Green Links

The Monthly Village Magazine of Cockfield

May 2021



Daffodils in Bruff's line - Steve Ball

Green Links Copy Deadline!

Please note all copy for the June issue must be with me by 15th May please

Janne Cutting-Keyton, Newholme, Smithwood Green, Cockfield. IP30 0JQ 01284 828264 or janne@twerbs.co.uk

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Green Links



The Monthly Village Magazine of Cockfield Edition 4– No 164 May 2021

Chairman and Distribution Editor Secretary Advertising Manager David Simpson Janne Cutting-Keyton Morag Kelly Sue Harrison

Fingers crossed finally we are getting back to normality! Earls Meadow, Bruff's Line and Jeffreys Green are looking wonderful in the spring sunshine and I am very pleased to say the Village Hall's bar has had a complete make over - thank you to the Community Council for helping with the cost of the works.

The Community Council are working on a programme of events for this year, the programme is in the centre pages and although some details are not finalised there should be something for everyone. The Community Council raises funds to assist with projects in the village such as supporting the Village Hall, play equipment etc. and hasn't been able to fund raise for the past year but should you like to help top up their funds details of a scheme whereby the Post Office will match fund donations is on page 34.

The first tranche of homes at Jeffreys Green will soon be ready to move into and the first of the self build plots are now advertised, the village has still been doing through lockdown and now these things which have been bubbling away over the past year are, just like the spring flowers at Earls Meadow, coming into bloom,

Janne

www.cockfield.org.uk

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Jeffreys Green, Cockfield

Affordable Housing Available - May 2021



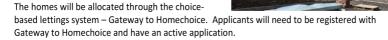
There is still time to apply for new affordable housing being built at Jeffreys Green, near Mackenzie Place, Cockfield.

Priority will be given to people with a connection to Cockfield.

Following delays with the completion of work by utility companies, the properties are expected to be ready for occupation in May.

AFFORDABLE RENTED HOMES

There are 12 affordable rented homes; 1 & 2 bed flats, and 2 & 3 bed houses. These homes will be rented on an affordable rent – this is a rent that is no more than 80% of the market rent of that property.



More information on how to register or check your application is active can be found at www.gatewaytohomechoice.org.uk. Orwell's Housing Officer, Emma Lally, is also available to help with any queries and can be contacted on 07843 328092.



SHARED OWNERSHIP HOMES

There are 2 & 3 bed shared ownership houses, with prices from £117,500 for a 50% share of a two bed or from £131,250 for a 50% share of a three bed. The size of share bought can more or less than 50% to suit your affordability.

There are some eligibility criteria, for example you need to have a combined household income of less than £80,000 and you can't own another home.

Please contact Sandra Scott or Karen Suddes, Orwell's Sales Team, on 07749 417399 or at homesales@orwell-housing.co.uk for more information.

Also available at Jeffreys Green the first of the Self Build Plots

Fenn Wright have been appointed as the agent for these on behalf of Suffolk County Council

There are 5 plots situated at the side of the development and favoured terms are available for those with a link to the village, details are available from Fenn Wright as below



COMING SOON

Self Build Plots of Land For Sale with Outline Planning Permission in the highly regarded village of Cockfield Suffolk.

Favoured terms available to applicants that can demonstrate a link to Cockfield. More information of the bidding process is available upon application.

Register now for more information.

Fenn Wright.

01787 327000



Christian Aid week. May 10th-17th 2021

We were not able to carry out our usual House-to-House Collection last year but hope to do so this year, albeit with a difference.

The usual red envelope will be delivered through your door but due to Covid restrictions we cannot collect. Instead we are asking you to return your envelope to a collection point. This will be detailed on the envelope you receive.

In past years the residents of Cockfield, together with The 5 other villages in the benefice, have raised around £2000 and we hope that we shall achieve a good result this year, though we realise that this will entail some effort on your part.

Many countries, already facing great hardship have been hit by climate change and are experiencing droughts, inadequate water supplies and poor harvests. This reflects on farmers and their families, children unable to attend school, and healthcare for many at risk

Christian Aid is at the forefront in helping these people, who want only to provide for their children and their communities. It does this by giving them the mechanics for fairly simple safe water supplies, training in farm management and transport such as bicycles to get their produce to market. It is of the utmost importance that people are enabled to help themselves. They work very hard, often walking several miles each day for water and fuel.

We in our richer countries have a responsibility to help our brothers and sisters to do this. Please be as generous as you can.

Brian Deards and Beryl Meed. (Christian Aid organisers in the Cockfield Benefice)



Jeffreys Green, Cockfield ****Affordable Rented Housing Update*****

There is still time to apply for new affordable rented housing at Jeffreys Green, near Mackenzie Place, Cockfield. Properties will be advertised on Gateway to Homechoice (www.gatewaytohomechoice.org.uk) this week, with shortlists being made by 23rd April.

Priority will be given to people with a connection to Cockfield followed by the villages of Lawshall, Shimpling, Alpheton, Lavenham & Thorpe Morieux.

Completion of the building works for these homes is now expected to be the middle of May.

There are 12 affordable rented homes; 1 & 2 bed flats, and 2 & 3 bed houses. These homes will be rented on an affordable rent – this is a rent that is no more than 80% of the market rent of that property.

Orwell's Housing Officer, Emma Lally, is also available to help with any queries and can be contacted on 07843 328092.



Earl's Meadow Bruff's Line and Jefferies Green

This place of beauty has proved to be of great value this year in this time of social uncertainty. A place for people to walk with their families and dogs, to lose themselves amidst the quietude for a while and to be able to observe the distancing rules.

This spring shows outstanding loveliness, flowers everywhere and the Blackthorn blossom has been breath-taking.

Hopefully, we may be able to mingle more closely before long as the lockdown restrictions are eased and will be able to more easily enjoy this beautiful village community space.



Hats off to those who worked to create and maintain it. RW



Pink Custard

A few days ago I was fossicking around in the fridge for a yoghurt. I found something, didn't bother to read it, peeled the top off and I was immediately transported back six decades to my old Junior school on the green in Long Melford, at lunch time. School meals were never a problem for me and there was one particular dessert which was called Chocolate Crunch. I never knew what was in it or what made it crunch but it was very popular with all children. The only problem for me was that it was always dished up covered in pink custard. This custard I had no time for, couldn't stand the stuff but no choice was given, either you had the pudding with pink custard or you had no pudding at all.

