



**FORNHAM ST MARTIN CUM
FORNHAM ST GENEVIEVE**

THE BUGLE

FORNHAM ST MARTIN & FORNHAM ST GENEVIEVE VILLAGE MAGAZINE

DECEMBER 2024 - JANUARY 2025

ISSUE NO. 138

Fornham St Martin cum St Genevieve

Parish Councillors

John Borrett (Chair)	01284 747140
Michael Collier (Vice Chair)	01284 704851
Paul Butler	01284 760119
Penelope Borrett	01284 747140
John Rushman	01284 701511
Clive Last	07771 957755
<i>Vacancy</i>	

Parish Clerk

Vicky Bright, CiLCA	07712 232920 fsmsgpc@gmail.com
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Other Representatives

Rebecca Hopfensperger (District & County Councillor)	07876 683516
Sarah Broughton (District Councillor)	07929 305787
Peter Prinsley (Labour MP)	peter.prinsley.mp@parliament.uk

Meetings

The Parish Council meets at 7:30pm in the Village Hall, on the second Monday of each month, except August & December. Please check the village notice boards for any date changes.

Website

www.fornhamstmartin.onesuffolk.net

The deadline for articles for The Bugle February - March 2025 issue, will be 20th January 2025.

Notice To All Parishioners

Your Parish Council have received an email from the Principal Planning Officer at West Suffolk Council (Sarah Drane concerning the All Saints Resort, two extracts from that email read as follows...

Extract 1

Following a constructive meeting with All Saints Hotel (with myself, Julie Baird and Cllr Jim Thorndyke attending) last month, one of the actions was for the hotel to send regular updates on recent issues / concerns from neighbours and how they have been dealt with to keep us all a bit better informed about what's going on at the site. Communication is key to enable issues to be addressed quickly where possible. It was agreed I would then pass this information to the parishes to enable prompt action on any issues raised. We would therefore like to encourage you to raise any new issues or concerns about the site going forward directly with the hotel in the first instance.

Hannah Cuthbertson is the point of contact:

hannah@allsaintshotel.com 01284 724 199

I would also like to request that you do the same with your parishioners. It is likely to be resolved more quickly this way.

Extract 2

Ultimately we want to build bridges between parties so we all have a common understanding. All Saints Hotel is a business and they will naturally want to grow and change their operation which does sometimes cause tensions between interested parties. But if we can work together to resolve issues and concerns as the[y] arise I think this will be a positive step forward.

Your Parish Council has decided to ask for resident's opinions as to whether to comply with this request and you can contact the Clerk or a Councillor (contact numbers are in the front of The Bugle) or attend the next PC meeting which is scheduled for the second Monday in January 2025.

Dog Fouling

The Parish Council has been made aware of concerns over dog fouling in two locations; the footpath between Birkdale and St. Andrews and the footpath that runs along the field from the bottom of Lark Valley Drive through to School Lane. The Council will be installing signage, asking owners to dispose of their dog waste in the bins provided and would hope that dog walkers will be more considerate in the future.

It is an offence not to clean up after your dog and could result in a fixed penalty notice of £80 or a fine up to £1000!

Parish Precept 2025

What is a Precept? It is an amount of money charged to each household in the village for the Parish Council to use for local needs. Such needs are decided almost exclusively at monthly Parish Council meetings where village residents are always welcome.

Some of the things we spent the precept on last year were:

- Grass cutting, hedge cutting & maintenance of the playing field.
- Stocking of village planters.
- Maintenance of village benches and picnic furniture.
- Maintenance of play equipment and the trim trail on the village playing field.
- Clearance of waste bins and dog waste bins.
- Printing of our village magazine, The Bugle.
- Litter picking.
- Vehicle Activated Signs – to deter speeding in our village.
- Salary for our experienced Parish Clerk.
- We also give grants toward such things as upkeep of the churchyard and energy costs for the village hall, together with local clubs.

Following the last few meetings of the Parish Council and the poor response from SCC Highways and Public Rights of Way, in response to numerous reports of overgrown vegetation and poor visibility of signage throughout the village, the Parish Council believes that it is prudent for the Parish Council to employ and pay for a contractor to carry out some of the works on behalf of the village. As such, this will mean that the Precept for next year will have to increase by more than it has in recent years in order to fund the works needed.

If residents would like more information on this, or would like to make any comments before the Parish Council meeting in January, when the Precept amount will be fixed, please contact the Clerk on: fsmgpc@gmail.com



*Merry
Christmas!*
AND
HAPPY NEW YEAR

From all at Fornham St Martin cum St
Genevieve Parish Council!

The Parish Office will be closed from 2:30pm Monday 23rd
December and will re-open at 9:30am on Friday 3rd January 2025

Dates For Parish Council and Related Meetings 2025

Monday 13th January 2025 at 7:30pm

All meetings will be held at 7:30pm in the Village Hall unless otherwise advised on the meeting agenda which will be posted on the village notice boards at least three full clear days before each meeting (*excluding Sundays and Bank Holidays*)

Agendas can also be found on the Parish Council website:
www.fornhamstmartin.onesuffolk.net

Why not come along to our next meeting?

Got something to share or a question to ask? There is always time allocated for questions from members of the public.

Or just come to listen and see what goes on behind the scenes in your village.

email the clerk for more information: fsmgpc@gmail.com

Any parishioners wishing to raise an issue
should contact the Parish Clerk

Vicky Bright, CiLCA 07712 232920
fsmgpc@gmail.com

Office hours: 9:30am to 2:30pm Mon, Weds, Thurs & Fri & Monday evenings
6-7pm. Please be aware that the Clerk does not work on a Tuesday!

