off the park to record our first win of the season, then next game we play Framlingham town off the park in FA Vase, but again a couple of silly mistakes and lose 2 - 1. In fact most of our games have either been low scoring draws or we lose by the odd goal. Such a frustrating side.

We've had a few new signings since last magazine, most notably Hugo Akhuseyin on loan from higher league Felixstowe and I believe this lad will go a long way, fantastic young player, totally professional in everything he does, never late, comes all the way over, not just for games but for an hours training on a Thursday evening and never lets us down. Also joining us recently is goalkeeper Duncan McAnally who has also played at a high level and recently has kept us in the game when backs to the wall. I know the manager is trying his hardest to bring some fresh faces in, but at times it's hard trying to convince a decent player to come and play for a team bottom of the league, but we'll plough on and hope we can turn our fortunes around. Watch this space. Until next time have a Merry Christmas and a Happy New Year from all at 'The HEATH'.

Alan

Upcoming fixtures : - all 15.00 kick offs unless otherwise stated & all subject to change

6th December	Fakenham Town	Away
13th December	Ipswich Wanderers	Home
20th December	Ely City	Away
27th December	Thetford Town	Away
3rd January	Walsham Le Willows	Home
17th January	Harleston Town	Home
24th January	Cornard	Away
31st January	Haverhill Rovers	Home
7th February	Hadleigh	Away
14th February	Heacham	Home
28th February	Kirkley & Pakefield	Away
7th March	Thetford Town	Home
14th March	Ipswich Wanderers	Away

Children's Reading Update

by Lorraine Gregory



As a Children's author I try and keep up to date with news about children's reading and recently there's been some good news and some bad news that I thought I would share.

Firstly the bad news - a report by the Literacy Trust using data from over 100,000 children aged between 5 to 18 showed that reading enjoyment is at it's lowest point in two decades.

In fact only around 32% of children reported enjoying reading very much or quite a lot in 2025 which is over 35% LESS than they did in 2005. This significant decline is very worrying as reading has huge benefits long term.

"Several large longitudinal studies show that young people who develop the habit of reading in early childhood are likely to achieve high qualifications and upward social mobility later on. Together with the well-documented developmental benefits of reading, these findings point to reading as a powerful lever for reducing inequalities."

Professor Teresa Cremin, Co-Director of the Literacy and Social Justice Centre at The Open University

Of course there are many factors that can affect children reading and certainly screens are one of

them, also feeling like reading is a chore or a test instead of fun as well as not seeing adults reading and enjoying books. Plus of course the funding issues that have led to the tragic decline of public libraries, the lack of libraries and trained librarians in primary schools as well as the lack of money for new books in schools. Along with teachers often not having time for stories and reading for pleasure within the school day it all plays a part in this sad and worrying decline.

Some things that can help encourage children to love reading are;

1. choice - let children choose what they want to read including comics, non fiction, graphic novels, magazines - don't dictate and don't force children to read what you think they should but you can suggest, encourage and enjoy a discussion about books.
2. read to them - enjoying books together can make a huge difference as can children seeing their parents, teachers etc enjoying books in their free time.
3. access to physical books - spending time in bookshops or libraries gives children the opportunity to find something they like that could spark their love of reading.

In some good news The Booker Prize has announced a new prize for children's literature which will launch in 2026 and be awarded annually from 2027. It will celebrate the best contemporary fiction for children aged eight to 12 years old.

The aim of the prize is to engage and grow a new generation of readers by recognising and championing the best children's fiction from writers around the world. Children will be a part of the judging process and 30 000 books from the winning and shortlisted authors will be gifted to children.

I'm really pleased that a new prize has been announced after the loss of the Blue Peter Book Prize and I hope it will help to improve visibility of children's books, celebrate the wonderful talented authors who write them and encourage children to discover the magic of children's books.



ACTIVE LAKENHEATH UPDATE

Active Lakenheath has really been gaining momentum over the last couple of months with many exciting events taking place and more in the pipeline as well as lots of important work and progress going on behind the scenes.

This is timely as the next few weeks mark a vital stage of Active Lakenheath. As many of you will know, the investment from Sport England comes in two stages: the **Development Award Phase** which we are currently in now, which will in turn inform the **Full Award Phase** which will give Lakenheath access to a larger pot of money to build on the work and bring about longer term, sustained impact. The Active Lakenheath team are currently working really hard to complete the **Full Award proposal for a 2nd December 2025** deadline and ensure the content of this truly reflects and delivers for the Lakenheath community.

