



THE BUGLE

FORNHAM ST MARTIN & FORNHAM ST GENEVIEVE VILLAGE MAGAZINE

FEBRUARY - MARCH 2026

ISSUE NO. 145

Fornham St Martin cum St Genevieve

Parish Councillors

Clive Last (Chair)

John Rushman (Vice Chair)

Paul Butler

Brandon Mahon

Linda Leong-Son

Vacancy

Vacancy

Parish Clerk

Justin Hook

clerk@fsmg-pc.gov.uk

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 6:30pm 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.fsmg-pc.gov.uk

The deadline for articles for The Bugle April - May issue, will be 20th March 2026.

Dates For Parish Council Meetings

February 12th
March 12th
April 9th
May 14th - AGM (*Annual Parish Meeting 6:00pm*)
June 11th
July 9th
August - no meeting (*unless planning*)
September 10th
October 8th
November 12th
December - no meeting (*unless planning*)

****Please note the new time of 6:30pm****



PLEASE
NOTE:
Council meetings
are normally on the
second Thursday of
the month, NOW
at 6:30pm

All meetings will be held in the Village Hall unless otherwise advised on the meeting agenda which will be posted on the village notice boards at least three clear days before each meeting.

(excluding Sundays & Bank Holidays).

Agendas can also be found on the Parish Council website.

New domain and email address

In line with best practice, the Council has adopted a new .gov.uk domain, which means that we have new, safer, more easily recognisable email addresses and website.

Website: www.fsmsg-pc.gov.uk

Email: clerk@fsmsg-pc.gov.uk

For all communication, please email the Clerk in the first instance.

From the Editor & Parish Clerk

By Justin Hook

Hello all, and hello 2026! I can't believe that we're nearing the end of January already – but I'm super excited to see the snowdrops out, the daffodils appearing and the trees budding. Spring is coming... despite how cold it is, or is going to get in the next few days. Anyway, I trust you all had a great Christmas and New Years.

I've started walking the village again with a new round of contractors, to hopefully engage with one or more to start getting our much needed works to the pavements and hedges actioned. The list keeps growing, as sadly district and county budgets are stretched further and further. What looks like quite dangerous to us, often doesn't meet their criteria for action, hence we are left in a place to either make do, or take on these works ourselves.

As it gets warmer, the new volunteering group might finally get out and about! Still waiting on the all important 'card' that gives us the authority to take volunteers out, and we're currently looking at what equipment we might need and where we might be able to store that. But I'm confident that we will be starting soon. Thanks to those of you who have signed up and are patiently waiting for the nod!

Other projects that the parish council have been discussing include;

- New bend warning signage on the bend as you head towards Culford – a raft of cars have ended up in the bushes on that corner, and Cllr Rushman put forward a very good case for an illuminated warning sign, which our County and District Cllrs have helped fund – thank you to them. We're just about ready to order the sign and currently looking into installation.
- Play park improvements – we get a monthly report on the play park and facilities, which highlights areas of concern. Items are all low risk, but if we fail to maintain the equipment properly we may get to a point where it becomes unserviceable, so we aim to start a cycle of repair works to bring it back up to scratch. The gates to the playing field need a bit of a spruce up too, and we've been made aware of the holes on the pitch, and are looking into appropriate solutions.
- Improving the VAS units – the Vehicle Activated Signs in the village really do seem to make a difference – to the majority of

drivers at least! It seems wherever you go, the idiots will always be idiots. But thank you to all those who do maintain the speed limit in the village. The VAS units do remind folk if your speed does creep a little. We're going to look into getting some newer units, like the ones in FAS, which are solar powered and also able to record traffic and speed data.

So, we've got a real bumper issue for you this time, packed full of great articles and useful information. Somebody told me that residents of St Martin and St Genevieve didn't realise that the Rural Coffee Caravan came to All Saints village, so we've included information about that, as well as a valentines coffee morning being planned at the FAS village hall.

There are so many clubs between the villages, whether you're into computers or gardening, yoga, dancing, card games, board games, walking, sewing, knitting, quilting – there are so many opportunities to try new things and make new friends. Maybe you have an idea for a new group or club too? There's often funding available, if not from the parish council, then there are other pots of funding that we are aware of or can point you in the direction of – plus we have contacts for all of the village facilities if you need help with those.

