

The Oracle

Winter 2023

Issue 117



Cover photo courtesy of John Davis

Issue 117 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 are very grateful to our local councillor, Lucy Elkin for supporting us with a Locality Award Grant that is enabling us to replace the playground furniture – picnic benches & seat bench, with new recycled eco plastic furniture. The old wooden furniture has been damaged in the past and is beginning to decay. The new furniture is maintenance free and long lasting and should give us many years of service. It should be arriving around the beginning of December. We will be topping up the bark chippings again in the New Year and organising a time to do some other small necessary repairs, so watch out for notification of a date – all help is gratefully received.

Sadly, the zip wire is coming to the end of its life and we are looking to replace it with a couple of new items, the photo is one possibility. Do go and have a look at the new play area in Eye – Bellands Way, if you would like to look at some of what is available. Feedback is appreciated. As you may imagine these items are very expensive to purchase and install so we will be applying for grants and putting our fundraising efforts towards this project. Please support us where you can. If you know of any sources of funding please let us know.



Bookings at the Village Hall continue to roll in and we are very excited to welcome The Dove Players to the hall in January 2024 with their pantomime – Puss in Boots. See the advert in the Magazine with dates and booking details.

Many congratulations to Amanda, Nicky and Zoe on completing their climb of Mt Kilimanjaro. From January their soup lunches will continue but will be run by different organisations in the village, raising funds for these groups instead. The next 3 sessions will be for The WI, St Michael's Church and Friends of Occold School. If you are involved in a village organisation and would like to join the rota please let us know. Please continue to support these social events.

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 December, 8th January, 5th February, 4th March 2024.

Soup Lunches

Last Friday in the month: no soup lunch in December restart in 2024: 26th January - WI, 23rd February – St Michael's, 22nd March – ORAC

Craft Club

3rd Wednesday of the month:
no meeting in December, restart in 2024
17th January, 21st February, 20th March 2024

Table Tennis

every Monday 6 – 7.30pm - New Players always welcome, no need to book. £4 per person, £2 for other household members.

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 – 10th January, 7th February, 6th March 2024

Dove Player's Panto

Puss in Boots – Friday 12th January 7.00pm, Saturday 13th January 2.30pm & 7.00pm



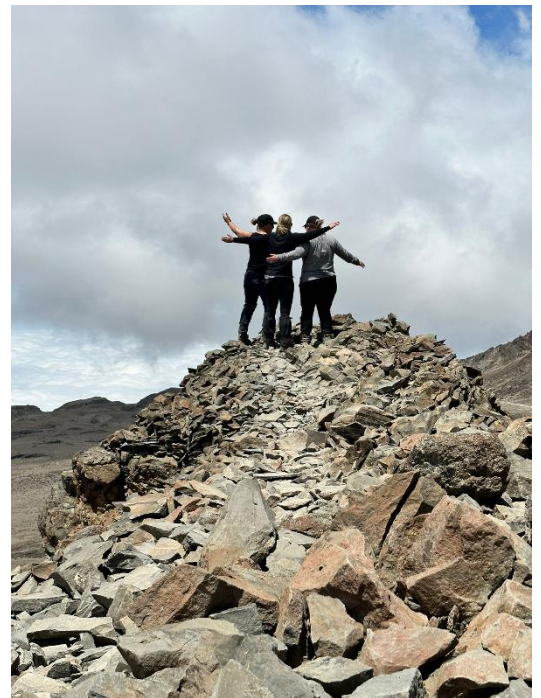


Postcard
from...
Kilimanjaro

We did it! We made it to the top of Mount Kilimanjaro!

We would like to start off by saying a huge thank you to all of the support from our wonderful Occold community leading up to our trip. The support at all of our events and the words of encouragement really were wonderful.

On the 5th of October, the three of us (Nicky, Amanda and Zoe) set off on the trip of a lifetime. Reality hit when we saw the mountain from the plane window, and we were flying lower than the summit! We arrived in Tanzania to meet with the rest of our group. There were 33 climbers in all.



[illegible]

A group of hikers in winter gear walking up a steep, rocky, and barren mountain slope under a clear blue sky. The hiker in the foreground is wearing a blue jacket and using a trekking pole.

Kilimanjaro is 5895 meters high and at the top oxygen levels are at around 40% less than in occold! The altitude had varying effects on people, and we experienced a



range of things from complete loss of appetite, dizziness, headaches, nosebleeds, wheezing and upset tummies! Most things quickly resolved when leaving altitude conditions.

