



Parish Council Meeting – 1st July

We had our usual council meeting on Tuesday evening in the village hall. Our meetings are always open to the public and we welcome any residents who want to come along to raise any issues, ask questions or just see what we do.

Following feedback received at the Annual Parish Meeting in May, the council discussed meeting on a more regular basis – it was felt by some residents and councillors that meeting every other month leads to delays in action being taken on village matters. It was agreed that the Parish Council would trial monthly meetings, in line with usual Parish Council practice, for the rest of this financial year.

The Parish Council are also looking into having the village newsletter delivered to all households in the village to try to improve community communication – this has been requested by residents. Hopefully we can get a network of volunteers to help with delivering them.

Cllr Des Pugson has been working hard on updating the village website - <https://troston-pc.gov.uk>. It would be fantastic to have some more up-to-date images on the site. So, if anyone has any photos of the village or surrounding area (buildings/gardens/wildlife/woods) please forward them using the email address for Des on the 'Contact us' page of the website.

With the recent extremely hot weather can we remind anyone using Troston Woods to be extra careful and vigilant with regarding to fires – please do not start bonfires or campfires in the woods and also dispose of all litter safely, glass and cigarette butts are not just unsightly but can cause fires during the summer months.

Lastly, we would like to know if there would be interest from village residents in starting up/attending a village Gardening Club – Cllr Paul Walton would love to hear from you – this is our opportunity to learn from the green-fingered, pass on tips and tricks and possibly make new friends with discussing what plant the pigeons ate from the garden this morning!!

The full minutes for the meeting will be available on the website. Feel free to contact the Parish Clerk with any comments regarding the village on clerk@troston-pc.gov.uk

Date of the next meeting **2nd September 2025 - at 7pm** in the Village Hall.

From Diana Silverstone, Chair Troston Parish Council

First Aid Course

On Saturday, 6th September, there will be an “Emergency First Aid at Work” course in Honington Village Hall. It would be great if staff in our local businesses, pubs,

cafes, air b&b's and clubs all had a qualified first aider - just in case. The course will take six hours, after which certificates will be issued. It includes using a defibrillator.

If there is space, villagers are welcome to also attend. Names to siripp@live.com

Church News

The church is for everyone, as a historic building as well as a place of worship. If there is any aspect you would like to get involved with, please feel free to speak me.

Services take place on the second and fourth Sunday of the month:

- 2nd Sunday 11 am Communion Service
- 4th Sunday 3pm a more Informal Service

All welcome.

From Jane Harland

Village Hall

The work on the Village Hall roof is now completed and the scaffolding has been taken down. We are delighted with the result and thank everyone involved in this project. The Hall is a charming setting for family celebrations, meetings or anyone wishing to set up regular events. You are always welcome to come and take a look. If you are interested please contact Sue sandsbishop@btinternet.com or me at brendaburridge@gmail.com .

AGM - a date for your diary.

The Village Hall Management Committee Annual General Meeting will be held on Tuesday 26th August at 7.00pm. The Village Hall is a vital asset for our Community and we would value your support. The meeting is open to all residents and we hope you will join us.

From Brenda Burrridge

The WI

Our last meeting hosted a talk by Simon White on "Rose growing made easy!"

Simon shared his extensive knowledge on the flowers and taught us everything you could possibly need to know about growing roses at home, from pruning to how a cardboard box can be used to help plant them.

The best time for pruning roses is typically from late winter to early spring, ideally February or March, before new growth emerges. It's crucial to prune before the last frost to avoid frost damage to the newly cut stems. Deadheading, however, can be done during the summer to encourage more blooms

Simon then gave us the opportunity to purchase some of his lovely roses, which went down a treat! Our competition this month was to write a limerick about roses...

