



THE BUGLE

FORNHAM ST MARTIN & FORNHAM ST GENEVIEVE VILLAGE MAGAZINE

AUGUST - SEPTEMBER 2025

ISSUE NO. 142

Fornham St Martin cum St Genevieve

Parish Councillors

Clive Last (Chair)	07771 957755
John Rushman (Vice Chair)	01284 701511
Paul Butler	01284 760119
Brandon Mahon	01284 747140
Linda Leong-Son	
<i>Vacancy</i>	
<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 Thursday 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 October - November issue, will be 20th September 2025.

Date For Next Parish Council Meeting

Thursday 4th September at 7:30pm ***note date change***

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 & Bank Holidays*).

Agendas can also be found on the Parish Council website:

www.fornhamstmartin.onesuffolk.net



PLEASE
NOTE:
Council meetings
are normally on the
second Thursday of
the month, NOT
Monday

Pavements Update / Volunteering Group

Sadly, due to budget cuts at WSC and SCC many services have been cut back - regular jobs like sweeping the roads and pavements, cutting back bushes and hedges, and cleaning road signs have all suffered due to the cut backs and sadly our villages are looking a little bit tired and untidy because of it.

The Parish Council is now having to take on some of these roles, getting in outside contractors to do some of the works, but this is an added pressure on our budget, some of which is made up by the Council Tax that you pay, by way of precept monies that the Parish Council claim each year.

Over the bridge in Fornham All Saints, they have set up their own volunteer group who, after some simple training can now tend to some of the simpler jobs themselves, and the village is looking much tidier for it!

Would you be willing to help your village in this way? Please drop the Clerk an email if you would be willing to help, as we try and determine if there is enough interest to set up our own volunteering group. Email fsmgpc@gmail.com

In terms of some of the bigger jobs, such as the pavement from the playing field down to the Tollgate, and some of the sections on The Street, the Parish Council is getting quotes to have professional contractors in, to safely work on these, being so close to the highway.

It is something that we are working on, however it does take time, getting quotes, getting contractors approved for work on the highways, and of course seeing what funding is available to help with the huge costs, so please bear with us.

Come along to the next Parish Council meeting or keep an eye on future minutes to stay up to date on this.

**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 find out more about becoming a Parish Councillor, please email the Parish Clerk fsmgpc@gmail.com

Parish Councillor Vacancy

The Parish Council are still looking for new Councillors to represent both Fornham St Martin Ward and Fornham St Genevieve.

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 Thursday of the month.

- Attend occasional 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. and 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.

Fornham St Martin cum St Genevieve Parish Council - June Extraordinary Meeting

APPROVED Minutes of the Extraordinary Parish Council Meeting held on Thursday 12th June 2025 at 7.15pm in Village Hall

Councillors present: Clive Last (CL) Chair, John Rushman (JR) Vice Chair, Paul Butler (PB) and Brandon Mahon (BH)

AGENDA ITEMS

1. Appointment of a Locum Clerk to cover long term sickness of the current Clerk and agreement of terms.

Council resolved to appoint Justin Hook, Clerk of Fornham All Saints Parish Council as Locum Clerk until such point the Clerk can return to work.

CL to liaise with SALC for contract and contract terms.

Council agreed to change the date of the next meeting, to be held on Thursday 24th July 2025 at 7.30pm in the Village Hall.

Meeting Closed 7.20pm.

Signed by the Chairman at the next meeting of the Parish Council, Thursday 24th July.

Signed: *Clive Last*

Date: 24th July, 2025

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

Fornham St Martin cum St Genevieve Parish Council - June Meeting

APPROVED Minutes of the Parish Council Meeting held on Thursday 12th June 2025 at 7.30pm in Village Hall

Councillors present: Clive Last (CL) Chair, John Rushman (JR) Vice Chair, Paul Butler (PB) and Brandon Mahon (BH)

In attendance: Locum Clerk Justin Hook (JH), County Cllr Rebecca Hopfensperger (RH), Hannah Cuthbertson, All Saints Resort (HC) and 3 members of the public

Apologies received: Vicky Bright (Clerk)

PUBLIC FORUM

Resident David Randall notified the Council that the planter by the village hall had been emptied by thieves. Previously a couple of plants had gone missing, but this time all of them were stolen. There was upset, not just at the loss, but because of the time invested also.

Council resolved to appoint a budget of £30 for the purchase of replacement plants. David also raised the issue of collie moth larvae and woolly aphids on the playing field and suggested spraying to eliminate. Council questioned the safety of spraying and timings, with satisfactory answers - David has the necessary license and will spray at appropriate times.

Council resolved for resident to purchase the necessary chemicals and spray the affected areas, cost circa £17 for materials to be billed to Council.

AGENDA ITEMS

1. Chairs welcome & apologies for absence.

The Chair welcomed attendees to the meeting and introduced Justin Hook as the new Locum Clerk following a decision at the earlier Extraordinary Meeting to appoint somebody to help assist Council in the absence of the Clerk who, is on sick leave.

2. To receive any Declarations of Members' Interest.
None received.

3. Approve and adopt draft minutes from May Meeting & AGM held Thursday 8th May.
Council resolved to approve the minutes and the Chair signed them.

4. To receive County & District Councillors Reports.

- RH advised that there is a new residents survey from SCC regarding Local Government Reorganisation (LGR), open until the end of August. It's important for Parish Councils to be heard, as they form the grass roots of local government. LGR would mean more powers for parish councils and a new menu of services to pick and choose from.
- JH to share survey link with Cllrs and place in village newsletter.
- SCC prefer the idea on one unitary council, WSC are split between 2 or 3 councils (East/West/Greater Ipswich). RH backing unitary, with a big emphasis being on the dangers of disaggregating social services causing the potential for a postcode lottery of care.

