



# LAKENHEATH

## TIMES

Spring 2026

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



LAKENHEATH PEOPLE, SHOPS, BUSINESSES, SERVICES!

# LOCAL AUTHORITY RESPONSIBILITIES

*Who does what and how to contact them*

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

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

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

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

OPEN TUESDAY, WEDNESDAY &  
THURSDAY 9AM to MIDDAY

[clerk@lakenheathparishcouncil.gov.uk](mailto:clerk@lakenheathparishcouncil.gov.uk)

Telephone: 01842 860598

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

Phone: 020 7219 6191

Email: [nick.timothy.mp@parliament.uk](mailto: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](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 Summer Issue 1st May 2026

### Why advertise with us?

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

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

To advertise with us please contact [advertising@lakenheathparishcouncil.gov.uk](mailto:advertising@lakenheathparishcouncil.gov.uk)

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

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# Lakenheath Parish and District Councillors

## PARISH COUNCILLORS

### **Cllr Nick Smith (Chairman)**

Tel: 01842 861449

[nick.smith@lakenheathparishcouncil.gov.uk](mailto:nick.smith@lakenheathparishcouncil.gov.uk)

### **Cllr Gerald Kelly (Vice Chairman)**

Tel: 07968 396389

[gerald.kelly@lakenheathparishcouncil.gov.uk](mailto:gerald.kelly@lakenheathparishcouncil.gov.uk)

### **Cllr Jenny Murfet**

Tel: 01842 861390

[jenny.murfet@lakenheathparishcouncil.gov.uk](mailto:jenny.murfet@lakenheathparishcouncil.gov.uk)

### **Cllr Iain Frost**

Tel: 01842 860577

[iain.frost@lakenheathparishcouncil.gov.uk](mailto:iain.frost@lakenheathparishcouncil.gov.uk)

### **Cllr Alan Gyte**

Tel: 01842 860979

[alan.gyte@lakenheathparishcouncil.gov.uk](mailto:alan.gyte@lakenheathparishcouncil.gov.uk)

### **Cllr Peta Gyte**

Tel: 01842 860979

[peta.gyte@lakenheathparishcouncil.gov.uk](mailto:peta.gyte@lakenheathparishcouncil.gov.uk)

### **Cllr Wendy Overy**

Tel: 01353 675236

[wendy.overy@lakenheathparishcouncil.gov.uk](mailto:wendy.overy@lakenheathparishcouncil.gov.uk)

### **Cllr Michael Rowntree**

Tel: 01842 861223

[mike.rowntree@lakenheathparishcouncil.gov.uk](mailto:mike.rowntree@lakenheathparishcouncil.gov.uk)

### **Cllr Sharon Digiulio-Rowntree**

Tel: 01842 861223

[sharon.digiulio-rowntree@lakenheathparishcouncil.gov.uk](mailto:sharon.digiulio-rowntree@lakenheathparishcouncil.gov.uk)

### **Cllr Denise Smith**

Tel: 01842 861449

[denise.smith@lakenheathparishcouncil.gov.uk](mailto:denise.smith@lakenheathparishcouncil.gov.uk)

## DISTRICT COUNCIL REPRESENTATIVES

### **Cllr Gerald Kelly**

(Care of) West Suffolk Council  
West Suffolk House, Western Way  
Bury St Edmunds,  
Suffolk IP33 3YU  
Mobile: 07968 396389  
[gerald.kelly@westsuffolk.gov.uk](mailto:gerald.kelly@westsuffolk.gov.uk)

### **Cllr Tracy Whitehand**

(Care of) West Suffolk Council  
West Suffolk House, Western Way  
Bury St Edmunds,  
Suffolk IP33 3YU  
Mobile: 07884 254526  
[tracy.whitehand@westsuffolk.gov.uk](mailto:tracy.whitehand@westsuffolk.gov.uk)

## COUNTY COUNCIL REPRESENTATIVE

### **Cllr Colin Noble**

07545 423795

[colin.noble@suffolk.gov.uk](mailto:colin.noble@suffolk.gov.uk)

## MEMBER OF PARLIAMENT

### **Nick Timothy**

House of Commons  
London  
SW1A 0AA  
Tel: 020 7219 6191  
[nick.timothy.mp@parliament.uk](mailto:nick.timothy.mp@parliament.uk)

## Lakenheath Times publisher: Lakenheath Parish Council

### **Parish Clerk, N Glading**

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

Tel/Fax: 01842 860598 Email: [clerk@lakenheathparishcouncil.gov.uk](mailto:clerk@lakenheathparishcouncil.gov.uk)

Opening Hours: Tues-Thursday, 9am-12noon

**Editor:** Denise Smith Email: [editor@lakenheathparishcouncil.gov.uk](mailto:editor@lakenheathparishcouncil.gov.uk)

**Advertising:** Denise Smith Email: [advertising@lakenheathparishcouncil.gov.uk](mailto:advertising@lakenheathparishcouncil.gov.uk)

# Useful Contacts

## AGE UK

Help Desk Tel No: 01473 257039

## COUNTY COUNCILLOR

Colin Noble Tel No: 07545 423795

Email: colin.noble@suffolk.gov.uk

## DISTRICT COUNCILLORS

Gerald Kelly

Email: gerald.kelly@lakenheathparishcouncil.gov.uk

Tracy Whitehand

tracy.whitehand@westsuffolk.gov.uk

## 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

Tel No: 020 7219 6191

Email: nick.timothy.mp@parliament.uk

## CONSTITUENCY OFFICE

Tel No: 01638 590640

## PARISH WEBSITE

Website: www.lakenheath.onesuffolk.net

## PHARMACY

Tel No: 01842 862884

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

## SURGERY

Tel No: 01842 860400

## VILLAGE HALL and COMMUNITY CENTRE

Tel: 07538 609281

Email: bookings@lakenheathvillagehall.org

Website: www.lakenheathvillagehall.org

## WEST SUFFOLK COUNCIL

Tel No: 01638 719000

Website: www.westsuffolk.gov.uk

## *Springtime Smiles in Lakenheath*

As the days slowly stretch a little longer and the first signs of Spring begin to brighten our village, it's the perfect moment to look ahead to one of the happiest weekends of the year. Easter will be celebrated from 3rd to 6th April, bringing with it all the colour, warmth, and community spirit that Lakenheath does so well.

Before we hop into the Easter fun, don't forget that the clocks spring forward on Sunday 29th March. It may cost us an hour of sleep, but it gifts us lighter evenings — ideal for strolls around the village, to potter around the garden, or simply enjoying that extra bit of daylight after a long Winter.

This Spring also marks a special milestone for me personally: two years of creating the Lakenheath Times. It has been a joy and a privilege to share village news, celebrate local achievements, and help keep our wonderful community connected. Thank you to everyone who reads, contributes, and supports the magazine — you make it what it is.

Your voices, memories, and moments are what bring each issue to life.

Wishing you all a cheerful, colourful, and hope filled Easter season. Here's to longer days, brighter skies, and another year of community spirit in full bloom.

*Denise*

## DISCLAIMER

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

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# Why Suffolk's 2026 County Council Elections Were Cancelled – And What Happens Next

The cancellation of the May 2026 Suffolk County Council elections has prompted understandable concern and confusion among residents. It is important to be absolutely clear about where this decision sits.

The cancellation was not taken by Suffolk County Councillors. It was a decision made by the Secretary of State for the Ministry of Housing, Communities and Local Government (MHCLG), using powers held only by central government.

The decision forms part of a wider programme of local government reorganisation being considered for Suffolk. Where structural change is under review, government can decide to pause scheduled elections to avoid electing councillors to authorities that may be abolished or fundamentally restructured shortly afterwards. While this does not remove local democratic accountability, it does delay the opportunity for us as voters to have our say at the ballot box until the future shape of local government is confirmed.

Alongside this uncertainty, Suffolk County Council must still carry out one of its most important statutory duties: setting a balanced budget. The budget-setting process for the coming year is taking place against a challenging national backdrop. Inflationary pressures, rising demand for adult and children's social care, the need to fix our roads after a tough winter and ongoing pressures on public services mean that there are no easy options.

Any increase in council tax represents a tough decision and hard choices. I and my fellow Councillors are acutely aware that residents are facing higher household bills and that council tax is paid from hard-earned money. The focus remains on protecting essential frontline services while delivering value for money and keeping increases as low as possible within the constraints imposed on local government.

These are not abstract figures on a spreadsheet; they directly affect families, businesses and communities across Suffolk.

Looking ahead, the Secretary of State for MHCLG is expected to announce whether Suffolk will move to a single "One Suffolk" unitary council or a model involving three unitary councils. That decision will be pivotal. Whichever option is chosen, the real work will then begin: designing new councils, transferring services, supporting staff through change, and ensuring continuity for residents.

Crucially, new local elections are planned for May 2027, giving voters the chance to elect councillors to the new authorities. Those elections will shape how services are delivered for years to come. In the meantime, existing councillors continue to serve their communities, make decisions in the public interest, and prepare Suffolk for the next chapter in local government.

Change brings uncertainty, but it also brings opportunity. The months ahead will be about stability, responsibility, and

putting Suffolk's residents first as the county moves toward its future. As always if there is any concerns or issues you have, don't hesitate to get in

contact with me.

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



## A Message from Lakenheath Parish Council Chair Nick Smith

As the new season and better weather brings us the opportunity to spend more time outside, it also allows us to see and think about what we would like to improve in this village of ours. We are all aware of the potential of the Active Lakenheath and Pride in Place schemes and within the pages of this magazine, there are many words on this subject. I hope to play my part, as I hope you will, in putting these words in to action. We have made improvements recently, the last of which, the new flower beds in the entrance to the cemetery was well received. We have further

improvements already in the pipeline, equally popular, I hope.

Advertised in the magazine is our Annual Assembly for late March. Though organised by the Parish Council, this is not a Parish Council Meeting. It is a great opportunity for the local organisations and charities to update you on their activities, achievements and requirements. A great evening to swap ideas and discover common ground so please come along and have your say.

We have much to look forward to.

**Together  
Yes, we can!**

See you at the assembly, I hope.

**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

With Pride in Place, Active Lakenheath, Elections and Heaven alone knows what else relying on feedback to guide decisions, *Survey Fatigue* is becoming a real risk. It's the point at which we become tired of being asked for our views and as we can't see anything resulting from our input, we begin to disengage. With all that's going on it's hardly surprising that many of us feel oversurveyed and underheard.

Several things contribute to this. Frequency is the most obvious; when surveys arrive too often asking similar or the same questions, we all get frustrated. Worst of all is when we see no visible change resulting from our input.

Why, you wonder, am I rabbiting on about Survey Fatigue? The answer is that the funding coming from Central Government and Sport England depends on proving that the projects have community support and are what, as a whole, we want.

We've learned a few lessons from Active Lakenheath that we will apply to Pride in Place and Active Lakenheath going forward. The first of these is to listen less to the hype and look closer to the detail. Getting both has been described as winning the Lottery two weeks in a row and undoubtedly they make up the best opportunity we will ever

have to improve Lakenheath for us all. But it's not like winning the Lottery; twenty odd million pounds could build the swimming pool that often appears in the surveys that have already been done if - and only if - the money all came at once, we didn't have to jump through lots of expensive hoops, and it would pay its own running costs into the future. So we need to be clear about what is actually on offer, what we can do in the village itself and what we can benefit from even if it is physically somewhere else. The other big lesson is about governance - who is responsible for decisions and who do they answer to? The answer from now on is Lakenheath and its residents!

