



TROSTON PARISH NEWSLETTER September 2026

Parish Council News

The Parish Council has purchased and installed a new recycled plastic bench to replace the broken bench near the old phone box. Thanks to Andrew Speed (District Councillor) and Tim Kent (County Councillor) for offering grants to help with the purchase cost. We hope it will be used and enjoyed for many years to come.

A piece of equipment in the children's play area (the multi play) has a post that has rotted. The equipment has been fenced off and signs put on it to ask that all play park users keep off the equipment until the damage has been rectified. We will undertake any work needed as quickly as possible to cause the least disruption.

At our Parish Council meeting Tim Kent confirmed the news that the Local Government Reorganisation plans for Suffolk, which were to take place over the next two years by combining all the district councils and the county council into three unitary councils, has been halted by the government in response to legal advice. We will keep local residents informed of any further developments or changes when we have any updates.

The new Troston Parish Council website is under construction – the website will offer residents an accessible site to keep up to date with all Parish Council news and updates, contact the Clerk and councillors, find easy to use links to other organisations for information or to report problems such as potholes and highway issues. We will let all residents know when the website is live.

The Parish Council have been informed and acknowledge that the Village Hall Management committee have called a village meeting, on Tuesday 22nd September at 7pm, to discuss the future of the Hall. We await official confirmation of the outcome of the meeting.

The councillors agreed to change the date of the monthly Parish Council meetings – as the first Tuesday of the month is no longer convenient for all councillors – future meetings will now be held on the second Tuesday of the month.

Any resident that notices anything that needs the council's attention or to be raised for discussion at their next meeting, please contact the clerk on clerk@troston-pc.gov.uk

The next Parish Council meeting is on **Tuesday 13th October 2026 at 7pm** in the village hall – everyone is welcome to attend.

From Diana Bilverstone – Chair, Troston Parish Council

Village Hall Future at Risk

There will be a Public Meeting **7.00pm Tuesday 22nd September** in the Village Hall. The meeting is open to all residents of the Parish over the age of 18 years.

The cost of running and maintaining the Hall are increasing and not being matched by income.

Without increased involvement and support from local residents, the difficult decision may have to be made to close the Village Hall permanently.

The Hall has been at the heart of our community for many years, providing a venue for events, activities, meetings, celebrations, and social gatherings. To close it would be a loss, but it has to be financially viable.

At the meeting the Committee will:

- Summarise the challenges of maintaining and operating the building.
- Seek ideas for any possible solutions.
- Ask for the support of the community.

After the discussion a resolution that due to financial constraints the Village Hall will cease being available for hire or use from 31st December 2026 will be put to the meeting for a vote.

Your Attendance Matters

If you value having a Village Hall in our community, please come along and share your ideas. We need to understand whether there is sufficient local support to keep this vital facility open.

Please make every effort to attend. The future of the Village Hall depends on the community it serves.

From the Village Hall Committee

Bad Behaviour

It is a sad reflection that villagers may need to be reminded that abusive, aggressive or disruptive behaviour is not acceptable - in particular at public meetings where different opinions need to be expressed and heard but in a civil manner. Nobody should have to feel uncomfortable or threatened in any way at any meeting, whether that is a councillor, clerk or a member of the public.

From the Parish Councillors

The Fox

We faced increasing costs and too few regular customers. With regret, we have made the difficult decision that we are unable to continue keeping The Fox Inn open. We have worked incredibly hard to make the pub a success and have tried many different events, activities, promotions and ideas in an effort to build a thriving pub for everyone to enjoy. Sadly, despite our best efforts, we have reached a point where continuing is no longer possible for us.

We have met some wonderful people during our time at The Fox, and we will always be grateful for the memories we have made.

From Harrison

New Houses

Planning applications have been made for up to 15 houses on the land opposite the Fox.

Honington and Troston Parish Councils have asked Highways to consider the impact (sic) on the blind junction across the A1088.

From Robin Howe

Ride and Stride

Suffolk Historic Churches Trust will be raising money on **Saturday 12th September 9am to 5pm**. If you like walking or cycling and would like to join in, part of your sponsorship will raise funds for our Church.

