



## **Lets get Quizzical**

We would love to firstly thank you all for your show of support for your village pub. We love our locals here and enjoy the jokes, laughs and interesting stories you all have to share with us. There's just one thing missing though - random knowledge!

So, to tease out the boffins, whizz kids and clever clogs we're announcing now that The Bull is going to hold a pub quiz! The first quiz night will be on **August 3rd** and will be held monthly on the first Tuesday evening of every month. Teams of 4 to 6 is the plan with booking prior essential, full details can be found on our social media pages or by calling us on 01359 269820.

*From Sam Darling*

## **Custom Bikes on Hold**

Approval was only given in principle to the development of houses on the site of Custom Bikes. No development is to commence until the risks associated with the possible contamination of the site are thoroughly investigated and any remedial action approved by the Local Planning Authority. A walk-over survey is insufficient.

It is considered that the redevelopment of this brownfield garage site for housing would benefit Troston in the removal of the existing unsightly buildings, remediation of any potential contamination issues and improvement of the street scene and character of the area. In addition, houses in this location, particularly if they were live/work units, will help support the sustainability of the existing village services and facilities, which includes a public house, post-office and convenience store.

(The site is up for auction again).

*From David Collinson - Planning & Regulatory Services*

## **Free Activities for Young People**

An initiative to provide a summer of free activities is available for young people. Delivered by Abbeycroft Leisure, there are a range of activities including archery, campfires, orienteering, terrible-tales, fresh pizza making (and eating) amongst others and holiday camps.

Please visit [www.infolink.suffolk.gov.uk](http://www.infolink.suffolk.gov.uk) or Families can book via an interactive map at Holiday Activity and Food (HAF) programme | Community Directory ([suffolk.gov.uk](http://suffolk.gov.uk)) Any queries then email [families.communities@westusffolk.gov.uk](mailto:families.communities@westusffolk.gov.uk)

*From Simon Brown, Troston & Pakenham Ward Councillor*

## **Village Hall**

The Village Hall is already being used by small groups and and we look forward to welcoming larger numbers again soon.

Val Holden has been a valued Committee member for a number years. She has made a great contribution as Chairwoman and more recently as Secretary. Val would like to resign from the Village Hall Committee and therefore we are looking for someone to join us and be our secretary. If you would like to be involved in helping to keep our Village Hall running smoothly please contact me on 01359269653 or email [brendaburridge@hotmail.com](mailto:brendaburridge@hotmail.com)

*From Brenda Burridge*

### **Passing Places**

As requested, I have discussed with the Highways Department the detailed report produced by the Parish Council on the pressing need for adequate passing places for cars on the Ixworth Road. Suffolk County Council own the verges and agree it is their responsibility to make repairs and build appropriate passing places.

The issue now is when do they schedule the work! I'll keep chasing them!

*From Becky Hopfensperger, Suffolk County Councillor*

### **From Trinidad to Troston (and places in between!)**

The Goddard family would like to thank all those who have left messages, sent cards and stood out to pay respects to Chris when he passed through the village he loved on his final journey.

Chris was born in Port of Spain in Trinidad in the Caribbean. At the age of 12 having lived barefoot on the sands of the Island, his Father announced they were moving to a post war England. Via New York by ship they arrived into a bombed out Liverpool, which he described as if someone had turned off all the colour in the world.

On leaving school he joined the RAF with postings to Singapore, Cyprus, Mazirah (Oman), Ascension Island, Gibraltar, Machrihanish, Yorkshire, Norfolk, Lincolnshire, Oxfordshire & Belfast - where he drove petrol tankers around the city at the height of the troubles - took nerves of steel!

Chris moved to Troston in 1979 and loved village life. After leaving the Air Force he enjoyed a daily bike ride in all weathers up the lane to Honington where he continued to work as a civilian in the Tanker pool keeping the runway clear for the Buccaneers and Tornados.

A military man born in the Caribbean, made in the North East and laid to rest in the soil and air of East Anglia.

*From Stephen Goddard*

### **Vaccine Roll-Out**

Not everyone has taken up the offer of vaccination. In West Suffolk over 99% of residents over 70 have had both their first and second jab. For the clinically at risk and those aged 55 to 70 the figure is 97%, and aged 50 to 55 it is 93%.

In the age group 40 to 49, 86% of women and 76% of men have had a first job and the group 30 to 39 it is 75% of women and 60% of men.