To get this right and to make sure Lakenheath gets the best from every penny available we are going to have to have lots of meetings and I'm afraid, more surveys. My plea is that you join in the discussions whenever you get the chance; it really is the only way we will succeed. We want to do things rather than have to have them done to us; let's make that our motto!





LITTLE FISHES PRE-SCHOOL



# EASTER EGG HUNT

SATURDAY  
28<sup>TH</sup> MARCH  
11.00AM - 2.00PM

LAKENHEATH PAVILION

Refreshments, Raffle, Games  
Tombola, Cake Stall, Face  
Painting, Egg Hunt and more.

COME AND JOIN IN THE FUN



EGG HUNT FOR UNDER 9'S ONLY

A FUND RAISER FOR LITTLE FISHES PRE-SCHOOL

# FESTIVE CHEER AS PARISH COUNCIL TREES ARRIVED!



Elveden Estates delivered their Christmas trees in early December, perfectly timed for the village lighting ceremony on 5 December. This year's trees took pride of place in St

Mary's Churchyard and at the corner of Hall Drive, bringing a welcome glow to the heart of the community.



Father Christmas himself lit the Hall Drive tree, much to the delight of residents who gathered to watch from the safety of the Mola Café and Lounge car park. The café offered refreshments throughout the afternoon, adding warmth and comfort to the occasion. Father Christmas also handed out gifts to children, generously donated by the Parish Council, adding an extra touch of magic to the day.



Indoors, local duo Wing Song performed a cosy set of Christmas favourites, filling the space with festive music as gentle snowfall outdoors added a seasonal feel to the evening. Visitors browsed a selection of craft stalls, enjoying the chance to pick up handmade gifts and support local makers.

A special thank you goes to all the High Street retailers who lit up their shopfronts and helped extend the festive spirit throughout the village. Their efforts added an extra sparkle to an already joyful afternoon.



The event marked a heart warming start to the Christmas season, blending tradition, community spirit, and a little winter magic.



# Celebrating the Life of Betty Milner



Betty Milner was born in Dundee, Scotland, on 27 December 1921, beginning a life that has now spanned more than a century.

Although Dundee was her birthplace, she spent most of her years in Northallerton, North Yorkshire, where she built her home, raised her family, and became part of the fabric of the community.

During the Second World War, Betty served in the Land Army, contributing to the national effort with the resilience and determination that have always defined her. In 1944 she married her beloved husband, Pat, and together they raised their two children, David and Susan. Once her children were grown, Betty worked as a shop assistant, bringing her warmth and kindness to everyone she met.

In 1993, Betty and Pat moved to Covey Way in Lakenheath to be closer to family. Betty continued to live there for more than three decades, becoming a familiar and much-loved presence in the village until December 2024.

Most recently, Betty celebrated her 104th birthday at Kentford Manor care home. The home marked the occasion with a joyful buffet, cake, and bubbles, and Betty enjoyed the day surrounded by her children, grandsons, and great-grandchildren — four generations gathered to celebrate a truly extraordinary milestone.

# Lighthouse

For a brighter future, free from domestic abuse



**Mel Finch**  
Course Facilitator  
and Centre Triage

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

☎ 01473 228270

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

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

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

**Registered Charity Number: 1069296**

## GOWARD & EVANS CHARITIES LAKENHEATH

Reg Charity No. 253727

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

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

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

Mobile: 07796 018816

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





## Lakenheath Times Christmas Gathering – 12 December 2025

It was wonderful to gather with you all on 12th December 2025 for our Lakenheath Times Christmas celebration. As I looked around the room, seeing the faces of the people who carry this magazine through wind, rain, and the occasional stubborn letterbox, I was reminded once again how lucky our village is to have you.

You are the heartbeat of the Times. Every quarter, you turn a simple stack of printed pages into a shared community experience. You bring news, stories, and connection to every doorstep, and you do it with reliability, kindness, and a spirit that never fails to impress.

Your work matters deeply, and I am profoundly grateful for it.

As we head into a new year, I hope you carry with you the knowledge that you are appreciated more than words can fully express. It is an honour to work alongside you.

A heartfelt thank you as well to the Community Centre (now known as the “Old Legion”) for providing a wonderful buffet. Your support added so much warmth and generosity to the afternoon, and we’re truly grateful.

Here’s to another year of teamwork, community spirit, and stories worth sharing.

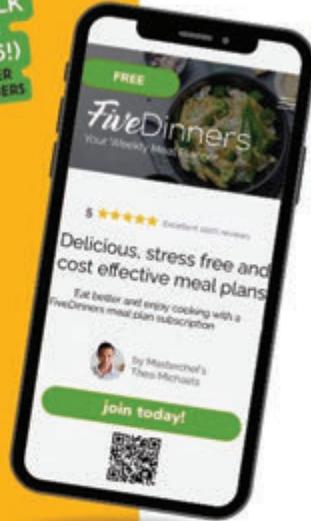
**Denise**  
**Editor**



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West Suffolk  
Council

feel  
good  
SUFFOLK

Healthy changes,  
one step at a  
time

## Lakenheath Parish Pantry

Very many thanks to all the residents who have so generously donated to the Parish Pantry. Your kindness has made a real difference to other local people in our community.

Collection points are available in the Co-op and in the lobby of the Parish Office.

We are truly grateful for your continued support.

Nicky  
Parish Clerk





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

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

**Vehicle-related crimes:**

Ensure you:

- Remove valuables from display (bags, laptops, tools, satnavs, etc).
- Keep your keys and fobs secure
- Always lock your vehicle
- Keep keys hidden, not near doors.
- Park in lit, busy areas or secure car parks if possible.
- Consider extra security like steering locks and trackers.

**Report any suspicious activity.**

**Out and about — stay alert, stay equipped!**

Where possible:

- Stick to welllit routes when it's dark.
- Let someone know where you're going if heading out alone late.
- Keep your phone charged and accessible.
- Report broken street lighting to the parish council or county highways.
- If you feel unsafe, move to a busy, welllit area and call for help.
- When cycling or running, wear reflective clothing and stay visible to motorists.

**If you notice suspicious behaviour, report it.**

**Suffolk Connected – Stay Informed:**

Suffolk Connected is our new system designed to keep residents updated on

local policing news, crime prevention advice, and community alerts.

Register today: Visit [www.suffolk.police.uk/suffolkconnected](http://www.suffolk.police.uk/suffolkconnected)

**Stay alert around the home:**

Be aware of:

- Doortodoor sellers acting suspiciously or being overly persistent.
- Unusual activity around elderly or vulnerable neighbours.
- Cold callers offering roof, driveway or gardening work at “special” prices.

**If something doesn't feel right, report it.**

**Crime prevention for homes and businesses.**

Be on the lookout for:

- Individuals loitering near shop entrances or storage areas.
- Repeated visits by the same individuals acting suspiciously.
- Vehicles parked in unusual locations late at night near business premises.
- Unknown vehicles parked on bridleways, field entrances or farm tracks.
- People taking interest in machinery, barns, or livestock movements.

**Not sure? Report it — we'll assess it.**

**Your community police officer:**

**PC 503 Cameron**



The Lancaster  
**Grease Night**  
 Friday 6th March

Includes photos of performers in 1950s style.

The Lancaster  
**Cocktail Night**  
 Friday 20th March

The Lancaster  
 Friday 3rd  
 April

Neon Festival

Includes The Lancaster logo and wine glass icons.

The Lancaster  
**PUNK**

Friday 5th May  
 Go on, let's dress the part

PUNK BANDS FORMED IN THE

Southbound  
**COUNTRY FEST**  
 SATURDAY 20<sup>TH</sup> JUNE  
 MORE ACTS AND DETAILS TO BE ANNOUNCED

Save the date!

Lakenheath Pavilion

St. Mary's Church

# Coffee MORNING

Saturday, March 28th  
10am - 12pm

Tea, coffee, Cakes  
and much more.

Everyone  
welcome.





It continues to be a very busy — and very exciting — time for everyone at Lakenheath CP School.

We are delighted to share that the building of our new school is coming together really well and, at this stage, looks on track for a September opening. Each update we receive shows real progress, and it's wonderful to see the vision gradually becoming reality. The new site will be a Net Zero school, and we understand it will be the first of its kind in East Anglia — something the whole village can feel proud of. It represents a huge investment in the future of our children and in sustainable education.

Alongside the school build, it is our understanding that plans for a Toucan

Crossing on Station Road and a pathway through the fields linking Maids Cross Way to Barr Drive will also be progressing. These will be important additions in helping children and families travel more safely to school. While all of this is very positive, we continue to press the council on a number of key issues, particularly around parking and safe routes to school, to ensure that the move works well in practice for families and the wider community.

One area we are working especially hard on is outdoor play equipment. Over the years, our fantastic PTA has fundraised tirelessly for playground facilities such as climbing frames and trim trails, which have made such a difference to playtimes and physical development. Unfortunately,

these cannot be moved to the new site. This type of equipment is not funded by the D of E or the council, so we have been actively seeking grants and other funding opportunities to ensure our children continue to have stimulating and active play spaces at the new school.

Another very exciting new chapter for Lakenheath CP School is that we will be opening a new pre-school provision at the new site, welcoming children from age two. This will allow us to support families earlier and provide a nurturing, high-quality start to children's education within our school community. We expect this provision to be fully open from January 2027, giving us a little more time after the main school move to ensure everything is carefully planned and established to the high standard we want for our youngest learners.

Behind the scenes, there is an enormous amount of work involved in moving a whole school — from resources and classrooms to systems and routines. It is a significant logistical task for staff, but also a once-in-a-generation opportunity. We are approaching it with great care and enthusiasm, and we know it marks an exciting new chapter, not just for the school, but for the village as a whole.

We continue to liaise closely with the parish council and developers, always advocating for what is best for the children and families of Lakenheath. As this is a county council building and project, the school does not have direct control over all aspects of the development. However, please be assured that we consistently raise questions, share community feedback, and work constructively with partners to help shape the best possible outcomes. Of course, while plans for the future are moving ahead, school life remains as

busy and joyful as ever. We are incredibly proud of our pupils, who recently achieved second and third place against many local schools in indoor athletics competitions — a fantastic achievement. We also have a range of exciting trips coming up, including a visit to London to see Matilda the Musical for our school choir, and curriculum-linked trips to Colchester Castle and West Stow to bring history topics to life. We are very grateful to Goward and Evans and the Christian Enterprise charity for their support this year, which has helped make opportunities like these possible for our children.

There is a great deal of change ahead, but also a great deal to celebrate. Thank you, as always, for the continued support of our school — it makes a real difference to the children and to our whole community.

Best Wishes,  
**Michael Tingey**  
Headteacher



## Significant Progress at Suffolk's First Net-Zero School

Exciting progress continues at the site of Lakenheath Primary School, Suffolk County Council's first net-zero-in-operation school which has been designed by Concertus Design and Property Consultants Ltd and is being constructed by Pentaco Construction.

The steel frame of the new school building is now fully complete, marking a major structural milestone. Internal and external blockwork wall construction is progressing well, further defining the layout and form of the future learning spaces that will soon welcome pupils and staff.