The key to this is the amazing work your Community Connectors, **Rich Keeble** and **Jo Chambers** are doing in gathering your voice on what will support increasing activity in Lakenheath. We can't thank you enough for your engagement so far, but it's really vital in allowing the work to move forward in the best way that we reach as many of you as possible so please don't miss your chance to have your say - keep filling in the **questionnaires**, accessible via the QR code on next page, this link: <https://forms.office.com/r/XTrPYZzd?origin=lprLink> , or paper copies can be found at the library or Parish Council offices.

All the feedback we have gathered so far is already being used by the Active Lakenheath team to inform and drive community events and services. So far we have had a massively successful **Family Fun Day**, a brilliant day of **carpet bowls** and **mini golf sessions** in partnership with Lakenheath Indoor Bowls Club and EPIC Dad, a series of well attended **bike fixes** run by Suffolk County Council helping people get back on their wheels and not to

mention a fantastic opportunity for people to try equestrian activity at our **Ponies, Picnic and Popcorn** event in collaboration with Lakenheath Library, EPIC Dad and Apollo Stables.

We also have a lot of exciting plans coming up including **cooking on a budget classes**, a **Menopause group**, information for which can be found in this edition as well as regular **Active Lakenheath activity sessions** for all ages with the chance to enjoy moving more, learn a new skill and connect with your community.

We are also excited to announce that information on these and upcoming events, how to join in with Active Lakenheath and all you need to know about the work we are doing overall can be found at our brand new **Active Lakenheath WEBSITE**: <https://active.lakenheath.org/>

As you can see, the Active Lakenheath team alongside this wonderful community are working hard to enhance how great Lakenheath already is and offer even more opportunity but we can only do that with all of you, so thank you but most importantly carry on telling us what you need, telling your family and friends about our work and join in however and wherever you can!

If you do have any questions, queries or comments on Active Lakenheath, 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



The Active Lakenheath Project is dedicated to promoting physical activity and community wellbeing. You can contribute by completing surveys of your experience and aspirations to help shape future opportunities. Please scan the QR code to complete the survey online or collect and return a paper copy to the Parish Council Office or Library.



Thank you for your support in making Lakenheath a healthier and more active community!



jo.chambers@lakenheath.org
richard.keeble@lakenheath.org



Just as we began to take off with the Wednesday after school sessions, we lost half of our volunteers. For safeguarding purposes we must have a minimum of 4 volunteers, ideally 6-8, over the age of 17. DBS checks are necessary, but the Methodist church can deal with these so no cost to the volunteer.

So many great ideas for activities have been tabled but can't be done without 'minders'.

It is difficult for working adults as we need to set up at 4pm ready for 5pm.

If anyone is prepared to give up one or two Wednesday evenings a month to help out, please get in touch with either:

Linda Spencer **01842 861160** or email **derunboxers@yahoo.co.uk**

Sharon Fletcher **07884 367890** or email **sharonfletcher1@talktalk.net**

LAKENHEATH PARISH COUNCIL



COMMUNITY LITTER PICK LOVE WHERE YOU LIVE

*If you have got some spare time on the First
Saturday of
6th December,
and 7th February 2026*

*We meet up at 10.00
At Wings Road Car Park
Equipment provided*



EVERYONE WELCOME

Avian Influenza Prevention Zone

An Avian Influenza Prevention Zone is in place in this area.

By law you must follow strict biosecurity and hygiene rules to minimise the risk of them becoming infected with Avian Influenza.

If you suspect bird flu in poultry or other captive birds, you must report it to APHA immediately by calling **03000 200 301**.

Check [GOV.UK/birdflu](https://gov.uk/birdflu) for further information.




Animal &
Plant Health
Agency



Bird Registration



It is now a legal requirement for anyone that keeps birds to be registered.

You will:

- receive important updates on any **local avian disease outbreaks**
- receive information on **biosecurity rules** to help protect your birds.

Take action now, **register online**.

You are **breaking the law** if you do not register.

Some exclusions apply, check the website for further details

Check the exemptions and register in England and Wales at [GOV.UK](https://gov.uk)



Check the exemptions and register in Scotland at [GOV.Scot](https://gov.scot)



Animal & Plant Health Agency

LAKENHEATH GOOD NEIGHBOURS SCHEME TO CLOSE

For almost twenty years Good Neighbours have been serving the village community with lifts to hospital, dentist, collecting prescriptions and taking residents shopping.