- RH continuing to investigate a flashing sign for the bends on the B1106 toward Culford/West Stow. SCC considering how to power a unit and the implications of ongoing maintenance. Clerk to investigate options with Elan City and Wescotec.
 - JR questioned a statistic he'd heard regarding the 3,000 homeless in Suffolk waiting to be housed? RH believed more in the region of 1,500 awaiting housing.
5. To discuss updating bank mandate following Cllr resignations.
The Clerk had begun the process of adding CL, JR and BM to the mandate. All Cllr's received notification and were actioning individually. Statements in the interim have been set up to go to CL.
Council resolved to add JH to bank mandate in the interim.
 6. To receive update on Cllr vacancies.
Election notices had been posted after the resignation of 3 former Cllrs. The closing date to call an election is 13th June, after which Council may elect to fill the empty positions via co-option.
Council do not have access to the Clerks email at present, so unaware if anybody has responded. One resident of St Genevieve has indicated her intention to join. Full training is available.
JH to send details of Cllr training to BM.
 7. To discuss annual returns & audit in Clerk's absence.
SALC were booked to complete the Internal Audit on 9th June. Council discussed the best way forward and agreed upon CL asking the Clerk if she would be willing to support the Internal Audit, as she has all of the files and information. JH to cover all other business until such point as the Clerk is able to return. Access to Clerk email account, files and banking required for Locum Clerk.
 8. Appointment of Cllr responsibilities deferred from previous meeting.
Council deferred this item.
 9. Planning applications for consideration:
 - i. DC/25/0791/TPO. Tree at Fornham Grange, School Lane, FSM IP31 1SP.
Council resolved a vote of NO COMMENT, supporting the decision of the Tree Officer.
 - ii. DC/25/0473/TPO. Trees at Oak House, Barton Hill, FSM IP31 1SN.
Council resolved a vote of NO COMMENT, supporting the decision of the Tree Officer.
 - (For information)
 - iii. DC/24/0538/FUL re-consultation. Tennis court at All Saints Hotel.
Approved.
 - iv. DC/25/0473/FUL. Self build house at Rathkeltair Lodge, Barton Hill, FSM.
Approved.
 - v. DC/24/1660/FUL change of use to equestrian, Fornham Park. FSG.
Ongoing.
 - vi. DC/24/1123/FUL reinstall 10m fencing on All Saints Golf course adjoining Pigeon Lane FAS. **Approved.**
 - vii. DC/24/1091/FUL parking for 15 Cars at All Saint Hotel. **Approved.**

- viii. DC24/1671/TPO. 1 ash tree removal at The Laurels, Parklands Green, FSG. **Rejected by WSC on advice from Arboricultural Officer.**
- ix. DC/20/0496/FUL. 68 lodges with parking at St Genevieve Lakes, Bury Road/Timworth. **Ongoing.**

10. Highways , footpaths and trees

- i. Action on overgrown pathways in the village.
 - Contractor appointed to remove basal growth from trees in FSM.
 - JH to confirm if work completed.
 - RH confirmed clearing/cleaning of obscured road signs can be requested via Highways Reporting Tool and ref. numbers given to her to chase.
 - Council discussed various problem areas throughout the village; pathways from playing field down to The Tollgate, from village hall up to Lark Valley Drive and entrance to Oak Close, hedges along edge of playing field, major signs at entrances to the villages, detritus in roundabout kerbs, weeds in gutters.
 - JR asked if Council can appoint a local person to clean the road signs? Question remains if he has relevant qualifications to work on highways, else not covered.
 - JH advised Fornham All Saints has appointed Wayne Jarvis & Son to tidy up their verges, hedges and pavements. They have since sought the necessary approval from SCC who now happy for them to be used as a regular contractor.
 - JH to request quotes form Wayne Jarvis for the works in FSM and FSG.
 - RH to confirm spraying schedule for weeds.
- ii. Highways signage audit and cleaning plan.
 - Covered partially above.

11. Parish Matters

- i. Weekly & monthly H&S inspection report.

JR completed weekly checks of the play park and trim trail. Only things to note is main gate had been stiff, but potentially now oiled. Reports suggest that the benches are loose, but JR did not deem this to be a major issue.

BM completed risk assessment of the assets – to be discussed at a future meeting.

12. Finance & Policies

- i. Bank reconciliation, payments & receipts May 2025.

None to report as no access to the bank available.
- ii. Authorisation for outstanding invoices & payments.

Council approved invoice for The Bugle Editor – no other invoices seen or available, as no access to Clerks emails.

- iii. Approval of annual contributions.
- Council discussed requests for donations from the church and the Ladies Club
 - **Council resolved to award a grant of £900 to the church for churchyard maintenance and £200 to the Ladies Club.**
 - **Council resolved to award a one-off grant of £1500 to the village hall towards ongoing maintenance and electricity charges. No further monies will be given to the village hall this financial year.**

13. Councillors reports and items for future.

- Council raised the idea of potentially combining the parishes of Fornham St Martin and St Genevieve with Fornham All Saints. JH confirmed that this was not a new suggestion and may well be received openly. RH advised speak to Ben Smith at WSC for more information and that a referendum may be required for villagers to have their say.
- JH to add as an agenda item for July meeting. Cllr's to consider pro's and con's.
- Council raised the idea of updating the VAS equipment and potentially moving one of the units closer to the roundabout. JH/BH advised this would require permission for a new 'location.' Budget available in RH's locality budget for new equipment. Solar units are a good option.
- JH to add as an agenda item for July meeting.