Parish Office: 3 Scott Avenue, Mildenhall, Suffolk IP28 7LT (appointment only)

Parish Councillor Vacancy

The Parish Council are looking for 1 new Councillor for the Fornham St Martin Ward.

Our Parish Councillors:

- Are available for PC meetings, held monthly (with the exception of August & December) after 7:30pm in the evenings. Usually, the 2nd Monday of the month.
- Attend the odd training sessions.
- Attend occasional consultation events and informative local authority meetings.
- Undertake any actions they volunteer for and are delegated to them from meetings.
- Receive and respond to PC emails in between meetings.
- May help with the village activities or village litter pick etc.

You need to:

- Care about getting the best for your community.
- Have a willingness to represent your electorate.
- Want to make a difference.
- Adhere to the Code of Conduct.
- Register your interests.
- Have the time.
- Be committed and enthusiastic.

You must:

- Be a British Citizen of the Commonwealth or the European Union;
- Be 18 years of age or over
- During the previous 12-month period resided in the council area; or
- Have during the whole of the 12 months previous occupied as owner or tenant any land or other premises in the council area; or
- Have during that same period had your principal or only place of work in the council area; or
- You can also satisfy the criteria to be elected if you have lived in the council area or within 3 miles of it for the whole of the 12 months previous

WHERE TO FIND MORE INFORMATION:

If you are interested in the vacancy for a Parish Councillor, or would like more information, please contact the Clerk by email at fsmgpc@gmail.com or telephone 07712 232920.

**Do you want to make a positive difference
in your village?**

**Would you like to influence decisions
that affect your community?**

**Do you have innovative ideas, knowledge or
skills that could benefit your community?**

YOUR VILLAGE NEEDS YOU!!

to apply or for more info, email fsmgpc@gmail.com

Fornham St Martin cum St Genevieve Parish Council

SUMMARY OCTOBER 2024 Minutes of the Meeting of Fornham St Martin cum St Genevieve Parish Council

Councillors present: Cllr. J. Borrett – Chair (JBo), Cllr. M Collier - Vice Chair (MC), Cllr. P. Borrett (PBo), Cllr. P. Butler (PBu) & Cllr. J. Rushman (JR)

Also present: Clerk, Vicky Bright. David Yates – PCC.

Approval of the Minutes of the Parish Council meetings:

The amended minutes of the Parish Council meeting held on 9th September 2024 were adopted as a true statement and signed by the Chairman (JBo).

Local Authority Reports:

County & District Councillors:

Cllr. Broughton (WSC) and Cllr. Hopfensperger (WSC/SCC) sent apologies.

Planning:

AP/24/0034/STAND – (DC/24/0433/FUL) - create a maintenance access into All Saints Golf and Country Club off The Street, Fornham St. Genevieve. LOCATION: Access To All Saints Hotel, Land Off The Street, Fornham All Saints

The Clerk advised that our previous objections to application DC/24/0433/FUL would be included with all the information sent to the Inspector by the LPA. It was agreed that the Clerk should respond with the following additional comments; *'We would like to stress that the golf course has been maintained with no vehicular access for decades, and it is felt that this application and proposal for access is not for the reasons being applied for, but is in fact pre-empting*

applications for further lodges on the golf course. The applicant has precedent for this behaviour.'

DC/24/1211/HH - a. single storey front extension, b. conversion of garage to habitable room. Location: Oak House, Barton Hill, Fornham St Martin
Resolved 24/10/6.01

No Objections to application DC/24/1211/HH.

DC/24/1123/FUL - reinstatement of 10-metre-high golf ball safety nets to the rear of 23-29 Pigeon Lane on the golf course side of existing tree belt. Location: All Saints Hotel, The Street, Fornham St Genevieve
Resolved 24/10/6.02

No Objections in Principle; but we would add that with no Risk Assessment of the proposed length, height and siting of the proposed safety netting, then we have concerns that the safety net structures proposed are not fit for purpose and are not able to provide the necessary element of safety and protection that it is needed for the residents of Pigeon Lane.

DC/24/1091/FUL - parking area for 15no. cars. Location: All Saints Hotel, The Street, Fornham St Genevieve
Resolved 24/10/6.03

No objections in Principle, but we would like to request that Tree Protection, a Landscaping Plan and re-planting scheme should be included within the conditions of approval in response to the Arboricultural Officer's comments and we would request that the LPA closely monitor any conditions and tree works once work has started, due to the applicant's history of not adhering to conditions of tree protection and re-planting schemes of previous applications.

(For information only):

DC/24/0538/FUL- two pickleball courts and two tennis courts. Location: All Saints Hotel, The Street, Fornham St Genevieve – Holding Objection – Re-Consultation pending!
The Clerk gave the following update from the Planning Officer;

'We did request additional details in light of the PC comments a couple of weeks ago, with additional information provided by the planning agent on the 16 September. A formal re-consultation has not been sent at this stage as, upon speaking to the wider team, we feel that further details are required that I will be requesting from the planning agent in due course. Therefore, for ease, we felt it would be best until these further details are received so that they can also be included within the re-consultation.'

DC/24/1072/VAR - Variation of condition 2 of DC/17/0521/FUL to allow for use of amended plans for municipal operational hub comprising waste transfer station, household waste recycling centre (including reuse building), fleet depot (including offices), public realm maintenance depot and associated infrastructure including accesses, paths, internal roads and paths, parking, weighbridges, and landscaping. To make minor design changes to the Waste Transfer Station (WTS) to enable the separate handling of food waste. To insert additional drawings to be listed under condition 2 (approved plans) to include 'Dimension Plan ref: 16-0645-CDP-DR-02-XX-A-4007 C7' and Dimension Plan ref: 16-0645-CDP-DR-02-XX-A-4007 C7'. Location: Land North of Hollow Road Farm, Bury Road, Fornham St Martin – Pending Decision!

