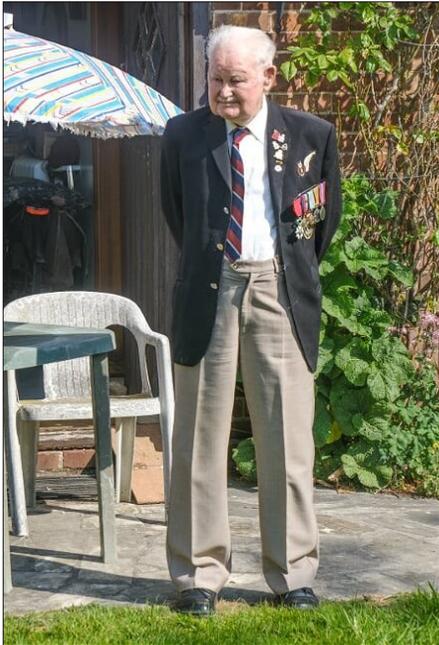


# Green Links

The Monthly Village Magazine of Cockfield

June 2020



The Faces of Cockfield Spring 2020



**75**  
**VE DAY**  
**75<sup>TH</sup> ANNIVERSARY**  
A SHARED MOMENT OF CELEBRATION  
**8<sup>TH</sup> MAY 2020**

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](mailto: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 15<sup>th</sup> 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



Peter Finch

More pictures of the  
village - Cockfield is  
certainly blooming  
this year



Brenda Dyer

Sheep's parsley in  
Old Hall Lane

## Green Links Copy Deadline!

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

Janne Cutting-Keyton, Newholme, Smithwood Green, Cockfield.  
IP30 0JQ  
01284 828264 or [janne@twerbs.co.uk](mailto:janne@twerbs.co.uk)

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# Green Links



The Monthly Village Magazine of Cockfield  
Edition 4- No 154 June 2020

Chairman and Distribution  
Editor  
Secretary  
Advertising Manager

David Simpson  
Janne Cutting-Keyton  
Morag Kelly  
Sue Harrison

The village has sort of settled into a new norm - we all know how we are helping others, gardens are looking lovely, we are feeling better because of the regular exercise we are taking, shopping is regularly getting to us one way or another but the mood is still unsettled, we don't know where all this is leading and when we will get through it.

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.

Hopefully Green Links will be back on your doormats as a printed publication for Julys issue - fingers crossed that that little piece of normality can soon resume.

Continue to keep safe

Janne

[www.cockfield.org.uk](http://www.cockfield.org.uk)

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## 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.



May is usually a busy month in the WI calendar organising our annual meeting, voting for the committee, choosing the president and revealing the new programme for the next twelve months. We are in limbo but life must go and with that in mind the committee is having a Zoom meeting next week to discuss how we can plan for future meetings.

We should have been enjoying the outing to Drinkstone Gardens and a scrumptious afternoon tea. The weather on the day was glorious let's hope it's the same when we rearrange a visit for next year.

We are now able to meet a friend again. How wonderful to sit and have morning coffee or afternoon tea together, even from two meters, that social contact feels good.

Mays biggest highlight for members has been the resumption of brown bin collections, a slot at the recycling center and a visit to a garden center. I suppose it's a small taste of normality!

Looking forward both Janne and Sylvia are going to be grandparents later in the year. Time to get knitting!

Stay safe and well.  
Brenda C

# Cockfield Parish Council Notes



## Summary report of the Ordinary Parish Council meeting held 30 April 2020

The Parish Council held another successful online virtual meeting via Skype. Unfortunately, district councillor Margret Mayberry suffered log-in issues so could not join us.

It was noted that eight action items had closed between meetings  
Two items remain in progress concerning the pavilion  
Three items are ongoing on maintenance in conjunction with other wider maintenance / asset matters

The appointing of a contractor for the play equipment replacement project, would remain on hold until such time as further guidance was issued on working practices and the availability of the contractor to establish a way forward.

