

The Creeping St. Mary Newsletter



Spring at St. Mary's

Courtesy Glynis Clint

Volume 41/1 February & March 2022



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Editorial Comment

Christmas seems a faint memory and January sped by; we are getting to grips with coping with Covid, but Mid-Suffolk is still urging people to get vaccinated. Things are looking a whole lot brighter with lots of activities planned.

The County Council certainly is brightening things up with plans for changing to LED street lights. This is a mixed blessing – it saves energy but is much worse for night-flying insects such as moths; the blue light emitted by LED bulbs..... *can cause serious consequences for wildlife, whose biological rhythms and nocturnal instincts are disrupted (National Geographic)*. Another unintended consequence? With that in mind, it would be good to see fewer outside lights on all night. However Councils at every level are starting to take the net-zero carbon goals seriously with more and more schemes being announced.

We all can contribute to this target by looking at our own life styles and reducing our carbon footprint. I have noticed a small village like ours in Essex has declared itself an "Eco-Village" and encourages residents to look at their individual carbon footprints at <https://footprint.wwf.org.uk>.

There is, inspite of everything, an incredible amount of activity in the village as can be seen in the reports to the Annual Parish Meeting in May - the last of these are published below. The school is looking for a School Governor, and Parish Councillors are needed - if anyone really wants to get involved at the heart of the village. The Village Hall is attracting more and more bookings with many opportunities to keep fit and be sociable. Outside you can volunteer to manage Lilley's Wood, go for walks and engage in wildlife activities.

It is also splendid that these pages are used to extend thanks to all those who beaver away to keep us healthy, safe and well-fed.

Thanks you to my co-editor Kathryn Martin, the distributors and not least all those who contribute to what we hope is a lively and relevant publication.

Joan Hardingham – co-Editor

UP-COMING VILLAGE EVENTS

n.b. always check with individual organisation for changes

Mobile Library - 18 February, 18 March,

Creeping St Mary Church - Sun 13th February, 11.00am Morning Prayer BCP

- Sun 27th February, 11.00 am Holy Communion

- Sun 13th March, 11.00 am, Morning Prayer BCP

- Sun 27 March, 4.00 pm, Mothering Sunday Service

Social Club, Village Hall - Bar open from 6.30 - last Friday of the month -

- **Pancake lunch Tuesday March 1st**, 12 - 2 pm.

- **Soup lunch on Tuesday 5th April**, 12 - 2pm

- Quiz Night, Saturday 2nd April, 7-11pm



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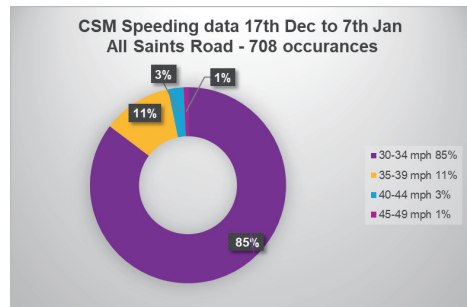
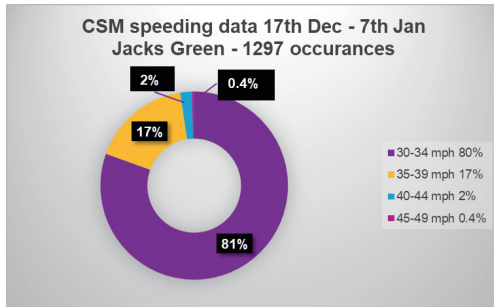
CREETING ST MARY PARISH COUNCIL NEWS

Community Speedwatch (CSW)

We are continuing to ask for any volunteers for the village's Community Speedwatch Team and therefore if anyone is interested please do contact the Parish Clerk.

Speed Data

The data from our two Speed Indicator Devices (SIDs) is collected approximately every two months and the data fed into a pie chart. The below Pie Charts show the speeds between 17th December 2021 and 7th January 2022.



New Bench – The Green

You will see that we have replaced the old bench on The Green, opposite the Village Hall, which hopefully will be enjoyed by residents for years to come.

Goal Posts – Blacksmiths Field

Replacement goal posts have been purchased and installed on Blacksmiths Field. The Parish Council would like to thank Phil Piper for his help with sourcing and installing these.



Planning Applications Considered

Ref: DC/21/06446 - Householder Application - Erection of single storey rear extension (amended scheme and re-submission of DC/21/02041) - The Almonds, Flordon Road, Creeting St Mary – No Objections

Ref: DC/21/06487 - Application for Permission in Principle Town and Country Planning Act 1990. (Amendment) Order 2017 - Erection of 1-2 no dwellings - Land at Longacres, All Saints Road, Creeting St Mary – No Objections

Ref: DC/21/06947 - Application under Section 73 of The Town and Country Planning Act for DC/21/03030 for Variation of Condition 2 (Approved plans and documents) to introduce a single storey rear extension - Land Near Highfield, All Saints Road, Creeting St Mary – to be commented on at January PC meeting

Ref: DC/21/05353 - Planning Application. Erection of detached dwelling and garage. New vehicular access to highway. Installation of sewage package treatment plant. Associated landscaping - Land Adjacent Red House Farm, All Saints Road, Creeting St Mary - to be commented on at January PC meeting



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Ref: DC/22/00079 - Full Planning Application - Erection of 1No detached single storey dwelling and garage (amended scheme to approved 4617/16) - The Laurels, Flordon Road, Creeting St Mary - to be commented on at January PC meeting

Ref: DC/22/00250 - Full Planning Application - Erection of 1No Dwelling - White Oaks, Coddtenham Road, Creeting St Mary - to be commented on at January PC meeting

Recent Planning Application Decisions

Ref: DC/21/04696 - Householder Planning Application - Erection of a two storey rear extension and single storey front porch (re-submission of DC/21/02923) - 37 All Saints Road, Creeting St Mary – Granted

Ref: DC/21/04821 - Householder application - Erection of a two bay cart-lodge - Highfield, All Saints Road, Creeting St Mary – Granted

Ref: DC/21/05419 - Application for approval of Reserved Matters following Outline Planning Permission DC/19/00160 dated: 16/05/2019 - Access, Appearance, Landscaping, Layout and Scale for Erection of 4no. dwellings and new access - Land Adjacent Red House Farm, All Saints Road, Creeting St Mary – Approved

Ref: DC/21/05649 - Householder Application - Erection of extension, replacement windows/doors. Erection of poolhouse building - Four Winds, Sally Woods Lane, Creeting St Mary – Granted

Ref: DC/21/05917 - Householder Application - Erection of two storey rear and side extensions (following demolition of outbuildings) - Primrose Cottage, Flordon Road, Creeting St Mary – Granted

Ref: DC/21/02507 - Application for Outline Planning Permission (some matters reserved, access to be considered) Town and Country Planning Act 1990 - Erection of 5No dwellings, associated landscaping and new vehicular access to All Saints Road - Land North East of Broadgates , All Saints Road, Creeting St Mary – Refused

Ref: DC/21/06487 - Application for Permission in Principle Town and Country Planning Act 1990. (Amendment) Order 2017 - Erection of 1-2no dwellings - Land at Longacres, All Saints Road, Creeting St Mary - Refused

Details of forthcoming meetings and copies of Parish Council Meeting minutes can be found on the village web-site. If you have any concerns or queries to address to the Parish Council, please contact Jennie Blackburn, Parish Clerk by e-mail @ clerk@csmpec.co.uk or phone 01449 721369 (answer phone) or come along in person to the next meeting.

