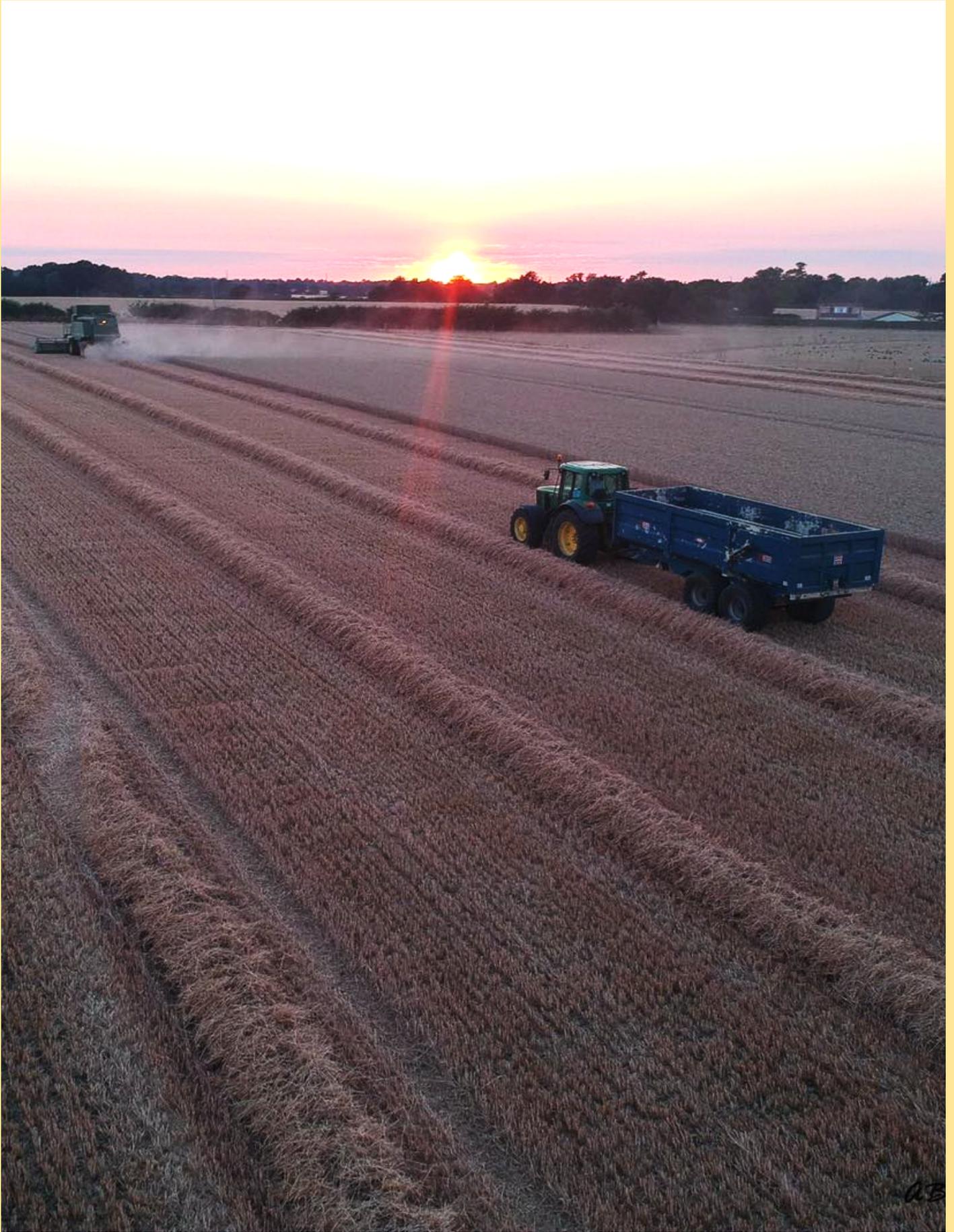


The Oracle



Autumn 2018

issue 96

Notes from Orac

Well another edition of the Oracle hits the streets. Not an awful lot has gone on in the past couple of months. Village quite quiet with half term upon us. There was another successful Quiz night (the Great British Quiz) at which everyone had a great time. Some innovative hat designs were on show.

The car park has had the pot holes filled in and is now a lot better.

Soon be time to start grass seeding the village play area now the weather is cooling down. Hopefully it will be a carpet of green in spring!

The village green is being well looked after and we hope to start planting and seeding for next spring.

Some very disappointing news is the growing amount of dog poo littering the village. Not only is this a criminal offence but it shows NO RESPECT to the village and its inhabitants, and especially the children who play around the village. There are plenty of dog bins in the village so, whoever it is, start using them.

Looking forward, there is the **village fete on September 22nd** and we have a lot of events taking place. There will be craft stalls, competitions for the children, various live music, tug of war, Burgers and hot dogs, plus the bar will be open. We hope to have dance groups performing both in and outside the hall. Lots to see and do so make a note in your diary.

Rock 'n Roll comes to the village hall on Sunday afternoons starting in October, with jive tuition available.

There is a 60's / 70's night on the 20th October in the village hall.

All our events are shown on the village web site, FB Residents of Occold, the village hall and village notice board.

Don't forget the next edition (winter) will be out early December, and so will be in time for Christmas adverts etc.

Dave Cox

Notes from the Editors

It's that quiet time of year when everybody is on their summer holidays, or looking after the children on theirs!! For this reason and because we had to pull this edition forward a month to bring the winter edition forward to the beginning of December this edition is slightly thinner than normal as many of our regular contributors are away or too busy!