This issue also features lots of informative articles about a wide range of local services to help keep you healthy, active, warm and safe, as well as providing help if you are struggling financially or in rented accommodation. There's also an interesting article on the East Anglian Air Ambulance, which relies solely on supporter donations.

If you have anything you'd like to share for a future Bugle issue or with the parish council, please do get in touch – I look forward to hearing from you!

Feedback, ideas and suggestions always welcomed...
thebugle@fsmg-pc.gov.uk

And for any questions or issues in or around the village, get in touch;
clerk@fsmg-pc.gov.uk

Wishing you all the very best for the year ahead.

Justin

Tollgate Triangle Roadworks *UPDATE*

The Tollgate Triangle is being redeveloped and work is ongoing, well into 2026.

This is having an impact on traffic in the village as folk re-route, so just allow extra time for your journeys and be more careful of the increased traffic levels.

For an update on progress and what we can expect next, please see the news article on the website

www.fsmsg-pc.gov.uk/news

Bus Route Changes

Works to the Tollgate Triangle are also affecting bus routes in the village.

We suggest you be sure to check with the bus providers or on the Suffolk on Board website before travelling:

www.suffolkonboard.com

Alternatively, get in touch with the Connecting Communities service:

www.suffolkonboard.com/cc | 01638 664304

Why not come along to a Parish Council 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 info: clerk@fsmsg-pc.gov.uk

Suffolk Bus Service Improvement Plan: Call For Proposals

Please see the below email, that our County Councillor, Beccy Hopfensperger shared with us recently. She successfully worked to get two new bus services operational through this fund in Great Barton.

Dear Councillor,

I am contacting you on behalf of the Transport Made Simple Group, we operate Konectbuses' and Simonds' buses across Suffolk and the rest of East Anglia. I would like to raise to your attention Suffolk County Council's new Bus Service Improvement Plan (BSIP) funding. The DfT has allocated give or take £8M in funding to improve bus services and bus related infrastructure across the county. Suffolk will be allocating £500,000 of this funding through their 'Scheme on a page' system, where local groups and stakeholders (such as councillors, parishes, transit riders' groups, etc) can put together proposals for funding, whether it's for improving existing services with increased frequency or later running times, or improving the condition of your bus stops and shelters, in partnership with operators like ourselves.

We'd be keen to work with you to improve the services that we provide within your ward/division, if you have any ideas that you would like to see put forward to Suffolk's transport team, then please reach out to me and I would be more than happy to arrange a virtual meeting, a chat over the phone, or just contact you by email.

In the previous round of BSIP funding our operators were able to introduce new services, enhance existing ones, and make tweaks to our routes to better serve where communities saw a need for service. These enhancements have all been a great success, so we are keen to work with you to see even more successes.

You can read more about Suffolk's Bus Service Improvement Plan strategy and how to apply for grant funding at the link below:

<https://www.suffolkonboard.com/bus-service-improvement-plan-where-should-the-money-be-spent/>

Please have a think about if there are any services in the village that could be improved, or if you think we would benefit from new any routes. Let the Parish Council know your thoughts and then we can work with Cllr Hopfensperger to see what could be done.

clerk@fsmg-pc.gov.uk

Parish Councillor Vacancy

The Parish Council are still looking for new Councillors.

Our Parish Councillors:

- Are available for PC meetings, usually, the 2nd Thursday of the month at 6:30pm (with the exception of August & December).
- 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 events

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 some time available 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 Parish Councillor, or would like more info, please email the Clerk clerk@fsmmsg-pc.gov.uk.

Fornham St Martin cum St Genevieve Parish Council - January 2026 Meeting

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

In attendance: Clerk Justin Hook (JH), District Cllr Sarah Broughton (SB), Hannah Cuthbertson from All Saints Resort (HC), and 3 members of the public.

