

Issue 52
Jan — Feb 2025



Useful Information

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PARISH OFFICE
 OUTDOOR BOWLS CLUBHOUSE
 BEECHES ROAD
 WEST ROW
 CONTACT EMAIL: westrowpc@gmail.com

Dates for your Diary

January

Saturday 4th Men's Breakfast, Baptist Chapel
 (Contact Richard 07796 616679)

Sunday 5th The Epiphany, St Peters Church 11 a.m

Sunday 12th Baptism of Christ, St Peters 11 a.m.
 Healing Service, Barton Mills 5 pm

Sunday 19th Epiphany 2 -11 am St Peters

Sunday 26th Epiphany 3 -11 am St Peters

Saturday 18th Parish Surgery—Parish Office

Saturday 18th Bingo West Row Bowls Club

Tuesday 21st Community Lunch. Baptist Chapel
 (Contact Richard 07796 616679)

Friday 31st Fish & Chip Lunch Village Hall

February

Saturday 1st Men's Breakfast Baptist Chapel
 (Contact Richard 07796 616679)

Sunday 2nd The Presentation. 11 am St Peters

Sunday 9th 4 Before Lent St Peters 11 am
 Healing Service Barton Mills 5 pm

Sunday 16th 3 before Lent, St Peters 11 am

Saturday 18th Parish Surgery—Parish Office

Saturday 18th Community Lunch. Baptist Chapel
 (Contact Richard 07796 616679)

Saturday 22nd Bingo West Row Bowls Club

Sunday 23rd 2 before Lent, St Peters 11 am

Friday 28th Fish & Chip Lunch Village Hall

St Peter's Church

1st & 3rd Sunday Sunday Celebration 11 a.m.

2nd & 4th Sunday Holy Communion 11 a.m.



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For more information contact Mark McCaghrey on 01638 495001 or mark.larkandlee@outlook.com.

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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.

A note from the EDITOR

Dear Reader,

Welcome to this edition of the West Row Echo and listed below are a few articles you may wish to read for information, send in comments on or even take action on.

The River of Tears produced by the Knit and Natter group and other villagers was an impressive feat and was even reported on by the BBC news. See page 9 for a photograph and details, just in case you missed the display.

The report from 'Down the Shed' on page 21 contains some interesting and thought provoking news. The 'Care Boxes' had to be stopped by the Neighbourly group. I'm somewhat concerned that such a group has forced the Shed in stopping these handouts. Anyone with more information, facts or wish to comment, please get in touch with any committee member so this issue can be expanded on or clarified in the next publication.

Page 23 might interest those of you who wish to put forward suggestions of road names for the proposed new house building development.

Page 11 lists details of positivity shown towards the West Row Academy. Often schools receive negative feedback so it is pleasing to hear something positive coming from parents.

Lastly don't forget to renew your membership of the 100 Club or even join as a new member.

Wishing all readers a prosperous 2025.

Peter Rolfe Editor

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Our deadline for

March/April 2025 is: 15th February 2025

Please email Helen Webber at
helen.webber60@gmail.com

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

Early Winter Quiz answers.

1. Eye 2. Dundee 3. Largo 4. Wincanton 5. Barnet. 6. Littleport 7. Holt 8. Nelson 9. Harrow
10. Cowes 11. Dumfries 12. Clitheroe 13. Haltwhistle 14. Portrush 15. Stirling 16. Bolton
17. Winslow 18. Ripon 19. Hollywood 20. Whitechurch

There were twenty two entries with four people having all the correct answers. The winner, drawn independently by lot, was Alan Fisher, Church Gardens, West Row.

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THURS 6-6.45pm

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THURS 7.30-9.30pm

**SWING JIVE CLASSES—Contact Martin /Caroline Culverhouse on
07886 492772 or Linda/Dale Goldthorpe 07399 776994**

FRI 12.30pm

**Monthly Fish & Chip Lunch. Contact Alan Fisher 07715 957292 or
churchman14@btinternet.com**

FRI 5.30-7.30pm

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Hall Fees: £15 per hour (residents of parish) / £18 per hour – non residents

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WEST ROW GUNNERS FC

Since our last publishing The Gunners have been on some what of a tear of form and have won the last 4 out of 5 fixtures. It's been an exciting and promising period for the lads who, aside from last weekends loss to Sandy, have scored 17 and conceded just the 2 in the 4 games!

