

ICKLINGHAM VILLAGER

July 2017



**THANK YOU TO ALL THE
VOLUNTEERS WHO DELIVER
'THE VILLAGER' EACH MONTH
SO THANK YOU TO
MAUREEN DOYLE, RONNIE
HALFORD, KAREN NOLAN
AND JEAN PADMORE.**

**I WOULD ALSO LIKE TO TAKE THIS
OPPORTUNITY TO ALSO THANK ALL
THE CONTRIBUTORS & SPONSORS
OF THIS NEWSLETTER.**

*The Villager has recently received
sponsorship from Icklingham PC & the
FHDC Locality Budget of Rona Burt.*

**WISHING YOU ALL
A HAPPY SUMMER**
Beverley Curtis

Editor (bac@talk21.com)
please note there will not be a
newsletter in August, we'll be back
in September !

**COFFEE MORNINGS
at ST JAMES CHURCH
29th July & 26th August**



**at 10.30 am
Cakes & Books
for Sale**

**ALL WELCOME
come along and meet
friends and neighbours.**

**PROJECT ST. JAMES
FLOWER FESTIVAL
Famous Women in Flowers
8th & 9th JULY
11.00am - 4pm**

Each display will be based on Famous Women

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 any help to run a stall
and any donations for the Bottle Stall.

For any more info please call
Sue Marston 01638 713801 or
Dorothy Handford 01638 712439
Hazel Russell 01638 714097

The Icklingham Community Group



The Village Walk to West Stow Country
Park in June was well supported with new
faces joining us on a lovely sunny day.

The ICG future events are a Litter Pick to help tidy up The
Ramparts on Saturday 12th August - meet at The Ramparts at
10.30am. Bags and equipment provided but please bring your own
gloves.

Also there will be a Quiz on 28th October in The Old School Hall
and there will be an Icklingham Village Litter pick on 7th October
(more details to follow).

Other events will include Carol Singing in December for EACH
and possibly another Sale Trail in the Autumn.

For more info on any events please contact Claire on 07798 790 609
or Beverley on 01638 719055.

Handy Numbers to help

Milkman - 01284 811464 or 07866 323 650 who calls Tuesday,
Thursday & Saturday

Window Cleaner - Rise 'n' Shine - 01638 718625 or 0795 8566 597
and don't forget you can use The Villagers Notice Board (by
the Red Lion) to advertise events, items for sale etc.

Police are reminding residents to be alert for telephone scams after an incident in Ipswich.

On Monday 12th June, an elderly man received a phone call from someone saying they were from the tax office and that the resident owed money. He was then told he would be arrested unless he purchased £500 of iTunes vouchers. The elderly resident suspected something wasn't right and reported the incident to police.

Police have also received reports of scam tax emails being sent telling people that they have a tax rebate and to log on to a website with their details.

Fraudsters are contacting the elderly & vulnerable claiming to be from HM Revenue & Customs and victims are being told that they have arrest warrants, outstanding debts or unpaid taxes in their name. If you receive a suspicious cold call, end it immediately and report it to police.

HMRC will never use texts to tell you about a tax rebate or penalty and will never ask for payment in this way. Telephone numbers and text messages can easily be spoofed. **You should never trust the number you see on your telephones display.** Further advice on keeping yourself safe can be found on the Suffolk Police webpage www.suffolk.police.uk or the Action Fraud webpage www.actionfraud.police.uk

Police are also warning the public that with the increased use of bicycles over summer, the threat of bicycle thefts also increases. In 2016 Suffolk police recorded over 1000 incidents of bicycle theft, many of them by criminals specifically targeting high value bikes.

If you own a bicycle, don't make yourself an easy victim.

Act on the following advice, and you will be less likely to lose your bike this summer:

Invest in a good quality lock for your bicycle – D locks are the most effective and a worthwhile investment.

Use a lock to secure the bike-stand, wheel rim and frame together – making it more difficult for a thief to take.

Never leave your bike unlocked in a public place - leaving it unattended even for a minute can mean it is gone when you return.

Find a suitable location to leave and secure your bike – dark alleys, drain-pipes and posts are all best avoided. ***Take a photo of your bicycle and record the make/model and unique serial number (usually found under the frame at the base of the bike).***

Security mark your bike and register it using a third party service such as IMMOBILISE to further protect it. Consider using a low cost electronic bike tagging system such as IMMOBITAG (linked to the IMMOBILISE registration service).

Overnight, inside the home is the most secure location to store your bike. Bikes kept in garages and sheds in particular should be properly secured, for example to a suitable secure ground anchor.

Further security information can be obtained on :

Security marking at <http://www.suffolk.police.uk/advice/home-safety/property-marking>

Bike registration at <https://www.immobilise.com/help/registerbike>

- 2 tsp rapeseed oil
 - 2 red onions, halved and sliced
 - 2 peppers (any colour), diced
 - 1 large aubergine, diced
 - 2 large courgettes, halved and sliced
 - 2 garlic cloves, chopped
 - 400g can chopped tomatoes
 - 2 tsp vegetable bouillon or a veg stock cube
 - For the Pork -
 - 1 thyme sprig & handful basil, stalks chopped, leaves torn and kept separate
 - 475g pork tenderloin, fat trimmed off, cut into 2 equal pieces
 - 2 garlic cloves, crushed
 - 1 tbsp thyme leaves, plus a few sprigs to decorate
 - 1 tsp rapeseed oil
- brown rice or new potatoes, to serve 2

HERB & GARLIC PORK WITH SUMMER RATATOUILLE



Method :

Heat the oil in a large non-stick pan and fry the onions for 5 mins or until softened. Stir in the peppers, aubergine, courgettes and garlic, and cook, stirring, for a few mins. Tip in the tomatoes and 1 can of water, then stir in the bouillon/stock cube, thyme and basil stalks. Cover and simmer for 20 mins or until tender. Before serving stir through the basil leaves.

