

# The Creeping St. Mary Newsletter



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splendid Christmas  
and New Year!

Volume 40/6 December 2021 & January 2022



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## Editorial Comment

As we retreat into our comfort zones with the approach of winter. we are still reminded in the newsletter that Autumn is a glorious season - and this one has been particular colourful , with early frosts colouring up the leaves - spindle, dogwood, maple, willow and lime have been particularly splendid - and then, no winds for weeks so the trees kept their leaves . Autumn has been referred to as 'the last smile of summer' and is somehow more golden than summer itself.

Now that the Village owns Lilley's Wood officially, we might like to think about how this looks in the autumn as well as spring and summer. Rev Phillip draws attention to the fact that this is not the end of the year but in many ways the beginning as the fallen leaves return to replenish the soil from which they came to produce new life next year. Also that we should relish each season as it comes and not wish to rush on to the next. Our quest for speed will be dampened by Parish Council measures to introduce speed indicators and training Speedwatch volunteers.



The environment remains high on the agenda, even if the international deliberations at COP26 resulted in half-hearted promises which will in no way keep global warming down. You will see how one farm in the village is doing its bit to help towards net-zero carbon. Suffolk County Council is looking to improve bus services and keep an eye on the consequences to communities of lorry traffic and the massive increase in off-shore wind generation which will be coming ashore in the region. - don't we all love those pylons! We also hope our MP is genuinely pushing for more energy efficient, nature friendly houses being built in the right place in the new Government planning laws being developed and that Greater Anglia railway company will come to its senses and facilitate access to Needham Market station.

Many thanks to all contributors to this newsletter - it is heartening to see so much activity after a year of lock-downs -here's hoping next year is better.

MERRY CHRISTMAS and tread lightly on the earth

*Joan Hardingham*

## UP-COMING VILLAGE EVENTS

Regular meetings of many organisations change in December and January so do check with them.

**Mobile Library** - not in December

**Needham Mkt Horticultural Soc** -Thursday 3rd February 2022.

**Creeping St Mary Church** - Sun 12 December, 11.00 am Toy and Gift Service

- Sun 19 December, 6.30 pm Carol Service

- Sun 26 December, 11.00 am Holy Communion

- Sun 9 and 23 January, 11.00 am Holy Communion

**Last Friday of the month** - Village Hall Bar open from 6.30

**Dec. 24th - Social Club, Village Hall:** informal "bring a plate of food evening"



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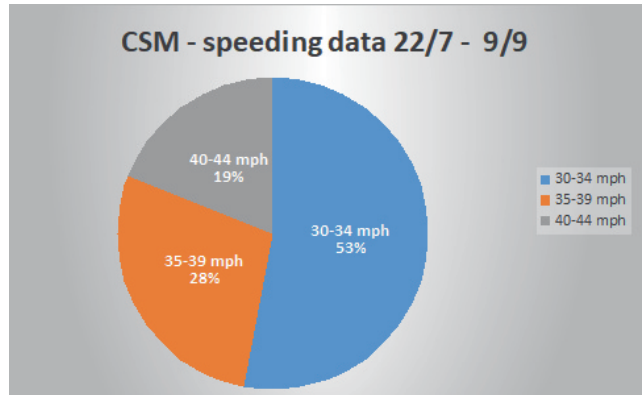
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# CREETING ST MARY PARISH COUNCIL NEWS

## Community Speedwatch (CSW)

Most of our CSW volunteers have now been trained and sessions have commenced. Weather dependent, speed monitoring sessions will take place once a month. The current approved sites for monitoring are All Saints Road on the Green and St Mary's Road towards the entrance to Alder Carr Farm. We are also looking to approve sites on Flordon Road and Jacks Green Road.



## Speed Data -

The data from our two Speed Indicator Devices (SIDs) is collected approximately every two months and the data fed into a pie chart. The below Pie Charts show the speeds between 22nd July and 9th September 2021.

## Bottle Bank – Village Hall

You will have noticed that the bottle bank is now stood on a newly laid concrete pad with steps leading up to it for easier access. We hope you agree that this makes the area a lot neater and easier to use. If you see that the bottle bank is full please contact the company who empty the bin using the telephone number on the side of the bank or contact the Parish Clerk.

