

Green Links

The Monthly Village Magazine of Cockfield

July 2020

Earls Meadow



Can we see light at the end of the tunnel?



Unfortunately the Villages formal plans for the 8th May had to be cancelled but in true Cockfield style we still managed to acknowledge our WWII veteran Norman Gregory.



The Honours fell to Wing Commander Paula Willmot MBE.



Thank you
Wing Commander
and thank you
Norman.

Note from the Village Recorder,
Brenda Dyer,
If anyone has any photos of their
VE day celebrations please contact
me as I should like to include a
selection in the Village Record.
recorder@cockfield.org.uk

There were many celebrations around the village
- all observing Social Distancing





Lottie-Mae used old family photos of her great, great, great granddad on horseback her great, great uncle and her other great, great granddad and my dad who had one time either served in recent wars or was in the military. Great idea.



Do I remember VE Day 1945?

I was asked if I could write about my memory of that day and to be honest I could not.

We must have known that it was not the real end of the war and that there was still dreadful fighting in the Far East against Japan. Living in a village in Somerset at the time with only BBC News to listen to, not remembering ever going to the cinema until the war really was over, and only seeing a few photographs of the London celebrations in the newspaper the next day it is perhaps not surprising.

But I have a few very vivid memories from before that momentous day.

We lived in a village in north Kent. I can remember being called in twice from the garden to listen to national announcements on the radio. I can still hear in 1938 Neville Chamberlain's voice on his return from Munich. Much more vividly, I recall the stentorian tones of Mr Churchill in September 1939 announcing that we were now at war with Germany.



At the beginning of the war, my convent school decided that we should be evacuated to a sister school in Abingdon but my father thought that was not a good idea as he could imagine the Germans bombing factories at Cowley nearby! So instead my mother took my sister and I to stay in a village in Yorkshire with her cousin.

This cousin had a friend in the village. We were asked to tea one day and this woman's son was there, on leave from the RAF. I can remember the sitting room vividly where we were having tea. However I did not register at the time that this rather famous pilot son had two false tin legs!!

The war was going through its phoney stage so we returned home to Kent just in time for the Dunkirk retreat! I can still remember the fear everywhere of an immediate invasion. Then we had the Battle of Britain over our heads, often watching it ready to dive into the Anderson Shelter!

My most vivid memory is of September 15th 1940, during the Battle of Britain, when scores of German bombers droned overhead on their way to bomb London. Then there was the excitement of the German bombers scurrying home chased by our Spitfires and Hurricanes. We cheered and cheered. It was not always a time to cheer because sometimes I remember seeing German bombers jettison their remaining bombs over the Kent countryside in the rush to get away across the Channel.

As the school had been evacuated, my parents arranged for us to be schooled by a ferocious retired schoolmistress who lived in our village. My sister and I went to her kitchen each morning where she taught me mostly English Grammar and long division and multiplication using used paper bags and pencils to work with. But I have never forgotten the good grammar she instilled into me - and parsing!

Because my father had been recruited to build war factories we led a fairly nomadic life and in 1944 were living in the north Somerset countryside. My sister and I were allowed to go out on long bicycle rides. This is my last most vivid memory. Goodness knows where it was but we rode down a very tiny lane with banks and high hedges and suddenly came across masses of tanks and other army vehicles hidden under camouflage netting. And the soldiers with these tanks and vehicles were Americans to our amazement and not British. We had not seen an American before and went home very excited to tell our parents about our adventure.

In retrospect they must have been assembling the invasion forces in relative secrecy before moving them to the south coast for departure. Do you think my sister and I knew more than the Germans?!

Finally with reference to VE Day I think I must have been revising for my School Certificate exams.

Barbara Ruffell
May 2020

I am Lottie-Mae and I am ten years old.

Since the Coronavirus lockdown has happened everything has changed so much. It feels strange not being able to see my friends and give somebody a hug and of course we all mourn for those who have lost their lives to this virus and hope that this virus stops very soon. This virus has changed children's education so very much and like other schools I and other students of Cockfield Primary School.



We are home schooling ourselves and we are completing the work that our wonderful teachers give us and carry on like it's an old school day.

The lockdown life has had changed the way we live because we can't go out whenever we please and we can't go out whenever we please and we can't just go out clothes shopping we now have to stay indoors but on the plus side of everything that's going on I have done things I wouldn't have done if we weren't in lockdown like gardening, painting, baking bread, biscuits moving shingle with mum in the garden two tonne of it!

This virus makes me feel depressed because of all the deaths and cases of ill people. I made a picture and sent it to the Nightingale Hospital I hope somebody sees it and they feel better looking at it.

Although it is strange when we have our daily walk or cycle I see so much wildlife that I don't see if there are lots of cars and people around like Hares, different birds, deers on our back field and how much everything changes without all of these cars and pollution while people are not allowed to drive their cars so much. I hope that we can get out of lockdown and that everyone in the village that has had this dreadful virus gets through the virus and is fine after.

Lottie-Mae Green

Sudbury & District Citizens Advice

**citizens
advice**

**We offer a telephone
advice service from
Mon – Thurs
10am – 1pm**



**Tel: 01787 321400, 0300 330 1151 or
03444 111 444**

**Or email advice@sudburycab.org.uk
website: www.sudburycab.org.uk
www.citizensadvice.org.uk**

We're here to help you – whoever you are, whatever the problem

**Benefits - Debt - Consumer - Housing - Employment
Education - Health - Legal - Immigration - Relationships**

**We provide free independent, confidential and impartial advice to
everyone on their rights and responsibilities.**

Green Links Copy Deadline!

Please note all copy for the August issue must be
with me by 15th July please

Janne Cutting-Keyton, Newholme, Smithwood Green,
Cockfield. IP30 0JQ

01284 828264 or janne@twerbs.co.uk

Would you like to Subscribe to Green Links

There are currently over 400
subscribers to Green Links in
Cockfield and the
surrounding villages.

An annual subscription is
£3.00 payable in August.

The magazine is
delivered to your door by a
team of local volunteer
distributors.

Please contact
01284 828264
for further details

Cockfield Village Hall

Available for hire at very
reasonable rates

Please contact
June Pettit
for bookings or for
further details
01284 828616

**Please spread the
word about our
super village hall,
huge car park
and full facilities**

GREEN LINKS ADVERTISING

To place an advertisement in Green Links
or enquire about our rates please contact

Sue Harrison at
sue.harrison42@gmail.com

Green Links



The Monthly Village Magazine of Cockfield
Edition 4- No 155 July 2020

Chairman and Distribution
Editor
Secretary
Advertising Manager

David Simpson
Janne Cutting-Keyton
Morag Kelly
Sue Harrison

We're Back! And this month I have reproduced some of the articles you may have missed over the past two or three editions, if you would like to see any of the pictures in colour the back issues of Green Links are on the website www.cockfield.org.uk, for the present Green Links will remain in a digital format as well as being printed.

Although the villages VE75 Celebrations had to be cancelled a small group still managed to acknowledge Norman Gregory and lots of us took advantage of the wonderful weather to hold tea parties, 75 years ago the feeling of coming out of a 5 year long, in effect, lockdown must have been overwhelming!

On pages 6 and 7 Barbara Ruffell looks back to her childhood during the wartime years followed by Lottie-Mae, on page 8, giving her thoughts on living through the current crisis, I wonder in 75 years time how Lottie-Mae will be recalling these times?

Lets hope that we will all emerge from this a stronger, more caring, and cohesive community and that nationally we will listen to the thoughts of youth - young and old.

As we enter July restrictions are being lifted and we are welcoming the added freedoms which we all took for granted 4 months ago, how life and our attitudes have changed so dramatically over such a short period of time but there is light at the end of the tunnel.

Janne

P.s. Your annual subscription for Green Links of £3 is now due - please pop in an envelope for your distributor to collect

www.cockfield.org.uk

The Editor and Management Committee cannot be held responsible for the accuracy of articles or for any of the claims made by any advertiser and reserve the right to alter, shorten or refuse any items submitted for publication. All copyrights acknowledged.



Cockfield CEVCP School

Cockfield
Bury St Edmunds
Suffolk IP30 0LA

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

Head Teacher: Mrs Trudie Harkin

Dear Green Link Readers,

It has been a long while since I wrote in Green Links and that's because of course back in March and April we were only open to a handful of children.

We are now welcoming many of our children back in various year groups and it is great to hear their voices, to hear them laughing and to see how keen they are to learn.

We recognise that home learning has been a challenge for most families but parents have done a wonderful job. The children have been keen to complete the projects we have sent and the work leading up to VE Day resulted in some fabulous photos being sent in. Our website and gallery has many pictures of their activities in the first couple of months. Do take a look.

Rev. Sharon has kept up with her whole school assemblies on Facebook and the children are keen to join in with collective worship, whether at home or school.

We have some staffing changes coming up over the summer and we will be saying farewell to Mr Mills and Mrs Appleby and welcoming others in September. We thank them for their important contributions to the school during their time with us.

We are not really sure what will come next, I hope we will see some new shiny faces in our Reception Class come September and normality will be a little closer. Sadly, trips and sports day as well as all the lovely things we do at the end of term are on hold. So I asked Year 6 if they had any fond memories they wanted to share before leaving.

This is what they said – *I have enjoyed seeing my friends, having amazing trips and coming 3rd at a local basketball competition!* Charlotte

I've enjoyed those things and also learning new things about my friends - Matthew

I enjoyed going to the Space Centre – Amber. Tom said I've enjoyed our learning, in particular history and learning about WW2.

Kind regards,

Mrs Harkin
Head teacher



Earl's Meadow and Bruff's Line



At the time of writing this fine place is at its most beautiful, the May Blossom is spectacular, the Chestnut Candles have a glowing presence and, even with the little rain we have had, everything is incredibly fresh and green and lovely.

And in these troubled times, more and more people are visiting, taking advantage of a lovely facility to exercise and to boost their mental wellbeing. And people from all walks of life and of all ages are behaving sensibly and being aware of their own safety and that of others.

We are now allowed to picnic in family groups again and I hope that you may take advantage of this; all we ask is that you take your rubbish home and leave everything as you found it.