Jennie Blackburn, Parish Clerk

Report for the Thredling Division from Cllr Matthew Hicks **Children's services and adult care at the heart of Suffolk County Council's new budget plans**

SCC has outlined how it plans to spend money on public services in 2022/23. Under the proposals, the council's budget for 2022-23 would rise by 4.5% (from £598.2 to £625.4m). This additional money is generated by a 2.99% increase in Council Tax, and an increase in grants received from the Government. The proposals will be presented at a scrutiny meeting in January, then put forward for approval by councillors in February.

Over 10,000 new LED street lights installed across Suffolk

On December 17th Suffolk's LED replacement programme reached a new milestone, with over 10,000 streetlights upgraded with new, sustainable LEDs. The contractor

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Vacancies for 2 Parish Councillors (to be co-opted)

Creting St Mary Parish Council is a local authority that makes decisions on behalf of the people who live in the parish. It is the level of local government closest to the community, with Mid-Suffolk District Council and Suffolk County Council above it in the hierarchy.

On their own, Parish Councils have limited powers to make decisions, but they can negotiate with, and have the power to influence other organisations that do make the final decisions. Probably the most common topics that Parish Councils get involved with are planning matters (we are statutory consultees), crime prevention, roads and highways.

Creting St Mary Parish Council currently has 7 Councillors with 2 vacancies and are now seeking expressions of interest from people who are over 18 years of age who live or work in Creting St Mary.

To find out more about the role of a Parish Councillor, speak to myself or any of the 7 current Parish Councillors – contact details can be found in this newsletter, on the Parish Council pages on the Creting St Mary website or on the noticeboards around the village.

If you would like to be considered for co-option, please send your expression of interest setting out why you wish to become a Parish Councillor and what you would bring to the role by email, to me at clerk@csmnpc.co.uk

Jennie (Parish Clerk)

leading the programme has successfully installed 10,799 new lanterns and counting as part of the project to replace all 43,400 streetlights in the county. These lanterns use less energy and produce a more natural and focused light than the traditional orange glow of streetlights. The project, which is due to complete by the end of 2022 will also allow opportunity for other street light owners such as Parish and District Councils to upgrade their street lights as part of this process. This upgrade supports SCC's ambitions for becoming a carbon-neutral organisation by 2030.

Show social care a little love this winter

In December SCC launched its first ever dedicated campaign about Social Care. The campaign is designed to help the public understand more about the Social Care sector in Suffolk, how the various partners and organisations work together to provide care for people, celebrate the amazing care professionals that work in the sector and ask the public for a little patience and flexibility as we all navigate through one of the toughest winters any of us can remember. Adult Social Care in Suffolk is made up of a close partnership of different organisations including local councils, NHS Trusts, and several private care providers who, when taken together, employ around 22,000 individuals countywide.

Matthew Hicks - County Councillor for the Thredling Division

Tel : 01728 628176 Mob : 07824 474741 E-mail : matthew.hicks@suffolk.gov.uk

Please Note – You can view the full report on the village website at www.creeting-st-mary.suffolk.gov.uk

Mid Suffolk District Councillors' Report To CSM Council - January 2022

An update on Covid-19 in Suffolk.

Thank you to everyone who has helped to support the Covid-19 response, which has seen the Government revert to Plan B and our NHS colleagues ramping up the vaccination rollout in a race against time to combat the spread of the Omicron variant. We await further information from the Government regarding the further additional financial support for businesses, so we can distribute funds to those eligible across our districts as soon as possible. We also continue to provide regular bulletins giving a snapshot of the current Covid-19 situation in Suffolk, along with case numbers and updates on the work being carried out as part of Suffolk's Local Outbreak Control Plan. You can find the bulletins via the Suffolk County Council website.

Mid Suffolk and Babergh leaders offer thanks and urge residents to get boosted.

The leaders of Mid Suffolk and Babergh District Councils, Cllr Suzie Morley and Cllr John Ward, are amongst Suffolk public sector leaders sending a joint message to Suffolk residents.

Blueprint for districts' future development to progress. Mid Suffolk and Babergh District Councils have welcomed a decision by Planning Inspectors to allow work on their Joint Local Plan to continue – meaning the councils can ensure the right developments happen in the right places at the right time.

Work begins on carbon-cutting solar carport schemes.

Works have begun on installing solar carports which will help power and slash the carbon emissions of two council-owned leisure centres - as part of council plans to tackle climate change.



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Freeport East passes major milestone.

MidSuffolk District Council has welcomed news that Gateway 14, near Stowmarket, has officially been designated as a tax site as part of Freeport East.

Scheme to support new small businesses marks successful six months. A pilot scheme to support small businesses in Mid Suffolk and Babergh has been hailed a success as it reaches its six-month milestone.

Councils urge National Highways to 'unblock Copdock'.

Mid Suffolk and Babergh District Councils have submitted a joint response to a consultation by National Highways on proposed improvements to the Copdock Interchange on the A14 – urging the creation of a new link road to the A12 to keep business traffic flowing freely.

Eight new affordable homes in Needham Market.

Eight new homes in Needham Market can now open their doors to families as the Chambers Green development on the former MSDC offices site in Needham Market continues to expand.

Mid Suffolk District Councillors Mike Norris mike.norris@midsuffolk.gov.uk Tel. 01449 720871 and Steve Phillips stephen.phillips@midsuffolk.gov.uk Tel. 01449 721710.

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Reports to Annual Parish Meeting 18th May 2021

Once a year organisations in the village present a report of their activities to the Parish Council. Last year it was for real - in the Village Hall! As there are quite a few reports they will be featured in the newsletter over the next year and this is the final installment.

They have been published as shown below:

The Chairman of the Parish Council – Cllr Sue Haynes (see June/July issue)

The County Councillor – Cllr Matthew Hicks (see Aug/September issue)

The District Councillor – Cllr Mike Norris / Cllr Steve Phillips (December/January)

The Welfare Charities – Dave Primmer (see Aug/September issue)

The Village Hall Management Committee – Chris Bingley (October/November issue)

The Newsletter – Kathryn Martin / Joan Hardingham (co-Eds) (see June/July issue)

The Social Club – Kathryn Martin (Feb/Mar 2022 Issue)

Blacksmith's Field – Jan Palmer (October/ November Issue)

The Primary School – Jenny Hitt (none available)

The WI – Shirley Brook (Feb/Mar 2022 Issue)

The Parochial Church Council – Glynis Clint (Feb/Mar 2022 Issue)

Social Club Report to Annual Parish Meeting 18th May 2021

Unsurprisingly the Social Club has had an enforced quiet year since the lockdown of March 23rd last year. The planned visit by Eastern Angles, the fireworks event and a private party all had to be cancelled and we were unable to host any other events. The committee continued to meet in various ways, outdoors, indoors and latterly via Zoom.

Any drinks approaching their sell-by dates to the committee. There was too little stock to offer to all members as we had thought might happen. We acquired a new fridge-freezer for the bar thanks to a locality grant from Mid Suffolk District Council.

Hazel Mackintosh stepped down as Treasurer due to family needs and Rob Brittain has taken over that role. Caroline Gordon volunteered to join us in response to an appeal in the newsletter and has adopted the role of media manager. More recently we were pleased to welcome another addition in the form of Phil Piper. The older members among us are delighted to have some younger people involved.