Sadly, at the end of the year this service will come to an end. This decision has not been taken lightly but, despite numerous appeals over several months on the village face/book pages, the village magazine, and the notice boards, we have not been able to recruit more volunteers, and as many of the present volunteers are over seventy years of age the future of the scheme is no longer viable.

I should like to take this opportunity to publicly thank ALL the GN volunteers, both past and present, who have given of their time so generously over so many years. Their loyalty, commitment, friendship and care have been absolutely outstanding, and I know their service will be greatly missed by many in the village.

It has been a pleasure and a privilege to have served the community for so many years, and our very best wishes go out to all of you.

Peta Gyte Chair Lakenheath Good Neighbours

Two alternative services which may be of some help:

- Hospital Car Service Transport. Tel: **03009996666**
- Connecting Communities. Booking Line: **01638664304**



WINTER UPDATE FOR THE NEST BOX PROJECT AT LAKENHEATH CEMETERY

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

I recently spent time checking and cleaning out the boxes following the breeding season. Legally nest boxes cannot be emptied until after the 1st of September to avoid disturbing any breeding birds. It is unlikely any birds would still be using the boxes by then, but not impossible. The one box that had a nest was still abandoned and as suspected was a Blue Tit.

When we clean and empty the boxes, it gives us a chance to closely inspect the nest. It is surprising how much material the adult birds bring into the box as they will fill the space. These boxes are about 4" square and the nest was built to about 3" deep.

The low occupancy was a little disappointing, but it does take the birds a while to find these artificial spaces. Now the boxes are up though, we'd expect birds to use them to roost in over the winter as well as hopefully seek them out when the pairs begin prospecting for suitable nesting locations during early spring 2026.

If you have nest boxes in your garden, and can access them via the lid or a hatch, now is a great time of year to remove old nests. It avoids the build up of parasites and as birds will not usually remove the material themselves, material eventually fills the box leaving no more space. If you do decide to clean the boxes, ensure it's complete by early February as birds will be on the look for their spaces after this time.

The data gathered has contributed 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



Jo Jo's healthy cooking on a budget classes

The Peace Memorial Hall, Lakenheath, will be hosting 6 cooking sessions beginning FRIDAY 9th January 2026 from 2:30-4:30pm.



***All abilities welcome.**

***Learn about and cook some new recipes**

***make new friends**

***eat and take home leftovers**

***be active while waiting for food to cook**



FREE

Booking required. Adults only at these events please.

Phone Jo at the library to book your place. Limited to 10 participants.

Call 01842 668445.

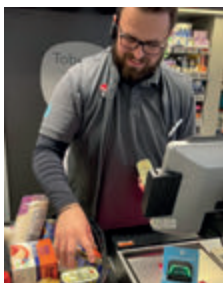
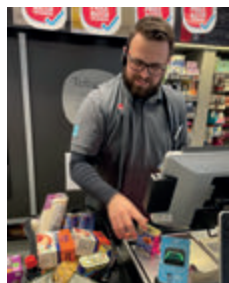


Funded by the Test and Learn phase of the Active Lakenheath project and supported by the Parish Council



Free slow cooker for those who do all the classes!

Co-op supports Active Lakenheath



Massive thanks to the Lakenheath Co-op for giving a significant donation of food to Jo Jo's cooking sessions which will start in the new year for anyone living on a budget who would like to take part in some fantastic cooking sessions! Please see separate poster for all the details. Active Lakenheath is so proud to have made so many partnerships in the village to enable people to become more active and live healthier lives.



Register for
a place
NOW

Lakenheath Little Fishes

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

2 Fully
qualified
SENCOs





Ofsted
Rated
GOOD

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

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

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

Partnerships with
parents and carers
are excellent
OFSTED 2017

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



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

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

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

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

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



LAKENHEATH PAVILION

 Lakenheath Playing Fields, Eriswell Road, IP27 9AF



*Scan to visit
our website!*

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



Email us at
mail@lakenheathpavilion.org



Call us on
07789 499970



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

**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



LAKENHEATH PARISH COUNCIL

Vacancy for a Councillor

If you are interested in becoming a Councillor, please contact Nicky the parish clerk for a chat. We would like to hear from you: what's needed are life skills and a calm, level head, plus wanting our community to remain safe and happy.

Parish Councillors are not paid.

