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VILLAGE
VOICE

OCTOBER - NOVEMBER
2016

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Editorial - No Calves, No Milk...

Yoghurt, cheese, butter... What would we do without milk?

Veal is the meat from calves, mostly pure-bred male dairy calves. The production of veal got a bad name in the Eighties. Bleak memories of calves being herded on to lorries linger in the memory. But now many campaigners including the RSPCA and consumers, like myself, are saying that if we drink milk we should be eating British produced veal.

Animal-rights groups have campaigned for decades to get veal taken off the menu, but now there are those that are clamouring for veal to come back to British tables. Many view veal as the ultimate ethical no-no. How many of us have scanned the menu and for a moment felt uneasy on seeing a veal option? Recollections of dairy bull calves being crated and shipped to the continent reinforced an overwhelming notion that eating veal just isn't acceptable.

Cows can only give milk if they are put in calf. The bull calves of dairy herds such as Guernsey, Ayrshire and Friesian, are often considered unsuitable for beef production, and their fate has been varied and, at times, an inhumane one. The vilified system of housing veal calves in crates so small that they couldn't even turn around was outlawed in Britain in 1990. Europe followed in 2007, although according to Compassion in World Farming, on the continent animals are often still kept in sheds with slatted floors, rather than the higher-maintenance but more comfortable straw that our British veal calves enjoy. If there is no demand for it, farmers have no option other than to kill the bull calves at birth.

Most of us feel that every animal should have a decent quality of life and a gentle death and there is an alternative. A small but growing number of British Dairy farmers have returned to veal production and are attempting to bring British consumers around to eating ethical veal. Most are producing rose veal, a pink-coloured meat similar to beef but with a smoother texture, a richer taste and lower in fat and cholesterol. Rose veal, darker than the traditional veal, is made with young animals at about eight months old – a similar age to pigs and lambs - and which are raised on beef feed.

According to one source (Buitelaar 18th May 2016) only 20.1% of male calves were reared as bulls last year. Due to co-operation between Compassion in World Farming, the RSPCA and the industry through the Calf Stakeholder Forum, more male dairy calves are now reared humanely for veal and the number of calves being shot at birth has greatly decreased. But to reduce these numbers even further we need to support our dairy farmers and encourage the production of higher welfare British rose veal.

Do I eat veal? Yes I do and locally sourced. As Hugh Fearnley-Whittingstall is fond of saying, "if you drink milk or eat cheese, it's actually crueller not to eat veal too".

Gill O'Connor

Village Voice 3

Onwards and Upwards

I am pleased to be able to announce that the future of the Voice is secure. I have been talking to a potential replacement editor for several months in great secrecy, even careful to refer to "they" rather than him or her when asked about progress. In the nature of village life, the name has somehow leaked out before he had committed. He has now done so and, for those who don't know already, it is Chris Johnson. I will be putting together the next issue and Chris will take over in 2017.

John Langley

Letters to the Editor

From the Hoxne Playing Field Management Committee

Hoxne Summer Play Café. Those of you with children probably visited the new children's play area at the playing field and will have spotted that every Friday during the school holidays you could meet with other parents and enjoy a cup of tea, piece of cake or ice cream.

The cafe was manned by members of the Hoxne Playing Field management Committee. We are delighted to say that across the summer we were able to raise £400 to help towards the upkeep of the facilities on the playing field.

We would like to give a big thank you to those of you who supported us, donated cakes and ensured the children had a good time. We will be back next year!

From Anne Swan, 669322, 10 Church Close, Hoxne

I shall be doing the Operation Christmas Child shoe box project again this year. If you would like to take part there will be leaflets in the Church and Post Office.

From Brian Chester

Looking for a home! A peahen has taken up residence in gardens in Wittons's Lane, Hoxne and while it's a friendly and decorative creature, the bird is not in its usual habit and would welcome a more suitable home! Anyone who has lost a peahen or might be thinking of acquiring one, please ring 669157.



Diary Dates

Saturday 1st October

Come & Sing, Eye Bach Choir, p6
 Harmoneyes children's choir, Eye, p6
 WB Art Exhibition, p8 (last two days)
 SEH Friendly Quiz, p15

Wednesday 5th October

SEH Creative Writing course starts,
 p15

Saturday 8th October

WB Photographic Exhibition, p8 (to 23rd)
 DVH Buffet Dance, p13

Tuesday 11th October

SEH Phoenix Pudding Evening, p14
 SEH Hoxne Music Festival AGM, p33

Thursday 13th October

SEH Spinning Wheel Theatre,
 Casanova, p15

Friday 14th October

SEH Film, Our Kind of Traitor, p15

Saturday 15th October

Musical Evening, Weybread, p6

Saturday 22nd October

DVH Jumble Sale, p13
 Race meeting, Hoxne School, p6

Tuesday 11th October

SEH Phoenix talk "Queenie lives",
 p14

Tuesday 1st November

SEH Heritage Group Talk, p38

Friday 11th November

WB A Doll's House, p8

Friday 18th November

Phoenix outing, Ely Craft Fair, p14

Saturday 19th November

SEH The Muppits charity dance, p6

Parish Church services, see p18

■SEH bookings, Jane Langley 07876 215 269
 hoxnevhbookings@outlook.com

■HPP bookings, Gail Jackson 668186.

■SWH, Joyce Revell on 668102.

DVH - Denham Village Hall

HGSC - Hoxne Gardening & Social Club

SEH - St Edmunds Hall, Hoxne

SWH - Syleham and Wingfield Village Hall

WB - Wingfield Barns

■ Come and Sing excerpts from the Requiems by Fauré and Duruflé with Eye Bach Choir on Saturday 1st October -10.00 to 4.00. £15 including scores and lunch. Details and bookings from Christine Hooker 01379 871272

■ **Harmoneyes** Youth choir welcomes children between the ages of 9 and 15. We meet in Eye Town Hall on Fridays from 4.30 to 5.30 and term began on 23rd September. To find out more contact Felicity Golding on 07748 727477 or via email golding.hoxne@btinternet.com

■ A musical evening with the South Norfolk Youth Symphonic Band St Andrew's Church Weybread on 15th October 2016, 7.00 for 7.30pm. Tickets £10 includes glass of wine or soft drink. Contact Jim 01379 586888 or email james.hutchinson840@btinternet.com

■ After last year's great success, Hoxne school association will be holding a fun evening of horse racing on Saturday 22nd October at St Edmund's primary school. Tickets for this event are £8.00 to include a two course hot meal. Tickets available from Hannah Mayhew on 01379 668200 or 07774 327836. Please come along and try your luck at what promises to be a fun and informal evening.

Here and there....

■ On Thursday, 24th November, Tim Fuller from Plantsman's Preference will give a talk at 7.30 in Brundish Village Hall. For further information email: priscillaawilliamson@gmail.com

■ On 19th November at 7.30pm in St Edmund's Hall, The Muppits will host a dance in aid of the Air Ambulance in memory of Stephen Cowham. Tickets £10 adults, £5 children (including buffet) will be available from Hoxne post office, Stradbroke bakery & Cowhams Car & Commercial

■ Thinking of Christmas... Think of the Hoxne Church Christmas Fair on Saturday 26th November in St Edmund's Hall... starting at 12noon
New ideas and new helpers always welcome, contact Brian Chester on 01379 669157

■ On Saturday 26th November at 7.30 Eye Bach Choir perform Duruflé's Requiem and Fauré's Requiem in Eye Church. Tickets 01379 871272

■ 26th /27th November Weybread Hall Farm Barn, Tables for Crafts available. Contact Paula 01379 852110 or Sue 01379 586434

New Forest Summer Camp

Forty members of 1st Fressingfield Scout Group attended a great week long summer camp in the New Forest. Hiking, campfires, tracking, first aid skills, navigation, radio training and camping were undertaken by all with great enthusiasm and commitment.

