

The Oracle

Autumn 2023

Issue 116



Cover photo courtesy of Sue Welch

Issue 116 of The Oracle was compiled and edited by:

Gill Chapman

Would you like to be part of the editorial team? No experience required, just basic IT skills and the ability to work to a deadline as part of a friendly, collaborative team.

Please get in touch via email: oracle@occold.com

The Oracle is a quarterly magazine published in March (Spring), June (Summer), September (Autumn) and December (Winter). Deadlines for each edition are usually around the 14th of the preceding month.

To Advertise in the Oracle please contact Gill at orac.treasurer@occold.com with your advert. Prices remain the same for another year:

4 issues	Full page	£54	1 issue	Full Page	£15
4 Issues	Half Page	£30	1 Issue	Half Page	£8

Revenue from advertising in The Oracle goes to ORAC, helping to fund maintenance and development of the Village Hall, playing field, playground and village green. Our thanks go to **Occold Primary school** who are involved in printing the magazine.

All submissions for publication should be emailed to oracle@occold.com

Use these settings in Word:

Font: Calibri 14

Narrow margins

Paragraphs: no spacing

No headers or footers

Submit a word, small pdf or jpg file

Guidance is on the village website www.occold.onesuffolk.net

Many thanks to everyone who has contributed to this edition.

If you have an interesting hobby or have visited somewhere of interest and feel you could write an article for the magazine, your input would be much appreciated.

Village Hall Bookings: villagehall@occold.com or 01379 678198

ORAC News

We held our AGM on the 17th August and are pleased to welcome Johanna Matta to the committee along with the re-election of the existing committee member and officers. Caroline Jones has stepped down for a while due to family commitments. We are very grateful to her for the support she has given over the last few years.

ORAC AGM Vice Chair's Report 17/08/2023

In some ways the year seems to have flashed by but in others the comforting rhythm of Village life continued with the WI Harvest Supper and the ORAC Christmas Dinner mixing with the September '22 Quiz Night, Bingo Night with the School in March '23 and hosting of the Coronation celebrations in collaboration with other village organisations in May '23.

Coffee mornings continue to be well attended providing a great opportunity for a chat over coffee and cakes as does the 3 girls 1 Climb soup and a roll lunch.

New hirers to the hall since August '22 help in providing the funds to maintain the hall and improve its facilities. Two new Yoga groups, Badminton, Crafty Crafters and a Foster Care Support Group started using the Hall in January. The Gary Cook Band started using the hall in February '23 for band practice, while Games nights started April '23.

The Pre-School, Jubilee Baptist Church, WI, Rocking Foxes, Table Tennis and Bellicise have continued as regular hall users. The Karate/Taekwando Club hire the hall for occasional training events.

In addition, numerous private bookings for functions such as family parties, sales, football club event nights and training meetings etc have taken place.

The Hall is now over 10 years old and it's essential to keep on top of maintenance to ensure the safety of users of the hall, maintain the fabric of the building in a good condition and improve facilities where possible.

To that end RoSPA was commissioned to inspect the play area on the field in September 2022. The Play Safe inspection takes into consideration compliance with current standards and defects related to wear. As a result, a large quantity of play bark was delivered in December 2022 and volunteers saw in the New Year spreading it in the play area. Various minor routine maintenance tasks have been scheduled to ensure compliance with current standards.

The Fire Safety Risk assessment was updated in February 2023. Various recommendations relating to additional signage have been implemented and new fire doors to the old storage area have been fitted.

In July '23 a grant was received from Mid Suffolk Council which, with a contribution from existing ORAC funds, enabled approximately 300 square metres of the carpark subject to the hardest wear to be laid with a tarmac surface.

Finally, I would like to take the opportunity to thank members of the committee, members of other village organisations and volunteers for all their enthusiasm and help in planning and running events at the Hall.

Ted Hampson

ORAC Committee 2023:

Ted Hampson	Vice Chair	email: orac.chairman@occold.com
Gill Chapman	Treasurer	email: orac.treasurer@occold.com
Carol Peters	Secretary	email: orac.secretary@occold.com

Nigel Woodhouse, Dan Hull, Russell Grange, John Davis, Gordon Erhorn, Johanna Matta

What's on in the Village Hall:

Coffee Mornings 1st Monday of the month: 4th September, 2nd October, 6th November, 4th December

Soup Lunches Last Friday in the month in aid of 3Girls1Climb: 29th September, 27th October, 24th November

Craft Club 3rd Wednesday of the month: 20th September, 18th October, 15th November

Games Nights 3rd Friday of the month: 15th September, 20th October, 17th November

Table Tennis every Monday 6 – 7.30pm - New Players always welcome

Bellicise every Thursday morning 10-11am

Yoga Classes with Abie Monday evenings 8-9pm

Transformational Yoga Tuesday evenings 6.30 – 7.45pm & Friday mornings 10.30 – 11.15am – see posters for dates.

WI meetings 1st Wednesday of the month – 6th September, 4th October, 1st November

3Girls1Climb Quiz night 30th September

Football Club Race Night Friday 27th October

Thursday 7th September @ 7pm – Neighbourhood planning meeting

Postcard from ... The Three Peaks



On the 25th May at 5am eleven of us, ranging in age from 14 to 75 and including three generations of one family, left Occold for the 3 Peaks in 3 Days Challenge. The challenge involved climbing the 3 National Peaks, Ben Nevis, Scafell and Snowdon. Ben Nevis is the highest at 1,345 metres above sea level, Scafell is 978 metres above sea level and Snowdon is 1,085 metres above sea level. The first challenge was the long drive to Fort William. On route we stopped at Mainsgill Farm Shop in Yorkshire for a very tasty breakfast. We also managed to hear Radio Suffolk telling our story during our stop. Once off the motorways the scenery was much better. Our second stop was in Glasgow and then we headed further North passing the beautiful Loch Ness, sadly we didn't see Nessy. We finally arrived at the Glen Nevis hostel and were very impressed! It was a huge modern building including a bar, restaurant, large fully equipped kitchen and en-suite rooms.

The hostel staff suggested we begin Ben Nevis across the road from the hostel up a track they called heart attack hill, we found out why the next morning. We started our climb about 6am in dry, sunny weather but it wasn't long before the rain started, and the mist came down. Near the summit it was snowing and -10degrees. Not pleasant. The descent was almost as bad as the climb up as the boulders were very slippery. The total distance was 10 miles but it seemed a lot longer. Eventually we all made it down safely



ready to drive to Muncaster Castle Coachman's Quarters, our hotel near to Scafell.