DC/24/0614/FUL - partial change of use of golf course to site six timber pods. Location: All Saints Hotel, The Street, Fornham St Genevieve – Holding Objection – Re-

Consultation Pending! The Clerk gave the following update from the Planning Officer;

'We have now received some additional and amended information which I am looking to review this week. If we agree to accept it, a full re-consultation will be carried out, so the Parish Council, neighbours and other statutory consultees will be able to submit additional comments.'

DC/24/0174/FUL - retention of outdoor gymnasium including open sided exercise shelter, moveable exercise equipment and equipment storage container. Location: All Saints Hotel, The Street, Fornham St Genevieve – Approved 04.09.2024.

DC/24/0981/HH – outbuilding in rear garden. Location: 8 Turnberry Drive, Fornham St Martin – Approved 06.09.2024.

DC/20/0496/FUL - 68 lodges with parking, landscaping, waste and recycling areas and construction compound/maintenance area. Location: St Genevieve Lakes, Road from Bury Road to B1106, Timworth – Pending Decision! No update.

Highways/Footpaths & Trees:

Update White lining/hatching outside the Woolpack pub
Cllr. Hopfensperger advised via email that she will chase the works date.

Update on Signage/lining on B1106 towards Culford/West Stow Road

Cllr. Hopfensperger advised via email that the replacement signs with high visibility yellow backing on the bend on Culford Road will be installed before 19th December.

Footways Barton Hill bus stop/Thetford Road Overgrown vegetation Update (Ref: 00480632)

Cllr. Hopfensperger advised that Andy Moore – Highways is going to inspect the site.

Damaged wooden fence next to pedestrian exit Oak Close by the Green Update (Ref:00491051)

West Suffolk Parks Department have agreed to replace the fence.

Discuss overgrown trees next to the Lark Valley footpath

Cllr. Hopfensperger asked Andy Moore to investigate, but Andy has advised the Clerk that the trees are not owned by SCC. The Clerk is going to advise Cllr. Hopfensperger that the trees are the responsibility of WSC and ask her to look into this with them. It is the trees by 31 Lark Valley.

Discuss condition of roundabout road signs & traffic islands at Culford Rd & Thetford Rd approaches (B1106) and 30mph Roundels in The Street

It was agreed to get some quotes for works in the village relating to highways and then see if we can get Highways permission to use our own contractors.

It was discussed that the self-help scheme is not feasible as there are no volunteers prepared to do it. It was suggested that the PC look at increase to the Precept in order to budget for some of the minor highways & PROW issues that need doing in the village, the Clerk is to place a notice in the Bugle advising residents that this may be necessary.

Parish Matters.

Weekly & Monthly H&S Inspection Reports Trim Trail & Play Area / Agree Rota

Cllr. Collier also advised that he had fixed the wooden edging of the pull up bars on the Trim Trail and he has replaced two vandalised signs on the picnic tables. Cllr. Collier also mentioned the overgrown nettles affecting visibility by the 5-bar gate to the playing field, he is going to speak to Tilbrook's for a quote to cut them back. The Clerk was asked to report the overgrown nettles, from the gateway on the RHS of the road downhill towards Bleak House, restricting visibility from and of vehicles exiting the KGPF and also nettles impeding and effectively dangerously narrowing the footpath on the left hand side of the road all the way from there along to the river Lark bridge.

Discuss Tree Felling and Tree Protection Order Campaign – Trees bordering the River Lark & Golf Course

The Clerk advised that residents had raised concerns regarding more tree felling and heavy pollarding and had requested to speak during the public forum to ask the PC to consider campaigning for a Tree Protection order to be applied to the remaining trees that border the River Lark and the Golf course, unfortunately those residents have not attended tonight as planned. The Clerk advise that she had informed both our District Councillors and Sarah Drane (Planning Enforcement) of the tree felling and had received the following response;

'The trees in question were not protected and pollarding the trees doesn't require a felling licence. There has been some felling but within the 5 square meters per quarter that doesn't require a licence.

All Saints have also advised that they will be doing further felling which will require a felling licence and they have made

an application to the forestry commission. This will be open for consultation shortly under the following link, I understand there is a period of 21 days to comment.

*<https://experience.arcgis.com/experience/d7b0fd8800164bc3af7e50983517d191/page/Page-1/>
Please feel free to share this more widely. I'm trying my best to keep tabs on things at this site. I am meeting Mr Harris again next week and will impress on him the importance of letting us know what he's doing and checking whether or not he needs planning permission before he does anything. Feel free to raise anything about this site with me – it really helps if you have photos and details of the location of what's been done or going on to help our investigations.'*

Dog Fouling – (footpath between Birkdale and St. Andrews & the footpath running along the field from the bottom of Lark Valley Drive through to School Lane)

The Clerk advised that a resident had raised concerns over dog fouling in two locations; the footpath between Birkdale and St. Andrews and the footpath that runs along the field from the bottom of Lark Valley Drive through to School Lane. It was suggested that a notice in the Bugle naming the locations and some signage at the locations may help. The Clerk is to enquire with WSC regarding signage.

Bonfires Land on the north-east side Tollbridge House Complaint Update

The Clerk advised that this had been reported to Environmental Health and she had received the following response;

'On 10 September I wrote to the landowners providing them with advice about steps they can undertake to reduce their impact on neighbours. You can provide those contacting you with further complaints of my contact details, and the Council

shall investigate their complaint under the statutory nuisance provisions of the EPA.'