### Public Participation Session:

**County Councillor:** The meeting welcomed back Robert Lindsey after his period away following a recent health issue which did not allow him to attend a number of meetings. He gave an overview of reduced County Council activity in the lockdown and headlines from his written report of care homes, bus cuts, bid for bus funding, food banks, school meals and school travel.

### **District Councillor:**

The meeting received an update on planning department works during lockdown, ongoing work on the JLP, Business support grants, waste and recycling operations during the lockdown together with issues of reduced BMDSC staffing being hit by absences.

An extensive discussion occurred on whether the timing was due to update the Village Development Plan, Local Needs Housing Survey and the further merit of completing a "Neighbourhood Plan".

It was noted that based on other villages experiences a Neighbourhood plan can take circa 2-3 years to prepare and be finally adopted. Further, these usually require significant external expertise to support the parish councils although some funding is available from central sources to help with this.

All of these options may be challenging at this time, nevertheless Clive Arthey would seek guidance from departments at BMSDC on the best approach to update the village's position.



**Public comment:** – One member of the public voiced concerns / objections to the planning application **DC/20/01352 Howe Lane**

**Planning:**

**DC/20/01177** – Planning Application – Erection of Grain Store (following demolition of existing agricultural storage/yard building). Colchester Green Farm, Colchester Green, Cockfield, Bury St Edmunds Suffolk IP30 0HG (Consultation Submission Deadline 15/04/20, extended until 05/05/20).

**The Parish Council Supported this application**

**DC/20/01217** - Outline Planning Application (some matters reserved, access to be considered) - Erection of 4 no. detached dwellings (with access) and revised car parking for The Three Horseshoes. Three Horseshoes Stows Hill Cockfield Bury St Edmunds Suffolk IP30 0JB. (Consultation Submission Deadline 12/04/20, extended until 05/05/20).

**[The Parish Council objected to this application \(the formal response can be seen on the BMSDC planning portal\)](#)**

**DC/20/01352** – Outline Planning Application (some matters reserved, access to be considered) – Erection of 2 No. Detached dwellings and associated Garages (with access). Land North of Howe Lane, Cockfield, Suffolk (Consultation Submission Deadline 26/04/20, extended until 05/05/20).

**The Parish Council objected to this application (the formal response can be seen on the BMSDC planning portal)**

**Finance:**

The meeting pre-authorized the schedule of regular payments (for up to 12 months) in accordance with Financial Regulations.

The meeting acknowledged the emergency repair order placed with Binder Ltd (in accordance with Financial Regulations, Item 4.5 and Chairman's action).

The meeting acknowledged the order placed with T Sheppard to dismantle & remove the composite concrete/timber seat on the Great Green, near the former Garage site which was in a dangerous condition and to store the concrete sections until a decision is taken on its replacement.

**Pavilion Update:**

Remedial drainage works are on-going and the financial excess contribution remains stable with our insurer.

**Maintenance:**

A working group would investigate a number of maintenance actions required. Scope and quotations to be determined; Whether to repair/refurbish the 3 No. composite concrete/timber benches on the Great Green, or replace them with 3 No. new timber benches.

Repair the window frame, fascia and roof trim/finial on the Bandstand, Great Green.

Proposal to concrete the 'No Parking Sign' into the ground near the Pavilion, Great Green.



Proposal to replace the existing Noticeboard at the Great Green with one or more new half glazed/lockable, half unglazed Noticeboard(s), together with their locations.

### **Coronavirus:**

Meetings: Councillors to note that:

Physical Ordinary Parish Council Meetings on future meeting 28/05/20 has been replaced by Virtual Meeting using Skype Video Conferencing, whilst the meeting scheduled for 25/06/20 will be determined nearer the time.

Assistance for Residents and support for local groups was working well.

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

Reports were by exception only and the only item of merit was as below:

Local Needs Housing – Working on site was soon to recommence with suitable measure for safety of the operatives.

The Parish Council may be contacted through the Clerk, Steve Ball by email at [parish.council@cockfield.org.uk](mailto:parish.council@cockfield.org.uk)

**Next Meeting** - The next Ordinary Meetings of the Council will be held on Thursday 28th May and Thursday 25th June 2020 at 7.30pm Further details of Public Attendance at these e meetings is on page 12.

