



Parish Council News

Troston Woods and playing field area – with the arrival of the hot weather we are asking all residents to be vigilant while using the woods area and playing field. The grass and vegetation are very dry, and the risk of fires is increasing. No fires, barbeques or open flames of any sort are permitted in these areas. If you notice any issues, please contact the Parish Clerk or Councillor – in the event of witnessing an actual fire in progress please contact the fire brigade immediately.

RAF Barnham - the Parish Council is aware of the Government's proposal to use RAF Barnham to accommodate asylum seekers. We recognise that this has generated significant interest and a range of views within the wider community. The Council will continue to monitor developments, seek accurate information from the relevant authorities, and share official updates with residents as they become available. We encourage everyone to rely on verified information and to engage in any consultation or public meetings in a respectful and constructive manner. Michael Hadwen, leader of Suffolk County Council has made a statement objecting to the proposal and Peter Prinsley, our MP, has raised questions in parliament. Our SCC representative, Tim Kent, has echoed these objections.

Doorstep scams – with the nationwide increase of reported doorstep scams please be aware of the following advice. Be highly suspicious of uninvited callers offering cheap home repairs, pressuring you for cash, or claiming to be from the police or your bank. If you encounter unexpected visitors, follow this core guidance to stay safe:

Verify credentials: Ask for official photographic ID. If they claim to be from a utility provider or the police, verify it by calling the official number, but never use the phone number they provide.

Never sign on the spot: Never agree to home improvement work or hand over payment at the door. Always get at least three written quotes from established, trusted traders.

Stop and think: Take time to research the company and discuss the offer with a trusted friend, family member, or neighbour first.

If the cold caller is persistent, refuses to leave, or you feel threatened, call the police immediately on 999. For non-emergencies or to report an incident, call 101.

Village maintenance – the village sign has had a ‘spruce up’ – with all the woodwork treated or painted. In the autumn the base plants will be cut back/ replaced and the base will be inspected. The phone box had a broken pane of glass, a post at the woods entrance has been damaged/broken and the bench by the phone box was broken beyond repair. The Parish Council are dealing with the glass and post replacement, and a new bench was agreed at the last council meeting and will be ordered and installed. Any resident that notices anything that needs the council’s attention please contact the clerk on clerk@troston-pc.gov.uk

The village hall committee have requested permission for the Rural Coffee Caravan team to bring their caravan onto the playing field for a free social event on the morning of Wednesday 19th August – they are a local charity that provide free refreshments, useful information on a huge range of subjects and the opportunity for people to meet up in a relaxed social environment. The Parish Council fully support the work the Rural Coffee Caravan are doing and hope that the event is well attended and an enjoyable morning.

The next Parish Council meeting is on **Tuesday 8th September 2026** at 7pm in the village hall – everyone is welcome to attend.

From Diana Bilverstone – Chair, Troston Parish Council

Village Lottery Winners

The draw took place under the watchful eyes of some of our esteemed Parish Councillors prior to their meeting on Tuesday the 7th July and the following members of the Village lottery won:

1st Place: Warren Robinson 2nd Place: Marina Martin 3rd Place: Carol Littlewood

Congratulations to all! If you would like to join the village lottery, please contact trostonvillagehall@outlook.com for details.

Village Hall News

The Village Hall and garden are buzzing with activity this summer, and we’re delighted to share the latest events coming up for our community.

Mini Farmers Market - 12 July, 13 September, 8 November and 6 December

Our Hall and Car Park area will host a charming mini farmers market featuring local businesses. Expect a friendly atmosphere perfect for a stroll round the village. It's a wonderful chance to support local businesses and enjoy the best of seasonal goods.

Unfortunately, the Sale Trail event has been cancelled due to lack of support. We apologise for any inconvenience this may cause and appreciate your understanding.

As You Like It - 23 August

We're thrilled to welcome The Whole Pack Theatre Company back to the village hall garden. They will be performing As You Like It at 3pm, bringing Shakespeare's wit and charm to life in an open-air setting.

Tickets are available directly from the troupe - contact thewholepacktheatre@gmail.com to reserve your seats.

Carpet Bowls Club

The Tuesday afternoon events (Tea & Chat and Carpet Bowls) will be stopping at the end of July. Residents that participate in the Carpet Bowls would really like the group to continue but the group needs a volunteer to organise the members and take responsibility for setting up the carpet and putting it away afterwards (requires an individual that can physically roll up the carpet and move it).

At the moment the group meets in the afternoon of the first Tuesday of every month at the village hall – although this could be flexible if a volunteer would find a different day or time preferable. If anyone is interested in helping out or joining the Carpet Bowls group, please contact the village hall on trostonvillagehall@outlook.com

Thank You Steve

A huge thank you to Steve Bishop who is looking after the flora and fauna and general tidiness of the outside areas. Well done Steve from the Hall Committee.

