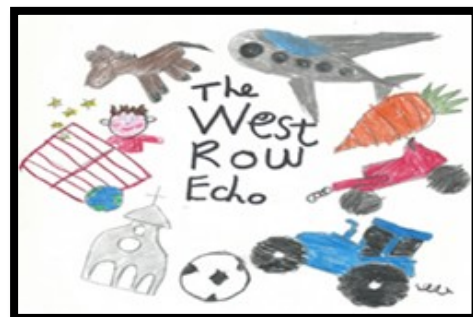


Issue 56 Oct — Nov 2025



West Row marked VJ Day in spectacular fashion, as only West Row can!

Below is couple of the photos taken, see more on Page 17

with grateful thanks to Vincent Rose.



Contacts for The Parish Echo

- **Editor: Peter Rolfe**
01638 714073 Email: **peter.rolfe3@btopenworld.com**
- **Compositor: Helen Webber**
07545 597740 Email: **helen.webber60@gmail.com**
- **Advertising: Sharon Vale**
07860 358493 Email: **clerk@westrow-pc.gov.uk**
- **Parish Clerk: Sharon Vale**
07860 358493 Email: **clerk@westrow-pc.gov.uk**

• **Printed By: riverside-print.com**

NEXT ISSUE:

Published December 2025

**Our deadline for
December/January 2025/2026
is:
15th November 2025 12 p.m.**

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

100 Club Winner

**Congratulations to this
time's winner**

**Name Doreen Norman
£68.00**

For Further information or to
join, contact Sharon The Parish
clerk at

clerk@westrow-pc.gov.uk

**The 100 Club helps support
the printing of the Parish**

DIARY DATES

<u>October</u>			
Sun 5th	St Peter's West Row	Harvest Festival	11.00 a.m.
Sun 12th	St Peter's West Row	Holy Communion	11 a.m.
Sun 12th	St Mary's Barton Mills	Healing Service	5 p.m.
Sun 19th	St Peter's West Row	Sunday Celebration	11 a.m.
Tuesday 21st	West Row Baptist Chapel	Community Lunch Contact Richard 07796 616679	12.30 p.m.
Fri 24th	West Row Village Hall	Fish & Chips Lunch	12.30 p.m.
Sat 25th	Bowls Club	Merv's Bingo	7.30 p.m.
Sun 26th	St Peter's West Row	Holy Communion	11 a.m.
<u>November</u>			
Sun 2nd	West Row Baptist Chapel	Family Celebration	10.45 a.m.
Sun 2nd	St Peter's West Row	Holy Communion	11 a.m.
Sun 2nd	St Andrew's Freckenham	Shoe Box Service	3 p.m.
Sat 8th	St Peter's Church West Row	Remembrance	10.45 a.m.
Sun 9th	St Peter's West Row	Remembrance	10.45 a.m.
Sun 9th	St Mary's Barton Mills	Healing Service	5 p.m.
Sun 9th	West Row Baptist Chapel	Remembrance	10.45 a.m.
Tuesday 18th	West Row Baptist Chapel	Community Lunch Contact Richard 07796 616679	12.30 p.m.
Sun 16th	St Peter's West Row	Sunday Celebration	11 a.m.
Sun 23rd	St Peter's West Row	Holy Communion	11 a.m.
Fri 28th	West Row Village Hall	Fish & Chip Lunch	12.30 p.m.
Sat 29th	Bowls Club	Merv's Bingo	7.30 p.m.
Sun 30th	All Saint's Worlington	Group Service Holy Communion	11 a.m.

A note from the EDITOR

Dear Reader,

Welcome to the latest edition of the West Row Echo and hopefully you'll find something of interest amongst the contents.

As usual, regular contributors have again submitted some interesting articles. With the nights drawing in you may be tempted to join one of the energetic classes at the Village Hall. See page 10 for details.

Are you a keen gardener or would like to try out your skills at growing your own vegetables? There are allotments available to rent and even one current holder is looking for a person to share the allotment. See pages 11 & 12.

As always, the pro active Parish Council's update is worth reading on page 14.

The Shed is looking for two trustees. If you are interested in helping out details are on page 17.

For children, look at pages 27 & 28.

Hoping you can enjoy the Autumn months.

Peter Rolfe

Editor

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Summer Quiz answers

1. 22 2. 31 3. 1951 4. 600 5. 1909 6. 1984 7. 6 8. 7 9. 37 10. 37 11. 5 12. 7 or 10 13. 230-250
14. 20 15. 1978 16. 2 17. 65 18. 11:35 19. 23 20. 4840

There were fourteen entries and the winner, drawn by lot, with all answers correct was Alan Fisher, Church Gardens, West Row.

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.

UPCOMING EVENTS



Remembrance Lunch and Concert

With STEVEN YALLOP & Guests

Tues 11th November 1 for 1.30

Riverside Hotel Mildenhall

2 Course Lunch & Tea/Coffee

£25 per person

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Helen [07309114235](tel:07309114235)

Raffle prizes are appreciated
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🇬🇧 Charity Number 219279 🇬🇧

Remembrance Service at the War
Memorial at 10.45am



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WITH MERV & CO

at
**West Row
Bowls Club**

**Saturday
25th
October**

7:00-7:30PM

GREAT PRIZES!
MUST BE 18+ TO PLAY

Licenced Bar - Raffle
for more details - Ring 01842 861618

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BINGO NIGHT

WITH MERV & CO

at
**West Row
Bowls Club**

**Saturday
29th
November**

7:00-7:30PM

GREAT PRIZES!
MUST BE 18+ TO PLAY

Licenced Bar - Raffle
for more details - Ring 01842 861618

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LAKENHEATH FEN RSPB

Places for all events need to be booked online- please visit <https://bit.ly/LakenheathFenEvents> to read more and book [tickets](#).

