

THE ICKLINGHAM VILLAGER

SPRING 2024

JOIN COMMUNITY SPEED WATCH



The Community Speed Watch (CSW) initiative allows members of the community to address the issue of speeding by becoming actively involved in road safety, monitoring speeds at safe locations with

speed detection equipment. The aim is to encourage drivers to choose to drive at or below the speed limit.

What are the Benefits?

Fewer fatalities and serious injury collisions. Increase in road safety awareness by and for all road users

Enhancing the role of community members as volunteers.

Raise awareness of anti-social road use.

Volunteers must be over 18 years of age and will be subject to a vetting procedure.

Volunteers will be required to sign a CSW agreement. Training for volunteers will include use of the equipment and health and safety issues. The cost of training volunteers, risk assessing potential sites and ongoing administration is borne by the Constabulary.

Volunteers will be covered by the Constabulary's insurance.

The Constabulary will provide a full set of equipment to conduct CSW activities.

If you are interested in joining the scheme being set up by the Parish Council in Icklingham, then write to the Clerk, 3 Scott Avenue, Mildenhall, IP28 or email: icklinghampc@gmail.com.

DID YOU KNOW ?

At the West Stow Anglo Saxon Village you can see the Rendlesham Hoard that's on display until the 23rd July. There are many items including gold, silver and bronze coins that were excavated recently, which are believed to be from an Anglo Saxon Kings court.

The display focuses on the main story of royal Rendlesham at its height when it was the power centre of the early East Anglian kingdom 1,400 years ago.

Normal entrance and parking fees apply. Open 10am - 4pm.

There are a good range of activities at West Stow, including a well-illustrated talk on the 2nd March about our little known but greatest knight. An undefeated knight at the dawn of chivalry who beat off the French invasion of 1217. This session lasts about an hour and includes original Medieval object and replica handling. This is part of a series entitled 'Our Story'. The event is suitable for adults & children 12 years & over. Normal parking fees apply (£3 for the day)

Times: 2pm-3pm. Tickets: £10 per person Booking essential

Other events include Yoga and Dance workshops, Longbow experiences, Middle Earth Tours, Long Archery, Dusk Exploration, Saxon Murder Mystery and Dragon Fest plus the cafe is open!

Please call 01284 758000 or go to <https://www.weststow.org/whats-on/> for more info on all events

PROJECT ST. JAMES NEWS SAVE THE DATES !!

PSJ Quiz Night

April 6th in St James Church
at 7.00pm

£3.00 per person

(teams no larger than four)

Hosted by our

resident quiz master Phil Halford

Please bring your own drinks & snacks

There will be a

Raffle and quiz

prizes to be won !

FLOWER FESTIVAL

This will be held on

27th - 28th JULY 11am - 4.00pm

MORE DETAILS TO FOLLOW !

For more info on any PSJ event please
contact Claire on 07798 790609

COFFEE MORNINGS HAVE RESTARTED

Cake stall, Refreshments & Raffle

ALL WELCOME

10.30am - 12noon in St. James Church



Come and join us
on the last



Saturday of the

THE SOUTH SUFFOLK SHOW

Ampton Racecourse, Ingham,

Follow the signs off the A134

SUNDAY 12th MAY 2024

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(See website for reduced early bird e-tickets

and ticket retail outlets) For further info see

www.southsuffolkshow.co.uk

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EMERGENCY 999 Suffolk Police (non-urgent) 101
 NHS 111
 Crime Stoppers UK 0800 555 111
GAS EMERGENCY 0800 111 999
 Electricity Emergency 105 (including Powercuts)
ANGLIAN WATER EMERGENCY 0800 771 881
 Dental Emergency 111

West Suffolk Councillor Susan Glossop 07473041394
 West Suffolk council 01284 763233

St James Church Wardens Dorothy Handford 01638 712439
 and Sue Marston 01638 713801
 All Saints CCT 0845 303 2760 Jane Hatton

Market Cross Surgery 01638 713109
 Guildhall & Barrow Surgery 01284 812510

Milk Delivery Plumbs Dairy 01223 893033
 Window Cleaner Rise & Shine 0771 055 7898



Church Services at St James CHURCH SERVICES

10th	MARCH MOTHERS DAY	ALL
24th	MARCH PALM SUNDAY	
31st	MARCH EASTER DAY	SERVICES
14th	MARCH	
28th	APRIL	START AT
12th	MAY	
26th	MAY TRINITY SUNDAY	9.30am

ALL WELCOME

Please check Church Notice Board for more information.