Having been unable to contribute much to the village, or to hold a Christmas party it was decided to donate some vouchers and food items to some families attending the school who appreciated some help at a time when many incomes had been severely hit.

A walking quiz compiled by Paul Scully and published in the newsletter provided exercise for mind and body over Easter and as I write some scarecrows celebrating heroes have emerged to amuse those brave enough to venture out on such an unseasonal Bank Holiday weekend.

Thank you to all who have supported these limited events and to those organisations who have provided financial or advisory support. Lastly I must thank my committee who are raring to embark on village events as soon as we are allowed.

Kathryn Martin. Chairman

Parochial Church Council Report for St Mary's Church to APM 2021

This past year has been very quiet for our Church, we were not able to have Harvest Festival or the Carol service. We hope we will be able to celebrate both of these festivals later this year.

During lockdown the Church was made safe by soft furnishings, hymn books etc being stored in the Old School room.

Part of the Church was cordoned off and sanitiser etc put in place. One of our requirements for people visiting was to leave their name and a contact number. From this information we have been able to see how many people have visited our Church on a Sunday afternoon. We open the Church from 2-4 pm.

Our flower ladies decorated the Church beautifully for Easter and Christmas.

This year 2021 we were able to have our display of lilies in memory of friends and family again.

During lockdown we have had a very successful zoom service on a Sunday and twice during the week. It is for everyone and incorporates music, prayers, readings and reflection. From April 2021, physical services began again. We cannot sing hymns in church but enjoy the organ music at the beginning and end of our services.

In April we had a very positive gardening morning, huge amounts were achieved by a group of volunteers, we have another morning arranged in July.

The Church yard has looked beautiful this year, snowdrops, followed by primroses and now buttercups, daisies and dandelions amongst other wild flowers. A patch of snake head fritillaries were found by the church boundary wall and we hope to see the pyramid and bee orchids again later in the year.

The school enjoys being able to come over to the church as the whole school can socially distance and be together. Recently they came over for an end of term service and a farewell to two governors retiring.

A visiting cellist came to play in our Church and we hope she will come back later in the year and perform for us and the village.

Our Bosmere Deanery has now combined with the Stowmarket Deanery and will be known as the Gipping Valley Deanery Synod. At the first combined zoom meeting, 40 members took part.

We have 28 members on our electoral roll.

Glynis Clint

Womens' Institute Report to the APM May 2021

We had a members meeting in August which was a Socially Distanced chat.

In September, we had a talk by a Forensic Scientist which most of us found extremely interesting, quite gruesome in places, full of humour which left us smiling!

We also had sad news, a very long standing and highly thought of member, Audrey Cutting died. We couldn't go to her funeral but were able to watch remotely thanks to her son.

Our next meeting hopefully will be in July - a Garden meeting using the new facilities at the Hall where we will renew our friendships once again.

Shirley Brook W.I. President 2021

CHURCH WORSHIP AND PRAYER

For the Benefice of North Bosmere -

the Churches of Coddendam, Creeting St Mary, Creeting St Peter, Crowfield, Earl Stonham with Stonham Parva, Gosbeck, Hemingstone, Stonham Aspal with Mickfield. All services are Benefice Services.

All details are correct at the time of going to press and may be subject to change. Please keep an eye on notice sheets and magazines.

Online worship (via Zoom) takes place each Sunday at 09.30 am. To join a Zoom service: email northbosmerebenefice@gmail.com at least 2 days before the service. Click on the link you receive.

Sun 6 February, 09.30 am, Morning Worship at Creeting St Peter

Wed 9 February, 10.30 am, Holy Communion at Earl Stonham Parish Room

Sun 13 February, 11.00 am, Morning Prayer BCP at Creeting St Mary

Sun 20 February, 11.00 am Holy Communion BCP at Creeting St Peter

Sun 27 February, 11.00 am Holy Communion at Creeting St Mary

Wed 2 March, 10.30 am, Ash Wednesday Holy Communion

with imposition of ashes at Earl Stonham Parish Room

Fri 4 March, 10.00 am, World Day of Prayer at Earl Stonham Church

Sun 6 March, 09.30 am Morning Worship at Creeting St Peter

Sun 13 March, 11.00 am Morning Prayer BCP at Creeting St Mary

Sun 20 March, 11.00 am Holy Communion BCP at Creeting St Peter

Sun 27 March, 11.00 am, Mothering Sunday Service at Creeting St Peter

Sun 27 March, 4.00 pm, Mothering Sunday Service at Creeting St Mary

Priest-in-Charge North Bosmere Benefice

Rev'd Philip Payne, The Rectory, The Street, Stonham Aspal,
IP14 6AQ, 01449 711684 revphilippayne@btinternet.com



photo: courtesy Chris Bingley



From the Rectory

Rev. Philip Payne The Key Worker

In front of the church, looking remarkably clean in the early morning sun, stood a tractor and plough; Plough Sunday. Food is critical to our wellbeing. Technology and hard work achieve much but, in the words of one hymn, 'we can't make things grow' – that's God's department. With that in mind, we had gathered to pray for God's blessing on the plough, the ploughman and the farmer; the plough standing for all tools, large and small, used in the work of our farms.

How can one be wise who handles the plough? It sounds a funny question to ask at a church service dedicated to farming, but before we prayed, we heard the Bible pose this very

question¹. The biblical writer went on to list a string of occupations; ploughman, herdsman, smith, painter, jeweller, potter and concluded that whilst these artisans, do not attain eminence in the public assembly.. they maintain the fabric of the world, without them, no city could be inhabited.

These words were written nearly 200 years before Christ. Yet as I listened, I thought these are 'key workers'. Over the last two years we have come to recognise the critical contribution of those, often unseen and poorly rewarded, whose work is essential to the fabric of our society; shop staff, delivery drivers, cleaners, care staff – to name but a few.

Plough Sunday is an annual event, but showing appreciation and gratitude should be an everyday event. Our daily living, our comfort, is only possible because of the skill and hard work of many people, most of whom we will never meet. They may never attain eminence in the public assembly (though some do), yet without them we would struggle. How often do we seek God's blessing on their labours, spare them a thought, give them just reward and, when we do meet, grace them with a cheery smile and a heartfelt word of thanks?

Thank you for your contribution to the life of our community. God Bless your labours in this coming year.

Rev Philip



a local workhorse

Creeting St. Mary Church News.

We continue to have services at 11am on the second and fourth Sundays in each month. Please check the service schedule above.

Christmas celebrations.

Thank you to everyone who helped to decorate the Church and church gates for Christmas. It all looked very beautiful and welcoming.

Once again the Church was flood lit for the festive season, thank you.

Family Refuge.

Gifts from Earl Stonham and Creting St Peter were added to our gifts and taken along to the Family Refuge in Ipswich. The team were delighted, everything just looked so colourful and exciting.

Carol service.

Despite Omicron we had a very enjoyable carol service, unfortunately we were not able to offer mince pies and mulled wine.

Boxing Day service.

We had the Benefice service on Boxing Day and welcomed a number of people from other churches.

Funerals.

Our thoughts are with the families of Cynthia Joan Weavers and Doris Ivy Cater who were recently laid to rest in our churchyard.

IMPORTANT NOTICE.

Soup lunch postponed.