MATCH RESULTS

WEST ROW GUNNERS		4-0		EXNING UTD RES
WEST ROW GUNNERS		6-0		CAMBRIDGE AMBASSADORS FC
BEACH FC RESERVES		1-4		WEST ROW GUNNERS
HUNTINGDON UTD		1-3		WEST ROW GUNNERS
WEST ROW GUNNERS		1-6		SANDY FC



West Row are also delighted to announce that we have partnered with Opus Fund Services as our official home matchday sponsors. They are an award winning independently owned and operated full service global fund administrator.

At the club we are still continuously on the look out for new and talented players who feel like they can add something to our exciting team. If you feel like this is you, or know someone who is, don't hesitate to reach out to the below contacts.



Secretary@westrowfc.co.uk



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Parish Update January—February 2025

Thanks to Stuart, we now have a nice newly painted Parish Office.

We have teamed up with The Thermal Imaging Project is funded by the Suffolk Climate Change Partnership to offer residents the opportunity to see where their house is losing heat, with the aid of a thermal camera.

See back page in ECHO for more details.

Council Tax.

As a Parish Council our income is determined by our element of your Council Tax (Parish Precept).

After closely examining our budget, I am pleased to announce that the Parish Council will not be increasing our element of Council Tax.

This has been made possible through careful budgeting and the savings our Clerk has made by switching our street lighting power provider.

River of Tears



November saw the installation of our River of Tears at the War Memorial in the village.

The thousands of poppies were knitted and crocheted by the ladies from Knit & Natter group and others.

A huge effort by all the ladies, but it has brought joy to so many people. plus so many lovely comments.

It even made the BBC News.

Well done to all involved

Christmas tree lights switch on Event

Once again we hosted our Christmas Tree Lighting event with Mulled wine, mince pies, soft drinks and treats for the children, music, and the School children singing carols with us all.

The tree lights switch-on was performed by Phoebe and Connie from the West Row Academy.

A great time was had by all the 150 or so people who turned out to make this yet another great evening in our lovely village.

A big thank-you to all the councillors and helpers who made this event possible.

Santa's tour of the Village on his Sleigh on the evenings of the 14th and 15th of December, were a big hit with the children.

100 CLUB

All existing members who pay cash Jan 1st is the time to renew your membership for 2025

I would ask everyone to consider joining the 100 Club to help with the cost of printing this magazine.

The 100 Club is a way for you to **win a cash prize** as well.

A Direct Debit is the easiest option, bank details etc. can be found on our website --- link below.

It is easy to join the 100 Club, details on our website <https://www.westrowparish.org.uk/100-club>

Future Events.

We are planning many events for 2025. some to mention are.

Councillor Surgeries : Held at the Parish Office on the third Saturday of each month at 10:00 to 12:0

VJ day (the end of WWII) August 2025 Various events to commemorate the end of the war 80 years ago.

Alan Fisher Chair West Row Parish Council



The Importance of the part-time job or volunteering

This article will examine voluntary roles that students may undertake throughout their careers. This can be designated work experiences, a job, or less expressly voluntary roles.

So, a voluntary role is generally seen more as an unpaid opportunity for learners to gain work experience. Individuals working in a different field may use voluntary or charity work to fulfil a role they cannot seek out in their present job. The overarching benefit is undoubtedly the engagement with other professionals in a different context. Learning a different skill from other professionals is so important for those with only academic knowledge. If the learner needs a specific experience to explore a job opportunity, voluntary work can sometimes offer this. Good examples of experience:

- It generally makes the individual more successful in their work by allowing them access to new experiences that they can apply to their career.
- It allows learners to explore different careers before they decide on the correct pathway for themselves. If you are in the vocational field, working in different fields is vital. They need to know what you want to do, what you would not do, and areas that you may think about in more detail.
- It gives you the chance to work with teams of individuals in your chosen field; it gives you an idea of their journey and how you can get there.
- It allows you to explore areas within your field that you are interested in, which shows your passion. It gives your employer insight into the holistic you, hobbies, and interests outside of work.
- It provides you with the opportunity to try different fields. If you are thinking of a move or career change before making that leap, think if you want to work with dogs or open a kennel. Work at a kennel, see how to manage it try to work within different areas, and get an idea of the job, not just the image of the job.
- Remember, this is a flexible approach to the job you are entering. You are offering your time and providing the workplace with an effectively free resource. You come at a relatively low cost to the business, and they can potentially use your knowledge and insights in other fields to grow themselves.
- For many learners, especially in fields like Zoo collections or conservation, this is often how you get a job as you know the system, and they have a lower financial cost with training you. Plus, you have effectively been doing one long interview process.
- It helps you build and develop your contacts in the field and enables you to work with individuals who are interested in the field and may themselves explore other avenues. This can be invaluable as both of your careers grow, and your contacts may lead to future jobs or business opportunities.
- It is a great talking point for your CV or LinkedIn profiles.

Bad examples of work experiences:

When I talk about bad work experiences, this is how you use them constructively and learn from the experience, not examples of them as if you have had or believe you are having a bad experience. You will be aware of it.

- Be honest about your experience. What did you find to be the negative feature? Was it the environment, the colleagues you worked with, or the job? Was the job reflective of what you would be doing if you were trained, or did they not know how to effectively apply you to the workplace? Try to reflect on it with someone from a neutral perspective, not someone with a bias in favour of you or the workplace.
- Remember, you may not be the only one discussing these points with colleagues and friends constructively, in some cases, can help your situation. If you are finding the work demanding or the task difficult to understand, ask for help engage support that may be available, a problem shared is a problem halved. Remember not to make it personal. Discuss areas that are a challenge in the job for support. Do not use it as a gossip tool.
- Remember to focus on the positives, what experiences you can take from your lessons on the job, and how this can be effectively utilised in your career plan. Think from a reflective point of view: what does this experience tell you about who you are and what you want to do? It is also essential to have a comparison and try to work elsewhere so you do not have a bias against a field based on one experience.

While the above largely takes the view of work experience for students, this must be recognised as a benefit for those in the working field and those studying. Whilst many individuals do not necessarily want to take on the burden of a voluntary job alongside paid work or part-time work whilst they are studying, you cannot always find part-time work in your chosen field. This is why you must use your time effectively. What value does it add to your career, improve your CV, provide you with business or job opportunities, and elevate your brand? Working in multiple roles gives you the benefit of seeing yourself from different perspectives. You can highlight to employers and investors the holistic you, not just the professional you. If you are active on social media, it is also worth remembering that using it as a tool can also help drive your career forward. The goal should always be to find that golden opportunity where you love what you do and are satisfied professionally and personally. By starting a second job where you showcase more of yourself as a person, you attract more opportunities as the more you work with a variety of people and expand your network; you enable this knowledge sharing to propel you forward. The more you surround yourselves with like-minded individuals, the more enriched your professional and personal life becomes. A second job reduces the risk for you, especially if you are trying to turn a side job into your primary job role. This gives you more safety in exploring new opportunities and experiences without committing all of your time and financial resources. It is an excellent time to reflect on your financial independence as well working multiple sources can allow you to generate revenue from various sources and not have a reliance on one single revenue stream, which can give you a safety net to fall back on. This also allows you to explore other opportunities as financial security allows for greater professional flexibility. On top of this, it allows you to reflect on yourself and what you want to achieve.

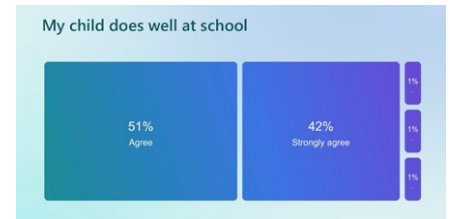
Parental Satisfaction improves at West Row Academy

Parental satisfaction is a crucial indicator of West Row Academy's success and effectiveness. It reflects the quality of education, the learning environment, and the overall experience provided to pupils. We take parents comments, suggestions and criticism's very seriously and our latest parental survey highlights that they too are seeing the significant improvements the school is making. Mrs Close, her team and Unity Trust are striving for excellence and this has led to a culture of continuous improvement being embedded in the Academy. There is still much to do but improvement initiatives are now carefully managed and measured. One significant fact that demonstrates that the academy is changing for the better is seen in the high percentage of respondents who would now recommend the school to others.