PARISH COUNCIL MEETING DATES

Monday 18th March 2024 at 7:30pm
Monday 20th May 2024 at 7pm
(Annual village meeting & Annual PC meeting)
Monday 15th July 2024 at 7:30pm
Monday 16th September 2024 at 7:30pm
Monday 18th November 2024 at 7:30pm

Vicky Bright, CiLCA, Clerk & RFO
 Icklingham Parish Council
 Tel: 07712 232920
 Email: icklinghampc@gmail.com
 3 Scott Avenue, Mildenhall, Bury St Edmunds
 IP28 7LT (Appointment only)
 Office hours 9:30am - 2:30pm Mon, Weds, Thurs &
 Fri & Monday evenings 6-7pm. Please be aware the
 Clerk does not work on a Tuesday!
 Please be aware that I work part-time, so there may
 be a slight delay in my responses.

PARISH COUNCIL NOTICES

Parish Council Precept 2024/25

For Residents information, a review of our budget for 2024-2025 has indicated that with projected expenditure of £11,752.00, and the legal costs associated with the West Suffolk Local Plan and village category position, we need to increase our Precept. We have calculated that our precept request this year must be £11,452.00 (£76.61 for a Band D property). This would equate to an increase of 20.95%, an increase of £13.27 per household over the year. This increase will show on your 2024/25 Council Tax Bill.

If you have any questions or concerns, please contact the Clerk on icklinghampc@gmail.com or Tel : 07712 232920
Parish Council Vacancies - The Parish Council are looking for a new Councillor. If you are interested in the vacancy for a Parish Councillor, but would like more info, please contact the Clerk by email icklinghampc@gmail.com or telephone 07712 23292

GARDENING TIPS FOR SPRING & BUILD-A-BUG HOTEL

- Pick off any developing seed heads on daffodils and other spring bulbs, but leave the foliage to die back naturally - until Derby Day !
- Cut dogwoods, willows, continues and paulownias right down to the base to promote vigorous new growth
- Tidy up alpines as they start to flower, removing dead foliage, then mulch with grit to keep the foliage off damp soil
- Plant faded forced bulbs out in the garden for blooms next year
- Mulch borders generously with garden compost
- Finish pruning Roses early in March
- Make a Bug Hotel this is the perfect craft project for children, getting them outdoors & discovering nature, it's also a great way to encourage wildlife into your outdoor space.

What you need - Dry sticks or twigs – perfect for ladybirds to hibernate in. • Hollow stems – such as old bamboo canes or rolled newspaper straws. • Blocks of wood – drilled holes in blocks of wood make good nesting sites for solitary bees (get an adult to help when you drill the holes). • Dry leaves – these mimic the forest floor. • Corrugated cardboard – roll up into a cylinder for lacewings. • Straw and hay – insects can burrow in and find safe hibernation sites. • Loose bark – beetles, centipedes, spiders and woodlice all lurk beneath wood and bark.



1. Create the walls of your bug hotel by using a container, for example: an old plant pot, bricks, the end of a plastic milk carton, ice cream container, a glass jar, a cardboard coffee cup or a tin can.
2. If you want to hang your hotel, use some garden string to loop around the container or create holes for the string to use before filling it.
3. If you are making a big bug hotel on the ground, use wood, pallets or fallen branches & bricks to layer up to make your super-sized container. Make sure it's solid so it won't fall over!
4. Create a cosy interior by filling your home with a selection of the materials you have collected. If necessary, cut the material to fit. Pack the materials tightly so they won't fall out, making sure that the hollow ends face outwards.