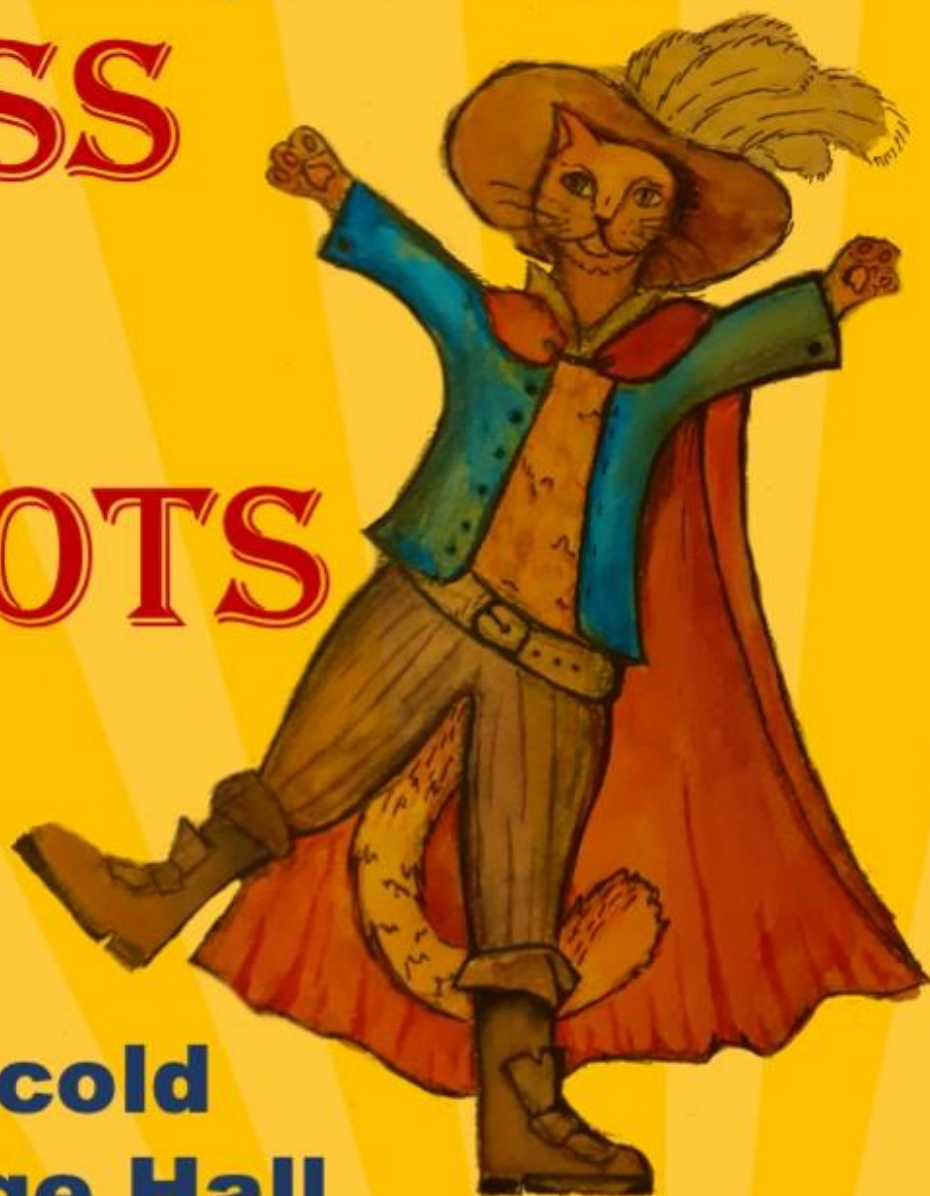
I think all three of us still can't quite believe we did it, and are very grateful for all of the sponsorship we received. We raised almost £7000 for our charities, which is incredible! If you see us, we'd love to talk to you about our experience and share all of our stories.

Amanda Hull



Dove Players Presents

PUSS IN BOOTS



**Occold
Village Hall**

Friday 12th Jan 2024 - 7pm

Saturday 13th Jan 2024 - 2:30pm and 7pm

Tickets now on sale

www.ticketsource.co.uk/dove-players

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



Occold Primary gains top Awards

As nominees of the East Anglian Daily Times Education Awards 2023 some members of staff and governors represented Occold Primary School at the awards ceremony held at Venue16, Ipswich, on Thursday 9th November.

Paul Parslow- Williams, executive headteacher said “We are delighted that the selection committee at the EADT recognises the importance of both including children with special needs in mainstream education and also providing experiences that expanded pupil’s horizons beyond the limits of the National Curriculum. We are proud that the hard work of the whole school community has been recognised. We are lucky to have wonderful children, inspirational school staff, thoughtful governors and supportive parents who all work together to make the school such a special place to attend.”



It was a very exciting and proud moment when the winner of the category Primary School of the Year was announced, and it was Occold. At the end of the evening the Overall Education Hero of the Year was announced, and we were absolutely thrilled to be announced the winner of that category.

Huge congratulations to all concerned.