So what is preventing men from coming forward? A telephone survey last week of people on the GPs list revealed men in this group claimed they were too busy to queue or heard they would need to take time off work after receiving a job. Others said they were afraid of needles...

*From Katie Sargeant, Patient Experience & Engagement Officer*

## **Church News**

St Mary's Church remains open every day during daylight hours, for private prayer, appreciation of the wall paintings and graffiti, or just for a moment of peace. You are very welcome to use this space, it is there for everyone. For tracing reasons, please leave your details or scan the QR code on the door. Please use the hand sanitiser provided.

Beautiful postcards of St Mary's, painted by Rev Tony Redman, are available at 50p each. Whilst the church is under COVID-19 measures you may purchase them directly from Jane Harland 07957611576.

The Blackbourne Ministry Team continues to hold a communion service in Ixworth at 10am each Sunday, which is also livestreamed on the Blackbourne Team Ministry Facebook page. Services are also being held in other local churches; please check the Blackbourne website: <http://www.facebook.com/BlackbourneTeam> or the Troston Facebook page for details.

Morning Prayer	Monday to Saturday	9am
Evening Prayer	Monday to Friday	8pm
Communion	Sunday	8am and 10am
Friday Prayers	Fourth Friday of the month	9am Troston Church
Revd Karen Burton	07546 491388	<a href="mailto:revkarenburton@outlook.co.uk">revkarenburton@outlook.co.uk</a>
Revd Tony Redman	01359 269335 / 07860 868828	<a href="mailto:tony@theredmans.co.uk">tony@theredmans.co.uk</a>

## **The Troston Church Project**

In recent updates, the reinstallation of the bells has been the focus of our attention and has captured the interest of budding campanologists (bell-ringers). Little has been said about the repairs and improvements being made to the back of the church, which is also being funded thanks to an extremely generous gift. The works include not only the rehangings of the bells, but also installing a toilet, a kitchenette and a fellowship area. We are excited at the thought of our lovely church being more inviting and providing a family friendly area with amenities.

Of course all these things do not happen overnight, and the pandemic has drastically hindered the speed we envisaged these alterations would take; already it has been two years in development and seeking the relevant permissions. We are

expecting the work to begin in the next couple of months and are excited at the prospect of the completed project.

It is also necessary to point out that few services have taken place in Troston since the first lockdown, but we are still committed to paying the insurance, the general upkeep and the Parish Share (the contribution each parish is required to pay towards the paid Rector and expenses – the local ministers are unpaid volunteers) Local churches have benefitted financially from Euston Rural Pastimes, since Honington church began the event over 25 years ago. This has helped many of them pay their Parish Share, despite dwindling congregations. Of course the event was unable to take place last year or this, and so it has fallen to the few members of the village who regularly contribute, and to whom we are extremely grateful, to support the church through this difficult time. If you feel able/willing to donate towards the upkeep of Troston church, which is not only a place of worship but also a building of great historical interest, please contact our treasurer, Mrs Julie SurrIDGE [jasurridge@gmail.com](mailto:jasurridge@gmail.com) tel:07876 701186

*From Jane Harland*

### **Feeling and Keeping Well**

Most of us at some time feel a bit down - the social isolation caused by lock-down over the covid outbreak has increased the sense of being alone. Indeed, there are real reasons to feel anxious and depressed when you listen to the News on TV or the rants on social media! No wonder we can sometimes begin to feel physically ill and in a low mood.

Social prescribing, sometimes referred to as community referral, is a means of enabling individuals to refer themselves to a range of non-clinical services to improve their wellbeing. Your GP can also refer you when they believe you are not seriously physically or mentally unwell but do need help in feeling better - perhaps with the assistance of mild medication.

The idea is to help the whole person by taking into account their emotional feelings and social situation rather than just the symptoms of feeling unwell. The aim is to support individuals to take greater control of their own situation, health and wellbeing.

Ixworth Surgery has two social prescribing professionals and their teams from Suffolk Family Carers to help you: Chris Armstrong and Jo Burnett. Please do not hesitate to contact the Surgery to make an appointment to talk to them: 01359 230252

Suffolk Carers will also be visiting regularly every other Tuesday. Their motorhome will be in the Ixworth Library carpark. They will be providing advice or making referrals for residents to the wide range of social services and wellbeing activities in the community. The next visit is on 20th July then the 3rd and 30th August.