Council resolved to change the date of the next meeting, to be held on Thursday 24th July 2025 at 7.30pm in the Village Hall.

Meeting Closed 9.15pm.

Signed by the Chairman at the next meeting of the Parish Council, Thursday 24th July.

Signed: *Clive Last*

Date: 24th July, 2025



Church News

By David Yates

The last Book Sale Coffee and Cakes, on 31st May raised £645, with thanks to everyone who supported and helped. We were pleased to see everyone, maybe to restock for those long Summer evenings watching the glorious sunset (hopefully), as well as enjoying some light refreshments over coffee and chat with friends, or maybe making some new ones, possibly new neighbours even! The next one is Saturday 6th September, 10-3pm, as usual, and we look forward to seeing everyone.

The Guild of Ringers are now forming a band of ringers at FSM, and we would love to hear from anyone interested in starting the necessary training and get in tune!

Weekly practice sessions have commenced on Tuesday evenings with our new highly qualified and experienced Tower Captain, Deborah Blumfield, and she is now training 4 new volunteers. Later in the year she hopes to take on 4 more applicants, for our new set of 8 bells.

Their popularity is growing too, with 6 Bands of Ringers so far, from far and wide, having come to try out and celebrate with our creation of a new set of bells, with them all up and running and ringing again, with more visits being arranged, since the first celebration at last year's Remembrance Day, already planned to repeat again this year.

Our regular half yearly donation to Water Aid, from the collection box in church, was £80 this time, bringing the total since starting in 2014 to £1,458, a very worthwhile support over the years, with thanks to everyone who donates, after enjoying coffee after services, usually.

With above average funerals and burials to date this year, available plots left in the churchyard are reducing. The Parish Council have been kept informed, as when churchyards are full and closed, they become the responsibility of the parish councils to maintain.

We have for many years spent time and effort and expense into maintenance of the churchyard, after much effort restoring it from being abandoned inaccessible jungle in places, cutting the grass regularly, trimming around headstones and trimming the holly and

Yew trees to keep it tidy and respectful to families visiting and tending graves of loved ones. Often coming from far and wide and abroad, as far as New Zealand, and including Holland and USA this year. We have been pleased that the Diocese have recognised this, especially with keeping the Yews trimmed, in a national survey earlier this year "Love Your Yews." And the Millennium Yew, just near the War Memorial, donated as part of the national scheme in 2000, is thriving, after a slow start its growth now needing trimming, into a fine specimen. Martin Richmond took over a few years ago, and is very conscientious in maintaining the standards.

As an aside, I attended the recent Parish Council AGM, to keep in touch with village affairs, and liaise over matters of joint interest, in conjunction with liaising with West Suffolk Councillors Beccy Hopfensperger and Sarah Broughton, who have been providing regular support to both the church and parish.

Like us, they have lost a few councillors for this year but still maintain an active role in village affairs representing public concerns and interests.

The Annual Ride and Stride organised by the Suffolk Historic Churches Trust (SHCT) is set for Saturday 13th September, with bike riders and walkers visiting as many churches as they can manage on the day, to get sponsorship to raise funds. Half is retained by the church, and half donated to SHCT who give grants to churches for essential maintenance and repairs, invaluable to keeping our historic buildings in good working order to provide services and events in our communities. They raised £200,000 last year, and gave out 49 grants of £211,500. With FSM approaching its 700th birthday, there is always some maintenance needed. We received £1,500 a few years ago for repairs to the badly worn stone steps in the tower.

The 100 Club winners are:

August	1st	£30	Sana Khalid	no. 80
	2nd	£20	Melvyn Jocylin	no. 89
	3rd	£10	Claire Pickavance	no. 12
September	1st	£30	Joan Baker	no. 55
	2nd	£20	Gill Burgess	no. 70
	3rd	£10	Margaret Perry	no. 36

Thanks to them, and everyone in the club for supporting the church in this way.

With the magazine now bi-monthly, the next one is October - November, doesn't time fly, when you're basking in the Summer sun, choc ice in hand.!

Any suggestions to be included please let me know.

Stolen Plants From Village Planters

By David Randall

I volunteer to plant the planters in Fornham St Martin and Barton Hill.

This I enjoy, doing plugs for summer bedding and usually tulip bulbs for the spring. Over the number of years doing this there have been odd plants disappear but this year all the geraniums in the planter near the village hall were taken.

This is a big disappointment to me and all the villagers who I am sure enjoy seeing the planters as they walk by.

David

The Parish Council would like to thank David for all of his hard work tending to the flower beds and other bits and pieces in the village.

We have a small number of volunteers and paid staff who help to keep the village looking nice and running and operating smoothly.

Let's just be appreciative of all that they do, and give them a 'thank you' when you see them next!

Editor

A photograph of the interior of a bell tower, showing several large, dark metal bells mounted on wooden frames. The background features stone walls and Gothic-style windows with leaded glass. The lighting is warm and golden.

Give Us A Ring

**Your local bell ringers are
looking for new members!**

Bell ringing is an eco-friendly team activity that is **open to everyone**. It stimulates the brain and helps to keep you fit, while making a glorious sound. In learning to ring you will be part of a global group of friends, start a lifelong learning experience, maintain a traditional skill, serve your community and possibly get the opportunity to visit some amazing places!