Eye Bach Choir GOLD & SILVER

ANNUAL SEASONAL CONCERT
With New Buckenham Silver Band
Fri Dec 15th, 7.30pm Eye Town Hall

Golden Ticket Prize Draw

Festive drinks & mince pies

Tickets £12 each or *£20 for two *(advance bookings only)

Book via <https://eyebachchoir.co.uk/book-tickets/>
by email: tickets@eyebachchoir.co.uk or from The Handyman Store, Eye

Eye Bach Choir



HAYDN NELSON MASS

Mozart Solemn Vespers K339

March 2nd, 7.30pm. Eye Parish Church

Tickets £15 each, under 16's £7

Bookings: <https://eyebachchoir.co.uk/book-tickets/>
tickets@eyebachchoir.co.uk or from The Handyman Store, Eye

Eye Bach Choir is a registered charity. No: 1114948

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MID SUFFOLK

Christmas and New Year Waste Collection Schedule 2023-24



Refuse (general rubbish) and recycling collections

Collections will take place as normal up to, and including, Friday 22 December 2023.

Refuse and recycling collections will be on an amended schedule from Monday 25 December 2023 to Saturday 13 January 2024.

	Usual collection date	Amended collection date	Change
Refuse	Monday 25 December 2023	Wednesday 27 December 2023	2 days later
	Tuesday 26 December 2023	Thursday 28 December 2023	2 days later
	Wednesday 27 December 2023	Friday 29 December 2023	2 days later
	Thursday 28 December 2023	Saturday 30 December 2023	2 days later
	Friday 29 December 2023	Tuesday 2 January 2024	4 days later
Recycling	Monday 1 January 2024	Wednesday 3 January 2024	2 days later
	Tuesday 2 January 2024	Thursday 4 January 2024	2 days later
	Wednesday 3 January 2024	Friday 5 January 2024	2 days later
	Thursday 4 January 2024	Saturday 6 January 2024	2 days later
	Friday 5 January 2024	Monday 8 January 2024	3 days later
Refuse	Monday 8 January 2024	Tuesday 9 January 2024	1 day later
	Tuesday 9 January 2024	Wednesday 10 January 2024	1 day later
	Wednesday 10 January 2024	Thursday 11 January 2024	1 day later
	Thursday 11 January 2024	Friday 12 January 2024	1 day later
	Friday 12 January 2024	Saturday 13 January 2024	1 day later

From Monday 15 January 2024, collections return to the normal refuse and recycling collection schedule.

Garden waste (brown bin) collections

Collections will take place as normal up to, and including, Friday 22 December 2023.

There will be no garden waste collections during the weeks commencing 25 December 2023 and 1 January 2024.

From Monday 8 January 2024, collections return to the normal garden waste collection schedule.



Please put your bin out by 6.30am

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

Lucy's news – update from Mid Suffolk District Council

The recent flooding from the Storm Babet and Storm Ciaran has caused devastating damage for many people around the District – including here in Occold. Recovery is going to take some time. Mid Suffolk Council officers have been busy collecting flood damaged items and organising emergency housing for those who need it.

If you experienced flooding at your home or business, **you may be eligible for government grants to help with flood recovery and protection.**

The government has announced:

- A grant (£500 for homes and £2,500 per business) to assist with initial recovery costs.
- Households and businesses that suffered internal flooding between 19 -25 October due to Storm Babet may be eligible for 100% discount to Council Tax / business rates for a minimum of 3 months.
- Flooded property owners may also be able to apply for up to £5,000 to help make their homes and businesses more resilient to future flooding. (Suffolk County Council is working to set this scheme up at the earliest opportunity, but it is not currently available.)

Suffolk County Council is working with the District Councils to get these grants up and running. For more details including how to apply, please see: <https://www.midsuffolk.gov.uk/w/storm-babet-information>

Please do log details of flooding in your home or business with Suffolk County Council, if you haven't already.

Reporting your flood damage is the first step to receiving a potential grant. If you have experienced flooding to your property as a result of Storm Babet, you need to:

1. Visit: <https://highwaysreporting.suffolk.gov.uk>
2. Click on: 'Report It'
3. Then click: 'Drainage and Flooding'
4. Then click: 'Flooding inside residential / non-residential property'
5. Please include as much information as you have, there is also an option to upload photos.
6. Once your report has been submitted, Suffolk County Council officers will contact you to gather further information and prioritise those locations that meet the criteria for an official investigation.
7. Someone from the District or Borough Council will then contact you to arrange payment, if eligible.

For those who aren't able to submit their report online, please call 0345 606 6171.

Reducing flood risk in the village: With a changing climate, we know that unfortunately we'll face more extreme weather in the coming years. So, what can we do to reduce the risk of homes being flooded again? Some village groups and residents are interested in forming flood 'working group' to work on reducing future flood problems. If you would like to get involved please get in touch with me (Lucy) or contact a member of the Parish Council.

‘Cosy Homes’ – help to keep warm and reduce bills this winter

Cosy Homes: On November 15th Mid Suffolk District Council launched the ‘Cosy Homes’ project to help people make their homes (including private rented homes) more energy efficient. For details go to <https://www.midsuffolk.gov.uk/> or call 0300 1234000



Make your home a little cosier this winter!

