DENSTON HAWKEDON POSLINGFORD STANSFIELD STRADISHALL
ASSINGTON GREEN CLARE COWLINGE THURSTON END and WICKHAMBROOK

PARISH PUMP

No 375 parish.pump@gmail.com July2024

GREAT ROYAL HONOUR FOR RICHARD

see P19



Richard and Mary Evans
As most of you know Mary Evans tragically died in January this year after a very short illness. Both she and Richard worked tirelessly to serve the Stansfield and West Suffolk community over many years. Now Richard has been awarded the British Empire Medal in this year's King's birthday honours list.
It is a great honour which he thoroughly deserves.

We at the Parish Pump pass on our sincere congratulations to him.

Rare Goldilocks buttercup discovered in Lidgate churchyard

This is a photo taken a couple of years ago in Lidgate Church yard.. It is called a **Goldilocks Buttercup** and is, apparently, a sign of very old undisturbed pasture or grassland. There is still some of it growing under the middle line on the right although the flowers have gone over now so it is now a bit hard to spot.

Thanks to Laura Perry and Janet Mitson for sharing this with us..



We at the Parish Pump are very grateful to Julian and Mary Lee (Cleaver), who have generously paid for the colour front page of this paper edition. Thank you!

Stansfield Good Neighbours

A well as helping individual residents with lifts to medical appointments and shopping etc., Stansfield Good Neighbours volunteers are busy helping to organise the Summer Fun Event at the Village Hall on **August 17th.**

Fancy Dress, Wellie Wanging?....

What would you like to see included in the Stansfield Summer Fun Event in August?

GN Volunteers will be busy baking cakes and serving teas and coffees. Also in planning are some activities for all ages, and more suggestions for activities are being sought. Please let the GN Secretary, **Pat Barnes, 07827 128511** know if you think of anything that could be included, and also if you would be prepared to help on the day.



Cowlinge church

COWLINGE CHURCH COMPANIONS

are delighted to announce a weekend of music and flowers in St Margaret's church, **Cowlinge**, on **SATURDAY-SUNDAY, 6th-7th JULY.**

On Saturday evening, 6th July, from 7.30pm, the highly regarded organist, Christopher Moore, will give a recital as a gift to the church as we work towards restoring the building which is in need of repairs. This promises to be a special occasion of music delivered to an audience by a fine musician in a building that has a perfect acoustic.
This is not a ticketed event. There will be a retiring collection. Pimms will be served.
The concert will take place in the context of a church full of flowers as the village community has been invited to bring flower arrangements to decorate the church in celebration of the gardens in Cowlinge as summer arrives.
The flowers will be on display during the afternoons of Saturday 6th and Sunday 7th July, between 1.30pm and 4.30pm on both days, giving visitors the opportunity to enjoy beautiful flowers in much-loved surroundings.
We look forward so much to welcoming you over this special weekend.'

Margaret Phillips
Cowlinge Church Companions Contact for the editor only: 07710021889
Email address:
cowlinge.church.companions@outlook.com

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Rector's Ramblings – July 2024 (O Summer, where art thou?)





Dear friends

as I write this the rain has been lashing against my study windows, a far cry from the sun-drenched days we usually associate with July. It's tempting to sigh, "O summer, where art thou?" and retreat indoors with a cup of tea and a good book. But hold on a moment!

While the weather may not be cooperating, there's still much to celebrate in this vibrant month. Here at the church, July is a time of growth, looking outwards, of embracing the community spirit that thrives even amidst unpredictable skies.

The sun may be hiding, but the warmth and light of faith remain constant. Our Sunday Services are always open to everyone, they are there to welcome you just as you are, and wherever you are on the journey of faith, even if it's just "dipping your toe in the water" and there is usually a short sermon which gives everyone a chance to explore themes like hope, forgiveness, and the power of love, all in a relaxed and welcoming environment.

We all experience times of darkness, personal struggles that can weigh us down. But just like the darkness of night gives way to the dawn, faith reminds us that despair isn't the final word. There's always light within us, waiting to be rekindled. Our services each week, and especially so when there are refreshments afterwards, are a space to share stories, find comfort and friendship, and reignite the spark of hope within.

Even with the rain, life finds a way. Flowers bloom defiantly in gardens, and nature continues its relentless cycle. This spirit of resilience is something we can all learn from. During the summer months the colour of the vestments and church decorations change to green, to remind us that it is a season of growth, where we are metaphorically planted, watered, nurtured, and grow in faith.

The Church of England, at its core, celebrates hope, light, and the enduring spirit of love. These are the very things we associate with the summer months. So, even as the skies remain grey, we can cultivate a sense of "summer within" – a warmth that transcends the weather.

While the weather may be dampening our picnics, there are still ways to spread warmth and joy. July marks the beginning of the school holidays, a time when some families might be facing financial strain. We continue to operate a free Community Pantry from the Parish Church in Clare where anyone can "take what they need, or leave what they can" and we would encourage everyone who is able, to contribute non-perishable goods, ensuring that everyone in our community has enough to eat during this time.

Acts of kindness, no matter how small, can have a ripple effect. By reaching out to those in need, we create a sense of warmth and compassion that goes far beyond the summer sun.

So, dear friends, even if the summer sun is playing hard to get, let's not despair! Let's use this month to explore the light within, celebrate the bounty of our community, and share warmth with those in need. Remember, the Church is always there, a beacon of hope regardless of the weather. We may not be able to control the rain, but together, we can create a vibrant and welcoming space for everyone to find solace and connection.

With love and blessings

Mark

The Revd Mark Woodrow (Rector)

Stansfield Cricket Club





Just to let you know that we don't have a Cricket Club contribution for next Parish Pump – our game last Sunday was cancelled due to rain and a very soggy wicket, so no match report. We have games planned for the next three Sundays (weather permitting), so we should have something for the next edition – probably enough to fill a whole page! Feast or famine…..

Monthly Rainfall 2023/2024

2024	Jan	Feb	March	April	May							
Nick Burton- Stradishall	55	115	45	64	96							
Tina Lee- Stradishall	57	119	47	87	91							
Sam Slater- Stansfield	51	129	55	60	114							
Rod Taylor- Stansfield	59	121	59	68	99							
Jay Gridley-Hundon	71	128	57	74	104							
Victoria Pakenham - Fenstead End	53	132	59	62	106							
Elaine Plumpton Great Saxham	54	129	66	69	78							

2023	Jan	Feb	March	April	May	June	July	Aug	Sep	Oct	Nov	Dec
Nick Burton- Stradishall	42	5.5	95	51	66	19.5	94	56	70	170	88	75
Tina Lee- Stradishall	50	1	75	57	75	22	93	55	68	168	88	69
Sam Slater- Stansfield	36	4.5	111	69	49	22	94	55	73	181	108	80
Rod Taylor- Stansfield	54	6	105	63	46	19	94	62	66	180	95	90
Jay Gridley-Hundon	40	4	111	60	56	24	84	69	66	187	96	89
Victoria Pakenham - Fenstead End	45.5	5.5	93	54.5	36	19.5	92.2	60	73.8	186.8	88	79.4
Elaine Plumpton - Great Saxham	60	4	114	62	65	28	70	63	49	172	85	94

St Mary's Church, Lidgate



presents

Music for a Summer's Evening

with **Beatitude**

including music by Britten, Bruckner, Stanford, Finzi, Vaughan Williams

Saturday 29th June 4.30pm

Tickets: adults £10; children over 5 £5

(admission includes light refreshments & sparkling wine during the interval)

Tickets available in advance from Janet Mitson, Tracy Wade, or Mick Thurman mickthurman17@gmail.com and on the door

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St Mary's Church Lidgate

The beautiful little medieval church of St. Mary's, Lidgate, is hosting a late afternoon choral concert of summer music at the end of June, featuring local chamber choir **Beatitude.** The programme will include music to suit all tastes, with the accent on British composers. Like many local churches, St Mary's is faced with a substantial maintenance programme over the next few years, and the proceeds of this concert will go towards the much-needed restoration of its windows. Ticket prices include light refreshments and sparkling wine to be served during the interval, when you will have the chance to discover our famous medieval graffiti! Full details of the concert are on the above poster - we look forward to seeing you on 29th June.