Next month we are looking forward to our summer social, and getting ready to start a new programme jam packed full of exciting new speakers and topics. We would love to see some new faces and invite any women to come down and join in! If you have any questions about what we do or how to join, please contact us on the below email: honingtonandsapistonwi@gmail.com

From Joanne Hoyle

Pruning Techniques:

- Prune away dead, diseased, damaged, or crossing stems.
- Make cuts just above an outward-facing bud, sloping away from the bud to prevent water-logging.
- Shape the bush: aim for an open-centered shape, removing any stems that cross or overcrowd the center.
- Pull out any suckers (shoots growing from below the graft) as close to the base as possible.
- Keep your tools clean and sharp to prevent disease spread.
- Apply a rose feed after pruning to encourage healthy growth.
- Do not compost rose prunings as they can harbour fungal spores.
- Shrub Roses: prune lightly in late winter or early spring. Remove dead, damaged, or weak stems and shorten stems to maintain shape.
- Ramblers: prune after flowering, removing stems that have flowered and encouraging new growth for the following year.
- Climbing Roses: remove old, unproductive stems and shorten remaining stems as needed.
- Hybrid Tea and Floribunda Roses: prune in late winter/early spring, removing dead, damaged, and weak stems and shortening remaining stems to encourage new growth.

Farming News

A rain-starved spring meant young crops had plenty of warmth and sunshine but little water during their vital growing period. Our local farmers confess they don't know what is in store. Looking at the fields around Troston, some crops look healthy, others are looking decidedly underwhelming.

As always, the weather is the big enemy. Lack of rain generally means that cereal crops produce fewer tillers - or shoots - which affects their productivity. But until the combines cut through them over the coming weeks, our local farmers are

holding their breath - hoping that a smattering of rain on the right days may have pulled them through.

On light, free-draining soils where the problems are more acute, farmers who can have been irrigating their crops more than usual - a process which is costly. To add to our farmers' woes, the market has failed to perk up. Generally when yields are poor, market prices rise with them. This year, however, loads of grain were carried forward from last year with farmers not wanting to sell because of the price of grain being so poor. It's all sort of doubled up into this year so there have not been the price rise you would normally see.

From Sarah Chambers, EADT Food & Farming Editor

Precision Farming

Not to despair. Our farmers are increasingly using technology to collect data and improve their methods - and so increase efficiency, and enhance sustainability. It involves applying the right amount of inputs (like water, fertiliser, or pesticides) at the right time and place, rather than treating the whole field uniformly. This targeted approach should help maximise yields, minimise waste, and reduce environmental impact.

SOYL have been assessing some of the fields around Troston. Instead of treating the entire field the same, precision farming adjusts practices based on the specific needs of different areas within the field. This includes deploying scanning technologies like GPS, drones, sensors, and specialised software to gather data, analyse it, and suggest targeted interventions.

From James Lane, SOYL, Account Manager for Frontier Agriculture

Calthorpe and Edwards Educational Foundation

Last call for applications! The Foundation was founded to help students in our area with a grant for studies in Further Education. This means University, Further Education College, Medical School and similar establishments. It excludes courses that could have been attended at School. Please apply to us before September for grants that might help you - or the young people in your family.

The Governors limit assistance initially for a maximum of three years and to people under 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 of around £100.

For more information contact Mrs Rosemary Boswell: phone 01284728199 or email: boswellrg444@outlook.com

From John Browning, Trustee

Activities for the Summer

The summer holidays are rapidly approaching, and we have another great selection of free activities for children and families entitled to Free School Meals.

- Family Park Cooking (Families) - Each family will take home a weeks' food
- Adventure Days (8-14 yrs) - An action-packed day of activity from 8:30am-4:30pm
- Wild Kitchen Adventure Days (8-14 yrs) - Young people learn to build a campfire, cook their own meal and take part in a range of outdoor activities. 10am-3pm
- Swim and Lunch (5-16 years + parents) - Free swim and lunch provision at all our leisure centres
- Duke of Edinburgh Award (13-16 years) - Take part in Bronze Award, hiking, camping, away days. (must be in school year 9 in September 2025)
- National Pool Lifeguard Award (16-18 years) - Fully funded places on the NPLQ Lifeguard Course at Bury St Edmunds Leisure Centre.