AGENDA ITEMS

1. Chairs welcome & apologies for absence.
The Chair welcomed attendees to the meeting. Apologies received and accepted from Cllr Leong-Son and County Cllr Rebecca Hopfensperger.
2. To receive any Declarations of Members' Interests.
None received.
3. Approve and adopt the minutes from council meeting held on Thursday 13th November.
Council resolved to approve the minutes and the Chair signed them.
4. To receive County & District Councillors reports.
Not a great deal to report.
Awaiting a response from government on Local Government Reorganisation and whether Suffolk will have a single unitary authority or three.
Funding has been approved for the bend warning sign, Clerk to receive conformation soon.
5. **PUBLIC FORUM** 10 minutes.
Cllr Last noted that there had been no call for sites following the approval of the Local Plan. SB advised that a judicial review had been raised on the Local Plan, which is holding up proceedings.
6. Planning applications for consideration;
Council noted there were no new applications to consider.
7. Finance.
Council to consider and approve the following;
 - i. **Council resolved to approve outstanding invoices & payments totalling £3,893.47.**
 - ii. Council noted payments received for November/December totalling £6,131.48 (£1,168.65 advertising / £4,932.65 VAT reclaim / £30.18 interest).
 - iii. **Council resolved to approve the bank reconciliation for November/December.**
 - iv. Council reviewed and noted the Q3 review of budget vs spend.
 - v. **Council resolved to approve the revised draft budget for 2026/27, with a proposed Precept of £38,000, equating to a £77.10 contribution for a Band D property, an increase of £2.61 (3.5%) on the previous year.**
8. Highways, footpaths and trees.
Action on overgrown pathways in the village.
ACTION: Clerk to share revised spec with different contractors.

9. Clerks update

- i. Street signs Lark Valley Drive, School Lane & Oak Close.
Lark Valley Drive sign replaced, the others have been reported.
- ii. 30mph sign opp. Lark Valley Drive.
Still awaiting replacement, Clerk has re-raised.
- iii. Pavement issues bottom of Barton Hill.
SCC have responded and doesn't meet criteria for action – **ITEM CLOSED.**
- iv. Bus stop by BMW garage.
Item to be addressed as part of the village works or potentially a volunteer group job.
- v. Lark Valley Drive - hedges along footpath.
Clerk met with Rights of Way Officer and resident. Landowner has been identified and resident to follow up with them – **ITEM CLOSED.**
- vi. Volunteering group.
Clerk has completed training and awaiting qualification certificate/card. Cllrs Rushman and Leong-Son booked to complete the course in March.
Clerk to compile a list of tools required, PC to purchase, SCC to refund. Potential date end January, if qualification comes through.
ACTION: Clerk to investigate where tools could be stored (VH/Waste Hub/Stennetts).
- vii. Fly tipping.
Fridge freezer still there, but tucked out of sight. Land agent has installed gates to restrict access and hopefully stop further dumping – **ITEM CLOSED.**
- viii. Bus timetable frame.
Clerk has chased.
- ix. Caravan on Barton Hill.
Council resolved to take no action – ITEM CLOSED.
- x. No Cold Caller Zone, Fairways estate and Barton Hill estate.
Clerk has applied to Trading Standards for schemes in both locations.
- xi. Moles on the roundabout and The Street.
Clerk instructed mole man to continue as before – **ITEM CLOSED.**

10. Merging of the two parish councils to create one parish council for the three Fornhams.

Clerk has notified WSC of the councils intentions to be grouped with Fornham All Saints, detailing all aspects of the discussions so far.

Next step is to write to all residents to advise them of the plan and the reasons behind the move. Cllr Last drafted a letter, council discussed distribution options and whether they had already done enough to meet the 'subject specific communication' criteria.

Council resolved for the Clerk to contact WSC for advice. If required, an A4 letter to be printed (folded, no envelope) and distributed with each copy of the next Bugle.

11. Parish Matters.

- i. Weekly & monthly play park inspection reports.
Council noted the same problems recurring on monthly report and Cllrs bi-weekly visual inspections, and that monies need to be spent to secure the long-term future of the play equipment.
ACTION: Clerk to begin costing for repair / replacement of worst affected items.

12. Trim trail at the play park

Council to consider quote to replace all trim trail edging for total £2,434 inc. VAT.

Council resolved that Cllr Rushman would produce something for the Bugle, to gauge public perception on whether the trim trail is used and therefore needs repairing, or if not required, its removal.

Council resolved to accept the quote to jet wash the trim trail, play equipment and wooden gates for total £200 inc. VAT.

