

# West Row Parish Echo

## WEST ROW WARM ROOMS

### WHAT IS A WARM ROOM?

West Row Parish Council is providing **FREE**, warm spaces during the day over the winter months.

There is no age limit – everyone is welcome

You will have the opportunity to meet others, chat over some warm refreshments, drink tea/coffee and maybe get involved with optional activities.

There will always be a warm welcome!

### WHERE ARE THEY

West Row Bowls Club, Beeches Road  
The Shed, Jarman's Lane  
Church Hall, Church Road  
West Row Village Hall, Beeches Road

#### When are they open?

Monday :	West Row Bowls Club,	10:30 – 12:00pm
Tuesday:	The Shed, Jarman's Lane	11:30 – 12.30 pm
Wednesday:	St. Peter's Church Hall	12:30 – 14.30 pm
Thursday:	The Shed, Church Hall	12:30 – 14.30 pm
Friday:	West Row Village Hall	12:30 - 14:30 pm

St. Peter's Church hosts monthly lunches  
**FIRST** Tuesday of each month

Baptist Chapel hosts monthly lunches  
**THIRD** Tuesday of each month

Please check  
schedule as  
days/times subject  
to change

We are looking for volunteers to help run any of these sessions. Also, if you have ideas for activities, please contact Sharon the Parish Clerk [westrowpc@gmail.com](mailto:westrowpc@gmail.com)  
Tel.: 07860 358 493

Services we offer include:

- Audit
- Payroll Services
- Business Support
- Probate, Trusts and Estate
- Business Tax
- Self-Assessment
- Making Tax Digital
- Start Ups
- Payroll Services
- Wealth Management
- Corporate Taxation
- Cloud Accounting

Please contact us to arrange for an initial free consultation by telephone or email our locally based office in Mildenhall

Willow House  
46 St Andrews Street  
Mildenhall Suffolk IP28 7HB  
Tel: 01638 712267  
Email: [mildenhall@whitingsllp.co.uk](mailto:mildenhall@whitingsllp.co.uk)  
Website: [www.whitingsllp.co.uk](http://www.whitingsllp.co.uk)



## Southview Supplies

Stockist of CSJ K9  
Specialist Canine Feeds  
Based in West row

[www.southviewsupplies.co.uk](http://www.southviewsupplies.co.uk)



- ◆ Natural Dry Dog feeds for all types of working and pet dogs
- ◆ Range includes Wheat and Gluten Free, Rice Free and Grain Free
- ◆ Great Quality and Value
- ◆ All ages catered for.
- ◆ Great Range Natural Herbal supplements
- ◆ Free Feed Samples available on request
- ◆ Range of Skin Cream, Shampoo and Flea Spray

07776 188548 or 01638715875 ◆ [alana.southviewsupplies@gmail.com](mailto:alana.southviewsupplies@gmail.com)

Follow me on facebook Southview Supplies

# A note from the EDITOR

Dear Reader,

Welcome to the New Year edition of the Parish Echo, which is full of interesting articles, keeping you updated with events that have taken place in the village and those that are planned over the coming months.

The new initiative of '**Warm Rooms**', with details on pages 1 & 9, is a very proactive idea and it will be interesting to see how much uptake there is. As stated in the articles, volunteers are needed to help run the programme, so please consider whether you could be involved and do make contact if you can help.

It was pleasing to see so many residents, of all ages, attending the Christmas tree lighting ceremony. There was a true feeling of a village community get together where mulled wine and mince pies were obviously gratefully received. **Congratulations to the Parish Council** for organising this and for Santa's sleigh routes through the village. Please note that there is a vacancy on the Parish Council so consider volunteering if you could help.

It is always interesting to read news from **The Shed**, on page 11.

Support is still needed for the **100 Club** so please consider joining, this way you can give something back to the Village and you may even win a prize! *Wishing all readers, a very Happy New Year.*

Peter Rolfe  
Editor

## Autumn Quiz answers.

1. Cat 2. Maiden 3. Baby 4. Small 5. Russian 6. Yellow 7. Prime  
8. Bow 9. Life 10. War 11. Action 12. Ginger 13. Cream 14.  
Open 15. Rock 16. Fairy 17. Jack 18. Mixed 19. Animal 20. Pipe

It was pleasing to see a record 25 entries for the Autumn Quiz!

Susan McGuinness, M. Halls, Helen Webber and Colleen Goodwin all tied in first place and the winner, drawn by lot was Colleen Goodwin of Church Gardens, West Row. This edition's quiz is a little more challenging, but remember, 14/20 has been a winning score.

## Contacts for The Parish Echo

Position	Name	Email	Contact
Editor	Peter Rolfe	<a href="mailto:peter.rolfe3@btopenworld.com">peter.rolfe3@btopenworld.com</a>	01638 714073
Composer	Sharon Vale	<a href="mailto:westrowpc@gmail.com">westrowpc@gmail.com</a>	07860 358493
Adverts	Carol Bebee	<a href="mailto:carol_beebe@hotmail.com">carol_beebe@hotmail.com</a>	01638 712400

**The Parish Echo** editorial team takes no responsibility for endorsements of, or statements made in published adverts which are accepted in good faith. However, we reserve the right to refuse any advertisement, article, or item that we feel is considered inappropriate for publication.

### Advertising Rates

**Please contact Carol to  
discuss your advertising  
requirements**

**Our deadline for issue 41 [Mar/APR 2023] is: 15<sup>th</sup> February 2023.**

Please email Sharon Vale on [westrowpc@gmail.com](mailto:westrowpc@gmail.com).

Anything received after this date may be included in the next issue.