The social club were hoping to do a soup lunch on Tuesday 1st February at the VH, unfortunately due to covid it has been decided to postpone this event. Please watch for further information.

There will be a pancake lunch at the Village Hall on March 1 st and

Soup lunch on Tuesday 5 th April, 12.30 —1.30pm.

Glynis Clint.

CREETING SAINT MARY WELFARE CHARITIES

Charity number: 207445

The Creting Saint Mary Welfare Charities Trust can provide assistance for those in need, by reason of, age, illness, unemployment or for education.

Examples of possible grants are: annual grants to those with a state pension in financial need; grants toward the relief of general hardship; grants for students in higher or further education; help with aids to cope with disability not available from state funding; grants towards maternity costs and funeral expenses; help towards the cost of pendant alarms for the elderly. The Trust is intended to benefit the residents of Creting Saint Mary, however, in exceptional circumstances the Trustees may consider applications from persons resident outside the Parish.

TRUSTEES:

Mr. P Stephenson (Chair) 01449 722868 Mr. D. Primmer (Hon. Clerk); Mrs. M. Aldred 01449 20568; Mrs. P. Day 01449 720057; Mrs. K. Martin 01449 720491.

Please make any general enquires to :

Mr. D. Primmer, 30 All Saints Road, IP6 8NF Telephone 01449 721514

The Parochial Church Council (PCC) for St Mary's Church

The Editor suggested the idea of a few lines explaining what the PCC does (and how it differs from the Parish Council (PC)). The Parish Council is a civil local authority. It is elected, has tax-raising powers and is responsible for a wide range of services in the civil parish including: finance, planning, footpaths and highways, parish property.

The Parochial Church Council (PCC) is a church body responsible for the Church of England parish. St Mary's PCC currently consists of 7 members, chaired by the Rector, who are responsible for the day-to-day running, maintenance, and financial viability of your village church. The PCC is completely separate from the Parish Council (PC), although the civil and ecclesiastical parishes coincide.

The PCC is responsible for assisting the Rector with the wider ministry of the church: pastoral, social, evangelistic. In addition to Sunday worship, they assist with weddings, funerals, baptisms, supporting Creting St Mary School and other community activities. Inevitably, this makes the PCC responsible for the financial affairs of the church. Members also keep the church clean and maintained and help keep the churchyard in good order.

If you attend a church service in the village, those who open up the church and provide support to the priest will usually be members of the PCC. PCC members (like PC members, of course) are volunteers who give time generously.

Although the Parish Council is able to help the PCC financially with the maintenance of the churchyard, no public money is used to maintain the church itself. To maintain and operate the building and share the cost of our priest, the PCC currently has to raise some £16,000 per annum. If substantial maintenance is required (for example, over recent years we have replaced the roof), a funding appeal has to be launched: a major exercise.

If you are interested in helping or joining the PCC please contact the Secretary, Hazel Minter, at hazelminter@hotmail.co.uk or on 01449 722148. All villagers will find a warm welcome at our regular services.

Revd Philip Payne, Rector

Suffolk Historic Churches Trust

Sponsored Cycle Ride (or Ride and Stride) 2021

A slightly delayed acknowledgement, for which apologies. On 11 September last year I undertook the sponsored bike ride again, this time from Wickham Market to Woodbridge and back in excellent cycling weather. Your sponsorship amounted to £920, split between SHCT and St Mary's Church. Thank you so much again to all those generous villagers and others who helped me to this total.

David Haynes



CREETING ST MARY SOCIAL CLUB

Diamond Jubilee Hall

csm_socialclub@outlook.com

www.creeting-st-mary.suffolk.gov.uk/social-club/social-club-news/
open to residents of the village and surrounding area

The club had hoped to start the New Year with several activities, but sadly have decided that although restrictions are not to be imposed on us at present, it feels risky to encourage large numbers of people to share food and drink in a limited space at a time of year when it is too cold to have all the windows open. The hospital is still struggling with staff absences and extra workload and we feel we should not do anything which might add to that. We therefore have decided not to open up for anything before March 1st unless there is a marked improvement in the situation.

The children's party planned for December was postponed until this year, possibly Easter time but we were very fortunate that we did not incur any financial loss over this thanks to the understanding of all involved and willingness to cancel orders without penalty.

We again donated a few Christmas parcels to some less fortunate families and appreciated some help with this from the Creeting Charities.

We were able to provide a bar for two Village Hall bookings in December, a private party and a wake, ably assisted by some of those who had volunteered to help with bar duties occasionally. Thank you to those involved.

At present we hope to open with a pancake lunch on March 1st, a quiz night on April 2nd and hopefully an Eastern Angles performance in early May. We also feel we must celebrate Queen Elizabeth's Platinum Jubilee over the Bank Holiday planned for the first weekend in June. The beacon will be lit on the evening of June 2nd and there will be other events too. Any suggestions and offers of help with this holiday will be gratefully considered.

Keep an eye out for our Facebook page and emails to all members.

Kathryn Martin.

The Diamond Jubilee Village Hall

I am glad to report that bookings and interest are increasing and we have quite a number of events now going into our Calendar, for both regular groups and parties and fundraisers.

We can offer a pleasant environment and an ideal location for many kinds of events in either our main hall or in the lounge area. In the summer months I know our newly refurbished outside area will be popular again. Our rates remain reasonable, and details are on the Village website.

Would villagers please note that our parking spaces are for Hall users ONLY, unless you have asked for permission.

Chris Bingley (Chair, Village Hall Management Committee)

Tel 01449 720324. christine.bingley@gmail.com

The large hall holds about 100 (pre-covid!) there is a bar and a smaller lounge and meeting room (well-heated and with WIFI) which can all be hired separately; new heating and a soundproofed door between the main hall and the lounge. There is new cutlery and 12 large round tables seating 8 people plus a well equipped kitchen, ample toilet facilities, an outside patio, large car park and access to Blacksmith's Field

Bookings: Mrs Jennie King tel 07946 445516

creetingjubileehall@gmail.com

Dance at the Village Hall

For several years Ballroom, Latin American, Rock and Roll/Jive dancing lessons have been taking place every Wednesday evening, apart from the second Wednesday in the month.

We are a very friendly group with a very patient experienced teacher and have many laughs during our lessons!

Whilst we all enjoy the exercise of the dance routines none of us are quite ready for appearing on Strictly but do enjoy the monthly dances held on the last Saturday evening of each month, apart from August and December, in the Village Hall. Music at these dances is either live or provided by a visiting Disc Jockey and the dances are 50/50 ballroom and sequence. These dances attract people from across Suffolk which is not surprising as the music is always excellent and varied whilst the entrance fee is a very reasonable £5 a head.

Contact pamelaprimmer68@gmail.com or phone 01449722515

Pam Primmer



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Louise Mallender BSc (Hons) Ost Med

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email: louisemallender603@hotmail.com

www.ineedosteo.co.uk

Registered with the General Osteopathic Council

Editor's note: as part of our offer to advertisers we encourage them (as space permits) to submit a short piece about their business . Louise advertises regularly and operates in the Village hall, I see below:

Strength & Balance Exercise Class

Hi everyone

My new exercise class will focus on building strength and balance skills, through a variety of simple bodyweight exercises, and is ideally suited for those that are not keen on gyms or loud and fast paced classes.