For more information please contact

DEBORAH BLUMFIELD 07766 562643

Fornham Garden Club

On 10th June, Fornham Garden Club members and guests enjoyed an evening trip to Langham Hall Walled Garden. The weather was superb and a wander around the wonderfully stocked walled gardens was thoroughly relaxing. Our hostess was very welcoming and provided refreshment on the terrace of her beautiful home, with its stunning view over the ha-ha to flocks of grazing sheep in parkland.

On 8th July the garden club hosted an old friend in Dr. Ian Bedford who gave a very interesting talk and slide show on **The Trouble**

Without Wasps. He informed that it is quite difficult persuading people that wasps are very much worth looking after, as the assumption is they are merely pests; they are in fact great pollinators and help protect and sustain crops and native fruits and flowers.

Wasps have two pairs of wings, the pairs hooked together and they appeared around 200m years ago. There are 200,000 species worldwide with Britain having about 9,000 species. Wasps use their stingers as a defence or for paralysing prey which they cut up with their powerful mandibles and parts are taken back to the nest to feed the larvae. There are two main groups - some are 'solitary' and others are 'social' and live in colonies. If we are stung there is always a risk of anaphylaxis which can have many symptoms so, if need be, get medical help quickly. Bicarbonate of soda, (not 'winigar') may help ease the pain, but antihistamine may be more effective.

Social wasps living in a colony have an egg laying queen. The life cycle is between March and June and the first queens seen are survivors from the previous year. She builds a structure from chewed up wood and lays eggs in cells which turn into her workers. From then on the workers find food, water and build more cells whilst the queen lays eggs during June to October. At the end of summer, new queens emerge, the male wasps mate with them and then die. During Winter the queens with their fertile eggs hibernate and next spring the cycle starts again.

There are other types of wasp such as harmless wood wasps, mason wasps and gall wasps. The bee wolf wasp lives underground and kills honey bees. Spider wasps live on spiders; their sting paralyses the spider which they drag back to their nest. Here they lay an egg

on the paralysed spider which hatches and feeds on the spider. Hornets are a much larger species of wasp. The European wasp is relatively harmless but the Asian hornet attacks bees in the hives. They need to be reported and dealt with to avoid the species becoming endemic.

Unfortunately wasps can be a nuisance as they attack butterflies and they need sugars, so over ripe fruit can make them aggressive and bolder. Wasps caught in traps will attract other wasps but they are territorial, so false nests can deter them starting another nest nearby. They dislike the smell of lemon, clove and mint and most nests can be left alone but if removal is necessary, always use a professional pest controller with a protective suit.

One encouraging fact is that there is ongoing medical research into wasp venom to fight bacterial infection. This was a very informative and interesting evening and we will be seeing Dr. Bedford again next year.

A group of 33 members and friends enjoyed a 3 day trip in late June to visit 3 of Yorkshire's gardens, while staying at The Craiglunds Hotel at Ilkley. Brodsworth Hall and Gardens near Doncaster with its wonderful trees were trying to return the gardens to their former glory when owned by the Thellusson family in early Victorian times. Royal Horticultural Society's Harlow Carr gardens near Harrogate was a showcase of horticultural excellence - a picture of colour, and Renishaw gardens near Sheffield is the seat of the Sitwell family and home to one of the most important classical Italianate gardens in Britain - wonderful topiary throughout.

Most of our meetings are from 7pm on the **second Tuesday of each month at Fornham All Saints Community Centre - come and join us!**

Is your group represented in The Bugle?

We want to know what's happening in the village, so if you want your group or organisation to be featured in this magazine, then please get in touch with the Editor for more information:

buglenewsletter@gmail.com

Advance Notice of Tollgate Triangle Works by Suffolk Highways

We are writing to inform you of our plans to carry out improvement works on the 'Tollgate Triangle' gyratory, which connects Fornham Road, Thetford Road, Mildenhall Road, and Tollgate Lane in Bury St Edmunds. These proposals were subject of previous public consultation and are required to upgrade this location to accommodate recent development at Marham Park and to future proof it to accommodate future growth in Bury St Edmunds.

The project will involve reconfiguring the junction, replacing the current one-way clockwise system to enable two-way traffic in all directions. This will reduce congestion caused by growth in the area. The proposed works will also enhance walking routes, supporting Suffolk County Council's continued commitment to protecting and enhancing our environment.

Works are scheduled to begin in early autumn and are expected to complete by summer 2026, subject to the approval of road space being granted for our desired dates.

The scheme will be delivered using a variety of traffic management to enable safe access for public and workforce, this will include several traffic management phases, changes in priority and the use of temporary signals. Road closures will also be required during key phases throughout the project. Full details of traffic management arrangements will be communicated closer to the works starting.

Before the works commence, we will issue a further communication confirming the dates of the scheme. We will also provide updates regarding the works as they progress, including any major changes to the project and the traffic management entailed to deliver it.

If you have any queries on the above, please contact us at customer.services@suffolk.gov.uk or on 0345 606 6171.

Mobile Library

Dates & Times for 2025:

August 12th
September 9th
October 7th
November 4th
December 2nd
December 30th

Lark Valley Drive
12:00 – 12:30pm

For more information, visit the Suffolk Libraries website:

www.suffolklibraries.co.uk



Don't let the Tech get you down!

Join our friendly club for tutorials and one to one help



Fornham Computer Club, Fornham All Saints,
Bury St Edmunds

Find Out More

<https://www.fornhamcomputerclub.com>

Email: fornhamcc@outlook.com or

Phone: Bernard on 07860 117680

We're entering our 9th year of providing simple, jargon-free tech advice for Windows and Apple users alike. Whether you're wondering about upgrading to Windows 11, exploring the latest iPads, or learning how to use the new Apple Password Manager with Windows, we've got you covered.