 **TOWN & COUNTRY CARS**  
8 PASSENGER SEATS · ALL AIRPORTS COVERED  
**07379 811 373**  
[towncountrycars95@yahoo.com](mailto:towncountrycars95@yahoo.com)  
ALL MAJOR CREDIT / DEBIT CARDS ACCEPTED IN THE VEHICLE



*BA Electrical Contractors Ltd  
102 Church Road  
West Row  
Bury St Edmunds  
Suffolk IP28 8PF*

*Tel: 01638 715857  
Mob: 07917 082903 / 906*

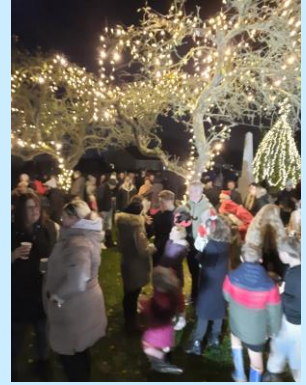
*For all electrical work carried out*



*Oh how the Parish partied*



*West Row Academy (WRA) children led the Carol Singing. Everyone enjoyed the Mulled Wine, hot Mince Pies, a dance or two, and they all came to see our lovely Christmas tree lit up by Ellison and Jack from WRA*



Friday, 2<sup>nd</sup> Dec.



Saturday, 3<sup>rd</sup> Dec.

*Santa loved coming to West Row sooo much he paid us thee visits*



Sunday, 4<sup>th</sup> Dec.



West Row Academy



- Servicing • MOTs • Tyres • Exhausts • Air Con
- Diagnostics • Wheel Alignment

Unit 2, Harlequin Business Park, Kenny Hill, Suffolk, IP28 8DS  
 FREE COLLECTION LOCALLY

**01353 675 000**

[www.candlmotortech.co.uk](http://www.candlmotortech.co.uk)



## KL CYCLES

Cycle repairs, servicing & accessories

1 Fifty Farm  
 Chairfen Drove  
 West Row  
 IP28 8QT

[klcyclesmildenhall@gmail.com](mailto:klcyclesmildenhall@gmail.com)  
[www.klcycles.co.uk](http://www.klcycles.co.uk)

**01638 476095**

Find us on instagram and facebook search KL Cycles

## Steve Bebee Heating Services

Your local Heating Engineer  
 For all your Domestic & Industrial heating needs  
 Gas Safe Registered

**Oil - Gas - LPG  
 Landlord Certificates**

 **01638 712400 - 07973372945**

Email: [heatmasterukltd@hotmail.co.uk](mailto:heatmasterukltd@hotmail.co.uk)



# WEST ROW VILLAGE HALL FOUNDATION

Chapel Road, West Row, IP28 8NY

Registered Charity No. 1165959

## To Hire the Hall

Please call Vicki Butler on 01638 716924.

Check out our website <https://westrowvillagehall.co.uk/>

or visit us

<https://www.facebook.com/westrowvillagehall/>

Hello all,

The village hall trustees continue to work hard behind the scenes in keeping your wonderful village hall and surrounding amenities in good fettle & tidy conditions. We are still looking into getting the tunnel in the children's play area resurfaced. Ongoing work to replace the wooden edging pushes on.



We are, as always looking for more members to add to our list of trustees. We only meet on the first Monday every other month, just to discuss and action the best way forward for our great village's social hub. We understand that it might be difficult with family or work commitments to attend a meeting in person, therefore we are now inviting applications for virtual members. This will mean receiving notes and emailing decisions between meetings.

If you think that you would like to see something change and could make a difference, if only for one project close to your heart, then please contact me or any other member to arrange a chat.

We are very much looking forward to being one of the hosts of the Warm Rooms initiative, to help out in these cold times. Volunteers have come forward; we now need ideas for the optional activities. Please see Page 9 for further details. **Our village hall is there to be used; we just need people to help us make it possible.**

*Thank You  
Moggy  
Chairman*

The Parish Council is looking to hold regular Film Nights.

If you know of anyone with knowledge of how to put these events on, or can help in any way, please contact Sharon our Parish Clerk



**YOUR LOCAL DISTRICT  
COUNCILLOR FOR THE  
ROWS**

I'm Lance Stanbury, your West Suffolk District Councillor for The Rows, covering Beck Row, Holywell Row, Kenny Hill, Isleham Marina and West Row.

If you would like to discuss any issues relating to the responsibilities of the district then please contact me.

West Suffolk responsibilities:

- Council Tax and Benefits
- Economic Development
- Environmental Protection
- Local Planning
- Parking
- Parks & Open Spaces

**Clr Stanbury frequently attends our Parish Council meetings**

“I recently attended the Planning Inspectorate's examination of the Sunnica planning application, which would cover local arable land with solar panels; an area the size of at least 2,000 football pitches. I expressed grave concern about the risks of fire and explosion from the massive Lithion-Ion batteries which could release poisonous and inflammable gases. I asked the Inspectorate to weigh these risks highly, and as such refuse this application.”

The [West Suffolk Annual Report 2021 to 2022](#) has been published and is shared with Parish and Town Councils.

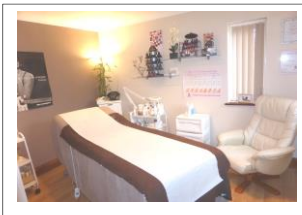
**Don Waldron is also your Local District Councillor for the Rows**

Colin Noble is our Suffolk County Councillor for Row Heath Division attends our monthly Parish Council meetings or provides an electronic report.

<https://askcolinnoble.wordpress.com/category/row-heath-division/>

**SERENITY BEAUTY**

**\*Quiet relaxed salon with ample parking outside the door\***



Offering Shellac Nail Treatments,  
Jessica Pedicures, Hopi Ear Candles,  
Polygel Extensions, Waxing,  
Dermologica Facials,  
Massage Therapies.

