



TROSTON PARISH NEWSLETTER July - August 2023

Parish Council Meeting: 4th July

The Council would like to thank Richard Balaam and Suzie Woodward for their efforts on the council, following their resignations. Des Pugson was co-opted on as a welcome addition to the council. This still leaves two vacancies, if any villagers are keen to find out more, please email the clerk.

Litter picking equipment has been purchased curtesy of a grant from West Suffolk, there are three sets for use. If you wish to borrow them please contact Brenda Burrige as they are stored at the village hall, and the Parish Council need to keep a log of it's use so any individual is covered by insurance.

As always if you have any ideas or issues you would like raised please contact Vicki Gay trostonpc@outlook.com

The full minutes for the meeting are available as always on the website <https://troston.onesuffolk.net>

Parish Lottery

Our village lottery has for some years been in limbo, however this has been rectified and for those that hold numbers from several years ago the final draw will take place at a coffee morning in the village hall. All winners will be contacted.

RAF Honington

RAF Honington is holding its Families Day on July 27th - please note that this is a 'ticket only' event. A limited number of tickets are available for residents of Troston, via Troston Parish Council. For further details about how to apply for a ticket please contact the Clerk. The deadline for applying for tickets is Saturday 15th July 5.00pm More information about the day is displayed on the notice board.

From Sue Rose Chair Troston PC

Covid is still with Us

If a person has Covid symptoms they should take a test immediately, even if their symptoms are mild. Tests can be ordered free of charge from <https://www.gov.uk/order-coronavirus-rapid-lateral-flow-tests> or by calling 119. Tests purchased from a pharmacy or shop can also be used.

If the test is negative but they continue to have symptoms, they should take another test on each of the next two days (three tests in total over three days).

From the 27th June, if a person tests positive, they should contact the Suffolk Covid Management Delivery Unit (CMDU) on 01473 299612 as soon as possible. This will ensure the NHS can track the spread of the virus and target treatment for people at the highest risk of becoming seriously ill.

For mild symptoms, paracetamol and a few days isolation are sufficient but if you are concerned contact your GP Surgery or dial NHS 111. They'll decide if you need referring for an assessment for specific antiviral medicines like nirmatrelvir plus ritonavir, remdesivir and molnupiravir.

If you're eligible for treatment, it's important to start the treatment as soon as you can. Treatments for covid-19 need to be given quickly after your symptoms start to be effective. The medicine can be collected on your behalf by someone else, such as a friend or relative. Alternatively, the NHS may be able to arrange for the medicine to be delivered to you.

From Dr Angela Tillett, Medical Director, Suffolk

Church News

We now have a service in Troston on the second Sunday of the month at 11am.

Please see the weekly Blackbourne Team Ministry post on Facebook for details of all services and events taking place within the Team

From daylight until dusk, St Mary's is open for prayer, as a silent space to gather your thoughts, or to admire the spectacular wall paintings.

From Jane Harland

First peal on the new bells

On Sunday 23rd July a peal will be attempted on Troston church bells for the first time since they were cast in 1868.

A peal, the bell ringing equivalent of marathon, is continuous piece of ringing lasting approximately 2h 45m and must include a minimum of 5,000 changes. A change is when every bell in the tower strikes once. A peal will start with the bells being rung in order from highest and usually lightest bell to the deepest or largest bell and are numbered as such with one ringer controlling each bell.

There are six bells at Troston so the first change will be 1,2,3,4,5,6. The order in which the bells strike next time will then change based on the Method, the bell ringing equivalent of a tune, being rung. So the next change might be 2,1,4,3,6,5. The bells will keep changing positions without repeating the same order until the sequence returns to 1,2,3,4,5,6 after 720 changes. The 720 changes are then rung a further 6 times each a different method to give a total of 5040 changes without stopping making a peal.

The seven Methods that will be rung on the 23rd are:

- Plain Bob Minor
- Kent Treble Bob Minor
- St Clement's College Bob Minor
- Oxford Treble Bob Minor
- Cambridge Surprise Minor
- Bourne Surprise Minor
- Norwich Surprise Minor

The band on the 23rd will include local ringers and the team from Matthew Higby & Co of Holcombe, Somerset who designed, constructed, and installed all the frame and fittings for the bells that was completed at the end of last year.

It is considered a great achievement in ringing to successfully finish a peal as it requires a large amount of physical and mental stamina. If the ringers stop or the sequence is incorrect it doesn't count!

All peals are recorded including the place, the names of the ringers involved, which bell they rang, the name of the method, and how long the peal took to finish. The details then recorded on an online database and also printed in the weekly magazine for bell ringers called 'The Ringing World'.

We hope we will be successful and that the village enjoys listening to our attempt which will start around 2pm.

From Neal Dodge

Village Hall

Our beautifully redecorated Hall is available for regular and one-off events. Bookings are increasing and users are very complimentary about the facility we offer. The Hall is always sparkling clean and attractive to visitors.

To check availability, book or have a look round, please contact me on 269467.

From Sue Bishop

Rural Pastimes

The sun shone - it was great family day out ! Despite being a much smaller event this year, we had a very good turnout and many enjoyed the horses, the magnificent Church flowers and tea tent.

There were lots of stalls selling local produce and craft-goods - but dogs, farm rides, classic cars and tractors were as popular as ever. So many thanks to all who organised, set-up, ran and participated in another great day. The Euston Estate were magnanimous in their essential support. Thank-you all.

Hedgerows

Hedgerows are important ecological building blocks across our landscapes. They provide habitat, act as wildlife corridors, slow soil erosion and water run-off, support crop pollinators and sequester carbon.