90% of respondents said they would and the Academy is determined to work hard at ensuring all parents feel the same. Not only is it good for the school but it's good for the community as a high achieving school makes the village a desirable place to want to live and settle down.

One of the primary reasons parents are pleased with the school is its commitment to academic excellence. The Unity CUSP curriculum is being embedded in the school and there is a definite improvement being observed in academic standards, with children performing well relative to other schools in the area. The dedicated teaching staff are succeeding in fostering a love for learning among the children. Parents are noticing the difference too with 93% who responded to the survey feeling their children are doing well.



A large number of respondents value the academy's focus on holistic development, which goes beyond academics. The school offers a wide range of extracurricular activities which allows the children to explore and develop their interests and talents.



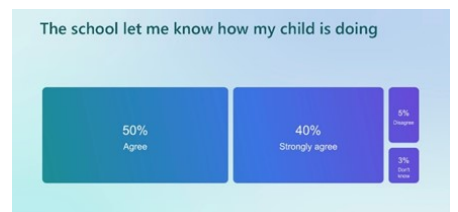
92% of the parents who responded are happy with the robust Safeguarding measures, processes and procedures that support the well-being of their children and along with all staff create a secure and supportive atmosphere in which pupils feel safe and cared for. The positive relationships between students, teachers, and staff contribute to a sense of community and belonging, which is highly valued by parents. Effective communication between the school and parents is another key factor contributing to parental satisfaction.



The school maintains open lines of communication through regular newsletters, parent-teacher meetings, and digital platforms. Parents appreciate being kept informed about their children's progress, upcoming events and any changes within the school.



The teachers and support staff have been highlighted in parental feedback as being supportive and approachable. Parents feel comfortable reaching out to teachers and other staff with any concerns or questions they may have. The responsiveness and willingness of the staff to address issues promptly and effectively is beginning to help the school garner a positive reputation among parents. In my own interaction with parents, it is apparent progress is being made in them feeling heard and valued as partners in their children's education.



To sum up, it is evident that most of the parents who responded to the survey believe the school is heading in the right direction. Most believe that behaviour has improved and that their children are happy at school.

The improvements taking place are captured so well by one parent who told me, "When my child started at West Row she was a timid little girl but not anymore! She has absolutely thrived, is happy, excited to tell us what she is learning and has made some lovely friends. The school radiates kindness!"

Euan King

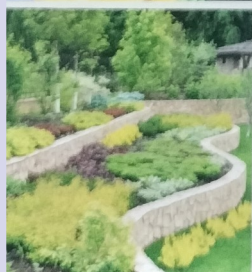
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WEST ROW

BOWLS CLUB NEWS

The Club has continued to welcome many new bowlers and social members bucking the national trend regarding bowls clubs memberships.

Many of the bowlers who started the sport since September are already being integrated into teams. The keenness showed by these members is most encouraging.

As a reminder any one interested in taking up the sport of bowls is offered their first five coaching sessions free of charge. Following this, new members can join as a Social / Beginner at a cost of £18. Youngsters in full time education are entitled to a first year of free membership.

All bowling equipment is provided at the Club. Flat soled shoes that have only been worn indoors are required but the club does have a selection of shoes that can be borrowed.

The many members keen to represent the Club in the Men's County League and Mixed County League matches throughout the season are having various degrees of success and their enthusiasm is to be applauded.

Monthly Bingo sessions have been well attended raising funds for the Club. Also the Club now has a ladies Darts team and a mixed Dominoes team. They both play in local leagues.

The Club has its annual Presentation Evening on 21st. December combined with a 'fish & chip' supper. Attendance for this event is anticipated to be around 120 people.

The Club is also hosting a New Year's Eve dance with music provided by the Galaxy Big Band.

The Club is open most evenings so why not drop in to see what the Club has on offer and perhaps just join as a social member.

For information regarding any aspect of the club please contact Club Coach, Peter Rolfe, tel: 07501 640328 or email:

peter.rolfe3@btopenworld.com

AROUND THE ALLOTMENTS IN JANUARY & FEBRUARY



We hope everyone had a good Christmas and enjoyed the New Year celebrations.