The team and I are filled with pride at having created this beautiful space in such a comparatively short period of time, It goes to show that over the course of ten years all the planting and management and maintenance have resulted in an oasis of peace for us all to enjoy in these troubled times. it's wonderful to see the hedgerows starting to look as if they have always been there, the copses spreading their canopy above our heads and the orchards which were loaded with blossom a few weeks ago and are starting to set fruit.

When a time of normality comes I would ask people not to forget this place but to keep walking, keep cycling, keep visiting this place. It is yours, make the most of it.

RW

Cockfield W.I.



In May the NFWI Board of Trustees announced the adoption of the two resolutions that had received the majority of members votes. One of these was - A Call to Increase Potential Stem Cell Donor Registration.

In the news recently it was reported that there has been a 70% drop in volunteer donors due to coronavirus. The delay to cancer treatment appointments will undoubtedly increase the demand for stem cell transplants.

Following the adoption, WI members are now free to campaign on this issue and actively support the need for a national data base of registered donors.

On the home front, after three months in lockdown I sense our members are getting a little restless. I don't think the lure of non essential shopping will entice us to visit the high street anytime soon. We can have a social bubble but only with one other bubble! Needless to say I can't print our members comments!!

Keep calm and well

Brenda C



Your local tree surgeon based in Bury St. Edmunds

Gorilla Tree Services Is your local tree care company that you can trust for all kinds of arboricultural services. We are passionate about trees, their environment and the work we do with them.

Do you want a beautiful looking estate with healthy trees and plants? Contact us today to discuss our services.

M: 07851 459 734 T: 01284 810 027
E: info@gorillatreeservices.co.uk
www.gorillatreeservices.co.uk

- Tree felling
- Tree surgery & stump removal
- Crown raise and reduction
- Crown thinning
- Pollarding & formative pruning
- Hedging & pruning
- Green waste removal
- Chipper hire with operator
- Storm / Wind damages trees
- Phone line clearing

Cockfield Parish Council Notes



Summary report of the Annual Parish Council meeting held 28th May 2020

The Parish Council held a virtual meeting via Skype. Being the Annual Parish Council meeting there were many administrative matters to progress.

Derek Southgate was elected Chairman for the year 2020-2021

Carl Brinkley was elected Vice Chairman

Subsequent positions were agreed, and members broadly retained their roles from 2019-2020 for;

Committees, sub-committees and/or working groups and their membership.

Representatives to external bodies, as appropriate.

Council officers.

Council portfolio-holders.

(Details are on the web site)

Governance – A number of procedural documents were reviewed and adopted, and any actions noted;

Standing Orders

Financial Regulations

Asset Register

Risk Register

Councillors reviewed current action items;

Cllr Levitt has secured the Football Club signed Pavilion Hire Agreement. A letter confirming their compliance with the Licensing Conditions is outstanding.

Cllr Brinkley to investigate the feasibility and cost of re-siting the Parish Council owned telephone kiosk from outside the Post Office to the corner of the Great Green. However, it was noted this may be challenging in the current restrictive situation so was not urgent.

Cllr Williams has refurbished three timber benches on the Great Green and one timber bench in the Cemetery. (Closed)

Cllr Brinkley to investigate the costs of refurbishing the two-car parking bay at the corner of Great Green. Solution could be “telegraph poles” as existing or railway sleepers.

Cllr Brinkley agreed to obtain a quotation from a local contractor to refurbish the Bus Shelter at MacKenzie Place which is in need of repair.

Cllr Morley, Cllr Cutting-Keyton and the Clerk to have further discussions with Action Play & Leisure to determine how the playground upgrade could progress. However, until further lockdown measure relaxation is known this would be “

parked” as APL remains closed

Cllr Williams reinstated the ‘No Parking’ sign at the Great Green (Closed)

Cllrs Levett and Williams had met with AJ Joinery to consider a solution for the replacement of the notice board and its potential revised location at the Great Green. (In progress, proposal and quotation awaited.)



Cllr Williams had spoken with Philip Boucher (Hodge Farms manager) for his assistance to trim the hedge over the railway bridge in Howe Lane. (In progress)

Public Participation Session:

Suffolk County Councillor - Robert Linsey Summary headlines;

Virtual SCC meetings - SCC will be holding cabinet meetings and next full council meeting virtually in July. If they are public meetings, they can still be attended by members of the public (virtually).

Supply of PPE - Suffolk County Council are supplying emergency PPE to all primary care providers who are unable or struggling to source their own supplies.

Funding from Government - Suffolk County Council has received £34.7m from the government to help with the council’s coronavirus response.

Cost of post-16 Home to School transport increases by £90 - The cost of mainstream post-16 school transport has been increased by £90, whilst the cost of post-16 transport for SEND students has increased by £30.

Increase in social worker pay - Suffolk County Council has agreed to increase the pay of children’s social workers to match the remuneration offered by neighbouring councils, in order to attract and retain skilled social workers in Suffolk.

Babergh District Councillor summary joint Report to the annual Parish Council meeting. Cllr Clive Arthey and Cllr Margaret Maybury

Before “lockdown” occurred business at Babergh District Council included the latest consultation on the Joint Local Plan, a Climate Emergency declaration, CIL funding in excess of £4.5m and the adoption of the annual Budget. Since then the provision of District Councillor Locality Budgets and numerous financial help packages have been arranged for all groups, residents, Parish Councils and businesses to help during the COVID19 pandemic. Much of this has been achieved via cross council working which has helped to distribute these funds as quickly as possible in these uncertain times.

Joint Local Plan - Work is continuing on the new Babergh and Mid Suffolk JLP, with the planning team and a member group considering the representations received as a result of last year’s consultation stage. The revised document is still programmed for presentation to the two Councils later in the year. Neighbourhood Plans may have to be reviewed to ensure they are consistent with the JLP.

Community Infrastructure Levy - During the year bids to the CIL fund were approved within the Lavenham Ward, for Lavenham parish (gasworks car park) and Cockfield parish (adventure playground). Together with Neighbourhood CIL,

(which is paid direct to Parish Councils), the district CIL fund provides a welcome source of finance to enable local community infrastructure projects to be delivered. We are both delighted Cockfield has been so successful with its various bids.



2020-21 Budget and Council Tax - The compilation of Council Tax for 2020-21 within an average band "D" property is as follows: Suffolk County Council £1343.61 (+4%); Suffolk Police £222.75 (+4.7%); Babergh District Council £168.86 (+3.1%); and Cockfield Parish Council £111.81 (+1.2%). Making a band D property council tax total of £1847.03 which Babergh DC collects and forwards, with 73% going to SCC, 12% to Suffolk Police, 9% to BDC and 6% to Cockfield PC.

Local Issues - We have been pleased to work with the Parish Council on a variety of local issues during the last 12 months, with the commencement on site of the new development at Jeffrey's Green being the most noticeable. CIL funds have already been put to good use to provide local infrastructure to support growth, and we are pleased the Parish Council has established a group to assess and deliver future projects. We continue to do what we can to support your wonderful community, and most recently were pleased to be able to help local organisations and businesses secure Business Rates Support Grant.

Planning: The Council noted the BMSDC planning permissions / refusals;

DC/20/00128 – Full Planning Application. Erection of 1 No. Single Storey Dwelling and Detached Garage and creation of new vehicular access; Installation of Sewage Treatment Plant. Windsor Green Farmhouse, Windsor Green, Cockfield, Suffolk. LP30 OLY. **Decision: Planning Permission has been Granted.**

DC/20/01381 – Discharge of Conditions Application for DC/19/03826 – Condition 2 (Vehicular Access Surface) and Condition 4 (Fencing). Gambrel, Chapel Road, Cockfield, Suffolk. IP30 OHE. **Decision: Condition 2 has been satisfied & Fencing to be erected for Condition 4.**

Finance:

Councillors agreed the repairs for 5no benches (Great Green and Mill Conner) total cost £1,314.00 + £122.80 VAT.

Repairs to the "Bandstand" on the Great Green for £160.00 were agreed

Councillors reviewed the council insurance requirements and approved the renewal of the policy with HISCOX £1,828.75 per annum + £50.00 (CAME & Co) Administration Fee. Total £1,878.75.

Members agreed that under Section 137(3)(a) LGA 72: The Parish Council would make donations to;

Suffolk Neighbourhood Watch Association £50

NHS Charity (My Wish Charity) £100

Suffolk Accident Rescue Service £150

Cllr Morley, Cllr Williams, Cllr Southgate and the Clerk were delegated to establish the requirement for railway sleepers to progress the repair to the bridge at the meadow in line with the CIL bid budget.

Pavilion Update:

It was agreed to challenge the insurers on the commencement of remediation work as it appeared, in recent correspondence, there was no prerequisite for condition monitoring, which we see as essential prior to any work starting to ensure mitigation measures had been successful

Future Meeting Structure:

In the light of the increasing amount of business, Councillors agreed to review the agenda structure to determine if there was a more efficient way to progress items.

Cockfield Village Welcome Pack:

The Council acknowledged the efforts of David Hodge in the distribution of the village welcome pack. With the current restrictions in place the pack would move to the web site and we will consider how this is dealt with in future.

Working Groups, Representatives to External Bodies, Officers and Portfolio Holders:

Greens Management - Cllr Brinkley gave an update on the management of parking at Cross Green

Local Needs Housing – Cllr Morley noted the Mackenzie works had recommenced and were progressing

There were no significant issues to note associated with;

Earl's Meadow

Cemetery

Parish Paths

Highways and Emergencies

Police/Fire

Play Equipment (in any event covered elsewhere in the meeting)

Village Hall Car Park

Neighbourhood CIL

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

Next Meeting - The next Ordinary Meetings of the Council will be held on Thursday 25th June and Thursday 30th July 2020 at 7.30pm

PARISH COUNCIL MEETING ARRANGEMENTS
UNTIL FURTHER NOTICE.

In line with Government advice, the Parish Council are no longer holding physical Ordinary or Extraordinary Parish Council meetings, in public at the Village Hall. The Parish Council meetings at the Village Hall scheduled for the 25th June and 30th July have therefore been cancelled and will instead be held via Skype Video Conferencing. Details of how to Access the meetings can be found on the Village web site. A decision relating to Parish Council Meetings beyond 30 July, will be taken nearer the time.