After another early morning start, we drove to Wasdale to start the climb. It was a beautiful day and fortunately it stayed like that all the way to the top so there was a lovely view. Some of us decided to do a shorter walk and walked to the Wasdale Head Hotel and enjoyed the view whilst enjoying lunch!

Once everyone was safely down and had enjoyed a well-earned ice cream we set off for Wales for the final climb. We arrived in Betws-y-Coed to discover most eating places closed early on Sundays, so it was back in the minibus to find a takeaway.

Another early start to drive to Pen-y-Pass to start the Snowdon climb. It was another beautiful day. We chose to climb up the Miners Path, which was a gentle walk to begin with but then involved clambering and scrambling up and over rocks. The thought of the café at the top was a great incentive until someone coming down told us it was shut! There were so many people at the summit we actually had to queue for a photo at the top, but the views were worth the wait. The couple



queuing behind us were from Needham Market.

We decided to come down the Llanberis Path. The bar at the bottom was a welcome sight. Once again into the minibus for the long drive back to Suffolk, finally arriving home at 11pm.

In total we drove 1251 miles, a huge thank you to the drivers. We walked 23 miles and climbed 3,408 metres. We all agreed we'd had a fantastic time and raised money for three wonderful charities, Tango2, Sebbys Gifts and adapted equipment for Occold Forest School. Would we do it again? Not sure about Ben Nevis but this comment I saw on trip adviser made me laugh.



“This is far too steep! The paths are uneven and could do with resurfacing and being levelled out. There are no toilets or shops on the route to/ from the summit so nowhere to get a sandwich or drink. There was also snow on the summit when we got there, and it was slippery with no signs of grit bins! Only a matter of time before someone has an accident and slips”.



I think several of our group slipped!

We had several discussions about the next challenge, no decision has been made yet, but I believe some suggestions involved water. Three girls from the group have their next challenge planned, it's Kilimanjaro in October. There's still time to sponsor them and support their charities.

Donation link: <https://gofund.me/10e1fce7>

THREE PEAKS CHALLENGE



ORAC Christmas Dinner

Saturday 9th December 2023

7.00 for 7.30pm Occold Village Hall

Glass of Prosecco or Bucks Fizz on arrival



Starters

Prawn Cocktail with Marie-rose sauce, brown bread & butter
Melon & Parma Ham

Home-made Roast Butternut Squash Soup with a bread roll (vg)

Mains

Roast Turkey with all the traditional Christmas trimmings

Cheese & Walnut Roast with Stuffed Cabbage Leaves (v)

Vegan option available

All served with assorted seasonal vegetables

Desserts

Christmas pudding with cream or custard (vg)

Trio of Puddings – Bakewell Tart, Chocolate Brownie, Raspberry mousse

Tea or Coffee, Mini Mince Pie, After Eight mints to finish

£22 per person

Please contact Gill (01379678446), Sara (07841128913) or Carol (07789236082)
for tickets or email Gill at orac.treasurer@occold.com

Please book by 30th November & state your meal choices when booking.



Orac Coffee Mornings

First Monday in the month 9.30 – 12.00

Next dates: 4th September 2023

2nd October 2023

6th November 2023

**Come and enjoy home-made cakes, tea,
coffee and good company**

**If you have difficulty attending please contact us as
we may be able to arrange transport.**

Call Gill on 01379 678446



News from St Michael and All Angels

We must start in this issue with a note of thanks for those behind the success of our recent fund raising events - Daphne and Martin Cowan-White for hosting a barbecue (when it did not rain!) and the Flower Guild for organising the Flower Festival in the church (see separate report for the detail). Attendance at the Flower Festival on Sunday morning was possibly affected by television coverage of events on the other side of the world, but we did welcome a good number of visitors over the whole weekend and are planning for 2024....

Nearer in time we have a number of events coming up. The annual Ride & Stride for Suffolk Historic Churches will probably have taken place (on 9 September) by the time you read this - we just hope the weather will be better than in July. We will hold our Harvest Festival on Sunday 8 October with a short service followed by cake - please do come along. There will be a Saturday towards the end of October (probably 21 or 28 October) when we will ask volunteers to come and help cut back overgrowth and undergrowth in the churchyard and the extension across the road. We are also looking forward (even as summer finally arrives) to the Carol Service which will be held as usual on Christmas Eve. More details will go on the church noticeboard and be publicised as the dates approach.

Regular services will continue on the second and fourth Sundays in each month, starting at 9:15 and usually followed by coffee and biscuits or cake (or both!).

Best wishes to all

Stephen Hubner and Gillian Richardson, Churchwardens

Barbecue in aid of St. Michael and All Angels restoration fund. Saturday 12th August at Hampton House Occold.

Our thanks to all those who helped in any way to make the afternoon such a success before, during and after the event by fetching and carrying, lending furniture and gazebos, selling tickets and above all donating raffle prizes.

Special mention goes to the chief chef Ray Housely and his assistants and the Beaconsfield Arms without whom there would have been no barbecue.

Last but not least we are grateful for the generosity of those who came and raised the magnificent sum of £750.00 for the church restoration fund.

Daphne and Martin Cowan-White.



Join the...

Crafty Crafters

Every third Wednesday in the month in
Occold Village Hall, 1 - 3 pm

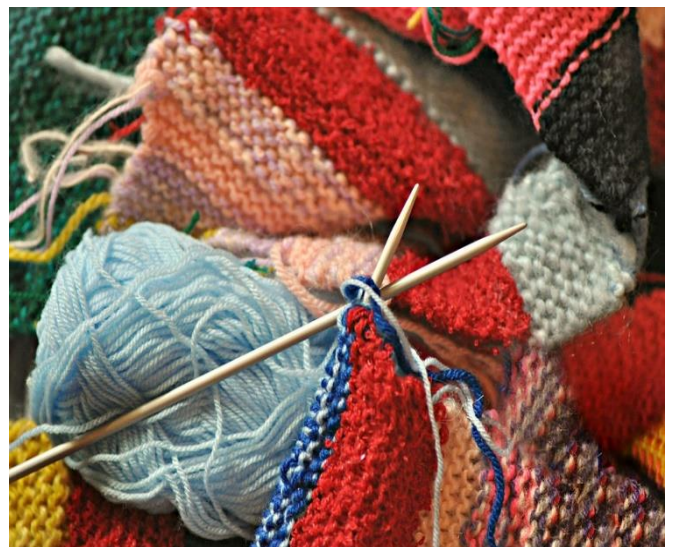
Wednesdays 20th September 2023,

18th October

and 15th November

Bring a craft activity
to do or share. Tea,
coffee & biscuits
available.