13. Gate to playing field
Council resolved to accept the quote to reset the leaning post, new gate ironmongery and removal of unsightly support to right hand side for total £320 inc. VAT.
Action: Clerk to obtain quote to have the gates sanded and re-stained/varnished.
Clerk noted that he now has a full set of keys for the gate and high level gate.
14. Playing field condition
Clerk noted that there are lots of moles around the play park and holes all over the football pitch – which don't look like mole hills – maybe rabbits?
ACTION: Clerk to speak to mole man for advice.
ACTION: Cllr Rushman and Cllr Butler to inspect also.
15. Bend in road signage – Fornham St Genevieve.
Street furniture licence has been approved and paid for.
RH & SB have agreed to fund £3,000 towards the equipment cost.
Council resolved to approve the quote for £4,442.00 for the sign purchase.
Council resolved to accept the quotation to fit a pole for £500 inc. VAT (including highways license).
Council resolved to purchase the necessary pole (circa. £75-£80 +Vat).
16. Councillors reports and items for future agenda.
i. Speeding in the village – Cllr Mahon.
BM and Clerk to meet to discuss plans for a new location opposite Lark Valley Drive.
Council remain convinced that the VAS units do have an impact.
PB asked what speed do the units in FAS actually report, if a car is picked up doing for example 38mph, but slows to 30mph by the time they reach the sign – 38 or 30mph?
ACTION: Clerk to investigate.
17. Microsoft Office Subscription
Council resolved for Clerk to purchase Office 356 subscription.
18. Bugle review.
Council noted the Clerks review of the Bugle costings for the Feb26-Jan26 advertising year.
19. Correspondence.
Council to discuss any correspondence received, not already covered on the agenda.
i. Police engagement events.
Clerk advised PC don't hold events as such, other than council meetings, but their attendance is always welcomed and a report for the Annual Parish Meeting appreciated.
ii. Turnberry Drive – state of the road surface.
Resident raised concern over the state of the tarmac at the end of Turnberry Drive.
Clerk reported on SCC portal.
20. Date of next meeting.
Next meeting to be held on February 12th 2026, at 6.30pm in the Village Hall.

Meeting closed 19.44pm.

To be signed by the Chairman at the next meeting of the Parish Council, Thursday 12th February.

Signed:

Date:

3 of 3

Celebrating 10 Years of the Fornham All Saints Computer Club

by Bernard Grimshaw

It's hard to believe that ten years have passed since the Fornham All Saints Computer Club held its very first meeting in the 3 Kings back in 2016. What began as a small gathering has grown into a friendly, reliable place for people in the village and beyond to get help, learn new skills, and enjoy each other's company — now in the comfort of the Community Centre with a fast internet connection and plenty of space.

Over the years our membership has stayed strong, and we're genuinely grateful to everyone who has supported the club and helped it thrive. What hasn't changed is our aim: to offer clear, practical help in a relaxed, social setting. Many of our members tell us they learn more easily because we keep things simple, patient, and jargon-free.

Although we started out focusing mainly on Windows computers, the rise of iPads has made them a big part of what we do today. We now run extra sessions especially for beginners who want a bit more time and guidance, and these have proved very popular.

Looking Ahead to 2026

In March we begin a new season of beginners' meetings for both Windows and iPad users. If you'd like to get more from your technology — whether that's sending photos, organising files, staying safe online, or simply feeling more confident — you'll be very welcome.

There is a small annual membership fee which covers all our sessions and tutorials.

This year we're also helping members get to grips with Windows 11. Many people have found it quite a change from Windows 10, so our monthly tutorials will focus on making the transition easier, alongside our usual topics such as security and useful apps.

Our iPad group continues to flourish too, with enjoyable sessions centred on the many practical and creative things an iPad can do.

Come and Join Us

Whatever your experience level — complete beginner, or seasoned user — the club is a great way to learn something new, meet people, and enjoy a relaxed afternoon out.

We meet once a month on Tuesdays at 2pm in the Community Centre.

If you'd like more details, please get in touch:

Bernard Grimshaw
07860 117680
bernard_grimshaw@hotmail.com

**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?**

Become a Parish Councillor!
YOUR VILLAGE NEEDS YOU!!

To find out more about becoming a Parish Councillor, please email the Parish Clerk clerk@fsmg-pc.gov.uk

Warm Spaces



Scan the QR code or visit
www.westsuffolk.gov.uk/cost-of-living/warm-spaces.cfm



Funded by
UK Government

West Suffolk
Council

Suffolk Connected

by Suffolk Police

Get connected with what is happening in your local area, stay up to date and get involved in shaping what goes on where you live or work.