More adventurous activities included crate staking, zip wire, bouldering, coastal swimming, archery and snow sports including snow-boarding, tobogganing and tubing.

All enjoyed two excursions – on Sunday a ferry took us to Brownsea Island the spiritual home and site of Lord Baden Powell's experimental Boy Scout camp, which started our worldwide movement. While on the final Saturday boots and harnesses were exchanged for rollercoasters and dinosaurs at Paulton's Theme Park.

1st Fressingfield Beavers (6-8) meet weekly on Monday. Scouts-Pioneers (10-14) meet weekly on Tuesday. Wolf Pack and Tiger Pack Cubs (8-10) meet weekly on Wednesday. Scouts-Adventurers (10-14) and Explorers (14-18) meet weekly on Friday. Network (18-25) run a full and exciting programme from our HQ in Fressingfield. Some sections are operating waiting lists, although enquiries welcome.

1st Fressingfield Scout Group has a number of leadership role opportunities and would welcome anyone interested in joining the Group as a volunteer leader (18+). The Group offers free uniform and training and a promise that the journey will be both satisfying and fun. Safeguarding checks will be completed at application. If you are interested in joining our large and successful Group please contact Andrew on 07908 262623.



Wingfield Barns - What's On

After a busy September here at the Barns with a visit from 'Shakespeare From The Sea' and the final few weeks of the Summer Exhibitions, we are looking forward to an equally eventful Autumn Season.

27th September – 2nd October Cyril Winfield brings a collaboration of works by himself, including equestrian paintings, portraits and landscapes; Jenny Browne; Sarah Colley and Frances Sullivan. Ceramics and craft pieces from Rosemary Delfino and Penelope Pickwell will also be on display, together with exhibition boards showing the links between Wingfield and the village of Ewelme in Oxfordshire. This part of the exhibition is a very personal account of how one resident of Ewelme (a member of supposedly one of the oldest families in the village) investigated his own family and their possible connection with Wingfield. Craftsmen from Wingfield built the church, almshouses and school at Ewelme. Open 10-4, Tuesday to Sunday.

8th-23rd October The Royal Photographic Society – East Anglia Region brings its Members' Annual Exhibition of Prints and Projected Images to Wingfield Barns. Open 11-4, Wednesday to Sunday.

11th November 'A Doll's House' by Open Space Theatre Company.

Nora and Torvald Helmer seem set for a comfortable and blissfully happy future - until the past comes back to haunt the young wife and mother, a woman who has spun a web of deceit and pretence to conceal a guilty secret. Cathy Gill and Darren France lead a fine cast in presenting a global classic by Henrik Ibsen. Actors in this production also include Peter Sowerbutts and Open Space newcomers David Blood and Mia Chadwick. Doors 6.45pm; Performance 7.30pm Ticket price £10; Concessions £8.50

20th November Christmas Fair 11-4. A lovely, festive day out for all the family. Come and join us for some Christmas shopping, a wander around the stalls and a visit to Father Christmas!

We are also hosting the usual parties, meetings, coffee mornings and keep fit classes.

For further information, to book tickets or make an enquiry, call 384505 or email office.manager@wingfieldbarns.co.uk

We look forward to seeing you soon!

Wingfield Barns, Church Road, Wingfield, Suffolk, IP21 5RA www.wingfield-barns.co.uk

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Good start for new season

AFC Hoxne Football team completed the 2015-2016 season in glorious fashion on 24th May at Portman Road Ipswich (home of Ipswich Town F.C). That evening AFC Hoxne won the Suffolk Junior cup final in style, beating Henley 2-0 with early goals from Bobby Varela and Liam Smith.

Pre-season training began on 6th July; that evening at the AGM, chairman Paul Chapman said that AFC Hoxne had in his opinion their strongest ever squad in the 17-year history of the club.

After a number of pre-season friendlies for both teams, the league programme began on 27th August. The 1st XI, in division 1 of the Ipswich league, were away to relegated Ipswich Valley Rangers - Hoxne won 5-0.

The 2nd XI entertained Ipswich Athletic Reserves, with Hoxne reserves being promoted to the intermediate section, we won 14-0,

On 3rd September the first XI beat Trimley Red Devils 2-1 at home to maintain top spot, the second XI (who also lead their league) won 6-3 at Felixstowe Harpers Reserves. In this match Wojtek Kawa hit five goals to take his season's tally to 11 in two games. There will also be a veterans' team.

Clive Baxter, President

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Dodging the rain

The 15th AGM of the New Reeding Woods Group was held at Pound Lane on Saturday 13th August. David Mitchell, the Chairman, reporting on the current state of the woodland said that the trees and bushes of the woodland blocks are now virtually impenetrable. The trees have reached pole stage and the regenerating seedlings, roses and brambles are forming an effective barrier. This has been an excellent year for trees, wildflowers and grass development, and the wet spring has given the mature ash a boost. Yellowhammers, newts, butterflies, small mammals, a roe deer, kestrels and a barn owl have been seen in the woodland and the pyramid orchid put in an appearance again, so the flora and fauna of the area continue to flourish.

Routine maintenance tasks continue to be undertaken by the committee and woodland friends throughout the year and the wildflower meadow was cut for hay in July, with the baled hay going to local goat and horse owners. The woodland is in good shape and a well used local amenity. Following the AGM a barbeque was held on the wildflower meadow.

If you want to be actively involved in this project please contact Mike Reeves on 01379 668 179 for more details.

Events at Denham Village Hall

Buffet Dance - Sat Oct 8th - 7-30 for 8pm start. Entertainment by Kevin King.
Tickets £7 from Pam on 01379 871590
BYO drink - Raffle.

Two-day Sale - Sat 22nd October 2pm-4pm
Sun 23rd October 10am - 4pm
Jumble, Bric-a-brac, Toys, Books Tombola, Refreshments.
Free admission - pay for goods on exit.
All proceeds from both events, for village hall funds.

Denham Village Hall is ideal for children's parties, meetings, coffee mornings, dance classes etc. & is available for hire at extremely reasonable rates. The hall committee would be pleased to hear from anyone who would like to organise weekly events or other ideas would be most welcome. The Parish Council recently held a survey to ascertain what villagers would like to see at their hall but unfortunately, the results are not known to the hall committee. If there is anything you would like to see happen in your village, please do let us know. Contact Pam 871590 or Rose 870346 with your ideas.

PUDDING EVENING - All Welcome

Hoxne Phoenix Ladies Group will be holding a Pudding Evening on Tuesday 11th October at 7.00 pm in St. Edmund's Hall. Tickets £5, in advance please, from Mrs. Bradford 01379 668551. The proceeds will go to The Eye Opportunity Group that is a local charity for the support of pre-school children with additional needs.

We meet in St. Edmund's Hall at 7.30 pm on the second Tuesday of each month. Visitors welcome (£2); on 8th November we will have a talk by Rachel Duffield entitled "Queenie Lives".

On 18th November we are organising a trip to Ely Craft Fair to leave Hoxne Post Office at 9.15 am and return leaving Ely at 4.00 pm. If anyone would like to join us, please contact Mrs. Bradford on 668551.



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St Edmund's Hall News

As we move into Autumn, the Hall tends to get busier. As preparation for the winter, we have recently installed a replacement oil tank that is fire resistant, as the old tank was reaching the end of its life.

Of more interest to our users, we hope to get Wi-Fi up and running in October. The speed will not be impressive, a reflection of the signal available currently. Look on the website for updates.

A Friendly Quiz in aid of The Friends of Hoxne Church will be held on Saturday 1st October. Teams of six, £5 per person, bring your own picnic supper, bar, 7.00 for 7.30. Tickets from John Brawn 668352 or any other Friends committee member.

