



Annual Village Meeting May 9th

There is an Annual Village Meeting every year and it's usually held at the beginning of May. It's not a Parish Council meeting at all - it's for everyone in the village to come and hear what's happening with all the village organisations. It's also for residents to make their views known and raise any issues or problems and, importantly, any ideas for the future. There is usually representation from the RAF Base, our local farmers, GP Surgery, our Borough Councillor and County Councillor. We used to get a Police representative come to give us their latest information but, sadly, we have not seen anyone for some years.

We have had three councillor's resignations during the past year: Graeme Norris, Peter Johns and Brenda Burridge. I would like to thank them for their efforts on the Council over the years, their knowledge and contributions to the village will be greatly missed. They have been replaced by Peter Riddick and Paul Walton. Graeme Norris has agreed to continuing editing the Troston Newsletter.

Our new Borough Councillor Andrew Sped was in attendance to introduce himself. He is happy for any villager to contact him directly, and his contact details will be displayed on the notice board along with Parish Councillors, and County Councillor , Rebecca Hopfensberger also in attendance who gave her assurance that potholes are getting looked into - apparently a new contract has been awarded.

One member of the public mentioned that a public "Thank You" should be issued to all the previous distributors of the Newsletter. The chairman gave her apology for this oversight, and would like to belatedly thank the efforts of Margaret and her dedicated team who delivered the newsletter for many years to every household in the village, whatever the weather - an inspiring example of community service.

Parish Council Meeting - also May 9th

Two councillors, myself included, have attended training events on the various roles and wide range of activities that a Parish Council can choose to undertake, which we found very informative. Now the elections are over more councillors have indicated they will uptake the offer of training.

With finances in mind the grass cutting contract was put out to tender, Countryside Management were appointed for this year, as the quote was the most competitive.

We have purchased a VAS for north side the road outside RAF Honington, with Honington and Sapiston Parish Council, who are providing one for the south side. This has meant that another VAS for the village has been put on hold.

Tree planting has been ongoing in the playing field, we are also going to establish some wildflower planting.

In the coming year if funding can be secured, it is hoped to carry out some work in the woods, re- establishing a wet area - there will be plenty of opportunities for villagers to volunteer for this project.

On another note, it is great to hear the bells of St Mary's ringing - and there is a prestigious competition planned in May. In anticipation of many visitors, the council have given permission for parking on the playing field.

The conversion of Whitegates to guest accommodation, was an application supported by the council, although the planning approval specified that sufficient parking was provided at the rear, so there should be no increased parking in the village.

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

From Sue Rose, Chairman

Election Results

The West Suffolk Council local elections have ended in a no majority council with the Conservatives missing out on control by seven seats. Voter turnout was 30.44% A new leader for the Council will be elected at the Annual Council Meeting on the 23rd May.

The results were as follows: Conservatives - 26, Labour - 17, Independents - 10, West Suffolk Independents - 9, Liberal Democrat - 1, Green Party - 1.

In our Ward of Pakenham & Troston, Andrew Speed (Conservative) was elected with 310 votes. Shirley Stephenson (Labour) came second with 271 votes.

Andrew started his own company in 1992 which later evolved into St Edmundsbury Wealth Management. In his spare time, he is the President of Thurston RUFC and enjoys watching Rugby, Cricket and Formula 1. Andrew is also a Trustee of the Suffolk Philharmonic Orchestra and has played an active role in local politics for many years as Chairman of Bury St Edmunds Town Council.

Parish Council elections were also held on the 4th May and in Troston were uncontested. Richard Balaam, James Moffat, Peter Riddick, Sue Rose, Pal Walton, and Suzie Woodward are our elected independent councillors.

From Dolly Carter

Calthorpe and Edwards Educational Foundation

The Foundation helps young people from our Parish with a grant in September for studies in Further Education. This means University, Further Education College, Medical School and similar establishments. It excludes courses that could have been obtained at School.

The Governors limit assistance initially for a maximum of three years and to no person over 25 years of age. The period may, at the Governors' discretion, be

extended a year at a time when appropriate, but not beyond the age limit. The grant is paid in three termly instalments and for the year 2022/23 it was £273 pa.

For more information contact Mrs Rosemary Boswell: phone 01284728199

or email: boswellrg444@outlook.com

From John Browning

Church News

I am sure we have all appreciated hearing the bells of St Mary's Church ringing out over the recent weeks, and in particular the Quarter Peal for the Coronation of King Charles III. The dedicated band of ringers have endeavoured to ring in as many churches as possible, in celebration.

On Saturday 20th May a Bell Ringer's Striking Competition will be held in the church followed by refreshments in the village hall. Many ringers will be travelling from outside the county so please be understanding. Claire and her team will be working to minimise any possible parking issues. It should be an excellent event and put Troston very firmly on the map.

The World Day of Prayer last month, heralded the reopening of our newly refurbished church. We were joined by women (and one man) to the annual service written by women; this year, women in Taiwan. For the first time, the new kitchen area at the back of the church, allowed us to enjoy the refreshments and the space to socialise after the service.

This month we have also celebrated Easter Communion, and two Christenings, including baby Jude's from Troston, a wonderful event!

Later this month Troston will be the only church in the Deanery to hold an Ascension Day Service, this will be on Thursday 18th May at 7:30 pm, do join us!

