



Parish Council Meeting - 14th January

A report was delivered on the Village Hall whose Chairman, and committee are still trying to secure funds for the roof repair.

The response to the survey on playing field equipment showed the zipwire with most votes: zipwire 17, gym equipment 5, seating 2, rope bridge 1, skateboard ramp 1, outdoor table tennis 1. Some funding has been secured but will be finalised in detail at the next meeting.

Diana and Kris Bilverstone, are hoping to transform the phone box to a seed swap, if you don't have seeds to swap don't worry you will be make a small donation which will go towards village projects. It was decided that if anyone has spare plants to swap a message can be left on a noticeboard in the phone box.

Councillor Des Pugson continues to update the website <https://troston-pc.gov.uk> this is a work in progress but looking good.

As always if you have any ideas or issues you would like to raise, please contact the Clerk Amanda Jackson clerk@troston-pc.gov.uk please note this is a new email address and should be used for al correspondence.

The full minutes for the meeting will be available as on the website

Date of the next meeting March 4th 2025 7pm

From Sue Rose, Vice Chair Troston PC

Troston Poores Estate

The estate is some 14 acres of farm land near Troston Hall. It began back in 1666 with a bequest from villagers who were Quakers who were departing to settle in Pennsylvania. Rent from this land was to be distributed on Christmas Day to the poor of the village. A plaque commemorating this act of charity can be seen on the North Wall of the Church.

The charity's governing document is formalised by the Inclosure Act of 1806 when custody of the land was "awarded to the Lord of the Manor, the Rector, Churchwardens and Overseers of the Poor, with the intent that the rents and profits should be laid out in purchasing fuel and blankets to be distributed among the poor inhabitants of the parish, as the Trustees, or the major part of them, should think proper."

As two Trustees of the Estate had retired, the Council were asked if they would like to nominate two new Trustees: Des Pugson and Peter Riddick were volunteered. It was thought by some Councillors that the criteria for distributing funds of living in

the village for 2 years or more and being over 65 years old had become outdated? Perhaps in the past there was a rough correlation between being old and being in need of financial help?

It was noted that similar charities in other villages had the criteria of living currently in the village for 2 years or more, having an income at the minimum wage level and minimal savings or capital assets, or facing unexpected hardship.

From Graeme Norris, Trustee

All Change

Suffolk has a county council, four district councils, one borough council and a plethora of Parish Councils. The government believes fewer councils with more responsibilities could save money and provide a better service. The government set out plans in December in *The English Devolution White Paper* for a programme of coordinated local government reorganisation over the next five years.

On the 9th January, following an invitation from government ministers, Suffolk County Council's Cabinet agreed to recommend Suffolk for inclusion in the government's Devolution Priority Programme (DPP). Whilst concerns about the potential reduction in local democracy were expressed, the overwhelming feeling was that Suffolk should aspire to engage and participate proactively with the proposals. It is likely that Suffolk will see the creation of a directly elected Mayor, covering Suffolk and Norfolk.

The new structure is likely to remove the District and County layers and replace with one "Unitary" authority. This arrangement will reduce overall costs and should increase the efficiency of individual departments - for example: Planning authority will then sit alongside Highways authority.

Speaking following the debate, Councillor Matthew Hicks, leader of Suffolk County Council, said:

"Today marks the start of arguably one of the biggest decisions this council will take in its 50 plus-year history. We need to think what is best for the people and businesses of Suffolk to whom we have a duty to make the difficult decisions – even if that decision means the end of the council or councils on which we sit. Changes of this scale create an opportunity to streamline local government, empower joined-up decision making, save taxpayers money and ensure councils are resistant to economic challenges."

A single directly elected Mayor for East Anglia would have power over strategic policy areas like transport infrastructure, health improvement and blue light services. This model has worked well in other parts of the country and is popular with central government .

A side benefit of the new structure might be greater influence and powers to Parish Councils if they seek it?

Suffolk County Council has now written to the government expressing its desire to be at the front of the queue for devolution and local government reorganisation. A

decision is expected by the end of the month. If Suffolk is approved as part of the DPP, more detailed proposals, engagement and Government-led consultation would follow. Papers for the meetings can be viewed at <https://committeeminutes.suffolk.gov.uk>.

