

# Easton Parish Magazine



*October 2017*  
*Price 25p*

# ALL SAINTS' CHURCH, EASTON

**Priest-in-Charge : None—Vacancy**

**Churchwarden : Jane Woodbury-Eggins**

Bickley, Harriers Walk

**Tel: 746667**

Please contact Jane initially to arrange weddings, baptisms or funerals.

**Treasurer : Carol Rook**

Ivy Cottage, The Street

**Tel: 746162**

**Magazine Editor : Clare Owen**

5 Harriers Walk

**Tel: 745015**

**For pastoral emergencies ONLY please contact:**

**The Rural Dean The Revd Mark Sanders**

**[revmarksanders@tiscali.co.uk](mailto:revmarksanders@tiscali.co.uk)**

**Tel 768875**

## ***FLOWER AND CLEANING ROTA***

|                 | <b>Flowers</b>                | <b>Cleaning</b>                    |
|-----------------|-------------------------------|------------------------------------|
| <b>7th Oct</b>  | HARVEST<br>All helpers please | HARVEST<br>Emma Gibbon and helpers |
| <b>14th Oct</b> | Jane Pollock                  | Imogen Hayward                     |
| <b>21st Oct</b> | Jane Pollock                  | Imogen Hayward                     |
| <b>28th Oct</b> | Jean Kendall                  | Jean Kendall                       |
| <b>4th Nov</b>  | Jean Kendall                  | Jean Kendall                       |

## Vacancy in the Parishes

A strange idea! The parishes are not vacant at all. There are people worshipping in them and trying to share the Gospel – just as ever over hundreds of years.

However, at the moment there is no Rector or Vicar present and the process for the appointment is not a straightforward one.

As you may know the seven parishes of the Orebeck Benefice, as it is now called, have found it difficult to meet the full costs of the Parish Share which pays for the costs of a Rector, their housing, diocesan support costs and the shared training costs for all ministers. If you like – paying the basic bills of having a Vicar or Rector. Unfortunately this was happening so much that the Diocese of St Edmundsbury and Ipswich was running at a substantial loss and was selling clergy housing to keep the budget balanced. The Bishop now challenges the parishes in such a situation to draw up an Action Plan sharing how, through the Mission and their giving, they can work towards the full total. In response the Diocese budgets for a lower but increasing figure to help cover the period until the full amount is paid.

The seven Church Councils are now working towards such an Action Plan in the first part of the autumn and will receive help to do so from Canon Graham Hedger, the Diocesan Stewardship Officer.

This process is a challenge, to look at the spiritual, mission and financial opportunities in the parish and encourage others to do so too. It should be seen as a partnership of the seven churches responding to a God who is so generous to us in creation, in Jesus, and in the call and the gifts of the Spirit.

At a recent meeting of the seven Church Councils, they decided together that the Action Plan should work towards appointing a new full time Priest to lead God's people and care for all those who live in the benefice. We hope the Action Plan process can be completed in the autumn and work begun to draw up the Orebeck Benefice Profile which would describe the villages, their communities and shared life in the hope that a new Priest can be sought and appointed in the New Year.

I write this as Rural Dean who shares with the Churchwardens and Elders some responsibility for this period. I hope this explanation helps and, with all of you, hope we can quickly move forward to the appointment of your new parish priest.

With best wishes

Mark Sanders, Rural Dean and Rector of Framlingham with Saxtead



## *Church Matters .....*

### Harvest Thanksgiving and Lunch

Do come and join us on **Sunday 8th October** for our Harvest Festival and lunch! As usual we are marking God's generosity and provision for us by collecting gifts of tinned or packet food to send to The Chapman Centre for the homeless. Please bring any offerings and also any flowers or fruit/vegetables for decorating, to the church early on Saturday 7th or leave them in the church beforehand.

Important note: Could I make a special plea that you check the best before/use by dates on items donated to avoid having tins and packets which are past their useful dates or are unmarked.

The Harvest Service is at 11 am. The collection at the service will be for the charity Water Aid which provides clean water supplies for communities in poor countries. Clean water is essential for the health and welfare of people who, in many parts of the world, have to walk for miles to fetch water, even if the source is dirty or contaminated.

You do not have to come to the service to attend the lunch (cottage pie and peas followed by puddings), so feel free to come to the Village Hall at about 12 noon as the lunch is a good community "get together" occasion. Details on page 6.

### Benefice Services

The benefice communion service on 1st October is at Parham at 10 am.

There is a fifth Sunday benefice service of Holy Communion 10 am on 29th October in Easton church. This is a sung service with the choir.

The benefice service on 5th November will be at 10 am at Brandeston.

### School Harvest Celebration

This will take place on Friday 20th October at 2.30 pm in the church.

## PCC Meeting

There is a PCC meeting at 2 Black and White Cottages on Tuesday 10th October at 7.30 pm.

## Discussion Group

The next Discussion Group will meet on **Wednesday 18th October** at 10.30 am at Easton House when the topic will be the story of Esther.

New members are always welcome. We start with coffee or tea and sessions are quite informal.

## Dates for your Diary

### Remembrance Sunday:

The service will be at 10.45 am in Easton Church on 12th November.

Christmas Bazaar: Saturday 2nd December in the Village Hall.

### Christmas Carol and Gift Service:

This will be in the evening of Sunday 10th December (time to be confirmed).