Externally, the car park is now nearing completion, with only final surfacing/finishing works remaining. External works and landscaping are advancing well, and the newly installed football pitches are beginning to establish, ensuring they will be ready for use when the school opens this year.

Internally, the building continues to develop at pace. Concrete slabs have been poured, and roof finishes are now well underway. In parallel, mechanical and electrical (M&E) works have commenced, with the team's starting the next phase of installations—an important step in bringing the school's efficient and sustainable building systems to life.



# *Safer Play for All: Zip Line Restored and Surfaces Renewed*

Lakenheath's playground has received a welcome safety boost, with several key improvements now complete. The zip line is back in action following essential repairs, and children can once again enjoy it with confidence thanks to a newly refreshed surface beneath.

Lakenheath Parish Council has also funded repairs to the swings, added wirebrushed treatment to the zip line for smoother use, and improved areas of wetpour surfacing across the play area. These upgrades ensure the equipment remains safe, durable, and ready for year round fun.

The Council extends its thanks to residents for their patience while the works were carried out. With these improvements in place, families can look forward to a safer, brighter playground experience.





# CENTRAL CAR CARE CORNER



Lakenheath Times has asked me to do a series of articles on car care and it is my pleasure to do so! I'll be covering many subjects over the coming editions but if there is anything you'd like to ask about, please give Elaine at Central Garage, Lakenheath, a call on 01842 860226.

I thought I'd touch on the preventative maintenance for timings chains and belts. It's worth getting to know which one your car has, as the maintenance of them are very different. This information will be in the car's owner's manual or can be found on-line. Central Garage Lakenheath has software that can check this so if you have any doubts, please call the Central Garage Lakenheath.

These are different to the auxiliary belt that is on the front of the engine; as this can be seen, is rubber and usually runs things like the alternator, water pump, power steering and AC compressor. This is easy to replace and will start to "squeal" when it needs replacing.

The timing chain / belt controls the "timing" of the most important parts of the engine (fuel inlet valves, exhaust valves, cam shafts, etc) so that the engine performs at it's peak

performance. It is arguably the most important part of the engine.

## Timing Chains

Many cars have a timing chain; as the name suggests, this is a chain, almost always made of metal. The manufacturer will usually say that the timing chain lasts the life of the car (they are usually vague on exactly what this might be but generally, a chain will not need to be changed, making changing it a choice (it may be that you have a high mileage car and want it to last that bit longer!).

Certainly regular oil changes with a good quality oil will help maintain the chain (the entire engine in fact!).

Obviously timing chains can fail and this can range from a slight stretch to a break. The former is fixable and will give symptoms of misfire, poor start, things like that. As these symptoms



also come about for other faults, it is worth seeking the advice of a garage as they will have the tools / software to check for timing issues. Basically, if something changes in the way your engine runs, seek advice.

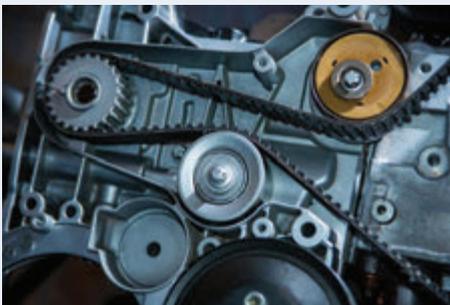
The latter is often fatal for the engine. Some engines are designed to suffer minimal damage in the event of a timing chain failure (maybe just top the end) but this is not always the case. A timing chain failure will nearly always mean a replacement engine would be needed.

### **Timing belts**

The majority of cars have a rubber, ribbed belt to run the timing (often called a serpentine belt).

These need to be periodically changed and the replacement cycle will be in the owner's manual or can be found on line. If you are in any doubt on the replacement cycle, please give Central Garage Lakenheath a call.

Some can need to be changed in as little as 25,000 (the Ford wet belt for instance) and some are replaced at 120,000; this will be in the car's manual. There is also a time period – so it will be, say, 100,000 miles or 10 years, whichever is sooner.



Belts very rarely stretch so you get little warning of failure. If you notice a change in the way the engine runs, please quickly seek advice. Central Garage Lakenheath would be happy to take a look at your timing to see if there are any symptoms of impending failure.

Failure has the same effect as a timing chain failure. You may be lucky to have damage limited to the “top end” but generally, if a timing belt goes, a new engine will be needed.

### **Can you tell if it has been replaced?**

Unless there is a record in the service book and / or an invoice for the work, the easy answer is no!!

Without these, the only way to check is to take the covers off and take a look; this constitutes most of the labour to replace the chain or belt and is an expensive way to check.

### **Costs**

Both the timing chain and the timing belt need a fair amount of dismantling of the engine, sometimes even the engine needs to be removed, and the costs of replacement will be expensive; obviously this is weighed up against the value (monetary or sentimental!) of the car and is personal choice. If the car is under a warranty, that warranty will often be voided if there is no evidence of the timing chain or belt having been replaced.

I hope you have found this useful; the things to watch for is a change in the way your engine runs, especially at start up and to follow the manufacturer's recommendations on replacement.



## Help shape Lakenheath's future: Join the Pride in Place Neighbourhood Board

*By Nick Timothy MP*



As you may know, Lakenheath was recently awarded up to £20 million in Pride in Place funding over the next ten years – a transformational investment in the future of the village.

This is our opportunity to decide together how best to invest this funding in a way that both reflects

residents' priorities and secures a brighter future for the area.

I recently met West Suffolk Council officials, and local district councillor Gerald Kelly, to discuss how we can make the most of this opportunity. Lakenheath already faces unique challenges and, with more than 600 new houses already built or on their way, we need infrastructure and service provision to be improved to meet our growing population.

Our community has a significant American presence from RAF Lakenheath, and we need solutions that work for everyone who lives here – ranging from potential high street regeneration and investment in jobs, education and skills through to more communal green spaces and better transport links. These are just a few

examples of what might be considered for the new funding.

## **But we cannot do this alone**

To deliver this programme, we need passionate residents to serve on the Lakenheath Pride in Place Neighbourhood Board. This Board will shape how the funding is spent – whether it is on village centre improvements, new green spaces, better roads, local transport, or other projects.

The Board will need a minimum of eight members, with at least half living or working in the local area. It will include residents, community organisations, local businesses, councillors, and myself as your MP. Crucially, it will be chaired by an independent appointee who must be deeply connected to Lakenheath and committed to bringing the community together.

The council is receiving early capacity funding to begin community engagement work, so your involvement can help make an immediate difference.

## **Who we are looking for**

We need Board members who are passionate about Lakenheath and committed to making it an even better place to live. Board members should be able to bring together different voices to shape a vision for the future of the village, ensuring everyone is heard and that discussions remain collaborative.

The ideal Board member should be fair, balanced, and skilled at facilitating conversations when opinions differ. They should be open to learning, willing to listen to others, and calm

under pressure with an ability to manage conflict constructively.

## **The role of the Chair**

As a first step, we are also seeking an independent Chair – someone who can champion the area and embody the community-led spirit of this programme. The Chair's primary job is to be a champion for Lakenheath and bring people together to share ideas in an open and collaborative way.

The Chair should have a deep connection to the area and can be new to this kind of work.

What matters most is a commitment to seeing change through and improving the lives of local people.

## **Can you help?**

Because of the timetable from the Government, an advert for the role of Chair has already been issued by West Suffolk Council, and interviews will be held in the coming weeks. I hope we have a strong field of candidates.

The wider Board must be formally confirmed by 17 July, and the Pride in Place Plan, which will set out the vision for investment and specific projects to be funded, is due at the end of November.

Please do not miss out if this is something you might like to do. Your passion and commitment to the area can make a real positive difference.

If you are interested in serving on the Board, or would like to find out more about the programme, please email me on [\*\*nick.timothy.mp@parliament.uk\*\*](mailto:nick.timothy.mp@parliament.uk)

I want to hear from you if you would like to participate in this exciting project.



# Hand Bells and Benefice Choir – Spring News 2026

Winter kept us wonderfully busy, with performances in several homes for the elderly and a few other groups besides. One highlight was our first visit to a home in Ely, where the residents sang with such enthusiasm and zest that at times we ringers couldn't hear our own bells. It was chaotic, joyful, and utterly unforgettable.

Just before Christmas, we held a handbell practice at my home as the Parvis Room was in use. Partway through, there was a knock at the door and it was Mr Alan Gyte (whom you'll find elsewhere in this magazine), an assistant, and several schoolchildren ready to sing carols. We invited them in, and they sang while we rang. It was spontaneous, heart-warming, and a moment none of us will ever forget. I, along with many others, have seen Ally save many a goal, but here he was scoring one!

We do, however, have a touch of sad news. One of our long-standing and much loved ringers has decided to step down. Bell-ringing looks simple until the bells are actually in your hands, and then the real adventure begins. Some people bring not only skill but humour, warmth, and a spark that lifts the whole team. Losing someone like that leaves a real gap, and we miss her dearly.

But every ending is also an opening. If you've ever fancied giving hand bells a try, we'd love to welcome you. We meet in the Parvis Room on Thursday mornings at 10.30am. For details, contact Patricia (01842 861565).

## **Benefice Choir**

After the whirlwind of Autumn, the choir is enjoying a short Winter breather. When rehearsals resume, we'll be polishing a couple of pieces we've been invited to record, and our conductor will be aiming for nothing less than perfection. As a bass, I can confirm we have a little climbing to do, but with our glorious Sopranos and Altos and our ever astonishing Tenors, we'll get there.

If singing is more your style, you're warmly invited to join us. Choir practices take place on Wednesday evenings, alternating between Elveden and Lakenheath Churches, just check ahead to see where we are that week.

To find out more, contact Bill Smith (01842 860242) or Wendy Francis (01638 534803).

And in very welcome news: the Lakenheath church heating is finally back on after the recent cold snap.

No more singing in scarves!

**Bill Smith**



***“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**

## THANK YOU



A big thank you to the Airmen from RAF Lakenheath, RAF Mildenhall and RAF Feltwell for joining our community litter pick on 6th December. Your time, energy and teamwork helped make a real difference in keeping our village clean and welcoming. We're grateful for your continued support and proud to have you as part of our wider community.

**Thank you guys!**

A huge thank you to the volunteer who kindly cleared the Garden of Rest just before Christmas. After the recent high winds brought down what felt like mountains of leaves, your hard work made an enormous difference.

Not only were the leaves cleared, but they were collected and properly disposed of in the garden waste bins—no small task on a blustery winter's day.

Our community is so fortunate to have volunteers who quietly step in to care for the spaces we all cherish.

We truly don't know what we'd do without you.

**With thanks, Nicky Parish Clerk**



## YOUR VILLAGE NEEDS YOU!

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

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



Lakenheath Parish Council

**VOLUNTEERS NEEDED!**



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

Contact: [clerk@lakenheathparishcouncil.gov.uk](mailto:clerk@lakenheathparishcouncil.gov.uk)

# Spring Gardening 2026

by Rachel Sobiechowski BSc. (Hons)

I always start my gardening year by looking at the RHS forecasted trends. Climate change has the biggest influence on our gardens and looking back at 2025, 4 heat waves governed what did well, or not so well in our gardens. Will this year be a wet summer? (I hope I don't later regret writing that!)