Suffolk Connected is an easy, free messaging service from Suffolk Police, providing news and updates on policing matters that are relevant to you.

Sign up to receive email updates about crime and suspicious activity where you live or work, crime prevention advice and updates from your local neighbourhood policing team. You'll also have the opportunity to reply directly to your neighbourhood officers and have your say on local policing priorities.

To sign up, visit www.suffolkconnected.org.uk/



Friday Care Tip: Ask for Angela

by Able Community Care

The Ask for Angela safety initiative, launched in 2016, is a nationally recognised, not-for-profit project used by bars, pubs, clubs, and other venues to help anyone who feels unsafe, vulnerable, or threatened.

The scheme allows individuals to discreetly signal to staff that they need help by asking for “Angela.” This enables them to get assistance without drawing attention or escalating the situation. Trained staff can then provide support – whether that’s calling a taxi, contacting friends, or removing the person causing distress.

Many large chains and independent venues participate in the scheme and may display posters to show their involvement.

If you know someone in the hospitality industry who hasn’t heard of Ask for Angela, you might like to direct them to the Ask for Angela website;

www.askforangela.co.uk/

Friday Care Tip, by Able Community Care

Able Community Care is a specialist live-in care provider established in Norfolk in 1980, offering support throughout the UK and offshore islands.

For our information pack, please call 01603 764567 or visit our website at **www.ablecommunitycare.com**

To receive the Friday Care Tip each week as an individual or group, please email: **info@ablecommunitycare.com**

Repair Café: It's About The Stories: It's Not Just Fixing Toasters & Teddies

Time: 11am-2pm Date: 14th March 2026

Place: Bridge Community Church, 68 Queen's Road, IP33 3EW

We started a Repair Café in Bury St Edmunds nearly 3 years ago and joined a movement of around 4,000 cafés worldwide. When we started, we imagined people would bring in their sick toasters and hedge trimmers and leave able to trim their hedge and enjoy a piece of toast afterwards.

Quite a range of volunteers run the café: the repairers, café staff and front-of-house. We were all surprised by two things: 1, the variety of things people bring to our door and 2, the stories behind those items.

Some examples of those stories - just from the last café:

Steve and Hilary brought in their alarm-clock radio which used to wake them up with a recording of their 29-year-old son Jack's voice back from when he was four. They



were heart-broken when the clock failed. But - a few moments in the hands of Mikey one of our volunteers - and a loose connection was re-soldered. Suddenly a voice from the past yelled 'Hello lazy bones it's twenty past eight time to wake up.' The emotions ran high. There were tears.

The other lovely story was one of generosity. Alastair, one of our long-standing repairers fixed a mobile "Christmas Village" decoration. The reindeer moved again, the lights lit and the tunes played. Mary the owner of the decoration said her children had out-grown it and would Alastair like it for his own family. Maybe no tears this time, but I had a surprise bout of hay fever in January...



Book in here <https://tally.so/r/3lyvqo> or email repair.cafe.bse@gmail.com.

Bin it? No way!



Rural Coffee Caravan - Fornham All Saints
Wednesday 4th February, 2026 10am -12pm
Thingoe Lodge

FUTURE DATES

4th March	Thingoe Lodge
1st April	Thingoe Lodge
6th May	Village Hall
3rd June	Thingoe Lodge
1st July	Village Hall
5th August	Thingoe Lodge
2nd September	Village Hall
7th October	Thingoe Lodge
4th November	Thingoe Lodge
9th December	Thingoe Lodge

Check out the website for details of dates in Great Livermere

All Welcome! Simply come for some company and we'll put the kettle on for you, providing free tea, coffee, biscuits or cake, and plenty of cheer. Or come and chat with us to see if there are any concerns we might be able to help you find answers to. We have access to a raft of information on local activities, services and organisations to help you stay happy, healthy, independent at home, and more connected to others in your area.

www.ruralcoffeecaravan.org.uk

Please note visits may be subject to last minute changes due to extreme weather or unforeseen circumstances. We will give as much notice as we can, please check the website for updates.