Nikki McDonagh will run a creative writing course every two weeks from Wednesday 5th October from 10am to noon. To book, contact Coastal Leisure Learning 01728 833171, coastalleisurelearning@gmail.com.

On Thursday, 13 October Spinning Wheel Theatre will be presenting CASANOVA. A joyous romp through the sexual escapades and madcap situations in the perilous and exhausting life of Giacomo Casanova, featuring an ornate tapestry of ludicrous characters, acting out their absurd existences across Europe, making this the perfect antidote any gloomy October evening! This production is suitable for ages 14+. Tickets - £9.50 and £7.50. Available from www.spinningwheeltheatre.com.

On Friday 14th October the film is *Our Kind of Traitor*, a John le Carré adaption – while on holiday in Marrakech, an academic (Ewan McGregor) and his wife (Naomie Harris) are persuaded to deliver secrets to the British Secret Service leading to a race across Europe in the dangerous world of international espionage.

We are working on a new brochure for the Hall – we are looking for pictures for it; if you have any that you would be happy to be used, please forward to hoxnevhbookings@outlook.com.

Did you know that the Hall benefits from the recycling bins in the car park? Twice a year, we get paid based on the amount collected. So, the more you recycle, the more we receive. In particular, could you please have a clear-out of your bottles well before Christmas, when the bins normally fill.

John Langley
www.hoxnevillagehall.co.uk

*



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REFLECTIONS - Unintended Consequences

I'm very grateful that John gave me a day's grace to write this piece as on the actual copy date for Village Voice I was on my way back from Italy having ridden on the Vatican Railway. No, really! I have (along with many others), now ridden on the Vatican Railway, the smallest national railway system in the world. It is about 200 metres long and joins the Italian network just outside the Vatican City. Its one station opened in 1934 and the station building is to a standard fit for receiving heads of state. The only problem is that it was hardly ever used, less than 10 times until a year ago and then things changed.

Pope Francis famously never takes holidays- we narrowly missed seeing him while we were there (ok it would have been along with thousands of others) which means he has no use for the Papal summer residence at Castel Gandolfo about 20 miles out of Rome. If you have a good memory, you might remember that this is where Pope John Paul 2 built a swimming pool much to the delight of the paparazzi- different strokes for different Popes I assume! But this is where the unintended consequence happened. The village around the summer residence relied heavily on visiting tourist and pilgrims (and I assume paparazzi) to keep it vibrant, but with the Pope no longer visiting, the village lost all its trade and fell upon hard times. Pope Francis is keen on helping people and relieving hardship, so when he heard about this he decided something had to be done to restore the village's fortunes. He declared that the residence was to be opened to the public, and while he was about it noticed that the Vatican railway was never used and said that there should be a tour that made use of that as well.

Thus from the unintended consequence of putting a village into hardship, the Pope corrected things so that gardens previously only seen by a handful of people can now be enjoyed by anyone and a railway that nobody used is now a tourist attraction.

Often in life we find our actions have unintended consequences; even the Pope is not exempt! The challenge for us is do we follow the Pope's example to reflect and look for a way to adjust the final situation or remain indifferent to the full effect of our actions.

But, I can't help but wonder if the next unintended consequence is that the Pope didn't know how many railway enthusiasts have now added the Vatican to their list of places to visit!

Michael Womack
01379-388889
hoxnebenefice@gmail.com

CHURCH NEWS

Hoxne, Denham, Syleham and Wingfield

If you need to get in touch with the Rector, Michael Womack, ring 01379 388889. Village contacts are:

Hoxne – Brian Chester, Flaxfield, Witton’s Lane tel: 01379 669157

Denham – Michael Reeves, The Brambles, Church Road tel: 01379 668179

Syleham – Mary Lewis, Little Hemplands tel: 01379 669258

Wingfield – John McCracken, Catelins tel: 01379 384181

.....

Times of worship

Sunday 2 October

10am Wingfield Morning Prayer
 11.15am Hoxne Holy Communion
 4pm Syleham Messy Church

Sunday 9 October

11am Wingfield Holy Communion
 11.15am Hoxne BCP Morning Prayer

Sunday 16 October

8.30am Hoxne BCP Holy Communion
 10am Syleham Village Praise
 10am Wingfield Family Service
 11.15am Hoxne Harvest Festival
 3pm Denham Harvest Festival

Sunday 23 October

9.30am Syleham BCP Holy Communion
 10am Hoxne Family Service
 11.15am Denham Family Service
 6.30pm Wingfield BCP Evensong

Sunday 30 October (All Saints)

11.15am Benefice Holy Communion, Athelington

Sunday 6 November

10am Wingfield Morning Prayer
 11.15am Hoxne Holy Communion
 4pm Syleham Messy Church

Sunday 13 November

(Remembrance)

8.30am Wingfield Holy Communion
 9am Wingfield Act of Remembrance
 9.30am Syleham Act of Remembrance
 10.45am Hoxne Act of Remembrance
 3pm Denham Act of Remembrance

Sunday 20 November

8.30am Hoxne BCP Holy Communion
 10am Syleham Village Praise
 10am Wingfield Family Service
 11.15am Hoxne Community Service

Sunday 27 November (Advent Sunday)

9.30am Syleham BCP Holy Communion
 10am Hoxne Family Service
 10am Wingfield Morning Prayer
 11.15am Denham Family Service

The Benefice Newsletter includes details of services in the three parishes outside the Voice distribution. Copies can be picked up in churches or electronically by request from hoxnebenefice@gmail.com

St Peter and St Paul, Hoxne

The Lammas Day service at Hoxne on 3rd August attracted a congregation totaling 82 and raised the impressive sum of £4373 for the Addington Fund which supports farming families in times of need.

Caroline Ball has moved from Hoxne to Norwich with the warmest of wishes from the congregation at St Peter and St Paul for her life 'in the city'.

Caroline has served the church in many ways – as a member of the PCC, treasurer, sidesperson, intercessor, organiser of the Historic Churches Bike Ride and a guiding hand in fund raising – not least, offering what was her Hoxne home, Abbey Farm, as a regular venue for the fete. A presentation after Morning Prayer on 14th August saw Caroline depart with a selection of gift tokens to allow visits to concerts at Norwich Cathedral and events at the Theatre Royal.

In September we also said a fond farewell to Stephen Thirkettle, born and bred in Hoxne, who has moved to Diss from his bungalow in Church Close. With his mother Helen (who died in 2015), Stephen was a faithful member of the congregation attending many services and being part of the volunteer team which keeps the church clean and tidy.

The PCC welcomed a new member at its September meeting. Philip Flagg was co-opted to the council

CHURCH NEWS

with unanimous appreciation at his acceptance of a nomination to become treasurer. He was duly elected.

Harvest Festival will be celebrated on third Sunday of October (16th) at a service beginning at 11.15am. Giving thanks for the food we eat and those who provide it, is an important moment in the worship calendar and has special significance in our rural communities. The annual harvest lunch, organised by the Friends of the Church, takes place a week later on the 23rd. The church will welcome St Edmund's Primary School for its annual harvest service on Friday 21st October at 2.30pm.

Detailed plans for the kitchen unit (in the north aisle) and a toilet (via the north door) were being submitted to the Diocesan Advisory Committee in September. The re-erection of the carved oak St Edmund screen was also on the agenda. The outcome is awaited with much interest!

The date for the Church Christmas Fair is Saturday 26th November – opening at 12 noon in St Edmund's Hall. Always a great way to start the Christmas season.

CHURCH NEWS

Flower rota

2nd and 9th October:

Altar - Sue Thornett

16th and 23rd October Harvest

Festival rota.