One big success for 2025 was outdoor tomatoes. With it being so dry, late blight was not an issue and crops were reliably produced. The rise of table-top vegetables looks set to continue as a way of supplementing our weekly food shops. Growing dwarf vegetables and fast-growing salad crops in a limited space is very rewarding and there's nothing quite like the taste of home-grown veggies. We will be increasing our range available in store at P&R Garden Supplies, starting the year with an increased range of seed potatoes.

The use of houseplants grown outside also looks set to continue, referred to as "In and Out plants". There are a huge range of plants that will happily grow outside in summer before spending their winters in our warm homes. I've never been a fan of houseplants; however, this is a trend I'm likely to try as I really like exotics and the 'jungle' look in my garden and the addition of houseplants is a great way to achieve this look. Lantana (traditionally grown as a houseplant in the UK) did really well in my garden last summer and this year I'll be adding it to Brandon in Bloom displays. You won't find traditional houseplants available for sale at our store as we simply do not have the right storage conditions, but we

will be increasing our range of "in and out" plants. I've no doubt that the trend of growing plants with pollinators in mind will continue to increase. Thankfully our growers provide excellent labelling on our perennials to assist you to choose.

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

## March:

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

## April:

- Protect fruit blossom from late frosts using horticultural fleece
- Sow seeds of hardy annuals, herbs and wildflowers directly where they are to flower.
- Keep a ball of twine handy and tie in new growth of climbers particularly Clematis and Honeysuckle which grow rapidly

- Keep tender bedding plants frost free
- Prune Hydrangeas
- Sow under glass tender annuals and vegetables
- Make a note of any gaps in your spring planting to order any bulbs in the autumn for next year.
- Leave your spring bulbs to die down naturally, don't be tempted to cut back or tie up foliage. Lift & divide any congested clumps which didn't flower.

**May:**

- Watch out for late frosts!
- Earth up potatoes and promptly plant any remaining
- When planting up hanging baskets

use a good quality compost, and add some slow-release fertiliser and water retaining crystals.

- Trim back spreading plants such as aubrieta, alyssum and candytuft after they have flowered to encourage fresh new growth and more flowers.
- Start to closely inspect your plants for pests and diseases - early prevention is easier than curing an infestation.
- Harden off and plant out young vegetable and bedding plants.

Whatever you are hoping to achieve in your garden this year Paul and I are always available to help you achieve your aims!



**P&R**  
Garden Supplies

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

**PLEASE CLEAN UP  
AFTER YOUR DOG**

**BAG IT  
AND  
BIN IT**



**LAKENHEATH LOVE WHERE YOU LIVE**

# Report it!

## 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](mailto: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.

## 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.

## 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

## 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.**



Report received of a man cold-calling door to door in the Woodbridge area, offering plants and teak garden furniture for sale.

The trader called at a property advising the resident that they had delivered to a neighbour and had excess stock. The caller was very pushing and the resident felt pressured into buying the olive trees and furniture, paying £2,050 by bank transfer.

After the trader left, the resident realised that the plants were dying and the furniture was damaged and rusty. The details on the invoice left were fake. The business name cannot be traced, and the telephone number doesn't work.

These individuals often visit Suffolk and use the same sales patter - "last one", "great price", "ex-exhibition stock" because they have not been able to sell them at the usual Garden Shows. This time, they are also stating that they have stock left over from a film shoot.

### **Our advice is don't buy at the door!**

If approached report to us via 0808 223 1133. When reporting doorstep incidents, please try to supply key information such as the description

of the individual and their vehicle, including the make, model and vehicle registration if seen.

To receive a no cold calling sticker, please email us with your address on [tradingstandards@suffolk.gov.uk](mailto:tradingstandards@suffolk.gov.uk)

Authorised push payment (APP) fraud happens when you are tricked by a criminal into sending money by bank payment to an account that they control and which you do not. Contact your bank immediately if you have lost money in an APP fraud.



Please be aware of these scam emails claiming to be from Tesco, stating that you are entitled to a Tesco gift card. The email leads to a phishing website that aims to steal your personal and financial information.

A quick tap on the sender's address also instantly reveals that the email is not from a Tesco address.

You can report scam emails to [report@phishing.gov.uk](mailto:report@phishing.gov.uk) and malicious websites to the National Cyber Security Centre.

If you've lost money or provided personal information as a result of a phishing scam, notify your bank immediately and report it to Report Fraud [www.reportfraud.police.uk/](http://www.reportfraud.police.uk/)

# Bringing Back The Old Legion

Residents of Lakenheath are being informed that, as of 31st December 2025, Lakenheath Community Centre has officially been renamed The Old Legion, Lakenheath.

Those who follow the venue's Facebook page or have visited recently will have noticed that the current committee has been making a wide range of improvements. The name change was felt to be an important step in restoring the building's identity and heritage, and the overwhelmingly positive response since the announcement suggests that this view is shared by a large proportion of local residents.



Alongside the new name comes a new logo, as depicted below, featuring an aircraft. The plane represents a Stirling I bomber (R9334 OJ-G) of 149 Squadron, which was stationed at RAF Lakenheath and tragically crashed at 7.15pm on 3rd January 1943 on the corner of Eriswell and Undley Road (near where the current children's

playground is located). It was on a training flight from Lakenheath Airfield. One of the first on the scene was **Chief Observer Fred Bullen of Lakenheath Royal Observer Corps**. He was subsequently awarded the **British Empire Medal (BEM)** for his efforts to rescue the crew. Six of the crew were injured and one was killed. Further details about the squadron and its history are displayed within The Old Legion.

Another significant change already in place is extended opening hours, with The Old Legion now open Wednesday to Sunday, serving food during opening times and offering fortnightly Sunday Roasts.

Looking ahead, the committee is planning to host regular entertainment such as discos, karaoke, bingo and quiz nights and other seasonal family-friendly events throughout the year, with the aim of ensuring the halls once again become the life and soul of the village.

Residents are encouraged to keep an eye on updates through our Facebook Page and notice boards around the village and come along to support the venue as it enters this new chapter. We look forward to welcoming you.

If you're interested in helping us on our journey and being a part of this exciting chapter, please email us at [bookings@lakenheathlmp.org](mailto:bookings@lakenheathlmp.org), alternatively come in for a chat.

***From The Lakenheath Peace Memorial Hall and The Old Legion Committee***

# 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.

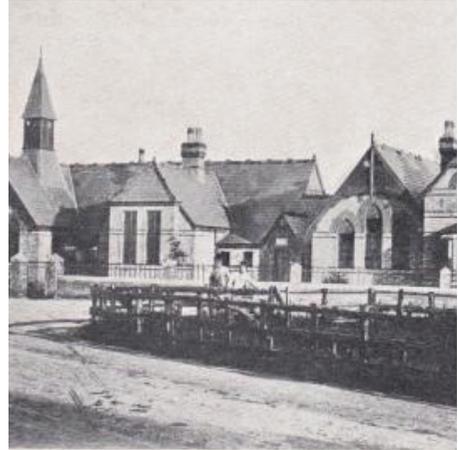
If you prefer to telephone you can ring James Pickerin, the County Footpath Officer for this area, on 01284 741352 and leave a message if he is out.

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





# LAKENHEATH HERITAGE GROUP



## Lakenheath County Primary School 1940s -1950s

My first days at school followed the Easter holidays in 1945. The infants' teacher, was a lovely kind lady to us new beginners. At school there were camp beds in the classroom, and we were all invited to have an afternoon sleep. We also had a sandpit to entertain ourselves, this was under a table top which was removed for all the children to play in.

A canteen was opened in 1942 and dinners, cooked on site by local ladies, were available. It was good wholesome food made with whatever meat and vegetables were available during the war years. My favourite were desserts covered with custard.

The government supplemented our diet with half a pint of full cream milk everyday. I can still remember those crates of bottles outside the school in winter with their inch of frozen cream. At other times of the year

the Blue Tits and other birds would peck through the foil and enjoy the cream.

The whistle, blown by a teacher, would begin the day in the playground. We all lined up, regimental, and marched in to assembly. Mr Jack Mann accompanied our hymn singing on the piano. The poor man had contracted malaria whilst in service and every so often it would flare up during classes and didn't we know it. The wooden blackboard duster would be thrown across the room, never minding what or who it hit!

All our work was on slates with slate pencils. The slates had a wooden surround to prevent breakage, maybe they were the original ones purchased between 1897 and 1900. We had to write on these until we progressed to ink pots and pens to dip for writing. It wasn't until 1949 that the ballpoint pen was invented.

Headmaster and lay reader, Mr Dent, took the scripture classes. He conducted many services at St Mary's Church and was also a bell ringer who introduced method ringing to Lakenheath.

He and his wife lived in the school house attached to the school. He was a keen gardener, consequently we had one of the best school gardens in West Suffolk, supplying much of the vegetables for our cook house. He offered the gardening boys one shilling (5p) if they could find a piece of couch grass root one yard long, a great idea to keep the garden clear. I cannot remember anyone getting a shilling. Many of the shrubs still at the front of the school were planted by the boys at that time, including myself.

Both Mr Dent and Mr Mann were very keen on sport. The older boys marched down to the Nest football field to practice football and in the summer cricket. We travelled around many Suffolk schools by coach to play against their teams. In 1947 over 200 spectators travelled from Lakenheath to Bury St Edmunds to witness our lads win the cup against Elmswell.

The older girls had domestic science classes and were taken also by coach to Stanton school for cookery lessons (which normally involved cabbage) and then had the pleasure of eating the meal they had prepared.

Woodwork started in a building erected in the playground for the older boys and some good work with large pieces of furniture were produced.

In the Spring of 1952 the top class was treated with a trip to Windsor and were disappointed not to see the Queen. There were also trips to London Zoo, Kew

Gardens, The Tower of London and Crown Jewels with a trip along the Thames to Hampton Court Palace. On one of these visits we travelled by train.

I can remember steaming youngsters drying out, standing by an iron cylindrical coal burning stove with a smoke pipe straight through the classroom ceiling. In the playground there was usually a large pile of coal, which one of the lads would often hurl at his fellow students. Today, he would have been labelled with a certain condition but in those days we all just pitched in together and survived, finding our place in society.

In 1944 a wireless (radio) had been purchased, bought with proceeds of salvage collection. This gave pupils at Lakenheath the opportunity to hear broadcasts.

Having re-read the School Centenary poem, written by Mr Wally Hebden, a very popular headmaster in the 1970s, I am reminded how he managed to reform Lakenheath Silver Band (still on the search for new recruits!). Sadly, Wally did not live to be an old man but his name will be preserved at the new school as Hebden Way leads from Station Road to the new building itself. The last verse of Wally's poem reads.

***And now, at last, a silent prayer, to the  
Heavens way up high,  
Together, we ask of Thee, Oh Lord,  
never let our School die.  
Please let the children sing with glee,  
and learn to play their part,  
For whilst our village has Our School, it  
will always have a heart!***

*Wally Hebden 15th October, 1977*

**Memories kindly told by Robert Rolph**

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

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

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

# Spring Quizzes

Spring Cryptogram – Find the words by using key below

A	B	C	D	E	F	G	H	I	J	K	L	M
N	O	P	Q	R	S	T	U	V	W	X	Y	Z











See Answers on page 72

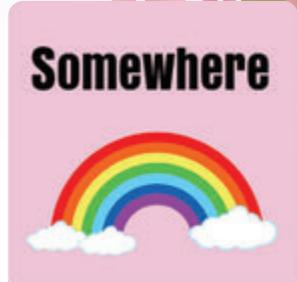
# Rebus Puzzles – Can you guess the expressions?