Paul Speakman

Technical Officer

Regulatory Services

Direct Dial: [+44 1638 719247](tel:+441638719247)

Email: paul.speakman@westsuffolk.gov.uk

Finance & Policies:

Parish Council Bank Reconciliation from list of payments/receipts

Resolved 24/10/10.01

The bank balances and reconciliation of payments and receipts were received and adopted and initialled & signed as such by the Chairman (JBo). The bank account balance as of the 30th September 2024 is £33,759.13.

Approval and to authorise payment of outstanding invoices

Resolved 24/10/10.02

Payee	Details	Invoice number	Payment Option	Total	Power to pay*
SALC	Payroll Apr-Sep 24	29133	BACS	£54.00	3
PKF Littlejohn LLP	Audit 23-24	SB20243085	BACS	£252.00	3
Justin Hook	Bugle Compiler	JH002	BACS	£209.63	8
First Impressions	Bugle printing	SI-490	BACS	£362.25	8
SALC	Cllr. Training - J. Rushman	28898	BACS	£76.80	3
Mrs V Bright	Expenses & Mileage and NIC	-	BACS	£107.89	3

	Employer Contribution				
RBL	Poppy wreath	EJB09	BACS	£20.00	2
WSC	Grass cutting - KGPF	1283838	BACS	£1835.42	14
CAS OneSuffolk	Website annual fee	4973	BACS	£60.00	3
Mrs D Pott	Litter Pickers	0009/24	BACS	£145.09	9

*Power to pay

1.	Local Government Act 1972 S.112
2.	Local Government Act 1972 s.137
3.	Local Government Act 1972 S.111
4.	Local Government Act 1972 S.133
5.	Small Holdings and Allotments Act 1908 ss.23,25
6.	Public Health Act 1875 s.164
7.	Public Health Act 1980 ss.43, 50
8.	Local Government Act 1972 S.142
9.	Litter Act 1983 ss. 5,6
10.	Post Office Act 1953, s.51;
11.	Highways Act 1980, section 274A
12.	Charities Act 1993, section 79
13.	Public Health Act 1936, section 87
14.	Open Spaces Act 1906, subsections 9, 10

External Audit Conclusion and Report

The Clerk confirmed that the audit for 2023-24 had now been concluded and PKF Littlejohn had confirmed that Sections 1 & 2 of the AGAR were in accordance with Proper Practices and no other matters were raised that were cause for concern that relevant legislation and regulatory requirements have not been met. The Clerk posted the External Auditors Report & Certificate (AGAR Section 3) and the Notice of Conclusion of Audit in the notice boards and on the Parish Council website on 30th September.

Meeting closed 9:41pm.

Defibrillator Information



Defibrillator (AED) 

For use on an unconscious, non-breathing casualty.

<p>Step 1</p> <p>Call 999</p> 	<p>Step 2</p> <p>Start CPR</p> <p>30 compressions 2 rescue breaths</p> 
<p>Step 3</p> <p>Switch on defibrillator</p> 	<p>Step 4</p> <p>Follow the visual and verbal prompts</p> 

AED can be used by anyone, no training required.

YOUR NEAREST DEFIBRILLATOR IS LOCATED:

**TELEPHONE KIOSK NEXT TO THE VILLAGE HALL
Fornham St Martin**

CALL 999 FOR THE CODE

How to use a defibrillator

Call 999 and start CPR. If you're on your own, do not stop CPR, if possible, send someone else to find one. When you call 999, the operator can tell you if there's a public access defibrillator nearby.

Anyone can use a defibrillator. You do not need training. Once you turn it on, it will give clear step-by-step voice instructions. Many defibrillators also have visual prompts and images showing how to use it.

The device checks the person's heart rhythm and will only tell you to give them a shock if it's needed. You cannot shock yourself or someone else accidentally.

Steps to using a defibrillator

Step 1: Press the green button to switch on the defibrillator and follow the instructions.

Step 2: Remove the person's clothing above the waist.

Step 3: Peel off the sticky pads and attach them to the person's bare skin. Put one pad on each side of the chest as shown in the picture on the defibrillator.

Step 4: Once you have attached the pads, stop CPR and do not touch the person. The defibrillator will then check the person's heart rhythm.

Step 5: The defibrillator will decide whether a shock is needed. If so, it will tell you to press the 'shock' button. An automatic defibrillator will shock the person without you needing to do anything. Do not touch the person while they're being shocked.

Step 6: The defibrillator will tell you when the shock has been given and whether you need to continue CPR.

Step 7: If the defibrillator tells you to continue to do CPR, continue with chest compressions until the person shows signs of life, or the defibrillator tells you to stop so it can analyse the heartbeat again.

Mobile Library

Dates & Times for 2024 & 2025:

December 3rd

Lark Valley Drive
12:00 – 12:30pm

For more information, visit the Suffolk Libraries website:

www.suffolklibraries.co.uk



Winter Tool Kit

Supporting Each Other: Focus on Winter

by West Suffolk Council

You may have heard **Winter Fuel Payments** being discussed in the news recently. They used to be paid to everyone over State Pension age, regardless of their income. This has now changed. Only people who get **Pension Credit** will receive the one off Winter Fuel Payment this year.

And it's not just help with heating costs - getting Pension Credit opens the door to additional benefits such as help with the cost of dental work, glasses and transport to hospital; help with rent or mortgage interest; and help paying Council Tax. Not to mention a free TV Licence for those aged 75 and over.

A lot of people think if they have savings they won't be entitled, but that is not always the case. While 1.4 million households in the UK already receive Pension Credit, an estimated 880,000 people are eligible for it, but not receiving it.

Can you help us reach these people?

If you have friends or family over State Pension age (currently 66), ask them if they have checked their eligibility. They can find out more here: www.gov.uk/pension-credit, or by calling 0800 99 1234. Applications can be made online or over the phone.