Need to upgrade your draft proofing, loft or cavity wall insulation?

Apply for a FREE Mid Suffolk Cosy Homes installation.



www.midsuffolk.gov.uk/w/mid-suffolk-cosy-homes
Save energy, money and reduce your carbon footprint
Terms and conditions apply



Warm Homes Suffolk also provide grants to help keep homes warmer – you may be eligible if you don’t have gas central heating, and meet income and other requirements – see <https://www.warmhomessuffolk.org/> or call 03456 037 686

If your energy bills are a worry, Citizens Advice can also provide advice (call 01449 676060 / 01449 676 280 – or pop in to see Citizen’s Advice in Eye Library on Friday mornings.)

Got a question, concern or idea? I’d love to hear from you!

You can reach me via: email lucy.elkin@midsuffolk.gov.uk / phone 07928 512590 or Facebook www.facebook.com/CllrLucy/

Hope to see you soon! Best wishes, Lucy

You can report blocked road drains or flooding in homes to Suffolk County Council using this link:
<https://www.suffolk.gov.uk/roads-and-transport/flooding-and-drainage/report-a-flood-in-suffolk>

Orac Coffee Mornings

First Monday in the month 9.30 – 12.00

Next dates: 4th December, 2023

8th January, 2024

5th February, 2024

4th March, 2024

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



News from St Michael and All Angels

It is always a pleasure to start these reports with good news, so I'd like to look back to a couple of recent events. Firstly thank you to those hardy volunteers who came to fill yet another trailer with cuttings from the churchyard extension, and cleared back the scrub in the ditch. We are continuing our policy, guided by Suffolk Wildlife Trust, of maintaining the churchyard and extension to benefit the wide variety of wild flowers and plants that grow in these areas, but will also be trying to keep the grass cut back a little more next year to make it easier for families to access graves. Maintenance of graves themselves is a matter for families as the churchyard is not a council cemetery and all costs fall on the congregation of our church or have to be met from fund raising or grants.

It was also good to see so many people attend the brief Act of Remembrance on 12 November, and thank you to all the village organisations and representatives who provided wreaths. We are sorry that the war memorial itself is again discoloured. If anyone is skilled at

cleaning such a monument (we are reluctant to use chemicals or pressure washers as we do not want to cause damage) please do let either of the churchwardens know!

Looking forward, the annual Carol Service will take place from 6:30 pm on Sunday 24th December and we will as usual provide mince pies and mulled wine (or soft drinks) afterwards. As an added incentive, we have reduced the number of carols to a mere seven this year! We will also hold a service in the morning on Christmas Day. As I write this article the time has yet to be confirmed but please look out on the Church notice board for details.

Otherwise the service pattern continues to be a service on the second and fourth Sundays of each month at 9:15 am.

And now to gaze into 2024.... We aim to repeat the book sale in Spring so if you do have books that you would like to donate please do drop them off in the church or at The Beeches (pink house, presently undergoing extensive repairs [!], by the bus stop). Unfortunately DVDs seem to be impossible to sell and so please do not donate these. We will also hold the Flower Festival again over the third weekend in August so mark next year's diaries now!

Very best wishes to all

Stephen Hubner (01379 678360) and Gill Richardson (01728 627816), Churchwardens

CUPPA, CAKE AND CHAT

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



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BAPTIST
CHURCH





Join the...

Crafty Crafters

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

Wednesday 17th January, 2024,
21st February and 20th March
(No meeting in December 2023)

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

£2.50 per person





Redlingfield & Occold WI



In September we had a Skin care/make-up demonstration by Rachel Cattermole. One of our members agreed to be her model and was made-up beautifully. It was a sociable and fun evening.

It was at this meeting that we heard that one of our member had been taken ill suddenly and we were all very saddened and shocked to hear of her passing shortly after. Chantel Gibb was a quiet gentle lady who attended regularly and enjoyed all our activities. She will be sadly missed.

Our meeting in October was a talk from Denise Goldsmith, a WI Climate Change Ambassador, who focussed on plastic waste in the marine environment. We spent time sorting different types of plastic waste and considering the time it would take to degrade – shocking!

This was swiftly followed by our annual Harvest Supper where members, partners and other people from the village community come together for a meal prepared by ourselves. We had an enjoyable evening with varied, homemade menu. In November we held our AGM and are looking forward to our Christmas meal in December.

We usually meet every month on the first Wednesday of the month in Occold Village Hall at 7.30pm although our January meeting will be held on 10th January. If you would like more information about our activities please contact Carol Peters on 01379678597, or just come along to a meeting. We look forward to welcoming you.