All activities are booked through Eequ and will be subject to a verification check by Suffolk County Council. Free spaces are primarily for children entitled to means tested Free School Meals.

If you have any questions, please don't hesitate to get in touch with me
07983918318 or 01284 757495

To book, please contact <https://www.abbeycroft.org.uk/HAF/>

From Frank Carn-Pryor, Outdoor Education Manager

Scout Group

The Group meet at St Edmund's Church, RAF Honington. We have Beavers for children aged 6-8, Cubs for 8-10 year olds and for 10-14 year olds we have Scouts. Our usual meeting days are Monday 6.30pm-8pm for Cubs, Tuesday 6.15pm-7.30pm for Beavers and Wednesday 7pm-9pm for Scouts.

Our Beavers have taken part in the District Ten Pin Bowling competition, held their own highland games, visited space, identifying planets and constellations and each member taking the part of a planet or moon brought the solar system to life. They have had a sleepover, a Lego night and enjoyed pancakes. Cubs have built Airfix models, been Ten Pin Bowling, taken a trip to Laser Quest, tried their hand at pancake art, and held their own highland games. Scouts had a frostbite camp, all waking up to frost on their tents and a campfire to warm themselves, they have hiked, taken part in and won the district quiz, enjoyed pancake art, learned about different stoves and fires and how to use them safely and enjoyed a trip to Planet Laser.

This term much of our programme will be outside with Scouts hiking, fire lighting, map reading and learning knives, saws and axes skills, Cubs and Beavers have an upcoming camp, Cubs will be hiking, enjoying a campfire, having an evening arranged by our Young Leaders, a presentation by one of our Young Leaders about the work of the Riding for the Disabled and an escape room. Beavers are concentrating on safety and first aid, den building, hiking, campfire and science experiments.

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 gsl1sthonington@gmail.com, phone number 07531 560701.

From Andrew Freeman

Update from Ixworth Surgery

We have had to make the decision to increase the turnaround period for repeat prescriptions from two days up to four. There are several contributory factors that have led to us making this decision.

- Our dispensing robot, which helped process prescriptions, has reached the end of its life and is no longer working well. Because of rising costs, we're not able to replace it. Instead, we're updating our pharmacy area to work better without the robot and will soon be introducing electronic prescriptions to make things quicker and more convenient than the paper shuffling we currently have to do!
- At the same time, we're also seeing a very big increase in the number of medicines being prescribed, and sometimes (thanks to Brexit) there are delays in getting hold of certain items due to supply issues.

This policy comes into effect from 1st August. We will put a note into every bag of dispensed medication and update our website with the appropriate information: <https://www.ixworthsurgery.co.uk/prescription-turnaround-aug-2025/>

We are optimistic that the extended turnaround time will help reduce the number of owed prescription items, meaning patients are less likely to need multiple trips to the practice to collect all the items on their prescription.

We are also using this opportunity to promote our Auto Repeat service for patients. This is where we take over responsibility for ordering prescriptions on the patient's behalf, so all they need to do is pop into the practice every four weeks to collect their medication.

From Josh Williams, Senior Practice Manager

Ageism and Health

It's obvious, I guess - your attitude to getting older can affect your physical and mental wellbeing. Admittedly, as years pass, frailties do emerge and sometimes need to be treated seriously - taking blood pressure tablets for example. For most of us, joints can get a bit creaky and names can slip away for fleeting moments - but we are still capable members of society - if we choose. Alas, of course, some of us do get played a "bad card" and can be struck seriously ill. But in itself, getting old is not an illness - it is just another phase of a life to be lived to the full.