Mobile Library Dates & Times

Every 4th TUESDAY

February 24th
March 24th
April 21st
May 19th
June 16th
July 14th
August 11th
September 8th
October 6th
November 3rd
December 1st
December 29th

Lark Valley Drive
12:00 – 12:30pm

For more information, visit the Suffolk Libraries website:

www.suffolklibraries.co.uk



Feel Good Suffolk by West Suffolk Council

Do you find yourself struggling to decide what to eat for dinner each evening? Or do you find it hard to find healthy meals that work for you and your family?

You're not alone – it's a common problem that many people face.

Feel Good Suffolk has now partnered with FiveDinners.com an online meal planning service which is already working with NHS Trusts and a number of other district councils to support over 30,000 people.

It means that every household in West Suffolk can become a premium member of Five Dinners for 2026 at no cost to them. They won't be asked for any bank details which means they won't be charged for using the service.

Once registered, they will receive a meal plan every week, tailored to their needs and preferences. This can be personalised for low calories, child friendly, low cost, vegetarian, gluten-free, quick and easy, menopause friendly and more. Alongside the meal plan, members receive a shopping list for the week ahead. Alongside the meal plan, members receive a shopping list for the week ahead, which automatically adjusts to the number of people they are cooking for.

The idea is that through meal planning, the service can help people manage a healthy weight with nutritious meals and portion control. That in turn can also help reduce household food waste and save households money. It also helps reduce the mental load of working out what to eat for dinner each evening.

Five Dinners has been created by celebrity TV chef Theo Michaels.

You can find out more at:

www.feelgoodsuffolk.co.uk/healthy-weight/five-dinners

Get **FREE** meal plans

**FREE FOR EVERYONE
LIVING & WORKING
IN WEST SUFFOLK**

Fed up of deciding what to
cook every night?

Want to save money on
food shopping?

Want to eat healthier?

Then this is for you!

Get a new personalised meal plan
& shopping list every week
designed just for you - for FREE



Scan the QR code:
or visit



FiveDinners

[FiveDinners.com/MyCommunity](https://www.fivedinners.com/MyCommunity)

**FUNDED & SUPPORTED
BY WEST SUFFOLK
COUNCIL
WORTH £86 PER YEAR -
NOW FREE!**

West Suffolk
Council

feel
good
SUFFOLK

Love
is in the
Air




Valentine's Day Coffee Morning

Fornham All Saints Village Hall

Saturday 14th February 2026



10am-12pm



We would love to display some wedding photographs
of yourselves or your family

Bring us your photo by Thursday 12th February

We are happy to photocopy it, if you prefer



Contact:

Jilly - 5 Hall Farm Barn - 07825 563418

Linda - 12 Dairy Drive - 07757 316553

Come and enjoy coffee and cake and a trip down Memory Lane!



In aid of Fornham All Saints Village Hall

Women Inspired

By Sam Reid

We have been running a WI group called Women Inspired just over a year on the 1st Wednesday of the month at Fornham St Martin village hall from 7-9pm.

We already have a group of over 20 ladies that enjoy trying new skills, demonstrations and events together and wanted to let the community know we are here!

For more information, please get in touch with me, Sam Reid on or **07850 207365** or email **sam@yourfitness.net**

Look out for more details in future magazines!

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:

clerk@fsmsg-pc.gov.uk

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:

thebugle@fsmsg-pc.gov.uk

Village Hall Diary

Activity	Date	Times
	MONDAYS AVAILABLE TO HIRE	
Fibrefusion	First Tuesday	10:00am - 4:00pm
Teaming Up Jordan: 07555 603340	First & Third Tuesday	6:30pm to 9:00pm
Women Inspired	First Wednesday	6:45pm - 8:45pm
Ladies Club	Third Wednesday	7:00pm - 10:00pm
Mary's Quilters Mary: 01284 700101	Fourth Wednesday	10:00am - 4:00pm
Thursday Sewing Group	Every Thursday	10:00am - 4:00pm
Starz	Fourth & Fifth Friday	10:00am - 4:00pm
Whist chrisbird2370@gmail.com	Every Friday	7:00pm - 10:00pm
	SATURDAYS & SUNDAYS AVAILABLE FOR PARTIES, GROUPS & GATHERINGS	

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

Church News

By David Yates

The first Book Sale Coffee and Cakes of the year will be on 18th April just after Easter, and we look forward to seeing our regular readers and friends, as well as new ones, all very welcome, as we come out of Winter and into some glorious Spring sunshine, hopefully, with snowdrops already starting to appear in gardens. It was nice to welcome a party from Fornham House, Residential Care Home, who came over at the last one, and enjoyed browsing the books, and sampling the cakes and scones refreshments over tea.