1



2



3



4



5



6



7



8



9



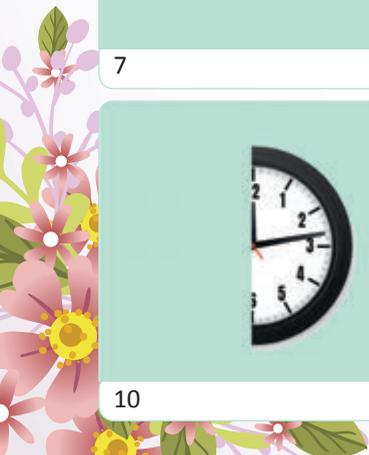
10



11



12



# LAKENHEATH ANNUAL ASSEMBLY

## Annual Parish Meeting

Friday 27th March 2026 starts  
at 6pm

at the **Peace Memorial Hall**  
**Lakenheath**

*Refreshments provided*

**This is NOT a parish council meeting: it is a chance for you to tell everyone what your organisation has been up to in the past year!**

**It's an informal meeting, open to all Lakenheath residents - come along and have your say!**

\* all are welcome, please feel free to attend

**Questions? Call Nicky 01842 860598**

### **Running order:**

1. Welcome, introductions and Chairman's report

### **The business stuff:**

2. 2025 Annual Meeting notes

3. 2025-26 Lakenheath parish council accounts

### **The good stuff:**

4. What's happening: Updates from Lakenheath groups/ local organisations\*, grant recipients

5. General discussion- ideas going forward

## Planting the Future: Cemetery Enhancements Begin, with Remembrance Garden to Follow

The new flower beds at the cemetery entrance are beginning to take shape, with the first planting now underway. Over the coming year they'll really fill out and flourish, creating a welcoming splash of colour for everyone who visits. Alongside this, wider cemetery improvements are progressing well, and later in the year we'll be creating a dedicated Remembrance Garden — a peaceful space for reflection that the whole community can look forward to. A small start now, but a beautiful transformation ahead.

Your Parish Council are driving these enhancements forward, creating a setting the whole village can feel proud of.



# Lakenheath Writers Group

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

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



## Now in our 5th year

**Monthly Workshops for 2026** (subject to change)

**Fridays - 1.30-3.30 at Lakenheath Library**

February 27

March **no workshop**

April 10

May 29

June 19

July 17

August **no workshop**

September 25

October 23

November 27

December **no workshop**

### **An acrostic resolution - Happy New Year (in the style of Brian Bilston) (@TGrant)**

Hoping that I might be  
Able to keep a resolution by  
Pretending it's easy,  
Perhaps, I might  
Yield to something simpler,  
Now that I can

Envision a better  
Way to achieve this  
Yearly predicament, but  
Expecting to  
Actually fail again,  
Really is irritating.



### **Taken from a 2025 workshop focus in the style of Lewis Carroll - literary nonsense (@LTurnbull)**

Alice looked up at the marzipan trees as  
the albatross flew down and landed on the  
pink grass beside her.

In its beak was a large fluttering dinner  
plate with words "tea party this afternoon at  
14 past O'clock written in aardvark ink.

She walked through the chequered trees  
into a sunlit clearing where several strange  
characters were gathered, all clambering  
for attention.

A thin, tall man with a flamingo shaped hat  
and eyes that spun round like Catherine  
wheels gestured to her to take a seat at

the top of the table. The seat looked very  
hairy and Alice saw it was the Cheshire Cat  
curled up in a tight ball with a self satisfied  
grin on its face. She held her skirts and sat  
down, sinking into its soft ,tickily fur.

A white rabbit with a striped blue waistcoat  
appeared carrying a dormouse on his arm,  
who in turn balanced a chocolate teapot on  
its head. Officially the rabbit extracted a  
shiny pocket watch from its waistcoat.

"I am late and you are early, so we are  
both on time" he stated. "Welcome Alice, I  
sincerely hope you have a curious appetite  
this afternoon."



# Celebrating Spring at RSPB Lakenheath Fen

Spring is a fantastic time to come and visit your local RSPB reserve, with a wealth of beautiful wildlife on show. We are currently part way through the annual Spring migration, whereby our warming temperatures and lengthening days cause some birds to leave this reserve to breed elsewhere in the world, and others to arrive to start their own attempts at making the next generation.

Over the recent winter, we have enjoyed roosts of up to 600 Whooper swans on the Hockwold Washes (viewable from the public footpath here), with a few of their rarer, smaller cousins the Bewick's swan here too. Both look quite different from the Mute swans we see in our rivers and lakes all year round- they have black-and-yellow bills (with less yellow and more black for Bewick's), a straighter neck, are quite vocal and they leave us in Spring. Whoopers breed in Iceland and Bewick's on the Arctic tundra in Siberia. Also departing the reserve now will be Redwing and Fieldfare- two species of winter thrushes which are much more colourful than our resident Blackbirds, and they have a huge appetite for guzzling berries like Hawthorn, Yew and Ivy. When they first arrive in Autumn, most of them fly over to the UK's west coast, and slowly munch their way through the berries they find, generally heading eastwards. This means that by Spring, they find themselves mostly on the east coast, ready to migrate back to Scandinavia and Eastern Europe ready to breed there.

In terms of arrivals coming the other way, there is a huge variety and from March onwards, we will start to see them make landfall. The first migrant bird on our list in the Visitor Centre is usually the rare and beautiful Garganey, a small, shy duck who winters in Africa and whose males have extraordinary markings. These are closely followed by Sand martins, House martins and then Swallows. A whole range of warblers including Reed, Sedge and



Garganey Hockwold Washes

Grasshopper arrive, as well as Cuckoos and a few Nightingales if we are lucky. As they settle in, the males begin to sing, so you can tell when they've got here and over time these new arrivals just keep adding to the chorus of birds performing on the reserve. These smaller birds will be singing to the low, sonorous backdrop of booming Bitterns- the name given to the incredible call of the male Bittern who can be seen on our village sign (near the doctor's surgery). This beautifully-patterned species of brown heron is what the reserve was originally created for in the mid-1990's, so to hear them all around you on a warm Spring day is magical. There are now more of them at RSPB Lakenheath Fen than there were in the whole of the UK thirty years ago.

Our Cranes will be here too, but by April and May they will be well into the serious business of raising their chicks as they are early breeders and usually lay eggs in March or April. The data collected on UK pairs appears to show that, on average, the earlier they nest, the more success they have, so they are wisely keen to get going. Early Spring, from February to April, is the best time to hear them 'bugling' (as their call is known) which they do to reaffirm their territory boundaries and strengthen their bonds with each other. To hear them bugle is very special indeed- think loud, ethereal trumpets that



sound dramatic and as if they belong in a cathedral. A breeding pair will dance around one another and 'pirouette' in courtship too- Cranes are complicated birds that pair for life and they seem to take pleasure in their partnerships and bonds with each other.

As well as the birds, the numbers of butterflies and dragonflies will be building up, with more emerging every week. We have a wide range here at Lakenheath Fen and most years we record around 22 species of butterfly and 20 species of dragonfly, in all colours, sizes and shapes! They will often be resting on the path in front of you, or on vegetation next to the path, so they can sometimes be easier to see and admire than the birds. Admiring them is also a fantastic use of a pair of binoculars if you have them- as you can really see the beautiful patterns and colours on their wings and bodies up close. We have quite a wide range of wetland flowers growing near the paths too, and one of these delights is Water violet. They are quite rare these days, partly because they need to grow in very clean, unpolluted fresh water, and so many of our waterways are polluted. You can see them in May growing next to the path at New Fen, where 'bays' have been cut by our weekly work parties to expose the waters' edge, where they like to grow. They look a little like lilac primroses on stalks, rather than violets, but they are really beautiful and well worth a look.

### **Changes and improvements to the reserve**

Over the winter past, we have been trying, as always, to improve our offering for wildlife and



visitors. We were kindly donated two large nest boxes suitable for owls, in very good condition, and we have installed these in wooded areas around the reserve after a little refurbishment. We hope that a pair of Barn or Tawny owls may find them useful if they run short on suitable natural nest sites for this season. As with all our man-made nestboxes, our Assistant Warden Haydn will monitor their use and the progress of any families that occupy them. Included is an amazing photo of a family of 15(!) young blue tits within one box in our Brandon Fen wooded area last Spring. We are pleased to report that they all fledged successfully just days after this picture was taken by Haydn.

We have also been working on our provision of accessible parking bays at our main car park (at the bottom of our entrance track) and the smaller car park reserved for visitors with mobility difficulties at New Fen. These have not had clearly marked bays with dedicated signage for a while, which we have now improved. We hope that in our busy months to come that these areas will help some of our more vulnerable visitors to get the most from their time here. Speaking of accessibility, our Tramper all-terrain mobility scooter has seen intermittent use through winter despite the cold conditions- with those needing it often happy to wrap up warm if it means they can get out and enjoy the reserve on it. We have taken several donations for its hire, which will help us to pay for its upcoming annual service and road tax requirements. It will then be ready and raring to go for the Spring and Summer when it will likely see weekly use by visitors.

Another change is our new capacity to sell our own surplus sustainable firewood from the reserve to increase our income. Each winter we have to cut and remove a good amount of willow scrub from areas we want to keep as reedbed habitat (because otherwise it will revert to scrub and then woodland) so we have begun to allow it to season for a year in an old barn further down the reserve, before bagging up for sale to visitors at the Centre. We are charging £12 for a large sack or £6 for a small one (with a discount if you bring your own sack or re-use one you've had from us). We hope to spread the word that there is an affordable, sustainable and locally-sourced supply of firewood for villagers to purchase from us if they wish to.

## Upcoming Events at RSPB

### Lakenheath Fen

#### Moth Mornings

Fridays 27 Feb, 27 Mar, 24 Apr, 29 May (10-11am)

#### Dawn Chorus Guided Walk

Sunday 3 May (5-8am)

#### Hobby Walks

Saturday 9 and Sunday 24 May (1-4pm)

#### Join in with Harrier & Bittern Nest Watches

Tuesdays 12 & 26 May, 9 Jun (7:30am - 12:30pm)

For all of our events, you can find out more about them and book tickets by visiting [www.events.rspb.org.uk/lakenheathfen](http://www.events.rspb.org.uk/lakenheathfen). If you don't have internet access, then you can pop in and see us at the Visitor Centre to book your places during our opening hours.

## Our new partnership with Active Lakenheath

We are excited to be able to announce that following a recent meeting with Active Lakenheath, we are planning to offer an introductory talk and guided walk for those interested on Wednesday 15 April, with organised transport for those that don't drive, and subsidised ticket prices. Please keep an eye out for further details on this special event on the Active Lakenheath website, our RSPB webpage and on posters throughout

the village. We hope that by working together we can help more local people to reach the reserve and enjoy one of their special local spaces, for this year and in the future.