*Jane Woodbury-Eggins*

# BAPTISM



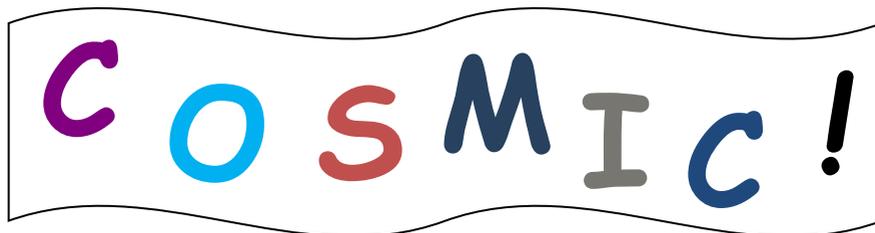
## **Baptism of Poppy, Freddie and Bluebell Kerr**

A joyful family baptism of Ali and Sian Kerr's children took place in Easton Church on 23rd September. The service was taken by Revd Robin Alderson who married Ali and Sian in 2012.

We welcome Poppy, Freddie and Bluebell into our church family and send them all our love and blessings.

*Jane Woodbury-Eggins*

*It's ....*



## **Money, Money, Money**

Come along on **Sunday 22nd October** to COSMIC.

We will be finding out about money.

When Jesus was alive, people tried to trick him, sometimes about taxes and money. The Roman Emperor was very important in those times and wanted to trick Jesus and catch him out. We will be finding out all about his story as well as looking at our money today. What does the writing on the coins mean? Why do we need money? What do we pay taxes for?

Come along to do some coin rubbing and learn a bit of Latin!

Hope to see you there at 11am

Emma Gibbon T: 746866



COSMIC  
(Children on Sunday Morning in  
Church)

# Harvest

**Sunday 8th October**

**IN CHURCH 11.00 am**

Family friendly service.  
Please bring your gifts of  
fruit, vegetables and dried goods  
for The Chapman Centre for the homeless.  
Collection to Water Aid.

**IN THE VILLAGE HALL 12 noon**

Lunch

Everyone is welcome.  
You don't have to come to church  
to join in the lunch.  
No charge — donations welcome

**COME TO ONE OR BOTH!**

# Celebration

**ALL SAINTS CHURCH, EASTON**

**is hosting**

# *Sunday Cafe*



**Easton Village Hall**

**Sunday 15 October**

**Open 10.00 - 11.30 am**

**We're Back!!**

**Come and chat with friends and make  
new ones. Everyone welcome.**

**Lots of homemade goodies to enjoy**

# EASTON BELLES



Members of Easton Belles WI would like to invite you to their annual OPEN MEETING – Tuesday 24th October, 7.30 pm. Easton Village Hall.

The speaker for the evening is Pip Wright on the subject of:

'Frolic, Fervour & Fornication in Suffolk Parishes'

£6 including refreshments.

Enquiries to Janet on 746808 or  
[prenticejanet@hotmail.com](mailto:prenticejanet@hotmail.com)

**EASTON**  
**PRE-SCHOOL**  
**HAS MOVED TO**



Contact us to  
arrange a visit!

**01728 746935**

**[www.eastonpreschool.org.uk](http://www.eastonpreschool.org.uk)**

The Hamilton Room, Easton Farm Park, Easton IP13 0EQ

# EASTON & LETHERINGHAM VILLAGE HALL



As we approach another autumn, we are pleased that the Hall is in full use with a variety of activities going on each day of the week. The latest addition to the diary is the now fully booked Suffolk Coastal Learning Drawing classes. We are delighted that Suffolk Coastal Learning have decided to add the Village Hall to the listed of approved venues for their adult classes.

We had a very enjoyable summer Rhinos and BBQ evening and thanks to all those who worked hard to make the evening go so well and help raise £680.

## NEXT EVENT

We are pleased to announce that for our winter party, a warm-up for the Christmas festivities, and as a follow up to our successful 60's party of two years ago, we have a **BACK TO THE 80's** party night on the 11<sup>th</sup> November (see advert opposite). An evening to let your hair down (or up!) and have a 'boogie' to the sounds of this iconic decade. You may even want to dress up in the style of the 80's or your favourite characters from the decade as so many of you did for the 60's night. This promises to be another memorable evening at the Hall so be sure to tell your friends and family and get your tickets early!

## COME AND JOIN US....

We are still looking for someone to come and join the committee. Specifically, to take on the role as Booking Secretary and key holder. The role involves being the first port of call for enquiries and the key holder for hirers. If you are interested and would like to give something back to the village then please see advert below.

### **Vacancy—Bookings Secretary**

The Village Hall Management Committee have a vacancy for someone to join the Committee to take on the role of Bookings Secretary to manage the diary for the Hall and be the first point of contact for hiring enquiries. If you are interested in volunteering please contact Ian Palfreyman on 747366 or [ianpalfreyman@icloud.com](mailto:ianpalfreyman@icloud.com).

# BACK TO THE 80'S

## 1980's Party Night at the Village Hall

1980's dress optional and dance to  
the tunes of the iconic decade!



VHMC Famous  
Cocktail Bar!