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	Price for the period		Price per issue
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Eighth page	£ 165	£ 90	£ 20
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Half page	£ 420	£ 230	£ 45

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Wickhambrook, Suffolk

Stradishall Traffic Speeding Update
No change that I can find out. The posts are still bare.

PLEASE NOTE
We send an electronic version of our magazine to about 400 people. If anyone in the villages does not receive the Pump or if you know anyone who would like to have it, please message us with their email address. I will ensure you will be put on the list.
Kind regards, Peter
parish.pump@gmail.com



Wickhambrook Farmers' Market



With your continued support we returned in the Spring and since then the second Sunday monthly.
Thank you
Martin





Martin Kinna

Oh, to be in England!

As I sat down to write this month's offering I made two conditions: the first was not to mention the weather this time. Well, here goes, I am breaking that one straight away.

The Saturday of the magnificent **Trooping the Colour** was seriously marred by a terrible day, overcast and drizzly and getting worse, the King bravely taking the Salute in the open air under a downpour, as sodden troops filed past outside the gates to Buckingham Palace.
Here in Suffolk, it was the same and many villages had planned their **Open Gardens** events for the same Saturday but there is little joy in traipsing around other people's gardens in a downpour. This augured very badly for Denston who had fixed their date for the following day. This little village is making a tremendous effort to mark the **550th Anniversary** of the building of their very delightful and special church.
As luck would have it the following day, the Sunday, turned out to be one of those blissful early summer days that reminds one of childhood. We had decided to go as a group from Hawkedon and to take a picnic. However, I had dressed for the worst with T shirt, thick shirt, pullover and a second-hand tweed jacket much repaired with leather patches. Good for a day's shooting, perhaps. Brollies and canvas chairs were duly stowed in car boots along with hampers and various bottles and all six of us set off with dread but hope in our hearts.

As we left, the clouds rolled back and the warm sun took control of the blue skies. It turned out to be a perfect day for sitting outside, munching on cucumber sandwiches and watching people come and go. Our first visit was to Jeff Fellows's lovely garden, full of interest and some lovely roses. Meandering paths to surprising areas all immaculately kept, and one knew immediately this was not just for a one-off occasion, but it is ever thus. Beautifully planned for each season and a perfect introduction to a fascinating day.
Arriving on the Green, we picked a spot in the shade of a tree, from which we could watch the ebb and flow of people, children and dogs. The Denston cake makers had done the event proud with the largest possible variety of beautifully baked and tempting sweetness displayed on tables in the tea and coffee tent manned by tireless helpers and children, who also sold commemorative mugs and tea towels. **Linda Dabbs** ran a stall with plants and garden paraphernalia which made a fine show. A lot of thought and effort had gone into all of this.
As we wandered from garden to garden, we passed many other visitors, mostly unknown to us; each had a broad smile and a friendly greeting. It was obvious we were all enjoying ourselves and the perfect early summer's day. There was something old worldly to the day, when life was more like that and not the dash and bustle of today. Nobody was pushing a pram or stroller while staring at their mobile phone. It was rather like stepping into a 1950s, film so happy and polite it was.
It would have been very pleasant just to stay on the Green, where I discarded first the jacket and then the pullover, but we dutifully went on the garden trail to see many a lovely sight. Wonderful roses, shrubs reflected in moats, lakes and ponds, wonderful pots, quite a few from The Italian Terrace in Rede, sculptures, inviting garden seats from which to take in the views. It all seemed so easy, so relaxing, and somehow so English like a day at Lords, Henley or Wimbledon, the big difference being one did not have to concentrate on the sport but just let the senses wander. Only the bees were hard at work.
Some of the gardens were an adventure, some obviously professionally landscaped, new or over time. It was the smaller personal ones that seemed the happiest. All around, the atmosphere was relaxed; I didn't see anybody consulting plant books. All seemed right and thanks to the immense efforts put in by the hardworking Denstonians it was a perfect, satisfying day, when everybody seemed happy and at ease. I do hope it raised a good sum for the Church Fabric Funds. If you have never been there, why not come to the concert on July 6th just a few days after you receive this copy?
The second thing I was not going to mention is the Election, but I think you have probably heard sufficient about that. I cannot help but think of the quote of some Northern Ireland clergyman some years ago who is reported to have said "And don't forget my friends, Vote Early….. and often" !!
I hope you enjoy your Summer. The corn is turning gold now and there will be lots to look forward to.
Martin Kinna
Editor's note
Please see page 12 for lovely garden photos

Music (and tea) on a summer's afternoon in Stradishall church.



The **Anima et Musica** duo of **Alice Cottrell and Fran Jefferies** are planning to hold a musical recital at **St Margaret's Stradishall on the afternoon of Saturday 10th August**.
Their repertoire is an eclectic mix of music ranging from the late fourteenth century to the modern day, including some original compositions. Admission to the concert is free, with any donations being divided between the musicians and the host venue.
Following the concert, there will be the opportunity to buy and enjoy tea and cakes provided in their usual inimitable style by the Stradishall community.
For more details, see next month's edition of the **Parish Pump….** **Carol Thompson**

Denston Village Hall 100 Club June Quiz night

Angela Howard	**£20**
Norma Windows	**£10**
Heather Carre-Skinner	**£ 5**

STEFAN, TREASURER Denston Village Hall 01440 820675



Alan & Janet Willis

opened their garden at **Beechwood House, Wickhambrook** to raise funds for the **St Nicholas Hospice** in memory of Alan's sister Elaine. Her final weeks were spent at the Hospice in Bury St Edmunds. The love and care shown by all the staff was greatly appreciated by all our family. It was Elaine's request to us to open our garden for the Hospice to show our appreciation and thanks. Thank you to those who joined us to raise funds for **St Nicholas Hospice.** This caring facility needs £22,000 per day to function. Statuary funding covers 20% but they still need to generate a further £17,500.00 of income per day to be there for those of us that need it.

The Horringer Podcast Meets the Candidates ...

In the run up to the election we are giving you the chance to listen to West Suffolk's candidates who want your vote at The General Election



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***Editors Note* It is Parish Pump's policy to be politically neutral but at the time of our going to press this 'SoundCloud' broadcast is only for five candidates. However our enquiries have indicated that the remaining three candidates have not followed up their invitation to participate. This may change.**

The Bansfield Benefice

Services for July 2024

https://www.bansfieldbenefice.org.uk/services/

Date	Time	Church	Details
07 Jul	10:00 am	Cowlinge (Sixth Sunday after Trinity | HC)	Celebrant: Revd Eve Bell Organist: [CM] Liturgical colour: Proper 9
14 Jul	10:00 am	Denston (Seventh Sunday after Trinity | HC)	Celebrant: Revd Barbara Sherlock Organist: [KI] Liturgical colour: Proper 10
21 Jul	10:00 am	Lidgate (Eight Sunday after Trinity | HC)	Celebrant: Revd Eve Bell Organist: [BT] Liturgical colour: Proper 11
28 Jul	11:00 am	Stansfield* (Ninth Sunday after Trinity | HC)	Celebrant: Revd Eve Bell Organist: [] Liturgical colour: Proper 12

Year B

*Stansfield service and BBQ. The event is at Laurel Bank Farm, Assington Green, CO10 8LY.