## For new visitors – useful information

### Opening Times

Visitor Centre and Toilets – open 9am to 4pm until Sunday 29 March, then until 5pm thereafter

Trails, Mere Hide and the main Car Park – open from dawn until dusk, daily

Accessible Car Park – open during Visitor Centre opening hours- please pop in to collect a free permit to display on your dashboard

### Entry prices

RSPB Members – free

Non-RSPB members - Adults £5 per person, Students £3, Under 18's £2

First child in a family and any Under 5's – free  
16-24 year olds – free (temporarily- the RSPB is offering this as a trial to see if this helps more young people to access nature reserves)

Access to the Visitor Centre only – free (entry fees apply for non-members wishing to explore the trails)

NB: Membership of the RSPB starts at £5 per month / £5.50 for two adults / £6 for families, and entitles you to free, unlimited entry for all RSPB reserves, reduced ticket prices for events and you will receive our quarterly magazine by e-mail or post (as you choose). You can choose to donate more than the minimum, and all of your donations help to fund conservation work on your local reserve as well as the RSPB's work across the UK.

I hope that this latest update from the reserve has been interesting and useful for you. As always, please remember that RSPB Lakenheath Fen is here for everyone to enjoy, regardless of age, ability and mobility. Please use your local reserve to enjoy the delights of Spring if you are able to- and we look forward to welcoming you here.

With best wishes,

**Heidi Jones (Visitor Experience Officer).**



# RAF Lakenheath

## Home of 48th Tactical Fighter Wing (TFW)

### 1941

Construction of RAF Lakenheath began in 1941 after the British government purchased nearly 2000 acres of the Elveden Estate from Lord Iveagh.

RAF Lakenheath was opened as a satellite field with some Stirling III bombers from the Number 149 (B) Squadron, RAF Mildenhall Bomber Command. By March 1943 Lakenheath lost its satellite title and became an independent station. Three months later, 149 Squadron was joined by 199 Squadron. The new unit was equipped with Wellington bombers but almost immediately transitioned to Stirlings.

During World War II, they flew 2248 sorties from RAF Lakenheath with 85 aircraft lost. The base was closed for expansion in May 1944 and remained closed until April 1947 when it became a master diversion airfield with the latest equipment and facilities required to land aircraft which could not return to their home stations due to weather, equipment malfunctions or other emergencies. By this time, the base had three runways,

hangers and other facilities necessary for launching, recovering and repairing aircraft and for housing support staff.

### USAF comes to Lakenheath

The United States Air Force was introduced to RAF Lakenheath August 11, 1948 when the 2nd Bomber Group, later known as the 2nd Bombardment Wing, arrived. This marked the beginning of a continual flow of Strategic Air Command units which used the base for rotational exercises until about 1958 when operational flying was discontinued and airfield improvements were made.

USAF and RAF jointly shared RAF Lakenheath until May 01, 1951 when the base was officially turned over to the American Forces. RAF people have not served permanent assignments at RAF Lakenheath since April 1951 except for the RAF Station Commander who acts as a liaison between the RAF and USAF.

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

**Coming in the Summer edition part 2**

# MILDENHALL SEA & ROYAL MARINES CADETS



**ROYAL  
MARINES  
CADETS**  
PART OF THE SEA CADETS

**SEA  
CADETS**

**"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!



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

# Children's Reading Update

by Lorraine Gregory



It's always cheering to start a new year with some good news and there are two reading related pieces I'd like to share with you.

Firstly, 2026 is the National Year of Reading designed to inspire more people to make reading a regular part of their lives.

The campaign says "Everyone knows reading expands worlds, sharpens minds, and fuels creativity. But fewer of us are making time for it."

Recent reports have shown that people, especially children are reading less than they used to and this campaign is an attempt to encourage all of us to reap the benefits of reading.

Rather than trying to pressure people into reading the campaign hopes to :

**"Bring reading to culture, not the other way round. Instead of asking people to "find time to read", Go All In brings reading to them, through their passions. It's about showing that reading isn't a separate world; it's the heartbeat of culture itself. Whatever people are into – sport, music, food, gaming, film, fashion, or creativity – we use it to draw**

**them into reading. By starting with passions, not pressure, we can create a stronger, more connected reading culture across the UK."**

You can find out more about the campaign here - <https://goallin.org.uk/>

Secondly, after much campaigning by the group Libraries for Primaries, the labour government has announced it is committing funding to ensure every state primary school in England has a library by the end of this parliament.

***"Through our Plan for Change it is our mission to give every child the best start in life, regardless of their background or where they're from. This announcement is a key milestone in achieving that."***

Chancellor Rachel Reeves, September 2025

***"Today's announcement from Chancellor Rachel Reeves will supercharge efforts to give more children and young people new opportunities to unlock the unrivalled benefits of reading for their futures, and truly cement reading for pleasure as a national priority as we approach 2026 – the National Year of Reading."***

Jonathan Douglas, Chief Executive, National Literacy Trust

The government is pledging £10 million in funding which is a wonderful start but it is worth pointing out that a library is just a room with books in unless they are curated and managed by a trained librarian. I've seen for myself over years visiting schools as an author that a school librarian can make a huge difference to getting children reading and promoting a strong reading culture. However due to budget constraints few schools can afford to hire one and the next step for the government should be to make funding available to make these new libraries properly staffed in order to really make a difference to children's love of reading.

Hopefully I'll be able to report on that in the future!



# Alan Gyte reports on Lakenheath FC

Hi all, here we are again, in the last couple of months of this very frustrating season, which has not gone as we had hoped.

We have languished near the bottom of the table for most of the season and in fact, around Christmas time were actually bottom, having already limped out of both the FA Cup and FA Vase.

However things have slightly changed for the better since Christmas, picking up a few points to move us out of bottom two and also progressing through to the semi-finals of the league cup, funny old game !!!

We lost a few players during that time but also gained some. New players that warrant a quick mention are young goalkeeper Ollie Kellett-Green, Gabriel Muffett, Charlie Collard and Dexter Driscoll all young lads who I'm sure will all have a bright future in the game, hopefully at the 'Heath'. They have all settled in well and add to these Connor

and Isaac Lewis and Rhion Davison plus loanee Hugo Akhuseyin we have a very young, promising team, just hope we can stay up so these boys can improve with us at this level. Disappointed with the latest player to leave us Valter Rocha who has joined Fakenham Town, cannot think why ££, not sure of their reasons for signing him either as although he's our top scorer he has only netted 6 times in the league and they already have the leagues' top goal scorer. As I say, funny old game, but, he's a character that we'll miss and we wish him well.

So, here are the remaining fixtures, including the draw for the LCC semi-final.

Thanks for those of you that come and show your support, the lads really appreciate it and for those that have not been to our games, come along, great atmosphere, great crowd, food and bar open, come enjoy an afternoon with us.

Until next season **UP THE HEATH**

Fixtures:- All 3.00 kick off unless otherwise stated			
7th March	Basildon Town LCC Semi-Final	Home	
10th March	Thetford Town	Home	7.45 K/off
14th March	Ipswich Wanderers	Away	
21st March	Great Yarmouth Town	Home	
24th March	Walshwm le Willows	Home	7.45 K/off
28t March	Cornard United	Away	
4th April	Ely City	Home	
6th April	Dereham Town	Away	
11th April	Woodbridge Town	Away	
18th April	Cornard United	Home	

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



## LAKENHEATH

# Youth Club

for ages 12 - 16 yrs



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**



# ACTIVE LAKENHEATH UPDATE

Firstly, a very happy New Year

to everyone from all at Active Lakenheath!

2026 is a big year for Active Lakenheath, with the first couple of months being among the most important.

In the last update, I told you we were working towards an early December deadline to complete the Full Award proposal, the second phase of the Sport England Place funding. However, the Lakenheath Place Partnership Steering Group, the group which oversees the work and includes local partners and community members, decided we weren't quite ready to complete at that time, and instead it would be submitted on 2 February 2026.

At the time of writing this update, we are in a great place, with the proposal having received approval from the Steering Group for a delivery and budget plan outlining what we intend to do with the funding. Informed by engagement with our statutory partners, learning from the Development Phase (the first funding phase), and most importantly your community voice, the delivery plan focuses on providing positive experiences for children and young people in Lakenheath, reducing local health inequalities, and strengthening the community.

Importantly, all the hard work going into this proposal is not stopping the delivery of projects and partnerships being built on the ground in Lakenheath. The team have recently been visiting the **Men's Shed Breakfast Club and the Scouts, Cubs**

and **Squirrels groups**, providing opportunities to try new activities such as **Kurling, Boccia and Mini Golf. JoJo's Cooking on a Budget classes** are going strong, with a full class learning new, nutritious recipes and sharing plenty of laughs. Another **Carpet Bowls and Mini Golf session** took place on Sunday 25 January in partnership with Lakenheath Indoor Bowls Club and EPIC Dad. There are also some exciting events in the pipeline following a brilliant meeting with **RSPB Lakenheath Fen** on how we can work together to better connect this fantastic place with the people of Lakenheath—watch this space!

With so many opportunities to get involved with Active Lakenheath, there are a few ways you can keep up to date. We have our dedicated Active Lakenheath website: <https://active.lakenheath.org/> and also a brand-new Facebook page: <https://www.facebook.com/people/Active-Lakenheath/61584943334181/> so please do follow, like and share!

We also, of course, always welcome hearing from you directly. If you have any questions, queries or comments about Active Lakenheath, please don't hesitate to contact me at [abi.cartwright-thomas@activesuffolk.org](mailto:abi.cartwright-thomas@activesuffolk.org), or the Community Connectors at [jo.chambers@lakenheath.org](mailto:jo.chambers@lakenheath.org) and [richard.keeble@lakenheath.org](mailto:richard.keeble@lakenheath.org) or come and have a chat when you see us around the village.

Thank you.

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



# LAKENHEATH LITTER PICK!

**Saturday 11 April &  
Saturday 6 June**

**Meet 10am • Wings Road Car Park**



**Join the crew, grab a picker, and  
help make Lakenheath shine.**

**All ages welcome — equipment provided.**

## **LET'S TIDY OUR VILLAGE TOGETHER!**

# Lakenheath Little Fishes

Register for a place NOW

2 Fully qualified SENCOs

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



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

Partnerships with parents and carers are excellent OFSTED 2017

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



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

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

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

[clerk@lakenheathparishcouncil.gov.uk](mailto:clerk@lakenheathparishcouncil.gov.uk)

By phone: 01842 860598

By letter: 98 High Street Lakenheath IP27 9EW

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

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



# 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](mailto: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**

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

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

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

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

Text or email:  
Colin Noble  
07504 417929 [colin@askcolinnoble.com](mailto:colin@askcolinnoble.com)  
Stephen Frost  
07710 436672 [spfrost153@gmail.com](mailto:spfrost153@gmail.com)

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



**Spaces available at  
Brandon Day Centre**

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

To find out more, why not get in  
touch?

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





## Mildenhall Museum Society

The Museum will reopen on  
 Tuesday 3rd March 2026  
 2.00 - 4.00 pm

### MILDENHALL MUSEUM SOCIETY TALKS

**Thursday 5th March 7.30 pm**  
 Uncle Sam's roots in Eastern  
 England by Roger Pugh

Talks are held at the Museum  
 £2 members £4 non-members  
 Refreshments

## LAKENHEATH PEACE MEMORIAL HALL

### Luncheon Club News

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



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

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



### Weekly Money Bingo!

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

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

## Cake and coffee morning



The library coffee morning is back!