We will meet 10-11am on Wednesdays, term time only, at Jubilee Village Hall, Creeping St Mary.

£10 per class due to small class sizes and lots of supervision, but a discounted rate of £8 per class is available for those that book and pay for 5 weeks at a time.

Expect to get your heart rate up, improve your strength and balance skills, burn calories, and tone up! You can however take things easier to begin with as there will be both easy and more challenging versions of every exercise.

To book your place, call me (Louise Mallender) on 01449 678250 or 07789935190. I am a registered Osteopath and Lifestyle Coach.



QUIZ *Night*

with
fish & chips supper

2nd April 2022 @ Creeting St Mary Jubilee Hall 7pm -11pm

Includes Fish & Chips supper courtesy of 'The Moving Plaice'
(vegan / vegetarian options available - menu provided on booking)

Quizmaster: Shaun Vincent
Prizes for Winning Team
Bar

There are limited tickets, and our last quiz night was a sell-out, so don't delay!
Team up with friends / family and book your place! (Teams of 4-6)

Tickets £12.50 per person
For information / bookings contact Jacqui Mann
07885 468751 or jacqui_mann@icloud.com

CREETING ST. MARY VOLUNTARY-AIDED CHURCH SCHOOL

Everyone enjoyed a well deserved break over Christmas and New Year and we're all now back into the swing of things ready to start another term. We're starting to make plans for trips, events and fun things that we haven't been able to do as much in the last couple of years, as it's always nice to have something to look forward to.



Our Year 1 & 2 class have been looking at moving books, and will be making their own in the next couple of weeks. Our Reception class are all working hard at their letter formation, learning their numbers and sounds too. Year 3 & 4 have designed and made their own sandwiches in DT, with some interesting flavour combinations! And our eldest group, Year 5 & 6, have been practising some SATS papers ready for the summer as well as designing and making their own board games. If you're interested in what we do in school, we often upload lots of photos and information on our website as well as things we do with the community.

Christine Friar, Head

Spring Term 2022

5 Jan—7 Apr
Spring Half Term
21 Feb—25 Feb

Head Mrs. Christine Friar
school telephone 01449 720312
office@creetingstmary.suffolk.sch.uk
www.creetingstmary.suffolk.sch.uk

MOBILE LIBRARY

Route 13 at Creeting St. Mary

**Suffolk Libraries' mobile library stops
on Friday every four weeks at
Whissel's Farm at 11.20-11.30 and
outside 30 All Saints Road at 11.35- 45**

2022: 18 February, 18 March, 13 May,
10 June, 8 July, 5 August, 2 September,
30 September, 28 October,
25 November, 23 December.

No visit in April

2023: 20 January

www.suffolklibraries.co.uk/visit/mobile-libraries/ipswich-mobile-library-route-13

You can renew titles by logging in at <https://suffolk.spydus.co.uk/cgi-bin/spydus.exe/MSGTRN/WPAC/LOGINBs/>



...and still going strong!

Creeting St. Mary School Governor Vacancy

We currently have a vacancy for a school governor and would love to hear from someone living in the village who would like to be involved in the life of the school.

The role of a school governor can be both rewarding yet daunting, If you are considering becoming one of our governors we would strongly recommend that you speak with either Mrs Christine Friar, Headteacher or Mrs Jenny Hitt, our Chair of Governors, to help you to fully understand what the role involves.

The last 18 months have been a most interesting time in education, as a governor there has never been a better time to make a real difference to the future opportunities we are able to offer our children at Creeting St Mary. This role is an ideal opportunity to develop both your understanding of the education system and enhance your personal skills set.

Governing bodies are the key strategic decision-making body of every school and have a vital role to play in making sure every child gets the best possible education.

In all schools governing bodies should have a strong focus on three core strategic functions:

- Ensuring clarity of vision, ethos and strategic direction;
- Holding the headteacher to account for the educational performance of the school and its pupils, and the performance management of staff; and
- Overseeing the financial performance of the school and making sure its money is well spent.

No special qualifications are needed and the most important thing is to have a keen interest in the school and be prepared to play an active part in the governing body's work. The role and responsibilities of governance however do have certain expectations; that you:

- Have the ability to commit the time, approximately 10 hours per half term, and energy necessary to the role of improving outcomes for all children at Creeting St Mary
- Are inquisitive, questioning and analysing information to ensure best practice
- Have a willingness to learn
- Support us in putting our children at the heart of everything we d.

Please contact the school office 01449 720312 or alternatively email office@creetingstmary.suffolk.sch.uk to discuss this further.

Footpaths and Bridleways

In the last Newsletter, I said that the repair of the footpath revetment on Footpath 58 (on the River Gipping upriver a short way from Hawks Mill Bridge) had been completed, so I wrote to Suffolk County Council asking why their "Footpath Closed" notices were still up. They replied saying that the repaired path area was safe for walkers and would take notices down!

I have reported FP28 (an overgrown path running down the south side of the Highwayman PH from near Holts Lane to the A140, Norwich Road) again to Suffolk County Council (SCC), they replied saying that they "have ordered work to be carried out". By when they didn't say.

Bridleway 54, (runs for a short distance between the road terminating at Creeting Hills through to Sally Woods Lane), runs past a redundant disused quarry/pit. Some of you may know that some large sections of fencing were erected some years ago to prevent the users of the bridleway falling in it. It has been in disrepair for a long time so I sent SCC a reminder a few days ago saying that this situation needed sorting out quickly. I am awaiting a reply saying when they expect the work to be done.

Otherwise, other than being wet and muddy, I've found that most of the FPs and BWs in the Parish are serviceable - unless you know differently.

Paul Scully January/February 2022

Tel: 01449 721461 e-mail: paul@impressions41.plus.com

Power Lines to be refurbished

The National Grid power lines that run from the west of Ipswich to Norwich west of the A140 are to be refurbished this spring. This involves taking down all of the current wires that have been in situ for well over 30 years and replacing them with new wires. This will involve complicated logistics with scaffolding built to prevent wires from falling on the road. It will also involve one of our local bridleways, Holts Lane, being shut for a number of weeks during the spring. This is because winches will be sited near the boundary between College Farm and Foxes Farm to pull the wires through from the next 9 sets of pylons north and south with heavy machinery moving back and forward. No doubt notices of closure will be put up nearer the time.

William Barnes



Are you fed-up with doing the same old walks?

Walking in Suffolk www.walkinginengland.co.uk/suffolk has details of walks to download free, also books and contacts for walking groups and other counties are on the Walking in England website,

John Harris www.walkinginengland.co.uk email: john@walkinginengland.co.uk

A BIT OF HISTORY

Opening of Creeting St Mary Village Hall

For a change I thought I'd offer the newspaper cutting below for publication which may be of some interest to this magazine's readers. This was passed to me some time ago but other than the hand-written date on the cutting, I know no more. I will try and get the original date from the newspaper when I go to the Hold, the new Suffolk Archives depository, unless anyone can tell me.



What I don't know are other key dates such as: when was the land purchased? when did building work start? when was the hall completed? Another questions would be: when was it expanded?

There may not be many of you around when the hall was opened but I'm sure quite a few of you were when it was made larger. Perhaps you would send me some information to put in "A Bit of History" or write your own article for the Newsletter.

Thank you.