£2.50 per person



Update from Lucy, your Mid Suffolk District Councillor

It's been a busy few months since the elections! I've really enjoyed meeting lots of you since then. I've been working to help people throughout the Ward with a range of issues – from housing to fly tipping, parking to community safety – and lots more.

The new Mid Suffolk District Council has also been working hard on a range of different areas.

Supporting residents through the **cost of living crisis** remains a key priority. If you are struggling with the cost of living, this link has more information about the help available: www.midsuffolk.gov.uk/benefits/cost-of-living-support/i-need-help/

A new **Pride in Your Place** grant has been launched to fund small projects to improve the appearance of our communities. If you'd like to organise things like a community litter pick, sign cleaning, or work on public open spaces, you can apply for grants of between £250-£400 (depending on community size). The deadline to apply is October 31.

For details see: www.midsuffolk.gov.uk/communities/grants-and-funding/babergh-and-mid-suffolk-district-council-funding/

We also want to tackle the **biodiversity crisis** by improving habitats for wildlife. As a starting point, the Council is leaving areas of longer grass and wildflowers in some public spaces. Longer grass means more insects, which in turn supports many birds and mammal species. Of course, play areas will still be mowed (and some roadside verges are kept clear - for safety reasons - by Suffolk County Council).

Got a question, problem or concern? Please do get in touch!

- Email lucy.elkin@midsuffolk.gov.uk or phone 07928 512590
- Visit me on Facebook – www.facebook.com/CllrLucy/ I'll share what I'm working on, details of 'drop in' dates, plus information from Mid Suffolk District Council.
- Meet face-to-face at a drop-in session. I'll be at The Beaconsfield Arms on the following Fridays:

Fri 6th October, Fri 3rd November and Fri 1st December between 12 & 1pm

Hope to see you soon! Best wishes, Lucy

To Contact Mid Suffolk District Council:

- <https://www.midsuffolk.gov.uk/>
- Phone: 0300 123 4000

Badminton

Now at Occold Village Hall.
Thursdays from 5pm - 9pm or check
availability through the website.
Hourly slots available
£10 per hour



Book your slot through
di.noller@btinternet.com
or through the online booking system at:
occold.onesuffolk.net/services/village-hall
Bookings for under 18's must have adult supervision



Peter & Leigh extend a warm welcome to you at the Beaconsfield Arms.

Come and enjoy Sunday Lunch- served from 12.00 – 3pm (booking
advisable) and Saturday breakfast from 8.30 – 10.00am

[A variety of Paninis and Toasted Sandwiches now being served at
lunchtimes.](#)

Telephone 01379 678833

Occold Book Club

In June we read *Bird Brain* by Guy Kennaway. This was generally a hit, scoring 8.4/10. We loved the original concept, the humour and the fantastic descriptions of the countryside. We won't be able to look at a pheasant again without thinking of *Banger*!

Our July book - '*Queenie*' (Candice Carty-Williams) gave us the most discussion about a book for a long while. We felt there were many issues in the book: racism, domestic violence, mental health. For some there were too many issues, so not necessarily dealt with properly. The texting prose of book was a negative for a few, initially the flips back and forwards of story were confusing but *Queenie's* journey was enjoyed. Sad but we all thought a big achievement for debut novel. Score 7.4

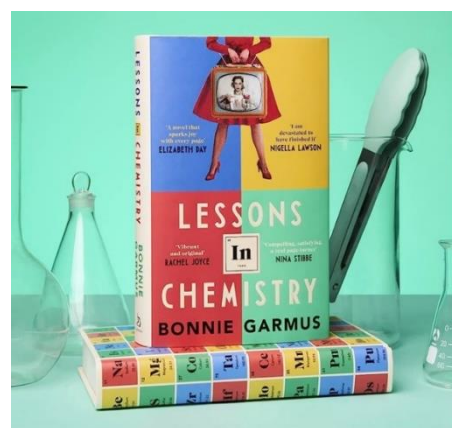
In August our book was '*Lessons in Chemistry*' by Bonnie Garmus

Before we started discussing the book, much talk was had on how lives and roles of women have changed.... But how far have women come? The book was enjoyed - funny, shocking and sad. The way the dog was in the story with his point of views was cleverly done (reminding us of '*Banger*' – *Bird Brain*). For some the ending was described as contrived and digressed from the strong theme that ran through the book but a happy ending all the same.

We then went on to discuss the cover and how many books will now be of a similar type, as with Richard Osman covers. Then Jenni noticed the 'in' and we discovered it's the element Indium from the periodic table, atomic number 49! Now who thought of that - very clever! We googled further and found in that in America there is a totally different cover giving the impression of a very different story (beach read). Although we might be drawn to a book by its cover how many of us dissect it - future discussions we feel! Congratulations to Sara for accessorising her t-shirt with the cover of the book! How does Jenni read a book in less than a day...? Score 8.7/10.

Next meeting in the Beaky:

Tuesday 5th September - book the *Butterfly Isles* by Patrick Barkham (library has copies)
October 3rd - book is '*Hidden in Plain Sight*' by Jeffrey Archer (library has copies)





Redlingfield & Occold WI



Our June meeting is always our annual outing. This year we visited Peter Beales Rose Gardens at Attleborough. Fifteen of our group were able to attend and we enjoyed Afternoon Tea together before exploring the gardens. June was certainly the best time to visit with most of the roses in full bloom. It was a beautiful day and we all enjoyed the gardens, nursery and shop. The car boots were full of our purchase for the return journey!



In July we had a very interesting talk from Nicky Hoewener about the history of the Suffolk Lacemakers. This subject has been a passion for her for many years and her talk was both informative and absorbing. Of particular interest was the importance of Lacemaking as an industry for women in past times in this area, centring in and around Eye with artefacts being found in numerous local villages, including Occold.

In August we had a Craft evening focussing on making pages for our WI Scrap Book, led by one of our members who is an avid Scrapbooker. It was a sociable and fun evening.

We usually meet every month on the first Wednesday of the month in Occold Village Hall at 7.30pm. If you would like more information about our activities please contact our President, Carol Peters on 01379678597, or just come along to a meeting. We look forward to welcoming you.

Saturday October 7th Annual Harvest Supper at the Village Hall 7 for 7.30 pm

All welcome to this annual event (ticket numbers limited though). Raffle Prizes and Bar available. Bucks Fizz on entry

Menu to include choices from: Spanish Chicken, Slow cooked Beef Casserole with dumplings, Lasagne & salad or Mushroom Wellington (V). Served with new pots and veg. Choice of various dessert.