Why Join?

- Friendly support for beginners and experienced users
- Monthly Apple & Windows meetings
- One-on-one help & drop-in sessions
- Online assistance for urgent tech problems
- Make new friends

 **When:** Twice a month (Apple & Windows sessions) on Tuesday afternoons

 **Where:** Fornham All Saints Community Centre, near Bury St Edmunds

 **Who:** Open to all skill levels—especially beginners!

Don't let the tech get you down—join our friendly club and get all the help you need!

Membership costs £20 per year

Beginners Group - Commences Mid-April
Don't delay Enrol Now!

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:

fsmgpc@gmail.com

Berry Confusing

By Alan Leigh

I've previously written in *The Bugle* about my liking for blackberries, in all their variety. Although they can be found all over the place, from the seaside to the high hills, on acidic and chalky soils, one of their joys for me is that you're never entirely sure what you are going to get. While brambles near the sea tend to be larger, sweeter and juicier compared with those growing on poor inland soil, there's no set pattern. Two brambles growing close to each other often have their own distinct flavour within a spectrum that goes from smoky to winy, even slightly spicy. Their flowers may have different sizes and colours, and thorniness varies, too. There's a reason for all this variety. *Rubus fruticosus* is a catch-all name for thousands of micro-species, which are 'same-but-different' in many subtle ways (so are dandelions, apparently). Your favourite bramble may well be unique. Apart from when I get ensnared by their vicious snagging thorns, I love them all. I'd go so far as to say they are my favourite berry.

Except they aren't berries. Technically they are 'aggregates composed of drupelets,' like raspberries, loganberries and tayberries. A drupe is a seed with a hard coat, surrounded by a fleshy outer part (think peach or plum) and a drupelet is just a little drupe, whilst an aggregate fruit is one made up of a cluster of smaller fruits.

If you want to forage a true berry in the UK your choice is pretty much limited to elderberry, black-, white- and redcurrants, gooseberry, sea buckthorn and - a plant we don't find in East Anglia - the bilberry. Their seeds lack a hard coat and are seated within what is usually a fleshy part, although in some berries it's empty space. In the shops your berry choice widens to such fruits as tomatoes (yup, a fruit), peppers, grapes, aubergines, avocados, bananas (honestly), cucumbers and squashes (yes, really). Maybe you prefer pome fruit (apples, pears etc), which in everyday terms are fruits with seeds set in a fibrous core, surrounded by a fleshy jacket. Or perhaps your thing is aggregate accessory fruit and cream..? Yes, strawberries aren't berries either!

Returning to blackberries, may I plug blackberry whisky again? It doesn't taste anything like whisky, which is quite fitting for a berry

that isn't a berry. Pop your blackberries in a sealable jar with about a tenth of their volume of granulated sugar and, if you like, a couple of cloves or allspice berries (true berries!), then cover with any cheap whisky. Alternatively, use cheap vodka to end up with crème de mûre. The waiting is the hardest. Leave it somewhere cool and dark, giving it an occasional shake. Around Christmas at the earliest, strain the liquid from the blackberries and have a taste. You can add more sugar at this point but I'd advise adding as little as possible to let the fruit flavour come through, not just sugary sweetness. When you're happy, strain it into your bottle where it'll continue to get better. The boozy blackberries are a grown-up treat, too.

Alan



West Suffolk Council

August Bank Holiday bin collection days

Usual collection	Revised collection
Monday 25 August	Tuesday 26 August
Tuesday 26 August	Wednesday 27 August
Wednesday 27 August	Thursday 28 August
Thursday 28 August	Friday 29 August
Friday 29 August	Saturday 30 August

The poster features a blue sky background with white clouds, birds, and a kite. At the bottom, there is an illustration of an orange West Suffolk Council bin truck with a smiling face wearing sunglasses, and two anthropomorphic fruit characters (a strawberry and a lime) holding a drink.

Update from Royal British Legion BSE

By Nigel Wolstenholme, Branch Chair

Forthcoming Events and Services in August

- Friday 15th, Civic VJ Remembrance Service St Mary's Church BSE, seated by 14:10 for 14:30 start, dress; smart, Medals, badge of office etc. may be worn.
- Saturday 16th, VJ Memorial Service Abbey Gardens Rose Garden, Veterans wanted to lay wreaths at the actual VJ Memorial 10:45 for 11:00 start, after service refreshments at St Mary's church BSE.

This year's Cathedral hosted Beer and Cider Festival 20th to 24th, is certainly worth a visit, the number of people who have always walked past 'the building,' that return after attending the festival to take time out and enjoy the history, camaraderie and thoughtful peace is surprisingly high, not necessarily converted, but wiser and happier for it.

If you are Serving military, a Veteran, dependent or carer and need help, try phoning the RBL helpline on 0808 802 8080, you will need to hand The Veterans Service number and name also the Branch of the Armed forces. (Royal Navy, Army, Royal Airforce etc.?) the RBL also have the Admiral Nurses Service specifically trained to help with Dementia, some are based in Suffolk, they help with Veterans suffering from Dementia and can also take some of the load off carers, just one phone call is always worth a try, request the Admiral Nurses Service, the lead Nurse for Suffolk is Jo Dawson. Help line Number 0808 802 8080.

We'd love to hear from you!

Would you like to publish a piece in The Bugle newsletter?

A poem, a short story, an article on something you find interesting or a hobby you enjoy doing, a community event or project, a recipe?

Please contact buglenewsletter@gmail.com

connecting **Communities**

rural transport



What is Connecting Communities?