## Lilley's Wood (Wildwood)

The Parish Council has now been registered as the owner of the Wildwood adjacent to Needham Lake, which is to be called Lilley's Wood. Over the coming months the Parish Council hope to add some benches so members of the public can sit and enjoy the area.

## Planning Applications Considered

Ref: DC/21/05419 - Application for approval of Reserved Matters following Outline Planning Permission DC/19/00160 dated: 16/05/2019 - Access, Appearance, Landscaping, Layout and Scale for Erection of 4no. dwellings and new access  
Location: Land Adjacent Red House Farm, All Saints Road, Creeping St Mary – No Objections

Ref: DC/21/05649 - Householder Application - Erection of extension, replacement windows/doors. Erection of poolhouse building. Location: Four Winds, Sally Woods Lane, Creeping St Mary – No Objections

Ref: DC/21/05917 - Householder Application - Erection of two storey rear and first floor side extensions (following demolition of outbuildings). Location: Primrose Cottage, Flordon Road, Creeping St Mary – No Objections

## Recent Planning Application Decisions

Ref: DC/21/03030 - Erection of 1no. bungalow (following demolition of existing building) Land Near Highfield, All Saints Road, Creeping St Mary – Granted



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Ref: DC/21/04555 - Change Use of land and erection of 1 No detached dwelling and double garage, including new vehicular access - Land South of Creeting Hills Farm, Creeting Hills, Creeting St Mary – Refused

Ref: DC/21/04657 - Erection of rear single storey flat roof extension with glass screen balcony above (replacing existing Juliette balcony) - 66 All Saints Road, Creeting St Mary – Granted

Ref: DC/21/04780 - Erection of 3 No. dwellings. Land to The North of, All Saints Road, Creeting St Mary - Granted

Details of forthcoming meetings and copies of Parish Council Meeting minutes can be found on the village web-site. If you have any concerns or queries to address to the Parish Council, please contact Jennie Blackburn, Parish Clerk by e-mail @ clerk@csmmpc.co.uk or phone 01449 721369 (answer phone) or come along in person to the next meeting.

### **Report for the Thredling Division from Cllr Matthew Hicks**

**Extra COVID-19 support heading to Suffolk** - Public health bosses in Suffolk have welcomed the Government's commitment to provide extra resources to help fight COVID-19 in the county. It comes as pressure on the county's hospitals is reaching critical levels due to more people needing treatment - and some of the highest rates of infection in the country. A request for additional support was submitted by Public Health Suffolk - on behalf of public sector partners - and is intended to secure in additional support, funding and resources to help the NHS avoid unsustainable pressure. The additional support will include:

- Support for the vaccination efforts by extending opening hours and creating pop up vaccination clinic within our communities
- Help to coordinate on the ground door knocking campaigns
- Help to reduce transmission in schools with increased testing and additional temporary powers
- Funding for COVID-19 awareness raising communications and advertising.

### **To help reduce the spread, residents in Suffolk are now being encouraged to:**

Get fully vaccinated and your booster when it's due

Wash your hands regularly with soap and water

Always wear a face covering in crowded areas

Ventilate indoor spaces

Get tested regularly and stay at home if you feel unwell

### **Suffolk County Council Cabinet to study £50 million plan to boost Suffolk bus services**

- On October 7th it was announced that wider coverage, cheaper fares, improved ticketing, and better evening and weekend services are among proposals forming part of a £50 million plan. The Bus Service Improvement Plan (BSIP) was submitted to the Government. The Council, bus operators and other stakeholders will work to establish a countywide Enhanced Partnership to deliver BSIP proposals, building on experience gained from the existing Ipswich Quality Bus Partnership. The funding bid is being made to the government's £3 billion fund under its Bus Back Better national bus strategy for England. The bid for £50m over three years.