Village BBQ in aid of All Saints Church, Stansfield

On Sunday 28th July
At Laurel Bank Farmhouse, Assington Green, Stansfield CO10 8LY
11 am Garden Church Service (optional)
12.15 pm Full BBQ & desserts
BAR
Tickets available from
Louise Cairns Mackrill
01284 789279
louise.mackrill@gmail.com
BAR & RAFFLE
£15 pp (under 10 yrs £5)
Proceeds to All Saints Church, Stansfield

Country Cooking with Louise Mackrill



JULY 2024
Pack a hamper and escape for the day this July.
Perhaps, in a modern age when you can get almost anything pre-packaged, we have forgotten or lost the art of packing a perfect picnic. Of course, the Victorians used to pack the most wonderful picnics and although then, it was a way of taking a meal in its entirety outside, today the concept remains the same but in a less formal way. I'm not talking posh picnics with tables, linen & cutlery, this is just glorious home-made finger food, apart from a little spoon for the pud.
The recipes below are perfect for a picnic, whether it be seaside, riverside or country-side. There are a few additional things we always take on our picnics – what picnic is complete without home-made scotch eggs, sausage rolls or frittata, all of which have featured in my column in the past. Fresh air gives us a good appetite, so we are all hungry again by tea-time, so a freshly baked cake of some sort is vital, my preference being banana & honey loaf which I made this week
(photo on Instagram @louiseskitchenpopup)
Oh, and one more thing we ALWAYS take – an umbrella .

Broccoli & sweet potato filo rolls
Wonderful, tasty, transportable picnic food. This recipe makes 8 rolls.
200g tender stem broccoli stems, halved & par boiled
3 tbsp olive oil
125g sweet potato, peeled and very finely diced
2 small shallots, finely diced
20g blanched almonds, finely chopped
1/4tsp ground cinnamon
1/4 tsp ground cumin
12g currants
1/2 small lemon, grated zest and juice



1 packet filo pastry
Sea salt and black pepper

Pressed sandwiches
1 ciabatta loaf
3 – 4 tbsp pesto
8 sundried tomatoes, chopped
Handful rocket leaves
100g cooked ham, any type
100g gorgonzola cheese
Cut the loaf in half lengthways and spread the cut sides with pesto. Top with sundried tomatoes. Distribute rocket leaves over the base, followed by the ham, layering the cheese in slices over the ham, then put the top on and press down so that everything sticks together. Wrap tightly in cling film & refrigerate overnight with a weighted board on top to press it down. Next day unwrap, cut into 8 diagonal slices, rewrap tightly, pack in Tupperware

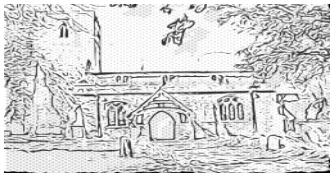
Strawberry & cream cheesecakes
200g buttery biscuits (Fox's Butter Crinkles!)
200g cream cheese
200ml double cream
6 tbsp icing sugar
2 tsp vanilla extract
500g strawberries, sliced
Blitz the biscuits to crumbs and divide between 8 little jars – glass Mason jars with lids work well. Whisk the cream cheese, cream, 5 tbsp icing sugar & vanilla until softly whipped. Tip half the strawberries & remaining sugar into another bowel and crush with a fork to puree, ripple through the cream and divide between the jars. Top each one with remaining sliced strawberries, secure the lids & chill. Remember to pack 8 small spoons.







ST. MARGARET'S REVITALISATION PROJECT STRADISHALL





STRADISHALL Parochial Church Council business

The main thrust of the meeting held on 14th June was an update on the renovation and upkeep of this lovely old church. Repairs have been made to roofs (where tiles have been replaced, bat tiles have been incorporated, to allow the summer lodgers to use their maternity roost), gutters cleared, walls painted, pews cleaned and oiled, and everywhere generally tidied up. The outside hasn't been forgotten, with the strimming and mowing of the graveyard and spraying the drive. There is still much to be done, but progress is being made.
Decisions have to be made by the community group about the distribution of the funds raised by village events over the last two years, and then new targets can be set. Meanwhile, there are plans to continue holding events in this focal point of the village.
PCC members were reminded that they are required to undergo the Safeguarding course, and a named Safeguarding Officer was agreed on.
Other items discussed included the need for the Benefice website to be updated, a new key holder rota so that the church is open to all comers throughout the week, the drawing up of a plan of the graveyard (which will be no mean task), investigation of the provenance of the wall paintings, and the disappearance of the brown compostable waste bin. *If anyone can throw any light in this, please let Peter know at the Parish Pump!*



Jeff Fellows, Wine (and food!) connoisseur



Hi Peter
I have now had dinner at Edmunds on three occasions. This is the restaurant at West Suffolk College where students are taught the elements of the hospitality industry. Namely creating, cooking and serving meals, with wine, to guests.
All three have been agreeable, the youngsters have been willing and enthusiastic, and it makes for an enjoyable meal.
Themed dinners are a feature and the last was based on US style meals.
As the wine list did not have US wines, we elected to bring our own. All from Majestic.
Waldorf salad. A very light and refreshing dish. Accompanied with Ste Michele Vineyards Chardonnay, Columbia Valley, Washington State. Full bodied with citrus and apple notes to it. Hint of vanilla from vinification in Oak casks, '21 £14.99 14%.

A trio of sliders. A slider being a dish served in a small bun with gherkins, chives and onion rings as supplements to the beef patty, chicken and pork shoulder. Edna Valley Pinot Noir. From the California Coast which has constant sea breezes. Big, bold wine. Full-bodied and quite dense. Think blackberries, cranberries, black cherries for this one. A finish to this one.'21 £14.99 14%.
Dessert, which I did not try, consisted of Pecan pie, Vanilla Ice cream, Apple doughnut and Salted Cheesecake.
However, the last wine was called Nettie. A Viognier, a white wine and an uncommon grape for the US. Named after Miss Nettie Valear who planted an acorn on the present site in memory of Abraham Lincoln, which is now a fully grown Oak. Once again full bodied. Peach and apricot flavours. '21 £9.99 14%.
I do find that the 14% regularly encountered in these young wines tends to mask or overpower the other elements in them. Given time they would balance but my palate is the stage where I much prefer the aged vintage wines.

Spanish Gran Reserva's are aged for five years, with at least two years in Oak Casks, and then three in bottle before being marketed. So after the Open Garden Day in Denston, of which one was mine, I invited a number of friends to help me celebrate the success of the event. Bubbles to start with but we then graduated to a Rioja GR, Ontanon 2010. Made from Tempranillo and Graciano grapes. Still a bit young but a mouth filling wine with black fruit notes, a hit of spice and with tannins subdued. Obviously popular as we consumed several bottles. Bought at auction and seemingly not on sale locally. However, Majestic have a Rioja GR 15/17 which would approximate to the above. Cune GR 15/17. Similarly black fruit, leather, vanilla and tannins being the description. £18 and 14%.
best,

Jeff

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THURSDAY
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Long Melford 2.30pm-5pm

FRIDAY
Clare Market Hill 8am-10am
Lavenham Market Place 11am-1pm
Depden 2-4pm



Denston's new cemetery gates

New Cemetery gates, built, and fitted by Max Howe of Compass's Joinery.
The project was supported by grants from West Suffolk Council and Suffolk County Council by the Councillors who represent Denston.