I have been looking at recent studies on ageing. Put simply these studies suggest that if you experience "ageism" from your family and society, your life is likely to be shorter. Your self-image and thoughts about getting older are crucial. Ageism attacks both. The studies use longitudinal panels tracking individuals throughout

their lifetime. There are studies from all over the world. For example, a US study of people suffering some impairment to their everyday living. Those that attributed it to “just ageing” rather than illness had a shorter life on average by some 3 to 5 years.

A thought provoking study was recently published in the medical press of 10,000 Chinese over a period of twenty years. Their sense of “perceived uselessness” in particular to their family, was measured every five years. Increased levels of uselessness significantly increased the chance of dying...

In essence, I believe it is all about a loss of agency - the individual’s capacity to act and exert control over their own actions and the environment. The need for control and agency is deep seated. How the decision, for example, to enter a care home is made influences subsequent life expectancy. If an individual decides for themselves, then they live longer than those who did not exercise such control. Indeed, a local care home reported that as residents became more active physically and mentally, less feeling dependent on family - they became more sociable.

From John Bateson, Visiting Professor at City , London University.

Seeking Volunteer Drivers

Have you a few spare hours a week? Ixworth Patient Association is looking for volunteer drivers to take patients to and from the surgery. Mileage and indemnity insurance is provided. We would be pleased if you can make, say, just one or two trips a week.

If you are interested, please contact: Ray Horsnell on 0792 524 7409 or leave contact details with the Surgery’s Reception Team: 01359 230252.

From Graeme Norris, Trustee

Wellbeing on Wheels

This is a FREE monthly wellbeing walk on the first Thursday of the month for people in manual or electric wheelchairs, and scooters.

Meet the walk leaders at Porters Lodge at 10.00am for a 10.15am start.

The Wellbeing on Wheels walks are led by qualified volunteers and include a short, gentle group circuit around the Ickworth grounds and a visit to one of the cafés to relax and enjoy some company and conversation. Carers, companions, and dogs on a short lead are welcome.

Get yourself some nature therapy and soak up the stunning landscape around Ickworth Estate.

To join us, just turn up at Porter's Lodge for 10.00am or email me jo.burnett@snee.nhs.uk for more information.

From Jo Burnett

Vision for 2031

The development of the towns and villages of West Suffolk is guided by a document called "Vision 2031". You are invited to the regular open meetings that try to keep this Vision relevant and updated to meet emerging concerns. These consultations are an opportunity for the public, healthcare providers, local charities, voluntary sector agencies et al to raise issues, learn about each others activities and co-ordinate efforts to support our communities. The Locality meeting in June concluded that the public's priorities were:

1. Improving rural transport.
2. Meeting housing needs.
3. Addressing mental health concerns.
4. Tackling isolation and loneliness.
5. Enabling more two-way communication and digital access.

The increasing cost-of-living, homelessness and cases of food poverty were raised. Recent suicides by young farmers were also mentioned.

A particular worry has been the rapid rise in the number of young people claiming benefits for mental health conditions. The percentage of claims for support for physical disabilities, however, has stayed about the same.

West Suffolk has allocated £10k of funding to our Locality: Bury Rural to spend on projects to address these worries. Currently no applications have been received...

The next two meetings are scheduled for Thursday 4th September and Thursday 4th December. Each meeting will be 10am-12pm at the Newbury Community Centre (1 Charles Place, Bury St Edmunds IP32 6TD).

If you would like to make a present about your organisation or new project at one of these meetings please get in touch with me or Carol King.

ellie.McCarthy@westsuffolk.gov.uk, carol.King@snee.nhs.uk

From Ellie McCarthy, People & Communities Officer

Next Newsletter

Please email me possible items you think would interest local residents for the next Newsletter. The deadline is **14.00 Thursday 4th September**. Articles may be edited, of course, to fit the space available.

The Newsletter is funded by the Parish Council. Any opinions expressed in these articles will be solely the author's and do not necessarily reflect the opinions of the Parish Council.

From Graeme Norris, Editor
