



TROSTON PARISH NEWSLETTER

September 2025

Parish Council Meeting – 2nd September

Traffic restrictions are now in place for the works being carried out by CityFibre. The Parish Council appreciates that the lack of information regarding the road closure and bus services has been concerning for residents (and the Parish Council!) but hopefully, now that work is underway and signage is in place, disruption will be kept to a minimum.

Any further updates on either to road closure or bus services will be put on the Parish Council website homepage (under the image of the woods/church)
www.troston-pc.gov.uk

Residents have raised concerns about other road related issues in the village – Church Lane has seen an increased volume of traffic over the years, residential cars, business use and agricultural traffic. It is also used regularly by pedestrians (dog walkers, horse riders and children walking to and from school buses). Please can all drivers be aware of their speed when travelling along all our village roads.

Parking is also a problem at times – please try not to park on, or too close to, junctions as this can obscure the view of other road users and do not obstruct entrances to other properties.

The Parish Council would like to thank Ian Adams and Kris Mainwaring who helped out with the recent installation of the wooden posts at the entrance to Troston Woods. These have been installed to deter access of motorised vehicles.

Now we have had some rain the risk of fires in the woods has reduced, but we would like to encourage any users of Troston Wood to let us know if they see anything that needs attention.

We also want to extend our thanks to a couple of other residents – Freddie Gaught from Church Lane is always out and about clearing roadside gulleys, kerbside weeds, leaves and grass and generally keeping areas of the village looking neat and tidy. He has been doing this for years and we would like to say a big ‘thank you’.

Also, our thanks go to Peter Johns for his continued efforts in keeping the village litter free – again ‘thank you’.

We live in a lovely village – let’s all help keep it looking it’s best!

Finally, works continue on the Parish Council website – Des Pugson is busy in the background updating village information. The gallery section will hopefully soon be filled with amazing photos of the village – Des has said he has some lovely images of Troston Woods and the Church but would like to include some pictures of the many listed buildings (and other interesting houses) in the village – if you have any

images that you think would be a good addition to the website please forward them to Des Pugson on despugson@pugsons.com

Our next meeting date has been changed to **19.00 Monday 6th October 2025**. All Parish Council meetings are open to the public, so please come along if you have any comments or are just curious about the Parish Council or the village. We have vacancies for Parish Councillors – so if you are a village resident and think you might like to contribute and would like a bit more information contact our Clerk, Amanda Jackson, on clerk@troston-pc.gov.uk

From Diana Bilverstone, Troston Parish Council - Chair

Just a Test

National Emergency Alert Test. This weekend's national test will trigger a loud alarm and vibration on all UK phones. A message will confirm the alert is only a test and no action is required.

Devolution

Suffolk politicians are rethinking how to organise local government. Plans are being prepared to replace the current county, borough, and district councils with a new, single-tier unitary council structure by September 2026. Two proposals are on the table:

1. Suffolk County Council proposes a single, county-wide unitary authority, which they believe will encourage economic growth and achieve financial savings - while maintaining front-line staff numbers in critical services by reducing management levels.
2. The District and Borough councils are proposing three unitary authorities, potentially based around Ipswich, Bury St Edmunds, and Lowestoft, to ensure services are better tailored to local needs and priorities gauged by local representatives.

These new councils will be responsible for all local government services. The changes are part of central government's push to simplify the system, save money, and improve the sustainability of services. A public consultation will follow the September 2025 submission of the two plans, with the final decision between the two options expected by September 2026.

The fear is that there will be no extra money for Suffolk even though it is acknowledged to have been underfunded over the years and demand for services grows... The scheduled elections of Councillors has been postponed until the new organisation is agreed.

A directly elected Mayor for Norfolk and Suffolk, however, has been agreed and lobbying for your votes has begun. A devolution deal would create a new single body, known as a Strategic Authority, for Norfolk and Suffolk. It would initially take the form of a combined county authority. These arrangements would be agreed prior to the first Mayoral election, which would take place in May 2026.

Parish Council boundaries remain the same under both options. Opportunities, however, to take on more roles and combine with neighbouring Parishes will be encouraged and funds delegated.

From Nicola Beach, CEO of SCC

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

Have Faith

The bus tells me it is going to Bury, but as it leaves the village it seems to be going in a completely different direction. We trust the driver knows the way and that as it says it is going to town, that it is likely to take me there. In reality we take all this on trust. Very time we get in a car and turn the key, we believe it will start and with me steering, get us to our destination without failing.

OK. This is the best definition of faith I can think of. Faith is something we need to use every day. One definition of faith is trusting in something we can not touch or see. I put my trust in the bus driver, or the car's mechanics. Faith in a God we can not see or touch is very similar. It is all about who you trust to get you there.

From Rev. Tony Redman

Village Hall

The village hall committee held their AGM on Tuesday 26th August. We said goodbye to some long-standing committee members, as they decided it was time to retire, and would like to thank them for their amazing contribution in keeping the village hall running through the years.

Other committee members very kindly agreed to stay on the committee, and again we would like to give our thanks for their continued support.

The new committee: Diana Bilverstone, Elizabeth Walton, Cathy Eaglen, Paul Walton, Brenda Burrige, Sonia Farnaby, Sue Bishop and Pip Fletcher. Kate Furness will be providing support to the committee by producing agendas and minutes for meetings.