Further down you will find some useful resources. **You don't need to be an expert** on Pension Credit: just encourage people to check their eligibility themselves, or support them to do so, either over the **phone 0800 99 1234 or online: www.gov.uk/pension-credit**

The quickest way to apply for Pension Credit is to call the claim line 0800 99 1234 (a friend or family member can call for them as long as they are with the person at the time) or go online: www.gov.uk/pension-credit

What about people who are not entitled to Pension Credit?

Below you will find details of support throughout West Suffolk available to our communities who may find themselves vulnerable this winter.

The Government Funded Household Support Fund has been extended until March 2025 and is an allocation of funding given to Suffolk County Council to support people who are experiencing hardship or struggling with the rising costs. Suffolk County Council allocates Household Support Fund money to residents in a number of ways including Local Welfare Assistance Scheme (details below). For full details in relation to the Household Support Fund please visit: <https://www.suffolk.gov.uk/community-and-safety/communities/healthier/cost-of-living-support/household-support-fund>

Local Welfare Assistance Scheme

www.suffolk.gov.uk/lwas

A fund set up for those experiencing financial hardship and can help with food, heating, clothing, fuel and white goods. Full details and eligibility criteria can be found on the website. This fund is changing so it is important you keep up to date by visiting the website.

Applications are made online, or with support from a partner organisation such as Citizens Advice.

Warm Homes Suffolk

www.warmhomessuffolk.org

Grants available to help insulate and make properties more energy efficient. Eligibility can be checked online or by contacting 03456 037 686. This fund is available to homeowners, renters and landlords and is provided throughout the county.

Other benefits

www.entitledto.co.uk

Check entitlement to other benefits such as Housing Benefit, Support for Mortgage Interest, Council Tax Reduction,

Attendance Allowance, Carers Allowance and more. These could increase your income and help you better afford your bills. Use an online benefits calculator or contact an advice agency such as Age UK or Citizens Advice.

Discretionary Payments

www.angliarevenues.gov.uk/discretionary

There are two different types of discretionary payment funds available: Discretionary Housing Payment: for those in receipt of Housing Benefit or Housing Element of Universal Credit and Exceptional Hardship Payments: for those receiving council tax reduction.

Both payments are short term and one off but are aimed at helping those experiencing exception financial hardship. Individuals can apply on line and full details of funding available can be found by visiting the website (application form is through this website as well)

Help with the cost of heating oil

- “Suffolk Oil Loans” from Eastern Savings & Loans, a Credit Union. They offer an interest-free loan of up to £500 for heating oil. This is only available to residents of Suffolk. You need to become a member of Eastern Savings & Loans to apply. Membership costs £5. To find out more about the Suffolk Oil Loan, visit: www.eslcu.co.uk/products-and-services/loan-products/suffolk-oil-loans
- Community Oil Buying: by clubbing together with others in your community, you may be able to get a cheaper price for your oil. The Oil Club website lists the many Oil Clubs in Suffolk, and often several small rural communities in the same postcode area are included in the same ‘club’. To find your nearest oil club, visit: www.oil-club.co.uk
- Another scheme to consider is Community Action Suffolk’s community oil buying scheme. It offers pre-payment and Direct Debit schemes, but please note it

does not offer a 'buy now, pay later' scheme. For more information, visit: www.communityactionsuffolk.org.uk/business-support/community-oil-buying-bulk-lpg

Promote help to deal with debt:

There are a number of services, both West Suffolk wide and nationally that can support with financial concerns and managing your well-being. For local support please visit the council's Cost of Living support pages: www.westsuffolk.gov.uk/cost-of-living/

Debt can cause financial hardship and stress. Sometimes even well-managed debt can spiral out of control when life circumstances change. For specialist debt advice, the following organisations can help:

- **Citizens Advice West Suffolk** Free, confidential, independent advice: suffolkwestcab.org.uk Advice line: 0808 278 7868 (Monday to Friday, 9:30am to 3:30pm)
- **West Suffolk - worried about money?** Worrying about money? - West Suffolk leaflet was co-produced as a straightforward resource for people facing money worries or financial crisis, and support workers, to quickly see which local agencies are best placed to help with advice and help to access cash first options: www.worryingaboutmoney.co.uk/west-suffolk
- **National Debtline** Telephone appointments, webchat 0808 808 4000 (9am-8pm, Monday-Friday): <https://nationaldebtline.org>
- **Christians Against Poverty (CAP)** Face to face appointments, home visits 0800 328 0006: <https://capuk.org>

Age UK

www.ageuk.org.uk

Simple A5 pension credit information guide booklet: www.ageuk.org.uk/globalassets/age-uk/documents/information-guides/ageukig50_pension_credit_inf.pdf

Bury St Edmunds Festive Food Project 2024

Below are all the details of this year's Festive Food Projects generously funded by **Bury St Edmunds Town Council**.

RIF (Reducing Isolation with Food) – Heat at Home Christmas Dinner

This year we are preparing 250 heat at home Christmas dinners for any individuals who will be spending Christmas Day alone and living in Bury St Edmunds (postcodes IP33 and IP32).

This is in partnership with West Suffolk College and Abbeycroft, with funding and support for Bury St Edmunds Town Council

Referrals -

Please click the link below to make a referral, you can refer yourself, a family member, neighbour or friend.

Closer to the day our team will make contact phone calls to all the individuals for a friendly chat and to arrange delivery details and dietary requirements.

Deliveries will go out on Monday 23rd December - the meals will have a 5 day shelf life.

LINK TO REFER >> <https://us17.list-manage.com/>

Hamper Donations

Alongside the Christmas meal we also provide a small hamper or gift donated to the programme. If you know anywhere that would be able to donate anything please get in touch with us via email: community@acleisure.com

Donation drops at the Bury Leisure Centre reception please mark any donation 'RIF donation – FAO Jade'. The best donations are items that can easily be split between multiple

hampers.