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## 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 vein 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 Aerial Runway on steel feet with 50 m<sup>2</sup> safergrass matting

- Skywalker with 23 m<sup>2</sup> safergrass matting

- Picnic table / bench

- Removal of the existing equipment with remodelling and landscaping

Derek Southgate - Chairman Cockfield Parish Council

# **PARISH COUNCIL MEETING** **ARRANGEMENTS UNTIL FURTHER** **NOTICE.**



In line with Government advice, the Parish Council will no longer be 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 30<sup>th</sup> April and 28<sup>th</sup> May have therefore been cancelled, along with the Annual Parish Meeting which was scheduled for the 16<sup>th</sup> April. A decision relating to Parish Council Meetings on 25<sup>th</sup> June and beyond, will be taken nearer the time.

However, Councillors do need to conduct normal Parish Council business, i.e., approving payments, responding to Planning Applications etc, so will continue to convene 'virtual' Parish Council meetings using Skype video conferencing. The Government has issued **The Local Authorities and Police and Crime Panels (Coronavirus) (Flexibility of Local Authority and Police and Crime Panel Meetings) (England and Wales) Regulations 2020, which came into force on 4<sup>th</sup> April 2020, to support its** Coronavirus (Covid-19) Bill and the following procedure allows the Parish Council to remain legally compliant with the Regulations, through remote attendance using video conferencing.

Agendas will continue to be published on the Cockfield Website and on the Parish Council Notice Board outside the Village Hall, on the Friday prior to the Parish Council meeting (held on the following Thursday). If members of the public are unable to attend the 'virtual' Parish Council Meeting, but wish to raise any issues relating to the agenda, e.g., comments on planning applications, etc, they can forward them (up until the Wednesday before the meeting) to the [Clerk via the Parish Council email address, parish.council@cockfield.org.uk](mailto:parish.council@cockfield.org.uk), and the Clerk will ensure that they are available to Councillors.

Members of the public can access and participate in the 'virtual' Parish Council meeting on Skype if they have a PC/Laptop/Tablet or Phone and a reasonable Wi-Fi signal, subject to any rules of participation specified by the Chairman at the start of the meeting. Any member of the public wishing to access the meeting should advise the Clerk via the Parish Council email address,

[parish.council@cockfield.org.uk](mailto:parish.council@cockfield.org.uk), up until 5.00pm on the day of the Parish Council meeting and provide him with the email address associated with their IT/phone equipment. The Clerk will then email them a 'Link to the Meeting' and Access Instructions, shortly before the meeting (at approximately 7.15pm). Note: There should not be any need to have Skype pre-loaded on your PC/Laptop/Tablet/Phone, as the Link should enable you to access Skype via any web browsing software.

It is recommended that any member of the public intending to address the Parish Council during the meeting should provide a copy of their question (or report) to the Clerk via the Parish Council email address [parish.council@cockfield.org.uk](mailto:parish.council@cockfield.org.uk), in advance of the meeting, so that if their access is lost during the meeting (i.e., through a wi-fi failure), then the Chairman will be able to read out their question during the meeting. The timescales relating to meetings in May and June are detailed below:

<a href="#">Parish Council Meeting Agenda published on the Cockfield Website and the Parish Council's Notice Board</a>	19 <sup>th</sup> June	24 <sup>th</sup> July
Latest time/date for members of the public to submit comments they wish to be raised at the meeting by the Chairman in their absence, to the Clerk: <a href="mailto:parish.council@cockfield.org.uk">parish.council@cockfield.org.uk</a>	6.00pm, 24 <sup>th</sup> June	6.00pm, 29 <sup>th</sup> July
Latest time/date for members of the public to submit their request to access a meeting to the Clerk: <a href="mailto:parish.council@cockfield.org.uk">parish.council@cockfield.org.uk</a>	5.00pm, 25 <sup>th</sup> June	5.00pm, 30 <sup>th</sup> July
Clerk will issue the Link and Access Instructions	7.15pm, 25 <sup>th</sup> June	7.15pm, 30 <sup>th</sup> July
Time/Date of Parish Council Meeting	7.30pm, 25 <sup>th</sup> June	7.30pm, 30 <sup>th</sup> July

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

I'm pleased that for my second Green Links article during the Coronavirus pandemic I'm able to update you that the construction site is back open, and work is progressing. Following the release of government guidance and the move to reducing some lockdown restrictions, SEH were able to reopen the site with strict protocols and risk assessments in place around site operations and social distancing measures.