**20% off treatment with this advert**

**CONTACT GEMMA:  
07736931818**

58, Friday St, West Row

**MILDENHALL  
BUTCHERS**

*Traditional Family Butcher*

Tel: 01638 712248

10 High St, Mildenhall., Bury Saint Edmunds IP28 7EQ

OPENING TIMES

MONDAY - SATURDAY 7.00am-5.00pm  
SUNDAY - Closed

Customer car park available behind shop.

Find us on Facebook



# WARM ROOMS

## WARM ROOM SCHEDULE

## ALL SESSIONS ARE FREE

	BOWLS CLUB	THE SHED	CHURCH HALL	VILLAGE HALL	BAPTIST CHAPEL
9th Jan	10.30 - 13.00				
10th Jan		11.30 - 12.30	Community Lunch	11:30 - 13:30	
11th Jan			12.30 - 14.30		
12th Jan		11.30 - 12.30			
13th Jan				13.30 - 15.30	
16th Jan	10.30 - 13.00				
17th Jan		11.30 - 12.30			Community Lunch 12.30 - 2pm
18th Jan			12.30 - 14.30		
19th Jan		11.30 - 12.30			
20th Jan				13.30 - 15.30	
23rd Jan	10.30 - 13.00				
24th Jan		11.30 - 12.30			
25th Jan			12.30 - 14.30		
26th Jan		11.30 - 12.30			
27th Jan				13.30 - 15.30	Fish & Chips
30th Jan	10.30 - 13.00				
31st Jan		11.30 - 12.30			
1st Feb			12.30 - 14.30		
2nd Feb		11.30 - 12.30			
3rd Feb				13.30 - 15.30	
6th Feb	10.30 - 13.00				
7th Feb		11.30 - 12.30			
8th Feb			12.30 - 14.30		
9th Feb		11.30 - 12.30			
10th Feb				13.30 - 15.30	
13th Feb	10.30 - 13.00				
14th Feb		11.30 - 12.30	Community Lunch 13.30	1130 -	
15th Feb			12.30 - 14.30		
16th Feb		11/30 - 12.30			
17th Feb				13.30 - 15.30	Fish & Chips
20th Feb	10.30 - 13.00				
21st Feb		11.30 - 12.30			Community Lunch 12.30 - 2pm
22nd Feb			12.30 - 14.30		
23rd Feb		11.30 - 12.30			
24th Feb				13.30 - 15.30	
27th Feb	10.30 - 13.00				
28th Feb		11.30 - 12.30			
1st March			12.30 - 14.30		
2nd March		11.30 - 12.30			
3rd March				13.30 - 15.30	

**WARM ROOMS:** West Row Parish Council is sponsoring venues within the village to enable them to open their doors and welcome those who are alone, who find heating their home too expensive, who would welcome a hot drink, a snack and some friendly company for a short while.

## All FREE

A meeting is planned for the first week in January to finalise the plans. The intention is to offer some warm refreshment followed by an activity of some kind which is optional, ie watching the Bowlers practice, whist drive, knit and natter, Film Matinee, history of the village, crafts, painting classes, keep fit, could even do some dancing – line or ballroom. The world is our oyster.

The Warm Room initiative is to encourage people to get out of their cold houses and receive a warm welcome at various facilities within the village. We aim to provide some hot refreshment, a snack, a warm drink, followed by an activity which is optional.

The only dates to be booked are the last Friday of January, February and March when we will be providing free **Fish and Chips**. This will be on a ticket basis. Please contact Sharon (Parish Clerk) [westrowpc@gmail.com](mailto:westrowpc@gmail.com)  
Or tel: **01638 715329**

Once fully booked, people will be allocated a ticket for the following month.

## PARISH NEWS



The Parish Councillors and Voluneers worked hard to make our Christmas Celebrations a time when memories are made. We kicked off with the Christmas Tree lighting on Friday 2<sup>nd</sup>, followed by Santa touring both Saturday and Sunday, and then visiting West Row Academy and Pre-School on Monday..... such a busy time for him.

Thanks everyone who made it possible and for supporting our efforts. See Page 5.

***VACANCY: We have a vacancy on the Parish Council. There are no major events planned between now and Election time in the Spring, so come on board and see what we discuss at our monthly meetings.***

**WARM ROOMS: We have secured a government grant to support venues in the village who will open their doors and welcome anyone who is finding it difficult to heat their houses and meet the soaring cost of electricity. See page 9 for further details**

**Cllr Peachey is working hard to secure a Public Footpath between Friday Street and the Playing Fields which will greatly enhance the safety of pedestrians.**

**The Suffolk County Council development along Chapel Road/ Mildenhall road is progressing nicely. Considerations are being given to a Parish Cemetery and further Public Footpaths/Cycle Ways. We also hope to make progress with a footpath along Pott Hall Road.**

**Another cause for concern is the Public Footpath along the River Lark just off The Gravel. The River Lark bank has eroded to such an extent that this area is now too difficult for safety. Work is in progress to resolve this issue.**

**Speed Indicator Device (SIDs) : These are managed by Cllr Fisher and it has been rewarding that apart from some notable exceptions, the SIDS are having a positive effect with a marked decline in speeding, particularly on our notoreous hot spots - Hurdle Drove and Pott Hall Road (there are others which are being monitored). We hope to swap out the manual SID along Hurdle Drove for a solar powered unit. This will save Cllr Fisher a lot of maintenance work.**

**We have received a couple of requests for additional street lighting. These will be considered at the January Parish Council meeting. These meetings are open to the public and all welcome to attend.**

**DOWN THE SHED Jan – Feb 2023**

**theshedcharity@gmail.com**

**TREASURER:** We are in need of a competent book-keeper. If you can recommend a friend that would be great. It is basic book-keeping as we do not have a great deal of spending or deposits. Please contact us if you know of anyone who may be interested. Tel. 07887 668 145 or [rosalind\\_hamill@yahoo.co.uk](mailto:rosalind_hamill@yahoo.co.uk)

**BIG CIRCLE:** Is looking extremely LUSH. The grass could do with a cut, but it's just not the right weather. Come springtime it will be gorgeous. So, any parishioners who need some extra space – family gatherings, children's birthdays, sports activity - get in touch and we'll sort out how you can use this community asset.

