



## TROSTON PARISH NEWSLETTER

September-October 2024

### Parish Council Meeting - 10th September

The council welcomed Amanda Jackson to the meeting. She is the new Troston Parish Clerk who is replacing Vicki Gay after many years, and who is thanked for her tireless efforts on behalf of the council.

Sadly the zip wire needs replacing, this will be an expensive project so if anyone in the village young or not so young would like to put their heads and ideas together to organise/participate in some fund raising please let us know email [trostonpc@outlook.com](mailto:trostonpc@outlook.com) to express an interest - or offer ideas. (This does not commit you to joining the council). The next question is should we replace with like for like or a different piece of equipment? The suggestion has already been received for a tube slide. The council would like as much input from the young people of Troston as possible.

Ideas for the phone box were also discussed, maybe a seed swap?

Sadly, there is an increase in the amount of dog fouling happening especially on the playing field, apart from being disgusting it is illegal. No Dogs are allowed in the small children's play area as clearly stated on the sign.

Thanks to councillor Des Pugson for his efforts in cleaning the graffiti in the bus shelter.

There will be a village maintenance morning on September 21st meet at 9.30 on the playing field, for a general spruce up and maintenance of Troston Woods.

As always, if you have any ideas or issues you would like to raise, please contact the Clerk: [trostonpc@outlook.com](mailto:trostonpc@outlook.com)

The full minutes for the meeting will be available as on the website <https://troston.onesuffolk.net>

Date of the next meeting **5th November** - at 7pm in the Village Hall.

*From Sue Rose, Vice Chair Troston PC*

### Tolling the Hours

The Parochial Council have installed an automatic chiming mechanism to the bells in the church, which will enable them to be chimed when the bell ringers are unavailable for services - and this will have the potential to do a host of other things as well.

There was some interest in the village for the installation of a church clock to chime the hours, and this will be possible with the new mechanism. It will not be the *Big Bongs* you might be imagining that come from full swing ringing, nor the full scale cacophony you sometimes hear abroad, but possibly, simply the gentle tapping of a bell to tell people what the time is, and restricted to daylight hours.

*From Rev Tony Redman*

## **News from the Bell Tower**

We continue with our practices every other Tuesday evening, helping our young learners to perfect their handling skills ring some lovely rounds , while also supporting our own skills in learning new methods too.

A couple of events coming up are on 22nd September, there is a quarter peal in Remembrance of one of our bands mum, 28th September is our local guild tower open day where there will be 31 towers open across Suffolk. We will be taking part in this from 11.30 till 1 pm . Parking will be on the playing field to help avoid congestion in and around village .

We will be serving refreshments for this and if anyone would like to donate a cake this would be much appreciated. This can be dropped at church on the day or contact myself.

*Many thanks, Claire Free*

## **Church News**

There is to be an open day on 28th September from 3pm onwards to mark the completion of the reorganisation of the church. Revd Tony Redman has kindly volunteered to give a talk at 4pm

Refreshments will be available.

For the last two months the church has been closed, except for services, as scaffolding has been up to allow for walls to be decorated and low energy bulbs to replace the old style lights. Hopefully, it will be reopened in the next couple of weeks.

The automatic ringing machine has been installed and many of you will have heard them chime on the hour and quarter hour. There is a night silencer and the facility to play tunes on the six bells - amazing!

## **Church Services**

Regular services in Troston are:

2nd Sunday Family Communion 11am

4th Sunday T@3 informal service 3pm

4th Friday Morning Prayer 9am

22nd September Harvest Festival 3pm. We ask villagers to kindly donate a tin of food for the food-bank at this service.

*From Jane Harland*

## **The WI**

We were pleased to welcome Sarah Bullen, from Still Good Food, as our speaker. Based at the Freedom church in Great Barton, Still Good Food receives donations of food at or near its sell by date from all the major supermarkets. Anyone can then go and make a donation (minimum £3!) for a bag of food chosen from their shelves.

Sarah explained that local farmers also donate produce, such as apples etc, which have been rejected by supermarkets or from a glut. Sarah stressed that the charity is not a food-bank, it is open to anyone, as its primary purpose is to prevent food waste. She had some incredible statistics about how much food we waste in the UK each day. Anyone wishing to visit Still Good Food in Great Barton or at Elsey's Yard in Bury (an alleyway near where Wilko used to be) can find their website at [www.stillgoodfood.org](http://www.stillgoodfood.org) or find them on Facebook to see their opening hours.

Our competition was "The oldest item in your kitchen cupboard", and was won by Anne, with Alison and Christine second and third.

Our next meeting, a games evening, will take place on September 10th. 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](mailto:honingtonandsapistonwi@gmail.com)

*From Joanne Hoyle*

## **Village Hall News**

We are pleased that more people are enjoying using our Hall for a variety of events. We are receiving many positive comments about the effectiveness of the newly installed sound treatment.