£15 per person.

Please contact Carol for tickets on 01379 678597



Saturday 11th November 2023

Occold Village Quiz Night

Occold Village Hall, Doors open 7.00pm, eyes down 7.30pm

Teams of up to 6 per table

**Tickets £8.00 including supper – Chilli & Jacket potato
Cheese & Beans Jacket Potato, both served with side salad.**

Bar will be open

Tickets available from:

Gill Chapman (07790386814 / orac.treasurer@occold.com)

Sara (07841128913 / sara.hampson1@btinternet.com)

Tim Bloomfield



Painter and Decorator

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Occold, Eye

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As autumn approaches our summer visitors begin to leave us hopefully surviving to return next year. You may notice increased activity above us as Swallows, Swifts and House Martins circle in larger numbers preparing for their testing journeys south to avoid our winter. Once September is passed most will be on their way although in recent years a few Blackcap and Chiffchaff do remain in the UK which could be connected with climate change.

Although our local weather has been varied it has been a good year for our breeding birds of various types. One pair of Blackbirds in our garden successfully produced three clutches of two young each time. Sadly the adult male was killed as the second clutch fledged although the female was laying eggs again shortly after and has been working non stop feeding young from May to August



As colder weather sets in you may see our regular winter migrants such as Fieldfare and Redwing arriving from Northern Europe and Scandinavia. In and around Occold they often gather in flocks feeding on berries. Some will venture into gardens and can be partial to apple. Both are thrushes, the Fieldfare being near the size of a Mistle Thrush and the smaller Redwing of similar proportions to our Song Thrush. Last winter Fieldfares sometimes gathered in the larger trees around the playing field by our village hall.



Smaller birds such as the Siskin and Brambling also arrive. The Siskin appears similar to a small slim version of our Greenfinch, often in flocks although may visit bird feeders in gardens. They seem quite partial to grey

sunflower hearts as do various finches. The Brambling is similar to the Chaffinch and often feeds with them. In flight the Brambling has a white rump like the larger Bullfinch.



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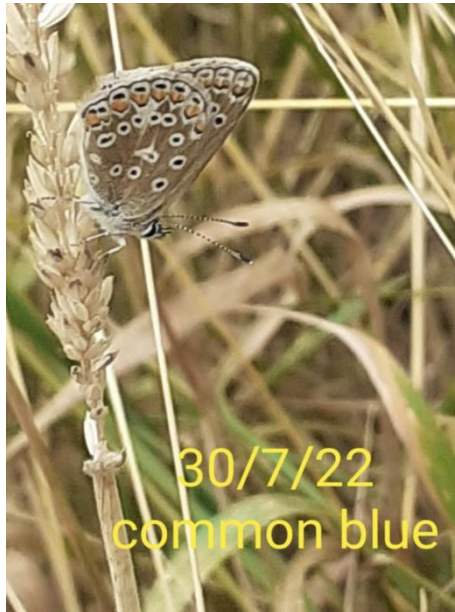
Telephone: 01728 860597. Email: michael@debenhamgarage.co.uk





The summer has seen some beautiful wildlife in the Village, from Bee Orchids to Butterflies and amazing moths.

Tiny was especially pleased to see a Jersey Tiger Moth – the first he has ever seen!



Bee Orchids

Red Admiral

Common Blue

Poplar Hawk Moth

Jersey Tiger Moth



MID SUFFOLK

Refuse & Recycling

Collection Schedule 2023




December 2022 Mo Tu We Th Fr Sa Su 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	January 2023 Mo Tu We Th Fr Sa Su 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	February 2023 Mo Tu We Th Fr Sa Su 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28	March 2023 Mo Tu We Th Fr Sa Su 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31
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 **REFUSE** (general rubbish) collection week

 **RECYCLING** collection week

 Please refer to the MID SUFFOLK Christmas & New Year Waste Collection Schedule 2022-23

 Collections following a bank holiday will be a day later than usual for the rest of the week



Please put your bin out by 6.30am

To check for delays and report a missed collection, please visit www.midsuffolk.gov.uk/waste-services
Alternatively, phone 0300 1234 000 (option 4)

3girls1climb invite you to our

QUIZ NIGHT

Charity

**SATURDAY,
September 30th
7pm**

- * Booking Essential
- * Eyes Down 7.30pm
- * Tickets £10 per person (includes food)
- * Teams of up to 6 per table
- * Bar & Raffle

For tickets contact Nicky 07484 375987
or book online:

<https://3girls1climb.sumupstore.com/product/quiz-night-ticket>

**Occold
Village Hall
IP23 7PW**



Sebby's
Gifts



A Creative Journey.

I have been a member of the WI for over 40yrs and in that time have done many things with Occold WI and the Suffolk East Federation.

My greatest achievement so far is the completion of the Creative Stitch and Advanced Stitch courses they run. Over five years I did two courses, each two years of intense learning with a break in the middle when Covid struck. I learnt so many things about fabrics and threads, that you can sew metal on an ordinary sewing machine, use a soldering iron to cut and seal synthetic fabric. That there is such a thing as soluble film and fabric, totally new to me and I discovered what great fun it was to work with when trying to create a piece of textile art. Most of us will have tried Tie Dyeing it was all the rage in the 60s and 70s but what about Rust dyeing, Eco dying, natural dyeing, Silk Screen Printing or just painting the cloth with acrylics.

