



Parish Council Meeting - 5th September

Finally, the last vacancy on the council has been filled as Diana Silverstone was co-opted on as a very welcome member.

The RAF Honington Families Day was held July 27th - attendees from Troston reported it was a brilliant day out and the flying display was excellent.

The people who attended the Defibrillator awareness session in July found it very informative and well delivered - a refresher may be planned in the future.

Saturday September 23rd has been earmarked as a volunteer day, there will be two areas to work on; at 10.00 am work will begin on the planned wildlife area situated in the corner of the playing field, this will consist of strimming and clearance tasks, then at 1.00 pm the focus will be Troston Woods where there are branches to tidy, ivy to remove and wooden furniture and carvings to be cleaned and oiled. If you can help at either of these sessions please do, if you are able bring any tools then please do, (brushes would be useful for oiling the wood) The event will be posted on Facebook and advertised on the notice board If you would like to find out more, please contact James Moffatt jmoffat54@gmail.com even if you can only spare an hour every little helps.

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>

From Sue Rose, Chair Troston PC

The Bull

Following the successful launch of our gorgeous guesthouse, The Pear Tree Inn, we've decided to open our little pub seven days a week, so you'll be able to join us for lunch, dinner and some delectable drinks, on a Monday and Tuesday, as well as the rest of the week as usual!

Get yourselves booked in - we can't wait to see you!

We've recently also been lucky enough to welcome Rosie, to our kitchen team. Known as "The Queen of Puddings", Rosie works with the very best of our kitchen garden produce to create some of the best desserts in East Anglia.

Rosie started cooking as a little'un with her Mum in her family's restaurant, and so has been enjoying creating beautiful dishes since forever. Her dishes are influenced by the natural world, the many uses of chocolate, and the huge spectrum of colours, flavours and textures that go into a perfect pud!

Book a table and indulge in Suffolk's finest at The Bull Freehouse, Troston. Where we celebrate seasonal, fresh, and local produce.

From our kitchen garden to our daily changing menu, our talented chefs craft exquisite dishes that showcase the vibrant flavours of Suffolk. Experience a culinary journey rooted in our local area, ensuring an unforgettable dining experience. For tables of 7 or more, please contact us directly on 01359 269820 to book.

From Ben and Sam

Troston Poor Estate

Under an Enclosure Act passed in 1806, an allotment of land was awarded to the Lord of the Manor, the Rector, Churchwardens and Overseers of the poor, to the intent that the rents & profits should be laid out in purchasing blankets and fuel, to be distributed among the poor inhabitants of the parish as the trustees should think proper.

In recent years the rent of about £2,000 has been distributed in the form of a cheque. Any person over the age of 65 and who has lived in the Parish over the last two years is entitled to be considered for an annual payment from the above Charity. One payment per household.

If you think your circumstances mean you are entitled to this payment, and are not already receiving a payment, please contact The Treasurer, Roger Anderson, Troston Lodge, The Street before the end of November.

From Graeme Norris, Trustee

Church News

Memorial Service for Doreen Newell.

The laying of the headstone naming Peter and Doreen will take place along with a memorial service on Friday 22nd September at 2pm in St Mary's Church, Troston. All are welcome to attend.

Services in Troston:

- 10th September 11am Holy Communion
- 24th September 11am Praise
- 8th October 11am Holy Communion
- 22nd October 11am Praise

As always on the 4th Friday of the month (the 22nd this month) at 9am there is a short service of Morning Prayer; as with all the services, you are very welcome to attend. There is no singing at this service.

From Jane Harland

The Bells, the Bells...

If you choose to live near a church, you should expect to hear bells on Sunday and at special events. But to become proficient there is a need to practice -and some would appear to need a lot of practice to improve... Can any bell ringing group, of any level of ability, for any length of time, just turn up when they like?

I understand the Church of England's guidance is that the Parochial Church Council should consult nearby residents and have an agreed policy on when and for how long the bells may be rung. Consideration should also be given to the fitting of sound proof shutters to the inside of the belfry louvres which can be closed during practice periods. Such a policy may be helpful in dealing with possible complaints or defending an action of nuisance on being served a noise-abatement notice.

From Doug Walker

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

Autumn Vaccination Campaign

Ixworth Surgery will be hosting joint flu and COVID vaccination clinics starting at the end of September and continuing through October. Surgery staff will also be visiting our care home patients over the next few weeks and our housebound patients at the start of October.

Patients who are aged 65 and over and those aged under 65 who are clinically at risk are eligible for an NHS autumn booster and flu jab. To find out if you are eligible, please visit <https://www.nhs.uk/conditions/vaccinations/flu-influenza-vaccine/>

Shingles

As of September 1st, the eligibility criteria for who qualifies for shingles vaccination has changed. The new eligibility criteria are:

- Everyone aged 70 to 79 years old
- Patients turning 70 (DOB between 01/09/1953 and 31/08/1954)
- Patients turning 65 (DOB between 01/09/1958 and 31/08/1959)
- Patients aged 50 or older with severely weakened immune systems.