DR DAN POULTER MP

Member of Parliament for Central Suffolk and North Ipswich

For many of us, the Christmas and New Year period is a time to reflect and to think about making healthier and happier choices about our own lives and the lives of our families and friends. I am pleased that the Government will help us to do this by introducing new laws to improve the health of our children and grandchildren and create Britain's first smoke free generation.

As a practising NHS hospital doctor and as an MP, I believe it is the duty of every Government to improve the health of the nation. When I was Minister for Child Health, I was proud to have helped to introduce new laws to ban smoking in cars with children to protect them from the health-related dangers of passive smoking.

Smoking kills. Plain and simple. It is the leading cause of many types of cancer and acquired lung diseases. All too often, as a doctor, I have seen first-hand the reduction in healthy life years caused by smoking. We know that children are four times as likely to start smoking if they grow up with smokers, and once they do it is highly addictive and difficult to quit.

Smoking has become responsible for many thousands of deaths from cancer every year, placing huge pressure on the NHS. Sadly, too many GP appointments each month are taken up by smoking-related illness.

Smoking is also the main driver of health inequality across the country. Deaths from smoking are more than two times higher in the most deprived parts of Suffolk, where more people smoke, compared to our wealthier areas. In simple terms, smoking destroys lives. Therefore, I am pleased that we shall soon see historic new laws which will prevent children who are under the age of 14 this year, from ever legally being sold cigarettes when they turn 18.

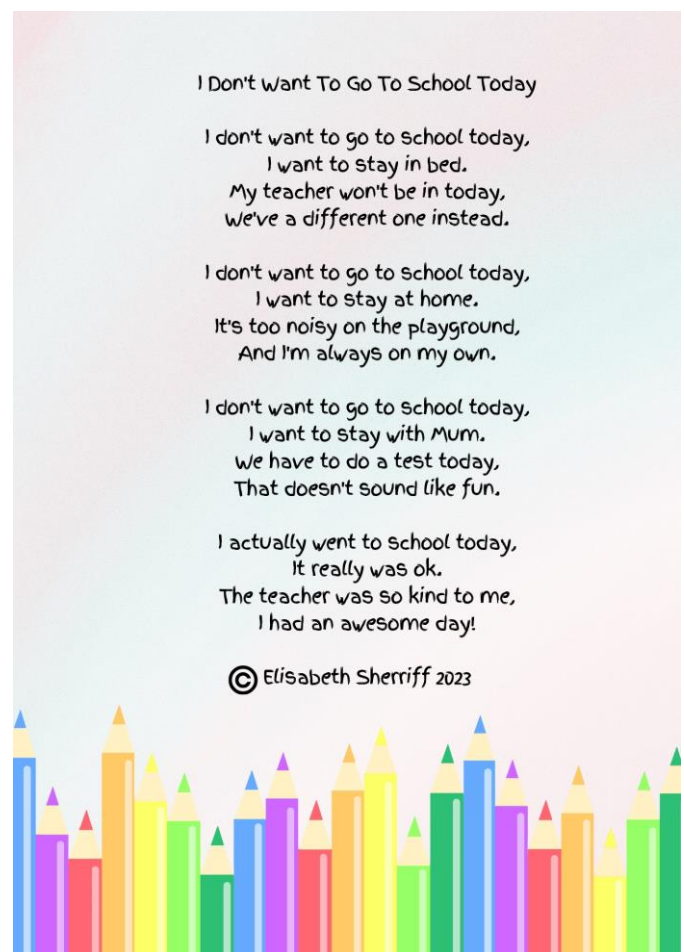
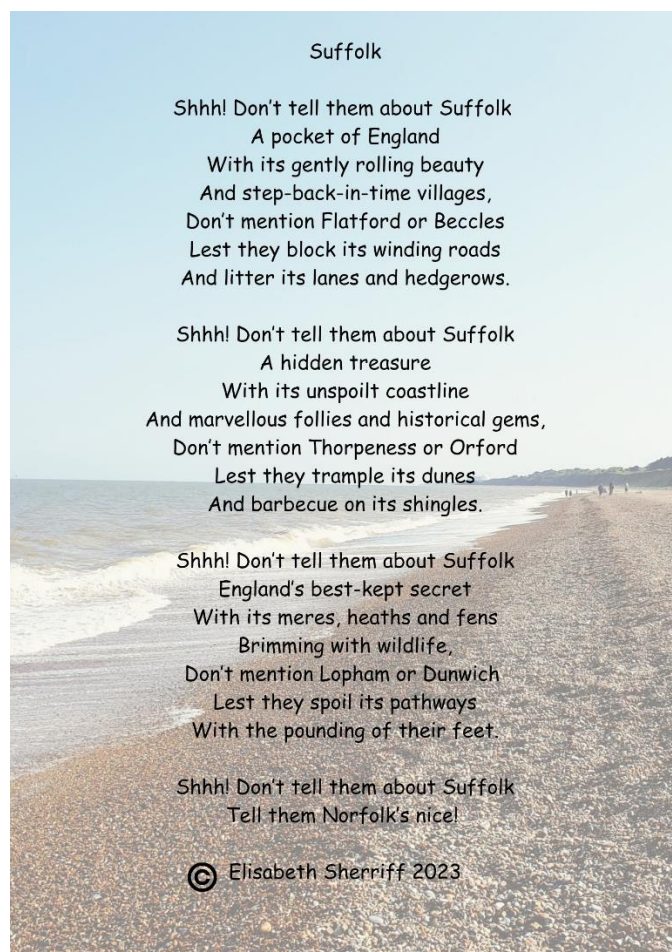
The smoking age will be shortly be raised by a year, each and every year, until it applies to the whole population. This has the potential to phase out smoking in the next generation of young adults, almost completely, as early as 2040.