Cockfield Parish Council Community Infrastructure Levy (Regulation 123 Fund) – application for the “Cockfield Adventure Playground”



In October 2019 the Parish Council lodged an application with BMSDC for a funding contribution to the upgrade of the play equipment at Great Green. The Parish Council have subsequently been advised that their application has been successful in the round of bidding announced in March 2020.

The Parish Council have been awarded a £25,000.00 contribution

The bid was supported by demonstrating a community willingness to also provide substantive funding toward the project and not rely on the generosity of the authority. Other funding streams are:

Cockfield Parish Council Neighbourhood CIL	£20,000.00
Cockfield Parish Council (Earmarked Reserves)	£5,000.00
Cockfield Parish Council Unspent of Precept 2019/20	£2,206.00
Cockfield Community Council Donation	£5,000.00

This continues the success that the Parish has had with CIL bidding and demonstrates we are an active village which was recognised by the committee at BMSDC as a worthwhile “investment”.

I would like to thank all those involved, and the tremendous efforts made which has brought an excellent result. This included many meetings with specialist providers and the exploring of various options with visits to other sites in and around the area to understand how other villages have enhanced their offerings.

In particular thanks go to our District Councillor Clive Arthey who advised us on the process and administrative requirements of the bid. Given these are becoming more onerous to satisfy, with BMSDC having revised its criteria for bidding. In this vain the Parish Clerk who spent an immense period gathering the necessary documentation to provide what has to be an exemplar bid portfolio.

Our funding application was based on our preferred contractor who has a range of apparatus that will cater for a wide range of ages within the village and surrounding catchment. The selection should give active engagement for many years to come.

A summary of the equipment that we wish to install is varied;

- Nest Swing

- Adventure Trail with rubber stepping post & feet at ground level

- Forest Stack 2 on steel feet

- Waxham 5 Adventure Tower on steel feet

- Licham 4 Adventure Tower

- Timber Ariel Runway on steel feet with 50 m² safergrass matting

- Skywalker with 23 m² safergrass matting

- Picnic table / bench

- Removal of the existing equipment with remodelling and landscaping

Derek Southgate - Chairman Cockfield Parish Council

ALL ASPECTS LANDSCAPING

01284624022— 07391253048

WWW.ALLASPECTSLANDSCAPING.CO

CALL NOW FOR A FREE NON OBLIGATION QUOTE



Proud members of
Checkatrade.com
Where reputation matters

We cover all hard and soft landscaping with many years of experience

**FENCING -DRIVEWAYS - PATHS AND PATIOS-BLOCK PAVING -
GARDEN GATES AND WALLS -TURFING AND SEEDING-GARDEN
CLEARANCES-DIGGER WORK -CURB STONES-ALL TREE WORK
AND HEDGE CUTTING-GRASS CUTTING LARGE/ SMALL AREAS**

United Charities of Cockfield

In the event of any Cockfield resident being affected by the Coronavirus and who has financial or any associated difficulties, please do not overlook the possibility of some limited help being available from the Charities. Funds are available to provide support for those suffering hardship as a result of unemployment, medical problems and related matters, a lack of basic food or clothing, educational support and help for those suffering bereavement to residents living in the Parish of Cockfield.

The Trustees must follow the stipulations of the trust documents, but we will consider any requests for help on a strictly confidential basis and advise if we are able to help.

In the first instance please contact Tony Box

charities@cockfield.org.uk

Tony Box, Chairman

Update on Housing Development **at Mackenzie Place, Cockfield – Jeffreys Green**

If you've been passed the site recently you will see that work is progressing well following the reopening last month. The timber frame is beginning to be erected which is when you can really start to see the homes taking shape.

As the pandemic situation continues to improve, and they are getting used to working in a new way, SEH have been able to reassess the construction programme and now expect the homes to be ready in the early Spring next year. Hopefully we don't see any further site closures or problems with obtaining building materials that will impact on this timetable further, but we will advise you of any changes to the completion date in these updates.

Preparations are being progressed towards commencing the construction of the three additional bungalows on behalf of Babergh District Council on land that they own adjacent to the site and accessed by the same access road as the Orwell site. We are currently agreeing costs with SEH and the District Council and hope to be starting work on these bungalows later in the summer.

Are you interested in buying or renting one of the new homes? Please contact us for more information and to register your interest. Despite having to cancel the village information event we have seen a good number of enquiries so please don't miss out and get in touch. We are also able to provide contact details of who to speak to if you're interested in one of the self-build properties.

For more information and to register an interest, please contact our sales team at homesales@orwell-housing.co.uk or on 07749 417399.

Thank you and keep safe

Dawn Edwards
Development Manager
Orwell Housing Association



Distance Dancing

In they come, gliding past each other, doing the graceful Distance Dance.

Is it ok to have 2 milk? I don't want to be greedy. Oh you have this and that, the supermarkets haven't! Can I send this parcel, to my grandchildren, to my mum, to my friend? It's all important to them as much as receiving such gifts in return.

We've been shopping on line haven't we? As the prepaid returns mount up – it keeps people busy, so many reduction, too tempting but it also keeps those businesses turning over.

A postie said Easter was busier than Christmas – another said it seems that those who are working, are working harder than ever. It's true, we've seen how hard the NHS and care services are working flat out. Think of all the missives coming from the top – there's an army of people putting procedures and processes in place making things happen. So many people keeping the country functioning.

We have to think differently now – make each trip count – consider others' needs as well as our own. What's important to one may not be as important to another but it still has relevance and value.

Rich or poor or in-between, no-one has superiority over another, people are not there to do one's bidding, they are there because they want to help. Everyone is helping someone and that is precious.

Children are spending more time learning how to amuse themselves, having quality time with parents and guardians. This won't happen again this lifetime (I hope) so we need to take forward positives and there are many.

This period is but a fraction of a lifetime, what we do now, a means to an end. We need to bear with the stress and anxiety, don't burden people already under pressure and think of others before ourselves.

I like to think that by Christmas we will have a newer, better normal and things like "Strictly" will be back and in the meantime, we will become experts at our own

Distance Dancing

Barbara Turner Cockfield Post Office and Stores

EDITORS NOTE: Thank you Barbara and Ralph for keeping us all going

And the Editor isn't the only one saying thank you;



Thank you for all the cards and expressions of thanks it really helped to keep us going.
BT



Andy's Jet Force

- All drainage work undertaken, from block drains to new drains
- CCTV surveys
- High pressure water jetting services
- Patios and driveways cleaned
- Septic tanks and treatment plants emptied, serviced and installed

Andrew Waldock
jefforce@mail.com
T 01284 763952 M 07772 751645
www.andysjetforce.co.uk

COCKFIELD CONGREGATIONAL CHURCH HALL



The next
COFFEE MORNING

BE BACK SOON

10.30 – 12.00 noon

**CHILDREN and ADULTS
WELCOME**



NO CHARGE

KARLS COMPUTER SERVICES

**HAVING PROBLEMS WITH INSTALLING BROADBAND?
OR NETWORKING OR NEED A NEW COMPUTER/LAPTOP,
VIRUS PROBLEMS, 1 ON 1 LESSONS OR JUST AN UPGRADE
GIVE ME A CALL**

19 Hervey Road, B.S.E, IP33 2DN

TEL: 01284 700337 MOB: 07717 842913

www.karlscomputerservices.co.uk

EMAIL: -karl@karlscomputerservices.co.uk

PS

**PAUL
SAINSBURY**

RESTORATION & BUILDING

**With over 20 years
experience in restoration
and all aspects of building**

**Free Estimates
Mobile 07785 582556
Email: enq@paul-sainsbury.co.uk**

Children's Page

Summer is Here!

Hopefully by the time you read this you will be able to meet and play with your friends again, the days are lovely and long and warm and it's so much fun to be outside, water is always so much fun and there is something special about walking on sand.

Why not try this - Kitchen utensil bubble wands.

Go through a kitchen drawer and collect slotted spoons, fly swatters, spatulas, and anything else that has holes to make bubbles. Make your own bubble solution and then head out to see which utensil creates the best bubbles!

How many words can you make from the letters in

Blowing Big Bubbles



Lavenham Library

Reopening the Library

At the time of printing, we are planning to reopen on **Thursday 9th July at 10am**. Most other libraries operated by Suffolk Libraries will be reopening in the same week. As you might expect our service will look a little different to start with and we are taking precautions to ensure your safety and the safety of staff. The library layout has been changed to accommodate social distancing and there will be queueing to enter the library. Books will be cleaned and quarantined for three days when returned so we will be closing an hour earlier each day to allow for this to take place. We will not be opening on Mondays for the time being in order to focus on our other opening days.

We are planning to operate a 'Select and Collect' model whereby customers will ring or email to request books by particular authors or from a particular genre; these books will be picked off our shelves and will be available for you to collect as a bundle. To start with, we will only be able to offer what is already on our shelves whilst we get our normal reservation system up and running again. We are not able to allow browsing of the shelves for the time-being. We hope to have our normal reservations system in place by the end of July and to be able to allow browsing in the library very soon. Please see the library's contact details at the bottom of this page.

We continue to offer our eLibrary services for children and adults. Thousands of books, audiobooks, magazines, newspapers and films are available on your computer, tablet or phone. Just visit: <https://www.suffolklibraries.co.uk/elibrary/>

Groups will not be meeting in the library until government advice changes but we continue to offer our regular **Tot Rock** sessions on Facebook from 2.15pm-2.45pm every Thursday, **Lego Club** and **Family Crafts** on the weekend, and are looking at the best way to offer **Top Time**.

Finally, we are still running our **Summer Reading Challenge** but this year's challenge will be online only. There are lots of activities, games, and badges to unlock on the Summer Reading Challenge website. For more information and to sign up, please visit: <https://summerreadingchallenge.org.uk>

We hope to see you at the library very soon! We have really missed you.