It will take a little time to assess the impact of the shut down and the new ways of working on the construction programme, so we're not yet able to confirm when the first properties will be completed. If the pandemic situation continues to improve, and we don't see any further site closures or problems with obtaining building materials, we hope to provide an update on timescales in the coming weeks.

We have also been able to secure planning permission for three 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 in the summer.

We unfortunately had to cancel the village information event that was planned for April 7<sup>th</sup> and we will consider how we can hold this in the future as the pandemic situation improves. In the meantime, we are still taking enquiries from people who are interested in the rented, shared ownership or self-build properties and can provide information on the various property types that will be available.

If you would like some information, please contact Sandra Scott, Orwell Housing Association on 01473 228642 or by email at [Sandra.Scott@orwell-housing.co.uk](mailto:Sandra.Scott@orwell-housing.co.uk)

Thank you and keep safe

Dawn Edwards  
Development Manager  
Orwell Housing Association



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## Events Online

Join us every Thursday from 2.15-2.45pm for **Tot Rock Live!** Find us on the Lavenham Library Facebook page for a live-streamed Tot Rock session. We're leaving all our sessions as videos for you to enjoy whenever is convenient.

We are also regularly posting **Lego Challenges** (Saturdays), **Children's crafts** (Sundays), **cooking/baking** activities suitable for families (Mondays), and activity ideas aimed at our **Top Timers** (Tuesdays and Fridays). Please visit our Facebook page to see what we're up to!



## Summer Reading Challenge 2020

We're still running our Summer Reading Challenge and this year's all about funny books, happiness and having a laugh! We hope you'll join the Silly Squad and take part in this year's challenge! Things will be a little different this year but it's still going to be a lot of fun and we're still challenging you to read six books. The Challenge will be taking place online this year and will most likely start a little early which will give you even longer to finish the Challenge to get your medal and certificate at the end! Keep an eye on our website for start dates.



## Coronavirus Update

All library buildings remain closed and mobile library and home library services are suspended in line with government requirements at time of writing. Please go to the Suffolk Libraries website, the Lavenham Library Facebook page or phone 01473 351249 with any queries. For more details please visit: <https://www.suffolklibraries.co.uk/coronavirus/>

## Contact Details

Lavenham Library, Lavenham Village Hall, Church St, Lavenham CO10 9QT

Tel No: 01473 351249

[www.suffolklibraries.co.uk](http://www.suffolklibraries.co.uk)

Email: [lavenham.library@suffolklibraries.co.uk](mailto:lavenham.library@suffolklibraries.co.uk)



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# Children's Page

It's Official Summer is Here!

Sun, Sun, Sun, Summer is soooooo good, long days, hot weather and ice lollies - best time of the year.

Home made ice lollies are fab, you can make lollies or pops from almost any kind of juice, there are so many how tos on the web - you can freeze most fruits as well, do have a look and enjoy.



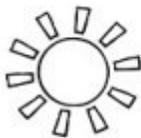
How many words can you make out of the letters in

Ice Lolly Cold Fun



## Summer Word Search

S	I	M	H	M	E	R	J	U	L	N
S	C	R	O	X	S	C	S	J	S	U
O	E	D	T	W	Z	J	U	N	E	M
O	C	Y	O	H	K	U	M	Q	O	M
F	R	Q	O	P	R	N	M	O	J	R
B	E	A	C	H	O	W	E	G	U	E
A	A	U	G	U	S	T	R	H	L	E
U	M	H	D	E	E	B	E	A	Y	R
G	P	E	P	O	O	L	I	C	E	C