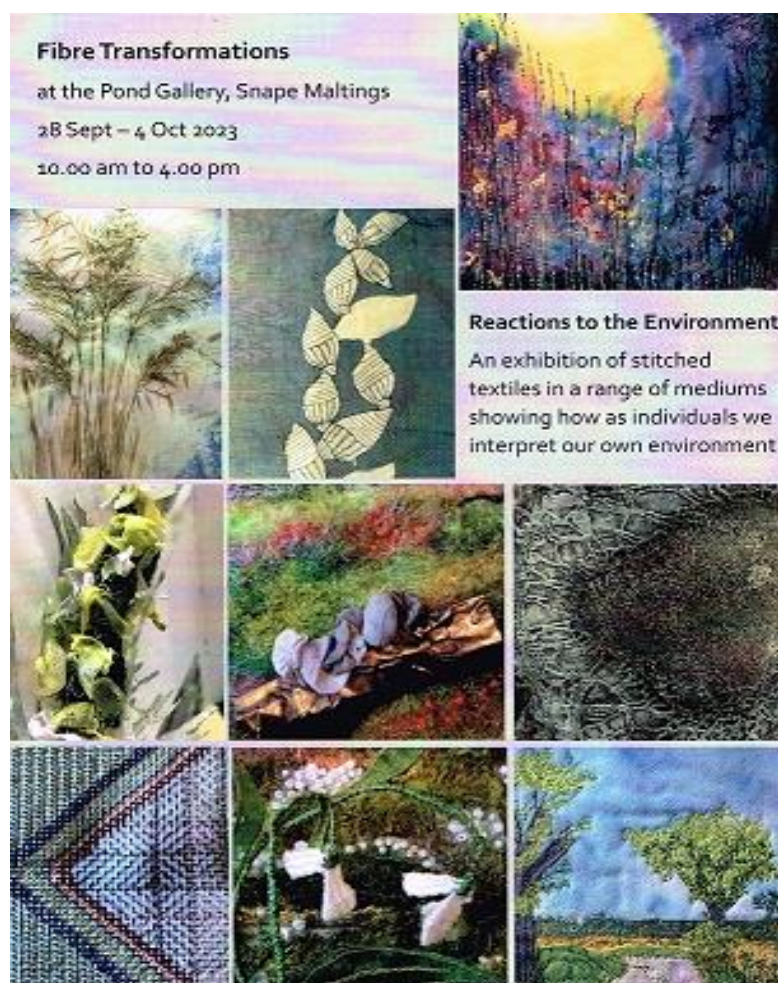
The beginning of this journey did not start well, colour charts and colour wheels, sticking paper and card together I felt as if I'd gone back to nursery school, but with my tutor's encouragement I carried on and so glad I did. I learnt so much about design and colour in those first few sessions although at the time did not realize how helpful it would be.



At the end of the course there is a Graduate Show an exhibition of the students work, this year it was held in Needham Market Community Hall and was well attended. Anyone can apply for the courses you do not need to be a member of the W.I, they are mostly held in the WI headquarters in Ipswich, but some take place at Risby near Bury St Edmund.



The question I then asked myself was “what next?” I couldn’t just stop stitching after all I’d done over five years, so after a lot of deliberation, I joined with four of the graduates who had already formed a group.



Fibre Transformations is the group I have joined and I will be exhibiting with them at the Pond Gallery at Snape Maltings. It is both exiting and daunting. I had never imagined a stitching course could be so fulfilling, but also make me think more about my environment and the world around me and how to interpret it in stitch.

Thanks to the WI and the tutors, my creative journey began and is set to continue.

Sue Welch



Next Games Nights:

Friday 15th September, Friday 20th October
and Friday 17th November

7.30 – 10.30pm

Come to the Village Hall for a fun night of games – cards (various), dominoes, darts, board games, yahtzee, qwirkle, scrabble and many more. Just come along.

£3 per person, bar available

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OCCOLD

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JUBILEE
BAPTIST
CHURCH

All welcome every 3rd Monday afternoon
anytime from 2-4pm
at Jubilee Baptist Church.

Drinks and cakes provided.

15th May	18th September
19th June	16th October
17th July	20th November
21st August	18th December

www.jubileebaptist.co.uk



NO PARKING SIGNS IN REDLINGFIELD ROAD

Residents in Redlingfield Road wish to inform everyone about them:

These signs have been put up politely to inform drivers that the strip of land at the end of the premises along Redlingfield Road is land owned by the house owners and not for public parking.

The area concerned where parking is not allowed can be easily identified by the colour of the road surface. Ownership of this land has been identified by the Land Registry Office to the current home owners.

Drivers of motor vehicles should be aware that as this is private land and their vehicles will not be covered by the Road Traffic Act should their vehicle be damaged. Being on private land their motor vehicle Certificate of Insurance will not cover for any claim made.



DR DAN POULTER MP

Member of Parliament for Central Suffolk and North Ipswich

2023-08-03 Dr Poulter - NHS at 75

We have just celebrated 75 years of the NHS and a recent report issued by the Health Foundation projects that by 2040, nearly one in five will be living with health conditions such as dementia and cancer. This means there could be 9.1 million people living with a major health condition by 2040, a 37% rise in the latest data from 2019. It goes without saying that this will have a significant impact on our NHS.

As a practising NHS hospital doctor, I am proud to work in a health service that delivers patient care which is free at the point of need, but as the NHS looks towards the future, it simply must transform. With an ageing population and more people living with major health conditions, the time has come for a more ambitious debate on what the health and social care system needs in order to continue to thrive and survive for the next 75 years, and beyond.

I think most of us would agree that if we were designing a health service from scratch today, it would need to look very different from the current model. The report from the Health Foundation cites that a radical shift is required, with more focus on care in the community, rather than in hospitals. Caring for people with chronic illnesses requires more effective community-based care and that means better integration of health and social care services.

Community care is all about supporting people to live the best lives possible – living independently for as long as is possible in their own homes. This means bringing together healthcare providers from across the NHS, community services, social prescribing and voluntary sector organisations. Delivering health and social care in this way supports people to stay well and independent and enables health care teams to act more quickly to help those with preventable conditions. It supports those living with long-term conditions or multiple needs, by pooling resources to deliver care as quickly and effectively as possible. This approach is something which I wholeheartedly support. That's why I was especially delighted to have been asked to open the newly refurbished Michael Burke Centre on the Hartismere Hospital site on Friday 21st July.

I truly believe that as patients, we would all prefer to be treated in the comfort and dignity of our own homes or accessing local community health and social care services. With the Michael Burke Community Wellbeing Centre, we now have a tremendous asset and one which has a strong future in delivering truly integrated healthcare in Central Suffolk and across North Suffolk. As someone who believes in public service as I do, it is a great pleasure to see good things happening in Hartismere and I am pleased to have played even a small part in making that happen and will continue to work for these outcomes across Central Suffolk and North Ipswich.

The NHS has served this country well for 75 years. As it looks towards the future, it must transform. A focus on prevention and reform of commissioning is vital if the NHS is to continue to meet the needs of patients in the years ahead.

As always, if you have any issues I can help with at one of my local advice bureaux, please don't hesitate to get in touch with my office via www.drdanielpoulter.com

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At the heart of learning in our community

Occold Primary School News

Contact: office@occoldprimaryschool.org

July 2023

It has been such a busy month here at Occold Primary School. There have been so many exciting things happening in and out of the classroom which we would love to share with you all...

WCET Festival

A few weeks ago, Fox class went to Trinity Park for the WCET (Whole Class Ensemble Teaching) Festival. Children from a wide range of schools brought their instruments with them and played songs. Our children performed three songs which they had learned during their brass lessons. The children also learned and sang a Folk song called 'Lowestoft Docks'.