Meanwhile, rub the pork with the garlic, then scatter with the thyme and some black pepper, patting it so it sticks all over. Heat the oil in a non-stick frying pan and cook the pork for about 12 mins, turning frequently so it browns on all sides, until tender but still moist. Cover and rest for 5 mins.

To serve, slice the pork and serve with the ratatouille, some brown rice or new potatoes and some extra thyme.

Healthwatch listens to your views about local NHS and social care services so that we can make them better for everyone. We have just launched our fourth annual report, which covers the year 2016/17. It tells you how we have been working and using people's experiences to shape, influence and improve local services throughout the year.

Five ways that health and care services have improved:

Maternity services increased support for birthing partners and changed policies so that birthing partners can stay with mum and baby overnight.

People will receive improved support and information to help them manage their risk of complications from foot disease caused by diabetes.

Residential and nursing homes have made changes that will improve the experience of some of Suffolk's most vulnerable people following visits by our volunteers.

We made safeguarding alerts that have led to immediate improvements to people's care.

We delivered patient feedback that helped to shape pathology services in Sudbury, including improvements to IT systems and access to appointments.

In our annual report, we highlight outcomes from our work that has included specific research projects, visits to local services and work across all levels of health and social care. Further examples include:

- Decisions to keep In Vitro Fertilisation (IVF) and Marginalised and Vulnerable Adults services were strongly influenced by public feedback we obtained in partnership with NHS leaders.
- Prompted by calls from young people for more information, we developed a new poster and information card that will help young people to find support.
- We worked closely with new GP partnerships to shape their plans for developing services by engaging patients within surgeries.
- We were central to the launch of a new Dementia Forum for Suffolk that will aim to change the way dementia support is provided in Suffolk.

In addition, we have helped many people that contacted our free [Information and Signposting Service](#) to find support with their health and wellbeing needs.

Andy Yacoub (Chief Executive) said: "People have a keen interest in their health and social care services and rightly so. Throughout the year, we have met many people; talking to them about their experiences and using them to influence decisions about our local services. We are proud of the impact we have made and, with increasing awareness of Healthwatch throughout the County, we know that our voice and influence can only increase with positive outcomes for patients, service users and carers throughout Suffolk."

More information is available within the Healthwatch Suffolk Annual Report 2016/17. Visit: www.healthwatchesuffolk.co.uk. You can also call 01449 703949 to find out more.



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ICKLINGHAM PARISH COUNCIL

The PC minutes are available on the website OneSuffolk for Icklingham and on the new PC notice Board by The Red Lion. Your Parish councillors are Darren Baugh, Karrie Baugh, Helen Graham & Ronnie Halford.

There are two vacancies for a Parish councillor, if you would like to be a Parish councillor please come along to the meeting or email the Clerk of the PC, Su Field on icklinghamPC@gmail.com

Meeting dates for 2017

6th July

7th September

2nd November

Meetings start at 7.30pm

If you would like an item included on the agenda for the next meeting please email the clerk on icklinghamPC@gmail.com

*Every meeting has a Public Forum for ten minutes at the start of each meeting.
Everyone is welcome to attend.*

FOR SALE

MOULINEX FOOD MIXER £10

SLO - COOKER £10

PLEASE CONTACT NANCY CURTIS 712021

COMPUTER DESK AND CHAIR

£5 EACH

PLEASE CONTACT JEAN PADMORE 714112

TOPSOIL - FREE - PLEASE COLLECT

PLEASE CONTACT

SAM JACKSON 07729053419



**ST. JAMES
CHURCH SERVICES**



23rd July Holy Communion 9.30am

Please see the Church Notice Board for more information on Services or contact the Church Wardens Dorothy Handford 712439 or Sue Marston 713801

LIBRARY VAN

The Library Van has a good selection of adult and children's books on board & they will order any books in for you. The Library van will visit on 28th July, 26th August calling at West St at 2.40pm, The Hall Close at 3.10pm & The Village Green at 3.25pm. The Mobile Manager is Kevin Lambert 07884422762



Old School Hall – Icklingham.

Available for hire

Meetings – Parties – Clubs

Rates variable to suit.

From £12 to £20 per hour,

£50 half day – £90 full day.

Contact David on 07751765047

Phone 01284 728768

fax 01284 729166

email

david.a.fisher@btinternet.com

Please see ACW Building Services on Facebook !

ACW BUILDING SERVICES

Bathrooms, Kitchens, Plumbing, Tiling, Plastering, Carpentry, Renovations, Extensions.

Adrian White

Builder

105 The Street Icklingham
Bury St Edmunds
Suffolk
IP28 6PL

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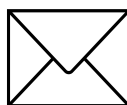
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INFO@GREENSCENETREESURGERY.CO.UK

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..

**Want to help your Village ?
Get involved ?**

There are two vacancies for Parish councillors, if you would like to find out more about being a Parish Councillor please come along to the meeting on July 6th or email the Clerk of the PC, Su Field on IcklinghamPC@gmail.com



If you have something you would like to put in The Villager just let me know and I will put it in the newsletter for you. Email bac@talk21.com or drop in my post-box at 59 The Street

HA HA SUMMER JOKES !

What did the pig say on a hot summer day?
– I'm bacon!
Why do bananas use sunscreen?
– Because they peel.
Why are gulls named seagulls?
– If they were near a bay, they'd be bagels.
Which letter is the coolest?
– Iced T.
What do you call a snowman in July?
– A puddle.
What do sheep do on sunny days?
– Have a baa-baa-cue.
What race is never run? – A swimming race.
When do you go at red and stop at green?
– When you're eating a watermelon..