30th October and 9th November:

Altar - Pru Day

13th November (Remembrance

Sunday) and 20th: November

Altar - Cathie McGregor;

Porch - Eleanor Hart

27th November: Advent Candle

Cathie McGregor

Cathie McGregor
flower rota organiser 668434

Mothers' Union

The Hoxne branch of the Mother's Union meets on the third Monday of the month at 2.15pm at Time House, Low Street, Hoxne. New members are always welcome.

Wednesday 5th October **coffee**

morning from 10.30 at The Vicarage Wingfield. There will be Christmas and birthday cards, Advent Calendars and gifts, plus Bring and Buy and cakes for sale. ALL WELCOME.

October Monday 17th - 2.15 meeting.

November Monday 21st - 2.15pm.

Chris Lowe will be with us.

The North Suffolk Area Mothers' Union sponsored walk at Southwold raised in excess of £1,200 for the Big Summer Appeal and Cathie's sponsors helped to raise £164 towards the total. Thank you to all my sponsors

Branch Leader Cathie McGregor.
668434

St Margaret, Syleham

Messy Church for the benefice continues in the Village Hall at 4pm on the first Sunday of each month and new families are always welcome to join in our fun activities and story, and share a scrumptious tea.

Remembrance Sunday will be marked by an Act of Remembrance at 9.30am, with Canon Andrew Vessey.

Carol Service - forward notice that Amici will once again join us for our carol service, this year at 11.15am on Sunday 18th December.

Contact for any of the above - Churchwarden Mary Lewis (669258) mary.lewis43@icloud.com

St John, Denham

The regular pattern of services at St John's in Denham continues with Benefice Communion on Tuesdays 11th October and 8th November at 7:30 pm. The Sunday family services for this period are on 23rd October and 27th November at 11:15 am with refreshments and fellowship beforehand. The Harvest Service will be on the afternoon of 16th October at 3:00pm.

A Car Treasure Hunt and barbeque on 20th August was challenging and great fun, and the setting for the BBQ in the woodland beyond the cornfields along Green Street was idyllic.

St Andrew, Wingfield

No report

THE NHS EATWELL GUIDE

The Health & Fitness page has concentrated on different exercise regimes. Not everybody can or wishes to exercise, so for a change I'm putting in a page about healthy eating. Government statistics show that 61.7% of adults in the UK were overweight or obese in 2014. The Eatwell Guide is promoted by the NHS and I have extracted the highlights – go to their website for more details.

Eat at least five portions of a variety of fruit and vegetables a day

Most of us still aren't eating enough fruit and vegetables. They should make up over a third of the food we eat each day. Aim to eat at least five portions of a variety of fruit and veg each day. Choose from fresh, frozen, tinned, dried or juiced. (Remember that fruit juice and/or smoothies should be limited to no more than a combined total of 150ml per day.)

Fruit and vegetables are a good source of vitamins, minerals and fibre.

Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates.

Choose wholegrain where possible. Starchy food should make up just over a third of the food we eat. Choose higher-fibre, wholegrain varieties, such as whole-wheat pasta and brown rice, or simply leave skins on potatoes. There are also higher-fibre versions of white bread and pasta.

Starchy foods are a good source of energy and the main source of a range of nutrients in our diet.

Have some dairy or dairy alternatives (such as soya drinks and yoghurts).

Choose lower-fat and lower-sugar options. Milk, cheese, yoghurt and fromage frais are good sources of protein and some vitamins, and they're also an important source of calcium, which helps to keep our bones strong. Try to go for lower-fat and lower-sugar products where possible, like 1% fat milk, reduced-fat cheese or plain low-fat yoghurt.

Choose unsaturated oils and spreads and eat in small amounts

Unsaturated fats are healthier fats and include vegetable, rapeseed, olive and sunflower oils.

Remember all types of fat are high in energy and should be eaten sparingly.

Eat foods high in fat, salt and sugar less often and in small amounts

These foods include chocolate, cakes, biscuits, sugary soft drinks, butter, ghee and ice cream.

They're not needed in the diet and so should be eaten less often and in smaller amounts.

Drink plenty of fluids – the government recommends 6-8 cups/glasses a day

Water, lower-fat milks and lower-sugar or sugar-free drinks including tea and coffee all count. Fruit juice and smoothies also count towards your fluid consumption but they contain free sugars that can damage teeth, so limit these drinks to a combined total of 150ml per day.

Obituary

Bryan Charles Hawes - 1938 - 2016

Bryan Hawes was born on 22nd March, 1938 to Charles Alec and Kathleen Thirza Hawes at Langton Green, Eye. He actually started school at the age of five in London where he lived with his mother – but didn't take to city life and soon returned to Hoxne to live with Nora and Charlie Hurry for a short spell before moving back to his grandparents. The love of the countryside and the freedom it offered was to stay with him for his whole life showing itself in many ways – an early example being an owl he rescued and with which he formed such a close bond that 'Billy' would ride with him on his bike and come when he called.

After leaving school he worked at Emms clothing factory at Syleham, cutting and making jeans and enjoying a laugh with the ladies. But he didn't enjoy the heat and being indoors, so he turned to life on the farm at Mr Risks where his skills were needed more than in National Service; later moving to Cawstons Farm at Syleham.

Happy to be outside in the air come rain or shine and developing a love of country pastimes, Bryan became a keen pigeon shooter, very competent with a catapult, a fishing fan and amazing with darts – all of which contributed to his immense knowledge of everything that surrounded him in and around Hoxne.

Bryan met Sandra in 1961 and they married in 1964, living in Cross Street and then moving to Heckfield Green in 1968. Their daughter Sharon was born in 1969 followed by Maxine in 1971. Unfortunately, Bryan and Sandra's journey came to an end and they parted company but remained close friends from then on. In 1979, Bryan and Marlene were married with a lengthy and eventful reception at the Hoxne Grapes which involved George Feavearyear changing in and out of his suit four times as he was in the middle of harvest and returned to work after each main event. Their daughter Kerri was born in May 1980 joining Marlene's son Justin with Robert arriving in October 1984 – as predicted by a gypsy lady two years before!

Travel came only occasionally for Bryan but included a visit to Northern Ireland in a green and camouflaged Land Rover – at the time of 'the troubles'; a trip through France and Switzerland even though he had not driven further than Norwich and a short stay in Canada. That was the one and only time he travelled by plane and his biggest fear was realised. How long could he last without a roll up!

Bryan had a spell working for the electricity board alongside his neighbour Ted Harsent - all hands on, digging holes for the poles, lifting them into position, pulling the lines across the field and attaching them. All this helped Bryan to build amazing strength and a strong back which lasted for many years and he was still able to bench press 150k in his early 70s. He reckoned, though, that it was all about stubbornness and determination rather than a quest for fitness.

Bravery and quick thinking were other qualities he never lost. Not more so when, working with Sid Styles, he realised that the power had been turned on while Sid was still hanging from the line. No time to waste, spikes on, straight up the pole to rescue his friend from the risk of death.

Around 11 years were spent civil engineering, helping companies to make a start, sharing his knowledge with the young and those new to the job. A long stint at the Chickering Hall seed plant followed and then, at the age of 63, he began part-time work with Mid Suffolk District Council only to find that, after just two weeks, he was asked to become full-time.

Ill health forced his retirement in 2009 and he endured seven tough years after his operation and, being unable to be signed off from oncology, he fought new battles along the way with Marlene caring for him day to day.

Bryan never hesitated to show love for his family, especially when he gave all three of his daughters away to be married taking great pride as they confidently began their own lives. Also being part of the lives of his ten grandchildren brought him many happy times.

He was a man who appreciated his family and friends; loved the area in which he lived and whose unrivalled humour and cheeky smile would lighten the mood of even the darkest days.