However there is still lots of information inside about forthcoming events, new classes at the village Hall and Brian's second part of the history of the Village Hall and times gone past. Very informative to some of us "newbies" (we've only been here fifteen years) and lots of memories for others. The articles about Speeding and Dog Fouling on page 25 affect us all !

Many people don't know or use the Lunch club, run by a bunch of stalwart volunteers (see page 24) and we understand that **'The BEAKY'** are offering another chance for people to meet, eat and socialise with OAP's lunches on Tues, Wed and Thurs, where they can enjoy a starter, main course and desert for £5.95 with smaller portions available for those with a smaller appetite. Possible mains include Lasagne, Scampi, Chilli and Ham, egg and chips.

Maybe see you there?? *Julia Pointer*



Women's
Institute

OCCOLD and

REDLINGFIELD WI

ENTERTAINMENT, EDUCATION, CRAFTS, CAMPAIGNING

And INTERESTING OUTINGS AND SPEAKERS

Come and see what you are missing and widen your horizons

Not just Jam and Jerusalem but something for everybody

Don't be lonely, make new friends, relax, enjoy a cup of tea and maybe a slice of cake!

Find out more, come for an evening

Occold Village Hall 7.45pm on 1st Wednesday each month

Contact Lesley Hull, President Tel:678228 or Sue Welch, Secretary Tel:678521

Redlingfield and Occold WI

Harvest supper

Occold Village Hall

Saturday 6th October

7.00 for 7.30

Free drink on arrival

Bar and Raffle

Ticket £12.00 (from contacts above)

Whos who on OCCOLD PARISH COUNCIL

Occold has a full complement of 9 Parish Councillors on the local Parish Council. If you wish to raise any matters concerning the village, you can do so by attending a Parish Council meeting, dates of which are posted on the Parish Website and on the Parish Council Noticeboard, or by directly contacting one of the councillors or the parish clerk. Details are as follows:

Chair: Colin Cripps	Tel: 01379 672945
Kevin Chittock	Tel: 01379 678464
Alison Davenport- Jones	Tel: 01379 672996
Neil Flack	Tel: 01379 678966
Michelle Grange	Tel: 07905 332396
Stephen Hubner	Tel: 07799 035768
Brian Hull	Tel: 01379 678228
Richard Mullarkey	Tel: 01379 678435
Richard Owen	Tel: 01379 678232
Clerk: Caroline Emeny	Tel: 01986 798422 E: parishcouncil@occold.com

St Michaels Flower Guild.

How time flies! - a quarter of the years' programme has now passed since my last report.

The June meeting was an evening visit to Woodwards, at Coddendam, with a very interesting, well stocked garden of 1½ acres with many unusual plants, shrubs and trees.

In July the Guild made a visit to Weybread to see the Alpacas. On an evening on which the weather was so good, walking the paddocks and being in close contact with the animals was a memorable experience, also being well informed of the care and life of the Alpacas from birth to collecting the fleece. The evening concluded with some delicious refreshments provided by Jayne. It all added up to a most enjoyable evening.

As I write these notes (13th August), there are showers and sunshine and the next outside visit is a walk on Wednesday 15th. This is to be at Rickinghall Inferior and Botesdale and will be a 5 mile walk or a short stroll for those not so able, all arranged by Sue and Tiny who kindly arrange these walks for the Guild every year. I hope the weather is kind to them!

At all these meetings we have had the company of gentlemen joining us and it is hoped that in future there will be other meetings when they will join us again.

The Guilds' aim is to have a happy time at the meetings and to include everyone's interest at sometime in the year.

Elly.



Providing a
PROFESSIONAL
and caring service

Susan Whymark Funeral Service

*Susan Whymark Funeral
Service is owned and run by
the Whymark Family.*

**Independent
Funeral Service** *serving
Eye, Harleston and
the surrounding areas*

Telephone personally answered 24 hours a day
Eye 01379 871168 Harleston 01379 851253

www.susanwhymark.co.uk
email susan@susanwhymark.co.uk

Chestnut House, 12 Progress Way,
Langton Green, Eye, Suffolk, IP32 7HU
And 31 Redenhall Road, Harleston, IP20 9HL



Tim Bloomfield



Painter and Decorator
2 Ash Tree Close
Occold, Eye
IP23 7LD

01379 678638

Mobile 07708644135

Plotted History of ORAC. Part 2.

I hope you enjoyed the first edition of the Plotted History of ORAC, or at least learnt some of the facts, rather than the stories you may have heard.

The purchase of the land from the Brewery seemed to have taken a long time, it was finally signed in January 1980.

By March the 18 inch concrete pipes were dug into part of the ditch for the access road to the field.

In July an outline planning application for a village hall had been applied for to the District Council. VAT registration had been sent off so we could reclaim some of the likely VAT costs on materials and labour. After a long wait and several attempts to contact them, we found out the forms had been lost and we had to acquire more form and send them in again. (nothing seems to change!) Through the autumn and winter of 1980 things moved on very quickly.

In October the field had been ploughed and re seeded with a hard wearing amenity grass mix, this had been carried out by some of the local farmers at no cost to the village.

Also in October, an agreement was reached with the Brewery to run our sewer pipe through their land, allowing us to connect up to the main sewer the other side of the road, outside what was then the village Post Office and general stores. As you can see by the photo, the main sewer is very deep where we connected onto, in fact about 12 feet deep! In those day there was not Health and safety as there is today and we dug the hole, not using any shuttering. Makes you realise how dangerous things were in 1980! Does anyone recognise the three men above me wondering whether to leave me in there?