*From Josh Williams, Senior Administrator, Ixworth Surgery*

## **Scout Group**

We have been enjoying the lighter evenings and meeting outside each week.

Beavers have earned their safety and cook's badges, covering fire safety and lighting fires, followed by cooking a snack on their fire! Cubs have been finding ways to protect an egg, and comparing this to why they wear a cycle helmet. Scouts have planned their own programme for the 2nd half of this term, including camp-fire cooking, repairing our existing geocaches, and starting to learn to whittle.

As a group we are looking for adult help, this could be at our weekly meetings with cubs or scouts, or to help in our exec committee, as chairperson, treasurer, or committee member. If you are interested in volunteering please contact me at [1stthoningtonrafsoutgroup@gmail.com](mailto:1stthoningtonrafsoutgroup@gmail.com)

## **School News**

As usual, life at the school has been busy, busy! We took part in national Numbers Day on 13 May – children dressed up with a numbers theme and took part in maths activities during the day – our donations to NSPCC totalled £191 – amazing! The whole school took part in Walk to School Week. We encouraged as many children to walk, ride, scoot to school to improve their fitness and help the planet.

All our children have been enjoying taking part in the Active Suffolk Bingo which was organised as part of the YST National Schools Sports Week. Our Year 6 class are visiting their new high schools this month and getting ready to leave us in July - some of them, have been with us for 7 years! We will miss them all. Last day of term is Friday 16 July and we return on Thursday 2 September.

During the summer break we have some maintenance work being carried out at the school to erect new fencing and gates and install a new boiler.

*From Lynn Plampin*

## **Be Alert for Scams**

If someone sends you a text or calls to say they will repay an over payment, for any reason, DO NOT give them any details, like date of birth, etc , as they can access your account and set up a payment to them, as I have just experienced. YOU HAVE BEEN WARNED.

If you receive a call you believe to be fraudulent, hang up. If you are suspicious about an email you have received, forward it to [report@phishing.gov.uk](mailto:report@phishing.gov.uk).

Suspicious text messages should be forwarded to the number 7726 which is free of charge.

If you believe you have been the victim of fraud or identity theft, you should report this directly to Action Fraud either online; [actionfraud.police.uk](http://actionfraud.police.uk) or via phone 0300 123 2040.

*From Robert Holden*

## **Curlews**

RAF Honington is home to a number of exciting bird species. In particular, the Eurasian Curlew - an iconic and celebrated wader species with a haunting, melancholic sound which is disappearing fast from our countryside. Since 1995, the UK has lost nearly half of its breeding population.

This year, at the peak of the breeding season in May, I observed over 20 pairs nesting on the airfield. Amazingly, this Curlew population had gone largely undetected prior to my PhD but is now considered one of the most important sites in England. Curlews probably like nesting here because the large stretch of open grassland is fenced and provides the opportunity to quickly detect approaching threats. This means they can mob and chase away predators such as foxes and crows which like to eat their vulnerable eggs and chicks. Over the last two years more chicks have fledged from the airfield than all other Breckland breeding sites combined!

My research is part-funded by the Defence Infrastructure Organisation.

*From Harry Ewing*

## **Proposed New Parliamentary Boundaries**

Troston could become part of a huge new North Suffolk seat stretching from the outskirts of Thetford in the West across to Geldeston and Saxmundham in the East but excluding Bury St.Edmunds!

The constituencies in Suffolk are set to change if the proposed changes from the Boundary Commission for England are approved. The idea is to create new seats of roughly equal population-size - apparently regardless of any thought to where people receive their services like hospitals, schools, shops and need transport links.

There will now be a consultation on the plans and MPs are due to finally decide whether to accept the proposals in the summer of 2023 - which should be in time for them to be implemented for the next general election expected in May 2024.

Please find below the link for the 2023 Review of Parliamentary constituencies to give your view. <https://www.bcereviews.org.uk/node/6484>

*From Paul Geater*

## **Next Meeting?**

The next Parish Council Meeting is scheduled for Monday 6th September at 19.30 in the Village Hall.

Please tell me about items you would like to add to the Agenda: 01379 898 733 or email [trostonpc@outlook.com](mailto:trostonpc@outlook.com)

*From Vicki Gay, Clerk to the Council*