Summer  
June  
July  
August

Hot  
Beach  
Pool  
Ice Cream

# Covid-19: Help from your MP during the outbreak

**James Cartlidge MP**  
Member of Parliament for South Suffolk



HOUSE OF COMMONS

Dear Constituent,

I hope that you and your loved ones are safe and well, and that you continue to follow the advice on how to reduce the risk to yourselves and others from the Covid-19 coronavirus. In line with social distancing guidelines, I am not currently holding constituency surgeries and my team are working remotely. As such, I wanted to highlight the ways in which you can contact me if you require assistance:

**Email:** [james.cartlidge.mp@parliament.uk](mailto:james.cartlidge.mp@parliament.uk)

**Telephone:** 020 7219 4875

**Website:** [www.jamescartlidge.com/covid-19](http://www.jamescartlidge.com/covid-19)

The most important point for me to underline as your MP is that it is vital that we all follow Government health advice, particularly on social distancing, all of which is designed to save lives.

Although I don't know how long this outbreak will last, or how long these restrictions will be in place for, I do know that our community is strong and that working together we will beat this coronavirus outbreak. In the meantime, I am here to help.

**James Cartlidge**

Member of Parliament for South Suffolk



**STAY AT HOME**

**PROTECT THE NHS**

**save lives**

- Stay at home
- Only go outside for food, health reasons or work (but only if you cannot work from home)
- If you go out, stay 2 metres (6ft) away from other people at all times
- Wash your hands as soon as you get home
- Do not meet others, even friends or family. You can spread the virus even if you don't have symptoms.

## Other Advice and Support

**Do you need a volunteer's help while you are isolated at home?** Call: 0800 876 6926.

**Latest Advice & Guidance** – [www.gov.uk/coronavirus](http://www.gov.uk/coronavirus)

**NHS** – [111.nhs.uk](http://111.nhs.uk) (Only phone if you cannot get help online)

**Universal Credit** – 0800 328 5644

**Business Support** – 0300 456 3565

**Suffolk County Council** - 0345 606 8067

**Babergh District Council** – 0300 123 4000

**Education coronavirus hotline** – 0800 046 8687

**HMRC** – 0800 015 9559

This poster is funded by the Independent Parliamentary Standards Authority (IPSA) for the purpose of assisting James Cartlidge MP in the performance of his Parliamentary duties. Printed by Keith Avis Printers, 68 High Street, Hadleigh, Ipswich IP7 5EF

# Gardening Tips for June 2020

## Flowers & Grasses

- Once the leaves of snowdrops and bluebells have started to go yellow you can lift and divide the clumps.
- Fuchsias – Pinch out the tips to promote a bushy habit. This will also encourage the production of more flowers.
- Regularly dead head your repeat flowering roses.
- Once you have hardened off ( this means moving plants outdoors for a portion of the day to get them acclimatised to different amounts of light, air and in particular night time temperatures) you should now be able to move hanging baskets and containers out of the greenhouse to their final positions in the garden.
- Don't forget to water hanging baskets and container grown plants either first thing in the morning or in the evening. Depending on the weather you may have to water hanging baskets twice a day. You should also feed with a liquid fertiliser at least once a week.
- Sweet Peas – pick as soon as they flower to encourage the plant to produce more blooms.
- Once Oriental poppies have finished flowering cut the foliage back to ground level. They will soon recover and produce a fresh mound of foliage.
- Towards the end of the month you can also invigorate Hardy Geraniums by trimming back to encourage new foliage and flowers. 'Roxanne' is a particularly long flowering variety with bright blue flowers.
- Make sure all tall plants such as Delphiniums, Sunflowers are fully supported. Also stake and tie in Dahlias as they grow.
- Cut back Pulmonarias and feed with a slow release fertilisers. You can also divide congested clumps and replant now.
- Divide and replant primulas, primroses, polyanthus and cowslips.
- Keep on top of weeding your borders.
- Consider Ornamental grasses for dry areas of the garden and for use in containers with summer bedding.
- Harvest lavender flower heads to use in baking and crafting.