*"If you can keep your head when all about you
Are losing theirs and blaming it on you,
If you can trust yourself when all men doubt you,
But make allowance for their doubting too;
If you can wait and not be tired by waiting,
Or being lied about, don't deal in lies,
Or being hated, don't give way to hating...
If you can bear to hear the truth you've spoken
Twisted by knaves to make a trap for fools,
You'll be a **Parish Councillor!**"*

(Excerpt from "If" with sincere apologies to
Rudyard Kipling)

Mildenhall Museum Society TALKS AT THE MUSEUM

Talks start at 7:30 pm
members £2 non-members £4

11th December

Ed Lewis - 1914 Christmas Truce
in WW1 - Extra talk added the week
after Merry Mildenhall so please
put in your diaries

5th February 2026

AGM 2:00 pm start followed by
talk given by Kevin Boardman
entitled The Kitchen

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.

Menopause support group

A 6 week course for anyone affected by the perimenopause or the menopause. It will be informal, informative and hopefully, really fun!



Begins Tuesday 6th January 2026 - 6-7pm

Sign up at the library.

Course delivered at Lakenheath Library.



Funded by Active Lakenheath and supported by Lakenheath Parish.



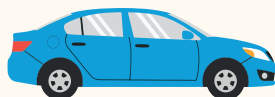
Home Library Service



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

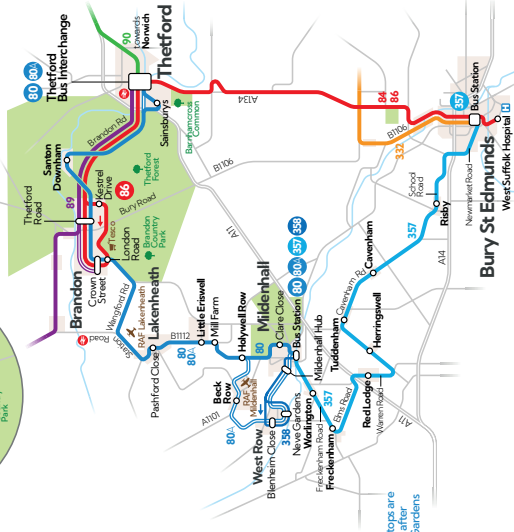
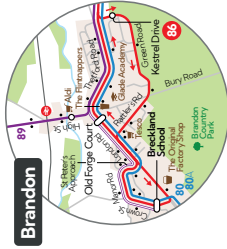
Our volunteers can bring books direct to your home.

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



suffolkcommunitylibraries.co.uk





● this bus runs on ES Breckland school days only

● these buses on all services run on Mondays to Fridays only

Thetford | Brandon | Lakenheath | West Row | Mildenhall

Monday to Saturday except public holidays

80A	358	80	80	80	358	80	1200	1300	80	358	80	80
0720	0740	0900	1000	1100	1200	1300	1640	1740				
0727	0747	0910	1010	1105	1205	1305	1645	1745				
0735	0755	0915	1015	1110	1210	1310	1650	1750				
0738	0758	0920	1020	1115	1215	1315	1655	1755				
0742	0802	0925	1025	1120	1220	1320	1700	1800				
	0805	0925	1025	1125	1225	1325	1705	1805				
0750	0810	0935	1035	1135	1235	1335	1510	1715	1815			
0755	0815	0940	1040	1140	1240	1340	1515	1720	1820			
0758	0818	0943	1043	1143	1243	1343	1518	1723	1823			
0800	0820	0945	1045	1145	1245	1345	1520	1725	1825			
0809	0824	0949	1049	1149	1249	1349	1524	1729	1829			
0810												
0814												
0820	0914			1131			1431					
0822	0915			1132			1432					
0824	0917			1134			1434					
0834	0920	0834		1137			1437					
0839	0928	0838	1000	1100	1145	1200	1300	1400	1445	1530	1732	1832

Mildenhall | West Row | Lakenheath | Brandon | Thetford

Monday to Saturday except public holidays

80	80	358	80	80	358	80	1200	1300	80	358	80	80A
0640	0720	0850	0900	0950	1050	1150	1250	1350	1417	1530	1540	1745
0645		0855	0955	1055	1155	1255	1355					
		0907			1124				1424			
		0908			1125				1425	1540	1545	1750
		0914			1131				1431		1549	1754
		0915			1132				1432		1551	1756
		0917			1134				1434		1557	1752
											1558	1803
											1604	1809
0640	0720	0859	0959	1059	1159	1259	1359		1543	1607	1812	
0655	0736	0905	1005	1105	1205	1305	1405		1548	1611	1816	
0658	0740	0908	1008	1108	1208	1308	1408		1550	1614	1819	
0701	0745	0911	1011	1111	1211	1311	1411		1553	1616	1821	
0704	0750	0914	1014	1114	1214	1314	1414		1558	1618	1823	
	0800											
0714	0924		1024	1124	1224	1324	1424		1608	1628	1833	
0718	0928		1028	1128	1228	1328	1428		1611	1632	1837	
0720	0930		1030	1130	1230	1330	1430		1613	1634	1839	
0724	0934		1034	1134	1234	1334	1434		1618	1638	1843	
0728	0938		1038	1138	1238	1338	1438		1622	1642	1847	
0735	0945		1045	1145	1245	1345	1445		1629	1649	1854	