Nick, Amy and Anna

Temporary Opening Hours

Monday, Wednesday and Sunday - Closed

Tuesday - 10-1 and 2-4

Thursday - 10-1 and 2-4

Friday - 10-1 and 2-4

Saturday - 10-1

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



Gardening Tips for July 2020

Flowers and Herbs

- Continue to deadhead roses and cut back perennials such as Lupins and Delphiniums to encourage a 2nd flush of flower.
- To keep borders tidy cut back any faded perennials.
- Dahlias - continue tying new growth to stakes. Apply liquid fertiliser at least once a fortnight. Remove faded flowers regularly.
- Deadhead and tidy hanging baskets. Water twice a day in very hot weather - early morning and dusk.
- Pick, dry and freeze herbs for use in winter months.
- Flower seeds to sow in July – Delphiniums, Wallflowers, Foxgloves, Sweet Williams, Violas and Pansies.
- Divide and replant congested clumps of bearded Iris.
- Continue to pick Sweet Peas every day and remove any seed pods to prolong the flowering period.
- Always water around the base of a plant rather than the foliage.
- Garden pests are at their most voracious so it's good to have some 'Garden Buddies' - French Marigolds have a strong odour and when planted alongside tomatoes or grown in pots in the Greenhouse will deter greenfly, blackfly and whitefly. If you are growing melons they will also repel beetles.
- Roses under planted with Lavender will deter greenfly and look good too.
- To keep those Hosta leaves looking good make a Garlic wash.
You will need 2 bulbs of Garlic and 2 pints of water.
Crush the Garlic and boil in the 2 pints of water for 3 – 4 minutes. Strain the mixture and leave to cool. Store in an airtight jar.
When ready to use mix 1 tablespoon into a watering can of 5 litres of water. With the rose attached sprinkle the Hosta leaves. This should be applied in late afternoon and when the weather is dry. Hopefully this should keep slugs and snails at bay.
- In dry weather containers dry out very quickly and may need watering in the early morning and evening. Try to conserve water by using water butts and grey water wherever possible.



Fruit and Vegetables

- Apply high Potash fertiliser once fruits appear on peppers, cucumbers and tomatoes. This also works for sunflowers too.
- Pick courgettes before they become marrows. Apparently Courgettes help with blood pressure so eat plenty. Pinch out the tops of climbing beans. This will encourage lower side shoots to form.

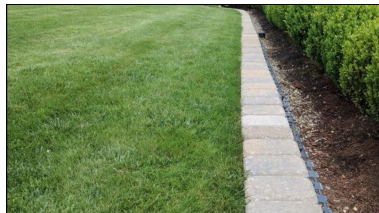


- To minimise tomato blight try and water your plants in the morning. Soggy foliage in the evening encourages blight.
- Feed tomatoes at least once a week with a diluted proprietary tomato fertiliser.

- Raspberries are shallow rooted so will need to be watered regularly during hot and dry spells of weather.
- After harvesting prune the fruited stems of Blackcurrants.

Trees, Shrubs and Climbers

- Prune Plum, Apricot and Cherry trees to reduce the risk of Silver Leaf disease.
- Thin out fruit on your fruit trees to encourage good sized fruit.
- Once flowering has finished prune the whippy growths on Wisteria to about 20cm or 5 leaves from the main branch framework.
- Fast growing hedges like Leyland Cypress should be clipped as necessary throughout the growing season.
- Ensure that any newly planted shrubs and trees do not dry out.



Lawns

- In dry weather ensure new lawns are watered and aerated with a garden fork.
- Lawns can also benefit from a proprietary summer feed especially if not given a spring feed.
- Don't allow new lawns to dry out.
- Keep on top of lawn edging.

General Maintenance and Planning

- Order catalogues or checkout the internet for next year's spring flowering bulbs.
- Continue to keep your Greenhouse well ventilated and humid.
- July is a good time to spray persistent weeds such as ground elder and bindweed as they are at the height of their surface area and will absorb the weed killer more efficiently.
- Take advantage of dry weather to paint and preserve sheds, fences and garden furniture.
- Watch out for the dreaded vine weevil beetles and grubs. These tend to hide out in pots of new plants and containers. The grubs feed on roots, corms and tubers. You can treat with biological controls such as nematodes which are available online. As soon as you receive them they need to be watered in. Evening is the best time so that the compost doesn't dry out too quickly.



There are other proprietary liquid treatments available but you should always check suitability before using on anything you plan to harvest and eat.

Happy Gardening, don't forget to relax and enjoy.

Kate Ransom

FOR SALE

Computerised

SEWING MACHINE

Janome Décor DC3050



Used, but In excellent condition. Delightful lightweight machine with needle threader & more. Instruction manual. Can be demonstrated. Good for quilting as well. Lots of favourable reviews on-line.

Cost £349 new from JLP, Offers around £200 considered

Tel Sue on 07341313699

STEPHEN GREEN CARPETS

Quality Carpets & Vinyl's Supplied & Fitted
All Aspects taken care of Gripper - Glue - Underlay

Free Quotations

PHONE 07970 488851

EMAIL: SGREENCARP@AOL.CO.UK



Land management demolition and clearance

We are here with a service to
help you:

Buying or selling a property inside
or out we can prep for a sale or
clear once purchased

Prep land for building work, landscaping or bring back what is
already there.

Clearance of buildings, downsizing or selling items on behalf of
clients

Contract maintenance for residential or commercial property

Find us on facebook email us on danieljackson1974@live.co.uk

or ring 01787374798 07973683378

Victor Keyton

Most makes of lawnmowers serviced,
sharpened, repaired
Ride On or Walk Behind
Collection/Delivery Available
Free Estimates

Pruners,
loppers,
shears etc.
sharpened

01284 828264 or 07860 762424
Smithwood Green Cockfield



Message From Cockfield Community Cinema

As we all know, due to the Coronavirus Pandemic, the coming weeks and months are going to be challenging times for everyone. Therefore, it was with great disappointment that we had to cancel the Cockfield Community Cinema showing of 'Knives Out' in March and postpone future screenings until a later date, when concerns have subsided inline with Government Covid-19 guidelines.

As yet we do not know when that will be, but once we have news we will broadcast this through the usual Social Media, Green Links Magazine and Poster Boards in and around the village.

A big thank you for all your support this year, and we look forward to welcoming you back soon with a fantastic line up of films.

A rich and powerful woman recently said – 'better days will return, we will be with our friends again, we will meet again'. Unsure if it was Claire Foy, Helen Mirren or Olivia Coleman!!!

Stay Safe.

Cockfield Community Cinema Team



NEW FARM SHOP

- Local Produce
- Fruit and Veg
- Delicatessen
- Butchers
- Wines, cordials, soft drinks

Tel: 01284 386015

www.hennesseylifestyle.co.uk

info@hennesseylifestyle.co.uk

Overland Business Park, Sudbury Road,
Bury St Edmunds, IP30 0UL

St. Edmunds Chauffeurs

Offering reliable, professional, luxury
travel at competitive prices.

Airports - Seaports - Race days
Theatre trips - Business travel

All drivers are courteous, suited, CRB
checked and licensed with the local
authority

For more information please contact

Martin Hart on 07725039020

martinhart@stedmundschauffeurs.co.uk



Town & Country Interiors

All aspects of building work undertaken.

Extensions, renovations, kitchens, bathrooms and bedrooms.

Please call 01284 828 592 or 01787 282 353 or visit our website www.tcisuffolk.co.uk



Bury & District Pest Control

PEST CONTROL SPECIALISTS

Domestic, Farm and Commercial premises

No job too small - Contracts welcome

Effective control solutions for:

- **Insects**
- **Ants**
- **Moles**
- **Rabbits**
- **Flies**
- **Wasps**
- **Rodents**
- **Hornets**
- **Squirrels**
- **Birds etc...**

25yrs Experience of infestation control



For a total Professional friendly local service

Call: 01284 220096
or
01359 232745

info@burystedmundspestcontrol.co.uk
www.burystedmundspestcontrol.co.uk

BRADNAMS TREE SERVICES

All aspects of tree surgery undertaken

Hedges expertly managed

Free Estimates

Stuart Bradnam BSc RRD

Call 01284 388756

PERFECT PRESSING

IRONING PILING UP?

HELP NEEDED WITH SPRING CLEANING?

- Reliable Ironing, Laundering & Cleaning Service
- Collected & Delivered Promptly
- One Off, or on a Regular Basis

Please contact Allie on 07732 111802 or email

info@perfectpressing.co.uk

www.perfectpressing.co.uk



Cockfield Community Council News

July 2020

Unfortunately since the last update in the previous edition of Green Links, Community Council Trustees have not been able to see a way in which any fundraising or social events with dates can be considered in the immediate term.

We await future communications from the Government and will take things from there, most likely at our next scheduled meeting which is due on 16 July.

Report Ian Levett

Lockdown or not some perennial problems do not go away - this box full came from Perrydown Lane.

Thank you to those who continually look after our environment.



Computer Corner

Sending Information over the Internet

Most of you will be familiar with the term IP address. IP stands for Internet Protocol. This is the protocol, or set of rules, which governs the transmission of much of the data that moves around the internet.

Imagine an email, perhaps with a large attachment, being sent from Melbourne to Manchester. What happens is that the underlying data of which the email and attachment are constructed is not transmitted as it was created. In fact it is divided up into chunks of data called packets. Each of these data packets is transmitted separately and is re-assembled on the final destination host computer for delivery to the recipient. The packets of data may take many different routes on their journey as they pass from server to server on the way. This technique is known as packet switching.

If the email were a letter, usually of course you would put your letter in an envelope, address it and post it. Under the equivalent of IP protocol, you would cut your letter into pieces, put each piece in a separate envelope, address each one and then post them. In addition to the destination address, also on the envelope you would write your own address, the number of this envelope in the sequence of all the envelopes required, plus some sort of code to help reconstruct the contents in case part of it is unreadable at the destination. On the way, these smaller envelopes will become separated and sent via many different sorting offices before arriving at the one designated for your destination. There, someone would have to gather all the different envelopes addressed to you and re-assemble them in order before delivering the whole thing to you in the form it was sent.

