



TROSTON PARISH NEWSLETTER

November-December 2024

Parish Council Meeting - 5th November

We have been informed by RAF Honington there is currently no liaison officer as Sqn Ldr DM Williams is no longer in post.

The Village Hall reported on the situation with the roof, quotes have been received and the committee are working tirelessly to secure funding for the repairs, which will cost approximately £30,000. On a brighter note the Christmas decorations are going up at 2.00 on Monday 2nd December!

The Zip Wire has been declared unsafe by the inspectorate due to the supporting posts being rotten below ground level.

The Parish Council meeting determined repair of the Zip wire posts was not viable, due to high cost, no guarantee and no external funding available (for repair projects). The alternative is to install a new Zip wire where, as a new project, funding may then be available, from the District Council and/or other bodies.

However, before making any decision, we'd like to listen to the views of the village as to what they would realistically like to see in that part of the playing field. Is it a New Zip wire or is it some other type of activity equipment that better aligns our playing field to the enjoyment of current and future *Trostonites*?

It is important to us to hear your ideas and so in the next few days, a Questionnaire will be made available (mail drop/e-delivery). It will take no more than 2 minutes to complete. The ideas generated will be discussed at the next Parish Council meeting in January but . . . to enable a more balanced discussion, it would be really great to have you join us for that meeting.

Councillor Andrew Speed offered reassurance the fortnightly bin collection would remain, and not follow other Suffolk areas who have switched to three weekly collections.

A village resident has asked for the Parish Council to provide allotments, unfortunately the Council do not own any land to do so.

Councillor Des Pugson has been updating the village website <https://troston-pc.gov.uk> Stage one, the editorial is live, stage two will be uploading images, and stage three will be repagination.

As always if you have any ideas or issues you would like to raise, please contact the Clerk Amanda Jackson trostonpc@outlook.com

The full minutes for the meeting will be available on the village website.

Date of the next meeting January 14th 2025 at 7pm - please join us.

From Sue Rose, Vice Chair Troston PC

Festive Feasting Season Starts Now!

We love this time of year at The Bull, the nights are drawing in, our cosy pub fire is crackling away and we're gearing up for the festive season. This year we have some amazing events to get you in the holiday mood in November, fabulous festive feasting throughout December and a very special evening planned to bring in the New Year. Take a look at what we have in store by visiting our website: www.thebullfreehouse.com/christmas

We have not one, but two food-orientated events planned in November. Our first ever Pie Night at The Bull (12th) and a delicious Seven-Course Tasting Event (15th) bringing you the best in autumnal produce from East Anglia and further afield.

Through December we have our 3 or 5 course tasting menu except Sundays where our current Sunday lunch menu applies. Great for pre-Christmas get-togethers with friends and family.

Bring in the new year with a super exclusive supper experience and witness the kitchen team cooking at their very highest level. A truly special culinary treat! Available on NYE in our dining room only - please book your table!

From Ben and Sam - and the team

Christmas Market

Visit Santa and his Elves. You and your family are invited to a Christmas Market At Honington & Sapiston Village Hall - 11am to 4pm Sunday 17th November. Entry fee is £2.00 per person, children free up to 11yrs old.

There will be a wide range of goodies for sale. Children can have fun in our Giant Snow Globe - entry is £ 1.00 per child. To meet Santa, the fee is £ 2.00 per child which includes a free gift.

Refreshments are available including Mulled Wine.

Please come and join us and have some fun!

School News

We have had a busy start to the term with lots of exciting learning both inside and outside the classroom. One class is having weekly Forest School learning

down by the river, another class is having swimming lessons, our Year 4's are learning the ukulele and our Reception class are having balance bike sessions! Some of our children are having music lessons with *IRock*, where they are forming a band – so exciting.

We had a wonderful visit from two Yeoman Warders who told us all about their life as Beefeaters within the walls of the Tower of London – very interesting. We raised an amazing £430 during our recent MacMillan Coffee Morning – all organised and run by our Year 6 children.

Our Christmas Fayre is on Friday 6 December in the school hall 3.30 – 5.30 pm - Everyone is welcome!

From Carol King

Church News

Thank you to Phil and Jack for their hard work in trimming the basal growth of the lime trees in the churchyard; it was very much appreciated.

Forthcoming Services and Events. A warm welcome will be given to all.

Remembrance Service: Sunday November 10th in the church and at the war grave.

T@3 (our less formal service) Sunday 3pm on 24th November and 3pm on 22nd December.

Communion: Sunday 8th December at 11am.

There will be a “Midnight Mass” service at 7pm on Christmas Eve.

Carol Singing will take place on Capel Close at 6pm Friday 20th December, followed by refreshments in the village hall.

From Jane Harland

The WI

The speaker this month was Mike Long whose talk was entitled “*Family Farming at Jubilee Farm*”. Mike gave us a brief outline of his family, 5 children home tutored by his wife, and how they got involved in farming. It was a change of direction for them and they've only been doing it for a year but are loving it. Mike is inspired by "Regenerative Agriculture" and told us how it differs from current practice. Mike is a very knowledgeable speaker and enthusiastic about his subject which made for a most enjoyable talk.