As winter deepens, allotments may appear to be sleeping under a blanket of frost, but there's plenty to keep busy with during January and February. This is the perfect time to plan, prepare, and lay the groundwork for a productive growing season ahead. If the soil isn't frozen, add organic matter like well-rotted manure or compost to enrich it. Clear any leftover weeds but avoid heavy digging in wet or frosty conditions. Check your winter vegetables like kale, leeks and parsnips. Cover these with cloches or fleece to protect them from harsh frost. If you have planted garlic or overwintering onions, ensure their roots remain covered with soil or mulch.



Radishes: Rainbow Mix

The winter months are a great time to browse the catalogues and online for seeds and plants ready for the coming growing season. For an early start, sow seeds indoors. Hardy vegetables like broad beans, onions, and early peas can be started in trays on windowsills or in greenhouses. Early sowing gives these crops a head start, and it's a great way to stay involved with gardening during the colder months. Vegetables and salad vegetables such as early radishes, broad beans, lettuces and rocket can all be sown under protection from the weather.

For those gardeners who grow their own potatoes it's a good time to buy and chit seed potatoes ready for setting in March and April and there are many varieties to choose from. Depending on whether you would like new potatoes or main crop (or both), reds or whites, bakers or mashers or good all-rounders – there's usually a variety available to suit your requirements.

Winter is the perfect time for a deep clean. Remove debris, clean pots and tools, and repair any damaged structures like fences or raised beds. Netting currant bushes will help protect them from the birds when they start to fruit and it's possible to 'force' rhubarb for early growth by covering it with an upside-down bucket or covering the crowns with straw.



More information can be found at <https://www.ruralsprout.com/force-rhubarb/>

As spring approaches, we can only hope that the weather will be kinder to us all this year as it made growing conditions very difficult on the allotments in 2024 – the weeds were a nightmare for everyone! Even in the heart of winter, your allotment can be a hive of activity. Embrace the quiet charm of these months to prepare, protect, and plan for a fruitful year ahead. By staying active now, you'll be ready to reap the rewards when spring arrives. From all of us on the allotments we wish everyone a very Happy New Year with fingers crossed for good weather and a great growing season ahead.

St Peter's Church West Row



Churchwardens: Beryl Austin 01638 712708 - Debbie Eaglen
Elders: Tricia Leverington

CONTACT:

Vicar: Rev'd Mark McCaghrey
Tel.: 01638 495001
Email:
mark.larkandlee@outlook.com

Apparently in the legal profession, January has the nickname "Divorce Month" because the stresses of Christmas and the expectations placed upon it can sometimes be too much for a relationship to bear, and so visits to the lawyers are booked.

Even if that isn't our experience, January can seem a very dark time. Although we are technically now on our way to spring, and the nights are slowly getting lighter - spring and warmth and light can seem very far off.

This year this sense of winter being a dark time is not helped by the news around the world, and the sense of gloom which appears to have settled on our nation. This gloom and despair about the direction of the world can lead us to lose hope and lose personal peace.

That's why we are running the course called "Hope Explored" at St. Peter's (and also at St. Mary's Barton Mills) this New Year. We believe that despite all the pressures of life, and the problems of our world, we can find a hope that sustains us and which makes a difference to our life.

The course is just three weeks long. The sessions are informal and run for just 1 ½ hours. You will not be expected to sign up to anything or leave personal details. All questions are valid. There will be no singing, praying or and reading aloud expected.

The course is running at St. Peter's on Tuesday mornings 7th, 14th and 21st January at 9.30am.

No booking in advance is required, although if you do want to know more please contact me on 01638 495001 or mark.larkandlee@outlook.com.

We believe hope is possible for each one of us. Come and find it for yourself.



From the Pastor's Desk

evan@westrowbaptistchurch.org.uk

During the war between Britain and France, men were conscripted into the French army by a kind of lottery system. When someone's name was drawn, they had to go off to battle. There was one exception to this, however. A person could be exempt if another was willing to take their place. On one occasion the authorities came to a certain man and told him he was among those who had been chosen. He refused to go, saying, "I was shot and killed 2 years ago." At first, they questioned his sanity, but he insisted that this indeed was the case. He claimed that the military records would show that he had been conscripted 2 years previously and that he had died in action. "How can that be?" they asked, "You are alive now!" He explained that when his name came up, a close friend said to him, "You have a large family, but I'm single and nobody is dependent upon me. I'll take your name and address and go in your place." And that is indeed what the record showed. This rather unusual case was referred to Napoleon Bonaparte, who decided that the country had no legal claim on that man. He was free. He had died in the person of another!