I always tried to spoon the stuff to one side and clean up the crunch as best I could but still somehow it was tainted. I even tried to trade my sweet with other school-mates , the bargaining power of the Chocolate Crunch was tremendous! But the trading value of the pink custard was zero. This was an excellent foretaste of life to come, sometimes you have to take the rough with the smooth, or, in this case, the horrible smooth pink custard with the tasty Chocolate Crunch. Sadly, even in secondary school there was no Chocolate Crunch without pink custard.

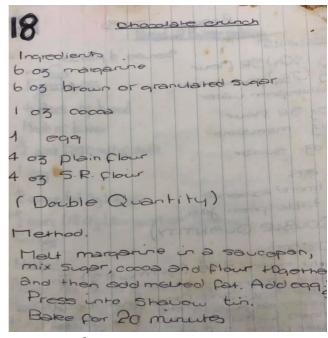
Needless to say I ate the yoghurt and enjoyed it, albeit pink but, sixty years down the line my viewpoint has not altered, all self respecting custard should be yellow!

My wife, who has just read this, has confessed a dark secret. All this time she has had

the secret recipe for chocolate crunch, gifted to her in photographic form by a friend who used to be a school cook

Green Link readers, please see below for one of the most closely guarded and most sought after of recipes. My wife assures me that she does not have the recipe for pink custard and, even if she did, she views that substance with equal horror.

I am now promised a Chocolate Crunch with proper custard in the near future! R Williams.





Babergh Opens a New Customer Access Point In Sudbury FAQ's

Where is your new customer access point in Sudbury?

We are located at Sudbury library - in the old tourist information area, near the entrance.

Full address:

Sudbury Library Market Hill, Sudbury C010 2EN

When will you be there?

In line with the government's roadmap, Sudbury Library will reopen on Monday 12 April 2021.

We will continue to offer appointments to those who need them. Council staff will be available **Monday** and **Thursday** every week, from **10am - 1.30pm** and **2pm - 4.30pm**.

Do I need an appointment to see you?

Yes, for now - so as to help keep you, and our staff, safe during the ongoing pandemic.

By operating on an appointment-only basis, we can ensure appropriate measures (such as social distancing) are in place during your visit.

How do I book an appointment?

You can call 0300 1234000 and choose Option 7. You can also contact us online via the Babergh web site.

How do I contact the council on days you are not at the library?

There are lots of ways to contact us when we are not at the library. You can call us on our freephone telephone number 0300 1234000. You can also contact us online via the Babergh web site.

If needed, we can also book in a face-to-face appointment with you. Library staff will also be available throughout the week. They will be able to help you get in touch with us.



Cockfield CEVCP School Cockfield

Bury St Edmunds Suffolk IP30 0LA

Tel & Fax 01284 828287 E-mail: admin@cockfield.suffolk.sch.uk

Dear Green Link readers,

Sadly, we are losing two fantastic members of staff in the near future, and by good fortune one of them was recruited through an advert in Green Links. So I thought I would give it a go again. Thank you Mrs Christine Lowe, you have been a star!

Would you be interested in the following? We have two causal vacancies at school, a mid-day supervisors' role + breakfast club supervisor, ideally this would be the same person for both, however I can send a description of the jobs if you are interested.

Starting w/c 7th June. Introductory training - week of the 24th May. Breakfast Club -7.30 till 8.30. Day's tbc min' of 2/3 mornings required.

MDSA 11.50am - 1.15pm Day's tbc, min' of 2/3 required. £9.50 ph

Please email if you are interested-admin@cockfield.suffolk.gov.uk
References will be required, and a DBS check will be completed. Ideally you will be first aid trained but this is not essential as training will be provided.

I am also advertising for an experienced Learning Support Assistant – please see https://www.suffolkjobsdirect.org/school-support-staff-non-teaching-primary-learning-support-assistant-mdsa/61497.job

I hope to hear from some hidden talent in the village!

Best wishes, Mrs Harkin

Garden Tips for May 2021

Flowers & Grasses

- Start thinning out hardy annuals which you have sown direct. This will promote healthy and strong growth.
- Trim back spreading plants like Aubretia, Candytuft after flowering to encourage new growth.
- If Forget-me-nots are taking over remove surplus plants to prevent heavy self- seeding.
- Sweet Peas will be making good growth so you should ensure they are supported by plant support rings or tied in to canes.
- Continue to water container plants especially during prolonged periods of dry weather. Start feeding containers with a liquid feed once a week.
- Get the children involved and sow sunflowers directly where they are to flower. They will enjoy seeing how tall they grow.
- Dahlias and Cannas can be planted out once all danger of frost has passed.
- Sow nasturtiums in pots or directly into the border. Not only are they colourful but their flowers can be used to decorate salads and their leaves have a peppery taste.
- You can direct sow poppies, cornflowers and scabious which will attract bees and butterflies in to your garden.





- One of my favourites is Nigella (Love in the Mist) which can also be sown directly. It has lovely feathery foliage, pretty flowers and interesting seed pods. Beware it does self – seed very easily.
- If you are growing lilies in pots watch out for the red lily beetle. Remove and dispose of.

- Vine Weevil larvae can be a real threat to plants grown in containers.
 Check out the various chemical or preferably biological controls available.
- Divide Hostas as they are coming into growth.
- Continue pricking out seedlings and potting on to encourage the production of a healthy root system.

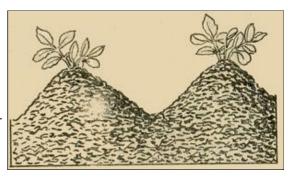
Fruit and Vegetables

Protect strawberries with straw. This will help in two ways it will lift the

fruit off the ground and suppress weeds.

 Continue to earth up potatoes; simply draw the soil over the shoots to cover them again.

Time for rhubarb crumble.
 Make sure you only harvest a third of the total stems at any one picking.





You shouldn't cut the stems with a knife just gently pull and they should come away from the base of the plant easily.