Paul Scully January/February 2022

01449 721461 paul@impressions41.plus.com

NEEDHAM MARKET AND DISTRICT HORTICULTURAL SOCIETY

Meetings other than the annual supper, are in the Burton Room, the Community Centre, Needham Market IP6 8BB on Thursdays from 7:30pm. We hope to offer a full calendar of 8 speakers, 4 outings and a social event in aid of SARS (Suffolk Accident Rescue Service) 50 th anniversary.

3 February: a talk from Helen Chen on Chinese Gardens. This will be followed with a brief AGM.

3 March Companion Planting for a Balanced Garden Dr Ian Bedford

7 April Flowering Shrubs & Small Trees Matthew Tanton-Brown

Thursday 21 April Outing to Beth Chatto's Garden

You don't have to be an expert to join, just an interest in plants!

Current members need to renew their membership until 2022.

Existing members have been invited to send their email addresses to the Secretary, Pam Rushbrook Membership is (£5 per year).

for details of events and speakers and joining the Society. contact

Hazel Mackintosh 01449 720753 Joint Events Co-ordinator

Creeping St. Mary Women's Institute

So what happens at our meetings, you may ask?

Well, we don't make jam or sing Jerusalem for a start! Neither do we attend wearing twinsets and pearls.....

What you will find is a warm welcome, interesting speakers, a chance to get to know village members, and both a local and a national magazine, should you decide to join us.

We also have a monthly walking group and a fortnightly informal patchwork group, for those who are interested/would like to learn.

Our January meeting was a social evening with refreshments and chat about the 2022 programme and outings. We will celebrate our 75th Birthday in April.

Our next meeting will be on Feb 9th at 7.30 and will, for a change, be a games evening involving beetles.

Normal meeting time is 7.30pm the second Wednesday of each month.

We are open for members from surrounding villages too.

Chris Bingley 01449 720324 christine.bingley@gmail.com

theWI
INSPIRING WOMEN



WI Christmas table decoration making afternoon - Glynis Clint



DR DAN POULTER MP

Member of Parliament for Central Suffolk and North Ipswich

The success of the vaccine rollout has helped keep the Omicron variant at bay, and I am hopeful that we can begin looking forward to a happier and more prosperous 2022. However, the winter months are likely to be challenging for many, as once again, the UK is facing an energy price squeeze with home heating and energy bills set to rise.

There are two main reasons why the UK energy market is in crisis - both can be pinned on previous policy failures, but neither is directly related to the UK's push for renewables. The energy price spike is due to the UK's reliance on imported gas, not its reliance on renewables.

Gas accounts for about two fifths of UK energy consumption and, as the dominant source of home heating, effectively sets energy prices. Markets set the gas price and as Britain imports almost all of its gas, those markets are determined by global supply and demand. Additionally, UK nuclear capacity has dwindled, and coal is, for good reason, a dirty word. Britain's base load, in other words, the energy on which we can always rely, has become increasingly dependent on just-in-time supplies of liquid natural gas, imported into our homes via inter-connectors with the continent. This is not a strategy for long term energy security, and it needs to change.

Energy security is expensive, but I am pleased that the Government is finally getting on with the job of passing new laws to allow vital investment into new UK based carbon-neutral forms of electricity. This may result in a short term rise in bills but will pay dividends in the long run - investing now will improve our energy security and make us less vulnerable to energy price rises and volatility in the future.

The other policy failure results from the way in which the energy price cap is implemented. Many smaller energy suppliers are going out of business as they are forced to absorb price rises and cannot change prices for a six-month period. This reduces competition in the energy market and in the longer term, further increases prices for consumers. At the very least the Ofgem cap should be set every three months and I shall be doing all I can to make the case in Parliament for this important change in how the energy price cap operates.

As household bills rise again, the wrong decision would be to scrap environmental levies which only accounted for 23% of energy bills in August, compared with 34% for the wholesale electricity costs. It is the jump in these wholesale energy prices since August that has been the problem and not the green levies which provide an investment in keeping energy prices lower for consumers in the future.

Ultimately, changes in both how we produce as well as how we use energy are needed to meet the government's net zero targets and, just as importantly, to keep household energy prices down in the long term.

Tel: 0207219 7038 www.drdanielpoulter.com daniel.poulter.mp@parliament.uk

Page 27 February/March 2022

CREETING NATURE NOTES

helping nature to help us

Lilley's Wood

This 2 acre piece of re-generating agricultural land was originally given to Needham Market Town Council by Mrs. Lilley, although it is located in Creeting St. Mary. It extends from the sewage works north along the east bank of the River Gipping – though the river path is not part of the land. Last year ownership was passed to the CSM Parish Council and they are now seeking volunteers to help maintain it – as well as someone to oversee the whole project.

Lilley's Wood is not a wood as such but land that was under cultivation, when we came to CSM in 1981 and was never very productive being heavy clay over chalk. It is actually part of a registered County Wildlife Site covering the whole of the regenerating woodland between Flordon Rd. and the sewage works along to Coddensham Road and the car boot sale area. As such it has been extensively surveyed for its wildlife interest – which is mainly the chalk downland plants which are really rather rare in the area as this is one of few geological chalk outcrops. The chalk pit adjacent we believe supplied the flints for the buildings at Alder Carr Farm.

Suffolk Wildlife Trust and Suffolk Naturalists' Society Recorders have done surveys and are in agreement that the grassland is actually of the greatest importance as it hosts not only orchids – sometimes in abundance - but many other interesting plants. There is a good mix of shrubs providing food, shelter and nest sites for birds. A bird study was carried out for many years so the species using the site are well-documented. In addition the RSPB is funding a Turtle Dove feeding project on the field adjacent because the area has been identified as having nesting potential – the birds have been seen and tried to nest in the past.

The ecologist's recommendations are as follows:



The chalky soils on the site have given rise to a diverse plant community including a number of notable species such as yellow-wort, burnet saxifrage and ploughman's spikenard. Ant hills are numerous in open areas. Patches of bare ground and short turf created by rabbit grazing are additional wildlife features. The mosaic of habitats present on the site is of high ecological value for a range of taxonomic groups including birds, reptiles, orthopterans (grasshoppers), butterflies hymenopterans (bees) and other pollinators.

continued

Stowmarket Wildlife Group - Suffolk Wildlife Trust

Wednesday 23 February – HEDGEROWS, HERBS AND MEDICINES With Martin Sanford

A look at some common plants of Suffolk hedges and waysides, their use for foods and medicine and how we use them sustainably.



Wednesday 27 April – LOOKING FOR THE GOSHAWK – THE LOST RAPTOR With Conor Jameson

A natural history of this mystery-shrouded bird of prey: how it lives, where it lives, and why it might be missing from our lives. The search takes Conor to some unexpected places, at home and abroad

The meetings above are 7.30pm the Village Hall, Stowupland, IP14 4BQ

Admission £2.50.

Saturday 14 May 10am – TALES OF THE RIVER BANK

With Judith and Steve Thompson

A rare opportunity to visit Judith and Steve's 9 acre wildlife haven in the midst of Stowmarket, between the Museum of East Anglian Life and Tinkler's Meadow along the River Rattlesden. Numbers limited. Registering essential.

All events are subject to regulations and precautions to reduce Covid-19 risks for the safety of all. Arrangements may change. Check the Suffolk Wildlife Trust website at www.suffolkwildlifetrust.org/events for up-to-date information updates.