Previous donations include treats such as:

Chocolates | Biscuits | Cakes | Crisps | Crackers
Cheeses | Drinks (non- alcoholic) | Vouchers

Any questions, please contact us: community@acleisure.com

Family Food Box and Activity Packs

Bury St Edmunds Town Council have also funded 50 food boxes for families in financial hardship living in Bury St Edmunds (IP32/IP33).

Each family will receive all of the ingredients for a Christmas Dinner and Boxing Day lunch as well as an activity pack for the whole family.

The are booked through the following link:

<https://eequ.org/experience/5608>

Any questions please email: HAF@acleisure.com

Free Christmas Recipe Cards

Bury St Edmunds Town Council have also funded the printing of 400 packs of recipe cards, including cost effective Christmas ideas as well as other hearty family recipes.

These will be available from the following locations from the 1st December.

- Bury St Edmunds Library
- Bury St Edmunds Citizens Advice Bureau
- Bury St Edmunds Town Council Offices
- Bury St Edmunds Leisure Centre
- Skyliner Leisure Centre

If you would like some recipe cards to distribute please get in touch: community@acleisure.com

Other Free Activities in Bury St Edmunds

As well as the above sessions, Abbeycroft are also able to offer extra free sessions for Children and Families entitled to Means Tested Free School Meals.

Below is a list of activities and booking information.

Session	Age	Venue	Dates
Family Park Cooking	5+	Bury Scout Hut	21st December
Christmas Food Box	5+	Bury Leisure Centre	22nd December
Free Swim + Lunch	5+	Bury Leisure Centre	21st December - 5th January

To book a session please visit www.abbeycroft.org.uk/HAF



Cost OF Living
SUPPORT   
infolink.suffolk.gov.uk/CostOfLiving 

Warm Spaces

West Suffolk Council again this year has received a grant from Suffolk County Council to allocate to our warm spaces that continue to operate this winter. Over the last few weeks the Families and Communities Team have been contacting known groups, as well as working with new projects to identify warm spaces within our communities. A full list of projects operating as a warm space this winter is available on our website:

www.westsuffolk.gov.uk/cost-of-living/warm-spaces.cfm

The website contains details of the projects, along with opening times and what support is available. They will also be visited by a member of the Families and Communities Team to offer leaflets, support and guidance in relation to financial concerns, health and well-being support and promoting other advice and support that is available across West Suffolk.

If you are aware of any other projects in your parish/town please do not hesitate to contact the team and we will continue to update our website and let our communities know of these great projects across the district.

Email: families.communities@westsuffolk.gov.uk

Families & Communities

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West Suffolk Council

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Carefree

A poem by Kenneth Byrom

SUMMER, A FIELD OF GREEN
THE BLUE, BLUE SKY AND THE CLOUDS.
A WHISPER OF BREEZE
THROUGH THE LEAF DRESSED TREES
FAR AWAY FROM THE GRUMBLING CROWDS.
A SKEIN OF GEESE ARROWS OVERHEAD
AIMING FOR I KNOW NOT WHERE.
I AM LAY ON THE GRASS GAZING UP AT THE SKY
AND I REALLY DO NOT CARE.

THE GENTLE BUZZ OF A BUMBLE BEE
MEANDERING THROUGH THE FLOWERS.
THE DISTANT KNELL
OF AN OLD CHURCHBELL
AS IT TOLLS AWAY THE HOURS.
A NIGGLING THOUGHT TRIES TO TELL ME I OUGHT
TO BE DOING SOMETHING ELSE, ELSEWHERE,
BUT I AM LAY ON THE GRASS GAZING UP AT THE SKY
AND I REALLY DO NOT CARE.

I HAVE OPENED MY EYES TO SPECTACULAR SKIES,
I HAVE OPENED MY EARS TO THE SOUND
OF THE EARTH'S GENTLE HUM
AND THE BEAT OF LIFE'S DRUM
AS IT SLOWLY SPINS AROUND.
I HAVE NO TIME TO DAYDREAM, NO TIME TO LAZE,
I SIMPLY HAVE NO TIME TO SPARE.
BUT I AM LAY ON THE GRASS GAZING UP AT THE SKY
AND I REALLY DO NOT CARE.

Fornham St Martin Ladies Club

By Janet Petch

The Fornham Ladies Group met on 16th October 2024 at the FSM village hall. Apologies were given for those not able to attend.

The speaker for this month was Mark Ellis, a police officer. He has served over 30 years and before that 2 years as a special constable. His talk was on Modern Day Policing. Policing started in the 1880s and before that there were Sheriffs. A great change has taken place because of modern technology now in existence, phones being used instead of actually going to the police station.

Most crimes are local, but possession of cars makes it easier for criminals to travel further afield. Also, domestic abuse and mental health problems are having to be dealt with. The police are scrutinised more closely now and one's job could be lost if reported for brutality.

There are lots of reasons for the police being contacted and there is more crime committed in the dark. The police have in the past been called the "Thin Blue Line" and this is still true. Community policing is carried out. Various slides of different uniforms worn over the years and also means of transport were shown.

CSI are called to crime scenes when the area concerned is immediately cordoned off.

DNA, created in 1986, can be obtained from fingerprints, which are different for each individual, apart from twins who must show at least 16 points to verify that they are twins. Ear prints are also unique.