All this sounds massively cumbersome. But in computing terms it is in fact the most efficient way of managing transmission across a disparate global network of computers which in addition are not owned by any single organisation. The previous method, called circuit switching, meant that whilst a transmission was in progress no other traffic could use that connection. It had to be dedicated to the task until completion, when it would be available for the next task.

When a server (computer) receives a packet, it can determine at that moment which route is the least congested or perhaps the cheapest. It can ignore servers that it would normally include but which might be overloaded, out of action or taken out of service for routine maintenance. So trillions of data packets every second are travelling across a vast global lattice of interconnected computers, sharing telecommunications services and optimising the use of the available servers.

So if you now have a feel for how non real time data such as an email is handled, imagine a Skype phone call, or a Zoom video being handled across the internet in the same way!....

Neil Ashton

computer.circle@cockfield.org.uk



Neighbourhood Watch Newsletter Spring 2020

Dear Neighbour

We are all aware of the coronavirus (COVID-19) outbreak. Nevertheless, you can go to gov.uk/coronavirus for the latest government information. To help protect yourself, your loved ones and your community see the self-isolation advice at www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-advice/ and even now remember those preventive actions like regular hand washing. Please plan ways to care for your neighbours, maybe by delivering essential supplies to their doorsteps should they contract the illness.

Since February 2020, the National Fraud Intelligence Bureau has identified 21 reports of fraud where the coronavirus was mentioned, with victim losses totaling over £800k. (Visit actionfraud.police.uk for the latest news reports about fraud and cyber-crime.) However busy you are at this time, don't forget your online safety and security. For help for parents, to keep their children safe online, visit internetmatters.org.

Remember 'crime cannot flourish in a community that cares', so be on the alert and be watchful in looking after yourself and your neighbours.

Kind regards
Neighbourhood Watch Coordinator
Cockfield

Dear Friends,

As I write this we are preparing to unlock our Churches and allow people to enter them for individual, private prayer. It will be wonderful to enable people to visit our buildings again even if we can't as yet meet together in public worship. You may have even already been to the Church and prayed. You may have given thanks to God for all that you are fortunate to have, and have been grateful for during these past few months of lockdown. Or you may have visited to say a prayer for a family member or friend who has found the whole lockdown experience very difficult. Or you may have even visited to pray for someone who is suffering with Coronavirus - or perhaps has died due to the disease. Or you may have just wanted to find somewhere to sit quietly to reflect on all that is going on in your own life. This is what I appreciate about the Church building. The chance to sit in a very beautiful sacred space, having time to think, and breathe, and reflect.

There are many in the Church of England (and I can only speak for the Church that I belong to) who think that it is time we disposed of our buildings as they claim that they distract us from our real purpose as Christians, which is to love God and to love our neighbours as ourselves. We can do that perfectly well, they say, without the aid of an ancient Grade I monument that doesn't fit in with the needs of a modern Church, or a modern society.

I was not used to worshipping in an ancient Church building before I came to Cockfield, and I am now Rector of a benefice that has six of them. The one thing that I have missed most of all during lockdown has been worshipping in Church alongside others. I am really missing the fellowship and fun that comes with being together and doing the same thing. Singing, praising, praying, speaking about God. I know that I am continuing to conduct services online, and that many people are watching them (and joining in with the singing from what they tell me!). But it's not quite the same.

And we can often take the beauty of the buildings that we have for granted. St Peter's in Cockfield is a magnificent building, and many visitors come throughout the year and say so in the visitors book. It certainly is a magnificent example of a medieval church built at the height of wool trade that flourished locally. But it is more than this, it is a testament to the faith that continues to manifest itself in our community. Of course our faith is not confined to a building, it is people that make a Church, but it is nice to have them.

So we will continue to broadcast our services on a Sunday morning until we are given the go ahead to hold public worship by the government. And when we do finally get back into Church, we will hopefully livestream the services for those who will not be ready to come into the building until the pandemic is over.

So stay safe, and welcome back to your local Church building.

Revd Sharon

Services in the Cockfield Benefice - July 2020 All being livestreamed via the benefice facebook page at https://www.facebook.com/cockfieldbenefice/live/	
5th July - Trinity 4	10am Communion
12th July - Trinity 5	10am Morning Service
19th July - Trinity 6	10am Family Service
26th July - Trinity 7	10am Communion 6pm Worshipping Together

Revd Sharon Potter, Rector of the Cockfield Benefice,
revsharon@btinternet.com
01284 828599 or 07825 086063



Kevin Hollings
KITCHEN STUDIO

Unit 14 Lodge Works,
Stowmarket Road,
Old Newton,
IP14 4EE
01449 257160
info@kevinhollingskitchens.co.uk
www.kevinhollings.com



Opt-in for school or post-16 travel

Who needs to opt-in

(You must opt-in each school year)

- ✓ New pupils
- ✓ Returning pupils
- ✓ Post-16 students

Opt-in deadline

! Applications must be received
by 31 May 2020



The Horseshoes Inn

Traditional family owned & run Freehouse
Bury Road, Cockfield, Nr Lavenham IP30 0JB
Open 6 Days - Homemade food
Full Menu lunch & dinner menu available

Tuesday - Thursday Special Menu Board £4.95

Daily Specials - Children's menu

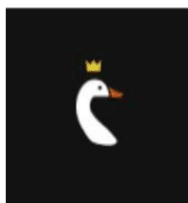
Sunday Roast Dinner - Pies & Puddings & much
more

Live music Charity quiz-nights Morris dancers

Private functions catered for

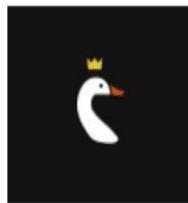
CALL 01284 828177

West Suffolk CAMRA Award winning cask ales & ciders. Trip Advisor Certificate of Excellence Award



The Swan Inn Lawshall

Everything a country pub
should be



WE HAVE SOME GREAT DEALS!

Our £10 for 3 courses continues on Monday evening and every lunchtime
(booking advisable)

Set 2 or 3 course lunch and dinner available starts at £16.50

Stay up to date with all our specials, promotions and events on Instagram,
Facebook and twitter.

Bookings and takeaway call 01284828477

We also do takeways for Pizzas, Burgers, Fish'n'chips and curries

Pub menu available every night

Booking is essential so phone to book in now! 01284 828477

Other menus available on our website www.swaninnlawshall.com

A Warm Welcome awaits you at

Cockfield Village Coffee Morning

10.30am - noon at Cockfield Village Hall

BACK SOON

Everyone Welcome

Brica and Books Stall

No charge

Transport can be arranged



A N GILLAM

Building

All aspects of roofing, chimney work, Lime plastering & rendering.

Chimney sweep

Free quotes - No job too small,

The Mouse House, Bradfield St Clare, IP30 0EL

Tel 01284 388508 Mob 07961 878564



PAUL THE PLASTERER

All aspects of plastering work undertaken
No job too small



Fully qualified, Clean, Honest and reliable
Tradesman

15 Years experience

Call Paul – 01284 830887/ 07958 229559

Lawshall Village, Bury St Edmunds IP29 4PW

Free
estimates



Paul's Carpentry

Paul's Carpentry

- **Decking**
- **Pergolas**
- **Window repairs**
- **Sheds Built**
- **Fascia and Bargeboards**
- **Doors replaced**
- **Shelving**
- **Bespoke Wardrobes**
- **Handrails replaced**
- **Understairs Cupboards**



Mobile: 0779 234 0365

Tel: 01449 616888

email: paulhb100@protonmail.com

S.E.P PAINTERS

For all your Painting & Decorating requirements

Fully professional service. Prompt, efficient, reliable.

No job too big or too small. Dulux Accredited

Competitive prices. Free Quotations. City & Guilds qualified.

Phone Andy on: 01787 375824

Mobile: 07748 800701 or 07802 613902

Email: andy@seppainters.co.uk

VISIT OUR WEB SITE ON www.seppainters.co.uk



Cockfield Community Broadcasts

In February 2015 we introduced a new email system to broadcast information to our community on events, activities and other topics of interest. This system evolved from the original eVine system and has a number of advantages including the ability for recipients to control their own subscription.

Our broadcasts sit alongside Green Links and the website as key methods of engaging with our community. For example when events are published in Green Links, we are able to use the broadcasts to let you know of updates and changes as they happen.

So we really want as many people as possible to subscribe to receive our broadcasts. Of course not all emails will be of interest to every subscriber. But since the introduction of the new system we have issued 135 broadcasts - an average of around 5 per month - so it is not a significant addition to the number of emails you already receive.

To subscribe, please visit our website at www.cockfield.org.uk and follow the link in the footer of any webpage. If you have any questions or concerns please contact me at neilka@btinternet.com.

Neil Ashton



IN GOOD HEALTH



None of us may be going abroad for some time, but even in the UK, taking care in the sun is just as much an issue for our health.

Although sunlight is a great source of vitamin D, which is essential for good health, damage to your skin from the sun is a real risk. We can all enjoy the great outdoors, but it's important to take some precautions, especially on hot, sunny days when the sun's harmful rays can cause lasting damage.

Over next two months this article will explore the most up to date advice on sunscreens and sun safety to ease us into the summer months.

What is a tan?

The pigment that gives the skin its natural colour is called melanin. Melanin is made in the skin by pigment cells called melanocytes. After our skin has been exposed to sunlight the melanocytes produce more melanin in attempt to absorb further UV radiation, and so the skin becomes darker.

Is a tan ever safe?

Nobody wants to spend the entire summer indoors, and indeed some sunshine can be good for us, helping the body to create vitamin D and giving many of us a feeling of general wellbeing. However, it's all too easy to over-do our sun exposure which can lead to a range of skin problems, the most serious of which include skin cancer. Other summertime skin problems include sunburn, photosensitive rashes and prickly heat. In addition, sun exposure can worsen already existing conditions like rosacea.

While many people associate a tan with looking healthy, a tan is actually a sign that our skin has been harmed by UV radiation and is trying to defend itself against further damage. This kind of damage can in turn increase your risk of developing skin cancer:

Sunburn in particular, is not good for skin health and should be avoided. Children are more susceptible to sunburn, so extra care should be taken to protect them.