Saturday 11<sup>th</sup> November  
7.30pm til late

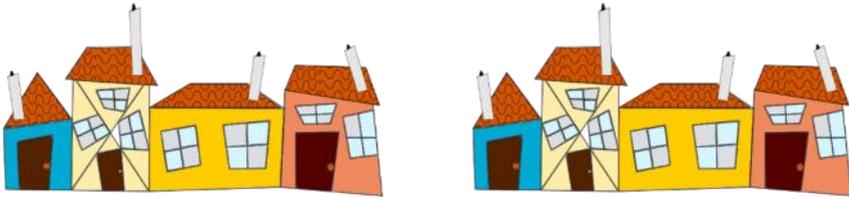
Tickets £7.50 (nibbles provided)  
Tickets are limited for this event so  
book early to avoid disappointment

Please contact:  
Margie (Madonna) Ransome 746818 or  
David (Prince) Stagg 746054



# Easton Parish Council

## NEIGHBOURHOOD PLAN FOR EASTON



The aim of a Neighbourhood Plan is to make decisions for future sustainable, economic, environmental and social development for future generations of our village, as such Easton Parish Council has decided to conduct a Neighbourhood Plan for Easton. The Neighbourhood Plan can help protect our historic and environmental assets alongside nominating type, and positioning of areas for development for housing and businesses which will respect the geographical situation of Easton for future generations.

The Neighbourhood Plan must have community involvement and we would like as many members of the community as possible to put forward their views, hopes and aspirations. Questionnaires and events will be arranged for this purpose. The Neighbourhood Plan can then reflect the communities' stake in its future. Involvement and support of the community is very important.

The Neighbourhood Plan will provide legal policies that are unique to Easton and which must be observed by the Local Planning Authority as they look to increase business and housing supply.

The Parish Council will lead the project for which a Qualified Planning Consultancy will be appointed. Members of the community are invited to join the steering committee. The project is expected to start by the end of November 2017.

Please contact either:

**Chair - [sue.e.piggott@btinternet.com](mailto:sue.e.piggott@btinternet.com) – 01728 746622**

**Clerk - [clerk.eastonsuffolk@virginmedia.com](mailto:clerk.eastonsuffolk@virginmedia.com) -01728 638453**

# Village View in October



Sunday Café  
15th October  
10—11.30 am  
Village Hall

Easton Belles WI  
Tuesday 24th October  
Open Meeting  
7.30 pm Village Hall

Mobile Library  
Wednesday 25th October  
12.20—12.40 pm  
Village Hall

Watercolour Workshop  
Thursday 26th October  
10 am—4 pm  
Village Hall  
Contact Colin Ayers for  
more information/to  
book a place.  
M: 07528 515214

Easton Pre-School  
The Hamilton Room at  
Easton Farm Park  
Mondays, Wednesdays or  
Fridays 9.15am—3pm  
Thursday mornings  
9am-11.30am

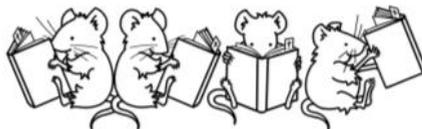
Gentle Exercise  
Mondays 2—3pm  
Village Hall  
Contact Adrian Smith on  
07801 023365

Yoga Flow  
Tuesdays  
9.30 - 10.45 am  
Village Hall  
Contact Kat Hesse on 638604  
for more information.

Pilates  
Every Wednesday  
9.15 am (advanced)  
10.15 am (mixed ability)  
Village Hall

Table Tennis  
Every Wednesday  
6.30 pm Village Hall  
£5 per session

Rabble Chorus Community Choir  
Thursday evenings  
8—9.30 pm  
Village Hall  
First session free!





# Easton Primary School

Back to school! The children are back from their summer break and have already settled in well to the new term. We are delighted with the new car park and hope that this is easing congestion in the mornings and pick up times for all concerned. It has proved popular with our parents!

We welcome 11 new reception children in Pirate Class. They have made new friends and are having a great time. We welcome two new members of staff—Mrs Leslie Denny and Miss Natasha Clark. We welcome them to Easton and hope they are enjoying their new school. We also have a new Head of School, Mrs Box, who has been at Easton for a while now and teaches our year 5 and 6 children.

At Easton our children are put into four house teams, Jade, Lightning, Crimson and Amethyst. They earn team points for a variety of reasons and aim to win the trophy at the end of term and a reward. The children enjoy finding out on a Friday morning who is in the lead. Each team is led by a year 6 pupil who encourages the younger children to earn team points and praises their team whenever possible.

We began the term with our annual welcome coffee morning to our new parents and their families. We combined this with the Macmillan coffee morning to raise money for a great cause. Thank you to all those who attended.

Year 5 and 6 are off to Hill Top next month for their annual residential trip. We hope they have a wonderful time and some great memories are made. I will let you know how they got on in next month's issue.

Every child at Easton continues to participate in Yoga. We have found this beneficial for the children (and staff!) and enjoy watching the children relax and prepare themselves for learning.

The classes this year are called Pirate Class Reception and Year 1, Dragon Class Years 2 and 3, Griffin Class years 4, 5 and 6.

Pirate Class are learning about the history of Easton and about the local area. As always we will be out and about for enrichment purposes so if you see us in the village do stop to say hello!

The children in year 2 have started their recorder lessons and from what I can hear (I'm next door!) are doing very well.