Treasures of the Moth Trap

26 September, 31 October, 28 November (10am to 11am)

Learn more about the amazing world of moths- join us to admire what we catch in our harmless trap.

RSPB members £5 (£2.50 for Under 18's); non-RSPB members £6 (£3 for Under 18's).

Autumn Open Day at RSPB Lakenheath Fen

Sunday 12 October (9am to 5pm)

Come along to enjoy the reserve in all it's Autumn glory. To welcome newer visitors, we will be offering free entry to all for the day- so why not come and see what we are about? No need to book; just turn up.

Amazing Autumn Guided Walk

Sunday 12 October (9:30am-12:30pm)

On this seasonal walk we will be looking for the first signs of Autumn- dazzling ducks in their new plumages, waders passing through on migration and beautiful fungi popping up here and there! Suitable for all knowledge levels and ages.

RSPB members £12 (£6 for Under 18's); non-RSPB members £15 (£7.50 for Under 18's).

Wild Wetland Winter Guided Walks

Sundays 23 November, 11 January (9:30am-12:30pm)

Wrap up warm and join us to see the best that winter has to offer- we will be looking for seasonal highlights with our knowledgeable guides on this beautiful reserve!

RSPB members £12 (£6 for Under 18's); non-RSPB members £15 (£7.50 for Under 18's).

Winter Walking Safari

Sunday 8 February 2026 (9:30am-3:30pm)

Many parts of the reserve aren't usually open to the public, and this behind the scenes tour provides a great opportunity to see the wildlife hiding out in pools and reedbeds which aren't visible from the current visitor trails. This walk is just over six miles long, and will include a visit to Botany Bay SSSI.

RSPB members £20 (£10 for Under 18's); non-RSPB members £25 (£12.50 for Under 18's).

Eyes on the sky in Autumn

Autumn is a time of change in the natural world, as we move away from the long, warm days towards winter. As the seasons change, our wildlife (particularly birds) gets on the move in response- looking for better conditions to spend the next few months.

We are already seeing changes on the reserve- increased numbers of 'passage' waders like Ruff, Curlew and Greenshank passing through mid-migration to rest and refuel on the muddy edges of our pools and channels. We are also seeing fewer of our summer visitors, like Reed and Sedge warblers, and we haven't seen a Cuckoo for several weeks.

When we think of Autumn in our local area, we may not think about the Osprey- a bird that is staging a steady comeback in the UK and is becoming more and more common to see locally at this time of year. In the early 1900's, following decades of hunting and persecution by humans, Ospreys were declared extinct as a breeding bird in the UK, until an enterprising and bold pair attempted to nest again in 1955. This was at what was to become RSPB Loch Garten in the Scottish Highlands. These elegant birds of prey feed exclusively on fish but cannot spend the whole year with us- the cold and turbulent wintry weather we experience means fish are so much harder to catch, so they leave the UK and migrate to West Africa and southern Spain for our winter months.

From that single pair in 1955, a steady comeback has been underway, thanks to a great deal of support from conservationists.

Thanks to their tireless effort, the UK population now stands at around 240 pairs. Although Scotland remains their stronghold, there are also several pairs in Wales, a handful at Rutland Water, two at Poole Harbour in Dorset and even a pair at Ranworth Broad in Norfolk! This last pair built their own nest (next to an artificial platform made especially for them!) and raised two chicks this year (2025) to fledging. The chicks' mother is a three-year-old bird from Rutland Water, where Ospreys were reintroduced as part of the Rutland Osprey Project, which began in 1996.

As I write this, the UK's Osprey population will be migrating to Africa for their first winter.

For this year's chicks, until now their parents have provided all the fish they need, but now it is up to them to learn how to fish for themselves on their journey. As the UK Osprey population grows, it is getting more and more likely that we will see Ospreys- young and old- passing overhead or taking a break in their journey on our local waterways- so keep an eye out in the next few weeks. We have already had one recorded here this autumn (12 September) and we may see more yet!

With best wishes for a happy Autumn,
Heidi Jones (Visitor Experience Officer, RSPB Lakenheath Fen).



Why Stories Teach Better Than Facts: A New Framework for Understanding How We Really Learn

The Memorisation Myth

We've all been there: cramming facts for exams, highlighting endless textbook pages, drilling vocabulary until our eyes glaze over. For many students, 'revision' becomes the dreaded antithesis of learning. Some seem naturally gifted at memorising, others push through with dedication, but countless students struggle with this traditional approach.

The uncomfortable truth? Raw information and isolated facts are not how humans naturally learn best.

Research shows our brains are wired for narrative. Stories activate multiple brain regions simultaneously—language processing, sensory areas, and emotional centres—creating richer neural pathways than isolated facts. Yet most educational systems still prioritise information transfer over narrative engagement.

The Story Revolution

Consider what captures attention in any learning environment. Historical dates, or the dramatic turning point when one decision changed everything? A chemical formula, or the story of the accidental discovery that revolutionised medicine?