More than 100,000 new cases of skin cancer are diagnosed annually in the UK, and while the disease can also occur on parts of the body not exposed to sunlight, extensive sun exposure is thought to be responsible for the vast majority of cases. In more than four out of five cases skin cancer is a preventable disease.



A for Aging B for BURN

UV radiation from the sun is transmitted in three wavelengths – UVA, UVB and UVC. UVC does not penetrate the earth's atmosphere, so we only really need to protect against UVA and UVB.

UV irradiation in the form of UVA is associated with skin ageing. UVA affects the elastin in the skin and leads to wrinkles and sun-induced skin ageing (for example coarse wrinkles, leathery skin and brown pigmentation), as well as skin cancer. UVA can penetrate window glass and penetrates the skin more deeply than UVB. UVA protection in a sunscreen will help defend the skin against photo ageing and potentially skin cancer.

UVB is the form of UV irradiation most responsible for sunburn and has strong links to malignant melanoma and basal cell carcinoma risk (types of skin cancer). A sunscreen with a high SPF (sun protection factor) will help block UVB rays and prevent the skin from burning, and by extension damage that can cause skin cancer.

Interestingly, UVB rays do not generally penetrate through glass, so no amount of sitting by the window will give you a tan, but only serve to increase the wrinkles!

How do sunscreens work?

There is a bewildering selection of sunscreen products available, so the best one to choose is not always easy. Some brands will state that they are organic, while others are inorganic, these terms can be quite misleading. Do we actually know what the differences are between them? And which one will be the best choice?

The key point is that these words have technical meanings when it comes to sunscreens that have nothing to do with their use in describing food. A 'organic' sunscreen isn't "more natural", nor does it "contains fewer chemicals".

'Organic' is a term used to describe molecules that contain carbon atoms. So sunscreens are organic if their active ingredients contain carbon-based molecules and they generally work by absorbing UV rays from the sun.

The active ingredients in "inorganic sunscreens", such as titanium dioxide or zinc oxide, do not contain carbon atoms, and they work by reflecting UV rays.

In reality, most current brands are a mix of the two types and both can help to prevent sunburn – they just work in different ways. Using sunscreens correctly of either type will have the biggest impact on reducing the risk of skin cancer.

Look out for next month's article for more information on The UVA star system, New sunscreen labelling and photostability as well as reminders on how to apply sun-

For more information try these websites—

www.nhs.uk/live-well/healthy-body/sunscreen-and-sun-safety

www.cancerresearchuk.org/about-cancer/causes-of-cancer/sun-uv..

www.britishskinfoundation.org.uk



Welcome to the second part of sun awareness.

Fortunately, we have been enjoying quite a few days of hot sunshine lately, so if you are enjoying longer walks or even just time in the garden, care of the skin should always be a consideration especially for children in the family.

What is SPF?

The SPF number or Sun Protection Factor tells you how long the sun's UV radiation would take to redden your skin when using the product *exactly as directed* versus the amount of time without any sunscreen. So ideally, with SPF 30 it would take you 30 times longer to burn than if you weren't wearing sunscreen.

Under ideal conditions (like in a laboratory), a sunscreen with higher SPF protection *and* broad-spectrum coverage offers more protection against sunburn, UVA damage and DNA damage than comparable products with lower SPF values.

In real life, products with very high SPFs often create a false sense of security. It's easy to feel that it is possible to stay out in the sun much longer and skip reapplying as well as perhaps not seeking shade, wear a hat or cover up with clothing. All of which may lead to getting a lot more UV damage, which, of course, defeats the purpose.

Using an SPF of at least 30 or higher for any extended activity outside is recommended, preferably with a high UVA rating. No matter which product is chosen, always reapply every 2 hours and again after swimming and sweating, even with water resistant varieties.

Broad Spectrum Protection

In the past, most sunscreens only included information on product labels about protection against UVB — the rays that cause sunburn, and not UVA — the rays that cause tanning and premature aging. A broad-spectrum sunscreen provides clear information on product labels about protection against both UVB and UVA. UVA information is often represented by a star rating. A 4 or 5 stars offer the best protection.

Who should use Sunscreen?

The short answer is *everyone*! Men, women and children over 6 months of age should use sunscreen every day. This includes people who tan easily and those who don't — remember, your skin is damaged by sun exposure over your lifetime, whether or not you burn.

Babies under the age of 6 months are the only exceptions; their skin is highly sensitive. Stay out of the sun; shade structures and sun-protective clothing are the best ways to safeguard infants.

How much sunscreen do I need?

Most people do not apply enough sunscreen. As a guide, adults should aim to apply around:

- 2 teaspoons of sunscreen if you're just covering your head, arms and neck
 - 2 tablespoons if you're covering your entire body while wearing a swimming costume
- If sunscreen is applied too thinly, the amount of protection it gives is reduced.

If you're worried you might not be applying enough SPF30, you could use a sunscreen with a higher SPF.

- Ideally, apply 30 minutes before going out
- Sunscreen should be applied to all exposed skin, including the face, neck and ears, and head if you have thinning or no hair, but a wide-brimmed hat is better.

Protect your eyes in the sun

- A day at the beach without proper eye protection can cause a temporary but painful burn to the surface of the eye, similar to sunburn.
- Reflected sunlight from snow, sand, concrete and water, and artificial light from sunbeds, is particularly dangerous.
- Avoid looking directly at the sun, as this can cause permanent eye damage.

Clothing and sunglasses

Wear clothes and sunglasses that provide sun protection, such as:

- a wide-brimmed hat that shades the face, neck and ears
- a long-sleeved top
- trousers or long skirts in close-weave fabrics that do not allow sunlight through
- sunglasses with wraparound lenses or wide arms with the CE Mark and British Standard Mark 12312-1:2013 E

Who should take extra care in the sun?

You should take extra care in the sun if you:

- have pale, white or light brown skin, have freckles or red or fair hair
- tend to burn rather than tan
- have many moles
- have skin problems relating to a medical condition
- are only exposed to intense sun occasionally (for example, while on holiday)
- are in a hot country where the sun is particularly intense
- have a family history of skin cancer
- People who spend a lot of time in the sun, whether it's for work or play, are at increased risk of skin cancer if they do not take the right precautions.
- People with naturally brown or black skin are less likely to get skin cancer, as darker skin has some protection against UV rays. But skin cancer can still occur.

Have fun in the sun but keep in mind that while crucial, **sunscreen alone is not enough.**



*Come &
join us,
great music,
fun
routines,
guaranteed
to leave
with a
smile!*

*Suitable for
all ages 16+
If you have
any
questions
Please don't
hesitate to
contact me*

*Licensed Zumba
Instructor
Julie Goodsman*

Tele: 07815497952

*Email:
jgoodsman@btinternet.
com*

*Classes held every
Wednesday evening
7-8pm
Cockfield Village Hall
Church Lane,
Cockfield
Bury St Edmunds
IP30 0HA*

£4.00

IP Services

Fencing - Horticultural Woodwork - Paving
07970 559251
www.jpsservices.co

- Fencing
- Rustic Structures – Rose arches, Pergolas etc
- Sheds & greenhouses erected and repaired – bases laid
- Raised Beds
- Traditional Window Boxes & Planters
- Hedge laying
- ~
- Patios and Paving
- Artificial grass installed
- ~
- Grass cutting
- Gardens cleared
- NPTC chainsaw certification held
- Waste removed - EA registered waste carrier
- ~
- Oak tubs/barrels and steel drums supplied
- And much more

Also:

- Flat pack Furniture constructed.

QUALITY HOMECARE

Are you, or do you know of someone that would benefit from having qualified and local care at home? A friendly, regular face you can look forward to seeing and having company with whilst receiving professional support.

Any daytime/evening duties (personal care, appointments, cooking, cleaning, shopping, laundry, gardening) undertaken to a high standard by a Level 2 qualified Health and Social Care domiciliary carer.

Limited spaces. References available on request.

For further information contact Linda: 07419335762



Looking for an Interesting Twist to your event?

Serendipity Street specialises in outside catering

Hog Roast Fish and Chips Vintage Teas
Speciality Cakes Street Food Ice Cream Bike

Please get in touch with Stephanie if you would like to see how they can fit in with your day.

W: SerendipityStreet.co.uk T: 07961 355461



KEVIN SEGGIE Electrical Services

30 Years Experience

Part P Qualified ECA Member

No Job too small

Domestic/ Commercial/ Industrial Work undertaken

Burglar Alarms fitted Insurance testing

Free Estimates Fully Guaranteed

Tel: 01284 830786 Mobile: 07768 108157

e-mail: cudbatey@yahoo.co.uk

Higher Hats

Est. 2013

to hire / or buy
hundreds of hats, hatinators and fascinators. every shade and
hue of beautiful hats from the stylishly simple to the
outrageously show stopping.
hats for weddings, days at the races, graduations,
garden parties, regattas or just because.

phone Caroline Mccleave at higher hats to
arrange an appointment at our premises near
Lavenham.

07867 768732 / 01284 828841

'How a hat makes you feel is what a hat is all about.' Philip Treacy

SUFFOLK REVIVE A DRIVE

Would you like your drive or patio restored to a newly laid finish.

Improve both the appearance and value of your property.

HIGH PERFORMANCE PRESSURE CLEANING

PATHS, PATIOS, DRIVEWAYS, WALLS, GARDEN FURNITURE

DECKING, TENNIS COURTS, STABLES, SWIMMING POOLS and MORE

RE-POINTING, RE-SANDING AND SEALING ALSO AVAILABLE

TARMAC RE-DRESSED - REPAIRS UNDERTAKEN

Phone for a FREE quotation Tel: MARK 01284 828294 or 07833 582636



All types of electrical work covered from changing a light fitting to a complete re-wire.