WICKHAMBROOK
SUMMER FETE
& FLOWER SHOW

Saturday 13th July
1pm - 5pm
Recreation Ground
D-Day Theme

Fire & Ice Majorettes
Classic Car Show
Newmarket Town Band
Ballet Shoe Workshop Display
Circus Workshop
Kuk Sool Won Martial Arts Display
Punch & Judy
Stalls
Inflatables
Grand Raffle
BBQ & Beer Tent
Family Dog Show
Sports for All
WI Teas

Due to licensing restrictions only drinks purchased on the premises are to be consumed on the premises

Clare Liaison and Support Project (C.L.A.S.P.)

DO YOU DRIVE?

DO YOU LIKE HELPING PEOPLE?

DO YOU HAVE A LITTLE SPARE TIME?



Car Aid is part of CLASP and provides a free service for the people of Clare and the surrounding villages who need to visit a hospital, health centre, their doctor, dentist, optician or physiotherapist, but have difficulty in organising or affording transport. The service is provided from a pool of voluntary drivers who use their own cars to transport their clients to and from their medical destination. All drivers, each of whom have been DBS checked, are reimbursed according to the destination visited.

WE URGENTLY NEED MORE VOLUNTEER DRIVERS TO MAINTAIN THIS VITAL COMMMUNITY SERVICE

CAR-AID JOHN WEBB 07724 698283

If you need transport to hospital or medical services please contact John Webb on 07724698283

Wickhambrook Summer Fete Committee needs your help!

We are in search of committee members and volunteers to help organise and run the village Summer Fete which will be held on **Saturday 13th July 2024**

At present we are a small band of people organising the fete along with some excellent volunteers who help before the day and on the day but now with two people now leaving our committee, we need more committee members and volunteers.
Our meetings are not long meetings and until just before Fete day are held every two months, closer to Fete day, once a month.
If you feel you would be able to help out and would like more information, please contact

Deirdre Smith (didgesmith@hotmail.co.uk) **Maggie Elers** (maggieelers@hotmail.co.uk)

WE REALLY NEED MORE HELP IF THE SUMMER FETE IS TO CONTINUE



Wickhambrook Local History Society News – May 2024

Wickhambrook Local History Society members visited beautiful Stoke by Nayland in June and enjoyed talks, walks and a church tour in summer sunshine. **Dorothy Anderson**





Gatehouse Charity: NHS Mindfulness Course



Dear friends,

Are you over 65 or a caregiver? Join our specially designed online mindfulness course, led by a clinical psychologist, and experience transformative benefits from the comfort of your home.

Mindfulness has been found to.

- **Reduce Stress & Improve Mood**
- **Boost Memory & Attention: Particularly helpful for those in early stages of dementia or with mild cognitive impairment.**
- **Be effective in reducing the discomfort of chronic pain.**
- **Help prevent burnout.**
- **Convenient & Engaging**: 1-hour weekly sessions via Zoom over 6 weeks, complete with a coffee break and optional extended practice.

Course Dates:

Various start dates in May/June 2024

Places are free but limited to 15 per course, therefore early booking is recommended to guarantee your spot.

Bookings can be made via our website: www.the-mindful-life.com by clicking on the 'apply now' button or email raechel@mindfullife.uk with any queries

These lovely birds made a terrible mess on my lovely car





DENSTON CELEBRATES SEVEN GLORIOUS GARDENS

Denston's Open Gardens Day on Sunday, June 16th was a great success. Seven glorious gardens were open to the public to help raise money for St Nicholas' Church as part of the Denston 550 celebrations.
Everyone involved worked so hard to make their gardens look extra-beautiful for the day, and provide visitors with cakes, teas and coffees. After weeks of rain, the sun came out - and plenty of garden-lovers, too! Over £2,000 was raised for the church.
There are two more events in the Denston 550 fundraising calendar. Next up is a concert in the church with the highly acclaimed San Diego choir **Stellarum** on Saturday, July 6th. Then, over the weekend of September 14th and 15th, will be a **Flower Festival** with the theme *Music Through the Ages*, together with an **Exhibition** documenting the history of the church – and how it refused to die.



Visitors take time out on the Village Green



Denston resident Linda Dabbs of Maison de Clements in Clare did a roaring trade at her plant stall on the Green.



Leaving the walled garden at Denston Hall, with its dazzling planting schemes and prolific and beautifully-designed vegetable garden.



Box hedges and lavender are always a winning combination



Colourful planting at Broom Cottage.



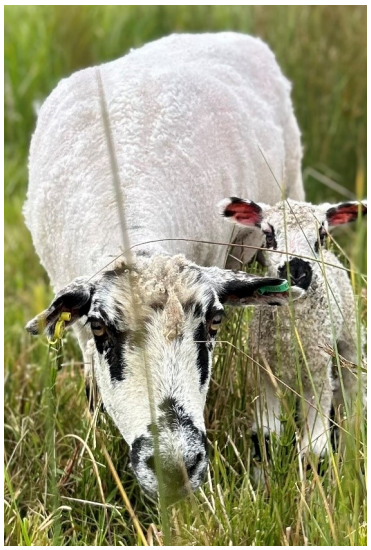
Commemorative china mugs and tea towels were for sale in the tea tent.



Picnickers from Hawkedon enjoy a bite of lunch between garden visits.

Smallholding by Portia Brown

Dear Parish Pump Readers,
I would like to introduce myself: my name is **Portia Brown**, I am a full time shepherdess running a rare breed and commercial flock of sheep, together with **Warren and Frances.** We are based at **Chipley Abbey Farm, Poslingford.**
I chose the rare breed sheep for their added value, their stunning fleeces and their rich sweet meat for our lamb boxes.
Lambing is coming to a close with the last few stragglers.
We have had a successful lambing with some challenging times with the weather as we lamb outside.
All our sheep have been shorn which will be a relief for many of the girls at this time of year as each fleece can weight around 4 + kgs.
All the cattle are now out to pasture after the long winter and the barns have been cleaned out and disinfected ready for harvest, which we are now preparing for.
The haylage and hay will be first, then we will move onto the barley, wheat, oats and linseed in August.
Each month I would like to share with you what we have been up to on the farm with the sheep, cattle and arable land.
Portia

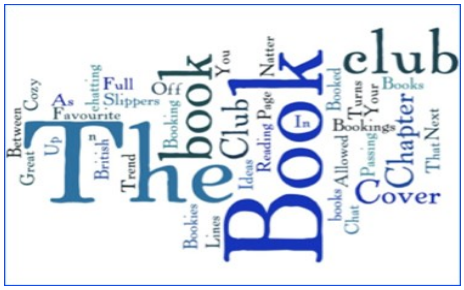












Due to holiday commitments Anne has to give this month a miss. PP wish her the best of holidays



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(Charity No. 1029710)

2024 FUNDRAISING
TABLE SALES

CLARE TOWN HALL, 9.30 a.m. to 1.00 p.m.
On the following Saturdays

July 20*
August 17*
October 19*
November 16*

*Dates coincide with Clare Market

FOR INFORMATION AND TABLE BOOKINGS.
TEL. 07980 948167
email; fundraising@clasp-clare.co.uk

TABLES £9 (+ Tombola Prize Donation) Double table £15
Tables are provided size: 6' x 2'

DOORS OPEN TO TABLE HOLDERS 8.45 am.