Connecting Communities is for people traveling around Suffolk that don't have access to a regular bus or train service.

What could it be used for?

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For more information or to book a journey

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Fares are based on what a normal bus journey would cost

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Journeys can be booked online or by phone around your schedule

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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	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

07552 061489 - fornhamhall@aol.com

or

Maureen Hockett, Committee Chair

07887 778353 - maureenl.hockett@aol.com



Fancy a bigger adventure? Join Suffolk's Ride and Stride this September

SUFFOLK HISTORIC CHURCHES TRUST

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EXPLORE SUFFOLK

SATURDAY 13 SEPTEMBER

9am to 5pm

Join Ride and Stride and sponsor your cycle or walk to raise money for Suffolk's wonderful church buildings.

Suffolk has over 500 churches, chapels and meeting rooms across all denominations and you will be amazed at the local history you will find in each and every one!

TOGETHER WE ARE



THE CHURCH
OF ENGLAND
SUFFOLK

cotesuffolk.org

The 11th Rotary Classic Car Show raised over £40,000 for charity

By Melanie Lesser

The annual event took place on July 13th at Culford School, where fabulous weather contributed to a successful day for more than 6,000 visitors. This was the 11th Car Show organised by the Bury Abbey Rotary Club, with support from other nearby Rotary clubs, and the fifth year it has been hosted at Culford School.

Over the past 11 years, the Classic Car Show has raised more than £200,000 for various local charities, with East Anglia's Children's Hospices (EACH) serving as this year's headline charity.

Building on the success of previous years, the Car Show featured a variety of entertainment. With more than 40 car clubs and around 600 cars on display, attendees enjoyed a spectacular selection of vehicles gleaming in the sunshine. It was delightful to witness the different car clubs and their coordinated displays. The lines of Morgans, Jensens, and Mustangs contrasted with the more eclectic assembly of individual exhibitors, whose cars were equally impressive. The sheer variety of cars was astonishing. Additionally, attendees enjoyed a wide range of food options, from Mexican cuisine to hog roasts, as well as local craft stalls. This year, the Suffolk Soul Sisters Choir added to the atmosphere by entertaining the crowd with their performances.

The headline charity supported by the Car Show, EACH, provides essential services to numerous families across East Anglia. Days like this are crucial for raising both funds and awareness to continue their vital work.

Bury Abbey Rotary President Melanie Lesser stated, "This has been our busiest show ever, with blue skies, sunshine, and a fantastic atmosphere throughout the day. We are pleased to have raised over £40,000 for EACH, along with the many other local charities supported by Bury Abbey Rotary Club. Special thanks go to Culford School and all our 160 volunteers, including those from the USAF and many organisations across the region. We would also like to express our gratitude to our 17 car show sponsors, including 7 new ones for this year."





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Residents' Summary



onesuffolkcouncil.co.uk

Why this matters for Suffolk

- **Simpler for residents** – one council, one point of contact.
- **Clearer accountability** – no more confusion over responsibilities.
- **Greater value for money** – less bureaucracy means more money for services or keeping council tax as low as possible.
- **Stronger, safer services** – particularly for social care, with improved links to health and police.
- **Joined-up services** – one organisation means everything under one roof, making it easier to improve services.
- **Better decision-making** – one council means that decisions can be made more quickly.
- **More resident power** – more local input and stronger neighbourhood engagement.
- **Stronger voice** – one clear, strategic leadership team for Suffolk.

The savings could be used for:



Suffolk

Suffolk is a county of contrasts and character: sea views, golden fields, wide skies, charming villages, bustling market towns and vibrant urban centres. Each part is unique, yet all come together to form one extraordinary county.

We're proud of Ipswich, our historic county town. But our pride extends to every community, large or small, that gives Suffolk its rich identity.

Our county boasts world-class food and drink, a thriving visitor economy, cherished heritage sites, National Landscapes, the heart of British horse-racing, cutting-edge clean energy and logistics industries and strong connections to London.

Suffolk is proof that the whole really can be greater than the sum of its parts.

What truly unites us is not just our landscape or economy, but a deep sense of identity and pride. Whether it's Suffolk Day, the Suffolk Show, our university, local media, or even our dialect, there is something that binds us together.

It's more than community spirit, it's a shared belief in Suffolk.

Local Government reorganisation in Suffolk

The Government is planning to simplify how councils operate in Suffolk – a process known as Local Government Reorganisation (LGR).

Currently, there are six councils: a county council and five district and borough councils. Each is responsible for different services and different areas, a structure that has been in place for more than 50 years.

Suffolk County Council is proposing a bold and positive change: to bring all six councils together into a single new council, delivering all local and county-wide services.

This would mean replacing the existing councils with one new organisation, complete with a fresh structure, fewer layers of bureaucracy and better ways of working.

Better use of public money

Analysis by PwC shows that one single new council would deliver:



£26m

annual savings each year after 5 years



£104m

of savings in the first 5 years



Up to £13m

saved in start-up costs compared to three separate councils

More than one council will cost more

There's been talk of dividing Suffolk into two or even three councils, including a 'Greater Ipswich'. This would mean redrawing boundaries to bring in areas like Felixstowe, Woodbridge, Needham Market and surrounding villages.

But more councils means more cost. Splitting services like social care would be not only expensive, over £150 million according to national research, but would also put vulnerable residents at risk.

	1 COUNCIL	2 COUNCILS	3 COUNCILS
break up costs over 5 years	£0	£92m	£155m
annual savings after 5 years	£26m	£9m	-£3m
savings in first 5 years	£104m	£12m	-£52m
one off set up costs	£19m	£26m	£32m

Your voice matters

We're inviting residents, town and parish councils, businesses and community organisations to help shape the future. Change can feel uncertain, but it's also a moment of great opportunity.