By 2075, up to 1.7 million fewer people in our country will be smoking. The health and care system will save billions of pounds and vast numbers of strokes, heart disease, lung cancer and other lung diseases will be avoided, hundreds of thousands of lives will be saved.

No parent ever wants their child to start the deadly habit of smoking. Becoming addicted to cigarettes in early life is one of the worst things that can happen for future health. Now parents will get the support and backing they need to ensure a healthier and smoke free

future for their children. We can all help build a better and brighter future for our children and grandchildren by stamping out smoking for good. These changes will mean they will never be able to buy a cigarette, preventing them getting hooked and protecting their health.

At a time when we consider our own New Year's Resolutions, I am proud that we are taking the necessary and robust action in the battle to stop England smoking. This game changing plan will make for a healthier country and allow our children and grandchildren to have a much better chance of leading long and healthy lives.



My name is Elisabeth Sherriff and I live in Occold. I am a teaching assistant at Thorndon Primary School and a part-time writer. I have recently published four books, three of which are support books for children on the themes of autism, ARFID and bereavement. My support books are in the form of poems. I am sending you one of my poems from 'Don't Let the Peas Touch the Mash' and a poem I wrote for a Suffolk Writers Group challenge. If you want to take a look at my writing, you can find me on Facebook, Instagram and X, or through my website at elisabethsherriff.com.

At Occold Village Hall :

Badminton

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



Come and play Table Tennis

Monday evenings 6 – 7.30pm

New members welcome

£4 per person, £2 for 2nd household member

No booking required



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One house. Three Lives.
A decision that will
change everything.


**No. 23
Burlington
Square**



JENNI KEER

One house. Three Lives.
A decision that will
change everything.


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Square**



JENNI KEER



Soup Lunch

Occold Village Hall

(Last Friday of every Month, no lunch in December)

12-1pm

Homemade Soup & Roll £5



All Welcome

Tea, Coffee & Cake also available

26th January 2024 in aid of the WI

23rd February 2024 in aid of St Michael's

22nd March 2024 in aid of Friends of School

Tina Marro

Cleaner for Occold and surrounding villages

Wait list now available

Ring Tina on

07941734977

Tim Bloomfield



Painter and Decorator

2 Ash Tree Close

Occold, Eye

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Mobile 07708644135



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





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

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

Church Farm
Suffolk Free Range Eggs



Self serve vending machine
offering our fresh
free range eggs
and other local produce.
Open 24/7



LAI BY OUR HENS AT
CHURCH FARM,
OCCOLD

“It’s Christmas Time...There’s No Need to be Afraid...”

What do all the following have in common: Mary, Joseph and the Shepherds?

An answer on a postcard is not required!

All of the above are part of the familiar Nativity story but there is a more profound connection. They were all told by either God or an angel “Do not be afraid.”

It seems to me as 2023 draws to a close, these are words which may resonate with many of us. A year ago I referred to the war in Ukraine, which still continues. Now, as I write in the middle of November, we have the conflict in the Middle East too; I hope and pray by the time this magazine reaches your doorstep, that both of these conflicts might be consigned to history.

Closer to home, do you need to hear those words, “Do not be afraid”?

It’s comforting to remind us, that when God sent his Son into the world, it came with these additional messages of reassurance: to Mary, a pregnant teenager, to Joseph, the husband placed in a difficult position and the shepherds, astonished at the choir of angels!

What does this have to do with me you might say. Well, I’m glad you asked. Mary, Joseph and the Shepherds had another thing in common. They were all just ordinary people, like you and me; nobody special, but chosen by God to bear (literally in Mary’s case) the good news of a Saviour come into the world, to rescue us from all the bad stuff in our lives and, in the world.

We’d love you to know that Saviour for yourself.

Our Christmas cards will soon be delivered, inviting you to attend one of our special Christmas events:

Carols in The Beaky – Thursday 14th December – 8.00pm onwards

Candlelight Carol Service, with Castleton Brass band – Sunday 17th December – 6.30pm

Christmas Day Service – The Chapel – 10.00am

Greg Noller, Jubilee Baptist Church.