If you have any expertise in any areas of the curriculum we would love to hear from you. We always welcome visitors to the school as part of our enrichment programme. We would particularly like to hear from you if you play an instrument and would play to the children in an assembly (just a one off, so no commitment needed). I know you're out there!

We will be walking down to the church for our Harvest Festival celebrations and collecting food for the food bank. You are very welcome to join us at the church to hear stories, poems and songs from the children. Date to be confirmed, this will be on the school website.

Mrs D Payne, Early years/KS1 teacher

*For your information, our Medical Practices in Wickham and Fram have recently introduced this service.*



## What is a Care Navigator?

Deben Health Group (DHG) has been supported through the NHS England "Releasing Time for Care Programme". This has helped colleagues from medical practices to explore different ways of working that will improve how they provide services, both directly to patients and "behind the scenes".

Deben Health Group has agreed that one of the most important areas to review is how patients are "signposted", as efficiently as possible, to the right person in the practice, or in some cases to another medical professional outside of the practice. This has involved ALL receptionists being trained as Care Navigators to be able to have the right conversations with you, so that they can book you in with the best person to help you. It will also mean that GP practices have more information about services outside of the surgery which will be able to help some patients with specific needs, perhaps better than people at the surgery can.

Care Navigation provides patients with a first point of contact which directs them to the most appropriate source of help. Receptionists acting as care navigators ensure our patients are booked with the right person the first time.

Reception staff are trained and have access to a directory of information about services, in order to help them direct patients to the most appropriate source of help or advice. This may include services in the community as well as within the practice. DHG are currently using Suffolk InfoLink [www.Suffolk.gov.uk/infolink](http://www.Suffolk.gov.uk/infolink) as our local directory for patients.

**Benefits for practices:** This innovation frees up Health Care Team time, releasing about 5% of demand for clinical consultations in most practices. It makes more appropriate use of each team member's skills and increases job satisfaction for receptionists.

### **Benefits for patients:**

- It is easier for patients to get an appointment with the GP when they need it, and shortens the wait to get the right help.
- Seen by the right person, thereby getting treated quicker
- Improved understanding of their condition
- Increased awareness of available services
- Encourages positive behavior change and self-care
- Assists with the reduction of anxiety
- Helps to improve the overall experience of health care

*Information supplied by Framlingham Medical Practice*



## Message from Action Fraud

### **Equifax cyber incident: how to protect yourself**

We are aware of a cyber incident affecting the credit rating agency Equifax and are working with partners to offer advice to those affected in the UK.

#### **Who are Equifax?**

Equifax are a credit reference agency. A credit reference agency is an independent organisation that holds information about consumers or businesses (or both), to help banks and financial institutions decide whether to give them credit. In the UK, when a consumer applies for credit they give the lender information about themselves and their finances.

The lender will also get more detailed information from a credit reference agency. They can do this because lenders have all agreed to share information about their customers through the credit reference agencies. They each supply this information to the credit reference agencies to hold on their behalf. The credit reference agencies then act as independent go-betweens and work with the lenders to make sure the information is kept accurate and up to date.

#### **The Problem**

Equifax has confirmed that at least 400,000 UK citizens have been affected by the recent Equifax data breach. At this moment in time password related data does not appear to be involved in this breach. The main risk to UK citizens affected by this data breach is that they may be at risk of receiving targeted and realistic phishing messages. Usually if you are a victim of a phishing message, your real name will not be used. However, in this case as fraudsters may have your name, you will need to be extra vigilant around any message that purports to be from an organisation you deal with, especially when there are attachments or links which lead to sites asking for more personal information.

Fraudsters may also call. If you do receive a phone call that is suspicious - for example by asking you for security information - do not divulge any information and hang up. You should then contact the organisation the caller claimed to be from – never using the details they provided during the call.



## Here's what you can do to make yourself safer:

If any of your financial details were compromised, notify your bank or card company as soon as possible. Review your financial statements regularly for any unusual activity. Be suspicious of any unsolicited calls, emails or texts, even if it appears to be from a company you know of. Don't open the attachments or click on links within unsolicited emails, and never disclose any personal or financial details during a cold call.

Check your bank accounts and report any suspicious activity to your bank.

Criminals often use information they have obtained during a data breach to commit fraud by contacting people by email and requesting them to provide personal information or click on malicious links.

- An email address can be spoofed. Don't open attachments or click on the links within any unsolicited emails you receive, and never respond to emails that ask for your personal or financial details.
- The sender's name and number in a text message can be spoofed, so even if the message appears to be from an organisation you know of, you should still exercise caution, particularly if the texts are asking you to click on a link or call a number.
- Don't disclose your personal or financial details during a cold call, and remember that the police and banks will never ring you and ask you to verify your PIN, withdraw your cash, or to transfer your money to another "safe" account.
- We would also reiterate our general cyber security advice, which people can apply to their own personal data and computer devices:
  - Use strong passwords by choosing three random words. Numbers and symbols can still be used if needed. However, using three random words is the key to creating a strong password.
  - Always use a strong and separate password for your email and other important accounts.