John Thompson - 01449 676471 - swtstowmarket@gmail.com

Stowmarket SWT Local Group

We are volunteers who care about wildlife, its beauty, diversity and importance to everyone. We support the Trust's aims and vision for a Living Landscape - with nature reserves, Sites of Special Scientific Interest and County Wildlife Sites forming networks of linked-up habitat.

We look after local wildlife reserves: Work parties maintain Combs Wood at Stowmarket and Bonny Woods at Barking.

Local SWT reserves Mickfield Meadow, Bradfield Wood and Bulls Wood.

SWT Magazine is delivered to local members, saving postage costs.

Lilley's Wood continued

The aim of future management should be to maintain the existing mosaic of different successional stages from bare patches, rabbit grazed and disturbed ground, species-rich, short and long grass, young scattered scrub and blocks of dense scrub of high value for breeding birds and invertebrates. It is recommended that non-native planted trees particularly grey alder are removed as soon as possible as they are regenerating and encroaching in the open glades. Plastic tree guards are littering the ground in a few places and should be removed if possible. Further surveys would guide management but generally it can be seen that much could be achieved in the first instance by controlling the blackthorn and non-native trees to maintain grassy areas of floristic interest – and remove the plastic tree guards. Decisions need to be taken on how to balance public (and dog) access with the needs of the wildlife. An exciting project!

Please contact Jennie Blackburn, Parish Clerk to volunteer.

Joan Hardingham



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info@indigo-opportunities.org.uk



**Looking towards Creeping
 Road from Raven's Bridge
 over the River Gipping.**

	6		3		7			5
7		5			8		2	1
						3	7	4
		3	5		6	1		
1	7	2						
5	4		2			6		3
8			6		3		4	

Sudoku - diabolical! - like an easier one or a different puzzle? Let us know. Complete the grid with the numbers 1-9 using each number only once in each row, column or 3x3 box.

PUZZLE ANSWERS

page 35

Stowmarket Chorale Singing Day and Concert

Our Singing Day on 12th February 2022 is at the John Peel Centre, Stowmarket to mark the 150th birthday of Ralph Vaughan Williams with his 'Five Mystical Songs'. Other repertoire will include Bach 'O Jesu Christ, meins Lebens Licht' and Monteverdi 'Cantate Domino' from European Sacred Music and on the lighter side, some Gershwin arrangements by Benedict Collins Rice, our music director. Starting at 10.30 a.m. with regular breaks between the singing sessions and a lunch break. We will have an urn for hot drinks but please bring your own food or make use of the town centre hosteleries. The singing will conclude with an informal sing-through at 4pm to which family and friends are welcome (space permitting). The cost will be £15 and music will be provided.

On 19th March at the United Reformed Church is our performance of Ethel Smyth's Mass in D at 7.30 p.m at the United Reformed Church, Stowmarket. The work was premiered at the Royal Albert Hall in 1893. A review by the Guardian describes the opening Kyrie as a scene full of tension "but there's a hint of consolation towards the end of the movement, and the Credo bursts in an eruption of joy – the most striking of several dramatic plays of light and shade". Again the cost will be £15.

To book contact Aileen on 07972 668180 or email info@stowmarketchorale.org.uk for details

To join the choir contact Adrienne Marriott, Membership Secretary at membership@stowmarketchorale.org.uk Current Covid guidelines are observed

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Trevor Hughes has lived in Creeting St
Mary for over 25 years and his
company is based in Brandon, Suffolk



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60's in Needham Market &
surrounding areas.

FIRST WEDNESDAY OF EVERY MONTH.

Needham Market Community Centre
School Street
Needham Market, IP6 8BB
2pm - 4pm

FREE Entry - donations welcome

Find us on:

Tel: 07944 688799

Email: needhammarketchinwag@gmail.com



Needham Market
Community Chinwag



@nmchinwag

Spring Word Scramble (- indicates 2 words)

answers on page 35

ASMB

CSCSROUE

SM-EOLYBHSRORC

DSB-TUBRU

FSDIAODFL

WRSSOODNP

ETLN

NSKAAPEC

NVSILENEAT

SLHOCAOTEC

-IOGNBDSR

TENGNIS

What's in a Chinwag?

For those who don't know what the Needham Market Community Chinwag is – it's a social group for the over 60's living in Needham market and surrounding areas, we meet on the first Wednesday of the month at the Needham Market Community Centre. There are refreshments, plenty of chat and entertainment whether it be a singer, speaker, quiz or games. A warm welcome is guaranteed and since we hosted our first 'Pop-in' Chinwag back in July we have seen a steady flow of chinwaggers.

We had a Christmas Party Chinwag on 1st December and were entertained by students from the CTC – a local performing arts college. We enjoyed a Christmas themed quiz & raised funds for the NMCC by holding a Christmas raffle. On 2nd December we had our first 'Chinwag Trip' to the pantomime at the New Wolsey theatre where we all enjoyed the performance of Jack & the Beanstalk. We were able to offer subsidised ticket and travel costs as we had received donations from individuals and local businesses.

We will continue to meet on the first Wednesday of the month in 2022 from 2pm – 4pm at Needham Market Community Centre and new chinwaggers are always welcome. No booking is required, just turn up – we'd love to see you. Entry is free however donations are always welcome.

Contact:

needhammarketchinwag@gmail.com Telephone: 07944 688799

Facebook; Needham Market Community Chinwag and Instagram;
@NMchinwag

I'm a bit anxious about going out into shops at the moment so I want to do more shopping online, but there's been things in the news about delivery problems. I'm worried about not receiving things on time or packages being lost. What should I do if my parcel goes missing?

When you're online shopping, it's not always clear whom to contact if things go wrong. As a customer, your contract is with the seller that you bought the item from. It's the seller's responsibility to make sure the item is delivered to you. They should chase the courier to find out what happened to your order if there's a problem.

If your parcel hasn't arrived:

- Check the delivery address you gave the seller, to make sure it's correct.
- Then contact the seller and ask where your order is.
- If the seller claims they've delivered it or doesn't know where it is, you can ask for a redelivery. You might be able to get a refund in some circumstances where the delivery time was essential and you let the seller know ahead of time.

Under the Consumer Rights Act 2015, you can ask the seller to deliver the item to you again if the item wasn't delivered either by an agreed date, or within a reasonable time - usually within 30 days. If the new delivery fails to come within a reasonable time, you can ask the seller for a refund.

If your parcel was left somewhere:

Another problem people face is when parcels get left in different places, for example outside or with a neighbour.

If your item was delivered by Royal Mail:

If Royal Mail left your package with a neighbour or in a certain place because you told them to, it's not the seller or Royal Mail's responsibility if it gets lost. If they leave it somewhere you hadn't instructed, it's the seller's responsibility if it gets lost. You should contact the seller to ask for a redelivery or a refund.

If the item was delivered by a courier:

Check your terms and conditions or account details - they might include other places for delivery, like your porch or a neighbour's house. If you agreed to them, it's not the seller's or courier's responsibility if your order has gone missing. However if you did not agree to this, then it's the seller's responsibility if your order goes missing.

If you ordered something from a private seller or you're still having trouble after trying the tips above, you can contact Citizens Advice Mid Suffolk for help.

Citizens Advice Mid Suffolk can also provide advice on other issues, including debt, employment, benefits and family law.

For more information and opening hours go to midsuffolkcab.org.uk.

To contact us phone 01449 676060 or use the contact form at midsuffolkcab.org.uk/contact-us.