After 13 years of acting as Booking Clerk, Sue Bishop has decided it is time to enjoy some free time and has handed over the responsibility of village hall bookings to Paul Walton.

There is a new email address for hall bookings – trostonvillagehall@outlook.com

Paul would love to hear from anyone interested in hiring the village hall for a party, meeting, regular group or any event booking.

From, the Village Hall Management Committee

Yoga Comes to Troston

Yogawell Suffolk is coming to our village. There will be a “taster session” in the Village Hall Friday 19th September 7-8 pm. Come along for a gentle stretch and relaxation - the perfect start to your weekend.

Mats and equipment will be provided but you are welcome to bring your own - just bring yourself in clothes you can stretch in.

In this Hatha yoga session you can expect:

- A mindful approach with an emphasis on safety and comfort.
- Clear guidance suitable for all levels and abilities.
- Gentle flowing movement.
- A welcoming space where everyone belongs, regardless of experience.
- Focus on the complete benefits of yoga: physical, mental, emotional and spiritual.

Book online at <https://www.yogawellsuffolk.co.uk/>

From Sue Bishop

The WI

We were joined by Jen Lerner this month to teach us the ancient tradition of circle dancing. Jen was able to show us about 10 dances which members joined in with, these ranged from slow and meditative, to something a bit more fast paced! We then had the chance to take a breather when Jen showed us a few seated dances which were equally as calming.

This month definitely took us out of our comfort zone but it was great to see so many give it a go, even if it was just for a laugh!

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

Farming News

It has to be about the weather!!

It cannot have escaped your notice that the weather has been 'extreme' so far this year. Rainfall for 2025 at Troston so far this year has been 197mm (7.75inches) against a 19-year annual average of 624mm (24.56 inches) so by my calculation it's go some catching up to do!

I'm sure your gardens are parched, lawns have turned brown and will only recover with significant rainfall, but bizarrely the weeds continue to grow. The farm has the same problem; in a dry year crop suffer but weeds proliferate and are harder to control with agrochemicals due the waxy leaves on the weeds which build up in dry weather.

Crop yields have been hit by the dry weather, especially at Troston with Breckland sand having little moisture holding capacity, barley, maize and wheat have all suffered. Rye seems to have coped remarkably well and has maintained a very respectable yield for the year so your Ryvita crispbread is safe for this year.

Time will tell whether the sunflowers, who until a few weeks ago looked resplendent in the midst of flowering, the key to maintaining yield will be keeping the pigeons off them, if left unchecked they can do a huge damage to the crop so please bear with us with the gas banger which are our only defence mechanism.

One species that has benefitted from the dry conditions is the Stone Curlew, a visitor to the farm each summer, three pairs of birds have raised young on the farm, a record! They differ considerably from their cousins, the common curlew, and are a lot harder to spot.

Let's hope we get significant rainfall in the coming weeks to restore some sort of normality in terms of the weather.

From Edward Vipond, Troston Farms Director

Troston Poor's Estate

The Estate originated with a gift of farm land from villagers emigrating to Pennsylvania in 1666 to benefit the poor of Troston. The issue has always been how the Trustees are to gauge who is in need of a share of the annual rent of £1876 from this field.

The criterion used since 1986 has been: living in Troston for more than two-years and being over 65 years old. This was thought by some villagers to be inappropriate... and, in particular, Trustees should not receive any payment!

It was suggested that the Trustees should share the money with only those in genuine and proven need of financial help. Currently, the Government claim the poverty threshold for a couple with no children is £15,600 per year.

It has been argued that are the Trustees going to take on the role of Victorian Poor Law Overseers to judge who are the needy poor of the village? And if the distribution is to be determined by level of income, savings or capital assets, are people really going to put themselves forward to be means tested by fellow villagers?

If you think you might be entitled to this payment, one payment per household, and are not already receiving one, please contact me, in confidence, at Church Cottage before the 15th November.

From Graeme Norris, Trustee

Update from Ixworth Surgery

The Covid Booster Campaign starts 1st October but there is a change to the NHS eligibility criteria:

- Residents in a care home for the elderly (but not staff);
- Those who are immunosuppressed eg receiving cancer treatment;
- Patients aged over 75.

Agricultural workers have been identified by the Patient Association as a community that can often be hard to reach. The GPs have setup an outreach service and Dr West actively contributed to the recent Suffolk Agricultural Show to promote awareness.

Cancer Care

Have you just been diagnosed or are suffering from cancer? McMillan Cancer Support offers psychological help and advice on seeking welfare benefits. Don't hesitate to contact Jo Peacock, Cancer Care Navigator at West Suffolk Hospital on 01284 713595 or 07484941856 joanne.peacock@wsh.nhs.uk

From Josh Williams, Senior Practice Manager

People & Communities Assembly

What is the future for our community services? Wes Streeting has grand ambitions. Everyone is welcome to join the discussion to help shape our health and care services across Suffolk. We will get together in Stowupland's Village Hall IP14 4BQ Wednesday morning 24th September from 10 to 12. Refreshments and networking from 9.30.

The focus for this meeting will be on community services: ranging from paediatrics, nursing, community hospitals, support for independent living and many more!

From Su Conquer, SNEE Integrated Care Partnership

Next Newsletter

Please email me possible items you think would interest local residents for the next Newsletter. The deadline is **9.00 Thursday 9th October**.

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

From Graeme Norris, Editor