John Owen

**Bus Service Timetable Woodbridge—Snape**  
**Snape—Woodbridge (not Weds or weekends)**  
**some via Easton!!! (Who knew?)**

**Woodbridge - Wickham Market - Hacheston - Snape**

Monday to Friday (Except Bank Holidays)

| Service              | 063 | 62 | 62 | 62 | 62 |
|----------------------|-----|----|----|----|----|
| Operator             | FNS | PF | PF | PF | PF |
| Service Restrictions | Sch | W  | NW | W  | 1  |
| Notes                | 1   | 1  | 1  | 1  | 1  |

|   |      |      |      |      |      |
|---|------|------|------|------|------|
| Woodbridge, Turban Centre (N-bound)     | 0800 | —    | 1215 | —    | 1715 |
| Woodbridge, The Crown (opp)             |      | —    | 1217 | —    | 1717 |
| Woodbridge, Conach Road (adj)           |      | —    | 1219 | —    | 1719 |
| Melton, Chapel (opp)                    | 0808 | —    | —    | —    | —    |
| Wickham Market, Market Square (N-bound) | 0818 | 1000 | 1230 | 1400 | 1730 |
| Easton, White Horse (opp)               |      | 1000 | 1237 |      | 1737 |
| Hacheston, Village Hall (N-bound)       | 0827 | 1010 |      |      |      |
| Hacheston, Easton Lane (adj)            | 0828 | 1012 |      |      |      |
| Parham, Marietta (opp)                  | 0830 | 1015 |      |      |      |
| Framlingham, Shelter (adj)              |      | 1022 | 1245 |      | 1748 |
| Parham, Bus Shelter (o/s)               |      |      | 1251 |      | —    |
| Hacheston, Phoenix House (adj)          |      |      | 1254 |      | —    |
| Campsey Ash, Railway Station (opp)      |      |      | 1250 | 1400 | —    |
| Tunstall, Green Man (E-bound)           |      |      | 1305 | 1412 | —    |
| Blashall, Youth Hostel (opp)            |      |      | 1308 | 1415 | —    |
| Snape, The Matings (opp)                |      |      | 1311 | 1418 | —    |
| Snape, The Crown (opp)                  |      |      | 1312 | 1419 | —    |
| Snape, The Globes (opp)                 |      |      | 1313 | 1420 | —    |
| Framlingham, Thomas Mills School (o/s)  | 0840 |      | —    | —    | —    |
| Swaffling, Church (adj)                 | —    | 1033 | —    | —    | —    |
| Randham, White Horse (o/s)              | —    | 1035 | —    | —    | —    |
| Saxmundham, Heron Road (opp)            | —    | 1042 | —    | —    | —    |
| Saxmundham, Street Farm Road (adj)      | —    | 1048 | —    | —    | —    |
| Saxmundham, Manor Gardens (opp)         | —    | 1050 | —    | —    | —    |

Summer Bank Holiday

no service

**Notes**

NW Not Wednesdays

Sch School Days Only

W Operator on Wednesdays

1 Sponsored by Suffolk County Council

**03170000**

PF PF Travel 01204 088 000

FNS First in Norfolk & Suffolk 01450 020 121

Suffolk 03/07/2017



# Snape - Hacheston - Wickham Market - Woodbridge

Monday to Friday (Except Bank Holidays)

| Service Operator                        | 62   | 62   | 62   | 62   | 963  | 62   |
|---|------|------|------|------|------|------|
|   | PF   | PF   | PF   | PF   | FNS  | PF   |
| Service Restrictions                    | W    | NW   | W    | NW   | Sch  |      |
| Notes                                   | 1    | 1    | 1    | 1    | 1    | 1    |
| Snape, The Glebes (adj)                 | 0930 | 0930 | —    | 1330 | —    | —    |
| Snape, The Crown (adj)                  | 0931 | 0931 | —    | 1331 | —    | —    |
| Snape, The Maltings (adj)               | 0933 | 0933 | —    | 1333 | —    | —    |
| Blaxhall, Youth Hostel (nr)             | 0936 | 0936 | —    | 1336 | —    | —    |
| Tunstall, Green Man (W-bound)           | 0939 | 0939 | —    | 1339 | —    | —    |
| Campsey Ash, Railway Station (adj)      | 0945 | 0945 | —    | 1345 | —    | —    |
| Hacheston, Village Hall (N-bound)       |      | 0951 | —    | 1351 | —    | —    |
| Parham, Marietta (opp)                  |      | 0954 | —    | 1354 | —    | —    |
| Framlingham, Thomas Mills School (o/s)  |      |      | —    |      | 1556 | —    |
| Saxmundham, Waitrose (opp)              |      |      | 1255 |      |      | —    |
| Saxmundham, Street Farm Road (opp)      |      |      | 1258 |      |      | —    |
| Saxmundham, Heron Road (adj)            |      |      | 1304 |      |      | —    |
| Rendham, White Horse (opp)              |      |      | 1310 |      |      | —    |
| Sweffling, White Horse (opp)            |      |      | 1313 |      |      | —    |
| Framlingham, Shelter (adj)              |      | 1000 | 1325 | 1400 | 1558 | 1750 |
| Parham, Marietta (adj)                  |      |      | 1330 | 1400 | 1605 |      |
| Easton, White Horse (o/s)               |      | 1010 |      | 1410 |      | 1800 |
| Hacheston, Easton Lane (opp)            |      | 1012 | 1333 | 1412 | 1607 |      |
| Easton, White Horse (o/s)               |      |      | 1340 |      |      |      |
| Wickham Market, Market Square (N-bound) |      |      | 1400 |      |      |      |
| Hacheston, Village Hall (S-bound)       |      | 1012 | —    | 1412 | 1609 |      |
| Wickham Market, Market Square (S-bound) | 0953 | 1016 | —    | 1416 | 1616 | 1806 |
| Melton, Chapel (adj)                    | —    | —    | —    | —    | 1626 | —    |
| Woodbridge, Naunton Road (opp)          | —    | 1026 | —    | 1426 | —    | 1816 |
| Woodbridge, Church (adj)                | —    | 1029 | —    | 1429 | —    | 1819 |
| Woodbridge, Turban Centre (S-bound)     | arr  | —    | 1031 | —    | 1431 | 1635 |
| Woodbridge, Turban Centre (S-bound)     | dep  | —    | —    | —    | —    | 1636 |
| Martlesham Heath, Tesco (o/s)           | —    | —    | —    | —    | 1650 | —    |