All the joys of Christmas, and maybe the turkey, beef, chicken, ham, sprouts or veggies, seem in the distant past now, as well as the snow, and especially following our Crib Service on Christmas Eve at 4pm. Always a pleasure of the Nativity Story with children coming up to place the characters in the model stable. Everybody else were given a star to place on the roof of the stable, so no-one was left out, as we sang the traditional carols to the best of organ music, thanks to Paul Beddoe.

It was great to have a full church, nice and warm too, including 25 very young children possibly enjoying it for the first time. One family, visiting from Hampshire, enjoyed it so much they came back a few days later as the little girl wanted to see the crib again.

East Anglia's Children's Hospice (EACH), with thanks to everyone.

A separate donation was made to the Gatehouse Food Bank, with some bags of food.

The bell ringing before was especially welcomed and suitable, and we were very pleased to hear our newly restored and enhanced 8 bells, thanks to Tower Captain Deborah Blumfield and fellow ringers, including Sam and Helen in the village, who have been training the last few months, now suitably experienced and enjoying themselves.

There are a few miniature wooden bells left, carved from the old Oak bell frame of 1844, only £8 to a good home.

Our Communion service took place on Christmas Day at 10am.

Looking ahead, Shrove Tuesday is on 17th February, originally a day of festivities before Lent begins, followed by Ash Wednesday on 18th February. Originally a day of general repentance with ashes marked on people's foreheads, and is the start of Lent for the next 40 days, with the first Sunday called Quadragesima Sunday. Mothering Sunday falls on 15th March.

British Summertime will be nice to welcome on 29th March, and we can start planning Summer holidays, with lighter evenings, and we can dispose of all this unpleasant weather, hopefully.

Then we look forward to Easter, with Palm Sunday followed by Maundy Thursday, then Good Friday and finally Easter Sunday on 5th April, with Easter Eggs already in the shops.

Not forgetting St Georges Day on 23rd April, our national Patron Saint since he was made Saint in 1348 by King Edward 111, being credited with helping the army in battle according to returning soldiers, replacing our very own St Edmund, made Patron Saint after he was killed by the Danes in 869.

The first 100 Club winners for this year are:

January	1st	£30	Val Seaman no. 77
	2nd	£20	Beryl Dykes no. 41
	3rd	£10	Val Allen no. 16
February	1st	£30	Michele Rounce no. 37
	2nd	£20	Liz Robinson no. 69
	3rd	£10	Sue Barnes-Smith no. 88
March	1st	£30	Chris Redfern no. 85
	2nd	£20	Chris Nichols no. 42
	3rd	£10	Martin Barnes-Smith no. 43

The annual subscription £15 is now due for the 100 Club, and I would be grateful to receive this from the members, and save me some shoe leather, to: 5 St Andrews Drive. Thanks to all those who have now renewed.

Additional volunteers are needed for occasional flowers and cleaning and would be made most welcome.

With the magazine now two monthly, the next one after this is April - May. Any suggestions to be included please let me know.

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Oil Heated Homes Invited To Respond To Government's Rural Heating Consultation

by Future Ready Fuel

Homes on oil heating have the opportunity to respond to a new government consultation which is exploring how rural homes will be heated in the future.

More than 5,000 homes on oil heating have already made a submission to the government's new 'Alternative Clean Heating' consultation which will help determine the technologies people may be able to use to heat their home.

The government's current preference is for most homes, including those not connected to the gas grid, to switch to heat pumps or heat networks. However, the government has now launched a new consultation to explore alternative solutions for rural homes.

That's because they have recognised some rural properties will face high costs to switch to a heat pump, even with a grant through the Boiler Upgrade Scheme. The reason for this is rural homes tend to be older, with lower energy efficiency, which makes them harder to keep warm. As a result, they can need significant upgrades for heat pumps to work effectively.

One solution the government is exploring as part of the consultation is renewable liquid fuels, such as Hydrotreated Vegetable Oil (HVO). This would be a straight swap with the existing kerosene homes on oil heating use and would work in the existing boiler and tank.