Do Join Us

The committee is urgently looking for anyone living in the village to join us and help with fundraising ideas and management of the hall, if you would like

to join our friendly little band then contact trostonvillagehall@outlook.com for details, we do need your help if the Hall is to continue as a Hub for village activities and a much needed community resource, imagine a Village without a Hall !

From the Village Hall Committee

Dogs on Leads

A new law means dog walkers could face £500 on-the-spot fines from the end of June for breaches of Public Spaces Protection Orders (PSPOs).

In public areas designated by the Council with PSPOs, dog owners will be required to keep their dog on a lead and always clean up after their pet - and carry disposable bags at all times. This could include places such as footpaths, farm tracks, woodlands or sections of a park. The number of dogs on a lead an owner has at any one time is also restricted to 4 - with some Councils allowing up to 6 for licensed dog walkers.

The Highway Code already explicitly states that dogs must be kept on a short lead when walking on pavements, roads, or paths shared with cyclists and horse riders. Under the Road Traffic Act, allowing a dog off-lead on a public road is considered an offence. You will be held legally and financially liable if your dog runs into the road and causes an accident.

Some of us thought the Dangerous Dogs Act was only about Pit Bull Terriers, XL Bullies and Mastiffs but it states all dogs (large or small) must be kept under control. If your dog causes someone to claim they fear they might be injured, even if the dog is just running freely or off-lead on a pavement, it can be deemed "dangerously out of control," which carries severe criminal penalties.

From James Rodger and Claire Dobinson

Scout Group News

The Group meet at St Edmunds Church, RAF Honington. We have:

- Beavers for 6-8 year olds - Tuesday 6:15-7:30pm.
- Cubs for 8-10 1/2 year olds - Monday 6:30-8pm.
- Scouts for 10 1/2-14 year olds - Wednesday 7-9pm.

We welcome all new Scouters from surrounding villages. Please contact Judy Brooks: 07805 777162 judy.brooks2010@btinternet.com

From Andrew Freeman

Women's Institute

Our speaker in June was Roger Pugh spoke to us about *"The most secret place on earth - the creation of the world's first tank force in Elveden"*. An area spanning 25 miles around Elveden was used to make and trial the first ever tanks used in World War I. Roger had pictures of these very noisy, cramped tanks and conveyed to us the conditions the men who drove them had to endure. The tank drivers had been recruited with the promise of something new and innovative, which they certainly were. An interesting and informative talk.

Our July meeting will take the form of a summer social. If you fancy coming along, please email our new email address HoningtonSapistonWI@proton.me. We have a range of speakers scheduled for each meeting and craft making events. We would love to see you.

From Tricia Fojut, President

School News

Summer term got off to a very active start! Pupils enjoyed taking on our very own climbing wall and developing their confidence and resilience outdoors.

Children have also been learning how to skateboard safely - again, with plenty of determination, perseverance and smiles along the way!

Of course, there has still been lots of hard work taking place in lessons across the school! Our Year 6 pupils completed their SATs, and we are incredibly proud of all their effort and positive attitude throughout.

We are currently looking to further develop and revamp our outdoor areas and would love to welcome more volunteers into school. In particular, we are hoping to create an outdoor muddy kitchen for our children. If anyone in the community would be interested in helping or supporting this project, we would be delighted to hear from you.

Year 6 Residential at Bawdsey Manor - Our Year 6 residential could not have come at a better time. While temperatures soar at home, we are enjoying a lovely cool sea breeze at Bawdsey Manor with PGL.

The children have been taking on their fears on the high ropes, canoeing, working together through team-building challenges and throwing themselves into every activity with real determination. They have shown courage, kindness and resilience throughout, supporting one another brilliantly and representing Honington so well.

As a school, we are passionate about giving our pupils the very best school experience that we can. If you can lend a hand in anyway - perhaps hearing

children read, helping at our events or helping us paint the school (that's what the teachers will be doing in the summer holidays!) we'd love to hear from you. Email office@honingtonprimary.org.uk

From Mich Boyd, Headteacher

Honington Village Show

Do come along **Monday 2pm 31st August**. We have several new categories along with the usual favourites, so whether you're artistic, a baker, crafter or grower there should be something for everyone.

Please note: all entries must be home grown or made in Honington, Sapiston or Fakenham. Adult Cookery & Produce entries will be auctioned off at the end of the event - unless advised otherwise.

With this year's handicraft theme being 'Recycled and Repurposed', we look forward to seeing the many ideas that you have had to give new life to previously unwanted items. Maybe you have made a peg bag out of an old pair of shorts, a throw from old concert t-shirts or bunting from scraps of various items of clothing - we want to see them all!