## Fruit and Vegetables

- Tomatoes – Pinch out the side shoots of your tomato plants. Lightly spray the tomato flowers with water this will help the fruit to set. Start to feed once the first truss is setting fruit.
- Plant outdoor tomatoes.
- Harvest salad crops and sow seeds every fortnight to ensure a continuous supply of leaves
- Early potatoes should be ready for harvesting. Nothing quite like home grown potatoes with lashings of butter.
- Plant out runner beans, courgettes, squashes and pumpkins.
- If you haven't done so already make sure you protect soft fruits from the birds and wildlife with appropriate netting.
- If you are growing soft fruits in containers they will benefit from a high potash liquid feed.
- If you grow blueberries in containers make sure you only water with rainwater.
- Once the leaves turn yellow and start to die back on your onion and garlic that's the time to start harvesting.



## Trees, Shrubs & Climbers

- Spring flowering shrubs such as Weigela, Deutzia, Kerria, Philadelphus and Ribes (flowering currants) which have finished flowering can be pruned back to a healthy bud now.
- Midsummer is a good time to prune back deciduous Magnolias when they are in full leaf.



- Remove any reverted green shoots on evergreen shrubs such as Eleagnus and Euonymus to prevent the whole shrub losing variegation.

- If summer rainfall is scarce then I would delay planting any containerised trees or shrubs until autumn.

### Lawns

- You can still apply a lawn fertiliser if you didn't get round to it in May.
- It's a good idea to spike the lawn in hot weather this will enable any rain to penetrate down to the roots.
- If weather has been very dry raise the blades on the mower to reduce stress on the grass.
- During prolonged periods of dry weather water established lawns and especially any newly seeded or turfed lawns.

### General Maintenance and planning



- Weeds will be growing at an alarming rate. I try and wander out in to the garden preferably on a daily basis to nip off dandelion and daisy flowers before they have a chance to set seed and takeover completely.
- Don't forget to keep the greenhouse well ventilated and shaded in hot weather. In the evening I use my watering can fixed with a rose to spray the base of the greenhouse with water. This helps deter red spider mite.
- Keep bird baths topped up in hot weather.
- Turn compost heaps every month to keep well aerated.

I really hope that you are all keeping safe and well and taking pleasure and comfort from your gardens.

Happy Gardening  
Kate Ransom

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## 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.

Creative Arts East allowed us to screen the moving 'Suffragette' film on 4<sup>th</sup> April via a link through the Cockfield website [www.cockfield.org.uk](http://www.cockfield.org.uk) and through the Cockfield Community Broadcasts.

If you have not already subscribed to this please visit the website & register.

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



## Cockfield Community Council News June 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.

We await the next communication from the Government in early June and will take things from there.

Report Ian Levett

### 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](mailto:charities@cockfield.org.uk)  
Tony Box, Chairman



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## Cockfield's Community Response to Coronavirus

Locally we have been in discussion about ways in which we can support those in our community who need help and practical assistance during this challenging period. That support could include shopping, dog walking or simply having a chat. By the time you read this we may already have published our first steps in the provision of that support and how you can access it if required. Our response will develop and evolve as the situation itself develops and the official advice is updated.

Information regarding our own response and any related matters will be posted on the village website [www.cockfield.org.uk](http://www.cockfield.org.uk) and via our community broadcasts. Until such time as we publish specific contact information for any comments or concerns please contact

[support@cockfield.org.uk](mailto:support@cockfield.org.uk)

If you are not already receiving the community broadcasts this would be a good opportunity to subscribe, please visit our website at [www.cockfield.org.uk](http://www.cockfield.org.uk) and follow the link in the footer of any webpage.

If you have any questions or concerns please contact

[support@cockfield.org.uk](mailto:support@cockfield.org.uk)

# Windows 10 May 2020 Update

Updates are applied automatically to Windows 10 on a regular basis. These updates usually happen without your being aware, unless on occasion a restart is required, and often address security issues.

Twice a year, usually May and October, Microsoft issue a major release to Windows. These updates are more significant, often include new or modified features and require one or more restarts. Because they are a more significant change they are not applied automatically but require user intervention. These updates can be ignored for a while, in fact it's a good idea not to apply them straightaway while any initial issues are ironed out. But these updates should not be totally ignored and certainly should be applied before the next major update 6 months later.