Now why have I told you this story? Well, it's that time of the year between two very important Christian Celebrations, Christmas and Easter, which have become holidays almost world-wide to celebrate and remember the birth and death & resurrection of Jesus Christ, and a very reasonable question is for people to ask why is so much made of one birth and one death. Well, the answer lies in what Jesus came into the world to do ... and the Bible tells us plainly what that was. In Matthew 1:21 we are told "***She will bear a son, and you shall call his name Jesus, for he will save his people from their sins.***"

Now many people don't know what it means to be a sinner, so let me tell you – it means you have broken God's rules, you have not lived up to his required standard. He requires you to love Him first and foremost in your life, have nothing else in your life that's more important than him, don't blaspheme, keep Sunday's as special days in which you spend them with Him and His people, honour your parents, don't kill, don't commit adultery, don't steal, don't lie and don't be jealous of anyone else, of what they've got or who they are.

Now we've all broken God's standard – no one has kept His law perfectly and because of that God is angry with us and just as we deserve to be punished when we break the law of the land, we deserve to be punished for breaking God's righteous Law, after all, He is our creator (despite what many think) and as such He has the right to insist as to how we should live. But not only is God perfectly righteous, demanding that we be justly punished for breaking His law, He's also loving and kind and sent Jesus into the world to live a perfect life and die on the cross to save everyone who believes in Him from the punishment they deserve.

Jesus willingly took our place, not because He had any less to lose than us, but because of His infinite love. He was punished by God, the Father and died in our place to pay the penalty for sin. If you trust in Jesus to make you right with God, then the law, which demands the ultimate punishment, has no claim on you, for you died 2000 years ago in the person of Christ. What He did by dying on the cross is the basis of your acceptance by God and being freed from the punishment you deserve.

That is the reason He came into the world – and that is what Christmas and Easter are all about – they are celebrations of Jesus coming to save all those who will believe in Him from their sin.

It is my sincere prayer that, now that Christmas is over and you have more time, you will consider the claims of Jesus and trust in Him to make you right with God. May God bless you all as you consider these truths.

Evan

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

MEMORY CORNER



Mr Hugh Bacon on his retirement on 24th March 1976.

Hugh was the Village postman for many years and was a regular face in the village, recognised by all.

From Left to Right

Edie Spraggins, Mabel Smith, Joan Aves, Unknown, Rita Rolfe, Audrey Leonard and Di Finnegan.

Thanks to Donna Spraggins for the photo.

More photos of West Row past always welcome.

UPCOMING VILLAGE EVENTS



BINGO NIGHT
WITH MERV
West Row
Bowls Club

Saturday
18th
January
7:00-7:30PM

GREAT PRIZES! FUN FOR ALL!
Licenced Bar - Raffle

Made with PosterMyWall.com



QUIZ NIGHT

FROM 7PM,
ON THE 24TH
OF JANUARY.
prizes!

CHURCH HALL
church lane, west
row, bury st
Edmunds, IP28 8NY

£5 per person entry.
max 6 person per
group



BINGO NIGHT
WITH MERV
West Row
Bowls Club

Saturday
22nd
February
7:00-7:30PM

Come along for a fun evening
MUST BE 18+ TO PLAY
Licenced Bar - Raffle

Made with PosterMyWall.com

100 Club Winner

Congratulations to this time's
winner

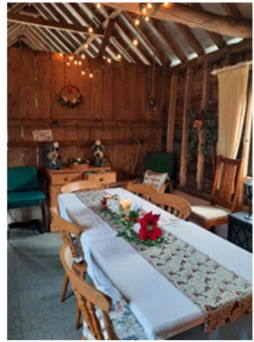
Number 143
June Goodenough
£68.00

For Further information or to join,
contact Sharon The Parish clerk at
westrowpc@gmail.com

The 100 Club helps support the printing
of the Parish Echo.