From Julie Goss

New Pharmacy Robot

After a long time of service the "dispensing robot" is coming to the end of its useful life. It will be replaced during June by Titan - a cloud-based system which was launched in 2019 when it became the first Pharmacy dispensing system to be given NHS accreditation in more than a decade.

It has revolutionised the pharmacy dispensing process by creating the first paperless workflow which helps free up the pharmacists' time to focus on our enhanced role in providing patient services designed to relieve the burden on our GPs. The process insists on barcode scanning, which means dispensing labels are only issued if the right drug is scanned.

Titan has been specified by the NHS not to allow automatic reordering in an effort to manage waste - I know this centrally mandated "innovation" is not convenient to patients... You must remember every month to use the NHS App for repeat prescriptions. Leaflets explaining the process are available but please speak to us if you need help in using the NHS App or how to use the paper-based forms.

From Paul Weeks, Superintendent Pharmacist at Ixworth Surgery

Incomplete Prescriptions

Patients have been complaining that their prescriptions are increasingly not completely filled. Sometimes a medication can be in short supply and stocks have to be rationed so everyone has at least a weeks supply.

These shortages are caused in part by surging global prices. The problem is being exacerbated by a complicated process of funding medicines. The NHS pays pharmacies a fixed price for each medicine it dispenses. Pharmacies are then expected to source the drug for that amount or less. When the price of a drug rises above what the NHS is prepared to pay, the medication is placed on the government's price concessions list. In recent months this hit a record high with over 200 named medications. The Pharmacy can then apply to be considered for some reimbursement sometime in the future...

However, when market prices rise suddenly – often above the original tariff and even above the concession price offered - pharmacies end up dispensing medication at a loss. It makes it harder for Ixworth Surgery to buy enough stock for all their patients and increases the chance that people will face delays or sudden shortages.

Indeed, total government spending on medicines across the UK makes up a lower proportion of health budgets per patient than many of its neighbouring Western European countries, including France and Germany. This means that if supplies become restricted, manufacturers are going to choose to sell their medicines elsewhere - where they will make more money.

From Graeme Norris, Trustee, Ixworth Patients' Association

Hot and Bothered?

After the record-breaking heat of June, we now must brace ourselves for more hot weather. Extreme heat can affect anyone. But our GPs tell us heatwaves are a "stress-test" for women's cardiovascular systems, and hit them harder than men.

Biologically, women's greater risk comes down to two things: the natural rise and fall of our hormone levels and our body's response to heat, which are different to men's.

Women produce less sweat and start sweating at a higher temperature. This impairs our ability to quickly shed excess heat and makes it harder to judge when our bodies are under burden, simply because we can't see as much sweat on our skin or clothing.

Women also have a higher core body temperature and body fat percentage than men, which acts like an extra insulating layer.

Our levels of oestrogen and progesterone shift most substantially during the menstrual cycle, perimenopause, menopause, pregnancy and while breastfeeding – which can make you less able to regulate your temperature.

All of this is hard work for our cardiovascular systems, especially in hot weather. So - under doctor's orders - take it easy!

From Emily Atkinson, Health Reporter

Time for a New You?

Throughout our lives we have multiple different identities. We can be “parent” and “spouse”. We can be a neighbour or friend. For most of our lives we have a dominant identity: “employee”. Whether we describe ourself as technician, manager, teacher etc. All other identities are swamped.

That is why when we retire it leaves such an identity hole. After retirement it is important to rebuild, restore or recreate a new identity.

Retirement essentially wipes out an identity that we may have occupied for 40 years or more. It may be combined with the end of other identities. Children may leave home. Houses may be changed. Friends and family may have died.

A study by the National Bureau of Economic Research looked at a large longitudinal data set. The study tracked cognitive ability over time. It also tracked employment history. They found that future cognitive ability was tied to employment. People who stopped work early suffered. Those who stopped work before 65 had a poorer trajectory of cognitive ability. The loss of that “worker” identity had a big effect. “Attitude to ageing” can influence physical and mental health. Having a strong self-identity is part of having a positive attitude towards life and ageing.

Different individuals build their new identity in different ways. Some go back to the past. To the identities they had before work squeezed out everything else. Whether that was being a musician, a crafts person or involved in some club or society. What may have been suppressed into a “hobby” now returns to centre stage. Others truly reinvent themselves and take on a completely new identity... be brave... live life, you only have one!

From Prof. John Bateson

Please Note:

This Newsletter is funded by Troston Parish Council. Any opinions expressed in these articles are solely the author's and do not necessarily reflect the opinions of the Parish Council - or the Editor!

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