Summer Bank Holiday

no service

## NOTES

NW Not Wednesdays

Sch School Days Only

W Operates on Wednesdays

1 Sponsored by Suffolk County Council

## OPERATORS

PF PF Travel 01394 388 333

FNS First in Norfolk & Suffolk 03456 020 121

Suffolk 03/07/2017

# Shoebox Appeal

I know, I know, it can't be Christmas yet, but it really is getting closer and we need to act, especially if you want to support the Link to Hope Shoe Box Appeal.



Please find a shoe box and fill it with items suitable for a family or for an elderly person. Suggestions are:-

Sweets/chocolates, gloves/scarves/hats, small games, wind up torch/radio, craft/sewing kit, socks/tights, candles and holders, shampoo/shower gel, toothbrush/toothpaste, brush/comb, safety razors, plasters, soap/flannel.

Additional items for families:-

Pens/crayons, teddy/soft toy, screwdriver/tape measure, colouring book/writing pad, hair accessories, simple calculator.

Additional items for the elderly:-

Tissues/handkerchiefs, pens/paper, small mirror, sensory items, reading glasses.

To create a shoebox for £10 go to the website [www.linktohope.co.uk](http://www.linktohope.co.uk) for more information.

When your shoebox is full, please wrap it in Christmas paper, complete one of the Family Shoebox Appeal forms and sellotape £2 on the outside of the form to help with transport costs and return to me by

**Sunday 5th November**

My address is The Studio, Stud Farm, Framlingham Road, Easton IP13 0EW. Contact me for leaflets and shoebox collection.

Many thanks for your support.

Lynne Townsend 01728 621525

# Benefice Bits

**Greener Fram** By October we hope to be trialling our new FoodShare in a cabinet outside Fram library. Excess supermarket, trade and private individuals' food and consumables will be available for free 7 days a week at any reasonable hour. The focus is on reducing food waste and there is no eligibility criteria. Anyone can take anything at any point! We are hoping to feed bellies, not bins. Donations of unwanted food (that jar of unwanted chutney from a Christmas hamper or a glut of courgettes anyone ?!) that is safe for human consumption are also welcome. There will be a donation pot for the Friends of Fram library at the Foodshare but people are not obliged to donate. Greener Fram's AGM will be held on **28th October** at 9.30 for ten at the FAYAP centre next to Thomas Mills High School, to be followed by a talk on 'Sustainable living - Idle Dream or Urgent Necessity?' by Professor Midwinter.



**Notice from Paws of Parham dog trainers.** Seasonal Canine Illness is back with us again. Please keep your dog away from wooded areas until the sharp frosts start. Local vets have recently reported cases in dogs that have been walked in Rendlesham Forest and Dunwich Woods. The dogs become seriously ill within 48 hours of visiting a wooded area. They become lethargic, can be sick and have diarrhoea. It is important to get the dog to the vets as quickly as possible as it can be fatal if not treated promptly. This disease used to be limited to only a few woods but it appears to be spreading to more areas. **Jos Slade**



**Parham Airfield Museum.** Why not be a tourist in your own locality and spend a couple of hours looking around our new artifacts and exhibitions before the Museum closes for the season at the end of October? Dog walkers are welcome to stop off for a drink and snack at the shop and water is provided for four legged-friends. There are also several geocaches hidden within walking distance of the museum- including a new one in the museum grounds. Open Sundays 11-5, free admission [www.parhamairfieldmuseum.co.uk](http://www.parhamairfieldmuseum.co.uk)

**TRAIN DAY** It's coming round again! **Saturday 4th November** 11-4 at Hacheston Village Hall. Fantastic working layouts, 00 gauge, meccano £3 entry. With the added bonus of bacon butties, cakes and tea to purchase in aid of All Saints. Pop it in your diary now, I look forward to seeing you there. **Kaye Dawe**



# Village People

Steve Swann

**How long have you lived in Easton?**

Twenty-four years.

**What made you move here?**

I came here as Huntsman to the Easton Harriers.

**What's your favourite thing about living here?**

Easton is a very pretty village and still very rural.

**What's your *least* favourite thing about living here?**

The amount of traffic that comes through the village. Also the housing is so unaffordable for younger people

**What's the most interesting job you've ever had and why?**

As Huntsman to the Thurlow Foxhounds near Newmarket. I was there for five years working for Edmund Vestey who, at the time, was one of the richest people in the country. He was brilliant to work for.