Obituary based on the words of the eulogy written for Bryan's funeral by his son Robert - a son after his own heart, loving nature and the outdoor life

Report from Denham Parish Council

COUNCILLOR VACANCIES – We currently have vacancies for Parish Councillors. If you would like to make a positive difference to your village and have the opportunity to influence decisions that affect your community, please contact the Parish Clerk for more details of the co-option process.

USEFUL CONTACTS – To report problems on the Roads, e.g.. potholes, flooding, road surface etc. please use the County Council on-line reporting tool at <http://highwaysreporting.suffolk.gov.uk/> or phone 0345 606 6171. To report illegal fly tipping of rubbish visit <http://www.midsuffolk.gov.uk/environment/street-care-and-cleansing/fly-tipping/>

MEETING DATES – The next meeting of the Parish Council will take place on Wednesday 30th November. The meeting will commence at 7.30 pm at the Red Feather Club. Members of the public are welcome at all meetings.

Notices of meetings and detailed agendas are displayed on the four notice boards in Denham. Please check these or the website –

www.denham.onesuffolk.net - for further details.

Sarah Foote, Clerk, Telephone: 07554 733621.

Email denhamparishclerk@gmail.com

News from Hoxne Parish Council

FASTER BROADBAND – the green box to deliver Superfast Broadband in the Low Street area should be installed in October. Don't forget you will need to contact your Broadband provider to make use of this new service.

PARISH PLAN – all those that expressed an interest in being involved with a Parish Plan through the recent village survey have now been contacted and an initial meeting will take place shortly. If you did not register your interest and would like to be involved in planning the future Hoxne, please contact the Parish Clerk at the address below.

A TIDY VILLAGE - we would like to thank all the farmers and landowners who have kindly cut back the verges in the village; – if you do put posters up, please take them down again, and remove the staples and pins. We are lucky to live in a village with so much going on but no one wants to be reading about an event six months later! Where possible use the noticeboards in the village hall car park (by the picnic bench) and at Cross Street, to publicise your events; - and finally, **PLEASE DO CLEAR UP AFTER YOUR DOG;** - Thank you.

The Parish Council meets on the first Thursday of the month. The next meetings will be held on Thursday 6th October at the Playingfield Pavilion and Thursday 3 November and Thursday 1 December at St Edmund's Hall, and commence at 7.30 pm. All are welcome to attend.

Hoxne Parish Council, c/o Church Hill, Hoxne, IP21 5AT

Email: pc@hoxne.suffolk.gov.uk. www.hoxne.onesuffolk.net, Phone: 07554 733612

Syleham Parish Council Update

This is just a short note from the Parish Council to announce changes in our organisation and invite residents to participate.

Linda Bruce is standing down after three years of sterling service as Parish Clerk. The Council would like to thank her for her diligence and guidance in the efficient handling of Council affairs. David Young, Wingfield's Clerk, will take over her duties from September.

There is a vacancy on the Council. Any resident interested in serving the community and filling this position should contact the Clerk.

Our Neighbourhood Watch Committee is now down to two members. They would appreciate some help in safeguarding your village and property. Could volunteers please contact Gerald Lewis or the Clerk at the address below.

Finally, the grant awarded by Mid Suffolk District Council has been passed on to the Village Hall Committee to purchase a defibrillator that will be installed at the hall.

Our next Council meeting will be on 4th November at the Village Hall at 7.30pm.

Clerk: David Young
Tel. 668556 pc@syleham.suffolk.gov.uk



Report from Wingfield Parish Council

Chairman: Michael Allmey

The Parish Council last met on 12th August and decided on the removal of undergrowth on the Green abutting the Castle. This has to be done before the land gets too wet. Our aim is to restore the historic vista and value of the Green as an asset of the village.

Improvements have now been made in Vicarage Road. The bench seat has been installed by the noticeboard thanks to Tony and Chabby Jolly. The sand box is in place at Castle Crescent Green and the materials for the adjacent raised flower bed acquired.

The Council is now addressing other items of village infrastructure – the “missing” Earsham Street sign, the damaged Abbey Road direction sign, relocation of the double bend warning on Earsham Street as well as the continuing problem with pot holes.

The next meetings of the Parish Council will take place on 7th October and 7th December. Both will be held at Wingfield Barns and commence at 7.30pm

David Young, Parish Clerk
Tel: 668556; www.wingfield-pc.org.uk

Garden Club Update

What a difference a couple of months make. When I wrote my last article I made reference to bedding plants having been drowned by recent rains and since then the soil has become bone dry and many plants would have been dead without regular watering!

Fears about the Garden Party in July being washed out were unfounded although that would not have been the case if it had been held the day before – do you remember that very short but very sharp evening storm with its high wind and torrential rain? Mary and Stephen Nixon kindly allowed us to use their delightful garden for the event and the weather was perfect on the night. Members once again produced some excellent dishes and a very enjoyable time was had by all.

The annual Flower & Produce Show has just been held at the time of writing; it went very well, we could have done with a few more entries and some more visitors on the day. The children at the school always produce some wonderful examples of their handwriting and artistic skills, which are much admired by judges and visitors alike, so it seems a pity that few, if any, parents take the opportunity to view their children's work and bask in the reflected glory!

This year Lin Batey achieved the most points overall and so walked away with the main trophy, the Rose Bowl. The accompanying picture shows Lin receiving her trophy from Ted O'Connor who kindly agreed to 'open' the Show and present the prizes. Other trophy winners were Claire Whiting (the Maisie Egerton Goblet for Cooking and Handicrafts), Sue Flagg (the Ivy Triggs Shield for Flowers and Floral Art) and Lin Batey also won the Gladys Baldwin Vase (for Fruit and Vegetables). Why not take up the challenge next year and see if you can take the trophies from them or just enter for a bit of fun and you may surprise yourself and win something.

The Club year runs from April to March and the subs are a modest £5 so if you join now you will still be able to enjoy five club nights (the third Thursday in the month) and Christmas Dinner. If so you can contact me on 668565

Gordon Lacey, Chair, Hoxne Garden & Social Club



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"Measuring up"

We are always being measured, starting with birthweight, then birthdays, then school, nowadays in spades. The NHS does it. We are enjoined to measure our blood pressure when we arrive at our GP surgery. The over 75 check-up informs us that we geriatrics are shrinking. We are a statistic for referendums, pollsters, censuses and superstores. Our exam results measure and determine our lives. All the systems we use have short comings. The post Brexit honours and awards was a glaring example, which attracted widespread criticism, that a well-tuned system of measuring merit was being devalued. The rot first set in long ago when Lloyd George blatantly sold them to boost party funds. The Order of the British Empire was instituted in 1917. My mother was given one of the first awards and we thought because she deserved it the system must be fair.

When my turn came round 50 years ago, she expressed a reciprocal view. I can just recall Buck House: hiring a suit from Moss Bros; Anne buying a new dress; briefed only to respond to where I was from and what I did; seeing the actual Dutch master of which I had a 6d Penguin print; sitting next to PC49 Jack Warner; and snapped by the photo tout afterwards- no selfies in 1965. Later when other members of our family were able to attach letters either in front or after their names, their status within the family changed as it was felt they had earned recognition, beyond being Mr, Mrs, Miss, or that curious declaration of class Esquire and before that Gent. In those days when inherited titles were taken as read and a sir was much more than a classroom teacher.

We have come a long way since those hat-doffing days, but it is still possible to become "Sir Mark Thatcher" despite everything; and at the other end of the scale, the thrill of receiving Maundy money from the Queen in person shows that these archaic systems still have their magic.

The next wave of out of season awards is currently going through the committee system. The media have already said which gold medallists should become members of this anachronistic order of chivalry. It proved less easy to remove malefactors from their pedestals than toppling the statues of de Lesseps, Gadaffi and Saddam Hussein, though it can be done, and the impact can be considerable. We are poised awaiting the outcome of the BHS scandal. Can Sir Philip Green "sort out" the £571 million pension shortfall, and if not....?