The fuel could initially be introduced as a blend (a mix of kerosene and HVO). This removes any upfront cost whilst still significantly reducing emissions. The approach has already been demonstrated across 150 properties as part of an industry demonstration project.

Households on oil heating are being invited to share their views to the consultation so the government can explore what alternative heating solutions, such as renewable liquid fuels, could be made more widely available.

Anyone can respond to the Alternative Clean Heating consultation for free through the government website, before the closing date of 10 February.

A campaign called Future Ready Fuel, setup by trade associations, businesses and households on oil heating, has created a website to explain more about the consultation. It also has an automated form for anyone on oil heating who wants to respond to the consultation for free in support of renewable liquid fuels.

For more information visit

www.futurereadyfuel.info/consultation

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A Load Of Rot

by Alan Leigh

I'm sure that's crossed your mind when you read my efforts!

If you've ever grown some veg, you'll know how quickly a glut 'goes over' and ends up in the compost heap. Here spent plants 'disappear' in a matter of days, reminding us that all living things die and that dead things rot. But that's not the end of the story. After bacteria, yeasts and other microbes have done their work, breaking down the rotten stuff, it ends up as part of something else. Soil is full of microbes and compost is soil on steroids. It contains billions of single-celled fungi and bacteria, specialists in taking dead things apart. The mycelia and hyphae ('roots') of higher fungi get in on the act, as do insects, worms and other invertebrates. True, rot can be disgusting but it's quite literally essential, because decomposition is the start of something new. Without decay, nothing on earth could exist. The planet and its passengers are endlessly recycling bits made by former stars.

The physical basis of life on Earth is the element carbon. Rotters decompose this treasure so that living things can capture it and build the machinery of new life; they enable the carbon cycle. Let's enter it with the plants. Using solar energy, leaves perform photosynthesis, combining water with carbon dioxide from the air to create the simple sugar, glucose, a carbohydrate brewed from nothing more than (C)arbon, (H)ydrogen and (O)xygen. Plants use it to fuel their work of making new molecules, such as energy-storing starch, flexible cellulose, or woody lignin. In turn, other life-forms (like humans!) pinch, digest and pass it on. But when plants die, why don't these organic ingredients remain locked into stems, roots, wood, bark and leaves?

It's microbes that release these valuable molecules by making enzymes that snip chemical bonds apart, freeing the treasure within. They're not just in soil. Inside us lives our personal collection of rotters, the human microbiome, essential for helping us to break down food and to fight invaders. The average human hosts an astonishing 2kg (4½lb) of microbes! After the decomposers have taken what they need, the excess is left for others to re-use, continuing that never-ending cycle, not just of carbon but also

nitrogen, phosphorus, and numerous other molecules essential for other life-forms to grow and prosper.

If you diligently rake up and throw away your fallen leaves and other plant material, you're interrupting your local cycle. Take away the leaf litter and you starve the soil of the organic matter that re-supplies its decomposers with carbon, nitrogen, phosphorus and other nutrients. Depleted soil has fewer nutrients to give back to plants. Year by year the number and variety of microbes in it drastically reduce as their food supply diminishes - it's a vicious cycle. Throwing away fallen leaves and clippings means starving your rotters, and in turn your plants. The unused carbon dioxide will end up in the atmosphere instead and we know the consequences of that. So this year, why not simply brush your fallen leaves under your shrubs? The rotters will soon recycle and share them. Or else moisten the leaves, rake them up and put them into bin-bags. Jab a few breathing-holes in the bags then pop them somewhere out of sight. Within a year you'll have lovely leaf-mould to bring new life to your pots and gardens. And it's free!

Alan

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?

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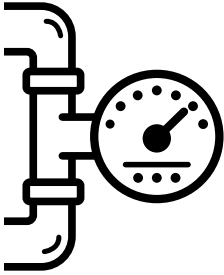
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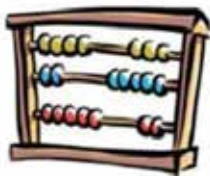
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If you are considering using the services of any advertiser, we advise that you satisfy yourself as to the quality of goods and workmanship being offered prior to commencement of the work, and before any payment is made.

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	thebugle@fsmmsg-pc.gov.uk		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 clerk@fsmmsg-pc.gov.uk www.fsmmsg-pc.gov.uk	07872 608010	Justin Hook Parish 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