With lots of cake!!!!

Come and join us on

**SATURDAY 28th February 2026**

from 10-12pm

Please come and support us and raise funds for Lakenheath Library. This year, we will splitting our proceeds with the Fundraising group of the library and Macmillan Coffee morning, with the support of Jell.

Cake - £3 for cake and coffee or tea.

£1 a strip for the tombola! Lots of prizes to win

Neck scarves for sale £5 each

## 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](http://suffolkcommunitylibraries.co.uk)



## Copying and scanning costs at Lakenheath Library

- A4 Black and white single-sided – 20p
- A4 Black and white double-sided – 30p
- A4 Colour single-sided – 50p
- A4 Colour double-sided – 80p
- A3 Black and white single-sided – 30p
- A3 Black and white double-sided – 50p
- A3 Colour single-sided – £1
- A3 Colour double-sided – £1.60

Scan to email or USB stick - 1-5 scanned sheets for £1. Further sheets 10p each.

Laminating A4 (per sheet) - £1

Laminating A3 (per sheet) - £2

Email your documents for printing to [Lakenheath.Library@suffolk.gov.uk](mailto:Lakenheath.Library@suffolk.gov.uk) (new email address as of Jan 2026)



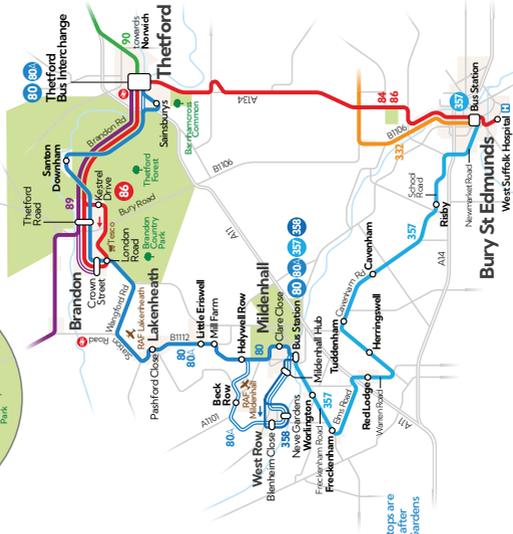
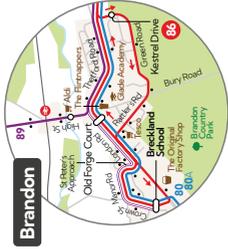
## Lakenheath Library Winter writing competition



The library held a Winter writing competition over the Christmas holidays, asking pupils from Lakenheath Community Primary School to write a poem or story about anything they wanted, as long as it was set in Winter.

With 22 entries, the fundraising group of the library, known as FOLK (Friends of Lakenheath Library) had a tough time judging the entries but in the end, there were 22 prizes, with 9 special prizes for effort or creativity and 2 grand prizes of Book tokens to 2 lucky children for amazing stories! Well done to all involved and thanks go to the FOLK group for funding this fun competition!





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

Thetford | Brandon | Lakenheath | West Row | Mildenhall

Monday to Saturdays except public holidays	80A	358	80	80	80	358	80	358	80	80
Thetford Bus Interchange (Stand D)	0720	0740	0900	1000	1100	1200	1300	1640	1740	
Thetford Sunningbary	0727	0747	0910	1010	1110	1210	1310	1645	1745	
Santon Downham St Mary's Church	0735	0755	0915	1015	1115	1215	1315	1655	1755	
Brandon Lingham Road	0738	0758	0920	1020	1120	1220	1320	1700	1800	
Brandon Old Forge Court	0742	0802	0925	1025	1125	1225	1325	1705	1805	
Brandon Pond Lane	0805	0825	0945	1045	1145	1245	1345	1505	1605	
Brandon (ES Breckland School)	0750	0810	0935	1035	1135	1235	1335	1510	1715	1815
Lakenheath Post Box	0755	0815	0940	1040	1140	1240	1340	1515	1720	1820
Lakenheath Parish Church	0758	0818	0943	1043	1143	1243	1343	1518	1723	1823
Erswell Lords Walk	0800	0820	0945	1045	1145	1245	1345	1520	1725	1825
Holywell Row Holywell Farm	0809	0824	0949	1049	1149	1249	1349	1524	1729	1829
Beck Row Parkside	0810	0830	0950	1050	1150	1250	1350	1530	1735	1835
Beck Row Barleycorn Way	0820	0914	1031	1131	1231	1331	1431	1540	1740	1840
West Row Blenheim Close	0822	0915	1032	1132	1232	1332	1432	1542	1742	1842
West Row St Peter's Church	0824	0917	1034	1134	1234	1334	1434	1544	1744	1844
West Row Neve Gardens	0824	0920	1034	1134	1234	1334	1434	1544	1744	1844
Mildenhall Millemhall Hub	0834	0920	1034	1134	1234	1334	1434	1544	1744	1844
Mildenhall Clare Close	0839	0928	1045	1145	1245	1345	1445	1550	1750	1850
Mildenhall Bus Station (Stand B)	0839	0928	1045	1145	1245	1345	1445	1550	1750	1850

Mildenhall | West Row | Lakenheath | Brandon | Thetford

Monday to Saturdays except public holidays	80	80	358	80	80	358	80	358	80	80A	80A
Mildenhall Bus Station (Stand B)	0640	0720	0850	0900	0950	1050	1150	1250	1350	1417	1530
Mildenhall Clare Close	0645	0725	0855	0905	0955	1055	1155	1255	1355	1424	1535
Mildenhall Queensway	0650	0730	0900	0910	1000	1100	1200	1300	1400	1469	1580
Mildenhall Millemhall Hub	0655	0735	0905	0915	1005	1105	1205	1305	1405	1474	1585
West Row Blenheim Close	0658	0738	0908	0918	1008	1108	1208	1308	1408	1477	1588
West Row St Peter's Church	0701	0741	0911	0921	1011	1111	1211	1311	1411	1480	1591
West Row Neve Gardens	0704	0744	0914	0924	1014	1114	1214	1314	1414	1483	1594
Beck Row Barleycorn Way	0707	0747	0917	0927	1017	1117	1217	1317	1417	1486	1597
Beck Row Parkside	0710	0750	0920	0930	1020	1120	1220	1320	1420	1489	1600
Holywell Row Holywell Farm	0655	0735	0905	0915	1005	1105	1205	1305	1405	1474	1585
Erswell Lords Walk	0658	0738	0908	0918	1008	1108	1208	1308	1408	1477	1588
Lakenheath North Road	0701	0741	0911	0921	1011	1111	1211	1311	1411	1480	1591
Lakenheath Parish Church	0704	0744	0914	0924	1014	1114	1214	1314	1414	1483	1594
Lakenheath Post Box	0707	0747	0917	0927	1017	1117	1217	1317	1417	1490	1601
Brandon (ES Breckland School)	0710	0750	0920	0930	1020	1120	1220	1320	1420	1489	1600
Brandon Pond Lane	0714	0754	0924	0934	1024	1124	1224	1324	1424	1493	1603
Brandon Old Forge Court	0718	0758	0928	0938	1028	1128	1228	1328	1428	1497	1607
Brandon Lingham Road	0720	0800	0930	0940	1030	1130	1230	1330	1430	1500	1610
Santon Downham St Mary's Church	0724	0804	0934	0944	1034	1134	1234	1334	1434	1504	1614
Thetford Sunningbary	0728	0808	0938	0948	1038	1138	1238	1338	1438	1508	1618
Thetford Bus Interchange (Stand D)	0735	0815	0945	0955	1045	1145	1245	1345	1445	1515	1625

these stops are served after Neve Gardens

● this bus runs on ES Breckland school days only

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

80 80A 358

- Thetford Bus Interchange (Stand D)
- Thetford Sunningbary
- Santon Downham St Mary's Church
- Brandon Lingham Road
- Brandon Old Forge Court
- Brandon Pond Lane
- Brandon (ES Breckland School)
- Lakenheath Post Box
- Lakenheath Parish Church
- Lakenheath North Road
- Erswell Lords Walk
- Holywell Row Holywell Farm
- Beck Row Parkside
- Beck Row Barleycorn Way
- West Row Blenheim Close
- West Row St Peter's Church
- West Row Neve Gardens
- Mildenhall Millemhall Hub
- Mildenhall Clare Close
- Mildenhall Bus Station (Stand B)

80 80A 358

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

WHAT'S ON



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



The Old Legion, Lakenheath



**The Old Legion, Lakenheath Lounge and Bar**

Open to everyone, no membership required, every Wednesday & Thursday 6-11pm, Friday 5-11pm, Saturday 12pm-12am and Sunday 12-7:00pm. Pool tables and darts boards available for use.

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



**Lakenheath Peace Memorial Hall Sunday Roast Dinners**

Every other Sunday 12:30-6pm, booked tables only. Starting from Sunday 1<sup>st</sup> February 2026. £12 adults, £6 children (*starters and desserts additional cost*). Special menus for occasions /holidays. Look out for our Valentines and Mother's Day menus. *Bar menu will not be served on Sunday Roast dates.*



**Meet and Eat**

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

**Prize Bingo**

Saturday 7<sup>th</sup> March 2026. Join us for our Prize bingo night. Ticket sales start at 7pm, eyes down at 7:30pm. £10 a book, £1 a strip of raffle tickets. Bar open and food available. Raffle prize donations greatly received.

Keep your eyes peeled for future dates.



*Also in the pipeline: we are looking to organise regular Saturday night discos and karaoke, please look out for these advertised.*

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



## LAKENHEATH PEACE MEMORIAL HALL & THE OLD LEGION

Centrally located,  
the perfect venue for  
your function



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



For more information and to book please contact the booking clerk on  
[bookings@lakenheathpmh.org](mailto:bookings@lakenheathpmh.org) or 07538609281



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



The Old Legion, Lakenheath

### 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

#### Ladies Keep Fit

Thursday, 10am-12pm, 01842 861390

#### Lakenheath Kurling Group

Friday, 10:30am-12:30pm, 07708404557

#### Men's Shed Breakfast

Various dates, 07504417929

#### Lakenheath Flower Club

2<sup>nd</sup> 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](mailto:info@startingkarate.com)

#### Lakenheath Community Music Project

3<sup>rd</sup> Friday of the month, 7-9pm,  
07818056061

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

# connecting **communities** rural transport

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

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

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

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



## Stop Smoking Groups Starting At



Come along and have a chat with me, Emma about how you can stop smoking with **FREE** support

### Lakenheath Library

Every Monday from  
2<sup>nd</sup> March 2026  
Between 5:30-7pm

Drop in to any group.  
Or book an appointment for an informal chat.  
You can self refer via this link  
<https://feelgoodsuffolk.co.uk/make-a-referral/>

[www.feelgoodsuffolk.co.uk](http://www.feelgoodsuffolk.co.uk)





## LAKENHEATH INDOOR BOWLS CLUB

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

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

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

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

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

A great way to exercise.

Please Contact Secretary Tina Seeley on  
**07889 393952**

## LAKENHEATH INDOOR BOWLS JUNIOR SECTION

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

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

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

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

All coaching is provided by qualified coaches.

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

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

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

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

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

Please contact Pauline Wright at **07934 642486**



## SUNSHINE CORNER DAY NURSERY

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

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

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

Family events year round!