- If you have young fruit trees they will be putting on rapid growth so you need to ensure they are well- watered especially in dry weather.
- Hang pheromone traps in plum and apple trees to control fruit and codling moth activity.
- Check gooseberry bushes for signs of green gooseberry sawfly caterpillars and remove.
- Sow courgette, squash and pumpkin seeds under cover.
- Plant greenhouse tomatoes in greenhouse borders or grow bags.
- Try sowing Swiss Chard outdoors in amongst your flower borders. This looks attractive ('Bright Lights' is a very colourful variety) as well as being edible.

Trees, Shrubs & Climbers

- Ensure that any newly planted trees are watered during any prolonged periods of dry weather. Try to use rainwater or recycled grey water if possible.
- Evergreen shrubs Prune out any frost damage branches.

 Once Clematis Montana has finished flowering prune back hard. This will ensure that the plant remains under control and encourage strong

growth for flowering next year.

Choisya (Mexican Orange blossom) – once flowering has finished hard prune. Another shrub, the evergreen Viburnum Tinus can also be trimmed to maintain a good shape and encourage the formation of flowers for next year.



- Prune wall trained Pyracanthas by shortening new growth to about 3 inches (8cm). This should encourage increased flowering which in turn will provide a great display of berries in the autumn.
- Prune back Lilac trees and bushes once flowering is over. Initially cut back all spent flowers and then remove any crossing



- branches and any dieback. Remove any suckers from the base. Mulch and apply a general fertiliser to encourage healthy growth for next year.
- Check Roses for any sign of blackspot. If detected then treat with a systemic fungicide particularly suitable for roses.
- Prune back plums and cherries. Aim to create an open centre to allow plenty of air and light.

Lawns

- Continue sowing lawn seed and repairing any bare patches in the early part of the month
- Feed your lawn with a high nitrogen fertiliser.
- For any brand new lawns you should wait until growth reaches 3 inches or more and then mow initially on a high setting.
- Apply lawn weed killer to established lawns this month.
- Lower mower blades to normal summer height.

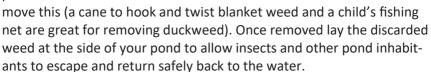
General Maintenance and planning

Clip evergreen hedges early May before bird nesting is in full swing.

• If weather dictates, control heat in the greenhouse with shade paint and

automatic vents.

- Hang fly traps in your greenhouse this will help monitor and reduce whitefly and other pests.
- Feed your pond fish little and often.
- If the weather is fine and sunny blanket weed and duckweed will start to colonise the pond surface. You should re-



Keep safe and well, happy gardening.



Cockfield Parish Council Notes



Summary report of the Ordinary Parish Council meeting held on 25th March 2021 by Skype Video Conference

Telephone Kiosks: Cllr Brinkley to investigate the feasibility and cost of resiting the Parish Council owned telephone kiosk from outside the Post Office to the corner of the Great Green. This was proving to be difficult currently and other matters were a priority. Therefore this matter was being deferred until a more suitable time.

Turfing at Great Green: Cllr Brinkley to purchase 200m2 of turf to be laid at the Adventure Playground, Great Green. Cllr Brinkley would liaise with other councillors for a work party to progress this if weather improved typically in the next two weeks.

Emergency Plan Update: Cllr Webster had contacted the Suffolk Emergency Planning Officer for guidance. Updating the plan has become a more onerous task than anticipated and a note concerning key actions, determining roles and responsibilities was circulated in advance of the meeting. Cllr Webster was looking for further assistance in getting this moving.

Other Assets: The Clerk to obtain a quotation to repair the Pavilion balustrade. If necessary, this could be on a supply only basis with separate installation by another party.

Vertas Grounds Maintenance Contract: The Clerk confirmed he had signed the contract renewal for 2021/22 on behalf of the Parish Council for the Great Green mowing.

Public Participation Session: County Councillor Robert Lindsey had offered a written 2 page report prior to the meeting and highlighted a number of issues. District Councillor Margaret Maybury addressed the councillors with a brief

update. Councillor Clive Arthey was attending another Parish Council meeting so was joining the meeting later.

Planning: applications received which have been referred to the Parish Council:

DC/21/00950: Householder application - Erection of single storey side extension. 2no. single storey rear extensions. New single storey carport to front of property.

Shangri La, Windsor Green, Cockfield, Bury St Edmunds Suffolk IP30 OLY.

The Parish Council supported this application

DC/21/01044: Householder Application - Erection of single storey rear extension and new pitched roof over existing single storey extension. Old Hall Green Cottage, Old Hall Lane, Cockfield, Bury St Edmunds Suffolk IP30 0LQ.

The Parish Council supported this application

DC/21/00851: Submission of details (Reserved Matters in part) following Outline Planning Permission DC/20/04440 dated 04/12/2020. Appearance, Landscaping, Layout and Scale for Erection of up to 3 no. dwellings and construction of vehicular access. Phase 2C (Plot 3) Only. Land At Bury Road, Cross Green, Cockfield, Bury St Edmunds Suffolk IP30 OLG.

The Parish Council objected to this application

DC/21/01336: Submission of Details (Reserved Matters in Part) following approval of DC/18/00474 and subsequent DC/20/04440 for the Appearance, Layout, Scale and Landscaping of **Plot 2.** (Phased development for the erection of 3No dwellings). Plot 2, Bury Road, Cross Green, Cockfield Suffolk IP30 0LG.

The Parish Council objected to this application

Babergh District Council planning permissions/refusals received:

Appeal Ref: APP/D3505/W/20/3253754. Abbey Farm House, Bury Road, Cockfield IP30 OLB. Decision: **The Appeal has been Dismissed.**

DC/19/04755: Outline Planning Application (Access to be considered all other matters reserved) - Erection of up to 28no. dwellings (Plots 5, 6 and 7 of Reserved Matters Permission DC/19/02020 to be repositioned/amended). Land To The Rear Of Plough And Fleece Inn, Great Green, Cockfield, Bury St Edmunds Suffolk **Decision: Outline Planning Permission has been Granted**

DC/20/03116: Planning Application - Erection of new workshop building with the existing access to the site from the A1141 upgraded. .Land To The East Of, Sudbury Road, Cockfield, Bury St Edmunds Suffolk IP30 OLN. **Decision: Planning Permission has been Granted**.