The offices are at 5 Milton Road South, Stowmarket, Suffolk. IP14 1EZ

We are also on Facebook and Twitter to see the latest advice, and what we have been up to.



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SPRING WORD SCRAMBLE

-answers

LASMB = LAMBS

CSCSROUE = CROCUSES

SM-EOLYBHSRORC = CHERRY-BLOSSOM

DSB-TUBRU = BUD-BURST

FSDIAODFL = DAFFODILS

WRSSOODNP = SNOWDROPS

ETLN = LENT

NSKAAPEC = PANCAKES

NVSILENEAT = VALENTINES

SLHOCAOTEC = CHOCOLATES

-IOGNBDSR = BIRD-SONG

TENGNIS = NESTING

SUDOKU SOLUTION

2	6	4	3	1	7	8	9	5
9	8	1	4	2	5	7	3	6
7	3	5	9	6	8	4	2	1
6	5	8	1	9	2	3	7	4
4	9	3	5	7	6	1	8	2
1	7	2	8	3	4	5	6	9
5	4	7	2	8	9	6	1	3
3	2	6	7	4	1	9	5	8
8	1	9	6	5	3	2	4	7

STOWE VETS

The importance of your pet's dental health

February marks Pet Dental Health Month, and even though healthy teeth and gums are very important for pets, dental health can often be overlooked. There are several ways to look after your pet's dental health, including brushing teeth, feeding a balanced diet, giving appropriate chews, regular veterinary check ups, and being aware of the signs of dental disease.

Brushing teeth

This is a great way to look after your pet's dental health, although not all cats and dogs will tolerate it! If your pet will safely allow it, using a soft toothbrush and a pet toothpaste to brush your cat or dog's teeth daily will help to prevent dental disease. It is particularly important to use a toothpaste specially formulated for your type of pet, and not human toothpaste, as the fluoride in human toothpaste can harm your pet when ingested. Your vet will be able to recommend a suitable toothpaste for your pet, alongside answering any questions you may have about brushing your pet's teeth.

Diet and chews

A complete and balanced diet will help to keep your pet's mouth healthy, as well as the rest of their body! Feeding dry pet food can help, as it is can help to physically remove plaque, however if your pet is on a special diet you should follow your veterinary surgeon's advice on what to feed your pet. For dogs, dental chews can also be effective in reducing plaque build up. However, the type of chew you give your dog is important, as items that are too solid can cause teeth breaks and fractures, whilst raw bones can splinter and harm your dog.

Vet check-ups

Taking your pet for annual check-ups with your vet will help to protect your pet's dental health, as your vet will be able to spot and treat any problems before they become serious. Taking your pet to your veterinary practice at least once per year for a health check will allow for many other kinds of problems to also be noticed and treated early.

The signs of dental disease in cats and dogs

Being aware of the signs of dental disease can help you to spot any problems and know when to contact your vet. Symptoms of dental disease in cats and dogs include bad breath, plaque and tartar, difficulty eating, eating less, wobbly missing or broken teeth, weight loss, facial swelling, pawing at mouth or face, excessive drooling, or sore gums.

If you suspect your pet has dental disease, it is important to contact your veterinary practice for a consultation.



Creeping St Mary
Photograph taken from the air ambulance by
Dr. Nicola Ebbs, Summer 2019

For Sale

Copies of this wonderful photo taken by Dr Nicola Ebbs from the East Anglian Air Ambulance are available for sale with the proceeds going to the East Anglian Air Ambulance.

Prices:

A4 format £25 framed (plain black) - £20 unframed

A5 format: £15 framed - £10 unframed.

£5 from each sale will be donated to the air ambulance.

To order copies please contact:
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GENERAL INFORMATION AND CONTACTS

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(Advertising rates are on the next page)

Distribution: David Haynes 01449 722570

Newsletter deadlines: the 20th of the month of:
September (Oct-Nov edition i.e early December and Christmas events)

November (Dec-Jan edition)

January (Feb-Mar edition)

March (Apr-May i.e. Easter)

May (Jun-Jul i.e. all those mid- summer events)

July (Aug-Sep - the summer holiday events)



Creting St Mary Parish Councillors

Sue Haynes (Chair) - 01449 722570 (Village Hall Management Committee)

Hugo Craggs (Vice-Chair) - 07815137228 (Community Infrastructure Levy (CiL)
/Sustainability)

Jan Palmer - 01449 723997 (Blacksmiths Field / Play Equipment)

Paul Scully - 01449 721461 (Footpaths and Bridleways)

Roger Coton - 01449 721526 (Suffolk Association of Local Councils (SALC))

Nigel Smart - 01449 720100

Lesley Plummer - 01449 720359

Vacancy (to be co-opted) due to retirement of Chris Emmins

Vacancy (to be co-opted)

To contact any of the Parish Councillors, please contact the Parish Clerk first

Parish Council Clerk : Jennie Blackburn - 01449 721369

or email: clerk@csmmpc.co.uk

Meeting agendas and dates are placed on the village noticeboards during the week
prior to the meetings, and also on the website.

Creting St Mary Website

www.creating-st-mary.suffolk.gov.uk

Contact the Parish Clerk Jennie Blackburn at clerk@csmmpc.co.uk

The 3 village notice boards are located at:

the Village Hall, St Mary's Gardens and Jack's Green.

The old phone box at Jack's Green contains maps, information and a defibrillator
and the notice board at the entrance to Alder Carr Farm has a foot path map.

Diamond Jubilee Village Hall

Chris Bingley (Village Hall Management Committee Chair) 01449 720324.

christine.bingley@gmail.com

To hire all or part of the hall : contact Mrs Jennie King Tel 07946 445516

Creeting St Mary Social Club: csm_socialclub@outlook.com.
Kathryn Martin (Chair) 01449 720491

Creeting St Mary Neighbourhood Watch Representatives:
Bill Mackintosh: 01449 720753 Sue Haynes: 01449 722570

Creeting St Mary Footpaths
Paul Scully 01449 721461
e-mail: paul@impressions41.plus.com

Creeting St Mary Welfare Charities
Mr. D. Primmer, 30 All Saints Road, Creeting Saint Mary, IP6 8NF
01449 721514

County Councillor for the Thredling Division: Matthew Hicks
Tel: (01728) 628176 ; matthew.hicks@suffolk.gov.uk ; Twitter: @HicksCllr

Mid Suffolk and Baburgh District Councillors:
Mike Norris - mike_norris@hotmail.co.uk 01449 720871
Steve Phillips - steve.179@icloud.com 01449 721710, mob. 07794823323

Member of Parliament for Central Suffolk and North Ipswich
Dan Poulter Tel: (01728) 726588 ; daniel.poulter.mp@parliament.uk
Twitter: @drdanpoulter

Creeting St, Mary Primary School - Head Mrs. Christine Friar
School telephone 01449 720312, office@creetingstmary.suffolk.sch.uk
www.creatingstmary.suffolk.sch.uk

Priest-in-Charge North Bosmere Benefice
Rev'd Philip Payne, The Rectory, The Street, Stonham Aspal, IP14 6AQ
01449 711684 revphilppayne@btinternet.com

Parochial Church Council
PCC Secretary: Hazel Minter - 01449 722148
PCC Treasurer: David Haynes - 01449 722570.

CSM Newsletter – Advertising Costs

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