Quad Kids

Rabbits, Hedgehogs and Otters headed to Thomas Mills High School for 'Quad Kids'. The children participated in a variety of Athletic events alongside children from other local schools.



Year 6 trip to London

Year 6 had a fabulous trip to London with Mr Williams, Miss Thomas and Mrs Winterbottom to celebrate the end of their time in primary school. They travelled by train and underground and whilst there saw lots of the sights, watched Wicked and finished the day off with a meal in Pizza Express!



Sports Day & Summer fete

Sports Day was a great success! The children had great fun participating in a variety of sporting activities.



Sports Day was followed by our school Summer Fete. We would like to thank the Friends of Occold Primary School for all the hard work which went into organising and running the fete.

Mini Medics

Foxes and Otters enjoyed learning some life-saving skills during Mini Medics First Aid lesson. The children carried out chest compressions, practiced the Recovery Position and were shown a demonstration of how to use a defibrillator.



Summer Production

Our Summer Production of 'A Midsummer Night's Dream' was a huge success! The children and staff worked tirelessly to learn lines, perfect singing and acting and make the costumes! We would like to give a special thanks to Miss Jeni who played a huge part in the directing of the performance. Thank you also to Emma and Rachel who supported with costume creation and hair on the night.



Thank you to everyone in our school community – children, staff, families, governors and friends for your continued support, enthusiasm, and hard work this academic year. We look forward to the new academic year starting in September.

A reminder that dogs are not allowed on the village field.

It is used daily by the children of our school and dog faeces are being found regularly. They are toxic and unpleasant.

Please clean up after your dog wherever you exercise it. There are dog poo bins at various locations around the village.

Thank you

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Pear & Ginger Saute with Iced Mascarpone

Ingredients

Mascarpone – 2 egg yolks, 3oz Icing sugar, 8oz mascarpone cheese, Vanilla essence

Saute – 4 ripe pears, 2 oz unsalted butter, ½ tssp Ground ginger, 2 tbsp Walnut halve chopped, 1 ½ tbsp. of syrup from a jar of preserved ginger, 2 tbsp of dry white wine

Method to make the mascarpone

Mix egg yolks with the icing sugar, add the Mascarpone cheese, add a few drops of vanilla essence

Spoon into a freezer proof container.

Cover and freeze for at least 6 hours. Remove from freezer. Place in fridge for 30 minutes before serving the pear and Ginger Saute.

Method for Pear & Ginger Saute

Core and cut pears into quarters. Heat butter in g frying pan, stir in ginger, add pears and walnuts. Cook until pears are tender. Turn pears over after about 3 minutes.

Stir in the syrup from the ginger jar and the wine. Cook until syrupy. Stir in the stemmed ginger and add a little lemon juice.

Serve with the iced mascarpone

Enjoy, Elly.

STOKE ASH GARDENING CLUB 2023

Mon Sept 25th ‘Constable - the man and his Landscapes’

Patricia Hodgkins Stoke Ash Village Hall 7.30pm

Mon Oct 23rd ‘History of Dunwich Heath’

Richard Symes Stoke Ash Village Hall .30pm

Mon Nov 27th AGM – Quiz tbc

Meetings start at 7.30pm in Stoke Ash Village Hall.

For more information or to arrange transport contact Caroline on 01379 678871

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The Hall is available to book for various events including parties, celebrations, sales etc Please check the booking calendar for availability at:

occold.onesuffolk.net/services/village-hall and complete the online booking form ... or ring Di on 01379 678198

THE FLOWER FESTIVAL

I moved into the village with my husband in November 2020. It seemed very strange as we were all in lockdown and we could only call across the road to say 'Hello' to people. When things started to ease and began getting back to normal I decided to join various groups that I was interested in as it was a good way to get to know locals.

One of the places we attended regularly was St. Michael and All Angels Church. We were warmly welcomed and I was subsequently invited by one of my new friends to the Flower Guild. This group is responsible for the flowers on display in the church and members take turns in fulfilling this role. After a period of time I became a member of the committee.

The church and the flower guild run the Flower Festival which is held at the church over two days each year (although the planning and preparation take much longer!) Each year a theme is decided upon, this time being 'My life in flowers'. The idea is to link flowers, some props and other items that help depict the theme. A person can enter as an individual, team or represent an organisation which opens this to a wider number of people. The flower display is not a competition.

One of the groups having an invitation to participate was the ORAC committee which my husband serves on. After the invite was read out at their committee meeting my husband, knowing I was in the Flower Guild bravely volunteered me for the task much to the relief of others present!

Until I arrived in Occold, I had never arranged flowers, so with a couple of flower displays for the church as a grounding I reached back forty years to my display and point of sale, advertising and design course at college that I had not used during my working career so this was my first display completed with props. All other participants and friends were very encouraging and I'm pleased to say the ORAC committee seemed pleased with the result.

The Flower Festival is a lovely village event with displays, refreshments, barbeque, stalls and raffle which raises much needed funds for our parish church. I understand that more has been raised than last year.

The Church and Flower Guild are very grateful to all those who attended and supported the event including volunteers on stalls, the barbeque, making signs, organising the raffle and general physical help moving things around.

On a personal note I would like to thank all those who baked, helped me on refreshments and those that offered help on the day.

On a final note of thanks I must mention my husband who must have walked miles under instruction back and forth fully laden keeping a sunny disposition while for the hundredth time I uttered the immortal words "could you just....."

Ruth Davis





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OCCOLD PARISH COUNCIL

The current list of Councillors and their responsibilities is:

Cllr Colin Cripps - Chair and Planning

Cllr Kevin Chittock - Vice Chair/Personnel/Planning

Cllr Stephen Hubner - Planning

Cllr Andrew Duggett - Personnel/SID

Cllr Heidi Stone - Personnel/Neighbourhood Plan lead

Cllr Tim Weller

Cllr Angela Hall

Clerk and Responsible Financial Officer: Libby Alexander

- occoldparishcouncil@gmail.com, 07943 279946

We currently have two vacancies on the Council. Anyone interested in being co-opted onto the Council can find full details of what the Parish Council does and details on becoming a Parish Councillor on the village website. Also I can be contacted for further information. The Council meets on the first Monday of the month with the meetings for the rest of 2023 being set for 4 September, 2 October, 6 November and 4 December at 8.00pm in the Village Hall. Anyone is welcome to attend.