DC/21/00223: Discharge of Conditions Application for DC/19/04576- Condition 4 (Biodiversity Enhancement Strategy), Condition 9 (Cycle Storage and Vehicle Charging Points) and Condition 10 (Bins/Recycling Storage). Site Adjacent to Mackenzie Place, Cockfield, Suffolk. **Decision: Approved Conditions.**

DC/21/00714: Notification under Schedule 2 Part 1 Class A of the Town and Country Planning (General Permitted Development) (England) Order 2015

Application to determine if Prior Approval is required for a Proposed Larger Home

Extension. Town and Country Planning (General Permitted Development) (England)

Order 2015 as amended Schedule 2, Part 1 Class A - Erection of single storey rear

extension to existing utility room and re-roof. Chapel Cottage, Chapel Road, Cockfield, Bury St Edmunds Suffolk IP30 OHE. **Decision: Prior Approval is Not Required**.

Neighbourhood CIL:

Cllr Morley was still pursuing the ground works / highways contractor on the feasibility of the new Bus Shelter at MacKenzie Place. The contractor making contact with the necessary highways personnel was proving difficult at this time.

Cllr Cutting-Keyton requested the Parish Council to make a Neighbourhood CIL contribution of £500 towards the cost of installing CCTV cameras at the Village Hall and School. This was agreed due to the escalation in recent antisocial behaviour.

Parish Council's CIL Bid B20-16 of £15,799.36 to repair the Bridge and erect a Gazebo Shelter and establish a Picnic Area in Jeffries Green was approved by BMSDC. Cllr Southgate to sign the Acceptance letter on behalf of the Parish Council.

The Clerk was authorised to obtain updated quotations from Steel Stockholders and subject to price increases being within agreed budget limits, place orders

for:

- (a) the supply of the galvanised steel beams, and
- (b) the installation and painting of the steelwork and timber sleepers.

Future of the Minibus: Councillor Levett was able to negotiate transferring the insurance from the Community Council until its expiry at commencement of June 2021. It was agreed that Cllrs Brinkley, Levett, Morley and Southgate would form a working group to explore options and determine a means of operation. Update to be given at the next meeting.

Parking at Great Green: The council noted residents complaints and safety concerns about cars parking around the Great Green at the Children's Adventure Playground.

The Council did not want to embark on any measures that proved not to address any of the problems or in fact amplified the situation.

The council had no ability to impose any highway parking restrictions and were limited in the provision of off road parking. However, measures that could be used would be explored.

Initial measures were for Cllr Williams to place polite signage along the edge of the Green to highlight the need for considerate parking.

Cllr Brinkley and Morley were contacting ROSPA, who provide the annual safety inspection and are experienced in playground provision and safety legislation, to see what practicable advice they could give.

The clerk would seek guidance on the council's legal position on the village green and what was allowable in terms of potential barriers / fencing.

Litter Picking: Cllr Levett had in advance of the meeting circulated how volunteers had various areas of the village covered. This included Risk Assessment, Guidance, Register of Volunteers. This still left some areas not well catered for. Further investigation was needed around the annual litter pick and the potential support from the Sudbury Warden enterprise.

Pavilion Update: Councillors agreed that as part of the kitchen upgrade, being undertaken by the football club, new Altro Flooring could be purchased using the business support grant.

Insurance Renewal: Following the invitation to renew the council's insurances, councillors were asked by the clerk whether there were any late changes to the assets register or valuation situation, such the insurance could be arranged.

Maintenance Schedule and Asset Management: Given the time constraints this business was limited to matters of exception.

Greens Management – the contractor was likely to carry out the parking bay improvements over the Easter weekend. (Weather dependant)

Local Needs Housing: A copy of the publicity / promotional literature for the local need properties and first batch of self-build plots was circulated to members for information. This would be available on the village web site.

Third Party Liaison:

Police/Fire – Following the increase in antisocial behaviour in a number of locations throughout the village, typically the church, village hall / school, cemetery and bandstand / pavilion, Cllr Cutting-Keyton had as requested made contact with PC Darren Marshall and Phil Kemp, the Design Out Crime Officer for Suffolk. Initiatives are ongoing where individuals have been identified and to also make these areas less attractive to such activity.

Correspondence: The council had received communication on the matter of parking around the Great Green associated with parking / usage of the play equipment. This matter is being investigated as noted in earlier business. Correspondence had been received from two households relating to the development at "Loft Corner". The individuals concerned read their statements earlier in the meeting under the public participation item.

The Parish Council may be contacted through the Clerk, Steve Ball by email at: parish.council@cockfield.org.uk or 01284 828987

Next Meeting - The next Ordinary Meetings of the Council will be held on Thursday 29th April and Thursday 27th May 2021

Great Green Playground Update from the Parish Council

Since the completion of the playground refurbishment it is encouraging to see the new equipment being extensively used. It is attracting usage from across the whole village and our near neighbours. This reinforces our decision to progress this project.

However, with an improvement in weather conditions, lighter evenings and of course more freedom to meet, the circumstance has highlighted some difficulties with road safety associated with the growing number of vehicles and people in the area.

We should remember that with young persons' enthusiasm, crossing the roads safely may not be their initial focus. Therefore, we would remind users that the parking of vehicles along the Green does need consideration due to the visibility issues and dangers this can cause with people emerging from between parked cars.

The other matter is the potential to inconvenience those residents around the area and their safe access to their properties. The Parish Council have received comments on this situation.

The Parish Council have no mandate to impose any parking restrictions along the Great Green and we are equally limited by regulation on the extent any parking can be provided on the green itself. Guidance is being sort from the authority and those with expertise in the field to establish what practicable measures could be taken. In the meantime we ask all users to exercise care and consideration when using the playground.

Thank you Cockfield Parish Council

Cockfield W.I.



Sadly not a lot happening on the home front concerning outdoor meetings at the moment until the weather improves.