The surgery will be inviting eligible patients to come in for their vaccination in the month after their birthday. For more information, please visit <https://www.nhs.uk/conditions/vaccinations/shingles-vaccination/>

Missed GP Appointments

Despite face-to-face appointments being in such high demand, we continue to have several appointments where patients have not attended. Last month, 68 patients did not attend their appointment, this resulted in nearly 17 hours of wasted appointment time...

From Josh Williams, Practice Manager

Men's Breakfast

The mens breakfast takes 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

Christmas Dinner

This year's meal at Honington Village Hall will be on the evening of December 2nd. There will be a full 3 course sit down meal, (vegetarian option must be reserved on booking), a bar and live music.

Tickets are allocated on a first come basis and cost £20 each with full payment needed to confirm places. If you wish to sit with others please book together. Tickets available from Linda Howe, 01359 269142, Harlequin Cottage, Church Road, Honington

Women's Institute - the WI

We meet in Sapiston Village Hall 2nd Tuesday in the Month. Several women from Troston go on a regular basis . We have 50 members from all the surrounding villages so quite a large gathering each month. We are part of a nationwide movement and a local Federation which arranges meetings and outings for all the local WIs. So there is always something to do.

Recently in June we had our Summer Supper with a quiz and competitions. Great evening had by all. In July we had a speaker talking about British Sign Language. Very interesting and informative. We relaxed again in August with a games and quiz evening intending to make sure that we got to know each other.

Our next meeting - this September 12th Is a talk on Make do and Mend!
But you may have seen the poster for our WI Day on Saturday 16th at the Village Hall Sapiston. All welcome. Come along and see for yourself and enjoy tea and cakes.

From Anne Walker

School News

Thurston Community College was included in the Government's list of buildings with confirmed RAAC (reinforced autoclaved aerated concrete). It was identified in the English block and a single classroom (separate to the main building).

A College spokesperson said remedial works are being completed. "It was identified back in 2018 - and we are grateful to both Suffolk County Council and the DfE for working with us to quickly implement a solution this month".

Hemlock

Be aware - changes to Council policies in cutting roadside verges and using weed killer has led to the wide spread of hemlock around our village. It is a very poisonous plant. You might remember that the Greek philosopher Socrates was executed by consuming a hemlock derived drink!

This upright biennial plant grows to about two metres high and can be distinguished by the unpleasant, mousy smell of its foliage and its purple-spotted stems. Its leaves are finely divided and large, and its flowers are small and white and appear in umbrella-like clusters.

A very similar looking plant is Cow Parsley - also known as Wild Chervil. It has a pleasant smell (a bit of a cross between parsley and aniseed), whilst hemlock really doesn't! The side stems are triangular and have a groove, a bit like celery - hemlock has rounded leaf stems. Cow parsley leaf stems and flowering stems tend to be greenish - purple, sometimes entirely purple, but they are NEVER blotchy.

Some forager's recipe books mention the joy of cow parsley soup... Unless you are absolutely certain you know what they are, don't eat any foraged plants.

From Graeme Norris

Scout Group

Beavers have been cooking over fire, building towers from kebab sticks and taking part in our annual water fight! Cubs have been bell ringing in Troston church and experimenting with explosions for their science badge. Scouts had a fantastic day trip to London, including a visit to the Imperial War Museum. They also used their navigation skills for a route around Rougham. Cubs and Scouts joined together for their water fight.

If anyone would like to join us in September for adventure and skills for life, please do get in touch.

From Jan Neary

Over Priced Petrol

Us rural folk rely on the car, more so than people in cities and urban areas and it seems only fair that we should be paying the same sort of price. According to the AA, drivers in rural areas are paying, on average between 10p and 15p more for a litre of petrol, despite the claimed scrutiny by the competition watchdog. Complain to our MP Jo Churchill - but don't get your hopes up!

From Tim Gwilliam

Thinking Ahead

As a manager of a Care Home, I meet daily with families needing residential care for one of their family - and I can tell you that few tend to plan for it. Unfortunately, people can be put off having conversations about care with their families until the last minute. While understandable, this can make the process of searching for a care home when it is needed more stressful and difficult to navigate.

Firstly, I feel it's really important that you or your loved ones set up a Power of Attorney for Health & Welfare, and Property & Finance while you are still able. Doctors will only countersign your wishes while you are still regarded by them to be in a "sound mind". Secondly, it's really vital that you consult your family and take your time to do the research and look at options. Websites like carehome.co.uk are a great place to start as you can read reviews and CQC reports. I would definitely suggest you consult an independent financial advisor - such as Eldercare who provide free helpful advice.

Finally, care homes are not just there to cater for care needs. If you're feeling lonely as you get older they are great places to enjoy the next chapter of your life!

From Amanda-Jane Frank

Elon Musk to our Rescue?

Suffolk residents may not be aware a trial has just begun to see if Elon Musk's Starlink technology of web-linked satellites can help provide ultrafast internet to all rural homes across the country.

The government has opted to use Starlink, a satellite constellation operated by the billionaire entrepreneur's SpaceX company, instead of the British satellite broadband pioneer OneWeb - which it rescued from bankruptcy in 2020 with a controversial \$500million investment of taxpayers money...

From Michelle Donelan

Next Meeting?

Date of the next Parish Council meeting is **7pm 7th November 2023**. 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