***THE FACTORY SHOP***, Mildenhall kindly made a donation for which we are extremely grateful.

Also thanks go to *The Co-Op store in Lakenheath* who also gave a very generous donation. We are very fortunate to have been selected as one of their nominated charities for 2023.

The thanks continue with the *Yorkshire Building Society, Newmarket*, putting The Shed forward to be considered for a payment from their charitable giving.

*We are truly blessed thank each and every coordinator of these organisations.*

Not forgetting the supermarkets we gather excess food from, in order to help local families in need. Little Shed has never been so busy and the girls see their supplies literally flying off the shelves. *Well done everyone*

**CHRISTMAS LUNCH:** Was a huge success with 16 attending the potluck event. Some couldn't make it due to other commitments. With our increasing numbers 2023 we will have to go to a larger venue ! Yeah, book early

People often assume we rest over the Winter. No. There is much to do. We thank new members Michael and Jean for their many projects, to Dave for his carpentry skills, to the ladies who weed, those who sow and the many who reap the harvest that The Shed offers. Jackie's parsnips and Paul's leaks are superb.

**WARM ROOMS:** We are pleased to be part of the Parish initiative to promote Warm Rooms. Although we don't have central heating in the Tea Room, we are able to offer a warm welcome, hot soup and refreshing hot drinks. We offer a warm friendship and welcome anyone to drop by 11.30 – 12.30 Tues & Thurs.

***ST MARY'S LIGHT OF THE WORLD & MERRY MILDENHALL:*** *We were there.*

*It was cold but it was a good opportunity to promote our work in the community.*



*Thanks everyone who helped "man" the stall. Next time, a warm*

*Car Boot in the sunshine, I think !*

**FMI:** Tel. 01638 715329 or email Roz [rosalind\\_hamill@yahoo.co.uk](mailto:rosalind_hamill@yahoo.co.uk)



# A C Stevens Engineering



**Garden Machinery Repairs & Servicing**  
**Quads -Motorbikes-Generators-Bicycles**  
**Welding and Metal Fabrication**  
**Collection and delivery service available**  
**Fast and reliable service**

Contact Andy on 07850356555-01638715875

[Acstevensengineering@gmail.com](mailto:Acstevensengineering@gmail.com)

[www.acstevensengineering.co.uk](http://www.acstevensengineering.co.uk)

Morton Hall Community Centre, Symonds Road, IP32  
 7EE Room 2 - 7pm to 9pm

Join us for a tea/coffee, updated information,  
 raffle & speaker.

*For further information, donations  
 or speakers, please contact Sharon  
 Phillips on 07742121305  
 or email [lssuffolk@gmail.com](mailto:lssuffolk@gmail.com) or  
 check out their Facebook page  
 LSS Suffolk.*

Posh Petals

Flowers Professionally Designed

For Every Occasion

Carol Bentley - 01638 510829 Mobile - 07833 610181  
 Wendy Farnell - 01638 713403 Mobile - 07870 106175  
 Sycamore House, Eldo Road, West Row, Suffolk, IP28 8PY



HOME GARDEN SALON IN WEST ROW

0 7 8 2 8 6 8 1 9 0 8

Facebook @FenSeren Instagram @fen\_and\_serer

Open by appointment only.

Weekdays and Evening appointments available.

5 \* Rated Therapist with 13 years Spa Experience.

A wide range of Massage, Facials,

Pregnancy treatments and Manicures & Pedicures.

Neals Yard face & body products,

Aromatherapy & Home Fragrance,

Shellac gel nails and Epionce for results driven skincare.

# **WEST ROW BOWLS CLUB NEWS**

It is pleasing to report that sixteen 'newcomers' have been receiving regular coaching sessions, indoors, on a Wednesday evening and the number still looks to be growing.

It is now planned for these Beginner members to be integrated into a new Super Five Pairs competition with a few experienced bowlers. Club Treasurer, Mick Orford is organising this competition and there are still vacancies for anyone interested.

**Also there is still an opportunity to start learning the game of bowls and receive free tuition.**

Even if you are not interested in taking up the sport, you can always join as a social member @ £14 per year. This membership entitles you to use the bar facilities when the Club is open and also participate in the many social activities that take place monthly, e.g. Bingo evenings, dances, barbecues and many other social activities.

**Over the Christmas break the Club is planning to have new LED rink lighting installed which should have a marked effect on the brightness in the clubhouse and also running costs should be greatly reduced.**

Last minute alterations to the indoor building extension plans are in hand and building work should begin in the New Year. The extension will provide some new changing rooms, toilets, kitchen and bar area. Other existing areas will see some alterations with the re-siting of the office, cleaner's cupboard and other storage areas.

**Please look in other areas of the Parish Echo for future social events that are planned to take place at the Bowls Club.**

For further information regarding any aspect of the club please contact Club Coach, Peter Rolfe, tel: 01638 714073 or email: [peter.rolfe3@bopenworld.com](mailto:peter.rolfe3@bopenworld.com)



## Welcome to our 100 club

**The West Row Parish Echo is a vital communication tool to reach every household in the Parish.**

**Each issue costs over £ 650. In order to help meet those costs, we are proposing to reinstate the 100 Club which will be a great way for you to support The Parish Echo whilst having a bit of a flutter! Here's how it works...**

Complete the attached standing order mandate for £12 annually membership. Cheques or Cash are acceptable *if necessary* to be sent to the Parish Clerk (Sharon) [westrowpc@gmail.com](mailto:westrowpc@gmail.com), or left at The Village Stores.