Several Cockfield WI members were among the 217 attending the Suffolk West Federation Annual Meeting on Saturday 10th April via Zoom along with National Federation Chairman Lynne Stubbings, former trustees and 55 representatives from other Federations across England and Wales. So many faces on so many pages depending on which device you were using! I spotted former member Carla Auger as she joined the event. We had been asked to mute ourselves after being admitted but of course there were some "interesting conversations" going on in the background between wives, husbands, partners and other household members much to the amusement of those watching. Thankfully 'mute all' was activated before Federation Chairman Julie Higgins welcome introduction and Jerusalem. Next on the agenda was an address by Lynne Stubbings who congratulated Suffolk West on our 101st anniversary and announced, that despite COVID-19, membership had increased nationally by 7,000. Julie introduced the new Board of Trustees and then we listened to reports from the Trustees, Federation Treasurer and Members Advisory Committee.

After a quick coffee break it was time for our morning speaker Dr Chris Smith clinical virologist who most of us recognise as "The Naked Scientist" from his appearances on television. He has always been a geek, amazed by the wonders of science, now sharing his knowledge with over a million listeners both home and abroad on 5 Live, broadcast from his home studio complete with the now famous COVID Clock in the background. He kept us enthralled for the next hour telling us how as a medical student he first became involved with local radio, leading to setting up the radio programme twenty years ago. He was invited to take part in science exhibitions where some of his experiments with explosive results were not always met with approval from the organisers! Who new we could make DNA ourselves using just an onion, salt, washing up liquid, water, fresh pineapple juice and cheap aftershave!! No explosions but it does make the house pong! I'm sure many members will be trying out his online experiments outdoors in the coming months.

We look forward to hearing more from him in the future.

The afternoon speaker freelance photographer and guide Simon Gregor took us on a tour of some of the old and new Cambridge Colleges. His slideshow led us through the streets of Cambridge and beyond visiting the various colleges on route relating their history and explaining how the collegiate system differs for each.

Hopefully next year we will be able to meet again as normal in the Apex. Brenda C

Children's Page May How to grow a Sun Flower

To plant sunflowers:

- Space seeds about 6 inches apart in a shallow trench between 1 and 2 inches deep.
- Cover and keep watered until seeds sprout in 7 to 10 days.
- When first true leaves appear (the second set of leaves); thin plants to about 2 feet apart.
- Depending on the variety, sunflowers will mature and develop seeds in 80 to 120 days.

Birds and squirrels will eat the ripe seeds in the autumn. If you do not plan to use the seeds, it is fun to watch wildlife enjoy the seeds.

You may want to cut the flower heads off and lay them out in the sun to dry and provide easier access to wildlife.





Suffolk Accident Rescue Service (SARS)

is an emergency medical charity, operating in Suffolk and its border areas. Volunteer SARS clinicians provide immediate and advanced medical care to patients with serious or life threatening conditions or trauma. SARS responders have enhanced prehospital skills and are authorised to carry specialist drugs and equipment not normally found on frontline ambulances – they can undertake procedures and provide a level of patient care that would not normally be available outside the hospital environment. Since SARS started in 1972 it has helped treat thousands of patients and saved countless lives.

SARS receives no central government funding and relies on voluntary fundrais-

ing to maintain its activity. The clinicians give up their time and provide their skills without charge. This 'donation' of time equates to many hundreds of thousands of pounds each year, and the benefit that SARS clinicians can bring to a patient in terms of lifesaving interventions, relief from pain and quicker recovery times is immeasurable.



The last year has been a really challenging time but the amazing volunteer SARS clinicians gave over 6,000 hours of advanced prehospital medical care throughout Suffolk in 2020. They were called out to over 100 locations across the county - all of this during a pandemic and 2021 looks set to be another busy year, with SARS responders being mobilised to over 130 incidents in the first 3 months of this year

SARS is also helping combat the pandemic with charity volunteer and retired responder, Dr Andy Mason currently vaccinating staff at the West Suffolk Hospital. Andy is very keen to continue his work after the initial programme at the West Suffolk Hospital has been completed. "I would really love to continue to be part of the vaccination programme in the local community. I am convinced that this is the way forward to ensure that the country can escape from the grip of this



pandemic. The vaccination programme will save lives and protect our precious NHS and I am honoured to be able to be part of that."

There are many ways you can also get involved and help support SARS this year. Please take a look on the SARS website www.sars999.org.uk/get-involved/



Or why not sign up to the SARS 999 Lottery. For as little as £1 a week you could win up to £25,000 while helping save local lives. To sign up please visit www.sars999.org.uk/lottery/

We are always keen to hear from you so please get in touch via email admin@sars999.org.uk or

phone **01359 244186.** Thank you!

Join us on social media - follow us, like, share or retweet. Help raise awareness of our cause by promoting us to your social networks.....





suffolkaccidentrescueservice



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Hospital

Facilities

Adaptations / End of Life

Dementia

to Home

New service to support residents to live independently and safely in their homes

Babergh District Council 'Independent Living Service' has been developed to help improve the quality of life of the districts' most vulnerable adults, young people and children.

The new service will offer advice and support where home adaptations, big or small, are needed to help residents live independently, safely and comfortably in their own homes, for as long as possible.

It will also assist residents with a disability, or those who may need adaptations to their home due to changes in their health, via the Disabled Facilities Grants (DFG) and the councils' Minor Adaptation Grants Scheme processes from application to completion of works.

Proposals to move the service in-house will allow the councils to ensure that the service is right for the residents across the district – with better control in the management of allocation of budgets and the processing of applications.

Cllr Jan Osborne Babergh District Council cabinet member for housing said: 'Bringing this vital service in-house will give us greater flexibility in supporting our residents. This new service will allow us to provide a more efficient and costeffective service. Poor health is generally unplanned, and not something that you can prepare for. This new way of working will help us to directly support those with unplanned and long-term health issues or anyone needing additional support.

The Independent Living service will help us enable more of our residents to remain in their homes and live more independently. Bringing the service in-house will, in the long-term, help to reduce demands on Suffolk's care system and the NHS – cutting down on the time residents need to spend in hospital.'

Sometimes work needs to be carried out quickly and our teams will ensure that the processes in place allows residents to return to the comfort of their own home, and a safe and secure environment.