**Have you ever lived in another country?**

No, but I have lived all over England. I do own a house in France which I absolutely love, but never get to spend enough time there.

**My greatest strength is ...**

Getting on with people.

**My greatest weakness is ...**

Not being able to say no.

**My favourite TV programme is ...**

Nothing in particular, but I do love wildlife documentaries.

**My favourite book ever is ...**

'Foggy' - Carl Fogarty's autobiography. Carl was a brilliant motor cyclist, a sport I love, and was four times World Superbike Champion. He has such charisma.

**If you could pass any law you would ...**

Make retirement obligatory at 60 to make room for youngsters to work.

**My favourite place in the UK (other than Easton!) is ...**

Yorkshire, my home, and particularly the Dales. I was born in a mining village called Campsall. Apart from the beautiful countryside, I love the people who take you as they find you and say it how it is!

**The best day of my life was ...**

Winning the Peterborough Dog Hound Championships with the Easton hounds. The competition is the equivalent of Crufts, but for hounds. I have won many competitions with horses and hounds, but this was the pinnacle. I was the first person to do it with the Easton hounds and, as far as I know, the last!



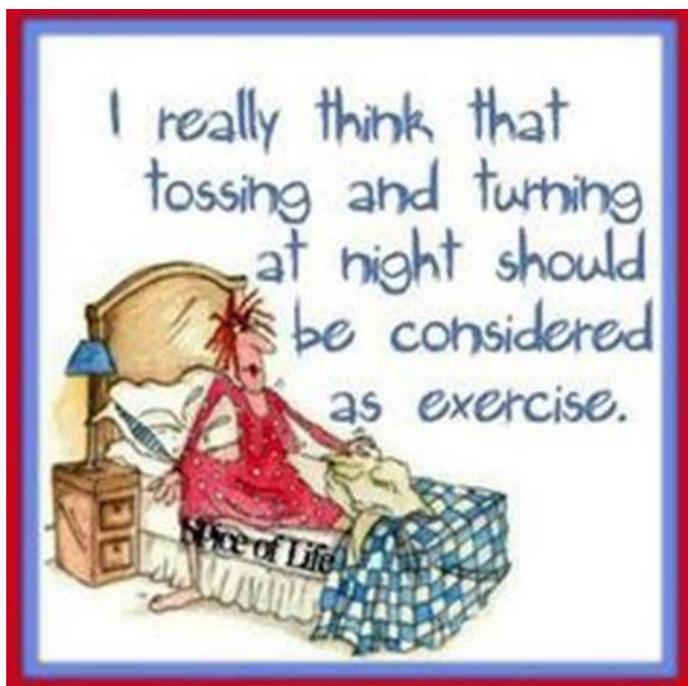
## Age UK - Some advice in preparing for Winter

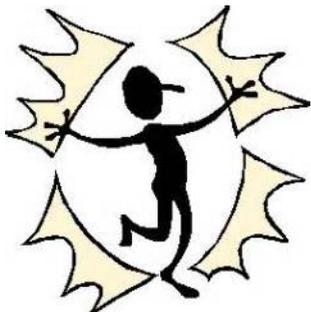
Getting ready for the cold weather – which can start as early as October – means that you're more likely to keep warm and well. Here are some things you can do to stay safe and ward off the winter chills.

- Have your heating system serviced and your chimney swept, or ask your landlord to do this if it's their responsibility.
- If you have wood-burning, coal or gas heaters, make sure there's adequate ventilation. Never block air vents, and get your boiler serviced every twelve months by a qualified engineer.
- Check with your energy supplier for further advice to help you prepare for winter. Our free guide "Save energy, pay less" has tips about insulating and draught-proofing your home.
- If water pipes freeze they can burst, so you need to be able to turn off the water at the main stopcock. Make sure you know where your main stopcock is and check that it's easy to turn. If it's jammed, you may need to get it replaced.
- Have your electric blanket serviced – this should be done at least every three years.
- Make sure that your smoke alarm is working. You can ask your local fire service to check your home for fire safety. It's free and you may be eligible to get free smoke alarms fitted.
- Install an audible carbon monoxide alarm in each room that has a gas appliance.
- Make sure you claim all the financial support you can to help with heating bills. Your local Age UK can advise you.
- Dress in plenty of layers and make sure that you have some warm shoes or boots with non-slip soles.
- Keep a mixture of salt and sand handy to put on steps or paths in icy weather. Some councils provide free bags of the mix, if you or someone else can pick them up. Otherwise you could try a local DIY store.
- Consider fitting a grab rail if you have steps at your front or back door. Ask your local Age UK for more information.
- Keep simple cold, flu and sore throat remedies in the house. Your pharmacist can make suggestions and also advise you on how to manage minor illnesses.
- Follow up your GP's invitation to have a flu jab.



- Order repeat prescriptions in plenty of time, particularly if bad weather is forecast.
- Ask your local pharmacy if they offer a prescription pick-up and delivery service – this could be helpful if you can't leave your home.
- Keep basic food items in the cupboard or freezer in case it's too cold to go shopping. You could also do your food shopping online and get it delivered to your door.
- Eat healthily and keep as active as possible.
- Ask your family, neighbours or friends if they could call or visit you more often if a period of cold weather stops you getting out and about.
- Keep a battery-operated radio, torch and spare batteries handy in case severe weather causes a temporary power cut. Keep your mobile phone, laptop or tablet fully charged, so you can use the battery power if there's no electricity.
- Keep a list of emergency numbers, such as your utility companies, by your phone. You could add the number of your **local Age UK (0800 169 65 65)**.