Two second-hand Arcon buildings (pre-fabs) were ordered through Stanley Wattam at a cost of £1790 which included erection, supplied and done by AM White.

Although the grass had only recently been sown with grass, ORAC were offered a one year old pair of goal posts for £50 from London, the football club offered to pay half, Peter Havers picked them up at a later date.

Negotiations were done with Anglia Water to supply a water connection for the village hall at a cost of £50. As the building plot Mr Coe had brought also needed a supply it had been decided to do the two at the same time. Mr Coe offered to pay for the village hall connection himself, thanks were given.

Before your head gets too confused I will mention the ongoing search for other fund raising ideas, these included, 5 a side football, waste paper sales, knit in and Guy Faulks celebrations This started as a fund raising event but soon turned into an additional expense due to the ever increasing cost of fireworks. We included a small entry fee, BBQ and drink sale but still struggled to break even. Then, as ORAC was about to cancel Guy Faulks, Bill Bulstrode offered to supply and pay for the fireworks himself, this was not an insignificant sum and his generosity continued for many years for the whole village and surrounding villages' enjoyment (one of the best displays in the area).

A couple of additional attractions for the Fete were pony rides which were organised by Tony Muttock and David Harding and “Its a Knock Out” (very popular around then on TV,) run by Peter Havers and friends.

New committee members throughout the period included: David Harding, Sue Welch, Carole Mayhew, Colin Hubbard, Nora Stone, Lenny Bull, Isobel Plowman, Mrs Leggett and Ard and Sonny Smith.

The Reading room site/ St Catherines Hall (now known as the village green) had been donated to the village in 1979, along with a small piece of land known as the pump site just past Golden Alley on The street, just past the school. I will continue referring to this piece of land as the Reading Room, which had been a very derelict building, mainly brick built with glazed tiled roof.(It even had a tree growing through it)

In late 1979 Colin Hubbard a local furniture maker offered to buy the building and site with the intention of rebuilding the building for a workshop and showroom for antique furniture. He made an offer of £2000, but it later became clear that power tools would be used with the likely outcome of a noise problem. A year later, nothing could be agreed and ORAC decided to wait for planning approval on the proposed village hall first.

On the 13th April 1981 an Extraordinary meeting held at the school had been called to make a final decision on the site. There were a long list of ideas and suggestion offered, the final decision was eventually made to keep the site for an amenity area for the village. The building was put up for tender to demolish and clear the site. Eventually most of the brick and tiles were sold for £455, some of the bricks went to Mr Mayhew in exchange for work he had done on the hall notice board and some were kept for the footing to the village hall. Committee meeting were being held every month over the last couple of years just to keep up with everything that was going on.

The two Arcon buildings were delivered and left outside as we still had not receive planning permission. They had to be covered up and roped off to stop them deteriorating.

By November 1981 our amazing fund raising machine struggled to keep up with the expenditure related to the field and hall. The accounts showed £133.75 within the two accounts.

Letters were sent out to villagers to ask for 5 year, interest free loans to help, this raised £632 plus £176 in gifts.

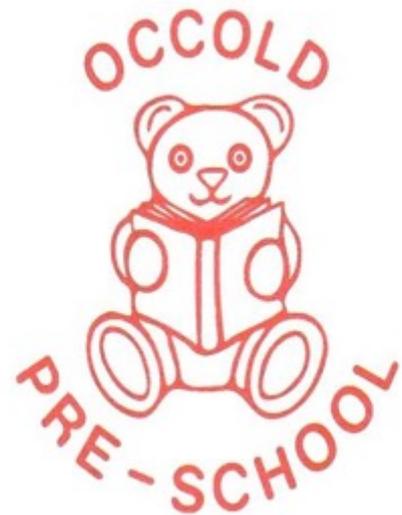
It had become harder and harder to raise money as fast as we were spending it. Indeed we ran completely out on several occasions, but nonetheless on 1st of May 1982 volunteers gathered to dig off the turf and dig out for manholes. With the help of Mr Coe and Mr Garrod, Mr Havers and Mr Hull the blocks were laid, hardcore put in and on the 26th June the concrete was laid with the help of volunteers as well. The Blocks were £205, hardcore £179 and concrete £579.

Mr Welch managed to acquire a large number of vinyl tiles suitable for the flooring for the village hall and the school also donated a clock

By September 1982 the two Arcon buildings were erected, the sale of the wooden flooring went towards the glazing of the building, steel mesh screens were made and fitted to avoid broken window from the football played within feet of the hall. The underground electric supply had been dug in and the connection was done on 17th September 1982 at a cost of £247. A temporary fuse board was donated and fitted by Don Lummis. At least the building is up, we only need to complete the inside and outside, how were we going to pay for all of that?

Just to finish off this edition of the history of ORAC, the field hire now started to bring in useful income, along with Pippa Dee parties, can you remember them? Will the hall ever get completed?

Brian Hull



Occold Preschool

Is Urgently Seeking

New Committee Members

If you have a child who attends our
Preschool

OR

If you have a genuine interest in ensuring
that the children who come to us,
receive the very best learning through
play opportunities, as well as care for
their individual needs

Please contact:

Di Noller on 01379 678198

For further information

Occold PreSchool

Supporting Great Ormond Street Hospital Charity

At Our - 'Café-Plus'

Please come and help us to do this!