Stories work because they provide cognitive scaffolding frameworks to hang information on, making retrieval easier and application more intuitive. This isn't just theory. It's observable everywhere from medical training (where case studies outperform textbook memorisation) to corporate learning (where scenario-based training beats procedural manuals).

Through my work in educational settings, I've watched students who struggled with traditional revision excel when information was embedded in meaningful narratives. The difference wasn't their ability to memorise. It was their ability to connect.

The Three Pillars of Effective Learning

Not all stories serve learning equally well. Some educate, others entertain, and some mislead while appearing to inform. After years of examining how information influences decision-making, I've identified three critical elements that determine a story's educational value.

Pillar 1: Content — The Story Structure

Effective educational narratives share specific characteristics:

- **Cognitive load management:** Introducing complexity gradually, building on familiar concepts
- **Conflict and resolution:** Presenting problems and solutions to engage natural problem-solving instincts
- **Concrete specificity:** Using detailed examples rather than abstract generalisations

Emotional resonance: Connecting to human experiences that create memorable associations

Research shows students retain 65% of information shared through stories compared to 5% from statistics alone.

Continued from Page 6

Pillar 2: Reliability — The Information Source

This presents the greatest challenge in our current landscape. Engaging storytellers aren't necessarily reliable educators, and charismatic voices often have the strongest agendas.

Key evaluation questions:

- What expertise does the storyteller bring?
- Are their methods and sources transparent?
- Do they acknowledge limitations and uncertainty?

What incentives might influence their narrative choices?

The expertise paradox: Genuine experts often appear less confident than non-experts because they understand their field's complexity. The most certain-sounding voices may be the least reliable.

Pillar 3: Context — The Broader Evidence Base

Context transforms isolated stories into systematic understanding:

- How representative is this narrative of broader patterns?
- What alternative perspectives exist?
- How does this story fit within established knowledge?

What evidence supports or challenges this account?

Individual success stories, while inspiring, can obscure systemic issues. Context helps distinguish between anecdotes and generalisable insights.

When All Three Align: The Sweet Spot of Learning

The most powerful educational experiences occur when compelling narratives meet reliable sources and rich context:

Medical education: Case-based learning combines patient stories with clinical expertise and research evidence, producing better diagnostic skills than pure theory or isolated practice.

Historical understanding: Primary sources presented through human narratives within cultural and political context create deeper comprehension than chronological facts alone.

Scientific literacy: Research stories explaining methodology, using accessible analogies, and connecting to existing knowledge build stronger understanding than abstract principles.

The Information Age Challenge

We face an unprecedented paradox: the most memorable information often comes from the least reliable sources. Entertaining content spreads faster than accurate content. Simple narratives travel further than nuanced explanations.

Social media algorithms amplify this effect, rewarding immediate engagement over genuine understanding. The result? An ecosystem where compelling but misleading narratives outcompete accurate but complex explanations.

This isn't just about academic learning it affects health decisions, political choices, and fundamental life skills.



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DOWN THE ALLOTMENTS IN OCTOBER & NOVEMBER



Autumn Allotment Tasks: What to Do in October and November

A Guide to Maximising Your Plot in the Cool Months

As the last golden leaves flutter down and the air grows crisp, October and November mark a period of transition on the allotment. The vibrancy of summer beds gives way to autumn's quieter palette, but there is still much to do. Far from a dormant season, these months are an opportunity to prepare, plant, and savour the unique rewards of gardening through the chill. Below, you'll find guidance for the key tasks, ideas for keeping your plot productive, and inspiration—with vivid imagery—for enjoying your allotment through autumn's embrace.

Clear the Summer Crops and Tidy Up

With the first frosts looming, October is the time to clear spent summer crops. Remove the remains of beans, courgettes, tomatoes, and sweetcorn, pulling up roots and composting healthy material. Diseased plants should be discarded, not composted, to prevent carrying infections into next year.

Next, tidy beds and paths. Rake up fallen leaves and dig out persistent weeds. This not only improves the look of your plot but also reduces hiding places for pests over winter. If you have a grass path, give it a final autumn trim before growth slows with the cold.

Plant Overwintering Crops

Though growth slows, the earth is still inviting: October and November are ideal for sowing crops that thrive in the cold.

Garlic: Push individual cloves into prepared soil, root end down, about 3cm below the surface and 15cm apart. Garlic needs the chill to develop fat bulbs by midsummer.

Onions and Shallots: Choose sets suited to autumn planting; these will overwinter and be ready to pull in early summer.

Broad Beans: Sow hardy varieties like 'Aquadulce Claudia' in October or early November for a head start and earlier harvest next year.

Peas: Select over-wintering cultivars, covering with fleece if frosts threaten.

Spinach and Winter Lettuces: Some leafy greens keep growing slowly through the winter, offering fresh harvests when little else does.

Plant Soft Fruit Bushes and Fruit Trees

The dormant season is perfect for planting bare-root fruit bushes (currants, gooseberries, raspberries) and young trees. The soil is still warm enough for roots to establish before winter's grip. Soak roots before planting, dig generous holes, and enrich with compost. Mulch well and secure with a stake if needed.

Protecting Your Crops

Protect overwintering crops from the worst of the weather and hungry wildlife. Net brassicas to keep pigeons at bay; cover young garlic and onions with a cloche or fleece if a cold snap is forecast. Straw around root crops like carrots and parsnips will insulate against frost, making winter digging easier.