This buys you one membership number for entry into the bi-monthly draw. All participants must be over 16. Households may purchase as many numbers as they wish using one form per entry.

The draw will take place at the monthly Parish Council Meeting (3<sup>rd</sup> Wednesday) preceding the bi-monthly issue of the Parish Echo (15<sup>th</sup> Dec., 15<sup>th</sup> Feb, 15<sup>th</sup> Apr, 15<sup>th</sup> Jun, 15<sup>th</sup> Aug, 15<sup>th</sup> Oct.)

If you win, a cheque will be posted to your home address and the name of the winner published in next available Parish Echo, the West Row Parish Facebook and also the West Row Parish website.

The prize money will be 60% of the membership fee taken. The remaining 40% goes to the Parish Council who will hold it on behalf of the Parish Echo for the purpose of meeting the bi-monthly printing costs.

### Purpose

The purpose of the 100 club is to raise funds. The money will be paid into the West Row Parish Council bank account and used to meet printing costs for the West Row Parish Echo magazine.

### Rules

1. For a cost of £12 per year you will be allocated one number.
2. The draw will be made by the Parish Council Chair (or their deputy) at the Parish Council meeting held every 3<sup>rd</sup> Wednesday of each month.
3. The prize will total 60% of the bi-monthly income.
4. The 100 club is a private lottery and is open to those aged 16 or over and resident of West Row.
5. Payments must be made by standing order, cash or cheque, or via Clerk or The Village Stores.
6. One month's notice is required for cancellation.
7. Member's numbers will only be entered if their subscription is up to date.
8. If a member misses a payment for any reason, they will not be included in that month's draw.
9. Two failures to pay the subscription will result in their number being permanently withdrawn.
10. The winners' name will be announced effective 1<sup>st</sup> of the following month.
11. The winning cheque will be posted to the address on your membership application within one week of the draw.

## Standing order mandate

### Your details

Full name
Address
Postcode

Bank name
Bank address
Postcode

Your sort code no.

--	--	--

Your account no.

--	--	--	--	--	--	--	--	--	--

Please pay:

Recipients name: **West Row Parish Council**

Recipients bank and branch name: **Lloyds Bank**

Recipients sort code no.

30-96-26
----------

Recipients account no.

5 0 4 6 1 8 6 0
-----------------

01	01	2023
----	----	------

£12 annually
--------------

Payment reference (initial and surname)

--

Until further notice in writing

Signature \_\_\_\_\_

Date: \_\_\_\_\_

100 Club Number:
------------------

**NOTE: It would help our accounting if, where possible, you can complete a standing order with your bank rather than paying cash.**

## Services at St Peter's Church, West Row



### CONTACTS:

**Team Vicar:** Rev'd David Everett

Tel. 01638 718801

email: [david.j.everett24@gmail.com](mailto:david.j.everett24@gmail.com)

**Licenced Lay Minister:** David Ball

**Other priests serving at St Peter's:**

Rev'd Gordon Anderson and

Rev'd Gill Anderson

### Churchwardens:

Beryl Austin 01638 712708 - Debbie Eaglen

### Elders:

Tricia Leverington - David Sennitt

## **Services at St Peter's Church, West Row**

### **All Services at 11am unless stated otherwise**

Sunday 1<sup>st</sup> January 2023

Friday 6<sup>th</sup> January

Sunday 8<sup>th</sup> January

Sunday 15<sup>th</sup> January

Sunday 22<sup>nd</sup> January

Sunday 29<sup>th</sup> January

Sunday 5<sup>th</sup> February

Sunday 12<sup>th</sup> February

Sunday 19<sup>th</sup> February

Wednesday 22<sup>nd</sup> February

Sunday 26<sup>th</sup> February

Sunday Celebration

Group Service of Holy Communion

for Feast of the Epiphany at St Mary's Church,  
Barton Mills at 7pm

Holy Communion

Sunday Celebration

Holy Communion

Group Service at St Andrew's, Freckenham,  
6pm. A Candlelit Service of Holy Communion

Sunday Celebration

Holy Communion

Sunday Celebration

Group Service of Holy Communion

for Ash Wednesday at St Mary's Church

Holy Communion

## **St Mary's Church, Barton Mills**

### **A Service of Praise & Worship**

**Sunday 22<sup>nd</sup> January 2023 at 6pm**

**All are welcome to join us at these Services**



## **The waiting is over!!**

I seem to remember that we started to see Christmas things in the shops in October this year and by the time you read this it will all be over. The waiting to celebrate Christmas will be over, we will have opened all the presents and eaten all the food bought for the festive season. Some might even be thinking that they need to go to the gym or exercise more in other ways to work off all the extra pounds that the Christmas excesses have given us and you may have even sold on eBay some of those presents we decided are not what we wanted!

But is Christmas really over that quickly! For us as Christians, Christmas does not really start until Christmas Day. Yes, there is a time of preparation before that but as we move into the New Year we are still celebrating the birth of Jesus! To paraphrase an advertising slogan which I think came from the Dogs' Trust, "Jesus is for life, not just for Christmas! " We celebrate God sending his Son into the world to be our Saviour, the one sent to 'save' us and show us the way God wants us to live our lives. So, for us Christians, Christmas is a time to remember all that God has done for us and renew our commitment to being followers of Jesus. If we do that, God promises that we will have life and have it in all its fulness.

If you are not on that journey already, would you like to join us?! You will be very welcome.

***I pray that God will bless each one of you richly in 2023.***

Rev'd David Everett  
Team Vicar



**The Parish needs your help:** Due to unacceptable behaviour we had to remove our bench from Isleham Lock. Such a shame, many people sat and enjoyed watching the river activity.

