



ICKLINGHAM VILLAGER

SEPTEMBER 2019



**Project St James Event
Harvest Concert
Saturday 21st September
at 7.30pm**

£8.00 per ticket which includes
a harvest buffet.

Suffolk Church Singers will be
performing works by Haydn,
Mendelssohn, Purcell and others.

There will also be a short talk about St James's Church
by local historian Clive Paine

Please contact Dorothy Handford 712439,
Sue Marston-713801 or Hazel Russell 714097
for more information.

**ICKLINGHAM PARISH
COUNCIL
VACANCIES
FOR COUNCILLORS
TO BE FILLED
BY CO-OPTION**



There are currently three vacancies on Icklingham Parish Council for councillors. These positions will be filled by co-option at the next Parish meeting.

If you would like to be considered for one of these roles, please send a résumé of what you feel are the qualities/experience you can bring to the Council.

If there are more than three interested candidates a vote will be taken to select the candidates who will be co-opted at the meeting.

Résumé's should be sent by post or email to:
The Clerk, 21 Mutford Green, Lakenheath,
Suffolk, IP27 9LR or email
icklinghampc@gmail.com

**Vikki Austin
Parish Clerk, Icklingham Parish Council
Dated: 15th August 2019**



Guinness Arms Update

The total refurbishment of the Guinness Arms is nearing completion, we anticipate opening early September 2019.

The newly refurbished Inn will feature eight beautifully appointed en-suite rooms, one of which has a mural designed by Lulu Guinness. The rooms are housed in bespoke contemporary barns adjacent to the Inn.

There is a conservatory style restaurant, along with a more intimate dining area. We are able to offer private dining, along with function and meeting space. We will create a warm and welcoming atmosphere and the service will be second to none.

The refurbishment has allowed us to highlight the Inn's stunning original features, including two open fireplaces for those chilly winter evenings.

Outside, we have terraces overlooking the beautiful, landscaped gardens leading you to the tranquillity of the river Lark. The gardens feature Elveden's own, fabulous Instant Hedging.

Food: Serving only fresh local ingredients, many of which come from the Elveden Estate itself. Our food will offer something for everyone, from traditional pub classics to exciting tasty specials created by our Head Chef.

All our food will be made fresh in house, championing the fabulous produce available right on our doorstep.

Our kitchen will be open for breakfast, lunch and dinner 7 days a week. There will be a choice of menus including gluten free, vegan and a children's menu. On Sundays we will offer our soon to be famous roast dinners, and sharing roasts.

Drink: Our drink offering will be diverse, with an extensive range of Gin's in particular. Obviously, we will be serving Guinness, it would be silly not too, there will also be a large range of beers, lagers and ales sourced locally and from around the world. Our bespoke wine list has been created to appeal to many pallets, and again offers wines from all over the world, along with some real gems produced right here in the UK.

Our coffee will be some of the best around, proudly serving Paddy & Scott's roasted coffee beans. We will also serve a wide range of soft drinks and alcohol-free alternatives.

We are very excited by what we are going to be able to offer our guests at The Guinness Arms, and very much look forward to welcoming you all soon.

Staff Required - We are currently recruiting for servers, runners, bartenders and chefs. We offer good rates of pay (plus tips), a company pension scheme, paid holiday and staff meals when on shift. If you would like to become part of our family, please send your CV to the General Manager. ben.hyde@elveden.com.

COFFEE MORNING

at St. James Church on September 28th
10.30am onwards.

A fun and friendly morning, come along
& get to know your neighbours

CAKES & BOOKS FOR SALE
RAFFLE



Icklingham Parish Council

THE DATE OF THE NEXT MEETING IS

**24th September at 7.30pm
in the Old School Hall**

All are welcome to attend

**PC Meetings will also be held on the
26th November**

**There are vacancies for three new
Parish Councillors, if you are interested
and want to get more involved in your
village please contact the Clerk
Mrs Vikki Austin on Tel: 01638 510449**

Tel: 01842 861748

email IcklinghamPC@gmail.com

**or come along to the next meeting and see
what the PC does.**

Starring **Tellybox Trish**

Small changes make a BIG difference



It can't hurt, can it?

Watch the film 

www.healthysuffolk.org.uk/TellyboxTrish

Small changes make a big difference !

That is the message, as Suffolk County Council launches a new campaign looking at our relationship with alcohol.

Four short films have been produced following the stories of characters ('Billy Binge', 'Tellybox Trish', 'Big Match Barry' and 'My Time Mandy'), speaking about when & where they drink alcohol. The films cover different habits when it comes to alcohol consumption; weekend binge drinking, drinking at home, drinking as a reward, and excessive drinking to celebrate an event or occasion, such as a football match.

The campaign offers guidance and advice about how much is too much, the benefits of reducing alcohol intake and the small changes people can make to their drinking habits, which can make a big difference to their mental and physical wellbeing.

Evidence suggests direct links between alcohol and heart and liver disease, diabetes and some types of cancer. Alcohol is also highly calorific, contributing to weight gain. It can also influence the quality of sleep and take its toll on physical appearance over time. The campaign highlights that as well as the health benefits, reducing alcohol consumption can also bring social benefits, such as being able to spend more quality time with your loved ones, saving money for something more meaningful and losing weight.

Some of the small changes suggested by the campaign are:

Did you know that you drink more slowly when you're sitting than when you're standing? So, pull up a chair, take it easy and savour your drink.

Rounds make it very easy to drink more than you planned. When it's your round, why not quietly buy yourself a soft drink or a lower-strength beer? You can substitute every second drink with water, non-alcoholic beer, coffee or a soft drink.