Check stored vegetables regularly for rot and remove any that show signs of spoiling—onions and squashes left to moulder can ruin an entire batch.

DOWN THE ALLOTMENTS IN OCTOBER & NOVEMBER

Continued from Page 10



Protecting Your Crops.. Continued

October and November are the time for pruning summer-fruited raspberries, currants, and blackberries. Cut back old canes, tie in new growth, and remove any dead wood. Apples and pears can be pruned once leaves drop, focusing on removing congested branches to improve airflow.

Check fences, raised beds, water butts, and sheds: repair any storm damage, clear out gutters, and oil tools before storing them away for winter.

Planning Ahead

With the rush of summer behind you, use the slower pace to plan. Reflect on what worked, what didn't, and sketch out next year's crop rotations. Order seeds early for the best selection and to fuel your winter daydreams.

Take a notebook and stroll the quiet beds, letting the peacefulness of the season spark new ideas. Perhaps there's space for a wildlife corner, a new herb patch, or native wildflowers to attract bees next year.

Enjoy the Autumn Bounty

October and November bring not just work, but reward. Harvest the last pumpkins, squashes, and root crops. Pick apples, pears, and late raspberries. Gather leaves for making leaf mould or simply jump into a pile for sheer autumnal joy.

Warm yourself with homemade soups, chutneys, and preserves, using the produce you've tended all year. Share surpluses with fellow plot holders—autumn is a season for generosity and gratitude.

Conclusion

The work you do now on your allotment sets the foundation for a flourishing year ahead. Embrace the rhythm of autumn, from clearing and composting to planting and planning. The cool air and quieter days invite you to look forward, nurture the soil, and enjoy the last earthy sweetness of harvest. Your plot, though resting, is full of potential—waiting for spring's return.

Allotment Plots Available at West Row

Opportunity to Rent or Share a Plot—Join Our Gardening Community!

Are you dreaming of growing your own fruit and vegetables, enjoying the outdoors, and becoming part of a thriving local community? West Row Allotments currently have plots available to rent! Whether you are a seasoned gardener or just starting out, this is your chance to cultivate your own space and reap the rewards of allotment life.

In addition, one of our friendly allotment holders, who is currently facing some health challenges, is keen to share their plot with someone willing to lend a hand. All tools and equipment are provided, making this a wonderful opportunity for anyone interested in gardening but perhaps lacking the necessary kit or experience. Sharing a plot is also a fantastic way to learn, make new friends, and support a neighbour.

If you would like to rent a plot or are interested in sharing, please contact the Clerk at West Row Parish Council for further information. Don't miss out on this chance to dig in, grow fresh produce, and become part of the West Row allotment community!



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Parish Update - October—November 2025

WELCOME EVERYONE: A slight change of layout this issue owing to our Chair Alan Fisher having a temp. issue with a medical problem – all should be resolved shortly.

WHAT HAVE WE BEEN UP TO? I hear you ask. You will be reading this in October, and the events of August now seems a long way past. But, we as The Parish Council put in a lot of work supporting The West Row Historical Society in organising and running **VJ Day 80 (15th – 17th August) Celebrations and Commemoration Events** with flag raising, Beacon lighting, Saturday the Pageant Parade followed by the Great Fete, followed by dancing to the Galaxy Big Band and Apple Blossoms, then on Sunday we had the Wreath and Eternal Flames at the War Memorial, together with the Flower Festival, Film Show, Craft Exhibition and finally the closing ceremony. What a weekend. If you missed it, check the Album on WR FB.

Public Footpath across the allotments from Friday Street to the Playing Fields. Is finally resolved and future use is now secured for the Parish. Thanks to the Ancient Parish of Mildenhall Charities and those who submitted testimonials which secured the process was completed with minimum delay.

Our new Parish Cemetery: is taking baby steps towards completion. Updates will be published shortly.

Dog Waste Bins: Requests have been received for more bins. Unfortunately, Suffolk County Council have insufficient funds to pay for additional bins and their subsequent maintenance. Major changes are happening to the governance of Suffolk County Council and boundaries and responsibilities are due for realignment, and this means we will have to wait for the outcome of this local government review.

Fish and Chip Lunches: We are happy to report our monthly lunches will continue with the exception of December when we all take a well-deserved rest. We thank the volunteers who make this happen and to our Clerk for ensuring grants continue to fund this worthwhile community project.

100 Club: was won by Doreen Norman. Please consider joining, only £12 per year and funds help towards the cost of publishing our Parish Echo which is a vital form of communication for those not on social media. The draw is held bi-monthly and winning amounts are a percentage of members' contributions. Please contact the Parish Clerk if you are willing to sign up.

Speeding through the village: PC Scott Cameron and Mr. Andy Moore of Suffolk Highways attended the August Parish Council meeting along with concerned residents. Topic was speeding with particular attention directed at Pott Hall Road. Suffolk Highways will conduct a survey over the course of several days and this is likely to happen in October. PC Cameron will continue to have a physical presence to monitor offenders. The Parish Council is also taking the lead by registering the **“West Row Speedwatch Group”** ([Community Speedwatch Online](#)). Training and a discussion group met at the Parish Office on Saturday 20th September. Anyone wishing to volunteer can contact the West Row Coordinator (Roz Hamill) or the CSW on line for further details. To become a member of the group, you first need to complete the on-line training (30 mins) and then a physical session with the local police department. We need a minimum of six (6) volunteers to make the project viable. Speed sessions are only conducted during daylight hours – sun-rise through sun-set.