Over the next six months, we'll be out in communities asking for your view, from how you want to access services to how decisions should be made and how many councillors you think we need.

This is your county and your voice will help shape its future.

Have your say

We're working with residents, businesses, community and voluntary groups and local councils to choose the best future for Suffolk. This decision will affect you and your community. Please find out more today.

onesuffolkcouncil.co.uk

Learn more



Feta & Herb Pie by Pigeon Cottage Kitchen

Ingredients...

- frozen spinach - 6 balls, defrosted, chopped with the excess moisture removed
- large bunch each of fresh dill, mint and flat leaf parsley, finely chopped
- 2 eggs, beaten
- 1 pack of feta - crumbled
- 1 small onion
- 1 tbsp light olive oil
- zest of a lemon
- pack of Jus-Rol ready-rolled all butter puff pastry
- White pepper and grated nutmeg



The Greeks make a lovely feta and herb pie like this with filo pastry called spanakopita but I find it much easier to make with ready rolled all-butter puff pastry. To be honest, I prefer the pastry to filo too. It's a really delicious summer pie which I serve with a simple tomato salad.

To make...

- Preheat the oven to 180C.
- First, make the pie filling. Sauté the onion in olive oil in medium heat until it is soft and golden. Allow to cool.
- In a medium-sized bowl, add the spinach, herbs, onion, feta, lemon zest, seasoning and most of the beaten egg. Retain a little of the yolk for the pastry. Mix thoroughly.
- Line a baking sheet with baking parchment. Unfurl the pastry and cut into two pieces, the bottom should be a couple of centimetres smaller than the top. Lay the bottom rectangle in the middle of the baking sheet. Spoon the filling over the bottom piece of pastry to within 2 cm of the edges. Brush the edge with a little egg yolk beaten with a splash of water. Lay the top piece over the bottom and press the edges together with the tines of a fork. Lightly prick and score the top layer with a sharp knife and brush with the rest of the beaten egg. Refrigerate for half an hour or so.
- Bake in the oven until crisp and golden. Remove and allow to cool. Cut into slices or squares - serve just warm.

Share, follow, like, enjoy! To get the latest #TheFridayRecipe from the Pigeon Cottage Kitchen, simply add your email address to the subscribe box at the top right-hand column of the website www.pigeoncottage.com Follow on Instagram at Pigeon Cottage Kitchen or the Pigeon Cottage Kitchen page on Facebook.

Free Summer Holiday Activities 2025

Does your child receive free school meals?

If your child get means tested free school dinners, then you can apply for a range of free activities for your family and children.

- **Family Park Cooking (Families)** - Each family will take home a weeks' worth of food as well as having a great day out
- **Adventure Days (8-14 yrs)** - An action-packed day of activity from 8:30am-4:30pm
- **Wild Kitchen Adventure Days (8-14 yrs)** - Learn to build a campfire, cook their own meal and take part in a range of great outdoor activities. 10am-3pm
- **Swim and Lunch (5-16 years + parents)** - Free swim and lunch provision at all our leisure centres
- **Duke of Edinburgh Award (13-16 years)** - Take part in Bronze DofE award, hiking, camping, away days. (must be in school year 9 in September 2025)
- **National Pool Life Guard Award (16-18 years)** - Fully funded places on the NPLQ Lifeguard Course at Bury St Edmunds Leisure Centre

Free sessions are primarily for children entitled to Means Tested Free School Meals – approval will also be considered for young people in the following categories;

- Eligible for means tested free school meals - Pupil Premium (Not KS1 universal free school meals)
- Looked after child (LAC)
- Child protection plan in place
- Refugees

To book visit: www.abbeycroft.org.uk/HAF

Any questions or queries please get in touch.

Email: HAF@acleisure.com providing the session they want to book and the town they live in.

Call: **01284 757495** leave their name, number, town and session they want to book.

EXPLORE OUTDOOR

FAMILY PARK COOKING

22nd July- 30th August
Subject to availability
10:00-15:00

Parents and children take part in an on-going family day out with a wide range of activities including an outdoor cooking master class where you will cook a delicious lunch together.

Every family that attend will take home all of the ingredients and recipe cards for a weeks worth of meals.

*Free for those eligible for free school meals or most Suffolk County Council eligible schools

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YOUTH WITHOUT LIMITS




EXPLORE OUTDOOR

WILD KITCHEN ADVENTURE DAYS

AGES 8-14 YEARS

22nd July- 30th August
Subject to availability
10:00-15:00

FREE

Calling all young chefs and outdoor explorers! Come for a hands-on day of wild cooking where kids learn to build and light their own fire, then cook a tasty lunch from scratch in the great outdoors. It's a delicious adventure packed with fun, food and fresh air, plus plenty of exciting outdoor games and nature activities.

*Free for those eligible for free school meals or most Suffolk County Council eligible schools

abbeycroft.org.uk/HAF




SPLASH YOUR WAY TO HAPPINESS

This Summer

Tuesday 22nd July- Saturday 30th August

*Subject to availability

Come along this Summer and take part in our **FREE** swim & lunch offer.

*Free for those eligible for free school meals and other hardship

Available at:
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Mildenhall Hub
Haverhill Leisure Centre
Newmarket Leisure Centre
Bury Leisure Centre

For more info:
haf@ocleisure.com
abbeycroft.org.uk/HAF

2023 Summer Holiday Programme for Children






BECOME A LIFEGUARD ON US!