The new service will:

- Raise the quality of life, supporting residents to remain in their home independently and safely
- Improve the processing time for Disabled Facilities Grants (DFG) applications and associated works
- Increase the annual number of applications completed
- Reduced demand on the wider Suffolk care systems
- Help to identify the best option to meet the applicants' needs
- Provide help and support to complete DFG application forms
- Carry out home surveys
- Help source reputable local contractors
- Apply for planning permission and building control consent if required

The Independent Living Service will work in partnership with Independent Living Suffolk to provide a high standard supportive network that will facilitate independence at home. In addition to offering signposting, financial and relocation assistance across the district, the service will enable each authority to tailor their provision to meet the changing needs of their communities.

Suffolk County Council will be the first point of contact – and residents needing advice, guidance, or support can start the process by using the contact details below.

Email: ILS@Suffolk.gov.uk

Call: <u>0800 121 7711</u> for an assessment by therapy staff.

Once an assessment has been carried out by Suffolk County Council therapy staff, a recommendation will be made on the home adaptations and support needed.



Mays Advice Column

My energy bill really shot up last month. I don't feel like I've been using any more heating or electricity than usual, so I'm worried I'm being overcharged. I've tried to contact my energy supplier for support, but no one ever seems to answer the phone or respond to my emails. I've waited on hold for nearly an hour several times before giving up. What should I do?



It's normal for your energy bills to change depending on the time of year and how much gas and electricity you're using. But if your bills seem strangely high, then it's important to investigate why.

Firstly, check your meter is working properly and your usage has not gone up, even accidently. Also check what heaters you have and whether you're using them correctly. Night storage radiators and immersion heaters can cause extremely high bills if used incorrectly.

There are a few things worth looking into. It could be that your bill is an estimate, in which case you need to give your supplier a new meter reading. If it's not an estimate, check your last meter reading to see if it matches the one on your bill. If you still don't have an answer, your supplier might have raised their prices. In any case, you're doing the right thing to contact them.

Customer service varies between suppliers and unfortunately, we hear of many bad experiences like yours. We also know the problem has worsened during the pandemic. If you're struggling to get through to them, you could make a formal complaint. We offer advice on how to do this and things to consider first.

We publish a comparison table on our website www.citizensadvice.org.uk every three months which rates suppliers' customer service, based on things like telephone wait time, email response time and the accuracy of their bills. Have a look for yours to see how they fare against others. If they're low on the list, consider switching to a different one.

If you'd like to talk it through with someone, get in touch with Sudbury & District Citizens Advice. We are providing advice by telephone and email, Monday – Thursday, 10am - 1pm. Please phone 01787 321400 if you need advice and leave a message and someone will call you back when available. We will attempt three times to call you back, so please expect a call from a withheld number.

You can also ring our Advice line on Freephone 0808 278 7868 or 0800 144 88 48. Alternatively, contact us via email at advice@sudburycab.org.uk or by using the contact facility on our website www.sudburycab.org.uk.

For further support contact the Citizens Advice consumer helpline on 0808 223 1133.

Contact: Elaine Gorman

Email: elaine.gorman@sudburycab.org.uk Sudbury & District Citizens Advice Keyse House, Acton Lane Sudbury, Suffolk CO10 1QN

Tribute to Cockfield Community

Hopefully, we are now coming out of this pandemic lockdown and, after over a year, we can get back to a kind of "different normality".

One of the most heart-warming aspects of this village community, I find, is the way that people have been helping one another through these uncertain times. Little things like bits of shopping, fetching prescriptions, putting bins out, maybe a phone call here and there or a socially distanced chat over a fence or on a doorstep. Small things perhaps but which make a huge difference. Unsung heroes doing unsung but vital things to support others.

A tribute to this village for the way it has acquitted itself and, so far, come through safely.

The Community Council has had its hand tied behind its back as regards social events but, like the phoenix from the ashes, we shall arise once more, more news on that in this issue.

Well done everybody, take care and keep your fingers crossed for the future,

RW CC chair

Cockfield Cinema Is Back! We present Summerland

Friday 28th May 2021 Start 7.30 pm, doors open 7 pm

The first film on our 2021 return is **Summerland**. This screening will under the same reduced capacity, socially distanced guidelines as applied before lockdown. So you still need to reserve your places in advance via cinema.tickets@cockfield.org.uk and bring your own refreshments. If the staged easing of lockdown proceeds as planned, the June screening will be back to normal, complete with refreshments and raffle!



During World War II, reclusive writer Alice has her sequestered life upended when Frank, an evacuee from the London Blitz, is left in her care.

Despite initially resolving to be rid of him, Alice finds herself and her emotions reawakened by him.

The Cinema will operate under the following special conditions, always with the caveat that things may need to change between now and screening day:

- To comply with social distancing and government guidelines for such public premises, and for the particular set up in the village hall, a maximum of 30 cinemagoers will be admitted.
- Seating will be set out according to social distancing and to cater for couples, singles and where possible family groups of 3 or 4. Chairs must not be moved by attendees.
- A one-way system for access, exit and use of toilets will be in force and indicated by signs.
- Hand sanitiser will be available at the entrance and in the hall
- Face covering must be worn whilst in the hall
- Ice cream will be offered, £1.50 per tub
- Attendees may bring their own teas, coffees, other drinks, mugs, glasses etc. All materials and litter must be taken away again at the end
- There will not be a raffle and the interval will be shorter than usual
- Once the screening is over attendees will be asked to leave the building via the marked exits and not gather for conversations.
- Chairs will be stacked away by designated people. Attendees are asked not to help out.

Booking & Tickets

- Admittance will be by advanced reservation only. No walk-ins will be permitted.
- We will not issue tickets but use the reservation system for confirmation on the day
- To reserve up to 4 places, please email <u>cinema.tickets@cockfield.org.uk</u>, or phone Julie Goodsman 07815 497952 weekdays after 3pm or anytime weekends, or Neil Ashton 07900 880888 any time. Confirmation of your reservation will be issued.
- To assist with the seating plan on the day, if reserving 2-4 places you will be asked for the number of family units i.e. who are not socially distancing amongst themselves.
- For contact tracing, at the time of reserving, the person booking will be asked for a contact email address or phone number (In line with government guidelines this information will be retained for 21 days).
- Payment will be collected on arrival; exact money is requested.
- Please contact one of the above if you have reserved places but cannot attend, so that the places can be reallocated.