October: We had the Bi-Annual **Village Litter Pick** on Saturday 4th October and the usual volunteers were out in force. Which led us to consider establishing a **Parish Work Party**. Once we have the equipment, and undertaken required training, we will be empowered to tidy up those public places that need a trim and cut backs. If you would like to help, there are many areas which need some TLC. Please contact Sharon our Parish Clerk. There is a separate article herein relating to overgrown foliage and residents' responsibilities in maintaining any encroachment.

Dates for your Diary:

November: 9th November is **Remembrance Sunday** when we will be laying wreaths at the War Memorial, meeting at 10.30am followed by a Service of Remembrance at St. Peter's church. If you wish to lay a wreath, please let our Parish Clerk (Sharon) know. RBL Wreaths are available from Marion Venables.

The Parish Council will also meet at 10.50am on **Tuesday 11th November** for our usual Act of Remembrance with the 2-minute silence at 11 o'clock.

Friday 31st October: **The Poppy Waterfall** will be erected from the Village Sign. And we are expecting a fantastic surprise to be revealed.

December: Friday 5th **The Annual Christmas Tree Lighting Ceremony** on Church Green. There will be mulled wine, mince pies, carol singing and the usual Disco. It's a great way to herald the Festive Season.

Saturday 6th **Santa** begins his tour of the village. This year we will ring the changes by having photo stops at strategic points but Santa will follow his usual route, just with fewer stops. More details to follow in the December/January issue.

Remember, if you have ideas on what the Parish should be doing, we meet on the third Wednesday of each month, 7pm in the Parish Office (the old Outdoor Bowls Club), members of the public are most welcome. If you wish to speak on any topic, you need to first contact the Clerk.

Parish Surgeries are also held in the Parish Office, 3rd Saturday of each month, 10am-11am. All welcome to attend and to bring your concerns to the Parish Councillors' attention. If you'd like clarification on anything the PC is involved in, just come along and ask.

Rosalind Hamill, Vice Chair

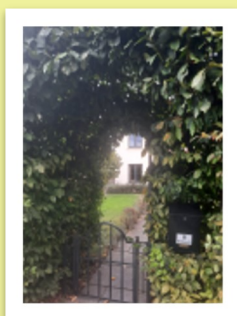
Keeping Our Village Tidy: The Parish Council will (hopefully) soon be equipped with ground work tools. This will enable volunteers (once trained) to tidy up the public areas needing attention.

Hedges: We have written (twice) to a few households reminding them that they have a duty to keep their foliage cut back so it does not encroach onto public paths. But sadly, the same houses have not complied and the overgrowth is causing some concern to pedestrians, mobility scooters and such like, making it difficult and causing people to step into the road. And in this village that is not a good idea.

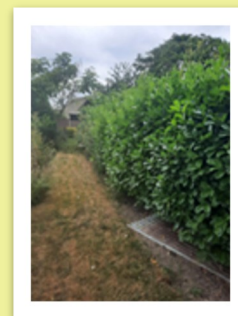
Beeches Road



This hedge takes up half of the path and way too high

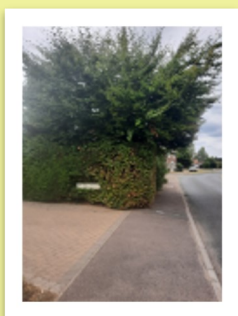


This Laurel hedge has been set almost on the boundary line leaving no room for growth.



Laurels can grow to at least 6" wide.

Eldo Road



This hedge is way too high and infringes on and over the path.



This hedge encroaches onto the path.



This hedge is blocking the view around a tight corner and also prevents use by pushchairs, it also contains brambles which encroach onto the path causing danger to pedestrians.

Also the height of certain hedges is a problem. Hedges must be maintained at a maximum height of 6'. This may go against personal preference, but it is a legal requirement and we ask that you comply. Anything above that limit, restricts the visibility for drivers especially around our tight corners, and also impacts on neighbours line of sight and right to light. Now the birds have ceased nesting, it is time to cut back and regain control.

So please. If your neighbour is a bit lax in this regards, have a kind word, even offer to help if necessary.

Help us to maintain our lovely village by being considerate of other's needs.

According to the Anti-social Behaviour Act, a high hedge is defined as a line of two or more evergreen or semi-evergreen trees or shrubs higher than two metres. The hedge must not form a barrier to light or access

DOWN THE SHED October—November 2025

theshedcharity@gmail.com



Hello again from the Trustees and Volunteers who help The Shed tick over. As we write (in Sept.), we are still enjoying sunny weather, although the early mornings and late evenings are showing signs of Autumnal coolness. Some like the frosty season, but damp fog can be depressing. We have six months to endure, and we have **many jobs to complete.....**

Such as **the new greenhouse** our gardeners have been itching to erect. The base is laid and the basic frame almost complete. Just a case of manhandling it in place and inserting the many panes of glass to complete the job. So. many hands make light work. If you can spare a couple of hours, we aim to start in October when the gardening jobs can take a step back. Please get in touch if you can help.