80 80A 358

Thetford Bus Interchange (Stand D)
Thetford Sunbury
Santon Downham St Mary's Church
Brandon Lingham Road
Brandon Old Forge Court
Brandon Pond Lane
Brandon IES Breckland School
Lakenheath Post Box
Lakenheath Postford Close
Lakenheath North Road
Erswell Lons Walk
Hollywell Row Hollywell Farm
Beck Row Parkside
Beck Row Barleycorn Way
West Row Blenheim Close
West Row St Peter's Church
West Row Neve Gardens
Mildenhall Mildenhall Hub
Mildenhall Clare Close
Mildenhall Bus Station (Stand B)

80 80A 358

Mildenhall Bus Station (Stand B)
Mildenhall Clare Close
Mildenhall Queensway
Mildenhall Mildenhall Hub
West Row Blenheim Close
West Row St Peter's Church
West Row Neve Gardens
Beck Row Parkside
Beck Row Barleycorn Way
Hollywell Row Hollywell Farm
Erswell Lons Walk
Lakenheath North Road
Lakenheath Postford Close
Lakenheath Post Box
Brandon IES Breckland School
Brandon Pond Lane
Brandon Old Forge Court
Brandon Lingham Road
Santon Downham St Mary's Church
Thetford Sunbury
Thetford Bus Interchange (Stand D)

WHAT'S ON



www.lakenheathpmh.org



Lakenheath Peace Memorial Hall and Community Centre

Lakenheath Community Centre Lounge and Bar



Open to everyone, no membership required, every Friday 6-11pm, Saturday 12pm-12am and Sunday 11:30am-7:00pm. Pool tables and darts board available for use. Children's indoor and outdoor toys. Families and dogs welcome. Food served until 9pm Friday and Saturday and until 6pm on Sunday. Card or cash payments accepted.

Lakenheath Peace Memorial Hall Sunday Roast Dinners

Every other Sunday 12:30-6pm, booked tables only. Last Sunday lunch of 2025 is our Christmas Dinner on Sunday 7th December, returning in the New Year from Sunday 1st February 2026.

Bar menu will not be served on Sunday Roast dates.



Meet and Eat



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

Christmas Prize Bingo

Saturday 22nd November. Join us for our 3rd Prize bingo night, this time with a Christmas Theme. Ticket sales start at 7pm, eyes down at 8pm. £10 a book, £1 a strip on the raffle. Bar open and food available.



Christmas Light Switch On

Join us and our friends from Lakenheath Silver Band on Saturday 29th November at 5pm for our Christmas Light Switch On.



Christmas Craft Fair & Children's Party

Saturday 20th December. Join us 12-4pm for our Christmas Craft Fair. FREE Santas Grotto visit for children under 8 12-3:30pm and then join us from 4pm for our Family Christmas Party.



Boxing Day Karaoke

Friday 26th December, bar and lounge open from 12pm, karaoke 5pm 'til late. Back by popular demand, join us and Mr Gary Spencer aka Garyoke for our Boxing Day karaoke.



New Year's Eve

The 80s Rock Experience, Peace Memorial Hall – tickets sold by the band. The Community Centre bar and lounge will be open to all.



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@lakenheathpmh.org or 07538609281



www.lakenheathpmh.org



Lakenheath Peace Memorial Hall and Community Centre



Clubs and Groups that use our halls

The Monday Club
Monday, 10am -12pm, 01842 860829

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

Lakenheath Liners
Tuesday, 7:30-9:30pm, 07719271261

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

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

Stampin' Up! Card Making
2nd Friday and 3rd Wednesday of the month,
7-9pm, 07702701836

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

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

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

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

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

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

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

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

Men's Shed Breakfast
Various dates, 07504417929

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

connecting communities

rural transport

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

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

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

www.suffolkonboard.com/CC



Job Opportunity: Clerk's Assistant

Hours: Approximately 10 hours per week (40 hours per month), flexible and as needed

Start Date: Beginning of the New Year

Lakenheath Parish Council is seeking a reliable and hands-on Clerk's Assistant to support the Clerk with a variety of practical tasks. This is a flexible, part-time role offering diverse and engaging work, including but not limited to:

- Boxing and organizing archives
- Changing SID (Speed Indicator Device) batteries
- Setting up for meetings and events

If you're practical, adaptable, and enjoy varied work, both indoor and out, we'd love to hear from you.