We now have a bench to be sited and looking for suggestions. It must be on accessible land and if in close proximity to residents, they must be agreeable. *Suggestions to Sharon the Parish Clerk, thank you*

## **AROUND THE ALLOTMENTS**

Growing season has just about come to an end on the allotments for this year with a just a few winter crops such as brussels sprouts (you either love them or hate them!) still being harvested. It has been a hard year for the growers as the summer has been so hot and dry with some produce growing a lot better than others. Runner beans, sweetcorn and potatoes have been very good as have soft fruit, apples, pears and plums. Pumpkins were also successful as were early tomatoes, cucumbers and asparagus.



*As for this time of year, it's a good time to start to clean and tidy the allotments and also to maintain any tools and prepare for the coming season and planting in the spring. It's a good idea to plan what you would like to grow next year and, if possible, to get the ground ready for planting in the New Year. Buying seeds now is a good idea and, after Christmas and into early spring, seeds can be given a head start in heated propagators, greenhouses or even on a sunny window sill.*

Working on an allotment is hard work but very rewarding with home-grown fruit and veg always tasting better for being so freshly picked. If anyone would like find out more information or to rent an allotment, please contact Sharon, the Parish Clerk, or West Row Allotment Association ([westrowallotments@gmail.com](mailto:westrowallotments@gmail.com)) .

*Wishing everyone a Merry Christmas, a very Happy New Year and good growing weather for 2023.*

Corner of Friday Street, outside Sarah and Steve's



## Times Past

We want to run articles about times and places within our Parish.

Is there an old building which has some interesting history ?

Do you know characters who made West Row what it is.  
For better or worse ?

Are their hidden treasures not public knowledge?

Do we have stories to tell.

Send whatever you know to the Parish Clerk.

Old photographs are brilliant.

Tales of long ago – very interesting.

Are there skeletons in the cupboard ?



## Mildenhall Mechanised Farming Club



2023

Tuesday January 10th  
**The Work of Suffolk Search and Rescue**  
Andy King

Programme and Membership Card

Tuesday February 14th  
**Valentines Day**  
No Meeting

2022-2023

Annual Subscription £15.00  
All meetings at  
Riverside Hotel Mildenhall  
7.30pm prompt

Tuesday March 14th  
**Farming My Way**  
Euston Estate  
**Past Present and the Future**  
Andrew Blenkiron Est. Director

If you have a club or activity running within the Parish, and would like FREE publicity, simply right a short article for the next edition. Deadline 15<sup>th</sup> Feb.

St. Peter's Church Hall

# Celebrate Burns Night

28<sup>th</sup> January

Reservations: £20 p/p from  
Rita. Tel. 01638 711260

~ Come join us! ~

Dinner at 7pm, Includes:  
3-course meal, drinks (inc. whisky toast), and non-alcoholic drinks.

Kilts optional !

Proceeds to The Children's Society

The above activities are not run, organised or endorsed by the brand or brands depicted. Proceeds/Profit/PA, Member or any of its subsidiaries or associated companies. For more information about this profile please contact the manager of the venue. Printed by www.PromoteYourPA.com

## Have you wanted to learn to Dance

Well now is your chance to learn. We run a weekly beginners class of Swing/Jaz/LindyHop at West Row Village Hall every Thursday evening from 7.30pm until 9.30pm Refreshments provided. Anyone welcome, even those who feel they have "two-left feet".

We teach at a pace that is comfortable for everyone. It is a great way to meet people, learn something new and most of all have some fun in a great friendly atmosphere. So hopefully those who say they have "two left feet" will then become dancing feet.

The first class is FREE as this is a taster, then if you feel hooked, we charge £5 per person

For more information contact

Martin mob. 07733 268 834 or

Caroline mob 07886 492 772

**Rothwell's**  
Carpet Cleaning

**Stone Floor, Upholstery & Rug  
Cleaning.**

**01638 428060**

**www.Rothwells.biz**

Rothwell's has been in business since 1993. We're an honest local family firm. Our large truck-mounted machines mean more cleaning & drying power for the best results possible. Members of both the NCCA and TACCA. We will move the furniture for a thorough clean. 100% satisfaction or it's FREE. Call Oliver and Max Campbell today.  
Malting End, Kirtling, CB8 9HH



T: 01638 717798

29 James Carter Road,  
Mildenhall, Suffolk, IP28 7DE

Andrew Neal

Mobile: 07884 493292

[www.mobilitysolutionssuffolk.co.uk](http://www.mobilitysolutionssuffolk.co.uk)

**UNBELIEVABLE SALE  
ON SCOOTERS**

# A'n'I

## FENCING - LANDSCAPING

## TREE SURGERY

Telephone:

Anthony

07769 680761

Ian

07748 731864

Email: [anifencing@btinternet.com](mailto:anifencing@btinternet.com)



# JANUARY/FEBRUARY QUIZ 2023

**Anagrams:** rearrange the letters – there is a clue amongst the first words to lead you to the answer. e.g. to see place (1-9 ) = a telescope.

Numbers 13 – 20 are well known people dead or alive.

1. nine thumps (10)                      ANSWER.....
2. court posers (11)                      ANSWER.....
3. apt is the cure (12)                    ANSWER.....
4. a stew sir? (8)                         ANSWER.....
5. the classroom (12)                    ANSWER.....
6. flutterby (9)                            ANSWER.....
7. I'm a dot in place (1,7,5)ANSWER.....
8. detect thieves (3,10)                ANSWER.....
9. no city dust here (3,11) ANSWER.....
10. has to pilfer (1,10)                 ANSWER.....
11. hear set (3,4)                         ANSWER.....
12. faces one at the end (1,8,2,5 )  
    ANSWER.....
13. seen alive sorry pal (5,5,7)  
    ANSWER .....
14. old west action (5,8)                ANSWER.....
15. no aliens darling (7,8) ANSWER.....
16. oh man I bat (3,6)                    ANSWER.....
17. taken it for ride (7,7)                ANSWER.....
18. worst dater? (3,7)                    ANSWER.....
19. I am a right death case (4,6,8)  
    ANSWER.....
20. try hero part (5,6) (fictional character)  
    ANSWER.....