REFRESHMENTS and TOMBOLA in Aid of CLASP
Doors open to table holders 8.45am

For information and table bookings
07724 698 283
ek1000@btinternet.com

REFRESHMENTS and TOMBOLA
Charity No. 1029710

SUFFOLK LIBRARIES WHERE I BELONG

LEGO Club

Clare Library

Saturdays 10:30-12noon



New free Lego club for 8+ at Clare Library, CO10 8QF. No booking required. Get building, meet new friends, take part in challenges and have fun!

clare.library@suffolklibraries.co.uk
01787-277702

By donating to Suffolk Libraries you can help us fund crucial additional services that reduce social, digital and rural isolation in our communities. For details visit www.suffolklibraries.co.uk/donate
HMRC charity number: XT34476

Memories are Golden

OPen
Monday-Thursday 09.30-2pm

The Old Parkway School, Unity Offices, Park Road, Haverhill, CB9 7YD

Memories are Golden specialises in offering day care services to individuals living with dementia and suffering from heart conditions, diabetes, and other long-term physical challenges.

We also support people in their journey towards combating loneliness and isolation from families, friends, and their community.

Our Community Hub provides a safe space to socialise and build friendships, as well as providing meaningful activities, entertainment, and social events, to improve well-being. We also provide a 2 course nutritious meal every day.

£55 per day

We are accredited with Suffolk County Council who can commission service users to attend the hub if they meet criteria

We offer a taster day FOC - If you would like to book a visit please call Kelly on 07538920731
Email: enquiries@memoriesaregolden.co.uk
Website: www.memoriesaregolden.co.uk

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Wickhambrook Parish Council News



Hello, I hope you are all keeping safe and well. June has been a busy month following up on the actions from the May Annual Meeting of the Parish Council. Parish Council Meetings are open to the public so why not come along? We hope that you will find it interesting, and we would like to increase our community engagement. This helps to ensure that the decisions that are reached have the support of local residents. You never know, you may wish to get more involved – there are lots of ways to contribute, from attending meetings and asking questions, to joining in with volunteer events, or becoming a Councillor! We currently have one vacancy to bring us up to the full complement of eight councillors for the parish. If you would like to find out more, please do call me or one of our councillors, or come along to one of our meetings. If you would like to be considered as a councillor, please take a look at the website, and complete and return a co-option application and eligibility form. We look forward to hearing from you!

You can find draft minutes of our May meeting here. Our next meetings will be:

Estates Committee – 11th July and
Parish Council – 25th July

Both meetings will be held in the Pavilion, Wickhambrook Memorial Social Centre, starting at 7:00pm.

We've installed two new benches in the past month, a Memorial Bench (Royal Navy, past and present) in the Cemetery, and a sustainable bench overlooking the fields to the east of Six Acres, just by Footpath 25.

We also had the War Memorial cleaned in time for the Commemoration of the 80th Anniversary of D-Day, and Alan and Kathy Cordy and their team of volunteers did a wonderful job of tidying the cemetery and decorating the Memorial for this occasion.

If there is anything you would like the parish council to consider at a future meeting, please do get in touch with me.

Don't forget that you'll need to take photo ID to the polling station if you plan on voting at the General Election on 4th July. You can check if you have an accepted photo ID here. Do feel free to forward this message on to neighbours, friends and family in the parish and ask them to get in touch with me at parishclerk@wickhambrook.org.uk if they would like to be included in our e-newsletter mailing list!

Wishing you all the best, keep safe and well **Hilary Workman**
Clerk for Wickhambrook Parish Council







St Nicholas' Church, Denston

SUMMER CONCERT

Saturday, July 6th at 6.30pm

STELLARUM

A leading chamber choir from San Diego performs sacred and popular songs to celebrate 550 years of Denston Church

Tickets £15 each, to include a glass of wine and nibbles

Apply to Heather Phillips Email: htapr@dircon.co.uk Phone: 01284 789250

All proceeds for the fabric of the churches of St Nicholas, Denston, and St Mary, Hawkedon



CAR AID REPORT - APRIL 2024 .CLASP Committee Meeting Thursday 16th. May 2024

Year 2023 total = 389 total, 32.4 avge 47-62-29-37
Year 2024 to date = 175 total, 43.8 avge
Bookings May month to date – 21

The number of trips made in the 2023 year, at 389, was **42%** more than made in 2022. The current monthly average of 43.8 trips is **35%** higher than the 2023 level (32.4 trips).

After the ***very busy*** January (47 trips), followed by the ***explosion*** in February (62 trips), March ***imploded*** (29 trips). April with 37 trips experienced a 50% increase over April last year. As will be seen from the Statistics Summary above, the demand for our service continues to grow, but sadly our pool of volunteer drivers does not really increase making it more difficult for CarAid to continue to serve our community as effectively as in the past.

The difficulty in finding drivers experienced in April has continued into May. We have drivers taking extended holidays. We have had drivers suffering from coughs and colds. Nevertheless we have always managed to provide the service required, despite demands sometimes changing at short notice due to hospital rearrangements.

Once again can I urge all our volunteer drivers to try to identify and encourage any potential new persons to join our drivers' pool.

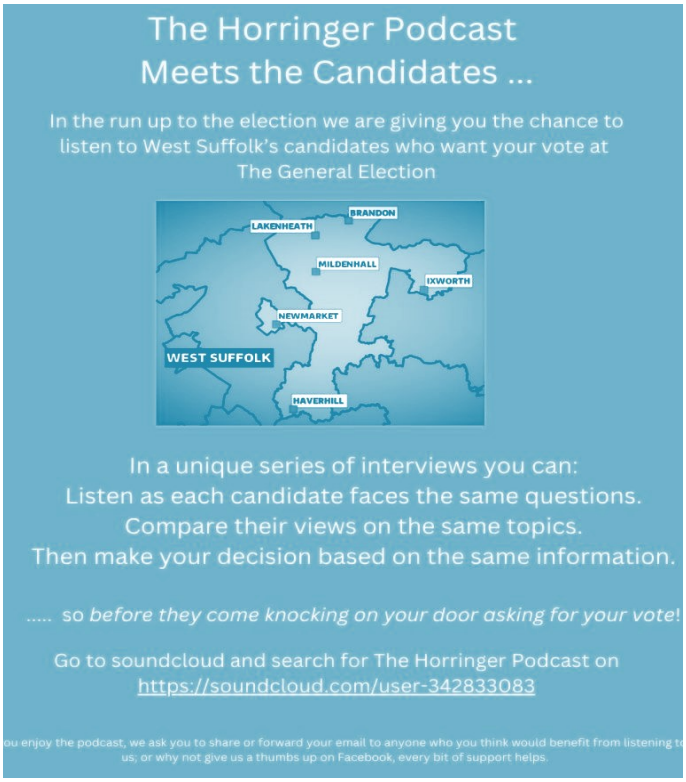
I REPEAT. Although having a pool of just over thirty volunteers, some of whom have limited availability, driver resource still continues to be a problem given the very significant increase in client demand this year. Clearly, we still need to attract more drivers in order to provide the level of service to which we aspire, and our community requires, particularly now that demand is increasing.

The ongoing interesting CarAid Statistic - In the last 73 months, since April 2018 when I took over, CarAid has helped 232 different clients, making 1,568 trips.