**We've Got Talent!**  
**Friday 13<sup>th</sup> October**  
**7.30pm**

**An evening of local talent to amaze, enthrall and entertain in Kettleburgh Village Hall.**

**Tickets - £7.50 or £20 for a family ticket (2+2) available from Joan Cook: 5 Barrel Cottages: 724577 : [joancook638@gmail.com](mailto:joancook638@gmail.com)**

**There will be a licensed bar with snacks available and a raffle.**

**All proceeds will go towards the Kettleburgh Village Hall maintenance fund.**

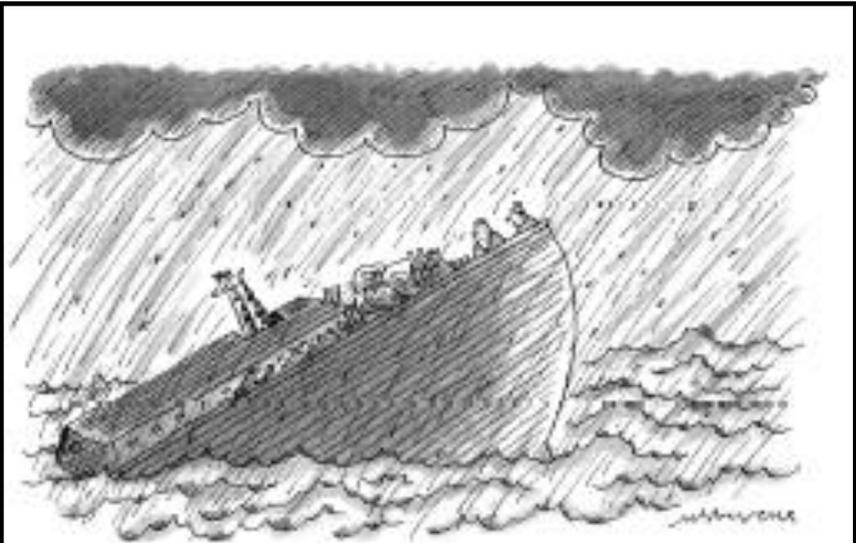


# A VERY ADVANCE NOTICE FOR YOUR DIARIES!

Holiday Club at Charsfield School

Following a most successful holiday club this year, the days for next year will be 13<sup>th</sup>, 14<sup>th</sup> and 15<sup>th</sup> August 2018. Taking place at Charsfield School, once again local churches will be organising a holiday club for primary age children. Add these dates to your 2018 diary and look out for more details next year.

Jackie Clark



*"I knew the woodpeckers were a mistake."*

## **CONTACT DETAILS OF COUNCILLORS THAT SERVE EASTON**

### **Parish Councillors:**

#### **Chair :**

Sue Piggott

T: 01728 746622

(Also Highways Officer)

#### **Vice Chair :**

Adrian Hollins

T: 01728 746053

(Also Pathways Officer)

Michael Coney

T: 01728 746181

(Also Tree Officer)

Fiona Siddall

T: 07970 450245

(Joint Play Area Officer)

Bob Gibbon

T: 01728 746866

(Joint Play Area Officer)

#### **Clerk :**

Bill Dicks

T: 01728 638453

E: clerk.eastonsuffolk@virginmedia.com

#### **Suffolk County Councillor**

Robin Vickery

T: 07545 423827

E: robin.vickery@suffolk.gov.uk

#### **Suffolk Coastal District**

##### **Councillor**

Carol Poulter

T: 07833 441349

E: carol.poulter@suffolkcoastal.gov.uk

**A copy of the latest draft minutes of the Parish Council can be read on the PC noticeboard in the village car park.**

## **Do you have something to put in the magazine?**

Contributions to the next Parish Magazine should arrive by the 20th of the month before, either by email or by handwritten piece, please.

My email address is :-

**clareeowen@tiscali.co.uk**

or handwritten pieces to me at 5 Harriers Walk,

## **Village Hall Bookings**

**Contact Jean Blackwood-Pugh**

**Email: [jeanmbp@gmail.com](mailto:jeanmbp@gmail.com)**

**Tel: 748378**

## **WEBSITE ADDRESS FOR VILLAGE HALL**

**[www.suffolkvillagehalls.co.uk](http://www.suffolkvillagehalls.co.uk)**

**... and search Easton**

## **EASTON PARISH COUNCIL WEBSITE**

The Parish Council Website is where you will find all Parish Council documents and information. The address is:

**<http://easton.suffolk.cloud/>**

## **For more information on your local villages, visit the parish websites:-**

[www.easton.onesuffolk.net](http://www.easton.onesuffolk.net)

[www.brandeston.net](http://www.brandeston.net)

[www.kettleburgh.suffolk.gov.uk](http://www.kettleburgh.suffolk.gov.uk)

[www.campseashe.onesuffolk.net](http://www.campseashe.onesuffolk.net)

[www.marlesford.com](http://www.marlesford.com)

[www.parham.onesuffolk.net](http://www.parham.onesuffolk.net)



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