USEFUL CONTACT DETAILS

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Call free on 105 or 08003163105 or text POWER and your postcode to 80876

Anglian Water

Supply problems or emergencies 0345 7145145

Spotted a leak 0800 771881

Essex & Suffolk Water

Water Emergencies 0345 7820999

Local Doctors Surgeries

Eye Health Centre 01379 870689

Debenham Health Centre 01728 860248

Police

Non urgent messages 101

Crimestoppers 0800 555111

Action Fraud Frauds & Scams 0300 1232040

(or Police on 101)

Suffolk Waste Collections

Helpline 01449 778678

Recycling 0300 1234000

Highways (pot holes, flooding etc)

Emergencies 0345 6066171

If on a trunk road (Highways England) 1235000

Hospitals

East Suffolk & North Essex (Ipswich) 014733 712233

West Suffolk (Bury St Edmunds) 01284 713000

Norfolk & Norwich 01603 286286

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Citizens Advice Bureau

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Port Isaac

*We arrived at Port Isaac,
It was bigger than we'd thought,
All those boats in the harbour,
For it was Doc Martins house,
We had so eagerly sought.*

*It overlooked the harbour,
And the school just opposite,
Bert's restaurant below us,
Lift boat station quiet now,
Aunt Ruth's just out of sight.*

*The pharmacy upon us,
Entered in, gifts wall to floor.
Was tiny, glad I ventured,
Biscuits, magnets, postcards,
Mrs Tishell not at door!*

*The scenery was lovely,
There were lots of tourists now,
All rows of white cottages,
Louisa's house was there.
Port Isaac, really a wow.*

Judith Rivett . August 2023



St Michael's Flower Guild

The Guild meet on the third Wednesday of the month, usually at St Michael's Church, Occold at 7.30pm If anyone would like to join us then they would be most welcome. More information can be found on Facebook each month.





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events we usually
run, we'd love to
have you come
along:**

Our website:

**www.jubileebaptistchurch.co.uk is
currently being updated**

**Please call Rob (01449 774609) Greg
01379 678198) or Andrew (01379
678160) for more details**

Weekly Sunday Service

10:45 AM / Village Hall or Chapel Hall

Youth Club

Alternate Fridays / Chapel Hall

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Sunday Service also available via Whatsapp

Weekly Prayer Meetings online via Zoom

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Three names with a connection.

The first Jack (it was his nickname) was born on 29 May 1917 in Brookline, Massachusetts. All of his grandparents were children of Irish immigrants.

Jack would go on to become a hero of World War II, serving in the US Naval Reserve.

In 1953 he was elected junior Senator for Massachusetts. The following year Jack married Jackie.

In 1960, he ran for president and won, becoming the youngest ever elected at just 43.

On 22nd November 1963, Jack was assassinated in Dallas, Texas, aged 46.

Ogie was the childhood nickname of our second individual, born on 26 July 1894 in Godalming, Surrey. Ogie was short for “Ogre” but not in any derogatory sense.

Educated at Eton and Oxford, Ogie volunteered for the English Army in 1916 during World War I but was refused entry being half-blind in one eye. No war heroics for him.

Ogie started writing novels, it was his fifth in 1932 which is the most celebrated; the dystopian classic “Brave New World.” Interestingly, his final novel of 1962 “Island” was the polar opposite, a utopian vision of the future.

Ogie was nominated 9 times for the Nobel Prize for Literature.

From 1937 until his death on 22nd November 1963, he lived in Los Angeles.

Finally, we come to our third name and second Jack.

He was born in Belfast on 29th November 1898. Like Ogie, Jack was another man of letters. Like Ogie and our first Jack, this was not his real name but he adopted it at the age of four after his dog Jacksie was killed by a car.

Jack was educated in Ireland and England, winning a scholarship to Oxford commencing in the Summer of 1917. Having joined the Officer Training Corps within months of arriving at the university, he was on the frontline in the Somme valley, experiencing trench warfare first-hand.

Wounded in April 1918, Jack eventually began his studies in December of that year. In a letter he said the horrors of the war had left him a pessimist and an atheist.

However, some years later he underwent a spiritual crisis, emerging with a belief in God, in his own words “the most dejected and reluctant convert in all England.”

Jack became a renowned scholar and author, writing the Narnia books, including the much loved “The Lion, the Witch and the Wardrobe.”

He died in Oxford on 22nd November 1963 aged 64.

These three, all hugely influential in their 20th Century arenas were, John F Kennedy (Jack), Aldous Huxley (Ogie) and C.S Lewis (Jack). The connection, if you didn’t spot it, they all passed away on the same day 22nd November, 1963.

At Jubilee Baptist Church we will be celebrating the memory of C.S Lewis with a special showing of the 2021 film “The Most Reluctant Convert” on Sunday 19th November, almost 60 years since his death and 125 years from his birth. It stars Max McLean (who wrote the stage play) and Nicholas Ralph (from the remake of “All Creatures Great and Small.”)

We would love you to join us at this free event, as we follow Lewis from his traumatic life as a child and young adult, culminating his dramatic conversion to Christianity. I’ve only scraped the surface, come and learn more about this fascinating journey to faith.



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Occold churchyard: A sanctuary for wildlife

Our churchyard holds a variety of native plants throughout the year, which are both pleasing to the eye and a benefit for wildlife. From the carpet of pink cyclamen in autumn to the snowdrops, primroses and daffodils of early spring and the ox eye daisies in summer, the churchyard provides a natural focus to the village.



Many of the plants are beneficial for pollinators, such as bees, wasps, butterflies and hoverflies; and some are food plants for the caterpillars of moths, butterflies and other invertebrates. Ox eye daisies, for example, have flat open flower heads ideal for pollinators; the yellow centre is actually made up of many small flowers which hold nectar. Moreover, as the common names often suggest, some wild plants were used as herbal remedies or were attributed properties in folklore.



Agrimony is a good source of nectar for pollinators and good as caterpillar food. It means 'thankfulness' or 'gratefulness' and in folklore agrimony was said to cure musket wounds and ward off witchcraft!



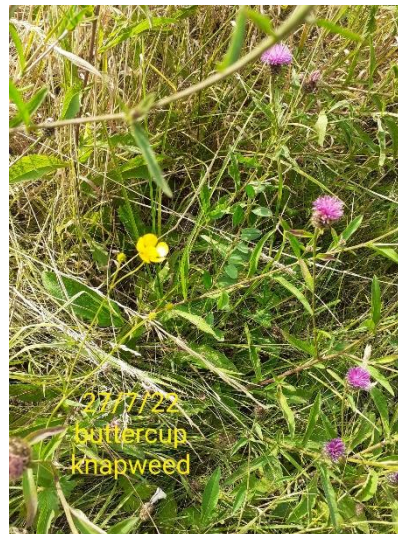
Meadow vetchling is a scrambling plant of the pea and clover family (legumes). It is attractive to bees and wasps.