John Webb 11th. May 2024

2023	Journeys	Clients	Where to	Drivers	Mileage £	Cancels
First Quarter Total	*106*				*1,318.90*	*21*
Second Quarter Total	*113*				*1,692.85*	*16*
Third Quarter Total	*78*				*1,080.40*	*5*
Fourth Quarter Total	*92*				*1,191.95*	*9*
Year 2023 Total	**389**				**5,284.10**	**51**
Year 2023 Month Average	**32.4**		**Months**	**12**	**440.34**	

2024	Journeys	Clients	Where to	Drivers	Mileage £	Cancels
January	47	26	14	21	531.75	4
February	62	36	21	22	805.45	4
March	29	21	9	16	383.85	6
Firs Quarter Total	*138*				*1,721.05*	*14*
April	37	28	9	23	536.40	7
Second Quarter Total	*t37*				*536.40*	*7*
Year 2024 to date Total	**175**				**2,257.45**	**21**
Year 2024 Month to date Average	**43.8**		**Months**	**4**	**564.36**	





Wickhambrook Women's Institute 14th Annual Literary Lunch

The 6th June 2024 saw us once again setting up the WI Hall for another Literary Lunch. Members of our two Reading Groups had prepared a delicious buffet lunch which included quiches, salads, wraps and other savouries. This was followed by an array of desserts including Eton mess, tiramisu, crumble, fruit salad, Bakewell tart and cheesecake. As teas and coffee were served approximately 45 people settled down to listen to our guest speaker. **Kate Sawyer** is a local author, who was born in Barrow and went to school in Bury St Edmunds. She attended the **Academy of**



Performing Arts and worked in the theatre and as a yoga teacher for a number of years. She also ran a Health Food Shop for 15 years. Her dream was to become an actress but she soon realised that this was not a sustainable option, especially when she became a mother. During the COVID lockdown she took part in a scheme called 28 Plays Later where the aim was to write one play a day each month. One of these plays morphed into her first novel "The Stranding" which is set in a post-apocalyptic time and describes how two people, initially strangers, survive by literally climbing inside the body of a stranded whale. The couple eventually have two daughters and the book describes their life on an abandoned beach.

Kate's second novel is also based on a play about two sisters which became **"This Family".** As the title suggests this is a story about family life with all its trials and tribulations. The scene is set on the wedding day of the main character but underneath the family gathering there are hidden tensions and old dramas. This revolves mainly around the two sisters whose story unfolds through the book. Kate was at pains to point out that both these books are about relationships and heritage including rites of passage for a woman. During her talk, Kate read passages from both of these books to give



people who had not read her work a taste of her writing. At the end of her talk the author took several questions from the audience and then stayed to sign copies of her work which she had brought with her. We all enjoyed meeting and listening to Kate talk about her work and await her third book which is called "**Getting Away**" and is due to be published in July 2025.

Wendy Mansfield



Stradishall Church—the continuation of a rescue mission

This month has been a period of basics. The south aisle roof had to be sealed again as a leak developed in the heavy rainfall. I used 1 kg of putty and 5 litres of bitumastic.
The bottom rail of the north door was renewed and the door re-stained,
The north gutters were cleared of a load of roots, earth and leaves.
The manor pew area has been cleared of a lot of junk and is back to its former glory but the manorial occupants are long gone thank goodness.
The long haul of painting the walls has been started. There is a lot of area and a lot of it is in poor condition.
A whole day was spent cleaning the altar area by my lovely volunteer helper.



Staining in progress



The respectable article

	PARISH COUNCILS - WHO'S WHO in YOUR VILLAGE?		
Parish Council	**Chair**	**Vice Chair**	**Clerks**
Denston	**Jeff Fellows** **jefffellows.crown@gmail.com** **01440 820 310**	**N/A**	**Jeff Fellows**
Hawkedon/ Thurston End	**Rotating**	**Rotating**	**David Jarrold** **dmj1800@icloud.com**
Poslingford	**Martin England** **poslingforddd@outlook.com** **07814 246 204**	**Marc Allison** marc@theallisons.co.uk	**Chris Turner** **07814246204**
Stansfield/ Assington Green	**Rex Barnes** **rexstansfieldsoc@gmail.com** **07778 058425** **www.stansfield.onesuffolk.net**	**Andrew Pallett** andrew.pallett.spc@btinternet.com **01284 789434**	**Annie Lines** stansfieldpc@outlook.com.
Stradishall	**Ian Hutchinson** **stradishallparishcouncil@yahoo.co.uk 07970717116**	**Robert Deeks** **07940548407**	**Joanna Kirk** **stradishallparishcouncil@yahoo.co.uk** **077946851198**
Clare	**Rob Eyre** rob.eyre@clare-suffolk.co.uk **01787 277 559**	**Paul Bishop** **paul.bishop@clare-suffolk.co.uk,**	**Davina Neale** **clerk@clare-suffolk.co.uk**
Cowlinge	**Linda Aston** **lindaaston555@gmail.com**	**Jane Nesham**	**John Barnett** **01440 783 903**
Wickhambrook	**Mike Lavelle** **mike.lavelle@wickhambrook.org.uk**	**Paul Couzens** **07713 740 984** **paul.couzens@wickhambrook.org.uk**	**Hilary Workman** **07508 039 810** **parishclerk@ wickhambrook.org.uk**

West Suffolk District Councillors (People relevant to Parish Pump villages)

West Suffolk District Councillor for Denston, Stansfield, Hawkedon, Brockley, Wickhambrook, Stradishall, Clare, Hundon, Cavendish, Stoke by Clare, Kedington and others Bobby Bennett bobbybennet@suffolk.couk

West Suffolk District Councillor for Whepstead Wickhambrook Denston, Stansfield, Brockley, and Hawkedon

Sarah Pugh Sarah.pugh@westsuffolk.gov.uk

West Suffolk District Council for Clare, Kedington & Hundon ward

Cllr Nick Clarke - nick.clarke@westsuffolk.gov.uk

Cllr Marion Rushbrook marion.rushbrook@westsuffolk.gov.uk

Cllr Karen Richardson karen.richardson@westsuffolk.gov.uk

Please note this month we have made a determined effort to update these tables. However if anyone sees any mistakes or any changes please let us know!

Clare Community Food Bank

Free food at the Community Pantry in Clare Parish Church
07456 863 555
www.boomerangspetfoodbank.co.uk/



You can donate to our pantry by following this link
www.tinyurl/Clare Community Pantry