We're offering a limited number of fully funded places on the NPLQ Lifeguard Course at Bury St Edmunds Leisure Centre. Who can apply?

- Aged 16-18
- Currently receiving free school meals or meals in further education.

Applicants must complete a swimming competency test before a place on the course is confirmed.

Register your interest by Sunday 22nd June 2025

abbeycroft.org.uk/HAF

For More Info




Abbeycroft
Let's Live Life

ADVENTURE DAYS

AGES 8-14 YEARS

22nd July - 30th August
Subject to availability
08:30 - 16:30

EXPLORE OUTDOOR

FREE* BOOK NOW



Come to life in the great outdoors this summer and enjoy fire lighting and cooking in the wild, archery, axe throwing and swimming, and much more.

With our Adventure Days happening across Babergh, Mid and West Suffolk, your child has the chance to unlock their inner explorer whilst fitting around your working hours.

*Free for those eligible for free school meals or the Suffolk County Council equivalent benefit.

abbeycroft.org.uk/HAF



Abbeycroft
Let's Live Life

Advertising

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

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Delivery

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Please note

The deadline for articles to be included in the October - November issue of The Bugle is 20th September

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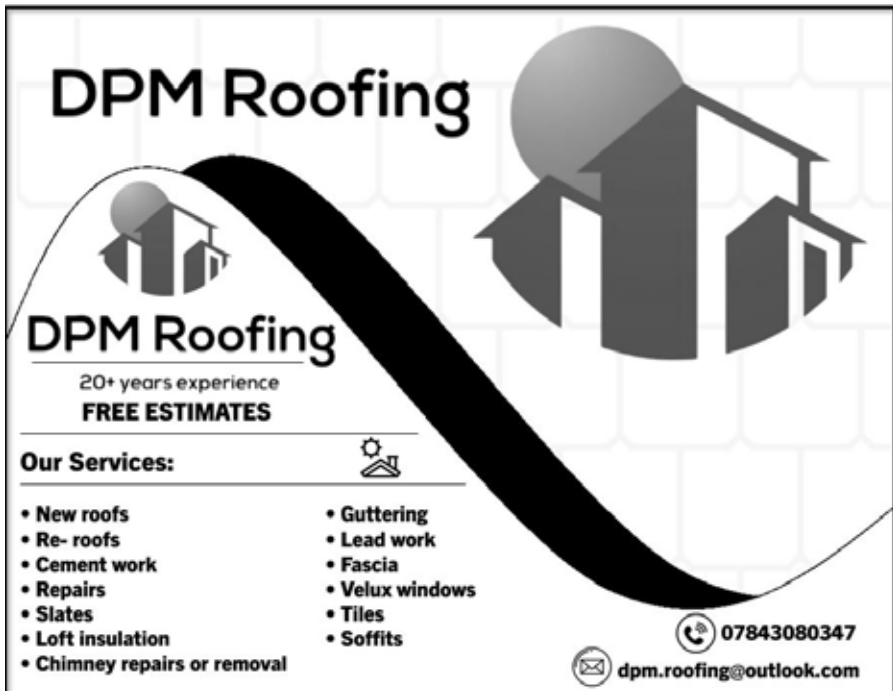
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The ethos of The Courtyard revolves around creating a warm, homely atmosphere where residents are truly embraced. This commitment is shown through a variety of meticulously organised activities, from entertaining singers and bands to spirited quiz nights and bingo sessions.

Additionally, residents benefit from a range of amenities including a well appointed restaurant, enchanting gardens,

and onsite hairdressing, barber, and beauty therapy services. CoVista Living truly encompasses a holistic approach to senior living, ensuring residents can thrive in a supportive and nurturing environment.

Residents also have access to a range of onsite facilities aimed at promoting mental, emotional, and social wellness. From activities that encourage socialisation and community engagement to alternative therapy options for those seeking holistic healing, every aspect of life at CoVista Living is designed to foster a sense of belonging and fulfilment.

Join us for open coffee mornings every Monday at 10.30am to meet everyone.

To book a room for full-time or recovery purposes, contact Ann to secure your space.

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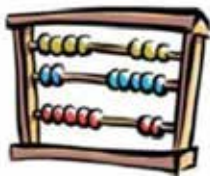
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The Parish Council on behalf of all parishioners would like to acknowledge with thanks and appreciation, the work carried out by the volunteers who organise and distribute The Bugle.

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	
	Suffolk County Council www.suffolk.gov.uk	0345 606 6067	
	Parish Council www.fornhamstmartin.onesuffolk.net	07712 232920	Vicky Bright Clerk
Electricity	UK Power Networks www.ukpowernetworks.co.uk	0800 3163 105	Report Outages
EMERGENCY	Ambulance / Fire / Police	999	
Gas	British Gas www.britishgas.co.uk	0800 111 999	Report Leaks
Halls	FSM Village Hall fornhamhall@aol.com	07552 061489	Lynne Quelch
Medical	West Suffolk Hospital www.wsh.nhs.uk	01284 713000	
	NHS Non-Emergency	111	
Police	Non-Emergency www.suffolk.police.uk	101	
	Crime Stoppers www.crimestoppers-uk.org	0800 555 111	
Samaritans	Bury St Edmunds Samaritans www.samaritans.org	01284 750000 116 123	Local Rate Free
Transport	National Rail www.nationalrail.co.uk	03457 484950	
	Travel Line www.suffolkonboard.com/buses	0871 200 2233	
	Bury Taxi	01284 766777	
Water	Anglian Water www.anglianwater.co.uk	0800 771881	Report Leaks