Councillor Hopfensperger and I are fully supportive of this process.

From Andrew Speed, District Councillor

The Bull

A very big thank you for all the support and love throughout 2024. We've had a brilliant year with a fantastic team around us and the most incredible customers anyone could wish for!

We have been planning a couple of upgrades... New, and we mean completely new, toilets are being installed. It's been a long wish of ours to rip out the tired and, let's face it - "pubby toilets" - so believe us, we're throwing the bathroom sink at this one!

The other addition will be the creation of a snug room, we're heading into the cellar! Walls will be knocked down and bricks shall fly - so when the dust and mayhem eventually settles, and we reopen on **Saturday 18th January**, you will be able to enjoy the hospitality of this wonderful British pub in a new snug. Adorned with sexy silk curtains, oak panelled wall, and fire side seating that perfectly persuades anyone enjoying the atmosphere for another glass - "oh, go on then". It's the private dining room, it's the first date room and it's going to be a marvellous addition. We look forward to seeing you!

From Ben & Sam

Village Hall

Why not make a resolution to support your Village Hall by making a regular or occasional booking? Ideal for all types of activity, from birthdays to weddings, christenings or just a family and friends get together. The building has WiFi and a fully-fitted kitchen for preparing and cooking food. Both the Hall and the garden are fully accessible to wheelchairs.

To check availability, book or have a look round, please contact me on 269467. Remember, residents have a special rate of just £10 an hour.

For all enquiries and bookings please contact Sue Bishop through the Hall's website or phone 269467.

From Sue Bishop

The WI

This meeting was our Christmas Quiz & Fizz party and it was a lovely, enjoyable evening. The hall was beautifully decorated and very Christmassy. Everyone had dressed up and enjoyed a drink of fizz (alcoholic and non-alcoholic varieties were available!) and time to chat and look at the first quiz. The food this year was all

provided by members rather than caterers, and there was a delicious array of different canapés and desserts. We took part in a second quiz, with the winning table awarded a box of chocolates each.

Instead of Secret Santa, donations of food were made to Gatehouse.

We next meet on Tuesday 14th January when we will be hearing from Adrian Hoyle about the war graves in Honington churchyard.

If you would like to try a WI meeting (free of charge!) do just come along - or contact Tricia tel. 268442 or email honingtonandsapistonwi@gmail.com to find out more.

From Joanne Hoyle

Clergy on Combines

A bid to bring the church and farmers closer together in Suffolk has been hailed a huge success. The Bishop of St. Edmundsbury, the Rt Rev Martin Seeley, wanted a closer union with the countryside after being voted in as president of this year's Suffolk Show.

Having spent time last year on a combine harvester himself, he encouraged a "clergy on combines" drive this year so that colleagues could experience the life of a farmer first-hand.

"I've written to all the clergy and said if you want to do this either hook up with a local farmer or let us know and we'll hook you up with a local farmer."

"I am certainly a lot more informed about the labours undertaken to ensure we have basic foodstuffs to feed this country, which that we all take for granted. I feel the investment of few short hours will deepened the relationship between the farmer and the local church," he said.

Ben and Ed Turner took the Rev Dr Andrew Miller out on a wheat field in Timworth and he said:

"It was inspiring to witness the skill and dedication of our local farmers at work. It was a fabulous experience which helped me to appreciate just how demanding their role is - and a real plus point - I am now far more tolerant of farm vehicles holding up the traffic on the roads."

Farm News

Rural workers are under immense pressure on a number of fronts. Long hours, bad weather, isolation, and financial difficulties are just a few of the challenges they face. No wonder anxiety and desperation can strike hard.

Emma Reed and Edward Vipond have launched the *Suffolk Farming Community Group* which they hope will increase awareness and raise funds for the key mental health charities. Edward is the manager of Troston Farms and Emma, with husband Will, manage Sir Kenneth and Lady Carlisle's farm at Wyken and also Oak Farm Free Range Eggs at Great Barton.