AGM: We planned the AGM in conjunction with a meeting to discuss our way forward. Our AGM (was) on Tuesday 16th September (day after this deadline). But aside from the usual reports covering our financial year (1 Oct thru 30 Sept), such as the Trustees report, Financial return to the Charities Commission, Financial Report on spending and expenses, and the Chair's report. We also aim to discuss "The Way Forward". This topic came about with a reduction of volunteers' hours through illness and a medical emergency. We were shocked when we learnt that Jean had been taken to hospital with a serious condition which turned out to be a viral infection paralysing her for over a month. As we write, we all pray for her speedy recovery and look forward to when she can join us once again. It was a trying time for Michael especially as they had been enjoying forced stop-over time in their long boat on the Midland Canals which were not working at the time due to lack of water. Other health issues affected Jan and Viv rendering them on light duties for several weeks. Paul H. does too much and needs a hip replacement, at least he is on the waiting list. But won't slow down. So all in all, we could do with some additional help. Jobs are not onerous, and everyone is reminded that they should only do what they are capable of. (Tell Paul that!!).

We remain focused that our prime objective is to support those in need. We are not for profit and all donations received are redirected into our projects

You may recall we suffered the intrusion of a nasty person(s) who dismantled our wall in order to remove the Donation Box. They didn't gain many coins as it is emptied daily. But the inconvenience of sourcing a replacement was not enjoyable. Fortunately, we had the goodwill of Gary (Moggy) Morley who volunteered to replace the box, even better and much stronger. Plus we were fortunate that R. Palmer and Sons of Fordham not only supplied the steel, but offered all we needed free gratis. We now have a lovely, strong, solid steel post with a Donation Box painted in Country Green. A feature of beauty, Thanks Moggy

From that experience, several supporters have taken to donating via bank transfer which is an excellent and secure means. Please contact Roz for details if you wish to donate that secure way. rosalind_hamill@yahoo.co.uk



We welcome two new volunteers, Brian and Nicoleta Butcher who are helping with food collections. Also Janine, Roxanne P. and Liz have volunteered to help Jan with the Lidl allocations for St. Mary's CoE Academy where we support Breakfast and Wrap Around clubs. Jan has also moved over to the Garden Team, picking vegetables and fruit. We certainly have had a bumper harvest. As they say—every little helps.

So, our future is secure, and plans are afoot to continue improving our facilities. And remind people that our **Big Circle** is available (free) to those wishing to make good use of the space. We have a disabled toilet, kitchen and Tea Room. Plus our patio can comfortably host 60 – 80 people.

We are also needing to revisit our **Care Box** project. June has been a staunch lead on this, but ill-health has resulted in some readjustment. Pending discussion at the AGM, we are considering converting the ambient stock to a Food Bank where those in need can have a bag of tinned and dried produce to tide them over for a short while. Further details will be published on our Face Book page once agreement is reached on how we manage this.

We have lots to do, and any help is always appreciated. We meet at The Shed every Tues, Thurs and Saturdays from 10am (weather permitting)

FMI: Contact Roz Hamill 01638 715329

ANNOUNCEMENT

theshedcharity@gmail.com

VOLUNTEERS: Owing to ill health and other commitments, we have two vacancies at The Shed for a Trustee position. This is basically an administrative appointment, and the requirements are that Trustees oversee the daily operation of the registered charity and that their Constitution is maintained. They also have oversight of the accounts to ensure no misappropriation of goods, services or funding. Our Constitution stipulates that we are a Not For Profit Organisation. We do not sell anything and what we make freely available generates voluntary donations from those who can afford to do so. Contributions are used to maintain the facilities, insurances of which there are three, purchase of equipment and general upkeep, ie electricity, toilets and building maintenance. Please get in touch if you support our charity and feel you can put your name down as a Trustee. No financial commitment at all. Just a service to the community.

FOOD COLLECTORS: We collect surplus food both fresh and ambient which is redistributed via our Little Shed at the main gate or delivered to local causes. One of our AGM topics was to discuss the feasibility of operating a Food Bank type distribution point. The pros of helping those in need, versus the cons of being very rural and transportation can be an issue for the ones wanting help. Although the AGM was held in September, your ideas, suggestions and support would be most welcome. **We collect surplus food on most days of the week; some are in the mornings and others in the evenings. Please contact if you can help.**

FMI: Contact Roz Hamill 01638 715329 email: theshedcharity@gmail.com

More photos from VJ Day Thanks Vincent Rose



Welcome Back to School!

Dear Students, Parents, and Staff,



As the school gates swing open once again, it is with great pleasure and excitement that I welcome you all back to another academic year at our amazing school. I hope you have all enjoyed a restful and rejuvenating summer break, filled with memorable moments and quality time with family and friends.

The start of a new school year is always a special time. It marks a fresh beginning, a chance to set new goals, and an opportunity to embrace new challenges. Whether you are returning to familiar classrooms or stepping into our school for the first time, I want you to know that you are an integral part of our vibrant and supportive community.

To our pupils, I encourage you to approach this year with enthusiasm and determination. Each day is a new opportunity to learn, grow, and achieve your personal best. Remember, success is not just about getting good grades, but also about developing a love for learning, building strong relationships, and becoming responsible and compassionate individuals. Take advantage of the resources and support available to you, and don't be afraid to ask for help when you need it. Your head and deputy, your teachers, staff, and fellow students are here to support you every step of the way.

To our parents, guardians and carers, thank you for your continued trust and partnership. Your involvement and support are crucial to the success of our children and our school. We value your input and encourage you to stay engaged with your child's education. Together, we can create a nurturing environment that fosters academic excellence and personal growth.