Forms are available from me 15 Garden Fields or phone 0795 761 1576

From Jane Harland

Memorial Benches

I've been thinking about memorial benches in the playing field. Whenever a new bench is needed, the council should discuss its location, type and fitting. If agreed, the council should proceed with its purchase and installation.

The council could then offer a space on the bench for a standard pre determined memorial plaque, (size,type etc) as agreed by the council. This plaque would be funded by a donation from the person or people wishing to have it. Additionally, several plaques could be placed on a single bench to avoid overcrowding the park with benches.

This solution meets all the requirements of the bereaved while maintaining the council's control over placement and condition of benches, ensuring no embarrassment.

From Peter Riddick

Scout Group News

Over the summer all sections have been enjoying more time doing outside activities.

The Beavers have been to Bewilderwood, built bivvys and shelters up the woods, painted pebbles and left them in various places for everyone to find, and been on a hike.

The Cubs have had a "learning knots" night next to a no fire "campfire", had a chat about fire safety from a fireman and have learnt some road safety and the Green-Cross Code.

The Scouts have been on their expedition which they planned, had their summer camp where they built a bridge and done some archery, they spent a morning bell-boating and flew their planes which were built last term.

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

Look after our wild bees was the message we received from our speaker. Hawk Honey spoke to us about The Forgotten Bees, the ones who make up a large portion of the bees which will pollinate our crops and keep the world fed. These bees live in holes in the garden, in brickwork and trees, in old snail shells and in bee hotels, amongst other places which a lot of us have in our gardens.

Hawk Honey was a very interesting and knowledgeable speaker on a subject few of us knew anything about. We all came away a bit more aware of the importance of these busy little workers and we will hopefully leave a section of our garden untidy so they can flourish.

From Tricia Fojut, President

School News

Our classrooms have been buzzing with excitement as the children have immersed themselves in a fascinating insect project. They have spent time researching a variety of insects, discovering amazing facts about their habitats and life cycles, before using their learning to inspire their own artwork.

After carefully planning their designs, each child created a beautiful canvas painting of their favourite insect, using a range of artistic techniques to bring their ideas to life. We are incredibly proud of the creativity, perseverance, and attention to detail they have shown throughout the project.

From Charlotte Romp, Assistant Headteacher

Ixworth Surgery Pharmacy

The total refit of the pharmacy continues - the old dispensary robot has been removed and the new shelving, storage and flooring is being put in place. The next phase is to rebuild the Front-of-House area. While this work is being done, we will temporarily move the pharmacy into the PortaPharma Cabin in the car park. This is a fully functioning temporary pharmacy, with temperature controlled medicine storage and everything we need to ensure operational safety. There will be plenty of signage to make it clear where people need to go to pick-up their prescriptions.

From Paul Weeks, Superintendent Pharmacist at Ixworth Surgery

Triage with ANIMA

We are planning to follow other GP practices and in the future will be introducing a completely new way of making appointments using Anima.

Under the current system patients phone, or go online, and in essence, compete for limited appointments. A process which favours people who make contact early, are prepared to wait in a queue, or simply get through before appointments disappear. Factors that do not necessarily correlate with clinical need!

Anima will be the “gateway” that seamlessly and confidentially integrates your request with your medical record bringing improvements to how you submit medical or administrative requests - and, therefore, how our staff assess your requests.

Anima’s triage system will allow our team to continue to improve response times by helping us to direct you to the most appropriate healthcare professional according to clinical urgency and need. (Please note Anima is NOT suitable for urgent requests, therefore you will be advised to seek medical help immediately by calling NHS 111, 999 or by visiting your local A&E.)

To submit a request you will be guided through a series of questions directly related to the medical condition or problem you have selected: for example symptoms of an illness, need for a sick note, repeat prescription, travel assessment etc

If you do not have a smart phone or access to the internet; if you have a language barrier; if you have a disability; if you are in mental health crisis; please be reassured you can still phone the surgery, as before, and be put through to a Care Navigator or member of the Reception Team who will complete the form for you.