EYE & DISTRICT VOLUNTEER CENTRE Charity No 1156968

Do you have difficulty arranging transport?

Eye Volunteer Centre have a team of Volunteer Drivers to take you, wait and then bring you home. There is a charge of 45p per mile, ie Ipswich hospital from Eye costs £23 return approx..

If you require our assistance please telephone Gill at Eye Volunteer Centre

Telephone No: 01379 871200

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At the heart of learning in our community

Occold Primary School News

office@occoldprimary.org.uk

Facebook: Occold Primary School

Year 6 at Occold Primary School have recently returned from a fantastic 4-night residential trip to Hilltop Outdoor Centre in Sheringham, Norfolk. They stayed with fellow Year 6s from Wortham, Eye and Thorndon Primaries. Each year, the trip offers the children a range of new experiences: staying away from home, meeting new children, learning new skills and trying a variety of outdoor and adventurous activities. This year was no exception. The children had a fabulous time and made so many wonderful memories. Here are some of their highlights...

Tony

"My favourite moment of Hilltop was having a go at Air Jump! There was a big wooden tower with levels on it, which you could climb up and then jump off! Beneath it was a huge inflatable—a bit like a giant marshmallow! You started off low and then proceeded to a higher level. I got up to Level 7 out of 8. It was great fun! The higher you went the longer you

Raffy

"I loved the Super Swing. It was basically a giant swing which you could go to different heights on. There were different colours for different heights. Green was the lowest and red was the highest—Jimmy and I chose red! To release the swing you had to pull a tennis ball at the top and then you would suddenly drop down and swing. It was so fun!"

Leah

"My favourite part of Hilltop was making a new friend from Eye. We had the chance to meet lots of new children from other schools who we will see again when we go to Hartismere."

Jimmy

"Mountain Biking was a highlight for me. We were all given mountain bikes and we got to go around a track and cycle over bumps and ramps. We could go as quickly as we wanted."

Gabriel

"The Tree Top Trail was great! It was a high ropes course set in the trees. We were in control of our own safety the whole time we were up there. We had to clip ourselves onto each part of the course. There were two routes you could choose: the higher route was less complicated but very high and lower route was more complicated but it wasn't quite so high. I chose the lower route because I wanted to have a go on the monkey bars."

Ruby

"The assault course was so fun! We had to crawl, swing and balance. Some of us got very muddy and Leah fell into the water at the crocodile pit!"



Cracker Crust Quiche

Ingredients:

Use up your leftover cheese biscuits to make crust for this quiche

200g mixed crackers for cheese

75g unsalted butter melted

4 eggs plus 1 egg white

100g smoked streaky bacon, roughly chopped

175ml double cream

175ml semi-skimmed milk

75g cheese, grated or crumbled (Cheddar, Brie and Parmesan)

Method:

Preheat oven to 200C

Place crackers in food processor and make into fine crumbs.

Add butter and 1 egg, then whizz to combine.

Place in a 23cm-diameter tart tin and press into the base and the sides of the tin with the back of a spoon. Line with grease proof paper fill with baking beans and bake for 15 mins.

Remove from oven take out greaseproof paper and baking beans.

Brush all over with egg white, bake for another 5mins. Set aside.

Reduce oven to 170 C Fan, 150 C, Gas 3.

Fry bacon until crisp. Place on kitchen paper.

Whisk remaining egg, cream and milk together.

Add the cheese, season, then pour into tin sprinkle with bacon.

Bake for 40mins until just set.

Leave to cool.

Serve with salad and maybe a glass of something!!.

Enjoy, Elly.

Occold Village Hall is available to book for various events including parties, celebrations, sales etc

£10 per hour

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

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

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0345 7145145

Spotted a leak

0800 771881

Essex & Suffolk Water

Water Emergencies

0345 7820999

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Eye Health Centre

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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)

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West Suffolk (Bury St Edmunds)

01284 713000

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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 2024 due on: 8th January (moved from the 1st), 5th February, 4th March at 8.00pm in the Village Hall. Anyone is welcome to attend.

NEIGHBOURHOOD PLAN UPDATE

In October Mid Suffolk District Council formally designated the Parish of Occold as a Neighbourhood Plan Area. Subsequently, the Parish Council has received a grant from the Neighbourhood Planning Programme funded by Department for Levelling Up Housing and Communities.

The grant will cover the cost of the Parish Council's expert consultant, Ian Poole from Places4People, to help prepare the plan itself as well as the cost of Technical Support to compile a Landscape Appraisal Report.

More recently, a survey has been drafted which will go to every household in the village. The survey will capture residents' and community stakeholders' views about what's important to them.

The survey will be launched at a drop-in event, hopefully before Christmas, which will also give the opportunity to learn more about the Neighbourhood Plan process, share views in person and meet those involved. Returned surveys will also qualify for entry into a free prize draw to win one of three cash prizes!