To find out more, please contact Nicky, the Clerk:

Office: **01842 860598**

Mobile: **07388 408115**

Email: clerk@lakenheathparishcouncil.gov.uk

Or feel free to visit the office on Tuesday, Wednesday, or Thursday mornings.

All enquiries will be treated in the strictest confidence.



LAKENHEATH INDOOR BOWLS CLUB

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

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

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

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

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

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

A great way to exercise.

Please Contact Secretary Tina Seeley on
07889 393952

LAKENHEATH INDOOR BOWLS JUNIOR SECTION

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

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

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

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

All coaching is provided by qualified coaches.

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

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

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

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

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

Please contact Pauline Wright at **07934 642486**



SUNSHINE CORNER DAY NURSERY

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

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

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

Family events year round!

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

Please call Nicola Palmer on 01842 862646

or email: sunshinecornerlakenheath@gmail.com

Sunset Barn Care Farm and Care Café News!

Hi from Sunset Barn Care Farm and Care Café. We've altered the clocks and the autumn leaves have started to fall but no frost, as of yet. We've been busy collecting potatoes and onions from the fields which will serve us well during the winter months both on the farm and at the Care Café. It's time to thank everyone again, staff, volunteers and farm helpers alike for all they have done over the past year. We are so very grateful for the continued support of so many which enables us to help youngsters on a Monday reach their potential and, during the rest of the week giving opportunity to adults with a range of additional needs to be part of the community by helping out at the Care Café and by engaging in all the activities at the Care Farm on a regular basis, giving a sense of purpose and belonging.

The donkeys continue to bring pleasure to those who help with the grooming and we've watched confidence grow as people lead them back into the paddock. The chickens, ducks and geese are under house arrest again due to the recent declaration of outbreak of bird flu which means we are following a strict procedure to keep them and us as safe as possible.

We are closed from the 20th December through to the 4th January 2026 inclusive at the farm so this will mean no Care Café on Tuesdays 23rd and 30th December. We wish you all a very Happy Christmas and Peacesful New Year.

Regards

Melanie and all at the farm.

**Sunset Barn Care Farm
(07847) 037622**



Squirrels BEAVERS

1st Lakenheath Scout Group

Squirrels – age 4-5
Tuesday 5pm-6pm

Beavers – age 6-8
Monday 4.45pm-6pm

Cubs – age 8-10½
Monday 6.30pm-8pm

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

All sections welcome boys & girls

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

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

Group Scout Leader

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

cubs scouts



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

We do various crafts, activities and learning new skills.

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

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

or contact below for more information:

Brownies:

Emma (07713 696475) or
Cheryl (07754 540182)

LakenheathBrownies@gmail.com

Rainbows:

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

VENUES FOR HIRE

For more information please contact

Lakenheath Football Club

missyw19@hotmail.co.uk / 07834983094

Lakenheath Pavilion

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

Lakenheath Peace Memorial Hall & Community Centre

bookings@lakenheathvillagehall.org / 07538 609281

Lakenheath School

Christine Nobbs 01842 860256

Methodist Chapel Community Rooms

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

LAKENHEATH CAMERA CLUB

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

1st December 2025

Macro Session. Bring your cameras.

15th December 2025

Christmas Party. Mr. David Flack is going to run a Quiz.

5th January 2026

A Slide Show, presented by our Chairman, Mr. David Flack from Lakenheath.

19th January 2026

Print and Digital Image competition, all 'Open' subject. The Judge will be Susi Hancock from Swaffham.

2nd February 2026

"Tuddenham." Presented by Mr. John Hellard from Tuddenham.