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

Please call Nicola Palmer on 01842 862646

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

## Sunset Barn Care Farm and Care Café News!

Hello from down on the farm. We have spotted those first snowdrops showing their heads this week - a confirmation that Spring is on the way. Please don't be lonely or hungry in our village there are so many amazing groups and opportunities out there, all it takes is for you to make the first step. All are welcome at the Care Cafe on a Tuesday from 10 a.m. - 2 p.m. for a very reasonably priced lunch where we also have a table full of produce supplied from our local Co-op for you to take home free of charge or for a small donation if you wish.

The care farm continues to support many in our village and local area. The activities they get involved in are looking after our animals, which means going out in all weathers! Learning how to prepare healthy lunches for us to share as a group. During January we have carried out pruning of our fruit trees and raspberry bushes. We are starting to decide which seeds to plant to provide a bounty of produce for the farm and cafe alike. The afternoon sessions are given over to leisure activities like a walk with the dogs, music, craft or board and card games.

Take care and thank you again to all for your continued support with the Care Farm and Care Cafe.

Regards

**Melanie and the team**

**Sunset Barn Care Farm**

**[melaniepsmith@hotmail.co.uk](mailto:melaniepsmith@hotmail.co.uk)**

**Tel: (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](mailto:1stlakenheathgsl@gmail.com)

**cubs** **scouts**



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

We do various crafts, activities and learning new skills.

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

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

or contact below for more information:

**Brownies:**

Emma (07713 696475) or Cheryl (07754 540182)

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

**Rainbows:**

Lauren (07503157086) Cheryl (07754 540182) and Anna at [LakenheathRainbows@gmail.com](mailto:LakenheathRainbows@gmail.com)

## VENUES FOR HIRE

*For more information please contact*

**Lakenheath Football Club**

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

**Lakenheath Pavilion**

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

**Lakenheath Peace Memorial Hall & The Old Legion**

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

**Lakenheath School**

Christine Nobbs 01842 860256

**Methodist Chapel Community Rooms**

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

## LAKENHEATH CAMERA CLUB

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

### 2nd March 2026

An evening to select our Prints and Digital Images to be entered into our Away Battle with Brandon on Wednesday 25th March 2026.

### 16th March 2026

An evening to select our Prints and Digital Images to be entered into our Battle with the Dereham Photographic Club on 30th March 2026.

### Wednesday 25th March 2026

**Away Print and Digital Image Battle at Brandon.**

### 30th March 2026

Print and Digital Image Battle with the Dereham Photographic Club.

(10 prints and 10 digital images from each club. All "Open" subject). The Judge will be Mr. Andy Swain, BA (Hons) CPAGB from Norwich.

### 13th April 2026

ANNUAL GENERAL MEETING.

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](http://gov.uk/get-a-fishing-licence)

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

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

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

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

# EPIC Dad Fun Club

[www.epicdad.co.uk](http://www.epicdad.co.uk)

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



## EPIC Dad Fun Club

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

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

### Forthcoming Dates 2026:

Saturday 7th March, (No Club in April), Saturday 2nd May, Saturday 6th June, Saturday 4th July, (No Club in August), Saturday 5th September, Saturday 3rd October, Saturday 7th November, Saturday 5th December

## EPIC Dad Lego Club

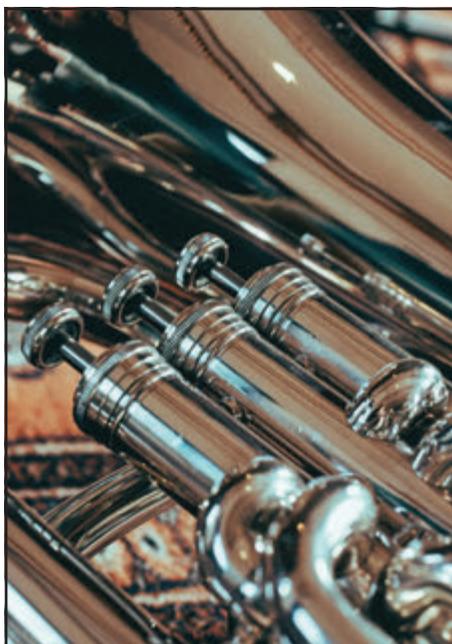
Sunday morning Lego and Duplo fun for dads, male carers, and children. Join us for some creative Lego building.

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

### Forthcoming Dates 2026:

Sunday 15th March, Sunday 19th April, Sunday 17th May, Sunday 21st June, Sunday 19th July, (No Club in August), Sunday 20th September, Sunday 18th October, Sunday 15th November, Sunday 20th December





## LAKENHEATH SILVER BAND

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

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

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

Beginners through to experienced players are all made welcome.

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

Secretary: Daphne Austin, phone: 01842 861076 mobile 07731780406 or email: [daphneflugal@btinternet.com](mailto:daphneflugal@btinternet.com)



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

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

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

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

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



# LAKENHEATH YOUTH FOOTBALL CLUB



## Rewind back to REMEMBERANCE

Teams from all age groups joined the parade, and some of our youngest players laid a wreath at the memorial statue.

Children and coaches also paid their respects by observing a minute's silence before all games throughout the weekend. The club is always proud of the way our children conduct themselves at special events like this, consistently displaying the values we stand for.



## CHRISTMAS FUN

The football season paused briefly over the Christmas holidays, bringing 2025 to a festive close with the LYFC Christmas Party and Bingo Night. Santa, along with his elf and reindeer, proved very popular and helped spread plenty of Christmas cheer.

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



## BRING ON THE BELLES

It's fantastic to have so many girls playing football this season!

### What's coming up:

- **CHALLENGE CUP (LFC) Friday 1st May - Sunday 3rd May 2026:** Join us for a big weekend of fun-filled, competitive football at the LYFC Challenge Cup. We are currently seeking local sponsors and raffle prize donations to help support this event. If you can help in any way, please do get in touch. Everyone is welcome!
- **PRESENTATION EVENING (LFC) Friday 8th May & Saturday 9th May 2026:** The highlight of the football calendar, celebrating and recognising the achievements of our young players across the season.



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

[www.lakenheathyouthfc.co.uk](http://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**

**9th February 2026 Class by June Meades.**

**Members demonstration for May by Pat Scott.**

**9th March 2026 Demonstration by Pat Barton.**

**"Where in The World"**

**13th April 2026 – AGM**

**11th May 2026 Class by Pat Scott.**

**Demonstration for July by June Meades.**

**8th June 2026 Workshop by Jus Snare**

**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

Our Christmas party was a huge success. We tried something different this year, with no musical entertainment. It was fun, chat, laughter and games. The buffet was wonderful with plenty of delicious food. Prizes were won for Pass the Parcel. 'Pinning the nose on Rudolph' it was hilarious. I wonder who kept moving the board?.....

Every member went home with a gift and the afternoon was enjoyed by everyone.

We have much planned for the coming weeks from speakers, musicians, games and bingo. Come along every other Thursday to the Methodist Church Hall at 2 pm. You will be made most welcome. Phone me on 07833446707 for further details.

**Susan Taylor**





## The Christmas Memorial Tree at Lakenheath Cemetery

Last Christmas, a memorial tree was placed in Lakenheath Cemetery by **Mark Skinner Funeral Services** for the first time. It became a peaceful corner outside the Chapel, where visitors could pause, reflect, and leave heartfelt messages for those they continue to hold close.

## Sing - A - Cross

Christian open Mic night

15th March  
at  
The Lakenheath  
Methodist Church  
7pm



## Messy Easter

4th April 3pm - 5pm

THE SUPER COOL  
STORY OF JESUS



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



## METHODIST CHAPEL

### Offer of Prayer.

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

### Come and worship with us!

Rev David McAloon **01842 753819**

### Hire our Raven and Evans rooms

Contact: Linda **01842 861160**  
or Melanie Smith **07847 057622**



## 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**

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

- *Deuteronomy 31*

Lifts available – contact Richard or Liz on **01842 861191**. More information on our website: [www.lakenheathbaptist.org](http://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](mailto:vinniekw@gmail.com)

## BRANDON & MILDENHALL CATHOLIC PARISH

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

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

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

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

For weekday masses and other sacraments visit: [www.stthomas-stjohnparish.com](http://www.stthomas-stjohnparish.com)

# Spring Quizzes Answers

## Spring Cryptogram

b	l	o	s	s	o	m	s

g	r	e	e	n	e	r	y

r	a	i	n

b	u	t	t	e	r	f	l	i	e	s

s	u	n	s	h	i	n	e

g	r	o	w	t	h

f	r	e	s	h	a	i	r

d	a	f	f	o	d	i	l	s

c	h	e	r	r	y	b	l	o	s	s	o	m

s	p	r	i	n	g	b	r	e	e	z	e

## Rebus Puzzles

- CROSS FIRE
- COFFEE TIME
- SOMEWHERE OVER THE RAINBOW
- DOWN TOWN
- BIG HEAD
- LOOKING BACKWARDS
- PRETTY PLEASE
- DOWN HILL
- HISTORY REPEATS ITSELF
- HALF TIME
- 1 IN A MILLION
- LOCK SMITH



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



Lakenheath Football Club offers an ideal setting to host your event, with highly competitive rates & service tailored to your needs

For Enquiries  
Please contact:  
07834 983094



## LAKENHEATH PUBLIC NOTICEBOARDS

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

Thanks

LOVE WHERE YOU LIVE

# LAKENHEATH NOTICE BOARD

## Lakenheath Friendship Club

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

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

## Diary of Village Events

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

Thanks Nicky Glading

Email: [clerk@lakenheathparishcouncil.gov.uk](mailto:clerk@lakenheathparishcouncil.gov.uk) Tel: **01842 860598**



**HUMANS OF  
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# ANGIE ANGEL



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**About Me** - My name is Angie and my business is called Angie Angel as I was given this name at a very young age by my mum due to always caring and looking after my triplet brother and sister, then later in life nursing loved ones at the end of life.



I started my nursing career in 1998 at the West Suffolk Hospital where I continue to work as a bank nurse with the Early Interventions team providing specialist care to patients at home to prevent hospital admissions. This involves managing the many end of life symptoms while providing emotional advice and support for patient and their loved ones.

As well as my current position I have experience in Acute Surgery Intensive Care, the Macmillan Ward and the Vaccination Team.

I am dedicated to getting end of care life carer right as I believe everyone deserves this and with the right support, home is the best place for this to happen. surrounded by loved ones.

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**Angie Russell, Registered Nurse, regulated by the Nursing, Midwifery Council and Insured with the Royal College of Nursing. 07762 240090 / beale199@btinternet.com**

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

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**2 Mill Road, Lakenheath IP27 9DT**  
**01842 669575**

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

**Opening times:**

CLOSED Monday  
 Tuesday/ Wednesday 5.30-10.30pm  
 Thursday 12-10.30pm  
 Friday/Saturday 9am-10.30pm  
 Sunday 9am-8pm

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

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Call Callum 01842 861592 or 07368 539021

or email [callumstannard@icloud.com](mailto:callumstannard@icloud.com)



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**Website: www.lakenheathopticians.co.uk**

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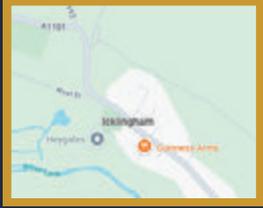


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