Failing and ailing politicians are put out to grass transferred from the House of Cards to the House of Lords. This undemocratic system has come under increasing scrutiny because of the generous lifelong financial benefits and expenses, and for some, undeserved status, especially in the wake of the parliamentary expenses scandal.

We have moved a long way since Kings and Queens had the final say and exercised absolute power through deciding who should have what, whether they may retain it, and how they should be rewarded and honoured. Today there is a careful bureaucratic system to process awards and a scrutiny committee to make sure that recipients measure up. Some who refuse to accept awards find that this may enhance their status. Awards are not just recognition of service and merit: they can enhance your position. For example an award may mark you out or give you the edge in a job competition.

The John Cleese sketch where he parodies class alongside diminutive Ronnie Corbett and his taller sidekick Ronnie Barker illustrates just one of the many measurable differences besides height that exist throughout the world: rich-poor, qualified-unqualified, big-small, fast-slow, north-south, sick-healthy, housed-homeless, God-fearing-atheist, or today Christian-Muslim. Politicians and leaders, both secular and religious, often, but not always, struggle to even things out in pursuit of a fairer distribution of resources, whether it's land, property, money, food, health services, or education. But this struggle can never succeed because we are not clones- we are all measurably different. Even identical twins are not born at the same time.

So struggle as they may, those who distribute honours and awards, mark GCE exam papers, distribute UN food aid, or set up post-revolutionary autocracies, can never hope to make life fair because we are all different.

The British people often display a spontaneous solution, which was used to good effect during WW2. It is the queue. It can happen instinctively with unwritten but understood rules.

The secure, balanced on their thrones, especially bankers and off-shore owners of private companies may yet get their come-uppance from 21st Century levellers. We shall see.

A word from Wingfield

Tommy Gee

The Grocer's Tale - Conclusion

For our Hoxne grocer, the voyage to Norfolk Island was fairly uneventful and took just 126 days, including a brief stopover in Tenerife for supplies. Only one of the passengers failed to survive the trip; a young convict aged 21, who succumbed to an outbreak of typhus.

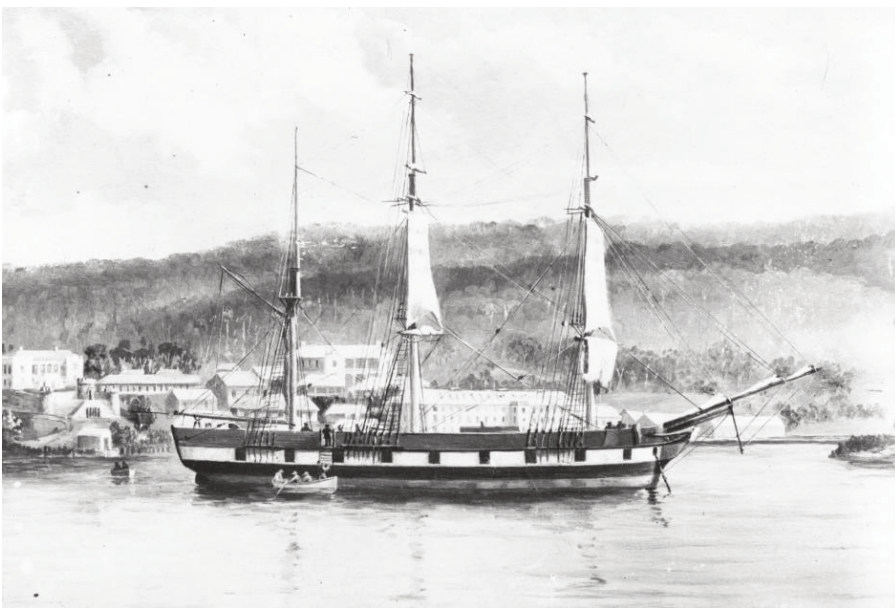
When Tallent arrived on Norfolk Island in May 1846, it had been transferred to the jurisdiction of the Tasmanian Government and was being staffed by their Convict Department. The last of long line of Commandants had just been appointed by London. His name was John Price and he went down in history as the most evil and sadistic of them all. Of the 2,000 prisoners, many were subjected to sustained flogging and torture for the most trivial of offences. Men were sentenced to work on the reef, cutting coral for the cement factory, in water up to their waists and wearing 36lb leg irons. The diet was appalling and caused many deaths through malnutrition. Alfred Tallent himself was given seven days hard labour in chains in November, 1847 for disobedience of orders. This must have been a frightful episode for him – shackled hand and foot in irons day and night.



An early photograph of the prison buildings on Norfolk Island

By March, 1849, Alfred was given his Ticket of Leave, which enabled him to live and work within a given district of the colony before he received a pardon, and as the hellish penal colony of Norfolk Island was about to be abandoned by Her Majesty's Government in England, he was shipped on the

Lady Franklin to Port Arthur in Tasmania with a number of other convicts. Once arrived, he was moved to Hobart and was listed on the Register of Probation Passholders as working for Thomas Littler who ran a tavern in Argyle St. He then drops off the radar until November 1853, when he was given his Certificate of Freedom. It seems likely, though, that he might have re-offended, as he appears on the Hobart Prisoners Barracks Register two years later. It is likely that he was in breach of his probation conditions and was placed with a road gang, possibly bridge building on the Sorell River. On the 16th of April, 1856, Alfred was completely discharged. However, not content with seeking a quiet life somewhere in the New World, he moved to Liverpool St. in Hobart, where he lodged at the Waterman's Arms. However, it was not long before he was brought up before the magistrates on a charge of stealing a china crepe shawl and other articles, the property of a woman who also lodged at



The Lady Franklin in Port Arthur harbour

the premises of Josiah Hands, the landlord. He asked to be remanded, but the case was not proven and the case was dismissed in May, 1859. From thereon, we have no further details of Alfred Tallent's life in Van Dieman's Land. His wife had supposedly remarried in England and was living in the East End of London with her son, William who had entered the licensed trade. She died in 1873 at the Rising Sun in Homerton. Whether she ever saw her errant husband again, we shall never know.

Chris Johnson

Village Voice 31



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Hoxne Music Festival Needs You!

After nearly 10 years, and five successful three-day festivals, there is a real risk that the Hoxne Music Festival may have come to an end.

If you value the festival, and have enjoyed the concerts and would like to see it continue, please come along to the Annual General Meeting on Tuesday 11th October at 7pm in St. Edmund's Hall.

New committee members are urgently sought to fulfil vital roles since the existing committee have given notice that they are stepping down.

"It would be a great shame for the local community, after a decade of providing top-class musical entertainment, if the festival ceased to be so we hope people will come along to take the festival forward and shape a new future." said Chairman, Stuart Jarrold.

.....

Healthwatch Suffolk

Healthwatch Suffolk has the power to shape, influence and improve local NHS and social care services in the county. It is independent from the NHS and social care, which means you can be honest when sharing your views.

It has launched a new campaign called "#NHSSelfieStars" for obtaining feedback from people about their use of local health and social care services. It wants to celebrate what is good about services and highlight where things could be better.

The state of the current health and care economy means that it has never been more important to share your views about local services; even if you don't think it will make a difference. The watchdog hopes that this campaign will encourage people to share their stories so that it can help health and social care professionals understand the views and experiences of people using their services and feed them into ongoing plans to change the way your services are delivered.

Healthwatch Suffolk is asking people to share a "selfie" and a story of NHS care in Suffolk so that it can highlight your experiences. All of the stories will be added to the growing volume of data the watchdog has already gathered from local people and used to hold services to account. You can share your selfie and story with Healthwatch Suffolk on Instagram (use #NHSSelfieStars) or by email to info@healthwatchesuffolk.co.uk.