Yarrow has flat topped clusters of white flower heads, each comprising yellowish disc florets and pinky white ray florets. Butterflies and other beneficial insects are particularly attracted to these flat open flower heads.



Ragwort, although poisonous for livestock, is the foodplant of the cinnabar moth: the black and yellow caterpillars are often seen on the plant.



Knapweed is particularly good for butterflies, including the common blue, marbled white and meadow brown.

Herb Robert is a wild geranium, a food plant and nectar source for many invertebrates including bees, hoverflies and the barred carpet moth.



Selfheal is a long lasting nectar source for bees and wasps in particular. As its name suggests, selfheal was traditionally used in herbal medicine for everything from stopping bleeding to treating sore throats.

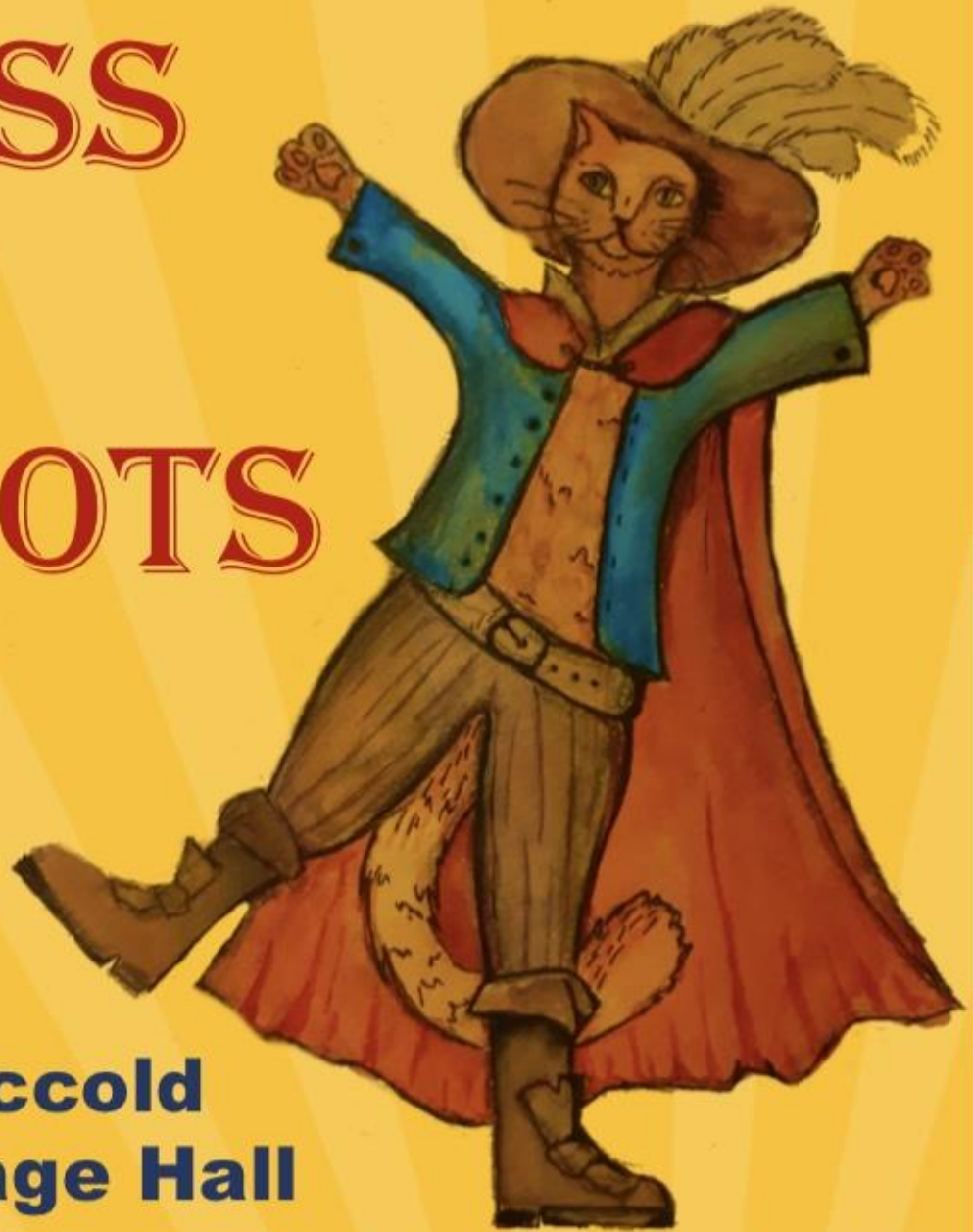


Lichens provides food and shelter for bugs and nesting material for birds such as wrens and long tailed tits. They denote clean air as they are sensitive to pollution. Lichens exhibit symbiosis, as they are made up of two mutually beneficial organisms: a fungus and an

Suffolk wildlife trust has supported villages in maintaining churchyards for wildlife; and have provided advice on managing these unique habitats. A group of villagers meet on the last Saturday morning of each month from March to September to continue this essential work. If you are interested in joining them, please contact Nick Cox on 01379 678520.

Dove Players Presents

PUSS IN BOOTS



**Occold
Village Hall**

Friday 12th Jan 2024

7.30pm


Saturday 13th Jan 2024

2:30pm and 7.30pm

Tickets on sale November 1st
www.ticketsource.co.uk/dove-players



This amateur production of Puss in Boots is presented by
arrangement with Concord Theatricals




*Oh, gather 'round, young actors bold,
With tales of heroism long-told,
Of cunning, wit, and bravery true,
Let the legend of Puss in Boots inspire you.*

*Come join the Dove Players, let's put on a show,
Take to the stage and let your talent glow,
With Puss in Boots as our guide,
We'll entertain audiences far and wide.*

*And for those who love to work behind the scenes,
With artful sets and technical machines,
Come join us too, for we need your skill,
To make our plays a thrilling thrill.*

*From costumes to lights, and sound too,
Your contribution is vital, that's true,
With Puss in Boots leading the fray,
Together, we'll make each show display.*










Occold Christmas Fair

To be held on Friday 24th November 2023

3 – 5.30pm

Occold Village Hall

-  **Crafts**
-  **Gifts**
-  **Refreshments**
-  **Raffle prizes**
-  **Lots of stalls**



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