Occold Village Hall

Saturday 29th September

9.30am – 11.30am

The Village Hall will be open for you to come and enjoy a cuppa & a chat

Why not try one of our bacon rolls, a cone of chips or a delicious cake! This month we will be helping to raise funds for East Anglian Children's Hospices, as well as for

PreSchool

We would love you to have a table at any of our events, but please email us at market@occold.com to make sure we have enough spaces

We hope to have – crafts, produce, plants, home-bakes, jams, bric-a-brac, books, games and household goods

Our Café-Plus, will be open again at the end of October & November



Bulstrodes

27 BRIDGE STREET, FRAMLINGHAM
SUFFOLK IP13 9AJ
01728 621152
www.billbulstrode.co.uk

TOYMASTER™
Your REAL Toy Shop

Stocking All Major Brands

The largest selection of **LEGO** in Suffolk?

Britain, Nerf, Airfix, Barbie, Hasbro, Orchard Toys, Depesche, Revell,
Fisher Price, Paul Lamond, My Little Pony, John Adams, Mattel, Hama Beads, Magformers,
TY, Play Doh, Outdoor Games, Tobar, Skateboards, Puzzles, Paddling Pools, Pocket Money
Toys



Digitally print photos instantly

NEW Biometric Passport Photos

We Also Stock...

Sports & Swim Accessories, Flags of the World,
Balloons & Partyware, Cane & Baskets, Plastic Storage,
Greetings Cards, Humbrol & Vallejo Paints

Carpet & Flooring Services

Estimates, Sampling,

Experienced Fitting

Ask us about Blind Supply & Fitting



August 2018

Now that the Parliamentary summer recess is almost over, I'm getting ready to return to London and the daily business of Parliament, but I have very much enjoyed spending the summer at home in Suffolk and getting back to the grass roots of being a constituency MP.

We've certainly enjoyed some consistently warm summer sunshine this year, some would argue too warm, but I have particularly enjoyed meeting a great many of you as I visited and opened a number of village fetes and summer events. It's always lovely to see families spending quality time together outdoors enjoying the very best of Suffolk life. I'm sure our farmers can also breathe a sigh of relief as the harvest has been safely gathered, without the constant interruption of wet weather disrupting things.

At the time of writing, I'm delighted to learn of the Government's drive to create stronger communities as part of a more caring society. Proposals will include significant reform across the public and private sectors looking to build a fairer society, with people, communities and charitable organisations working together to make decisions about delivery of public services.

As well as encouraging councils, businesses and the voluntary sector to work together, this initiative will also importantly deliver £165 million of funding to further support community foundations, and to set up new organisations to help get disadvantaged people back into employment, and tackle social exclusion.

The initiative aims to boost charities and allow them to play a greater role in the delivery of public services. Government alone cannot tackle the complex challenges facing our society today, such as loneliness or homelessness, but it can help to bring people and resources together to provide more joined up services and initiatives across our communities.

Here in Suffolk, we have such a strong sense of community and I am proud of the great work that already goes on across the county. In fact, Suffolk is already ahead of the game, with a great track record of working collaboratively to deliver public services in new and innovative ways, resulting in more cohesive services and delivering better value for money for the people who live and work here.

Crucially, the new Leader of Suffolk County Council, Matthew Hicks, has started out on an extremely positive footing, with his commitment to work collaboratively across Suffolk, with the other councils, health and businesses. I certainly join him in that ambition. Together with our colleagues, we can help secure the very best for the residents of Suffolk.

As with other issues, despite the financial challenges, in Suffolk we will continue to lead the way.

For more information, please visit my website www.drdanielpoulter.com

FOREST SCHOOL AT OCCOLD PRIMARY

SUMMER TERM 2, JUNE – JULY 2018

With Gill Chapman

During this final half term of the academic year 2 year groups had Forest School sessions.

The year 4's had the first 4 weeks and the year 6's the final 3 weeks of term.

Both groups had the opportunity to spend part of a session with Tiny (John Welch) our own local Lepidopterist – moth/butterfly expert. He set light traps up in his garden overnight to see what moths were about. Both groups thoroughly enjoyed searching through to reveal what was there and were amazed at the beautiful creatures that they found. All the moths were safely and carefully released back into Tiny's garden.



natural pigments from leaves or flowers into cloth. Some lovely results can be achieved with care, and you also have to watch you don't bash your fingers!! The children climbed trees and enjoyed playing in the wild area at the back of the village field, using loppers and secateurs to clear part of this area of nettles and brambles so they could create natural dens in the undergrowth. Their final session finished with a fire, cooking marshmallows, making 'smores' and baking campfire toffee apples.

The Year 6's only had 3 sessions so a lot of practical skills were crammed in along with a fire for each session. I thought long and hard about this considering the risk during the very hot, dry weather we were experiencing at the time but decided to go ahead and use the opportunity to discuss the risks with the children and the precautions we were taking. The area around and beneath the fire pit was soaked with water prior to lighting up and plenty of water was to hand. They whittled sticks to use for cooking damper bread and marshmallows and finished off learning other knife skills to make kazoos.

I've had a great school year working with all the children at the school, I hope they have enjoyed it as much. As I have I'm looking forward to starting up again with them in September.