NAME OF ENTRANT .....

ADDRESS.....

Contact tel. no.....

**PLEASE LEAVE YOUR ENTRY AT THE VILLAGE STORES  
BY 28<sup>th</sup>. JANUARY 2023 AT THE LATEST**

**THERE IS ALWAYS A PRIZE AWARDED TO THE WINNER**

## From the Pastor's Desk



[evan@westrowbaptist.org.uk](mailto:evan@westrowbaptist.org.uk)

There is a saying that people can be divided into three classes: the Haves, the Have-Nots, and the Have-Not-Paid-for-What-They-Haves.

One of the definite downsides of the Christmas Season is that it leaves many, many families in debt and joining the class of the Have-Not-Paid-for-What-They-Haves.

This year I think that with the cost-of-living crisis gripping the nation even more families will find themselves in the predicament of owing money to stores, other businesses or financial institutions. It's easy to rack up the Christmas bills but it's far harder to pay them off and many people can be lumped with debts for months or even years afterwards. Debt is a huge problem for many and causes sleepless nights for people up and down the country.

Those of us who have been in debt can all probably agree that there is no better feeling, nor anything more satisfying than getting oneself out of debt and seeing those wonderful words "PAID IN FULL" stamped across a bill or electronically seeing one's bank statement registering a positive balance for the first time in ages. Of course, I'm talking about material debts here and some reading this may be blessed enough never to have had any material debts whatsoever!

But ... we all are in debt of another kind, a debt we cannot ever hope to get rid of or pay back ourselves. All of us are in DEEP spiritual debt and we can never hope to clear this debt by any human means. We are in deep spiritual debt because we are slaves to sin and have offended God.

It is only in the Bible (God's Word to mankind) that we find the solution to our spiritual debt – there we see so clearly and plainly that the solution to our sin and depravity is a person, the solution is the Lord Jesus Christ, and it is His coming into the world which should really be the focus of all our celebrations at Christmas.

But just how did Jesus settle His people's spiritual debt? How did He ransom them from their slavery to sin? Well, the Bible gives us the answer. It tells us it was in Him living a perfect (sinless) life and dying a sacrificial death on the cross that their debt is cleared and they are declared righteous in God's sight. On the cross, as He died, Jesus cried out "It is finished." The word, in the original language that part of the Bible was written in, for this phrase, was the word written on a bill or invoice of the time to declare that it had been paid in full.

In raising Jesus from the dead three days later, God the Father was providing the receipt to declare that the debt incurred because of their sin was CLEARED! As one pastor says, *"The debt, which was justifiably levelled against those who trust in Jesus and too great for them to pay, is now stamped unmistakably "Paid"."*

This means when all true believers stand before God one day, He will never demand payment for the debt they owe. Why? Well, it's because it has already been settled in full by the Lord Jesus.

Spiritual debt is far more serious than any material debt we can ever have and yet, Jesus stands ready to cancel that debt if you will genuinely repent of your sin and trust in Him to free you from it and its consequences. This was the good news given to Joseph just before he married Mary.

In the Bible, in Matthew 1:21, we read that an angel sent by God appeared to Joseph and informed him, **"She will bear a son, and you shall call his name Jesus, for he will save his people from their sins."**

I trust that as we go into a new year that you will know with certainty that your spiritual debt has been cleared and that you are right with God. If you want to chat about this further, please feel free to speak to me or email me.

I trust you will all have a Happy New Year.

*Evan*



## West Row Baptist Church Events



Held Every 3<sup>rd</sup> Tuesday in the month,  
except September, which is the 4<sup>th</sup> Tuesday

**Contact: Carol: 07786007075 or Richard: 07796616679  
or 01638 715255**

Jan 17 <sup>th</sup>	Feb 21 <sup>st</sup>	Mar 21 <sup>st</sup>	Apr 18 <sup>th</sup>
May 16 <sup>th</sup>	June 20 <sup>th</sup>	Jul 18 <sup>th</sup>	Aug 15 <sup>th</sup>
<b>Sept 26<sup>th</sup></b>	Oct 17 <sup>th</sup>	Nov 21 <sup>st</sup>	Dec 19 <sup>th</sup>

If you usually attend and for some reason cannot, or you know of any others who would like to attend, please contact Carol or Richard by the previous Friday.

**Pastor:**

Evan King 07717214622

**Elders:**

Martin Bedford 01638 712854

Richard Taylor 01638 715255

**Deacons:**

Neil Green 01842 814551

Mark Johnson 07712635631

Barrie Taylor 01638 715577

Website: [www.westrowbaptist.org.uk](http://www.westrowbaptist.org.uk)

**Jesus said, "I am the way, the truth and the life." John 14 v 6**



## West Row Baptist Church Events

# JAM

**Fridays (Term Time)**  
**7.45—9.00pm for**  
**Year 7 up to 18 yrs old**



**POPCORN**  
**Fridays (Term Time)**  
**6.30 -7.30pm for**  
**7-11 yr olds**

# SMARTIES

**Fridays (Term Time)**  
**3.15 - 4.45pm**  
**for 4-6 yr olds**



**Thursdays**  
**(Term Time)**  
**9.30 to 11 am**  
**for Mums,**  
**Carers and**  
**Toddlers**



# Sunday Club

**Every Sunday at 10:45am.**  
**Singing, crafts, Bible stories, and more in**  
**three age related groups.**  
**Come and join with us for some fun!!!!**

**Jesus said, "I am the way, the truth and the life." John 14 v 6**



Smith Inc



**Small Works**

*Kitchens, Bathrooms, Carpentry*

moparps@gmail.com | 07961 684839

All those "can you just" jobs!!