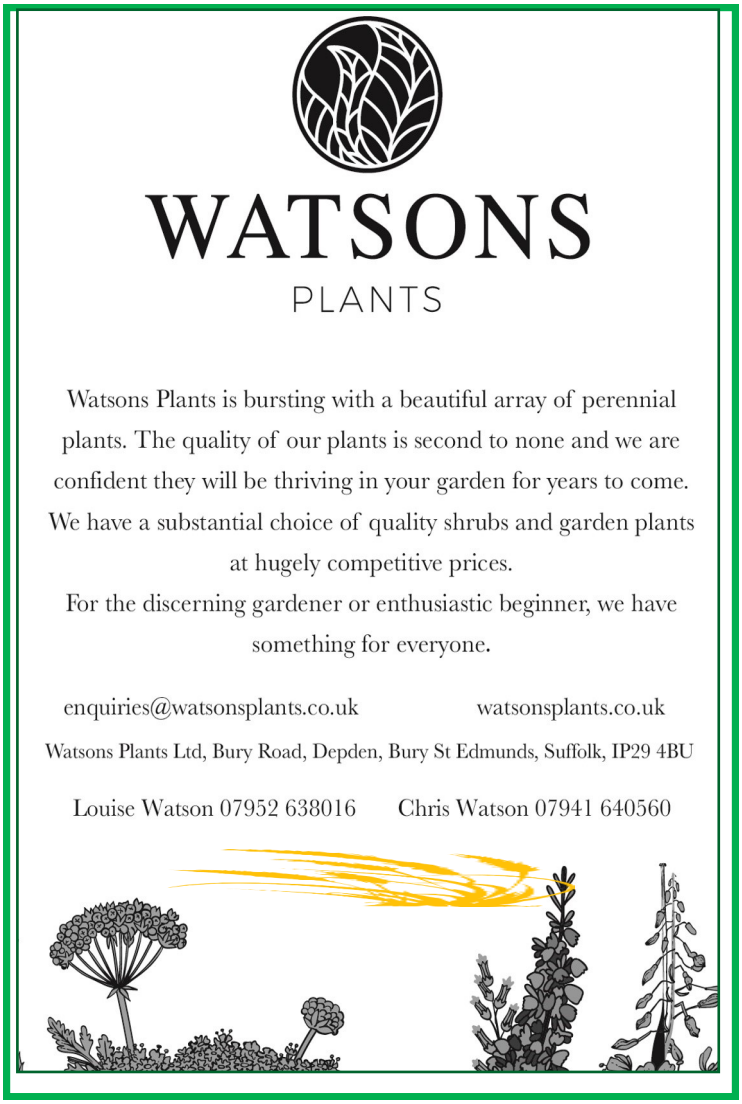
Great Royal honour for Richard Evans

A local villager is included in the **King's Birthday Honours List** which was published on June 15.
Richard Evans, who lives in Lower Street, Stansfield has been awarded the **British Empire Medal** 'for services to the community in Stansfield, Suffolk' according to the citation.
The medal will be presented by the **Lord Lieutenant of Suffolk** at a local ceremony and Richard will be invited to a Royal Garden Party.
The announcement of the award follows the death in January of Richard's wife, Mary, after a short illness.
Richard said: "While I am deeply touched to be nominated for this honour, the real recipient should be my late wife. She was the shining light who did so much for Stansfield and dozens of similar villages throughout Suffolk.
"I have little doubt that her remarkable contribution, initially as a volunteer and latterly as a county councillor and deputy leader of Suffolk county council, played a part in my nomination for a BEM. I am accepting the award in that spirit. No one would have been more deserving of public recognition than her."
Richard served as a Stansfield parish councillor for a number of years, including a spell as chairman. Together with Mary, he set up **Stansfield Bridge Club in 2007** which quickly became and remains one of the largest and most popular bridge clubs in the county.
Today it has a membership of 150 people drawn from local towns and villages. He also transformed **Parish Pump** from a church focused newsletter into a monthly magazine of broader interest covering several local villages and served two terms as its editor.
After starting his journalistic career with the **East Anglian Daily Times** and **Cambridge Evening News,** he worked for **The Times** for 20 years, where he was deputy political editor and subsequently racing correspondent, before spending 10 years on the **Daily Telegraph**.In 2007 he started teaching bridge full time and taught more than 1000 people to play the game.
The recommendation for the British Empire Medal was made by the **Prime Minister** on the advice of the independent **Main Honours Committee** following an an independent assessment process.



We at Parish Pump offer Richard our sincerest congratulations . It is a well-deserved honour which he is right to be proud of.





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THE COMPASSES
HIGH ST,
STANSFIELD
SUDBURY. CO10 8LN

TAPROOM HOURS:
FRI: 4PM – 10PM
SAT: 3PM – 10PM
SUN: 3PM – 7PM

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Who is who in our local church benefices?

BENEFICE	CHURCH	INCUMBENT VICAR	CONTACT	ELDERS AND OFFICIALS
BANSFIELD	COWLINGE	The Revd Eve Bell	07815441304	Dr Paul Bevan Mrs Fiona Evans
	DENSTON			
	LIDGATE			
	OUSDEN			
	STANSFIELD			
	STRADISHALL			
	ASSINGTON GREEN			
	WICKHAMBROOK			
STOUR VALLEY	CLARE	The Revd Mark Woodrow	01787277515	The Revd Dr Karen Smith
	POSLINGFORD			
SUFFOLK HEIGHTS	HAWKEDON	The Revd Clive Fairclough	01284 615828	Mrs Heather Phillips Mr David Taylor
SUFFOLK HEIGHTS	THURSTON END	As Hawkedon	As Hawkedon	As Hawkedon

People of Poslingford “Food, glorious food”

Our unique Bangers & Bingo event filled the Church with laughter.
Everyone exchanged a tin of food, for The Community Pantry, for a Bingo ticket. An enormous thankyou to Malcolm and Dave for their BBQ skills. The sausages were cooked to perfection and raised £24 for the church.
Our next event is **Scarecrows,** in celebration of the Paris Olympics. Either come on Saturday 13th July and help make an Olympic scarecrow or make it at home and display it in the village.

















Scarecrows

Saturday 13th July at 1pm

St Mary Church, Poslingford

In celebration of the Paris Olympics we are looking to decorate the village with sporty scarecrows

Jeff Fellows

In a letter addressed to Denston Parish Meeting from James Cartlidge, ex MP for South Suffolk:
he notes that we are now part of the West Suffolk Constituency. However, he “would take this opportunity to say how much of a privilege it has been to represent Denston Parish Meeting since 2015, and I wish you well for the future.”
Full marks for politeness.
I thought an MP represented the whole of Denston not just the Parish Meeting.
I cannot recall anything he has done which represents a benefit this village.
Should anyone know of any such benefit I would certainly like to know. Answers on a postcard please.

Happy beginnings, Happy futures.



Happy Days Childcare



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Based at Stradishall, we are a set in a rural location on convenient commuter routes to Haverhill, Newmarket, Clare and Bury St Edmunds.

01440 820 027

debbie@happy-days-childcare.co.uk.

1, Lancaster Way, Stradishall. CB8 9YD.



"A Bit of a Do!" is a great day out for all the family. It takes place 10am-5pm, 27th & 28th July, 2024 at Pebmarsh Football Ground, Clay Hills, CO9 2NG.
There will be vintage tractors, cars and engines and various displays. Lots of stalls including craft, bric a brac, charities and collectables plus a raffle, homemade cakes & refreshments.
Ample free parking, free entry, donations welcome
All proceeds to Village Hall, Youth and Football Clubs

Every penny raised goes towards local charities. I'm submitting it on behalf of a couple who gave two SESAW kittens a good home recently.

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Closer to Nature: A Wilder Garden
Speaker Jim Paine

Our Speaker is a keen conservationist and ran his own nursery for 25 years. He started by outlining "**Humanity's role in Earth's Life History"** and referred us to a registered charity called "**Climate Change Gardening**". Our dysfunctional relationship with nature has put the planet in crisis, but through our gardens, which cover over 5,000 sq. km., we can help do something about this. Three thousand years ago there was a great diversity of plants and animals on both land and in the seas and rivers. Man has brought uniformity in forestry and fields of wheat, and produced very simple eco-systems. Canals have simplified natural river systems. We have covered large areas with concrete, housing and roads. Now 83% of our rivers are highly polluted. We keep top predators, pet cats, who kill large numbers of birds and bats, and we artificially light up areas overnight which affects their behaviour. Between 1970 and 2020 there has been: a 50% decline in the variety of species, 80% of wetlands have been destroyed and 70% of ancient woodland. Looking at the biodiversity rating of 240 nations, the UK is among the bottom 10%! However, our gardens can create a refuge for wildlife and stepping stones and corridors to wilder areas. We can re-wild our gardens for the benefit of both Nature and ourselves. We can replace human intervention, allowing nature to recreate itself. Examples he quoted were **Yellowstone National Park**, where the introduction of wolves has restored the eco-system, **Glen Affric**, in Scotland, wheremit is planned to restore the Caledonian Forest, to provide shaded streams and encourage the salmon to return and to reintroduce the pole cat to control the number of grey squirrels, who are damaging trees badly. **Knepp Estate**, Sussex, have allowed Long Horn cattle to graze freely and encouraged pigs, ponies and beavers back. In our own gardens we should have a more co-operative approach to nature and welcome nature into our wildlife friendly gardens, for example by cutting fewer areas of grass and going for diverse plantings at different levels - ground, shrub and canopy. Adding an area of water is the most important way to encourage wild life into your garden. Log piles and rubble piles create shelter for insects and creatures. Native plants such as bluebells, dandelions, brambles, stinging nettles, daisies and ivy provide important food and nesting places. Trees for wildlife are hawthorn, crab apples, birch, flowering cherry, guelder rose, cotoneaster and stinging nettles. We can plant ground cover to minimise digging out weeds, and mulch rather than dig



round plants. When removing old plants, cut them off at ground level, leaving roots in the ground to rot, and compost our green waste. Some fences with concrete bases and posts prevent the movement from garden to garden of small creatures, but holes can be cut to allow movement of, for example, hedgehogs. He showed us an amusing video of this happening.
Tim Paine gave us a fascinating and well - illustrated talk and answered questions from members at the end. He also brought along a variety of plants for sale which were very popular! It was an excellent evening and very well supported with new members joining us
.