Home Security

It's a sad reality that the world isn't as safe as it used to be, and Occold is just as vulnerable as anywhere else, but there are simple steps we can all take. Norfolk Police have adopted an American campaign encouraging residents to get into the habit of completing a 9pm routine check of certain things around their home. **9 PM Routine**

-Check your vehicles

-Shut your windows

-Lock your doors

-Check your outbuildings

Inspector Ed Brown, who suggested adopting the idea, said: "It's simple really - set a reminder on your phone for 9pm and when it goes off do some checks around the house. "We know that some criminals are opportunistic, looking for that quick and easy win. By completing the 9pm routine residents are making life so much harder for offenders. This will ultimately result in a reduction in crime."

Another annoying and potentially harmful aspect of modern life is **nuisance calls**. Latest Ofcom research says 85% of people receive these calls, most of which are PPI or personal injury related.

To prevent scam and nuisance calls, take control of the situation. Don't give out your phone number unnecessarily and tick boxes to say you don't want to be contacted with promotional material. Go ex-directory or register to opt out of receiving unsolicited calls with the telephone preference service.

How to avoid becoming a victim of a telephone scam:

Top Tips

1. **Stop, think and be sceptical.** If something sounds too good to be true, it probably is.
2. If you receive a call which you suspect is bogus, speak to family or friends, or the Citizens Advice consumer service and seek advice.
3. Before registering with a telephone opt-out service, ensure that you have a guarantee that your personal information remains confidential, as it has been reported that some organisations may sell your data.
4. Genuine businesses or organisations will never telephone you and ask for personal or financial information
5. Think about how much money you could lose responding to a potential scam – it's a gamble not worth taking.
6. Ask your telecoms provider to set up caller ID on your phone line so you know who is calling your number before you decide to answer. If the number is withheld, it will be displayed as 'number withheld'
7. Consider purchasing a call blocking device or pay your telecoms provider to reject anonymous calls.(many will do this for free or very small charge!)

**** BE CAUTIOUS AND IF IN DOUBT, HANG UP! ****

How many autumn words can you find?

Autumn

t w i g i n t i c y
r s o n p a e h e m
a e r a b d c l o h
c a a c r j l x c a
t s n c o o a e l r
o o g u w n r i l v
r n e h n b f y m e
r s q u i r r e l s
v a u t u m n e t t
s h p u m p k i n n

autumn
harvest
tractor
yellow

pumpkin
twig
squirrel
brown

season
orange

Colour the squirrel carefully!



Occold Book Club

We created the Occold Book Club after a few people expressed an interest in going to one and amazingly we now have more than 10 members!

I think we'd all agree it's not a serious book club and we definitely don't spend the whole time talking about books but it's a lovely opportunity to take a bit of time out, chat with like-minded people and maybe even read something new.

We began with *Together* by Julie Cohen, an unusual love story with a surprising twist that was written in reverse chronological order. Most of us really enjoyed this and whilst it did create some debate – as all good books should – it was an interesting and thought-provoking read.

Next was a book with a more unusual title, *The Guernsey Literary and Potato Peel Pie Society* by Mary Ann Shaffer, set in the aftermath of WWII and written in the form of letters. This one definitely divided the group with some falling in love with it and others not at all drawn in to the unusual writing structure.

Third was quite a change to read *The Eve of Man* by Tom and Giovanna Fletcher, a book set in a dystopian future where no girls have been born for many years. The book tells the first installment (it's part of a trilogy) in the story of Eve, the first girl to be born in 50 years. Most of us enjoyed this as a different book to read but agreed that elements were a little too far-fetched.

Finally, our most recent read was *Into the Water*, the second novel from Paula Hawkins who also wrote *The Girl on the Train*. This crime thriller was a very interesting read and possibly the first book which we all really liked, definitely a page turner! It was quite a dark plot with a lot of cleverly interwoven characters and one we would absolutely recommend!

Despite a small amount of heckling from some other pub goers, the book club is open to anyone – regardless of gender – and we would love to see new faces if it sounds like something you'd be interested in.

We're now going to be meeting on a six weekly basis at 7.30pm at the Beaconsfield Arms and the next dates are as follows:

Tuesday 18th September – to discuss: *Eleanor Oliphant is Completely Fine* by Gail Honeyman.

Tuesday 30th October and Tuesday 11th December.

You can find us on Facebook by searching 'Occold Book Club' or email: carys@caryssamuel.co.uk if you want to find out more or even recommend a book for us!

Rock 'n' Roll Record Hop

DJ Crazy Nadge

NEW LOCATION

2:00 pm till 5:00 pm

£5.50 per person

Refreshments and Cake Included



We can show you some
basic steps to get you started

ROCKINGFOXES

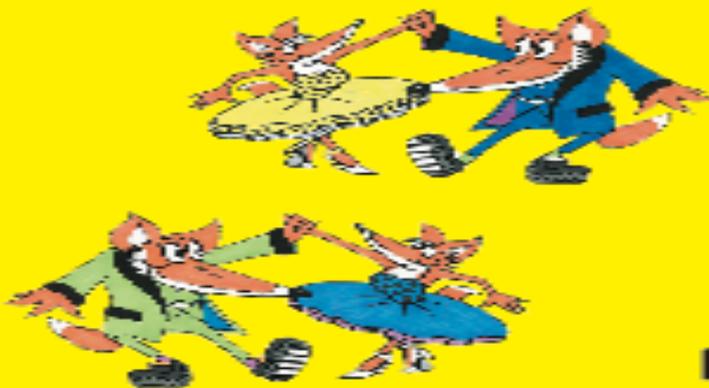
Sundays:

2018

14th October
11th November
9th December

2019

6th January
3rd February
3rd March
14th April
12th May
9th June
7th July
15th Sept
13th Oct
10th Nov
1st December



Occold Village Hall, Mill Road,
Occold, Suffolk, IP23 7PN

Website: www.rockingfoxes.co.uk

Email: info@rockingfoxes.co.uk

If you require any further information
phone Sharon on 07542 036527



**Amanda
Polley**

Swimming Lessons

Private one-to-one swimming lessons nr Wetheringsett

30 min sessions on weekday evenings and weekends available

All ages (including babies from birth) and abilities

Experienced, STA Qualified, CRB checked and Insured

Call **07910 376 906** or Email **theswimteacher@yahoo.com** for details

UNDER ONE ROOF MARK BANCROFT PAVING SERVICES

Specialist in all types of paving and hard landscaping. Driveways, patios, ornamental garden walls, water features, drainage and fencing.