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

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

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

LAKENHEATH ANGLING CLUB

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

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

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

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

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

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

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

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

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

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

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

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

EPIC Dad Fun Club

www.epicdad.co.uk

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 6th December
(Christmas Party for all the Family)

No Club in January
Saturday 7th February
Saturday 7th March



EPIC Dad Kitcamp Equipment



EPIC Dad Easter Egg Hunt 2025



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 YOUTH FOOTBALL CLUB



**UNsung HERO
RICHARD HORREX**

**ABBEYCROFT LEISURE
AWARDS**

This year's Unsung Hero Award has been presented to Richard Horrex (LYFC Chairman). This special award celebrates those whose passion, dedication, and kindness make sport possible for so many. Richard has worked tirelessly for the club over the past 10 years, enabling countless children to play football and be part of a team.

Huge congratulations to Richard, and thank you for everything you do to support our club and our community.



A big thank you to everyone who baked or bought cakes at the LYFC cake sale! Your generous support helped raise over £400. All funds will go towards maintaining the playing fields and providing equipment for local children to enjoy grassroots football.



Join us for our monthly Bingo Nights at The Pit. Enjoy great prizes and a cash pot to be won!



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



LYFC Youth Day was a special event dedicated to bringing the Lakenheath's first team together with the youth teams. The day kicked off with our talented U16s and U17s playing first, followed by the men's match against Fakenham Town, with our U7s serving as mascots. The grand finale saw some of our youngest players from the U8 Eagles and U8 Hurricanes also playing at the stadium. Children from across the youth teams came out in force to support their club, making it an inspiring day for our young players and stars of the future. A big thank you to Shane, Lakenheath Football Club, all the coaches, helpers, and families for making the day a huge success.

www.lakenheathyouthfc.co.uk





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

**6th December 2025 Christmas Workshop.
Please contact Treen Webb Mobile 07858417707
if you would like to attend.**

**8th December 2025 Demonstration by Barbara Collins
Peterborough.
"All Spruced Up"
Tickets £15**

**9th February 2026 Class by June Meades.
Members demonstration for May by Pat Scott.**

**9th March 2026 Demonstration by Elizabeth Robertson
Prickwillow
"First Days of Spring"**

13th April 2026 - AGM

**Annual club membership is £35. Juniors up to 18 years £3.
Visitors to classes £5**

If you need any further information please call Heather on 01842860997

LAKENHEATH FRIENDSHIP CLUB NEWS

As usual it's all go at the Friendship Club with new members joining us weekly. Our midsummer party was a huge success with Kevin Wright (aka Hank Shadow) providing the music. Those that were mobile were up on their feet dancing the afternoon away.

Over the following weeks we had bingo with household goods for prizes and there was much fun and laughter.

Singer Louise Elder delighted us at the next gathering and what a find she was. She started with war time songs which everyone knew and songs from the 50's and 60's. This was one of the best afternoons ever. She was sensational with our members acting as cheerleaders. We will surely book her again.

We closed for our summer break in August but the first week back we had a lady from the Fire Brigade. She gave us a talk and how interesting and informative it was. She spent time individually with our members and we can't thank her enough.

After that we had another bingo session with money as prizes. Sue Crowe and Linda Spencer (aka Wing Song) came and sang for us at our next meeting. It was lovely to see everyone joining in. They are so professional and we thank them.

The following session, we had Spence from the Police. He is always very popular and his talks are a real eye opener. He's great and relates to everyone.

Our old friend David Jones from the Heritage Society was next. He is passionate about his work and as usual, his talk held everyone's interest.

We had an amazing fun time playing Family Fortunes. Our members paired up in teams of two and some of the answers were hilarious. This was a fun, loud and exciting afternoon. Big prizes for the winning team were on offer.

The penultimate time before our Christmas party was Helen. She was wonderful and showed us how to make a Christmas wreath and table designs. She has never been to us before and proved so popular, she will certainly be back.

So at the time of writing, we are preparing for our annual party. We have lots planned for this year festivities and I know our members will love it.

We still only charge £2 entrance and all the money taken in is given back in one form or another. We meet at the Methodist Church Hall every other Thursday. We ask our members to bring a small, clean, new item (within date) and we have a fun auction at the end of the afternoon.

We start back in the New Year on Thursday January 8th.

May I wish everyone a Merry Christmas and a Happy and Healthy New Year. We look forward to seeing you soon, come and enjoy the fun!

Susan Taylor



ALL-AGE

CARPET BOWLS AND MINI GOLF SESSIONS

Sunday 30th November (3:30 to 5:30pm)

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



Free Sunday afternoon activity sessions for all ages including
carpet bowls, mini golf, Lego, soft play, giant games,
refreshments, and lots more!



www.active.lakenheath.org

Do you rent your home from a private landlord?

Safe Suffolk Renters is a FREE service that provides advice and support for those living in the East or West Suffolk Council areas.