As always on the 4th Friday of the month (the 26th 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.

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

News from the Bell Tower!

As mentioned earlier, on Saturday 20th May we will be hosting the annual Suffolk Guild of Ringers striking competition when bands of ringers from across the county will be coming to Troston and competing with each other to perform the best piece of ringing. The winning band is the one who makes the least number of mistakes as judged by an expert ringer and has taken place for over 300 years,

making competitive ringing older than rugby, association football, and many other sports! The ringing on the 20th May will be from around 10am to lunchtime.

We are very keen to involve the community in our ringing so if you're interested in seeing what we do or finding out more please get in touch, would also be happy to commemorate any special birthdays, anniversaries etc with some ringing if possible. gtbartonbells@gmail.com

From Neal Dodge

Village Hall

Following a quiet couple of years our beautifully redecorated Hall is again being well used 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

Men's Breakfast

The mens breakfast will take place in Livermere Village Hall on 27th May 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

Let it Grow!

I'm delighted to let you know that our *Let It Grow* wellbeing and gardening/ horticulture course began on the 2nd May at Langham Walled Garden.

The two sessions hosted 14 participants of the 20 who have signed up. A few couldn't make it and a few were unwell. Absentees are not a problem because we are running for 20 weeks and people can join in at any time. Everyone coming is experiencing some health issues and some have also got serious disabilities such as Parkinson's, MS, Stroke and Respiratory problems.

We can arrange transport for people living nearby to come in a local taxi service who can provide a Wheelchair Accessible Vehicle.

The best route for potential participants is Jo Burnett, our local social prescriber at Ixworth Surgery. People interested in knowing more should contact her. She meets them and carries out an assessment of their situation and needs. If appropriate they are asked to complete a Referral Form to us at Wild Heritage Suffolk CIC at Langham.

We make contact with the person and take it from there.

We are happy to continue to receive applications throughout the summer as we are going through in to September and new entrants can start on any Tuesday by arrangement. This flexibility is the crux of the project.

From Warren Lakin, Ixworth Surgery Patients' Association

News from Honington and Sapiston WI

Our speaker this month was Catherine Buchanan from the Guildhall who spoke with knowledge and humour on the subject of "Twentieth-century women of Bury St Edmunds" - some famous, some infamous! This was an excellent, entertaining talk, which was very much enjoyed.

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

From Anne Walker

Farm News

Throughout the month, farmers across the region will be busy preparing their prized livestock for competition and shining their tractors and farm machinery for events.

On Sunday, May 14th, the South Suffolk Show will be returning to Ampton Race Course and will include livestock competitions, food demonstrations, motorcycle displays and ferret racing.

From Edward Vipond, Farm Manager

Honington School

There have been lots of exciting activities taking place at the school, alongside all the hard work in the classes. Our Year 6 children have had a three-day residential trip to Thorpe Woodlands near Thetford and had an AMAZING time creating some wonderful memories doing archery, canoeing, high ropes, bike rides, camp fires etc.

We had a Road Safety Assembly organised by RAF Honington where certificates were awarded to children who had taken part in their Road Safety Poster Competition. Congratulations to Harley, Eve and Ayva who were our overall winners.

We celebrated World Book Day with a dress-up day and book related activities throughout the day and also celebrated Red Nose Day with a non-uniform day for a donation to Comic Relief.

We have held parents' evenings and also invited parents in to take part in experiments with their children to coincide with Science Week. We are taking part in The Big Battery Hunt which is a nationwide programme to help educate and inspire young people to recycle more used batteries.

Scout Group

We all enjoyed our Easter break, returning to learn about St George the patron Saint of Scouting due to his bravery and courage. Members have renewed their promise as many Scouts do across the country. Beavers are developing their knowledge on safety in a variety of situations. Cubs are getting into the King's coronation celebrations. Scouts are planning a camp and choosing what to cook on a fire. The leaders and Executive Committee have been busy planning a funday for the group and local community. This will be on Saturday 24th June at 1pm. Events will include a BBQ, fair style games, tombola and cake stall.

If anyone has anything they are able to donate for prizes or cakes please get in touch. Jan at Neary532@gmail.com

Ixworth Surgery

We have linked up with colleagues in Hertfordshire and Essex to provide monthly webinars on health topics that might interest our patients. Each webinar is 60 minutes and structured as 30 minutes presentation and 30 minutes Q&A. It's free.

The next two webinars are:

- 18.30 to 19.30 23rd May by a leading cardiologist Dr Sundeep Kalra on how to better look after your heart. Book your place <https://podcastheart.eventbrite.co.uk>
- 19.00 to 20.00 26th May by Dr Shakunthala Nara on avoiding/managing the complications of diabetes. Book <https://HWEDSGComplications.eventbrite.co.uk>

From Josh Williams, Practice Manager

Suffolk Wildlife

The Trust have a fantastic range of courses for adults and teens including wildlife photography, botanical and wildlife painting, willow sculpture, and species identification and ecology. Come and learn a new skill in a relaxed and fun atmosphere. Some courses are quite close to us at Lackford Lakes, Lopham Fen and Bradfield Woods but others are a bit further away at Woodbridge.

Book your place by visiting our website: suffolkwildlifetrust.org

From Sophie Flux

Next Meeting?

Date of the next meeting **July 3rd 2023** Annual Parish meeting 7pm. 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