To our dedicated staff, thank you for your unwavering commitment and passion for education. Your hard work and dedication make a significant difference in the lives of our students. As we embark on this new academic year, let us continue to inspire, challenge, and support our pupils to reach their full potential.

As chair of governors, I am proud of the achievements of our school community and confident in the bright future that lies ahead. Let us all strive to make this year a memorable and successful one. Together, we can achieve great things.

Welcome back, and let's make this academic year the best one yet!

Kind regards

Evan King



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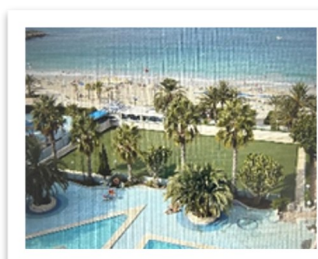
BOWLS CLUB NEWS

Well, sadly the outdoor season of bowls has come to an end, and now the nights are pulling in we are looking forward to re-establishing ourselves playing indoors, trying to 'take the weight off' so the bowls do not go racing into the far ditch, which is a feat in itself!

We have had a very successful outdoor season by winning the Bury & District afternoon league under captain Howard Spary and being runners up in Ely and District afternoon and evening leagues! We were narrowly beaten in both leagues by our local friendly rivals Fordham, so next year we will be trying hard to reverse those positions for sure. In addition, our Ladies captain, Linda Flack won two singles finals, in the Ely & District and Cambridgeshire County knock out competitions. Congratulations to them all.

We have also introduced many new bowlers into other leagues in the Bury & District and Suffolk Area D, as well as arranging lots more 'friendly' games with other clubs, so all our new bowlers now have a solid base for starting afresh next year with more experience and confidence.

As so many members enjoy outdoor bowling in the sun, and we have a marvellous social side to our club, we organised a 'Bowls Tour' of the Benidorm area of Spain, playing games and tournaments against different clubs during our week away, so 14 members flew off and had a fantastic time. What better view when playing bowls is playing next to the beach with the Mediterranean Sea glistening just metres away.



Over the summer our indoor club house has had a major internal makeover, including insulation of the walls and cladding. This looks totally amazing and obviously will help with keeping the costs of heating down this winter. We are so thankful for the time consuming and hard work of some members to make this happen, within a time frame and on budget. Why not pop along and watch a game of bowls or enjoy a drink any weekday evening and see what your local facility has to offer.

We were very pleased to be asked to host the recent West Row village VJ celebration in our clubhouse where we displayed a 'pop up' museum of war memorabilia, and we also welcomed back the Galaxy Big Band and Apple blossoms.... It was such a fun night enjoyed by all and raised a lot of money for charity.

The club also runs Merv's monthly bingo evenings, and the dates for these are usually the last Saturday of the month, but please check on our Facebook page to confirm the dates.

If you would like to try out the sport of bowls, come along on a Wednesday evening where you will be warmly welcomed from 6pm onwards when coaching sessions are offered. The first five sessions are free and following this, if you enjoy it you can join as a beginner/social member for the cost of only £25 per year.

All bowling equipment is provided, but you will need a pair of indoor flat soled shoes, which we do have a selection of that you can also borrow if you wish.

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

peter.rolfe3@btopenworld.com

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

In one of my previous parishes there was a nursing home that specialised in care for people with severe Dementia. I used to visit there, and also to lead services at special times of the year, assisted by an organist on the keyboard.

Although we kept the services simple and short, and sung a lot, it was not always the most harmonious or indeed ordered service. You could never be sure what would happen or what would be said by the residents. All this to be expected and was fine, if sometimes eventful.

One year before Covid, I was leading the Harvest service – so we were singing the old hymns, because they would be known by the residents – *We Plough the Fields and Scatter, All things Bright and Beautiful* etc.

We then sung *Come Ye Thankful People Come* and something quite unexpected and miraculous happened. As the residents sang, all the outward manifestations of their Dementia stopped. As they loudly sang they became one, with themselves and with each other. They became transfigured and whole.

The hymn all too soon came to an end, and with it things went back to normal – and was not repeated with later services. It was a moment, over too soon, but a moment that I will treasure for the rest of my life, because in that brief sung instant, time was transcended, the heavy burden of dementia was released and the Kingdom of God came to earth.

I have often pondered why this happened, and why a Harvest hymn, and not a Christmas Carol say. I think it's because those Harvest hymns, probably sung at school, remind us of our connection to Creation, to each other and to God. The hymns remind us that we are not isolated and on our own, but part of a bigger whole, that includes the universe and all eternity.

That's one reason why we continue to celebrate Harvest in 2025 because we too are not on our own, but part of a bigger whole including the universe and all eternity. So I invite you to join in a **Harvest** service this Autumn for a moment of connection with the Creator. There is one at **St. Peter's** on **5th October at 11:00am**. You will be very welcome.



West Row Baptist Church



From the Pastor's Desk

evan@westrowbaptistchurch.org.uk

As we approach Remembrance Day this November, we find ourselves reflecting on the sacrifices made by countless Individuals who have served and protected our nation. This year, our reflections are particularly poignant as we have recently commemorated VJ Day, marking the end of World War II in the Pacific.

Victory over Japan Day, or VJ Day, is a significant moment in our history. It marks the day when Japan surrendered to the Allies, effectively bringing an end to World War II. This year, we honoured the bravery and resilience of those who fought in the Pacific, remembering the hardships they endured and the ultimate sacrifice many made for the sake of peace and freedom.