Greene King are collecting tubs for recycling and we were asked to take empty tubs, the type that contain Quality St., Roses etc, to any of their pubs.

Mike judged the potato print entries for this month's competition. 1st Chris L, 2nd Tricia and 3rd Doreen A.

November's meeting has a talk called Uganda Crafts / Supporting a School and the speaker is Alison Brain.

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

Village Hall News

Christmas is coming.....

Our Village Hall will be beautifully decorated for the festive season with lights, a tree and baubles etc. So, if you're considering a get together for friends and/or family over the holiday, then think about having it at our village hall. A bargain at just £10 an hour for residents.

For all enquiries and bookings please contact Sue Bishop by email or phone 269467.

From Brenda Burridge

Farming Matters

Agricultural property has been passed on to heirs tax-free for decades, but in the Budget of our new government, from April 2026 farms with assets worth more than £1million will have to pay inheritance tax at 20% - half the usual rate.

Property tax relief had previously enabled small farms – including land, farm buildings, cottages and houses - to be handed down through generations.

The chairman of Suffolk Young Farmers, said: “Farmers may be asset-rich but we're cash-poor. This is a disastrous budget for family farms, that snatches away the next generation's ability to carry on producing British food and see farmers forced to sell land to pay the tax”.

He added that the £1m limit would only cover the smallest farms and that the change could result in more land being bought up by bigger businesses, so changing the future shape of UK farming.

“Everyone says they don't like mega-farms and they don't want factory farming, but I can see that will be one answer out of all of this” he explained.

Tom Bradshaw, president of the NFU, said: “longevity and generational thinking” were often key motivators for farmers to care for the land - and that could be lost.

But, he added, “however, any forced sale of land from larger farms as a result of the tax relief changes could help more newcomers get into farming - and benefit accountants offering inheritance tax avoidance advice!”

From Malcolm Prior

Troston Poor’s Estate

Any person over the age of 65 and who has been in the village for over two years is entitled to be considered for an annual payment from the Troston Poor’s Estate. One payment per household.

If you think you might be entitled to this payment, and are not already receiving one, please contact me at The Lodge before the end of November.

From Roger Anderson, Trustee

Collect Leaves - Save Money

Using leaf mulch in the garden is one of the best ways to build soil, reduce weeds, retain moisture, insulate plants - and save money on compost and soil improvers.

Leaf mulch is made from fallen leaves, which I collect in mid to late autumn and store until they’re needed in the spring. The best leaf mulch comes from using shredded leaves, not whole leaves. This is because whole leaves tend to mat together and create an impenetrable layer. This dense blanket of leaves prevents water and air from passing through and can smother grass or plants.

Because many beneficial insects overwinter in leaf litter I mulch my leaves as soon as possible after they fall and before these species have a chance to settle down for winter.

From Niki Jabbour

Ixworth Patients Association

The higher than average incidence of respiratory diseases in our area is a major cause for concern. Smoking is a major factor.

A recent study, supported by the Association, suggested vaping damages young people’s lung function just as much as smoking. The research involved 60 people in their mid twenties. Twenty had vaped for at least two years, twenty had smoked for at least two years and the rest neither vaped or smoked. A test in which they were asked to pedal strenuously on a static bike revealed that vapers had an average “peak exercise” lung capacity of 185 watts; the smokers was about the same at 180 watts. By contrast, in the group that neither vaped or smoked, it was 225 watts. Blood tests and

ultrasound scans showed the vapers' and smokers' blood vessels were not working as well as those in the third group; they were also more out of breath, and had higher levels of lactate in their blood - indicating more muscle fatigue.

Although a small sample, the study adds to a growing body of evidence that long-term use of vaping is harmful.

The healthiest option is not to smoke or vape. So, if you are vaping to quit smoking, you should aim to eventually stop vaping too. Vaping is considered to be less harmful than smoking - and is sometimes viewed as a route to stopping smoking. Switching to vaping significantly reduces your exposure to toxins that can cause cancer, lung disease, and diseases of the heart and circulation like heart attack and stroke. These diseases are not caused by nicotine, which is addictive but relatively harmless to health.

From Josh Williams, Practice Manager

Ixworth Surgery News

The rise in employer National Insurance contributions announced in the Budget will hit our Practice. The NHS and rest of the public sector are exempt from the tax rise - but that does not cover GP Practices which are run as small businesses, as are private care homes or hospices which provide NHS services.

The British Medical Association, has said "If we don't get enough money to continue to run these practices and care homes, then we're not going to be able to provide the service that people want."

From Kate Whannel

Next Newsletter?

Please email me graemenorris46@gmail.com with news items you think would interest local residents for the next Newsletter. The deadline is 17.00 16th January 2025 - thanks!

Articles may be edited, of course, and any opinions expressed in these articles will be solely the author's and do not necessarily reflect my opinions or of the Parish Council.

Merry Christmas & Happy New Year!

From Graeme Norris, Editor