Please contact Julie or Neil as above If you have any questions.

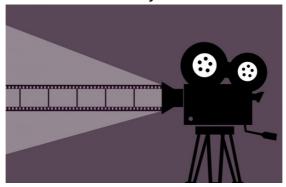
The Cinema Team www.cockfield.org.uk

Community Council 2021 Programme

The <u>Cockfield Community Council Trustees</u> plan and organise a whole range of events and activities to entertain and involve the community. During the pandemic of course we have had to put everything on hold and look forward to the day when we could safely resume our activities. At our recent meeting, with the publication of the staged plan to ease lockdown, the Trustees of the Community Council were delighted to be able to start planning some real events for the community. We are excited to announce the following initial Programme for 2021.

We are excited to announce the following initial Programme for 2021. We would like you please to mark these events in your diaries and further details will be announced for each in due course via Green Links, the village website, and community broadcasts.

<u>Cockfield Cinema – From May 28th</u>



The Cinema will resume on Friday May 28th and thereafter on the 4th Friday of each month. The film for May will be Summerland and this screening will be subject to the 50% capacity, socially distanced rules. From the June 25th screening onwards, all being well it will be the full return of the cinema as we know it.

<u>Cockfield Back Together – Sunday June 26th</u>



This event marks our being able to get together again as a community. We are planning a big celebration for all the family to include a walk, a barbecue and picnic, and some live music. Look out for further information in Green Links and on the website.

Sale Trail - Sunday July 4th



On Sunday July 4th we are planning a Sale Trail. This is a great opportunity for you to get rid of those unwanted items you've accumulated and to raise some money for yourselves and the Community Council. You set up your stall at the front of your property and we provide a map showing where you are. Further details including registration information will be published nearer the time.

Cockfield Show – Sunday September 12th



Back in the Village Hall, this year's Show will incorporate the best of last year's virtual show with photographic classes showing gardens and projects at their best through the year.

Further information will be published in Green Links and on the website.

Cockfield SpeedQuiz – Saturday October 30th



This will be similar to the monthly virtual SpeedQuizzes that have been taking place during lockdown, but with added features and with all the teams competing in the village hall.

<u>Community Christmas Event – Sunday December 5th</u>

We don't know yet what this event will look like, we just know we want to do something! For now, put the date in your diary.

We always welcome your suggestions for community activities. Please send these suggestions, plus any comments or feedback, to community.council@cockfield.org.uk.



Fundraising



Most of our activities require expenditure of some kind. To support this and to give us headroom to plan future events, we raise funds through tickets sales, refreshments, raffles and so on. As a registered charity we also welcome donations of any amount. Recently the Post Office have introduced a scheme where they will match charitable donations up to the value of £200. Should you wish to make a donation, please contact Barbara at the Post Office for details.

computer Corner

Windows 10 H1 2021 Update

The next major update to Windows 10 is called H1 2021, and if on schedule, it will be distributed to users in May. It is the first of the 2 major feature releases to Windows each year.

I've previously written that these updates are classed as Optional in the Windows Update process. This distinguishes them from the regular automatic updates applied to your systems which typically are a mix of security updates and fixes to problems. These are important updates and should always be applied.

Go to Start, Settings (the cog wheel icon) and then choose Update and Security. If the display is not already showing Windows Update, click Windows Update in the left sidebar.

In normal circumstances you should see this message in the Windows Update screen:

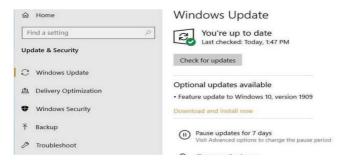
Windows Update



Check for updates

This tells you that you are set to receive updates automatically. Occasionally you will be prompted to restart your computer. This is sometimes necessary so that an update can applied. Such messages should not be ignored but be sure to save any of your work before accepting the restart.

In the screenshot below, although the headline shows the system is up to date, further down it shows that the Optional feature update, in this instance 1909, is available.



In May you will be able to check if the H1 2021 optional update is available for installation as described above. If so you can select the option to download and install. It's quite acceptable to delay installing these optional updates for a few weeks, in case any significant problems emerge that might be caused by the update.

Neil Ashton

computer.circle@cockfield.org.uk

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Suffolk: Freephone 0808 278 7868 England: Freephone 0800 144 88 48

Textphone

England: 18001 0800 144 8884

Email advice@sudburycab.org.uk Visit our website sudburycab.org.uk



Dear Friends

We were all expecting to have a quiet week after Easter, and then the news of the death of Prince Philip came on the Friday of Easter week. Our thoughts and prayers were of course with our Queen, who has lost a husband and a consort, but not only that, her life-long companion who it seems had the ability to make her laugh.

Laughter is hugely important to us as human beings, and as a society. We use humour in many ways, and a good laugh is always guaranteed to lift our spirits. A sense of humour is needed for most roles in life, and I'm sure that Queen Elizabeth – who apparently has a very quick wit herself – appreciated her husband's gift for making her smile.

I'm sure that she will also be glad of her Christian faith at this sad time and I hope that she will be comforted and upheld by the prayers of the nation. It seems so appropriate that Prince Philip died at a time when we are celebrating our Lord's resurrection. The Easter season finishes on Ascension Day – and we will be celebrating Jesus going to the Father with a service at Gedding Church. All are welcome.

I began this article thinking about laughter, so I'd like to finish it with a little joke. 'At a church picnic the whole community was invited to come. The Rector placed a basket full of apples at one end of a table with a sign saying "Take only one apple please" – remember that God is watching". On the other end of the table was a plate of chocolate chip cookies where one of the children had placed a sign saying, "Take all the cookies you want – God is watching the apples!"