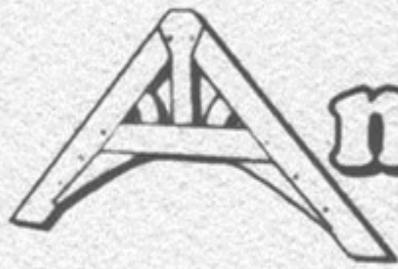
Family run business with over 20 years of on-the-job experience

Fast friendly professional service

Fully insured and all work guaranteed

Call Mark for a friendly visit with a free quotation

01379 677027 or mobile 07768636618



Andrew Jude

CARPENTRY & JOINERY

Extensions, Renovations, Timber Frame Buildings
& all General Building work

Tel: 01379 870114

Mobile: 07710 769668



Bulls Hall Bed and Breakfast

**Bulls Hall Road
Occold
Suffolk
IP23 7PH**

Go to www.sawdays.co.uk to see more information

Or

Contact Angela

At

angela.hall53@gmail.com

01379 678683



NEIL the HANDYMAN

- General household maintenance & repairs
- Painting & decorating
- Carpentry & electrics
- Tiling & plumbing
- Garden maintenance
- Sheds & fencing

No job too small!

For Sensible Rates and Free Estimates

Contact Neil on 01379 678966 / 07515 130161 / hello@neilthehandyman.co.uk

Optimal Heating

Father & Son Team
with over 30 years experience

Specialist Heating Engineers
Oil, Natural Gas & LPG Servicing and Repairs



Tel: 01728 628687
Mobile: 07806 660399





SCOTT REGAN
CHIMNEY SWEEPING



SCOTT REGAN
WINDOW CLEANING



**DEBORAH KILBURN
REFLEXOLOGY**



**BENNINGHAM GRANGE BARN
OCCOLD
EYE**

Relax and Rebalance

M 07443 635820

DEBBIEKILBURN@LIVE.CO.UK

**MEMBER OF THE BRITISH SCHOOL OF REFLEXOLOGY
MOBILE APPOINTMENTS AVAILABLE 20 YEARS EXPERIENCE**



Jubilee Baptist Church

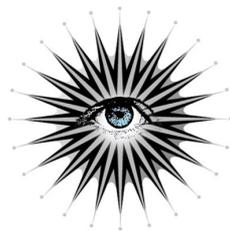
‘Worshipping, Loving, Learning, & Evangelising’
A Very Warm Welcome will be given to you at:

Our weekly **Sunday Service** which is held in:
Occold Village Hall
At: 10.45am

Youth Club – Alternate Friday evenings
7.30pm to 10.00pm in the village hall

Friends & Neighbours Group - Second Wednesday in each month
7.30pm to 9.30pm (in the Chapel)

Please call Rob on 01449 774609
For more information or, for details of week-night prayer meetings



SALON

****** SEPTEMBER & OCTOBER OFFERS ******

Receive a **FREE Wella Oil Reflections (smoothing hair oil) 30ML worth £8.20** with every colour service booked with our new stylist Louise.

Limited while stocks last!

15% OFF all hair up do's - for all those special occasions with Connie or Louise.

OPENING TIMES

Monday Closed

Tuesday 11am - 8pm

Wednesday 9am - 6pm

Thursday 11am - 8pm

Friday 9am - 6pm

Saturday 8-am - 3pm

2 Lambseth Street

Eye

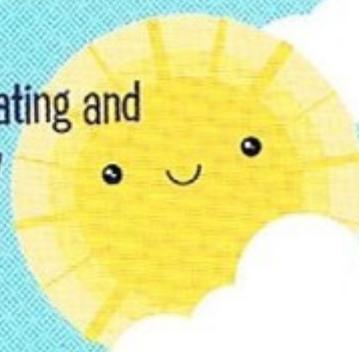
Suffolk

IP23 7AG

Call Eye Salon NOW to book on 01379 871996.

We're Outstanding!

"Children flourish and thrive in the highly stimulating and enabling environment" Ofsted May 2017



OCCOLD PRESCHOOL

We are open every week day during school term-time, from 8.00am to 4.30pm

Breakfast & After-school sessions every day

Affordable fees - and 30 hours 'free-funded' places for 2+ year olds

Boogie-Mites Music and Dance Sessions Every Tuesday at 10.00am

Lovely purpose-built room, with secure outside play area

FREE settling-in sessions

Call us on 01379 678397 to find out more or, to arrange a visit - we would love to hear from you!

www.occoldpreschool.onesuffolk.net OR follow us on Facebook

OCCOLD PRESCHOOL based at Occold Village Hall, Occold IP23 7PN



Debenham, Eye, Stradbroke,
Occold, Laxfield ...and every
other village in between.
info@highsuffolkrotary.org

Floods in Kerala, India – can you help?