Ruth Seal Date: 20th May 2024

Contact: Jackie Merry 01440 820555

Wickhambrook and District Horticultural Plant Sale
Saturday 25th May

The Plant Sale was an informal friendly event and enjoyed by all. We brought plants from our own gardens which we had potted up, gave them to the Sale and found other people's desirable plants to buy! The plants ranged through vegetables, flowers, and shrubs to small trees. Wonderful bargains! There were teas or coffees and biscuits and a raffle, all of which helped to add to the final total.

Plants - £313.85
Raffle. - £106.00
Teas - £ 17.50

Total takings £437.35.Only expenses were teas and hall hireSo total profit £ 405.49A grand effort. Plant takings were double what we took last year.



YOUR CARAID *NEEDS YOU* - VOLUNTEER DRIVERS

If you have seen the regular reports on CLASP CarAid in this monthly magazine, you will be aware that more volunteer drivers are needed to continue to provide the ever increasing demands for its service to your community.

Please consider becoming a CarAid Volunteer Driver. This is not an onerous commitment and may only require one or two trips per month and our drivers all say how much pleasure they get from helping and meeting others.
Drivers are paid 45 pence per mile if requested.

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Mary Cleaver

Mary's page

Address:6 Signet Court, Swann Lane CambridgeCB5 8LA **Telephone:**01223 792331
Email:cambs@oslers.co.uk

Mary Cleaver
Partner - Duty Solicitor and Higher Courts Advocate
Oslers Solicitors

Lawyer Type:• Solicitor

Years Qualified: 25

Mary is extra busy this month so this is one of her contributions from August 2021

How divorce law is changing for ordinary couples

It is highly likely given the year that was 2020, that you may have missed the important news early on in the year for those seeking to divorce on a non-confrontational basis – those seeking to end their relationships on a more civilised basis without placing blame on either party should be able to do so at some stage towards the latter part of this year. The government's Divorce, Dissolution and Separation Act 2020 received Royal Assent in June 2020, although the reforms have not yet come into force, no-fault divorce is expected to be introduced in autumn 2021.

The new legislation will:

♦ Replace the current 'five facts' with a new requirement to provide a statement of irretrievable breakdown

. ♦ Remove the possibility of contesting the divorce

♦ Introduce an option for a joint application

♦ Make sure language is in plain English, for example, changing decree nisi to conditional order and decree absolute to final order.

The main thrust of the new legislation is that a no-fault divorce will undoubtedly reduce conflict, allowing couples to focus on important issues like children, property and finances. Currently, a petitioning spouse can only secure a divorce if they can prove that the marriage has broken down irretrievably on one of five facts, the two most commonly used being adultery and unreasonable behaviour. If parties want to divorce on a consensual basis they have to have lived apart for at least two years and have the consent of the other party. The new legislation is certainly a welcome up date to the divorce procedure and one that legal practitioners have been arguing for a number of years. Hopefully it will mean that what is often an extremely difficult time in a couple's life, becomes a little easier. Should you wish to speak to a solicitor about divorce, contact your local solicitor or us at Parish Pump and we can pass on your query

♦ Mary Cleaver is a practising lawyer living in Stradishall

Stansfield's B-B-Q 28th July

Village BBQ in aid of All Saints Church, Stansfield
On Sunday 28th July
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By popular request Clare Library is going to trial having subtitles to help those with hearing difficulties.

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We are looking for new volunteers to add to our team. **If you are interested and would like to find out more, please call 01638 664304.**

This set up is similar to CLASP both apply to their geographical area. If you live in the Clare area please phone John Webbat

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Problem page

with Carol Reay-Glover



CAROL is a trained counsellor living locally who can offer advice on personal problems, such as relationships, divorce, child issues, employment, depression - or general worries. Email her in complete confidence at carolreay1@icloud.com

Dear Carol
I don't know what to do.
I live next door to someone who keeps pet snakes.
I live in a semi.
First, he had two snakes now at least 10.

I am terrified of snakes. My worst fear.
I have told them this, but he says they're all harmless. Then one small snake escaped last week! It was a small python of some kind. I had to move out and stay with a friend. They found it safe and well according to my neighbour.

I can't live like this.
What should I do?

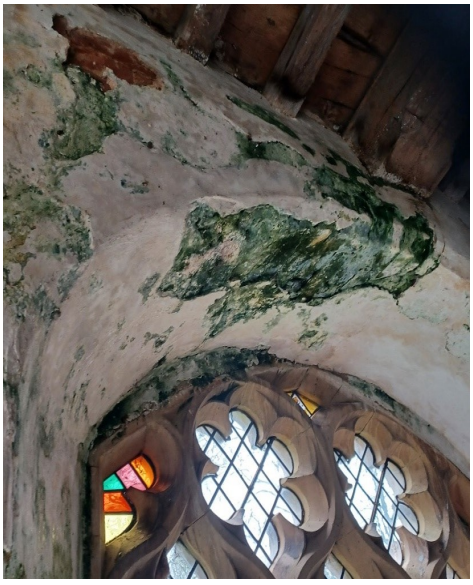
C

Dear C,
I sympathise with your problem.
It must be very scary to live in close proximity to your worst fear.
I confess the laws about this are not my area of strength. I am assuming there must be laws about keeping dangerous animals. Although these animals may not be dangerous as you say.
My suggestion is that you start by calling your local police and find out what the legal situation is. Citizens Advice and the local council may also help. Then, it sounds like you are in open conversations with your neighbour, so I suggest that you arm yourself with the facts, any rights you have, and then talk it coolly and reasonably through with your neighbour. It might be he can help by making non-escape security arrangements for example. And you can talk through what would enable you to be comfortable with the situation.

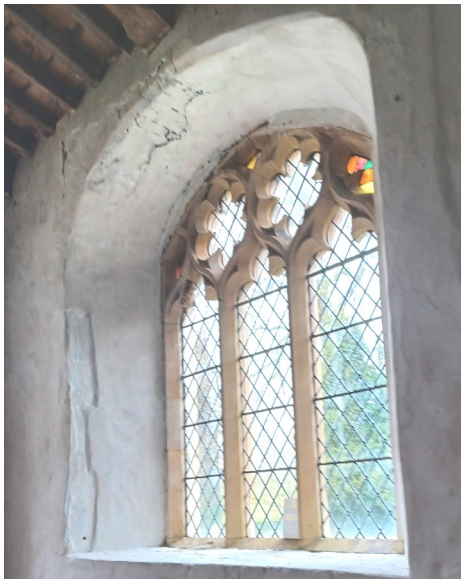
It's a difficult one. But facts and dialogue seem to me the best way forward.

Good luck C,
Carol

Stradishall Church—another step onwards



Before TLC



After TLC



Turin Shroud?

Please note these are actually different windows but both were in similar condition, and treated the same way.



Clematis' in our garden

Swallows are here!



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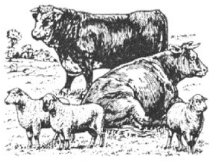
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