It is always possible to share your experiences anonymously with Healthwatch Suffolk. You can visit www.healthwatchesuffolk.co.uk/services, where it is possible to rate and review your experience within any health or social care service in the county. Alternatively, please call 01449 703949 to speak with a member of the Healthwatch team.

Trip to St Omer, France

Children from St Edmund's Primary, Hoxne and Mendham Primary have had the wonderful opportunity of a visit to École Ferdinand Buisson, St. Omer, France. Miss Jerman and Mrs Gladwin left with nine children, on Wednesday 6th July, in the school's mini-bus and travelled through the Channel Tunnel, arriving in St. Omer at lunchtime. After a packed lunch by the Cathedral, we explored inside and then set off to the local shops for a chance to practise language skills and explore the town centre. We stayed at the NST Château d'Ebblingham, with fantastic facilities, ate a delicious dinner and then played some games before heading excitedly to bed as we were going to meet some French children the next day.

On Thursday, we breakfasted on croissants, hot chocolate and cereals, made our packed lunches and then headed out to École Ferdinand Buisson. Head-teacher Monsieur Lelong, class teacher Monsieur Toporski and five children who had come in especially from their holidays to meet the group and practise their English greeted our group very warmly. Our children were given a lesson in French cursive handwriting, and were allowed to keep their books so they could continue to practise whenever they liked. Following this we were given a little quiz booklet with images, to go with the walking tour of the Marshes of St Omer (this also came with a cautionary tale of Marie Grouette, an evil witch who takes children if they go too close to the water's edge).

The walk was very long, and the children managed to make it alive! There was a stop at the last traditional boat maker, a duck and cauliflower farm (where we had lunch, tasted some cauliflower cake, some delicious custard tarts, and the children bonded over a game of tig, (or "touche-touche"). There were many others pit stops on the way dotted with history and told by a Greeter (our tour guide of sorts who was translated by Mrs Gladwin), he had a lovely book full of pictures of the way life used to be in St. Omer so that we could see how it has all changed. After bidding a fond farewell to our new friends we went to the Auchan supermarket and spent more Euros on many goodies.

After returning to our accommodation and freshening up it was dinnertime, this included a snail tasting! After the teachers had tasted their escargots under the watchful eyes of the children, they were game and most went back for seconds. Then we had a go at making crêpes and had some free time before bed. All slept extremely well!

Friday, we returned (after some pain au chocolat) again via the tunnel, which

was still as exciting as the first time and made it back by the end of the school day. The children were all extremely well behaved and polite throughout, which made us both extremely proud. We very much look forward to doing a trip to France like this again and are hoping that our French friends will come and visit us soon.

By Tanya Gladwin



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Police Page - Considerate shooting advice

Please follow the below advice to make sure you are using and transporting your gun in the safest way possible:

- Do not point any gun at a person, even if you know it is not loaded. At the very least you will scare someone if you point any gun at them, at worst you may kill them.
- Can you be absolutely sure that the gun is not loaded? Check and re-check that it is unloaded.
- Keep the gun covered until you are about to use it.
- Only load your gun when you are about to start shooting.
- Make sure the gun's barrel is clear of any obstruction.
- Only shoot when you are sure that it is safe to do so.
- Never put a loaded gun down.
- Never lean a gun against anything or leave it on top of a vehicle.
- Never shoot at or near power lines.
- When walking with your gun ensure that the barrels only ever point in a safe direction, ideally at the ground and keep your fingers away from the trigger until you are about to shoot.
- The law protects wild birds and animals - only shoot lawful quarry species.
- Do not shoot if you are not sure what you are shooting at.
- Never shoot out of season.

Transporting your gun

- Lock it in the boot or place it in the back of an estate car and cover the gun with a rug or coat.
- Never transport a loaded gun.
- Never leave guns unattended in a vehicle.

Be considerate of others

Guns and shooting can cause distress and concern. When this happens it is usually unintentional. The following advice can prevent your shooting activities from being the cause of unnecessary concern to others.

- Let local residents know what you are doing.
- Take a little time to politely explain what you will be doing and why.
- Often, a polite and friendly explanation will lead to understanding rather than complaints.
- Be considerate about noise.

Hoxne Heritage Group still busy behind the scenes...

Although our public profile has not been high recently, the group is still very active behind the scenes doing metal-detecting around the village, interviewing elderly residents and doing archive research. It is hoped to include some of the more interesting metal-detection finds in the display cabinets in the church and in the Swan.

The turn-out to our last public talk by Sarah Doig was very disappointing so future talks will be held in the bar area of the hall. Hence it will be important to book early to avoid disappointment for popular talks.

Our next talk on 1st November is 'What the Victorians threw away' - a highly entertaining account presented by Dr Tom Licence, Director of East Anglian Studies at UEA. It is of particular interest to those of you who participated in the Community Dig in 2013, as you will remember how much Victorian rubbish we unearthed in our village gardens. The talk gives a fascinating insight into how the Victorians lived, what they ate and what ailments they suffered from. Admission will be £5 on the door, but only £4 by ticket (available shortly from Hoxne P.O.)

If you fancy coming along to see what other activities we are involved in, then join us at the Swan on the second Tuesday of the month at 7.30pm. All welcome.

Margaret Sillis, www.hoxnehistory.org.uk

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Home Cooking

We were happy to welcome everyone back after the summer holidays and especially our new starters in September. We began the term with a farming project, making a huge display based on all the farms around us which included a tractor grid to get us all counting.

We used lots of our home grown vegetables, and apples and blackberries picked on our nature walks, to make all kinds of tasty things to eat from soup to cake. We discovered how our food changes when we cook and prepare it in different ways. We also had a go at grinding our own flour, making bread and taking the opportunity to taste different types of bread from all over the world. Our role play area was set up with a vegetable shop where we used real money to buy and sell the vegetables that we had watched grow over the previous few months.

Our Autumn plans include colours and leaves when we have a range of activities planned from printing and weaving to counting and identifying the trees that they came from.

We will be running our Playscheme over half term from Monday 24th – Thursday 27th October but places do go quickly so please let us know if you would like to book in.

For more information about us visit us online at www.sweetbriarnursery.co.uk where we have a blog about all our latest activities, a gallery of our work, details about the extremely flexible provision, government funding, the curriculum and what our parents say about us. We welcome any prospective parents to come and try a taster session, just contact Sarah Buckley on 01379 668480 or email sarah@sweetbriarnursery.co.uk.

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Eye Doctors News

TEXT REMINDER SERVICE:

The Doctors are keen to encourage take up of our text reminder service as some patients forget that they have an appointment and this costs money and prevents another person from having that appointment slot.

The cost of missed appointments in the week beginning 15th August was £175 so it is easy to see why the Doctors are keen to help people to remember that they have an appointment.

BOOK YOUR APPOINTMENT OR RENEW YOUR PRESCRIPTION ON LINE SERVICE:

Don't forget that you can order repeat prescription items through our on line service. It is easy to register and saves time and travel – something we can all appreciate. This can be done with an easy to complete form on line at the Eye Health Centre website eyehealthcentre.co.uk. Once you have completed the form you need to take your driving licence or passport into the surgery next time you are passing by to complete the process.

You can make appointments online, order repeat prescriptions and view your patient records.

OTHER INTERESTING NEWS:

- Only 20% of prescriptions are paid for – others have pre-paid prescription cards or long term conditions that require free prescriptions.
- We are actively looking for new members for the Patient Participation Group so that we can better represent the views of our patients and so that the surgery team can address your concerns. If we don't know what is good or bad or needed it is difficult for us to do anything about it. If you would like to have a chat about what being a member of the PPG involves please contact one of us and we will be happy to have a chat. We are a friendly group who are keen to do our best for our community.