For many years they said, we passed each other with just the occasional nod. We were always busy, always worrying about the next problem to resolve and, in some respects, that's the issue because we didn't make the time to talk...

Emma has two sons aged 18 and 23. Farming is a lonely job and at 23, her son - who graduated from Harper Adams - is driving up and down fields and is usually working alone for long periods. He has already known someone who felt isolated and depressed and died by suicide. Sadly, in January, talented young shepherd Cameron Farnon took his own life. You may have met him because he used to sell his lamb at Wyken farmers' market.

All of these factors prompted Emma to contact Edward with the idea of setting up the non-profit group, which she now chairs.

"I said we need to be a link, we need to get the younger generation together with the older generation. We need to help each other," she says. She rang the National Farmers' Union at Bury St Edmunds and got the Young Farmers involved. At the launch in June, more than 100 people turned up, paying £10 for tickets, and sponsors got on board to organised a range of social events. Their first quiz night raised £3,000. It was a huge buzz, and the charities were over the moon, says Edward.

There's a committee of about 10 or 12, consisting of young people and older people, all of whom bring their own skills to the table. Twenty years ago, nobody talked about mental health, says Edward. "It was stiff upper lip, buck your ideas up and get on with it. Clearly the world has changed."

Edward oversees a 4,500 acre operation and a team of four. Farm businesses like his have to carry out first aid training every three years - but he questions why mental health first aid training is not regarded in the same way?

If you would like to hear more, email edward.vipond@trostonfarms.co.uk or emma@reedagriculture.co.uk

From Sarah Chambers, Food and Farming Editor for the East Anglian Daily Times.

Yarn in a Barn

Please come along to the next eventThe next event 'Yarn in a Barn' (link below) which is going to be held on the 24th January at Risby Village Hall, this event is free to attend (but you will need to register) and is an opportunity to find out a little bit more about YANA, FCN & SFCG.

[YARN IN A BARN in Suffolk – YANA: You Are Not Alone](#)

From Edward Vipond

School News

Thank you to all who came and supported our Christmas Fair - we raised an amazing £1200 !! We are extremely grateful to the Friends of Honington School for their tireless efforts to raise money for the school.

This week we are performing our Christmas plays to parents and carers - our younger pupils are performing The Fleece Force and our older children The Magical Christmas Jigsaw. The children have worked extremely hard to learn their words and songs - so please come along and enjoy the show!

From Carol King

Scout Group

We have Beavers for children aged 6-8, Cubs for children age 8-10½ and Scout for children aged 10½ -14. We are run by a small team of dedicated volunteers and are always happy to welcome new adult volunteers to our team, either to help run the Sections or to help manage the Group. Our usual meeting days are on a Monday 6.30-8 (Cubs), Tuesday 6.15-7.30 (Beavers) and Wednesday 7-9 (Scouts).

Last term our Scouts camped, hiked, learnt to use axes, knives and saws safely, tried tomahawk throwing and took part in a District dodgeball competition. Cubs camped, learned how to read a map, hiked, had a singing lesson, took part in Parliament Week, made Christmas cakes and had a Christmas craft evening. Beavers learned how to ride their bikes safely, tried their hand at air rifle shooting, learned to tie knots, went to Colchester Zoo, decorated Christmas biscuits, made Christmas decorations and went to the Pantomime,. The whole Group attended the Bury St Edmunds Remembrance Day Parade and the RAF Honington Christingle and Carol Service.

This term our various Programmes include Ten Pin Bowling, Highland Games, Pancakes, Airfix modelling, Laser Quest, hiking, knots, fire safety and Camps.

If you are interested in your child joining one of our Sections or you would like to volunteer, please contact Judy Brooks e-mail judy.brooks2010@btinternet.com, phone number 07805 777162 or Martin Brooks e-mail gsl1sthoningtonraf@gmail.com, phone number 07531 560701.

From Andrew Freeman

News from Ixworth Surgery

Dr Tebbit has now retired and Dr Letellier has become a partner in the Practice. A vacancy for a Salaried GP was being advertised to conduct 4 sessions a week.