For more information please contact occoldparishcouncil@gmail.com



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**Here are some of the
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

Years 10 - 13 : 07:30 PM to 9.30 PM

Sunday Service also available via Whatsapp

Weekly Prayer Meetings online via Zoom

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As a result of a recent TV programme featuring a fifteen month renovation project of the organ at Norwich Cathedral my wife and I decided to go and see it for ourselves.

The Victorian instrument has over 100-stops and close to 6,000 pipes that have all been finely re-tuned to the credit of all those skilled people involved. An inaugural concert is soon to take place with internationally renowned concert organist Thomas Trotter.

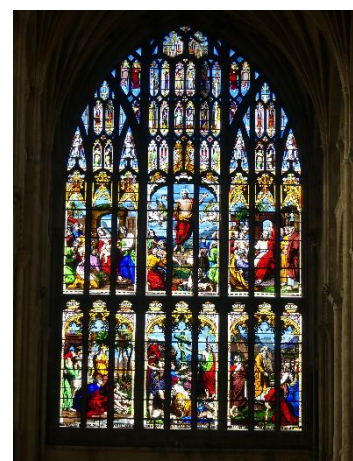
The Anglican Cathedral itself was founded by the Norman Bishop Herbert de Losinga in 1096 and completed in 1145.



The building has survived a history of battering over the years including riots in 1272 and then re-consecrated in the presence of King Edward 1st in 1278. The current spire has been in place since 1480 and is the second tallest in England behind Salisbury.

The building became a target again in 1643 during the Civil War and restored in 1660.

More recently in 2010 a new hostury was opened by our late Queen Elizabeth II and Prince Phillip, Duke of Edinburgh. It has become the main entrance to the cathedral and space has been provided within it for temporary exhibitions.





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IN THE GARDEN WITH CAROLINE

Gardening tips for Early Winter 2023

Caroline Miller

In exposed areas prune back roses by approx. 1/3rd to prevent wind rock during bad weather. Finish planting new roses, if the ground is waterlogged or frozen heel-in plants in sheltered areas until conditions improve.

Plant any new trees, fruit bushes, shrubs and hedging. Smaller trees establish themselves more readily than large ones, they often die from being planted too deeply, make sure you plant to the same level as previously grown. Always insert a stake first so as not to damage the roots. Place rabbit or deer guards around if deemed necessary, water well but don't waterlog, mulch well.

Remove any mummified fruits from trees to prevent spread of diseases, prune out dead wood crossings of inward growing branches from apple and pear trees. Red and white currants and gooseberry bushes can be pruned from now until early Spring. DO NOT prune plums or cherries until late Spring/early Summer to reduce risk of disease and die-back.

Shallots and garlic may be planted any time now. Traditionally shallots were planted on the shortest day of the year. If you're thinking of growing carrots next year remember to leave a strip of the vegetable garden un-manured as the carrots will tend to have forked roots otherwise.

Sow sweet peas in pots and protect under glass. When tidying up your herbaceous borders leave a few tall stems and seed heads for the insects and birds. These will also look very decorative with a hoar frost or snow on them.

Remember to check very carefully around the base of any lilies as bright red lily beetles may be hiding there.

Move any permanently planted pots and containers closer to the house walls for shelter, wrap any tender plants in bubble wrap, raise pots off the ground to aid drainage.

Remember to keep an eye on them as they will still need the occasional watering even in winter.

If having a bonfire to dispose of your garden waste please check there are no hedgehogs hibernating beneath them as they really won't appreciate being roasted alive!

Delay bringing your Christmas tree indoors as long as possible. Position it away from heat, no matter if it is cut, pot-grown or bare-rooted it will still need watering regularly or you'll soon have a floor covered in needles.

Please keep your bird feeders clean and well stocked, water containers too.

Happy Christmas one and all





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An extra warm welcome to the Beaky.

In October we decided to renovate the fire place due to crumbling bricks and the 20 year old burner.

We started by removing the old bricks to find it was very dangerous behind and Peter had to rebuild the structure to make it safe. We chose reclaimed bricks and purchased a new wood burner. Peter was working on our days off and in the mornings for 3 weeks due to the timeline of the stove installation and managed to complete the work 2 days before it arrived.

We are very pleased with the results.

We also change the lights to make it more in-keeping with the decor.

Please feel welcome to come and see it and enjoy a drink or some food.

Opening times Xmas Day and Boxing Day 12 until 2pm.
Look at the door or Residents of Occold nearer the time for opening hours over Xmas and New Year.

Merry Christmas to all, Peter & Leigh



**If your child was born between
1 September 2019 and
31 August 2020,
you must apply for a full-time
Reception Year school place by
15 January 2024**



You **must** make an application even if your child already has a place in
a nursery class, pre-school or family hub

To apply for a place or for more information you can visit:

www.suffolk.gov.uk/admissions

Information is also available from:

- The Admissions Team on **0345 600 0981**
- Your local school