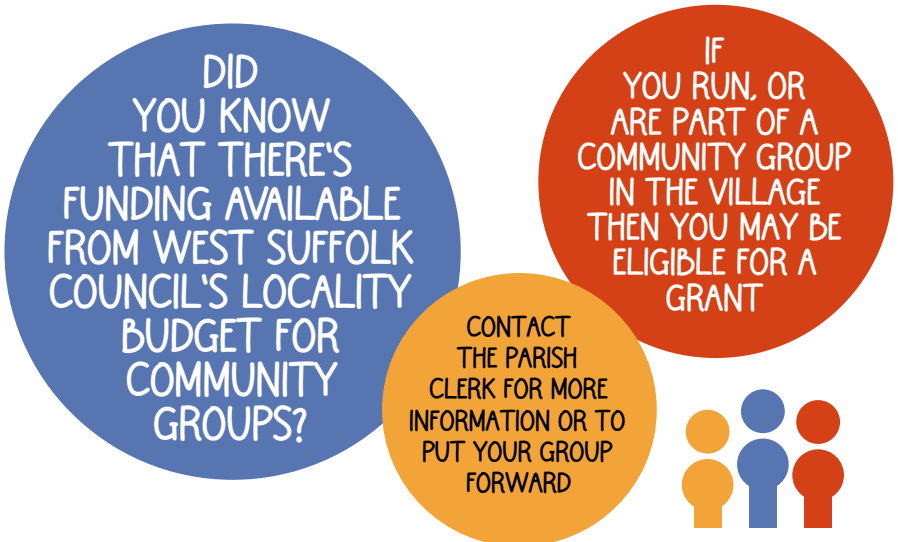
Weaponry used to assist are tasers, PAVA (a long distance spray), single shot guns, truncheons and stingers, which he

showed to us and of course dogs.

There were lots of statistics given. There is now a custody suite in BSE. Suffolk has a low crime rate.

It was a very interesting talk with several funny anecdotes included.


Mark was thanked and very kindly donated his fee to the Motor Neurone group.



DID YOU KNOW THAT THERE'S FUNDING AVAILABLE FROM WEST SUFFOLK COUNCIL'S LOCALITY BUDGET FOR COMMUNITY GROUPS?

IF YOU RUN, OR ARE PART OF A COMMUNITY GROUP IN THE VILLAGE THEN YOU MAY BE ELIGIBLE FOR A GRANT

CONTACT THE PARISH CLERK FOR MORE INFORMATION OR TO PUT YOUR GROUP FORWARD



Natural Resolutions

By Alan Leigh

I've always loved blackberries. Early September I was picking a few final ones when a family came by. I caught a snippet of their conversation: "That naughty man shouldn't be eating berries - they could be poisonous," one earnestly warned the grandchild. I had to bite my tongue! A while later I was sharing a lovely barbecue under a laden old apple tree. When I asked the young owners if I could try a fruit they advised me not to. "They're really sour and the windfalls make such a mess, we're going to chop the tree down." In fact those apples were delicious - but I couldn't persuade the couple even to try one; "We'd rather get apples from Tesco." Two illustrations of how risk-averse we're becoming and suspicious of anything we don't get from a shop! The ironic thing is, the less experience of the natural world we have, the more likely we are to make mistakes. Inexperience is dangerous.

If I may share my take on the subject, I think we need to do much more to engage with the natural world and to help future generations feel comfortable in it. It's great that many doctors are practising green social prescribing - supporting people to do nature-based activities with the aim of improving their mental and physical well-being. It works! Yet this is something we can all do without a visit to the doctor. May I suggest some 'Natural Resolutions'?

- Go out together with your loved ones and find out how to recognise five types of: tree, bird, wild-flower, butterfly... Make it fun! Then build it up to ten.
- Adopt a tree to drop in on. Give it a name like Billy Beech and chalk it on the bark. See it change through the year.
- While you're out, identify five types of cloud - and observe the weather that comes with them.
- Go blackberrying. Show your youngsters what's safe and what's not. Enjoy making and eating home-made pies and jam, then you'll want to do it again!

- As a grown-ups' reward, find some sloes (maybe there's still a few left) and make sloe gin. Blackberry whisky is also wonderful. Both turn a cheap bottle of spirit into a glorious tipple.

Season's Greetings and (naturally!) a Happy New Year

Alan

Writers Required

Would you like to publish a piece of fiction or non-fiction in The Bugle newsletter? A poem, a short story, an article on something you find interesting or a hobby you enjoy doing.

We'd love to hear from you!

If you would like to publish something or have any questions, please do contact the Editor:

buglenewsletter@gmail.com

Village Hall Diary

Activity	Date	Times
Chain Reaction (textiles) Hilary Belchak h.belchak@btinternet.com	Second Monday	10:00am - 1:00pm
Jazz Club Keith: 01284 761690	Third Monday	1:30pm - 4:00pm
The Avenue Jordan: 07555 603340	Every Tuesday	10:00am - 4:00pm
Teaming Up Jordan: 07555 603340	Every Tuesday	6:00pm to 9:00pm
Stitch Group	First Wednesday	10:00am - 4:00pm
Ladies Club Rosemary: 07899 890815	Third Wednesday	7:00pm - 10:00pm
Mary's Quilters Mary: 01284 700101	Fourth Wednesday	10:00am - 4:00pm
Thursday Group	Every Thursday	10:00am - 3:00pm
Weavers	First Friday	10:00am - 4:00pm
Starz 2	Fourth & Fifth Friday	10:00am - 4:00pm
Whist chrisbird2370@gmail.com	Every Friday	7:00pm - 10:00pm

Party? Club Meeting? Exhibition?

If you would like to hire the Village Hall for your one-off or regular event, please contact:

Lynne Quelch

07752 061489 - fornhamhall@aol.com

or

Maureen Hockett, Committee Chair

07887 778353 - maureenl.hockett@aol.com

FORNHAM ST MARTIN CUM ST GENEVIEVE PARISH COUNCIL S137 DONATIONS FOR COMMUNITY GROUPS

The Parish Council has a pot of funds that allows them to give donations to community groups and organisations, to assist them with their running costs etc.