DOWN THE SHED September — October 2024

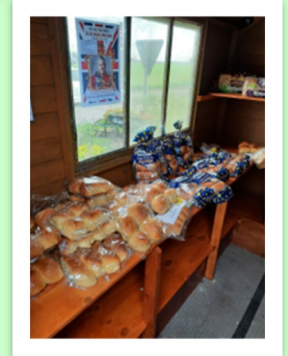
theshedcharity@gmail.com



WINTER SOIREE'

We held our Annual get-together early in Dec. The Tea Room was festively decorated by Jean. Unfortunately, no pictures during the event, but as always, hugely supported with a **Pot Luck Soiree**. This is held to include those who could not make the **Annual Shed**

The Gardening Crew kept the gardens spic and span, with much clearing, weeding, rotovating and storing what is no longer needed



CARE BOXES: We were deeply saddened to announce to our families in Food Poverty that we are no longer in a position to continue deliveries of the **Care Boxes**, which we have supplied for the past 5 years. This is a direct result of Neighbourly's policy and them being advised that we (The Shed) were requesting stores retain their food surplus until the following morning. It is Neighbourly policy for food to be collected in the evening at the end of trading. The local stores were happy to save the food for us overnight. Unfortunately, having been reported to Neighbourly, we were obliged to cease collecting from some stores.

Freedom Food Pantry, located at 30 Hawthorn Walk, Beck Row, now collects the surplus food and should make it freely available to those who wish to take what is offered. There should be no compulsion to donate although we understand monies collected by the couple, are to provide further facilities.

We are in negotiations with other suppliers and hope to reinstate the Care Boxes as soon as practically possible.

It would be appreciated if anyone willing to collect food on our behalf, come and have a chat on what is involved. This is a voluntary project, but very much appreciated by the community.

On a much brighter note, The Shed will be organising a Spring Fling in the warmer months around Easter Time, and later in the year, we will contribute to the Parish's planned WWII events to mark the end of the war, known as VJ Day. Watch this space.

This will give us the opportunity to showcase our facilities which are always FREE to users, as is the food offered in Little Shed at our main gate. Open 24 x 7 every day. We just ask that you keep the door closed at all times

We welcome anyone to come visit. We love to show off our facilities and especially wish to promote our Big Circle. A huge open grassed area, suitable for private parties, birthday celebrations and even weddings. **FREE**

FMI: Contact Roz Hamill 01638 715329 or check our FaceBook Page: "The Shed". Click on Media then Albums to see our history in pictures.

Christmas Dinner.

Because of our growing numbers, we could not fit everyone in the Tea Room so we ventured forth to Judes Ferry on 13th Dec. It was fantastic.

Ambiance perfect, food piping hot and lots of it, excellent service and highly recommended.



Our other annual December activity is supporting **St. Mary's Church, Mildenhall** with their **Christmas Tree**

displays. The theme for 2024 was any "Carol". Naturally The Shed's contribution was The Holly and The Ivy.

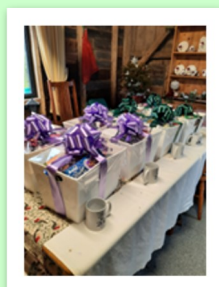


December was a slow month work wise, with the strongest storms endured by the UK.

Fortunately, we did not sustain too much damage, mainly wind-blown overturned pots. But no major structural damage. Paul kept busy thinning out the Memory Trees. If you adopted one, you really need to see how they've grown.

Michael continues to work on the remaining Tool Shed with many more jobs in the pipeline.

Another annual December activity is the **Christmas Hampers**. Numerous boxes were supplied, and Viv waved her magic wand to make them very special. Thanks to Sharon for stepping in to ensure deliveries, owing to June's temporary absence.