So to prepare for the May 2020 update, first check that you are currently on the latest version of Windows.



Click on the Start button at the bottom left of the screen, then click Settings – the cog wheel icon.

On the resulting screen click the first item: System.

In the left sidebar, scroll down and click the final setting, Info.

In the right-hand pane, scroll down to the section Windows Specifications.

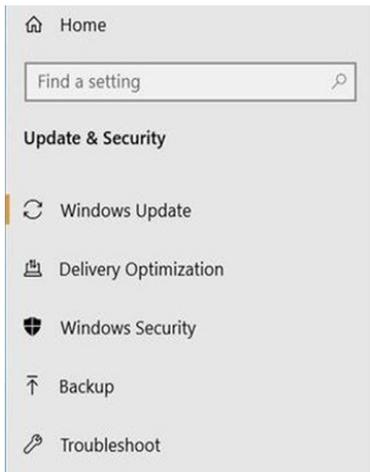
The version number should be 1909:

## Windows specifications

Edition	Windows 10 Home
Version	1909
Installed on	04/07/2019
OS build	18363.815

If the Windows version is less than 1909 check the Updates & Security setting to see if an optional update is available. Close the System window, then go back to Start and Settings, then click the last item, Update & Security.

In the screenshot below, although the headline shows the system is up to date, further down it shows that the Optional feature update, 1909, is available. Click the 'download and install now' link to update the system then follow the instructions.



## Windows Update



You're up to date

Last checked: Today, 1:47 PM

Check for updates

### Optional updates available

- Feature update to Windows 10, version 1909

Download and install now



Pause updates for 7 days

Visit Advanced options to change the pause period

The May 2020 update will be available around the 28<sup>th</sup> and will take a few weeks to be rolled out worldwide. It's worth waiting for a month or so before installing.

Full details of the release have not yet been announced, but it has been trailed that the release will include a change to the menu system. It seems the large icons – tiles – that have become a familiar part of the Start menu structure, will be abandoned.

**Neil Ashton**

[computer.circle@cockfield.org.uk](mailto:computer.circle@cockfield.org.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](http://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](mailto:neilka@btinternet.com).

**Neil Ashton**

Dear Friends,

Today I visited Homebase, it was a joyous occasion as I wheeled my trolley around one of my favourite stores in Bury St Edmunds. I have to confess that I would rather shop in a DIY store than a fashion outlet! I needed some screws for the garden gate which my dog had managed to damage a couple of days ago, and I had to fix it to make it safe. It was lovely to be back in the store, even with social distancing!

It's just one of the things that I have missed during these past couple of months - some way down the list of course, but nevertheless a reminder that our personal freedom has been curtailed in order to try to prevent the spread of Covid-19. What I miss most of all is the company of other people, those that I worship, work and socialise with, as well as my family. For those of us who live alone, this has been the hardest part of lockdown.

But as we prepare to open our schools to pupils, and then our churches (at the time of writing it is thought we may be able to do so at the beginning of July) I can feel the levels of anxiety rising in the community. Of course we are wary, of course we are not sure whether this is the right time, but we will have to trust our government and its advisors, and of course follow the guidance that we are given.

Throughout this period people have been very kind to each other. There have been 'phone calls, social media messages and emails. When out on dog walks there have been conversations at a distance. There have been 'zoom' meetings, and there has been the opportunity to reach out to people in worship via the benefice facebook page.

At the heart of this period for me has been prayer. Prayer has sustained me - and many other Christians across the world. Prayer on my own in the Rectory. Prayer with others via video conferencing. Prayer at set times in the day as well as prayer at moments of distress or pain. As well as thankfulness prayers for all that I am lucky to have in this most beautiful part of the world.