If your group would like to be considered for a donation, please contact the Clerk:

fsmsgpc@gmail.com

Suffolk Highways Online Reporting Tool:

<https://highwaysreporting.suffolk.gov.uk>

The Highways Reporting Tool allows you to report a new defect and monitor the status of existing reports, such as;

- blocked drains
- cycle lane / tracks & public right of way issues
- damaged drain/manhole cover
- vegetation and mud on the road
- flooding on a road or pavement
- missing/damaged barriers or guardrails
- missing/damaged or obscured signs
- missing/ faded road markings
- **potholes & pavement defects**
- trees/hedges affecting the highways or footways

Do not report a highways problem online if:

- it poses an immediate danger to public safety
instead call **0345 606 6171**
- it's on a trunk road in Suffolk
instead call the **National Highways Information Line**
on **0300 123 5000**

Church News

Our last Book Sale Coffee and Cakes with Christmas stall on Saturday 16th November went very well, as ever, it seems our fame and reputation has spread far and wide after some 15 years since we thought it might be a good idea to use up the surplus books after the annual fete. Thanks to everyone who came to enjoy it with a festive spirit, as well of course everyone who donated books and cakes and scones and sausage rolls and quiche and tasty filled buns; as well as our regular helpers and Heather for setting up the Christmas stall, full of festive goodies. The Christmas hamper was won by Margaret Landymore. £1,218 was raised for church funds, our best ever, ever!

The annual Ride and Stride event organised by the Suffolk Historic Churches Trust on 14th September, has realised our 50% share of the sponsorships, with £480 returned from SHCT.

We held another Quiz 'n Chips (with fish) on 4th October with quizmaster Freddie Chenery. Revds Andy and Ali's team, including daughter Lucy, won a highly competitive, and often amusing, evening, with a 95% success rate in correct answers, with congratulations to them all. And the fish and chips from Peyton Plaice were delicious, as usual. £225 was raised for church funds.

The 100 Club winners in December are:

1st	£30	Jenny Stocking	no.64
2nd	£20	Judy Long	no.3
3rd	£10	Martin Barnes-Smith	no.43

Thanks to them, and everyone in the club for supporting the church in this way, as we look ahead to another busy year. The £15 annual subscription will be due in January, so the prizes can continue to be paid out!

We held our Remembrance Service on Sunday 10 November, 10.15am, culminating at the War Memorial in the churchyard in prayers, reading of the names of the 15 fallen from FSM, and laying of wreaths by ourselves and the Parish Council. After the 2 minutes silence, it was wonderful to hear the bells ringing out, thanks to the Guild of Ringers from surrounding parishes, led by Neal Dodge. It is these sorts of occasions that we have missed without the bells and can now participate in again. The Guild of Ringers are now looking to form a band of ringers at FSM, and we would love to hear from anyone interested in starting the necessary training and get in tune!

We now look forward to welcoming all the regular families who come each year to the Crib Service, on Christmas Eve at 4pm, now so thankfully established again after the Covid Pandemic restrictions.

We then have the Eucharist service on Christmas Day at 10am.

A Carol Service will be held at Fornham All Saints church on 17th December

Sunday services are as usual at 10am, on 8th and 22nd December; then 12th and 26th January 2025, all welcome.

We have had another busy year organising the book sales, a quiz 'n chips and finally getting the 8 bells reinstated and paid for! With changes to some of our volunteers, we thank sincerely and gratefully all those who have kept the church running and functioning as it should. Especially the cleaner, flower arrangers, tea ladies, readers, organists, or DJ's when CD's were needed, and the opening team who open the church every week, all year.

The commonest comment in the visitor's book is thanks for being open as not all churches are, particularly relevant when visitors have travelled a long way especially, like the couple

from Indonesia recently to find and see a family grave, with the benefit of the list of graves and churchyard plan in the church.

There is of course always room for more volunteers, to enable the church to maintain these services and fulfil its involvement in the life of our village and continue to be available for all those life events of weddings, baptisms and funerals.

We must too of course thank Revds Andy and Ali Miller, Team Rector and Team Vicar, for fulfilling the ministry and services throughout the year.

David Yates

David Yates

WOULD YOU, OR SOMEBODY YOU KNOW LIKE TO PLACE AN ADVERT IN THE BUGLE?

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Advertising

For advertising, or any article for inclusion in The Bugle, contact the Editor via email:

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Please note

The deadline for articles to be included in the February - March issue of The Bugle is 20th January

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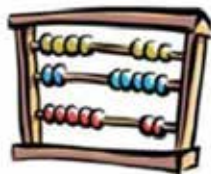


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The Bugle reserves the right to decline an article or advertisement and may also discontinue publication of an article or advertisement without either warning or explanation, where applicable giving a partial or total refund of any payment[s] made.

When publishing articles sent in by members of the public, we wish to make clear that in no way does it mean that The Bugle agrees or concurs with any views or opinions expressed therein.

The Parish Council on behalf of all parishioners would like to acknowledge with thanks and appreciation, the work carried out by the volunteers who organise and distribute The Bugle.

Local Services & Useful Contacts

Organisation	Details	Phone No.	Comments
Bugle Newsletter	buglenewsletter@gmail.com		Justin Hook
Church	St Martins Church, Fornham St Martin www.northburychurches.org.uk	01284 700400	
Citizens Advice	www.suffolkwestcab.org.uk	0808 278 7868	
Councils	West Suffolk Council www.westsuffolk.gov.uk	01284 763233	
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