High Suffolk Rotary has a direct connection to the affected area. Together with clubs in Woodbridge, we have long supported a local charity, **The Friends of the Banyan Tree**, which helps underprivileged classes in Kerala. In 2013-14 the club raised over £7,000 to help with the building of a community, educational and health centre in the village of Idinjar.

Like much of the region, **Idinjar has been badly affected**. We've been sent pictures which show the impact of the weather – roads washed out and people living in temporary camps. There's also a fear of landslides in a what is a very hilly area. They need help.

Of course, India is fast becoming a modern state able to help itself – *in normal circumstances*. The present situation is not normal. Whilst the government of India has done a magnificent job in mobilising both military and civilian aid, the impact on the poor will, as usual, be the most intense. For example, many of the workers in Idinjar are paid on a daily basis. No roads means no transport; which means no work; which means no money to feed their children.

That's why, in August, High Suffolk club made an immediate donation to the Banyan Tree charity, and why we will continue to closely monitor the situation. If you would like to help and you want to know that your donation will go directly and personally to help those most in need, please get in touch – details below.

To more light-hearted matters....

Don't forget about our annual charity **Ceilidh**

Friday 12th October at Debenham Leisure Centre

**Tickets 17.50 from events@highsuffolkrotary.org
or by phoning 01728 685 522.**

Don't just sit there...

You could be part of this, as a Member, Associate or Friend! Get in touch...

 info@highsuffolkrotary.org

 www.highsuffolkrotary.org

 [highsuffolkrotary](https://www.facebook.com/highsuffolkrotary)

Occold Lunch Club

The lunch club has been running in the Village Hall for eight years, It is held at 12.30pm once a fortnight, on Mondays and the friendly team of volunteers who organise it all is led by Carole Mayhew with eight able assistants. (more are always welcome, even if you can only do the odd one and cannot commit regularly)

The club welcomes people of all ages and provides a social meeting place, as well as a very good meal! The meal consists of a main course and a sweet, accompanied by a fruit juice, and then relax afterwards with a tea or coffee and chat

The team provide flowers for each table which the diners can take home afterwards – all this for £5.00 a head! and, if you don't feel well enough to go to the Village Hall, tell the team beforehand and they will bring a meal to your home!

The team buy all the food locally (and, I understand, get a very good deal from our local butcher in Eye, David Dunnett) and for this reason, they like you to book a few days before--ring Carole on 01379 678327 or Dawn 01379 678160. However, most customers are so pleased with the variety, quality and value of the food, that they book for the next one before they leave each time!

The venue is provided by Orac, without charge, but the lunch club makes a small profit which is used to improve kitchen facilities



HELPERS

The club closes for a few weeks in the summer to allow the volunteers to have their holidays

..... And Diners



The next lunch is on :
Monday 24th September

So, ring Carole or Dawn now to book your place (numbers above)

Speed Report

Many of you will now have noticed the speed indicating device (SID) moving around several locations in the village. If visual observations are anything to go by, the majority will have noticed it flashing red as they went past. Just as a reminder: Red = Too Fast.

Anyway, the SID records vehicle speeds for downloading and analysis, so you may, (or may not if you don't care about speeding and the safety and wellbeing of the village), be interested to know some of the figures that the device is throwing up.

Let's take a look at July when the SID was located at the church, recording traffic entering from the direction of the B1077:

Number of records: 20, 418 (the device also records pedestrians and cyclists)

Average speed: 23 mph

Number exceeding 30 mph: Around 2500 (it's a **20** zone!)

85th percentile: 30 mph (85% did not exceed 30 mph)

Number at 40 mph: Approximately 75

Remember: **Keep SID green** –Get a smile and keep the village safe !

Safe driving.

The Speed Doctor

Dog fouling in Occold

If you see a dog owner who is continuously breaking the dog fouling laws, you can (and should) report them to Mid Suffolk District Council .

Did you know dog owners can be fined £50-£80 on the spot, if they fail to clear up their dogs mess.

It is **illegal** to leave dog waste in the majority of public spaces.

However you will avoid getting a fine if you leave mess in areas used for agriculture or woodland. (but its not very socially responsible!)

Picking up your dogs waste isn't just a common courtesy, it's a health imperative!