When we are ready to launch the new way of making appointments through Anima, we will inform you on how to set up your access (probably by scanning the QR code we will send you, visiting the Surgery’s website the or through the NHS App.)

From Dr Raj, Senior Partner Ixworth Surgery

Troston Poor’s Estate

The Estate originated from a gift of farm land from villagers emigrating to Pennsylvania in 1666 to benefit the poor of Troston. With the advent of the Welfare State nearly 350 years later - the issue is how should the Trustees gauge who is in need of a share of the annual rent of £1876 from this land?

Currently, the Government claim the poverty threshold for a couple with no children is £15,600 per year. The minimum income floor is calculated using the minimum wage and is £21,000 per year. The criteria we have adopted are:

- That a household income below £24,000 before benefits would be considered poor.

- Claimants had to be living in the village for over two-years and be the head of the household (one payment per household).

We also consult with the West Suffolk Council's Financial Inclusion Service who identify folk needing financial help. You can contact them by:

Telephone: 01284 757660 Online form: Financial Inclusion Team Enquiry Form
Email: financial.inclusion@westsuffolk.gov.uk

If you think you might be entitled to this payment, and are not already receiving one from the Poor Estate, please contact me, in confidence, at Church Cottage before the end of November.

From Graeme Norris, Trustee

Care and Carer Support

You are not alone. We offer home visits to provide:

- Immediate Support: Offering immediate relief with emergency fuel vouchers (available for pre-payment meters only).
- Energy Advice and Support: Helping you switch energy suppliers, understand your energy bills, and use heating controls effectively to reduce costs.
- Home Adaptions: Providing information of how to access grants for home adaptations and improvements, including the Disabled Facilities Grant and Minor Works Grant.
- Damp and Mould Issues: Identifying damp and mould problems in your home and providing advice or signposting to support for resolving these issues.
- Additional Support: Linking you with other services, cost of living support, befriending services, Feel Good Suffolk, and other Council led and voluntary organisations to promote health and wellbeing.
- Assistance with form filling and online applications.
- Supply oil fired radiators to have immediate impact on cold weather conditions.
- Make requests for key safes, grab rails etc to support client to remain at home.
- On occasions food parcels and financial support are also available.

Please do not hesitate to contact my team 03330 162000

From Rosie Hubbard, Health & Housing Support Officer

Beware Old Drivers

Young drivers are more likely to have a motor accident than older folk. Older people, however, die more often in an accident. Older people are just more fragile! Bones become brittle, muscles become weaker, vision and especially night vision fades, memory declines and reaction times fall.

Police accident reports show that older drivers tend to misjudge the gap between vehicles. They also misjudge the relative speed of other vehicles. This is an issue when crossing the line of traffic like the crossing at the Bunbury Arms. Similarly, entering a main road from a side road is another major source of accidents.

Let the Car Help. Modern safety technology can really help. Seat belts and air bags are improving all the time. Side airbags have reduced fatalities caused by near side impacts by 45% for the over 70's. There is a reduction of only 30% for the 16-49 age group. This illustrates again the fragility of older drivers and passengers.

Cars can now sense and protect against front end collisions. In the extreme case applying the brakes. Technology can fill in the blind spots and sense and warn against lane "wandering". Rear view cameras and sensors are especially effective for the over 70s.

The Automobile Association offers advice to reduce accidents and their impact. For example, the gap between the steering wheel and the chest. It should be ten to twelve inches. Any closer and there is an increased risk that the explosive airbags will cause injury. Ten percent of over 70s who have been through the assessment were sitting too close. Older people tend to sit too low in the car. The seat needs to be raised or a cushion used. Mirrors need adjusting to avoid blind spots - stick simple and cheap convex mirrors onto wing mirrors. This removes many blind spots. Seat belts should be across the bony hips not the stomach.

The final decision to stop driving is a life-changing one. People who stop driving are twice as likely to suffer from depression. They are five times more likely to then enter into long term care. If older drivers take more care they can safely defer that issue.

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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