New circuits • Fuse board upgrades • House re-wires
Lighting design • New Kitchen wiring • Changing light fittings
Garden lighting • Alarm systems • Smoke alarms
Heating controls • Commercial electrics • PAT testing
Electrical condition testing and reporting • Certification • Fault finding
Emergency call outs • Free advice, quotations and estimates

Call Steve on 07961 576677 or 01284 828484
steveroberts101@outlook.com



**Your door-to-door laundry service
& wet cleaning with
Lagoon® Advanced Care**
*The green cleaning revolution for
your clothes*

Opening Hours: Mon-Fri 8am-5pm

**Unit 12 Lady Lane Industrial Estate, Crockatt Road,
Hadleigh IP7 6BQ**

Tel: 01473 558 448

e-mail: sales@pressganglaundry.com

www.pressganglaundry.com

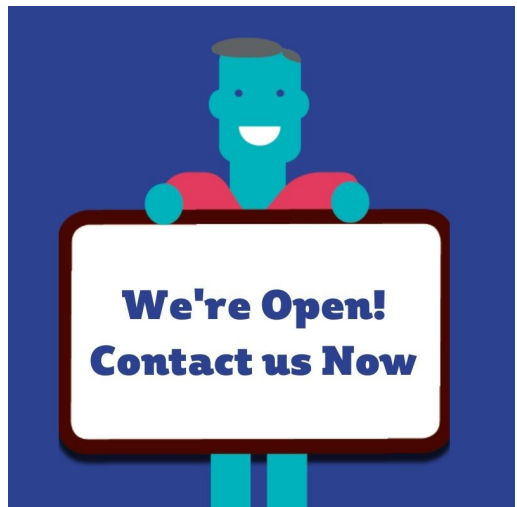




OneLife Suffolk is the integrated healthy lifestyle service commissioned by Suffolk County Council, and we are keen to let people know that we are still delivering services and are hoping that you could include the attached jpg and/or the information below on your website.

During this difficult time, OneLife Suffolk are here to support you by offering our FREE services in the safety of your own home. Our dedicated teams can help you stop smoking, offer advice and support with managing your weight along with how to get active safely during this time. Our Children's team are also running a fun, informative programme for all children in Suffolk to participate in, which includes free webinars accessible from our website.

Please see our website, www.onelifesuffolk.co.uk for more information about how we can support you and your family, alternatively speak to a member of our Client Services Team on 01473 718193.





Todds Removals

& Todd Storage

a reliable local service you can trust

Removals

Storage

Packing materials

Packing service

UK, Europe and beyond

Home or Business

Self Storage

Moving?

Call us on **01787 377 489**

www.todds-removals.co.uk



Memb No: 1027



Leon Brown

Arb-Agri Contracting

Tel: 01359 408521

Mobile Number: 07552393830

e-mail : leonbrown.28@hotmail.co.uk

**** Tree Surgery Services ****

- | | |
|--------------------------------|-----------------------------------|
| * Dead Wooding & Crown Lifting | * Felling & Sectional Dismantling |
| * Woodland Management | * Crown Reductions |
| * Chipping | * Hedge Cutting |
| * Firewood | * Garden & Site Clearance |
| | * General Ground Maintenance |

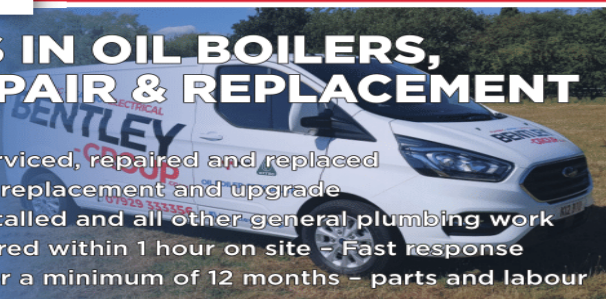
PLUMBING - AIR CON - HEATING

BENTLEY -GROUP.co.uk

Tel 07929 333356
enquiries@bentley-group.co.uk

SPECIALISTS IN OIL BOILERS, SERVICE, REPAIR & REPLACEMENT

- Oil tank replacement
- Hot water cylinders serviced, repaired and replaced
- Heating service repair, replacement and upgrade
- Bathroom/showers installed and all other general plumbing work
- 95% breakdowns repaired within 1 hour on site - Fast response
- All work guaranteed for a minimum of 12 months - parts and labour



MOT

IN
COCKFIELD

+ MOTOR VEHICLE
SERVICE + REPAIRS

W.A WATTS

SINCE 2017

AUTOMOTIVE

M: 07825 744 974

T: 01284 828 325

wawattsautomotive@gmail.com

Unit 1, Peppers Hall, Old Hall Lane, Cross
Green, Cockfield, IP30 0LQ

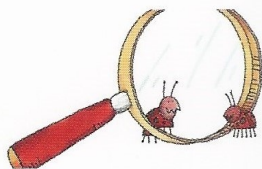


Community
Waste Paper
Collections are

SUSPENDED
UNTIL
FURTHER NOTICE



ANGLIA PEST CONTROL



PEST CONTROL SERVICES
since 1986

Call Will: 07919 356 155

Email:

iarwainbenadar77@gmail.com

Bridge Farm

Sudbury Road, Lavenham, CO10 9PJ

Tel: 01787 247522

From Race Horses to Rabbits...

.....we can help you take care of all your animal
and poultry needs with our very competitive
prices on feeds, supplements and varied types of
bedding inc. Hay , Straw & Woodchips

Why not come and visit our Wild Bird Centre?
There is so much to see!

Also we sell Bottled Gas, Coal & Wood.
Dishwasher Salt, Mushroom Compost & Peat.

We can deliver locally
Open Monday - Saturday
9.00am - 5.00pm
Sunday
9.00am - 1.00pm



TOMLINSON GROUND CARE LTD



Horticultural & Garden Machinery Suppliers JOHN DEERE

Sales Service Parts Repairs Toys

John Deere ride on mowers from £2095 inc vat

Walk behind petrol & battery mowers from £199 inc vat

Strimmers, hedge cutters, blowers, chainsaws etc.

Garden tools, paddock & turf machinery

Service & repair of all makes

Set in over 20 acres – Try before you buy

Established in Buxhall since 1991 - We hope to see you soon

Brettenham Road, Buxhall, Stowmarket IP14 3DL

01449 736060 www.tomlinsongroundcare.co.uk



AL-KO

EGO

ECHO

WEIBANG



Complete Gas,
Oil & LpG
Installations.

T: 01787 247540

E: info@grdplumbingandheating.co.uk



Burnerserve Ltd

Maintenance, Repair
and Servicing
for Oil Fired Boilers
and AGA Cookers.

**Oftec Registered Engineers,
Local, Reliable, Professional.**

T: 01787 247540

E: info@burnerserve.co.uk

W: www.burnerserve.co.uk



Unit 5 Norman Way, Lavenham, Suffolk CO10 9PY

Announcements

It is with great sadness that we announce the death of Andrew (Drew) Fuller on 25 April 2020 from Covid19 in Salisbury. Drew grew up in Cockfield where his father, Frank, was Rector from 1961-72. He joined the choir and youth group started by Frank, which included summer boating camps in Norfolk. He was good friends with the Slater boys at Buttons Green Farm and married Caroline in 1975. His passion was boats and he had an illustrious career in the Navy and later became Director General of the International Mobile Satellite Organization. His working life was dedicated to safety at sea. He is survived by his second wife, Debs, and his daughters Victoria and Lissie and 2 granddaughters.

JG

Do you have an announcement you would like included here?

There is no charge for any announcements

Please contact the Editor Janne Cutting-Keyton on

01284 828264 or janne@twerbs.co.uk

**Special cakes for
special celebrations**

Jean Bunker

www.amazingcakesbyjean.co.uk



01359 241135

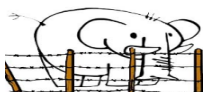
Tania Jones Accountancy

friendly, professional, qualified
accountancy services

• **Bookkeeping** • **Accounts** • **Tax Returns**

t: 01359 241105 m: 07702 830001

e: tania@taniajones.co.uk



L E FENCING



All types of fencing supplied and fitted.

Decking and patios

Bespoke garden buildings

Free estimates and advice

Call Tim on 07851 254137 or 01449 737533

email: timsimonds@btinternet.com

Find us on Facebook

This should be ad type: ¼ page A5

Nicholson Executive Travel

Professional Chauffeur Service

Airports and Seaports

Business Travel

Any UK Destination

Accounts Welcomed

Tel: 01359 232648

07850 370465

roger.nicholson1964@gmail.com

The CleanPlumber 
experience the difference

**Installations, Service & Repairs
Domestic & Commercial...**

- Gas, Oil and LPG Boilers
- Central Heating
- Power Flushing of Radiators
- Gas Safe and Oftec registered
- Showers & Bathrooms
- Property Maintenance

**A leaking tap to a brand new
system – we can help you**

Call us now on

01284 765453

www.thecleanplumber.co.uk



Green Matters caters for domestic and commercial clients offering:

- Grass Cutting
- Turf Laying
- Pruning
- Planting
- Garden Clearance
- Hedge Cutting
- Restoring and Maintaining
- Advice on all garden aspects
- Fully Insured
- Environment Agency Registered



☎ 01284 728044 📞 07941 640560

✉ greenmattersgardenservices@gmail.com

BMW

Best value independent servicing in East Anglia

John Gagen Vehicle Services

Over 25 Years **BMW** experience
Full Diagnostic Facilities
MOT Testing
Sympathetic to all older vehicles
Collection and delivery available

**Unit 2 Peppers Hall, Cross Green,
Cockfield, IP30 0LH
Tel 01284 827404 daytime
Mobile 07969 367640**

Wavelength Aerials

Aerials • Satellite & TV Systems

Neat & Discreet Installation + Maintenance + Repair

For a free quote contact us on 01449 678 653 / 07828 085 294



**Supply and wall-mounting
of Plasma & LCD TVs**

info@wavelengthaerials.co.uk
www.wavelengthaerials.co.uk

DAVID FOURACRE

Your Local Painters & Decorators

Interior & Exterior

All Aspects of Work Undertaken from Surface Preparation/Repair
to Final High Quality Finish

For Advice & Free Quotation please call

01449 736283 Mobile: 07810 482311

or e-mail: yoursafehands@gmail.com

Professional Chimney Sweeping & Stove Installation

Chimney Matters

Town and Country

Mobile : 07767 864127

Phone: 01284 789663

www.chimneymatters.co.uk



- Open fires, Wood burners swept and serviced for maximum efficiency.
- Wood and Multi fuel Stoves installed.
- Certificates issued.
- Cows and Bird guards fitted.
- Fully insured.