The new website and integrated office admin software ANIMA are being tested. Favourable comments on the clear signposting of the Surgery's services on the new website had been received from patients. The AI technology in ANIMA streamlines workflows and enables, for example, the faster editing of notes and letters received

from Hospitals onto patient records. It can also provide more detailed advice than eConsult, triage conditions and make appointments.

The winter surge in respiratory illness had begun. The Surgery had been proactive in offering flu, covid and RSV jabs as vaccines became available. Don't hesitate to use the NHS App to identify other vaccination centres you might find more convenient to reach.

Please remember, estimated vaccine effectiveness against all influenzas is about 65% among children aged 2–17, about 55% among adults 18–64 and dropping to 40% to 50% among adults aged 65 and over.

Launch of Woman's Health App

A new App is being launched by the NHS to give advice and guidance on breast screening, cervical screening, contraception, menopause treatments, pelvic organ prolapse, pre-conception care and sexually transmitted infections.

Download from the App Store or visit hciconnectplus.page.link/snee

From Josh Williams, Practice Manager

Poor Nutrition

Alas, the number of people of all ages admitted to hospital with illnesses exacerbated by poor nutrition has increased over the last year - for example: some 10% because of a lack of iron and 15% because of a lack of Vitamin B.

So much advice appears to be available online about nutrition - and there seem so many simple cookery books and magazines on the shelves. The lack of information seems not to be the problem - is it a lack of knowledge on what is a balanced diet and will to prepare fresh food?

It has to be admitted, ultra-processed foods are relatively cheap, often immediately filling and usually easy to prepare - but generally low in nutritious content relative to fresh food. It seems ironic to me that a rural community like ours should see an increase in the number of health conditions linked to poor nutrition, and yet this is the reality in Suffolk.

Good sources of iron are red meat, beans such as red kidney beans, chickpeas, nuts and dried fruit such as dried apricots. Good sources of Vitamin B include grains, dark leaf greens, broccoli, eggs and fish.

From Dr Kamila Hawthorne

Take Care this Winter

Support is available to villagers who may find themselves facing hardship.

- Nutrition Advice & Cooking Workshops: Abbeycroft and West Suffolk College, supported by Bury St. Edmunds Town Council, offer heat-at-home meals throughout the year to individuals who live alone. As well as a delicious meal prepared by students at West Suffolk College we offer phone conversations with

our volunteers and doorstep chats, as well as options for other services and support in the town. Contact karen.points@acleisure.com or ellie.McCarthy@westsuffolk.gov.uk

- Welfare Assistance: A fund set up for those experiencing financial hardship and can help with food, heating, clothing, fuel and white goods. Full details and eligibility criteria can be found on the website www.suffolk.gov.uk/iwas
- Warm Homes: Grants available to help insulate and make properties more energy efficient. Eligibility can be checked by contacting 03456 037 686
- Other Benefits: Check entitlement to other benefits such as housing benefit, Council Tax Reduction, Attendance Allowance and Carers Allowance visit www.entitledto.co.uk
- Heating Oil Loans: From Eastern Savings & Loans, a credit union. They offer an interest free loan of up to £500 for heating oil. You need to become a member of Eastern Savings & Loans to apply. Membership costs £5. Further details at www.eslco.co.uk/products-and-services/loan-products/suffolk-oil-loans
- Community Oil Buying: By clubbing together with others in the community, you may be able to get a cheaper price for your oil. The Oil Club website lists the many Oil Clubs in Suffolk and often several small rural communities in the same postcode area are included in the "same club". Visit www.oil-club-co.uk
- Dealing with Debt: Speak to the Citizens' Advice: Free, confidential, independent advice at 0808 278 7868 (Monday to Friday 9.30am - 3.30pm or suffolkwestcab.org.uk

Next Newsletter

Please email me or the Parish Clerk possible items you think would interest local residents for the next Newsletter. The deadline is **6th March**. Articles may be edited, of course, to fit the space available.

Any opinions expressed in these articles will be solely the author's and do not necessarily reflect my opinions or of the Parish Council.

From Graeme Norris, Editor