Fressingfield School News

With another academic year passing I'm pleased to report on Fressingfield CEVC Primary School's successes. 2015/16 has seen the school inspected by Ofsted and the education body for Anglican and Methodist schools (SIAMs), both of which concluded that Fressingfield is a good school (please see our school website for the full reports).

The Ofsted inspector praised the children for their enthusiastic approach to their learning and noted that leaders have successfully improved all aspects of the school's work. The school's work to promote pupils' personal development and welfare is considered outstanding: 'A culture of trust, care and respect permeates throughout the school. This contributes to the development of pupils' good behaviour and personal qualities, and to their admirable spiritual, moral, social and cultural development. The broad curriculum, exciting visits out of school, the interesting topics pupils study and the range of fund-raising work that they undertake promote these positive aspects further.'

Our SIAMs inspection also noted, 'the excellent way in which the school promotes pupils' self-esteem, good work attitudes and mutual support based on the Christian values of love, care and respect being demonstrated daily; the high quality relationships amongst all sections of the school community, where each individual is valued as unique and special; and the generous and selfless responses to charitable giving, arising from a genuine desire to make the world a fairer and more equitable place'.

The growing success of the school is down to so many factors, and the children, parents, staff and governors should all be congratulated on the outcome of the inspections. One of the great strengths of the school is that it is at the heart of the community and this has played a large part in the school's recent achievements.

The underlying theme that runs through the school is 'our journey', and I am extremely pleased that the school has come a long way since our previous Ofsted inspection in 2014. To embed the concept of helping our children on their journey through life a new frieze has been installed at the entrance to the school. The design was put together by a parent, Erica Adams, and was partially funded by the local parish church councils. In July we welcomed Bishop Mike (the Bishop of Dunwich) to officially open the frieze and the children sang beautifully and said prayers.

Many other events and visits have taken place during the year, not least another fantastic KS2 performance (Charlie and the Chocolate Factory) and the retirement of Ruth Fenning. Ruth has been with the school for over 32 years as a mid-day supervisor/dinner lady and has helped to look after and care for the children attending Fressingfield Primary with devotion during that time.

I again thank everyone that has helped to support the school and make it such a wonderful place to be a headteacher.

Mark Taylor



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The Winter Fuel Payment

Next Stop Symi, through the summer, has taken a low profile over provision of further help to refugees arriving in the Greek Islands. Since the agreement with the EU and Turkey in March, designed to control the flow of migrants into the EU, the flow to Greece is reported as halted. In consequence some 58,000 refugees are now held in a number of locations, both on some of the islands, and on the mainland. The support available from the Greek Government to the refugees is very limited. Conditions in the camps are reported to us as, at best, basic. Tensions between local Greek communities, themselves experiencing the hardships of severe economic recession, are in some areas understandably tense. This has severely impaired the work of the Non-governmental Organisations (NGO's) working on the ground. We now have reports that the EU agreement with Turkey is not expected to hold and already there are instances of people traffickers again bringing refugees to the Greek islands. Currently our sister charity, Solidarity Symi, is arranging for food and other supplies to over 100 new arrivals in nearby Rhodes. This is not an isolated occurrence. Reports in our media have been limited, the ongoing nature of the problems the refugees face is perhaps commonplace.

We are now a Registered Charity having got that registration in June. The ongoing problems faced by refugees already in Greece (islands and mainland) have not gone away and, of the 58,000 reported in reception areas, little more than 1,000 have gone up the line to be given a home in other EU member states.

The need for assistance is changeable and not necessarily confined to clothes. We have the means in Hoxne to dispatch goods to a number of Greek Islands in the Dodecanese, and also to the Port of Piraeus close to Athens. We have also established contacts with the NGOs, still at work on the ground.

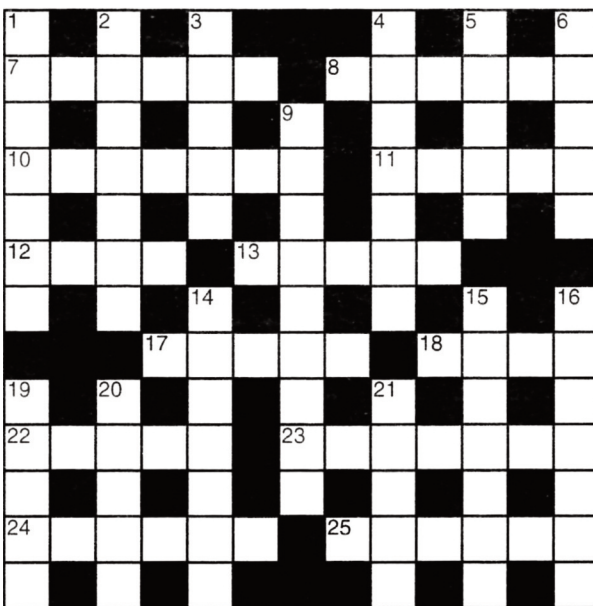
We are planning our next trip to Symi in March/April next year, trying to double-guess what the need will be, considering the weather and politics, which is not an easy task as you can imagine.

We are hoping to raise funding for this trip by asking for donations from those of you who get the winter fuel allowance and feel that they could pass this on to a charity, like us at "Next Stop Symi". The timing of such a gift would mean that the next trip would become possible. Should the trip not be needed, funds would be directed to alternative needs linked to the refugee camps on the Greek islands. If you would like to help then please contact me at, nextstop-symi@gmail.com or 01379 668258 and I will let you have details of how to donate. It is by your help that we can make a difference to the lives of refugees finding their way to a safer life.

Thank you in advance, Philip Flagg

CROSSWORD PUZZLE No. 114

The prize for last issue's puzzle was won by Mrs P Chilver, Wingfield. The solution appears below.



ACROSS

- 7 Risk an opportunity (6)
- 8 Vendor below ground it seems (6)
- 10 Resentment felt by private soldier? (10)
- 11 Topic discussed in the meeting (5)
- 12 Means very little to a Greek (4)
- 13 Sufficient of the fallen maple (5)
- 17 Commonly named farrier (5)
- 18 Hen house in a supermarket (4)
- 22 40 Roman sounds outstanding (5)
- 23 Perplex and add no more (7)
- 25 Uncover a muddled leaver (6)

DOWN

- 1 Sign of a deadly arachnid (7)
- 2 Name tag confused businessman (7)
- 3 Croat displaced on stage (5)
- 4 Let fire become productive (7)
- 5 Speedy armada (5)
- 6 Attempted in court (5)
- 9 Sulphurous butterfly (9)
- 14 Beg for traditional knowledge from little devil (7)
- 15 Miner or ship his product was conveyed in (7)
- 16 Mail found in beer for a discipline (7)
- 19 Dealer in stolen enclosure (5)
- 20 Glower when heading South for monk's hood (5)
- 21 Bury in the winter time (5)

SOLUTION TO PUZZLE NO 113

Across 1) Caught 4) Arise 8) Amass 9) Release
 10) Gravest 11) Cede 12) Hot 14) Mere 15) Over
 18) Din 21) Test 23) Elector 25) Imitate 26)
 Ahead 27) Enter 28) Kettle
 Down 1) Change 2) Unaware 3) Hastened 4)
 Ally 5) Inane 6) Exeter 7) Broth 13) Tolerate 16)
 Entreat 17) Strike 19) Never 20) Bridge 22) Swift
 24) Fair

If you would like to enter the crossword competition, send your solution to the editor, deadline on back cover. The first correct solution to be opened will receive a cash prize of £10.

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DEADLINES

| Issue | Copy | Crossword |
|------------------|---------------|------------------|
| February/March | 8th January | 1st March |
| April/May | 8th March | 1st May |
| June/July | 8th May | 1st July |
| August/September | 8th July | 1st September |
| October/November | 8th September | 1st November |
| December/January | 8th November | 1st January |

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