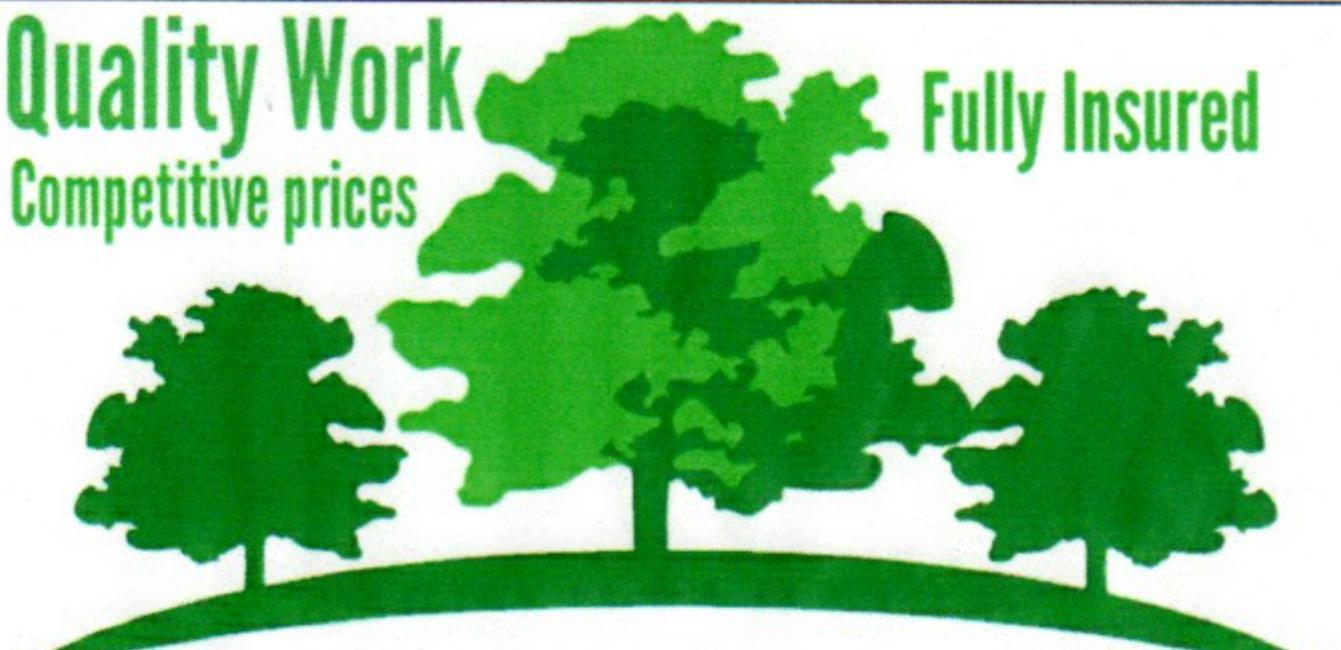
Picking up after your dog helps reduce the likelihood of its faecal bacteria ending up in an increasingly contaminated water supply.

Considering dog faeces are common carriers of things like heart worm, whip worms, hookworms, roundworm, tape worms, parvovirus, salmonella and E. coli , it's pretty important to clean up after your dog!!

Julia Pointer

Quality Work
Competitive prices

Fully Insured



All garden work undertaken, Call today on 07464 729602

J.W Services



Debenham Garage Ltd

Repairs, Servicing & MOTs to all Makes of Cars & Light Commercial Vehicles

Tyres, Exhausts & Batteries @ Competitive Prices

Diagnostics & Air Con Servicing

Free Collection and Delivery Service

Courtesy Cars Available

Camp Green, Kenton Road, Debenham, Suffolk. IP14 6LA

Tel 01728 860597

www.debenhamgarage.co.uk



Together, we can enhance
life and create a better future.

Delivering scientific excellence
and outstanding customer
service that helps customers
secure the potential of life
enhancing research and
products.

envigo.com



ORACLE is kindly printed free of charge by Envigo.

Need help with your PC or Laptop?



Friendly advice & lessons

Repairs & upgrades

PC – Laptop – Tablet – TV Windows – Web – Email
New PC – Slow PC Broadband - Home network – WiFi
Anti-virus – Safety – Backup Cameras – Printers
Microsoft Word, Excel, PowerPoint expert

At your Home or Business

No fix, no fee

Phone Chris on 0757 069 5279

Email: info@ubestree.co.uk

Web: www.ubestree.co.uk

Yoga Classes in The Village Hall Occold



Find us on
Facebook

YOGA

Tuesday Mornings - 9:30 - 11:00am

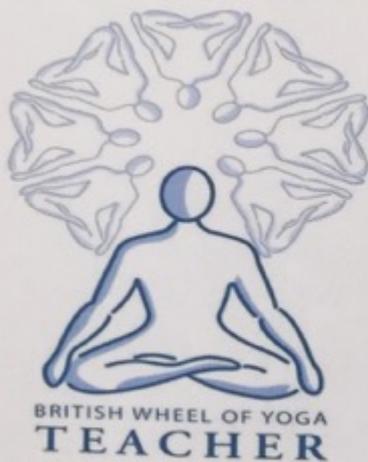
(Suitable for Beginners - Advanced)

The Village Hall
The Street
Occold
IP23 7PL



Join us for weekly **Hatha Yoga** Classes. Practice Asana, Pranayama, Mindfulness and Meditation. Adults aged 18 and over welcome.

The yoga sessions will help to improve your health and wellbeing, gain mobility, flexibility, stamina and aid relaxation.



BRITISH WHEEL OF YOGA
TEACHER

Price Per Class : £8.00

Block Bookings : £44.00 (6 Classes)

Contact Michelle to book:

07938 762 402

yogaclasseswithmichelle@gmail.com

BellyTone for the over 50's

A gentler fitness class using Belly Dance techniques

- Tones the whole body, but especially stomach and spine
- No dance experience necessary
- Naturally low impact so safe for joints
- Relaxed and friendly
- No age limit!

Tuesdays 10am – 11am

Hillside Community Centre, Stowmarket, IP14 2BD

Thursdays 10am – 11am

Occold Village Hall, IP23 7PL

Cost: termly @ £6 per class

(e.g £36 per 6 weeks) or pay per class @ £8

First class FREE for all newcomers!

For more details or to book, call Alison 01379 678 176

or email mail@bellycise.com

www.bellycise.com

60's & 70's Dance Night

Saturday October 20th

at the Occold Village Hall
Admission £4.00. Over 18's



Doors open at 7:30pm



Occold Summer Fun Day

Join us for Live
Music, Dance,
Games, BBQ and
Competitions

September 22nd 2018

*12 Noon until 4:00pm At the Occold
village hall and playing field*