WINTER QUIZ 2024

Two word phrases: Find the first word of a two word phrase that links with any of the other words given.

e.g. (4 letters) down, off, up, with

ANS — BEAR

- | | |
|--|----------|
| 1. (4) rock, test, drain, drop | ANS..... |
| 2. (6) island, lily, egg, cactus | ANS..... |
| 3. (5) year, bulb, house, show | ANS..... |
| 4. (5) stations, buying, button, bolt | ANS..... |
| 5. (7) expenditure, punishment, account, allowance | ANS..... |
| 6. (6) group, replay, stations, committee | ANS..... |
| 7. (6) floor, wind, growth, hand | ANS..... |
| 8. (5) record, rod, down, shoe | ANS..... |
| 9. (4) front, around, assistant, floor | ANS..... |
| 10. (7) lights, monument, history, Greece | ANS..... |
| 11. (4) library, set, strip, star | ANS..... |
| 12. (4) grand, boom, buggy, tooth | ANS..... |
| 13. (5) degree, party, class, world | ANS..... |
| 14. (6) burn, room, puff, compact | ANS..... |
| 15. (6) snail, centre, frame, party | ANS..... |
| 16. (6) streak, card, pages, fever | ANS..... |
| 17. (4) about, jacket, hall, hut | ANS..... |
| 18. (5) bag, blessing, doubles, marriage | ANS..... |
| 19. (5) landing, laugh, flop, dance | ANS..... |
| 20. (4) glasses, horse, ages, chocolate | ANS..... |

NAME OF ENTRANT.....
 ADDRESS.....
 Contact tel. no

**N.B. PLEASE POST YOUR ENTRY IN THE BOWLS CLUB SILVER LETTER BOX
 SITUATED ON THE FENCE BY 26th JANUARY 2025**



CUTS R US

Barbershop

37 Beeches Road, West Row, IP28 8NP

Call Stephen to set up an appointment on

07985 426561

I look forward to seeing New and Existing Customers

At our premises in West Row

Loyalty Cards for all customers

With 10th haircut half price!

Serving the local communities since 1996

Your chance to have a lasting impact on the village.

The Parish Council seek your help in suggesting names for the new housing development destined for the land situated behind the Chapel.

There will be one main road, with 5 smaller roads.

We therefore need one main road name, and 5 related names.

We have a Road Naming Policy, which you can review,

[Home - westrowparish.org.uk](http://westrowparish.org.uk) (Parish Council, Policies), i.e. no family names and should reflect the history or geography of the village.

The new road names should be connected by a related theme.

Deadline for suggestions to the Parish Clerk, by

15th January 2025. (None can be considered after that date).

westrowpc@gmail.com **07860 358 493**

100 CLUB - REMINDER

Your annual subscription is due in January for the 100 Club. Payment can be made either by Direct Debit or Credit to the Parish Council

Thank you

For Further information re payment contact Sharon The Parish clerk at westrowpc@gmail.com



Community Thermal Imaging Project
Funded by the Suffolk Climate Change Partnership



The Parish Council has signed up to offer the opportunity for residents to see the heat losses from their homes.

The surveys will be carried out by Cllr. Alan Fisher and our Clerk Sharon Vale using a camera loaned to us by the project team.

The surveys in our village, will take place from Monday 20th January 2025 to Friday 24th January 2025.

To get involved, contact us on westrowpc@gmail.com or the Clerk on 07860 358493.

The Thermal Imaging Project is funded by the Suffolk Climate Change Partnership which brings all Suffolk councils together to better equip Suffolk for our changing climate. The Partnership is loaning out thermal imaging cameras for Parish Councils like us to use. We need your help to attend homes in your area and take photos using a thermal imaging camera.

Residents will be able to see where their home is losing heat and we will be able to give you advice about how you can keep the heat in! This can save residents money on their energy bills, keep families warmer and make homes more carbon conscious.

Loft Insulation Offer gives Suffolk residents

50% off eco-friendly insulation

According to The Energy Saving Trust, an uninsulated home loses a quarter of its heat through its roof. For the second year in a row, help to afford eco-friendly loft insulation is now available for Suffolk residents.

The Suffolk Climate Change Partnership has teamed up with an insulation provider to help Suffolk residents make their homes warmer and save money on their energy bills.

Residents will receive a 50% discount off their purchase of 200mm or 370mm wide insulation rolls (up to £200) with free delivery, from High Loft, the UK's leading eco loft insulation brand.

The offer is open to anyone in Suffolk and will close once the allocated funding has been spent. Simply go to www.bit.ly/suffolkloft and fill in the form to receive your personalised link to order, or call High Loft's insulation experts on 01706 248203 (Mon – Fri, 9am - 5pm).



Or, to find out more visit www.greensuffolk.org/at-home/funding.