Currently, farmers must not remove important hedgerows, must maintain a buffer strip along their hedgerows, and must not cut or trim hedgerows during bird nesting and rearing season.

Now we are not covered by EU regulations, we want to ensure the Government's proposed regulations work for wildlife, the environment and for farmers. This

consultation is seeking your views on the best way to maintain and improve protections, as well as enforcement.

We would like everyone who cares about hedgerows – including farmers and members of the public – to read our consultation document and share their views on our plans - consult.defra.gov.uk

From Andy Dean, Rural Services Network

Men's Breakfast

The mens breakfast will take place in Livermere Village Hall the last Saturday of the month at 8.30am. Full English, followed by a speaker. Veggie option available if requested in advance. £4 on the door.

Please book your place by contacting me or simoncharlton60@yahoo.co.uk

From Rev. Tony Redman

News from Honington and Sapiston WI

At our AGM we discussed the WI's resolution for the year, on the matter of Clean Rivers for People and Wildlife. The resolution is a cause on which the WI nationally can lobby MPs and raise awareness. This is a particularly relevant resolution for us, so close to the Black Bourn and it was accepted unanimously.

If you would like to find out more about our WI, contact Tricia tel. 268442 or email honingtonandsapistonwi@gmail.com

Green Room Players

We are looking for new members to join our jolly drama group. You don't need experience it's just a bit of fun. We have successfully performed a number of plays and had a very positive response from the audience. If you prefer to be in the background and help with wardrobe or prompting that's fine. Rehearsals are always a laugh and good natured - drama without any dramas!

If you are aged 16 and above come and join us. We meet every Thursday evening at Honington & Sapiston Village Hall at 7pm-9.30pm. Just pop along you will receive a warm welcome - or if you prefer you can contact me Annette Waterman on 01359 268073 for more details.

Harvest is here!

The harvest has started at Troston with rye being cut with a forage harvester for energy, the crop is grown for Material Change who clamp the chopped crop and feed it into digesters to produce methane & carbon dioxide, both of which are used in their own way, the methane is scrubbed and converted to propane for injection in the national grid and the carbon dioxide is used in the food manufacturing industry.

The crop itself is very well suited to the lighter soils at Troston and as less rye crisp bread is being eaten, a former market, I have to find other uses for this crop.

Whilst Troston Farms harvest the forage rye and throughout the summer we will be carting the crop on the highway, please bear with us during this time, we will try not to hold you up wherever possible.

We continue to grow sunflowers, this year a little distant from the village but the crop is enjoying good growing conditions and I hope for a good sunflower harvest later in the year.

From Edward Vipond, Farm Manager

Coffee Caravan

The Coffee Caravan is unique to Suffolk and makes a huge difference to people's lives, so it is disappointing to learn that it is desperately in need of money to keep the wheels turning. The charity helps bring people in rural communities together. An appeal is being launched to raise £20,000 - £1,000 for every year they've been going. The money would help buy the two new caravans they need.

Here's a link: *local* giving.org Thanks!

From Jayne Lindill

Unfair Funding

A group of Council Leaders met Michael Gove MP to talk about the Local Government Funding Formula and the unfair allocation of money to rural councils like West Suffolk.

Urban councils receive nearly 40% more in Government Funded Spending Power per head compared to rural councils. Consequently, rural council tax has had to increase over the years to balance out that lack of funding. Rural residents are now in the unfair position of having to pay on average 20% more in council tax compared to those in urban areas per head.

It was stressed that the long awaited Needs and Resources Review by the Government should avoid the usual statements of vague good intent and come to firm conclusions - and used in the promised Spending Review in the coming months.

From Kerry Booth, CEO Rural Services Network

Honington School

We have been so busy both in and out of the classroom since returning from the Easter holidays. Our Years 3 & 4 had a super outing to the Farm and Country Fair at Trinity Park in Ipswich where they saw a variety of different things – farm animals,

tractors and other farm machinery, crops, an air ambulance, sheepdog trials and various farming stands.

Our Year 6 class have now finished their Standard Assessment Tests (SATs) and we are so proud of the way they all focused and tried their absolute best – well done to you all.

We had great fun celebrating the King's Coronation with lots of activities taking place throughout the school and ended the week with a Coronation Disco, in which almost all of our children attended.

Our Reception class have been learning about the life cycle of a butterfly and had some caterpillars in class to watch the changes. Last week the chrysalises had turned into butterflies and the children released them into the sky! Fascinating.

Most of our Year 5 pupils have been taking part in Bikeability this week, so if you have seen children biking through the village in high-viz jackets, that will be us! Our Year 4 class took part in a Music Festival at the Apex where they played their ukuleles as part of a concert with other schools in Suffolk.

Scout Group

Scouting is a great way for young people to build their confidence and learn social skills. Cubs have been learning first-aid, planting seeds, and testing their athletics skills. Scouts have been learning cooking skills, erecting the tents, finishing off the half term with a Jewish food night.

June has been a busy month for the Beavers. We made Father's Day crafts using a hammer (!) practicing archery, and going on a district camp in Ipswich - with many on their first night away from home. Troston Wood has been a great resource for wide-games and a chance to explore the environment.

Scouts have been camping, practicing their axes and saws skills - and safety. They have built trebuchet from pieces of wood, practicing their knots. They have been to Troston woods, to check and set geocaches. Finishing off the month with an evening about gender and disability.

From Jan Neary

Next Meeting?

Date of the next meeting **September 5th** 2023 Annual Parish meeting 7pm Parish Council meeting 7.30pm. Please tell me about items you would like to add to the Agenda: 01379 898 733 or email trostonpc@outlook.com

From Vicki Gay, Clerk to the Council