We can offer FREE help with:

- Damp and mould
- Healthy home checks
- Information about rights and responsibilities including the Renters Rights Bill



Find out more about how we can help.
Get in touch with our team today at
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*First Friday
of the month is*

Theme Night



The music will play



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Christmas Jumper Night



5th December



6pm Till Late

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Christmas IS COMING

FUN FREE FOOD

Saturday 29th november
from 3pm - 5pm

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FREE PLUS FOOD

messy Christmas

CHRISTMAS carol service

24th December

7 p.m.

Lakenheath Methodist Church

*All your favourite Carols and mince pies to follow
Perfect way to begin Christmas*

METHODIST CHAPEL

Offer of Prayer.

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

Come and worship with us!

Rev David McAloon 01842 753819

Hire our Raven and Evans rooms

Contact: Linda 01842 861160
or Melanie Smith 07847 057622



WHAT DO YOU DO ON A SUNDAY MORNING?

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

St. Mary's Church Youth Group

We meet alongside the Sunday service.

11.00 - 12.00

Suitable for all ages

*For further information call Peter on
07962007343*

BAPTIST CHAPEL

Sunday Services Morning 10.30am

Evening 6.00pm

For unto us a child is born, unto us a son is given: and the government shall be upon his shoulder: and his name shall be called Wonderful, Counsellor, The mighty God, The everlasting Father, The Prince of Peace. - Isaiah 9

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

ABUNDANT LIFE CHURCH

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

Sunday - Morning Service - 11am

(including Sunday School & Youth Group)

Monday - Prayer Meeting - 7.30pm.

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

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www.stthomas-stjohnparish.com

Can you name the foods shown in the pictures?
They are all named after places in the UK.

Answers



1 Welsh Rarebit



2 Chelsea Buns



3 Cornish Pastie



4 Stilton Cheese



5 Yorkshire Pudding



6 Dundee Cake



7 Sussex Pond Pudding



8 Lancashire Hotpot



9 Eton Mess



10 Bakewell Tart



11 Cumberland Sausage



12 Grantham Gingers



13 Melton Mowbray Pork Pie



14 Shrewsbury Biscuits



15 Eccles Cakes



16 Welsh Cakes



17 Bedfordshire Clanger



18 Glamorgan Sausages



19 Bath Oliver



20 Manchester Tart



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



Hall Hire



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LAKENHEATH PUBLIC NOTICEBOARDS

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

Thanks

LOVE WHERE YOU LIVE

LAKENHEATH NOTICE BOARD

Lakenheath 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 to.

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 2026, please would you let the parish clerk know?

Thanks Nicky Glading

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



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<https://facebook.com/IlSalvatorerestaurant>

Opening times:

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Tuesday 5.30-10.30pm

Wednesday/Thursday/Friday/Saturday 12-10.30pm

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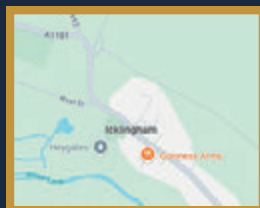
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SUPPORTING WITH KEY SKILLS (MATHS, ENGLISH AND IT) ARTS N CRAFTS MUSIC AND DANCE SESSIONS ASSISTING WITH QUALIFICATIONS POOL SOURCED ENTERTAINMENT (MAGICIAN, SINGER ETC)



**1 HOUR MINIMUM
CARE CALLS
SIT IN / BLOCKED CARE
SUPPORT**

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Our Mission

Our mission, is to deliver high quality care and support through a person centred approach where outcomes will be achieved. To have ongoing training, coaching and development for our team, to ensure they have the best knowledge and skills to provide an outstanding service.

Our Values

Our vision, is to grow the business at a gradual pace to ensure our values, mission, team and customer are at the heart of the business. To promote community inclusion and shared services where customer needs and preferences are met, and they are supported in a flexible way and increase their quality of life.

We have an extensive range of experience as a team, which enables us to provide a vast range of services this includes:

- Supporting the elderly
- Dementia
- Learning Disabilities
- Challenging Behaviour
- Addictions
- Complex Autism
- Self-neglect

Our carers are trained beyond industry standards to understand the complex needs of our clients, and come carefully matched to your individual requirements. Our carers also enjoy an industry-leading benefits package that rewards their dedication and loyalty, which in turn reduces staff turnover and improves our continuity of care for clients. The experience our carers have, has helped us to enable our clients to get the most from their calls, and most importantly get a better quality of life.



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