Walnut Tree Designs

BESPOKE CURTAINS & BLINDS

*Free design consultation in your own
home- Complete made-to-measure
service for all your soft furnishings
requirements*

**CUSHIONS - FABRICS – TRIMS-
POLES - UPHOLSTERY - PELMETS
- HEADBOARDS – VALENCES - VE-
NETIAN & ROLLER BLINDS**

*Call Viki, Angela or Terri Oxley to
arrange a free consultation*

Tel: 01284 828263

M: 078269 30011

e-mail: walnuttreedesigns@gmail.com



VANITY FUR
DOG GROOMING

LUXURY DOG GROOMING

From a full groom to a simple wash & dry

**ALL DOGS ARE PAMPERED AT
VANITY FUR!**

For more information contact **Charlotte**

01284 827089

www.vanity-fur-doggrooming.co.uk

Two A's, Hoggards Green, Stanningfield,
Bury St Edmunds, IP29 4RG

F Durso **Carpentry & Joinery**

The Hermitage, Bury Road, Cockfield, Bury St Edmunds, IP30 0JL

Fitted Kitchens

All Types of Woodwork

Purpose Made Fitments

Free Estimates

Tel: 01284 828186

Mob: 07790 479064

e-mail: freddurso41@gmail.com

== *W. A. Deacon* ==

Funeral Services



*An Independent Family Company,
dedicated to your service.
Established over fifty years.*

Golden Charter pre-paid arrangements available.
Private Chapel of Rest

Norman Way, High Street, Lavenham,
Suffolk, CO10 9PY.

24-Hour Telephone Service

01787 248282 & 248147

SEPTIC TANK EMPTYING AND DRAIN CLEANING

Tank emptying from £80

A K SERVICES

Ramsey Road Hadleigh

01473 822694
07891341645
Available 24/7

**No callout charge for
emergencies**

WINDOWS CLEANED AND GARDENS TIDIED

Call Craig for a free quote and introductory discount

01284 827110 / 07816 932878

brightgreen22@gmail.com

www.brightandgreen.co.uk

All work fully insured

BRIGHTGREEN

NUNNAWAYS JETTING SERVICE



Soakaway Services
Drains Unblocked
Septic Tank Servicing
Driveways/Patios cleaned
Installation services available

24/7

**CALL TODAY on 01359 232716 or
Mobile 07941 523498**

Rothwell's Carpet Cleaning

**Carpet Cleaning &
Stone Floor, Upholstery, Rugs**
A few points that make us stand out,

Rothwell's has been in business since 1993
We're an honest local family firm.

Our large truck mounted machines mean
more cleaning & drying power
for the best results possible.

Members of both the NCCA and TACCA.

We will move the furniture.
100% satisfaction or it's FREE.

Call Oliver and Max Campbell
for expert help today.

01638 428 060

www.Rothwells.biz

Ellisons Solicitors
INCORPORATED GROSS & CO.

**LOOKING AFTER YOUR
LEGAL NEEDS IN
SUFFOLK**



For you and
your family



For your
business



Ellisons Financial
Planning

CONTACT US FOR AN INITIAL NO OBLIGATION CHAT

☎ 01284 763333

✉ enquiries@ellisonssolicitors.com

83/84 Guildhall Street, Bury St Edmunds,
Suffolk, IP33 1LN

www.ellisonssolicitors.com

Ellisons is authorised and regulated by the Solicitors
Regulation Authority. SRA number: 49336

Lexcel
Legal Practice Quality Mark
Law Society

CJ Computer Services

Repairs - Upgrades - Custom Build Computers

Reasonable Charges - On Site Service - Fully Insured

Fully Qualified Technician - One 2 One Tuition - Lap-Top Sales

Wireless Broadband Set-up and Secured

Chris 01359 271772 or 07717 604180 chris@cjcomputerservices.biz

Ventanilla Blinds

Rollers Verticals Romans Pleated
Wooden & Metal Venetians Sheer Rollers
Conservatory blinds Blackout blinds
Perfect fit Pleated, Roller & Venetian
Awnings, Garden sails & Roller curtains

01787 313677 or 07966 371963

CHIMNEY SWEEP

ECO SWEEP CHIMNEY SERVICES

- NEW POWER SWEEPING METHOD USED FOR A MORE THOROUGH CHIMNEY CLEAN THAN BRUSHES.
- INDUSTRIAL HEPA FILTERED VACUUM.
- FULLY INSURED.
- INSURANCE RECOGNIZED CERTIFICATES ISSUED.
- SPOTLESS, RELIABLE AND FRIENDLY SERVICE.
- ALL CHIMNEYS, WOODBURNERS, AGA, BOILER FLUES SWEEPED.
- GUILD OF MASTER SWEEPS CERTIFICATED MEMBER.



TEL. 01359 232335

TIME FOR YOU™

DOMESTIC CLEANING

Typically £12.50 per hour

We clean so you don't have to!



Call us on
01359 258991



www.timeforyou.co.uk
Suffolk@timeforyou.co.uk

Regular - Weekly - Insured - Cleaners

R W SERVICES

PROPERTY & GARDEN MAINTENANCE

All aspects of property maintenance covered.
Garden Design & Construction, Painting & Decorating
Roofing, Carpentry, Groundwork etc.

Free quotations Fully Insured References available

Rod Williams 01284 828965
Mobile 0775 2626261

Local tradesmen with integrity



*Beauty
by
Megan*

*Megan is a beauty therapist with over 14 years experience.
I work from my log cabin in Hitcham, it is situated in a
peaceful, rural location and benefits from off-road parking.*

*Treatments are by appointment only. Therefore you are
guaranteed complete privacy and your treatment time is
exclusively for you!*

A variety of treatments include:

*Dermalogica Facials/Reflexology/Spray Tanning
Jessica Manicure and Pedicure
Foot Health Maintenance (nail trimming/hard skin removal)
Eye Treatments/Waxing*

*Please phone for enquiries and price list.
Megan Pryke VTCT, BABTAC*

07876 717 008



TARLING FENCING

FENCING AND GROUND CARE SPECIALISTS

Equestrian
Agricultural
Domestic
Gate installation
Landscaping
Groundcare

**Contact John for a free quotation:
01359 242496 or 07590 580512
tarlingfencing@outlook.com**



**We specialise in Precision and Civil Engineering
With over 30 years experience.**

We cover a wide range of manufacturing needs.
Including CNC Milling and Turning,
Structural Steels (CE Accredited),
Welding Fabrication and Installation.

For more about us please visit our website
www.grahamparishengineering.co.uk

Contact us on 01284 828118 or
Email parisheng@btconnect.com

Congregational Church Corner

One of the spin offs of lockdown has been that people with gardens of any shape and size have spent more time in them, finding them very helpful to wellbeing in these difficult times. Gardening programmes on TV like "Gardeners World" with it's great variety of plants and presenters have been avidly watched creating many new ideas for these gardens. So it came as no surprise when garden centres were allowed to reopen to see people queuing up to get in. So up and down the country both garden centres and garden nurseries have been the places of feverish activity. So gardeners of all ages, levels of experience and expertise have purchased a large variety of plants that when planted should produce lovely flowers during the next few months.

Alongside the satisfaction of a wonderful show of blooms will often be the early disappointment of some plants withering and dying. According to the Collins Dictionary "withered " means to "drop,wilt or shrivel up ". A number of years ago Apollo astronaut James Irwin commented, "we live in a world with a withered sense of wonder ". He could be right.

Many people seem to have lost their capacity to be amazed in our, been there, done that, got the T shirt culture . There are those that suggest we lose our capacity to wonder when we study ourselves too much and give God little thought. No wonder the wonder went they say! Those who have known God intimately point to our need to think deeply about his character and ways. The contemplation of the Divine as it is sometimes described is no new fad. It is an ancient path and those who have travelled it testify to its breathtaking splendour. As the songwriter put it:

O Lord my God when I in awesome wonder
Consider all the works thy hands have made
I see the stars I hear the rolling thunder
Thy power throughout the universe displayed....
...And when I think that God His Son not sparing
Sent Him to die I scarce can take it in
That on the cross my burden gladly bearing
He bled and died to take away my sin
Then sings my soul my Saviour God to Thee
How great Thou art how great Thou art
Then sings my soul my Saviour God to Thee
How great Thou art how great Thou art

PASTOR GORDON HOLD

Enquiries Pastor Gordon Hold
ghold@gmail.com

Out of fuel? Emergency oil delivery required? Tank leaking?

CARGATE engineering

Priority Barns, Drinkstone Road, Gedding, Bury St Edmunds, IP30 0QE

- **Emergency Small Load Fuel Delivery and Boiler Relight Service**
- **Emergency Oil Tank Pump Down and Loan Tank Service**
- **Tank Replacement Installation Service by Experienced Oftec Engineers**
- **Contaminated Fuel Uplift Service Meeting Full ADR regulations**
- **Tank Internals and Bund Sludge Cleaning Service**
- **Oil Spill - Loss - Validation and Remediation Works**
- **Decommission of Redundant Fuel Tanks and Fuel Buy Back Scheme**

Bury St Edmunds: 01284 386 538
24/7 Emergency : 07974 495 362

We help customers stay warm around the clock!

Cargate Engineering is a family-run Oftec-registered business specialising in supplying emergency fuel to homes and businesses in remote areas.

Since being established in 1996, Cargate Engineering has also developed experience and skills that allow us to offer a varied and comprehensive list of services, including everything from routine pump station maintenance to regularly scheduled septic tank cleaning and emergency callouts for issues such as overflowing septic tanks and drainage blockages. In addition, we produce high quality CAD drawings, are experts in root ingress removal, and are licensed hazardous waste carriers, ensuring we can meet all your needs. We take pride in our ability to offer a bespoke and friendly service with effective results that will last.



Excellent services at competitive prices...

Email: info@cargateweb.co.uk
Website: www.cargate-engineering.co.uk