**BN ELECTRICAL**

Installations & Repairs

Ben Norman  
Trelowen  
Cooks Drove  
West Row  
Suffolk  
IP28 8QL  
Mobile: 07540 052844



**PAINTER & DECORATOR**  
Internal and External Work

Professional  
Conscientious  
Reliable  
Recommended

01638 429976  
07722617430



[www.alanwisbeach-decorating.co.uk](http://www.alanwisbeach-decorating.co.uk)

KATHERINE CHEESMAN

*Psychic Medium & Reiki Healer*



I am a Psychic Medium based in West Row. I specialise in Intuitive Tarot Card Readings and Reiki Healing.



Audio Recorded Readings  
Video/Phone Readings  
Face to Face Readings  
Special Offer Reading Bundles

1 hour Reiki for Adults  
30 minute Reiki for Children  
Special Offer Reiki Bundles

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

07795364714

[katcheesmanart@gmail.com](mailto:katcheesmanart@gmail.com)

**THE WILLOWS  
CAMPSITE**

**Flogas,**

**Gas Cylinder Stockist,**

**Hurdle Drove, West Row**

**(01638) 715963**

The Parish Council is very pleased to advise all residents that through careful financial management, and in view of the harsh weather extremes, inflation and rising living costs, we will **NOT** be increasing the annual Precept payable. Since forming our own Parish Council, this will be **the fourth (4<sup>th</sup>) consecutive year** the Precept payment has been frozen.

**NEIGHBOURHOOD SURVEY:** 1,000 survey forms were distributed to every household within the Parish. **Less than 80** were returned. Once the data has been collated, the information will form the basis for future development and planning; Sharon sat in the Church Hall on two advertised occasions to help anyone in completing the survey. A substantial prize was offered for completed surveys. Those -80 responses will now form the basis for future development and planning.

## WEST ROW PARISH COUNCIL MEETINGS

The monthly meetings of the Parish Council are held in the Church Hall on the third Wednesday of the month (except December) at 7:00pm. The next meeting is on the following date:

**18<sup>th</sup> January 2023**

## CALLING ALL BUDDING JOURNALISTS, STORY WRITERS, POETS, COOKS, CRAFTS PEOPLE.....

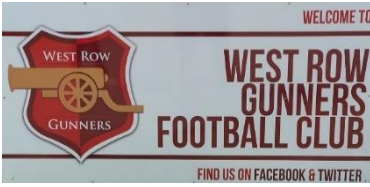
Let's have your fiction, facts, recipes, craft ideas, photos, history and more.....

**YOUR WEST ROW PARISH ECHO NEEDS YOU!**

## WINTER WARMER RECIPES

Think you hate sprouts? Think again. Lots of us are scarred by sulphurous childhood memories of over-boiled sprouts, but Michael Bremner's method keeps them fresh and lively – just give them a quick char in a pan, then toss them with pancetta, chestnuts and orange zest.      **Delicious.**





## From The Bench

After promotion last year this season has been a story of ups and downs. Without a regular goalie we have had mixed fortunes.

Played 10 lost 5 drawn 2 won 4 leaves us mid table. The top appearances belong to player Manager David Wilson and the ever-present Karl Jackson who happens to also be joint top goal scorer with Will Cunningham who is in his debut season with the club.

Our aim for the rest of the season is to put right some of the games we really shouldn't have lost whilst building on some impressive results against the higher-flying teams in the league.

I am utterly delighted with the development of our young team, and we are building for the future. There are players that turn 16 next season expressing their desire to play for west Row Gunner fc. The future is bright!

### Willow (David Wilson) West Row Gunners Fc Manager

21 Jan 14.00	West Row	Vs	Wicken	West Row Playing Fields
28 Jan 14.00	West Row	Vs	Mepal Sports	West Row Playing Fields
04 Feb 14.00	Emneth Rsvs	Vs	West Row	Hungate Rd
11 Feb 14.00	Benwick	Vs	West Row	Dack Field
18 Feb 14.00	Fenstanton	Vs	West Row	Fenstanton FC
25 Feb 14.00	West Row	Vs	Isleham	West Row Playing Fiel

If you are interested in joining the club, sponsoring, volunteering or cheering the lads on, contact Willow on [david79fred@gmail.com](mailto:david79fred@gmail.com)

David (Willow) Wilson, Manager



# WINTER WARMTH

Are you working with a resident or patient who is struggling to afford to heat their home?

Do you support families who sleep in one room as they don't have enough bedding to go round?

Would some simple items of clothing, bedding or draught-proofing make a difference?

## SUFFOLK WINTER WARMTH PACKS ARE NOW AVAILABLE

### The referral process is really simple!

Using our standard form please:

- Record your details.
- Record the client's details (so we can get their consent to the information being shared with us and contact them to arrange delivery).
- Either select a standard winter warmth pack on the form (option A) or create a bespoke warmth pack by adding items (option B)
- If you cannot access the webform we can supply in alternative format to then email to [winterwarmth@eastssuffolk.gov.uk](mailto:winterwarmth@eastssuffolk.gov.uk) requesting a copy.

We are limiting support initially to £65 per household but the web-form provides a space to make the case for a more generous pack in particular cases. Please use it. We will come back to you if we need more information.

All referrals must be supported by an external statutory, voluntary or health agency.

You can also use the Suffolk Information Partnership system to refer. We will do the rest.

Most items will be posted direct from the company/companies we order from.

Please identify, on the form, if the client may need help to install draughtproofing, light bulbs or similar and we'll organise that.

### FOR MORE INFORMATION AND TO ACCESS THE FORM GO TO:

[WWW.EASTSUFFOLK.GOV.UK/WINTER-WARMTH-REFERRAL](http://WWW.EASTSUFFOLK.GOV.UK/WINTER-WARMTH-REFERRAL)



OR SCAN THE QR CODE

