

ICKLINGHAM VILLAGER

JUNE 2018



PROJECT ST. JAMES FLOWER FESTIVAL

each flower display will be based on 'PROVERBS'

7th-8th JULY 11.00am - 4pm
Refreshments, Cake Stall,
Raffle, Tombola, Games Stalls
& much more !

If you would like to make a cake for the cake stall, please bring it along on the Saturday morning.

We will be very grateful for help to run the stalls & any donations for the Bottle Stall.

For any more info please call Sue Marston 713801,

Dorothy Handford 712439 or Hazel Russell 714097

There will be a 'SONGS OF PRAISE' on 8th July at 6.00PM after the FLOWER FESTIVAL

GARAGE SALE TRAIL - SATURDAY JUNE 9th 11.00am to 4.00pm

IF YOU ARE INTERESTED IN TAKING PART IN THE SALE TRAIL PLEASE LET US KNOW SO THAT WE CAN INCLUDE YOU ON THE SIGNS

It is a great opportunity to de-clutter your homes, raise some cash and snaffle some bargains. Anything and everything can be sold, it's a great opportunity to unearth all the weird and wonderful things from sheds, attics and garages.

Anyone can join in & have a sale at your house or garden. If you don't fancy having your own sale come along & have a browse, who knows what treasure you may discover.

It's a simple way to reuse and rethink waste. PLEASE CALL BEVERLEY 719055 (or drop a note through 59 The Street) or RONNIE 717715

IF YOU ARE INTERESTED.

We already have many signed up selling a variety of things from plants to work boots !!

If you don't have any space in front of your home to take part there is plenty of room on The Village Green



Women On Wheels events are mass participation female-only bike rides around Suffolk. They put a strong focus on the fun, friendly and inclusive aspects of cycling, usually raising money for a local charity. They are aimed at non-cyclists and existing cyclists alike, with routes of an achievable distance. These bike rides are open to all ages. There are various prices for routes and under 12's go free.

The bike ride in Bury St. Edmunds is on Sunday 8th July at Nowton Park, Bury St. Edmunds, IP29 5BD

Registration opens at 7.30am and the start times are : 70 & 50 Mile: 8.30am, 25 Mile: 9.00am, 10 Mile: 9.30am

- Dates for your Diary**
- June 2nd & 30th LIBRARY VAN**
 - June 9th SALE TRAIL**
 - June 30th COFFEE MORNING**
 - July 7th/8th FLOWER FESTIVAL**
 - July 8th SONGS OF PRAISE**
 - July 15th VILLAGE FARM WALK**
 - July 28th LIBRARY VAN**
- More information about all of these events to follow in The Icklingham Villager in the coming months.
- *****
- If you have any event you would like to advertise please email bac@talk21.com



POLICE CONNECT
Keeping you informed, keeping your community safe

Warning issued after attempted HMRC phone fraud ! Police are reminding residents to be alert for telephone scams after an attempted fraud was foiled in the Suffolk area.

The incident occurred on Wednesday 9th May when the victim received a call from a person purporting to be from HM Revenue and Customs (HMRC), stating that he was being investigated for an historic tax fraud.

The suspect then told the victim that as he had failed to respond to letters he had been sent in the post, court proceedings would now begin against him unless he made an immediate cash payment in excess of £4,000, which would be collected by an agent.

The victim went to his bank in Ipswich to withdraw the money, during which time his wife became suspicious about the call and contacted the police. Officers attended the bank and also the victim's address and ensured that no money was handed over, speaking to the suspect on the phone when he called back and informing him that the matter had been reported to the police.

Suffolk Constabulary are reminding residents that HMRC will never make phone calls, use text messages or email to tell you about a tax rebate or penalty and will never ask for a cash payment in this way.

For advice on keeping yourself safe against scams, please visit: <https://www.suffolk.police.uk/advice/crime-prevention-z>.

Alternatively, report incidents of fraud to Action Fraud using their online reporting tool <http://www.actionfraud.police.uk> or by calling 0300 1232040.

You can also sign up to the Trading Standards weekly email alert on rogues and scams targeting Suffolk at www.suffolk.gov.uk/JoinTheFight

Suffolk residents urged to sign up as Dementia Friends

OneLife Suffolk is asking local people to consider how they can support people with dementia by becoming a Dementia Friend.

OneLife Suffolk is the free healthy lifestyle service commissioned by Suffolk County Council.

Dementia Friends is an Alzheimer's Society Initiative which aims to give people a better understanding of what it means to live with dementia, through a short online training course. The campaign which coincides with the National Dementia Action Week.

There are an estimated **850,000 people** currently living with dementia in the UK which costs around **£26 billion** to the NHS each year. The training offers advice and guidance about how simple lifestyle changes can reduce the risks of dementia, as well as inviting people to consider how they can support and improve the lives of those living with dementia.

OneLife Suffolk are working with GP practices, pharmacies and other local organisations across the county to spread the word and encourage people to sign up at www.onelifesuffolk.co.uk/dementia2018.

Councillor Tony Goldson, Cabinet Member for Health, said:

"As part of this campaign, we are working to raise awareness of dementia, what it means and how we can all reduce our risk through making simple lifestyle changes. We also hope to see more people across Suffolk become Dementia Friends.