As we transition from VJ Day to Remembrance Day, we continue to honour the memory of all those who have served in conflicts past and present. Remembrance Day is a time for us to come together as a community, to reflect on the sacrifices made by our armed forces, and to express our gratitude for their service.

The image of a soldier giving up their life for their country is a powerful reminder of the ultimate sacrifice made by so many. This act of selflessness and bravery is not only a testament to their dedication but also serves as an illustration of a far greater sacrifice. Just as these soldiers laid down their lives to protect us from our enemies, so too did Jesus Christ give up His life by dying on the cross to save us from our greatest enemy: our own sin.

This is made ever so clear in the Bible where in Romans 5:6-8 we read, ***“Christ died for the ungodly. For one will scarcely die for a righteous person—though perhaps for a good person one would dare even to die— but God shows his love for us in that while we were still sinners, Christ died for us.”***

Remembrance Day is an opportunity for us to reflect on the values of courage, sacrifice, and love. It is a time to remember those who have given their lives in service to our country and to acknowledge the profound impact their sacrifices have had on our lives. As we gather to pay our respects, let us also take a moment to consider the ultimate sacrifice made by Jesus Christ and the hope and redemption it offers to everyone who is willing to turn from their sin and trust in Christ as their Saviour.

I would encourage you all to participate in the Remembrance Day events and activities. Whether you attend the memorial service, lay a wreath, or simply take a moment of silence, your involvement is a meaningful way to honour those who have served and to show your support for their families. But please also take a moment to reflect on your own life and honestly determine if you are right with God. You can't make yourself right with Him, only Jesus can. If you want to know more about how He does this, please feel free to attend our Remembrance Sunday Service on the 9th of November at 10:45am or chat to me whenever you have a free moment. I would love to be able to share the good news of Jesus with you.

So, as you all remember the past and look forward to the future, carry the spirit of Remembrance Day with you throughout the year. Strive to live lives that honour the sacrifices made by others and to build a community that reflects the values of courage, sacrifice, and love but most importantly, remember at the end of the day that Jesus is the only solution to all your problems and those of the world. I pray that your eyes will be open to this truth and that you will take the necessary action.

Now may the God of peace who brought again from the dead our Lord Jesus, the great shepherd of the sheep, by the blood of the eternal covenant, equip you with everything good that you may do his will, working in you that which is pleasing in his sight, through Jesus Christ.

May the Lord bless you and your family.

Evan

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

EARLY AUTUMN QUIZ 2025

All answers are WORLD LANDMARKS

e.g. Bell tower off centre (7,5,2,4)

ANS Leaning tower of Pisa

1. Metal colour hinged barrier crossing? (6,4,6)

ANS.....

2. A fortified area in Athens? (9)

ANS.....

3. Fourteen pound oval enclosure? (10)

ANS.....

4. Still growing in the Coral Sea? (5,7,4)

ANS.....

5. WAR TANG OK? (6,3)

ANS.....

6. Large inner room in a cottish house? (3,3)

ANS.....

7. Sounds like an ordered number spanner? (5,6)

ANS.....

8. American, Bridal and Horseshoe combined? (7,5)

ANS.....

9. Black opposite abode ? (3,5,5)

ANS.....

10. A tall narrow structure with a card game? (5,6)

ANS.....

11. FREE WET FOIL? (6,5)

ANS.....

12. Largest subjective fortification on Earth? (5,4,2,5)

ANS.....

13. Mona Lisa is here? (3,6)

ANS.....

14. Messiah who saves? (6,3,8)

ANS.....

15. Old queen loses mobility? (8,5)

ANS.....

16. Dedicated to Athena the virgin? (9)

ANS.....

17. Ocean is in its middle? (5,8)

ANS.....

18. Thomas Beckett's skull & St. John's head are said to be here? (2,5,9)ANS.....

19. HAS YOUR SEEDY OPEN? (6,5,5)

ANS.....

20. She welcomes with torch and declaration? (6,2,7)

ANS.....

NAME OF ENTRANT.....

ADDRESS.....

Contact tel. no

**N.B. PLEASE POST YOUR ENTRY IN THE BOWLS CLUB SILVER LETTER BOX
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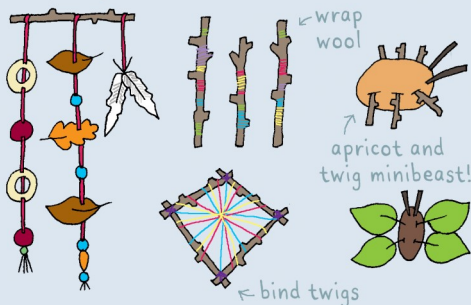


Decorate your own tree in the Garden

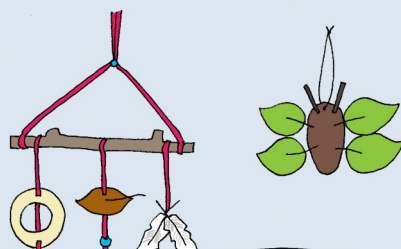
You will need

- Ribbon or string 
- Scissors 
- Natural objects such as twigs, leaves, dried fruit, feathers 
- Coloured wool and beads 

1 Get creative! Use your natural objects to make decorations.



2 Attach the ribbon or string by either tying it around your decoration or by cutting a hole and threading it through.



3 Find a tree! Use your ribbon or string to attach your decorations to your favourite tree.