For some, the thought of a being that has created and sustained us seems completely ludicrous. How can it be that people in the 21st century can believe in a force, a person, a thing without evidence that he/she/it exists? And even if God does exist, and - as Christians claim - loves us as children, how can it be that God has allowed coronavirus to infiltrate and devastate our society? This is an age old question, and one that can't really be answered in a way that would satisfy most people. One of our lay ministers, Malcolm Gifford, gave me

a book by John C Lennox which is entitled, 'Where is God in a coronavirus world?' It is a very short book of 62 pages, but I think it is very good at helping us to understand what God is really like, and where God is in the midst of all the pain and suffering that coronavirus has brought about.

What I have always known as a Christian is that God loves us very deeply, and will not force us to love Him. He created us in his image, and wants us to have life in all its fullness. Which means enjoying life, every second, every minute, every hour of every day. What I think this crisis has given many is an opportunity to slow down, to think and reflect about the lives that they have been living up to now. And it may have prompted them to make changes.

And so, whether you believe in God or not, I hope that you have had the opportunity to think about life, what you value, and what you can do without. I know I certainly have. And as we go forward into the future, may your resolutions to do things differently, if you've made them, work out well.

Stay safe, and know that you are loved by God.

In the name of Christ,

Revd Sharon

Revd Sharon Potter, Rector of the Cockfield Benefice,

revsharon@btinternet.com

01284 828599 or 07825 086063

Services in the Cockfield Benefice - June 2020 All being livestreamed via the benefice facebook page at <a href="https://www.facebook.com/cockfieldbenefice/live/">https://www.facebook.com/cockfieldbenefice/live/</a>		
7th June - Trinity Sunday	10am Morning worship	Revd Sharon
14th June - Trinity 1	10am Worshipping Together	William Cardale
21st June - Trinity 2	10am Family Service	Richard Stainer
28th June - Trinity 3	10am Communion	Revd Sharon

# 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



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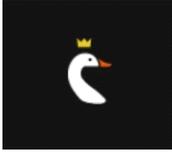
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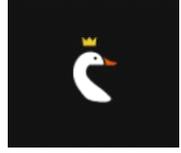
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# IN GOOD HEALTH



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](http://www.nhs.uk/live-well/healthy-body/sunscreen-and-sun-safety)

[www.cancerresearchuk.org/about-cancer/causes-of-cancer/sun-uv..](http://www.cancerresearchuk.org/about-cancer/causes-of-cancer/sun-uv..)

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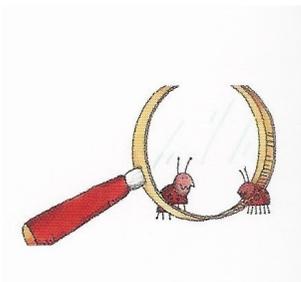
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# Announcements

Do you have an announcement you would like included here?  
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During this period of lockdown one of the many things that has happened in places is a shortage of flour! Why is this? The explanation appears to be that people of all ages have turned to home baking! The results from some of these make interesting viewing on the internet. Its is often the case that changes in circumstances leads to changes in other areas of life.

Change indeed happens all the time. Fashions change. Business changes. Places change. People change. The rate of change continues to accelerate in some many things affecting people's lives in a variety of ways. People are often seeing the past being dismantled and demolished and do genuinely wonder whether all change is good change. Of course many would agree that there are necessary changes and also good changes. The technological advances have been particularly swift, wide ranging and affecting us all. Where would we be for example without our great variety of household appliances and devices? During lockdown how can life be lived without smart phones, tablets, laptops etc etc? Also we should mention the many applications that enable us to communicate quickly and effectively with friends and loved ones in this country and all over the world.

Well what about God in all this change? Does man's view of Him need to change? Does God Himself change with the changing times? The Bible is very clear on this particular matter. James writing in the New Testament tells us that God does not change; "Every good and perfect gift from above, coming down from the Father of the heavenly lights, who does not change like shifting shadows " (James 1v17). And in the Old Testament God himself says; "For I the Lord do not change " (Malachi 3v6).

It is impossible for God to change. He cannot change for the worst because He is holy. He cannot change for the better because he is already perfect. Many years ago Henry Francis Lyte wrote some words which have become the well known hymn "Abide with me ". They were his own personal testimony and request, he included the verse:

"Swift to its close ebbs on another day  
Earth's joys grow dim, its glories pass away  
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