It takes just 20 minutes, plus you will receive a free Dementia Friend badge and the little book of friendship. This training helps us to have a better understanding of what it means to live with dementia so that we can all be more supportive and really make a difference to those living with the condition."

The 'Dementia Together' service Lead by Charity Sue Ryder and commissioned jointly by Suffolk CC and Ipswich and East Suffolk and West Suffolk CCGs is the first point of contact in Suffolk for people who are concerned about dementia or in need of help and support. Since launching in April 2017 the service has supported over 1,300 people which includes family carers.

Jo Marshall, centre director for Sue Ryder The Chantry said:

"Dementia will touch most of us during our lifetimes in some way, which is why we all need to understand more about this condition. Getting good trusted information early on and access to the right support is really important and can help people affected by dementia to continue to live a good quality of life. Something simple a dementia friend can do is signpost people who may need help to our service."

The Dementia Friend training takes no more than 20 minutes to complete. For more information and to sign up as a Dementia Friend, visit www.onelifesuffolk.co.uk/dementia2018.

**OneLife Suffolk will also be attending the Suffolk Show on 30 and 31 May.
Visit their stand for more information about the campaign.**



MAKE YOUR OWN ICE-CREAM.....EASY !!
 You don't need a big, fancy ice cream maker to create delicious, customised ice creams at home. With just a tin of sweetened condensed milk, a few extra mix-ins and a little bit of imagination, you can treat yourself to the creamiest, most inventive frozen treats. Here are three flavours with new and creative twists to get your mouths watering ! Enjoy them out in the summer sun in the knowledge that you didn't have to fork out for a posh ice cream making machine.

For the basic ice-cream you need
One 14-ounce can sweetened condensed milk
2 teaspoons pure vanilla extract
Pinch fine salt
2 cups double cream, cold

Use a 9" x 5" x 3" metal loaf pan, chilled
1. For the ice cream: Whisk together the condensed milk, vanilla and salt in a large bowl; set aside.
2. Whip the cream with a mixer on medium-high speed until firm peaks form, about 2 minutes. Fold about 1 cup of the whipped cream into the condensed milk mixture with a rubber spatula until combined, then fold the lightened (condensed milk and cream) mixture into the whipped cream until well blended. Pour into a chilled 9x5x3-inch metal loaf pan, and freeze, covered, until thick and creamy. Until soft-serve, about 2 hours. Swirl in any desired mix-ins (options below) with a spoon. Continue to freeze, covered, until solid and scoop-able, about 3 hours more.

Mix-In Options:
For Cookies and Cream: Add 12 crushed chocolate sandwich cookies, like Oreos
For Crunchy Cinnamon: Add 1 & 1/2 cups cinnamon crunch cereal, crushed
For Cookies and Lemon: Add 1/2 cup lemon curd and 1 cup shortbread cookies, crushed

Crush biscuits as much as you like for texture - fine or crunchy !
Or add fresh fruit, jam, sauces, biscuits, cereal or flavouringswhatever you fancy !! Experiment and enjoy.

St James Church
Are looking for more
volunteers to help cut
the church yard grass



If anybody is able to spare some
time, have their own mower or
strimmer and would be willing to
help cut the grass we would
be most grateful

Please call the Church Wardens,
Dorothy Handford 01638 712439 or
Sue Marston 01638 713801 for more details.

Thank you to those of you in the
village who already volunteer



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Contact David on 07751765047

Phone 01284 728768

fax 01284 729166

email

david.a.fisher@btinternet.com



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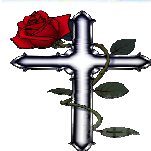


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PLEASE CONTACT US TODAY FOR FREE QUOTATIONS & ADVICE

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Email: greenscene@hotmail.co.uk



ST. JAMES CHURCH

27th May	Holy Communion	9.30am
10th June	Service of the Word	9.30am
24th June	Holy Communion	9.30am
22nd July	Holy Communion	9.30am

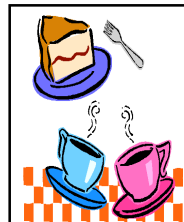
THERE IS A SONGS OF PRAISE ON THE
8th JULY AT 6.00pm AFTER
THE FLOWER FESTIVAL

Contact the Church Wardens for more
information Dorothy Handford 712439 or
Sue Marston 713801

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LAST BUT NOT LEASThave you a special person you want to Thank, wish Good Luck, Happy Birthday, Getting Married, say get well soon or a new arrival? Well this is the space for you – just email bac@talk21.com or phone 01638 719055 and let me know your special message and it will appear here free of charge..



**THE NEXT
COFFEE
MORNING**
is on Saturday
June 30th
at 10.30am in

ST JAMES CHURCH
Cakes & Books for sale.
Come along and meet friends
and neighbours - all welcome

The 100 Club is raising funds for a good cause & is run by Project St. James. Each ticket costs £1.00 a month (£12 a year). There is a monthly draw of £5 & £10 (January to November) & in December one draw of £100. If you would like to join please contact Sue Marston-01638 713801 or Hazel Russell-01638 714097

HAPPY BIRTHDAY TO
CLAIRE MARSTON LOVE FROM ALL
YOUR FRIENDS IN THE VILLAGE