The outside of extension of the building is being repaired and painted and we are also undertaking some electrical work in order to meet with safety regulations. The Village Hall Committee continues to work to ensure that the Hall is a safe, attractive and pleasant place for all our visitors.

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

*From Brenda Burridge*

## **Farming Matters**

It's been a patchy year - but most of our local farmers are thankful that the wheat crop has held up better than they expected. While it won't be a record season - signs are that across Suffolk, it will be below the five-year yield average - most are celebrating "respectable" yields.

Farmers are seeing the positives after a nightmare start to their growing year with conditions so wet and muddy during the autumn sowing season that many had to change their plans and plant spring crops instead of winter ones. And the wet conditions have led to higher incidence of ergots - a type of toxic fungi - for some. Where it is present in cereals it has to be removed - adding to farmers' costs - and so increasing our food bills!

*From Sarah Chambers, Farming Editor EADT*

## **Sugar - Looking Sweet**

This season could be a much easier "campaign" - the name given to the beet harvest - which takes place from September through to March or April. Last season, appalling weather conditions followed Storm Babet in October 2023 and continued through the spring of 2024. There was hardly any let-up in the rain which meant many of our farmers were unable to harvest their sugar beet in time to deliver to the British Sugar factory.

This year's beet, however, looks good. We have had moisture early in the season and rain did start to fall on cue this week.

*From Dan Green, British Sugar Director*

## **Blue Tongue - Down in the Mouth...**

Following ten confirmed cases of Blue Tongue virus BTV3 across Norfolk, Suffolk and Essex last week, a restricted movement zone has been declared across the whole region.

BTV3 is a relatively new strain, primarily transmitted by midge bites. It affects cattle, goats, sheep, deer and camelids such as llamas and alpacas. The impacts on susceptible animals can vary greatly – some show no clinical signs or effects at all while for others it can be fatal.

It does not affect people, and meat and milk from infected animals are safe to eat and drink.

*From Christine Middlemiss, Chief Veterinary Officer*

## **New political landscape for farmers?**

At the start of the year the Labour party said a new deal for farmers had to be delivered, as more than 6,000 agricultural businesses had ceased since 2017.

So, what can we expect from the new government? Environmental priorities came to the fore in their manifesto to combat statements from the Green Party and, although there was mention of food production and food security, it was only briefly addressed.

While improving the environment is undoubtedly important, the slogan “*food security is national security*” is what made the headlines. We await detail of what this actually means. One commitment was a focus on procurement, with 50% of all food purchased across the public sector to be locally produced or certified to higher environmental standards.

While not mentioning “Brexit”, the party has also said it will look at revisiting arrangements to try and increase the flow of exports.

*From William Hargreaves, Director, Farms and Estates, Savills*

## **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.

The Estate originated with a gift of farm land from villagers emigrating to Pennsylvania in 1666. A plaque commemorating the event can be found high on the church wall. The allotment was awarded to the Lord of the Manor, the church wardens and overseers of the poor with the intent that the rents & profits should be used to buy winter fuel and blankets for the poor of the parish.

*From Roger Anderson, Trustee*

## **Immune Defence Study**

Most people in Suffolk will get a cough, cold, sore throat or flu every year. People who already have a respiratory problem can sometimes become very unwell if they catch these illnesses.

A research study by our Surgery and others found that using commonly available nasal sprays (at the first sign of a cold, cough or flu) can reduce the number of days of illness. This meant that they were able to get back to work or their normal activities more quickly - and they used fewer antibiotics.

The two sprays used were Vicks First Defence and a simple salt water spray. We found, however, that almost twice as many people in the Vicks First Defence group reported a mild headache than in the simple (and cheaper) salt water spray group (8% compared with 4%).

*From Josh Williams, Ixworth Surgery Practice Manager*

### **Ixworth Patients Association**

About a dozen or so patients a week seek help to get to their appointment with a GP because they can't drive. Have you a few spare hours a week? Ixworth Patient Association is looking for volunteer drivers to take patients to and from the surgery for which you can claim a 45p mileage rate.

If you are interested, or would like to know more, please contact Ray Horsnell on: 01842 898 414 or leave your details with the surgery reception team: 01359 230 252

*From Graeme Norris, Trustee*

### **Next Newsletter?**

The Councillors have asked me to pass along a request regarding the newsletter. Going forward, they've decided that only articles with the author's real name should be included - no pseudonyms or anonymous submissions. Unfortunately, a piece in a previous edition written under a pseudonym caused some concerns.

(Presumably a reference to the article in May from an "Olly Cromwell" regarding the previous government's offer to give the Parish a portrait of the King - and asking where it might be placed to be best enjoyed?)

*From Vicki Gay, Former Clerk to Troston Parish Council*

Please email me [graemenorris46@gmail.com](mailto:graemenorris46@gmail.com) with news items you think would interest (but perhaps not attempts to amuse?) local residents for the next Newsletter. The deadline is 17.00 Thursday 7th November - 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.

*From Graeme Norris, Editor*

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