RASBERRY & HONEY FLAPJACKS

150g butter, 150g light brown soft sugar

4 tbsp honey, 300g porridge oats, 100g frozen raspberries

1. Heat oven to 200C/180C fan/gas 6 and line a 20 x 20cm baking tin with parchment. Melt the butter, sugar, honey and a pinch of salt in a pan. Once the mixture is bubbling and combined, stir in the oats.

2. Tip the oat mixture into the lined baking tin and press down with the back of a spoon. Scatter over the raspberries, then lightly press them into the oat mixture. Bake for 25-30 mins until golden brown. Leave to cool, then cut into 9 or 12 flapjacks.

YUMMY GOLDEN SYRUP FLAPJACKS

250g jumbo porridge oats, 125g butter plus extra for the tin
125g light brown sugar, 2-3 tbsp golden syrup (depending on how gooey you want it)

1. Heat the oven to 200C/180C fan/gas 6. Put the oats, butter, sugar and golden syrup in a food processor and pulse until mixed - be careful not to over mix or the oats may lose their texture.

2. Lightly butter a 20 x 20cm baking tin and add the mixture. Press into the corners with the back of a spoon so the mixture is flat and score into 12 squares. Bake for around 15 mins until golden brown

Make these easy flapjacks using just a few ingredients. Serve with a cuppa for a perfect mid-morning pick-me-up, or freeze for a later date.

LIBRARY VAN DATES

The Mobile Library will visit on the 30th March, 27th April, 25th May, 22nd June.

calling at West Street at 2.40pm, The Hall Close at 3.10pm & The Village Green at 3.25pm.

The mobile Manager is Kevin Lambert

0788 442 2762.

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THE CAVENHAM CLUB

Appearing at The Cavenham Club on Saturday April 20th will be singer Serena Grant.

Serena is a local, UK born, female vocalist who is incredibly versatile with an array of musical styles and genres from the 50's to the present day.

Entry £5 for non members & £3 for members.

Membership of the club is £5 per year and there is a lot going on from Bingo twice a month, fun Quiz night on the last Saturday of the month, barbecues and more, plus cheap drinks prices.

Everyone is welcome!

More info from David

at floralfayrenursery@gmail.com

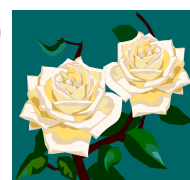
or phone: 07768789497

THE FLORAL FAYRE NURSERY

Sells home grown produce such as seasonal plants, vegetable plants, perennials, herbs, compost and local honey - all available at the Floral Fayre Nursery in Cavenham.

email : floralfayrenursery@gmail.com

or phone: 07768789497



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Contact David on
07484 828555
or phone 01284 728768
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david.a.fisher@btinternet.com**

LAST BUT NOT LEAST have 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!

EQUINOX - There are only two times of the year when the Earth's axis is tilted neither toward nor away from the sun, resulting in a "nearly" equal amount of daylight and darkness at all latitudes. These events are referred to as Equinoxes. The word equinox is derived from two Latin words - aequus (equal) and nox (night). The spring and fall equinoxes are the only two days during the year when the sun rises exactly due east and sets exactly due west.

On the morning of the equinox the Great Sphinx of Giza gazes directly at the sun. There are a number of other ancient sites that align with the equinox as well, like Chichen Itza and Angkor Wat.

In days past, swallows and celandine were the twin harbingers of spring! These little plants respond to the daylight; opening at dawn and closing at dusk, and like all true sun-worshippers, they will hide away before rain! The old Celtic name for them is 'grian', which means 'sun'. They are said to 'gladden the heart' and represent the 'joy to come'!



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Wednesdays

4.30-4.50 @Raynesford Road

-Whelneatham

Thursdays

4.30 to 5.40pm @ Cockfield Green

5.50 to 6.30pm @ Felsham Village Hall

Fridays

4.30 - 5.20 @ Icklingham - West Street

5.30 - 6.15 @ Lackford -Old Bury Road