Yours in Christ

Sharon
Revd Canon Sharon Potter
Revsharon2@gmail.com 01284 828599 or 07825 086063

Cockfield Benefice Services – May 2021 please see website for up-to-date information

All services are conducted in line with the coronavirus guidance issued by the Church of England, for more information visit https://www.churchofengland.org/resources/coronavirus-covid-19-quidance

All 10am services will be made available on the benefice facebook page at https://www.facebook.com/cockfieldbenefice			
Sunday 2 nd May – Easter 5	10am Communion – Cockfield		
Sunday 9 th May – Easter 6	10am Morning Prayer - Cockfield		
Thursday 13 th May – Ascension Day	7pm Ascension Day Communion – Gedding		
Sunday 16 th May – Easter 7	10am Family@Church - Cockfield		
Wednesday 19 th May	2pm Prayer Group meets via zoom for 'Thy Kingdom Come'*		
Sunday 23 rd May - Pentecost	10am Worshipping Together – Bradfield St George		

^{*}zoom details for prayer group: https://us02web.zoom.us/j/86736217904? pwd=Y2VGK0UvQlpkZHFzTFE4NkE4bHFxQT09 (Meeting ID: 867 3621 7904, Passcode: 456146 if needed).

A service of Celtic Morning Prayer is held every Tuesday at Cockfield at 9am

Please note these services may be subject to change – for up-to-date service times see the benefice website at www.cockfieldbenefice.com



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Saturday - 10-1 Sunday & Wednesday - Closed

Lavenham Library

Browsing in the library

We are really pleased to let you know that you may now browse in the library and use our public computer. It has been lovely to see so many of you again and how happy you are to browse. Please let everyone know we are open and waiting to see you all again.

We are closing a little earlier to allow for additional cleaning and have limits on numbers at any one time. You can still use our Select and Collect service if you do not feel comfortable staying in the library – details on our website.

Please wear a mask and provide details for the Test and Trace programme. Books are quarantined for 72 hours on return and please use the self- service machine to issue and return books to minimise staff handling. Feel free to ask us questions or chat – talking to our customers is very important to us! (These services are subject to any changes in the government Coronavirus restrictions)



Lavenham Family Treasure Hunt — Thank you to everyone who joined in and supported us on Suffolk Libraries Day. Almost £10,000 was raised across the county and the winners of our Treasure Hunt were

Afternoon tea for 2 at Lavenham Blue Vintage Tea Rooms – Alison Braithwaite

Large Lindt Easter Egg - Emily Doyle

Runners up – we gave out 3 small Easter Eggs & 3 Lavenham Library pens as runner up prizes



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Online activities

Suffolk Libraries runs a number of weekly Zoom groups to help with Health & Wellbeing during these difficult times – these include our DiscoveReads book group, Cuppa & Chat, Mindful Movement, Mind & Body, Mums Meet & Chat. Full details of dates and how to join are on our website – look for the What's On section



We hope to restart our regular Top Time & WordPlay groups in June but in the meantime check our Facebook page for Lego challenges and Family Crafts

Contact Details



Lavenham Library, Lavenham Village Hall, Church St, Lavenham CO10 9QT
Tel No: 01787 247729 www.suffolklibraries.co.uk
Email: lavenham.library@suffolklibraries.co.uk

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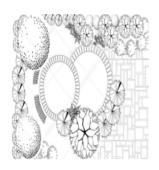
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In the first chapter of Acts we read that after His death, burial and resurrection Jesus appeared to His apostles, over a period of 40 days: eating with them, speaking to them and instructing them in the things that they should do, following His ascension into heaven - with which event He was shortly to astonish them (verses 9).

His instructions to them were needed because, despite the fact that He had proved, "by many convincing proofs", He was truly risen from the dead and that He had been "speaking to them about the kingdom of God" (verse 3), their thoughts were still centred on the worldly matter of when a kingdom would be established in Israel (verse 6). But what was then unknown to the apostles was that their desire for this earthly kingdom was not only outside of the will of God at that time (verse 7) but also was too parochial; because Holy Spirtthey were about to be commissioned by Jesus to launch the church age and thereby spread the gospel and His spiritual kingdom not just to Israel but to "the ends of the earth" (verse 8).

In these days we have grown used to vast national crusades conducted by notable evangelists and, although it is thrilling to hear about their success and the many thousands of souls coming to a saving knowledge of Christ through them, the apostles did not have the benefit of modern techniques to help them with their outreach. And yet by simply witnessing about Jesus and His resurrection (Acts 17: 32) through the power of the Holy Spirit that they had received as promised by Jesus (verse 7) they were so highly effective that on one day three thousand souls were added to the church (Acts 2:41) and on another day about five thousand souls were added (Acts 4:4).

Since those days, the church has grown exponentially, with many millions of souls joining the Christian family throughout the world. But it all began with the apostles taking the message that a Saviour has come, that a Saviour has died and that a Saviour has risen from the grave to overcome sin and death and that all those who wish to share in this resurrection may do so by receiving Him as Lord and Saviour; for as Jesus, Himself, said: "Because I live you also will live" (John 14:19). That is the simple message that the apostles had to spread in their day and that

is the simple message that we have to spread in our day.

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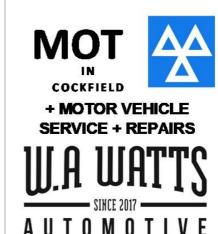
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Announcements



LAVENHAM TENNIS CLUB 2021

The new club year starts at the on the 1st of April, and due to the lock down restricting the use of the courts, the club is offering a reduction in the fees for existing and new members for the 2021 – 2022 season.

Club nights are normally held each Tuesday and Friday evenings from 6.00pm on the courts at the recreation ground off Bridge Street Road, Lavenham, however at the moment we are not sure when these will commence. There are also plans to have tennis sessions on Sunday afternoons; details will be posted on our web site. The club is a member of the Halstead and District League and matches for men, ladies and mixed teams are held through the summer months, as well as teams competing in their Winter League. We also have our own club tournament and host social events during the summer. Our coach Kris Jenkins is available to offer individual or group coaching sessions.

New members are always welcome, information and Application Forms can be found on the club web-site www.Clubspark.lta.org.uk/LavenhamLawnTennisClub or by contacting the Treasurer Chris Hardingham 01787 247417 E-mail cihar-dingham@gmail.com or Secretary Sue Marszal 01449 740768 slmarszal@gmail.com

Do you have an announcement you would like included here?

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Cockfield Netball Club	Lindsee Summers	netball@cockfield.org.uk
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