A great way to avoid overdoing things is to drink with your main meal only. Keep that bottle off the table. Just pour one glass and put it away ! www.healthysuffolk.org.uk/TellyboxTrish

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Which? and Which? Travel available - ask staff for magazine or to log in. Magazine Exchange section.

For sale: Stamps, envelopes, plastic wallets, ballpoint pens etc.

Also available: Move It sports equipment available to borrow

Board Games available to borrow - see the Bury board games information sheet for further information

Room & venue hire

Conference and meeting room facilities. Room and space hire.

Regular events and activities

Children's events, Reading Challenges,

Older people's events

Reading groups, IT help

Arts, crafts & games, Health & wellbeing events, History

Tel: 01284 338830

Email: help@suffolklibraries.co.uk

Friends group: Friends of Bury St Edmunds Library

Minutes of the meeting of Icklingham Parish Council

Held on Tuesday 30 July 2019.

Present: Cllr D Baugh (DB) - Chair, Cllr K Baugh (KB), Cllr R Moss (RM), Cllr V Halford (VH), Also present Mrs Vikki Austin Parish Clerk & DCllr Susan Glossup, 0 member of the public

19/20.11 APOLOGIES - Cllr Halford - Apologies Accepted

19/20.12 DECLARATIONS OF INTEREST - None

12/20.13 CONFIRMATION OF MINUTES - The Minutes of the meeting, held on 14 May 2019, were duly signed

19/20.14 FOLLOW UP ITEMS - *Defibrillator in Phone Box* - After a meeting with Will Wright, Families and Community Officer, West Suffolk Council the amount of funding was ambitious event with the possibility of grants from councillors locality budgets. His advice was to write to Elveden to say they was happy to extend the supply. Clerk will send a follow up email to confirm costs etc.

Playing Field Maintenance - SPL Landscapes have cut the grass and is planning to fill rabbit holes in the next few weeks.

The date of 26 October is pencilled in and the clerk would contact Will to get a list of Play Equipment providers to invite to come along to do some consultations on what is wanted on the Playing Field. For the Parish Council to move forward to looking at what grants are available to support this project.

19/20.15 OVERGROWN HEDGEROWS & PATHS Elveden Estates will cut back what they are responsible for and the Parish Council will write to the private landowners requesting they cut back theirs accordingly.

19/20.18 FINANCIAL MATTERS - The Clerk provided the Chairman with the spreadsheet containing details of all payments and receipts which was duly signed as a true representation of the accounts.

19/20.19 DISTRICT COUNCILLOR'S REPORT DCllr Glossup had been copied into an email from Mitchells farm asking for the 30mph signs to be extended both ends of the village as concerns had been raised around speeding.

AGENDA ITEMS for next meeting on 24th September - A Drop in event. There being no other business, the meeting closed at 8.28 pm.

A FULL COPY OF THESE MINUTES ARE AVAILABLE ON THE PC NOTICE BOARD.

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What does it cover?

- Internal plumbing-major water leak
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- Blocked drains or sewers resulting in W/C's not working.
- Making safe as a result of a break in
- Gaining entry through lost keys
- Broken/faulty door locks
- Broken window(s)
- Regaining the electric supply due to power loss.

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Serena - Thetford

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

GARDENING TIPS FOR SEPTEMBER

1. Divide herbaceous perennials
2. Pick autumn raspberries
3. Collect and sow seed from perennials and hardy annuals
4. Dig up remaining potatoes before slug damage spoils them
5. Net ponds before leaf fall gets underway
6. Keep up with watering of new plants, using rain or grey water if possible
7. Clean out cold frames and greenhouses so that they are ready for use in the autumn
8. Cover leafy vegetable crops with bird-proof netting
9. Plant spring flowering bulbs

Please see ACW Building Services on facebook

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ST. JAMES CHURCH
Jesus Christ is Lord.

We seek to share
His love and care.



8th Sept 9.30am SERVICE OF THE WORD
22nd Sept 9.30am HOLY COMMUNION
6th Oct 6.00pm HARVEST SERVICE
13th Oct 9.30am SERVICE OF THE WORD

All of these services will be conducted by David Ball

Please contact the Church Wardens
for further information - Dorothy Handford 712439 and
Sue Marston 713801

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 bae@talk21.com or phone 01638
719055 and let me know your special message and it will appear here free of charge..

SEPTEMBER FACTS - The name - September - comes from
the old Roman word "septem", meaning "seven", in the Roman
calendar it was the seventh month.

There are three traditional flowers of the month of September:
the aster, the forget-me-not and the morning glory, all
symbolizing love. put out .

September is often associated with fire because it was
the month of the Roman god Vulcan.

Until Julius Caesar's calendar reform of 45BC, September had
only 29 days.

In September 1666: The Great Fire of London started, com-
pletely destroying the old city inside the ancient Roman Walls. It
was believed to have started in a bakery in Pudding Lane and
took three days to put out.

LIBRARY VAN DATES - September 21st, October 19th &
November 16th 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 07884422762

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FOLKLORE FOR THE SEPTEMBER

Heavy September rains bring drought., dries up ditches or breaks
down bridges.

September winds blow soft, till the fruit's in the loft.

Married in September's golden glow, smooth and serene your life
will go.

Fair on September 1st, it will be fair for the month.

DATES FOR THE DIARY

PSJ - FESTIVAL OF LIGHTS 7th - 8th December 11am-4pm
Icklingham Community Group Events - Church Tidy 19th October at
10.30am and a Quiz Night on 9th November TBC