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The National Bus Strategy provides a real opportunity to deliver a bus service for Suffolk supporting sustainable transport and the Council's carbon reduction ambitions. For more information please visit:

*Agenda containing the full report*

*Bus Back Better strategy for England (GOV.UK)*

**MPs from Norfolk, Suffolk and Essex and County Councillors, unite to protect the countryside and communities from the worst impacts of new pylons and cables - It**

was announced on October 12th that the Off Shore Electricity Grid Task Force (OffSET) has been set up to review and respond to the Government's Offshore Network Transmission Review (OTNR). A new group of MPs from across the region, under the chairmanship of Sir Bernard Jenkin, and including County Councillors from the region, has been set up to ensure that the emerging proposals of the Government's Offshore Network Transmission Review (OTNR), and proposals to change the Nationally Significant Infrastructure Planning regime, are effectively scrutinised. The Off Shore Electricity Grid Task Force (OffSET) supports the government's commitment to meet the target of Net Zero by 2050, and the aspiration to deliver 40GW of Offshore Wind, by 2030. However, this will result in a succession of electricity generation and connection projects in Norfolk, Suffolk, and Essex, over the coming decades, which will have significant impacts on the environment and communities of the region. The group believes that these ambitions and targets cannot be met, on an "at any cost" basis. Therefore, the further development of the onshore transmission system, and the connection of offshore wind farms, will require a new deal for communities and the environment.

**Lorry Route Plan review in Suffolk** - The technical and community led review considers changes to the highway network since it was updated in 2011 including:

- new strategic roads
- new Lorry Watch areas
- Air Quality Management Areas in Suffolk

The review will involve two parts and will update and validate the County Council's existing lorry route network plan. The technical review is currently taking place. It'll look at a range of evidence including:

- Collision records and traffic data
- Traffic Regulation Orders (TROs) for weight, width and height restrictions
- The resilient road network and its strategic road network diversions as well as GPS data – showing the origin and destination of trips, routes taken and the locations of building strikes
- Public complaints
- Data from Lorry Watch schemes

The community led review will run from 22 October 2021 to 17 December 2021.

Suffolk County Council is seeking the views of Parish and Town Councils about their local issues and intelligence through a survey sent to all of Suffolk's Parish and Town Councils and their County Councillor will then be asked to endorse the key issues for their area. The review will be completed in Spring 2022 where the County Council plan to publish a new interactive Lorry Route map. For more information click here: [Lorry Route Plan review in Suffolk | Suffolk County Council](#)

Matthew Hicks - County Councillor for the Thredling Division

Tel : 01728 628176 Mob : 07824 474741 E-mail : [matthew.hicks@suffolk.gov.uk](mailto:matthew.hicks@suffolk.gov.uk)



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## **Vacancies for 2 Parish Councillors (to be co-opted)**

Creeting St Mary Parish Council is a local authority that makes decisions on behalf of the people who live in the parish. It is the level of local government closest to the community, with Mid-Suffolk District Council and Suffolk County Council above it in the hierarchy.

On their own, Parish Councils have limited powers to make decisions, but they can negotiate with, and have the power to influence other organisations that do make the final decisions. Probably the most common topics that Parish Councils get involved with are planning matters (we are statutory consultees), crime prevention, roads and highways.

Creeting St Mary Parish Council currently has 7 Councillors with 2 vacancies and are now seeking expressions of interest from people who are over 18 years of age who live or work in Creeting St Mary.

To find out more about the role of a Parish Councillor, speak to myself or any of the 7 current Parish Councillors – contact details can be found in this newsletter, on the Parish Council pages on the Creeting St Mary website or on the noticeboards around the village.

If you would like to be considered for co-option, please send your expression of interest setting out why you wish to become a Parish Councillor and what you would bring to the role by email, to me at [clerk@csmmpc.co.uk](mailto:clerk@csmmpc.co.uk)

*Jennie (Parish Clerk)*

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## **CREETING ST MARY ANNUAL PARISH MEETING 18TH MAY 2021**

Once a year organisations in the village present a report of their activities to the Parish Council. This year it was for real - in the Village Hall! As there are quite a few reports they will be featured in the newsletter over the next year: they are from:

The Chairman of the Parish Council – Cllr Sue Haynes (see June/July issue)

The County Councillor – Cllr Matthew Hicks (see Aug/September issue)

The District Councillor – Cllr Mike Norris / Cllr Steve Phillips (this issue)

The Welfare Charities – Dave Primmer (see Aug/September issue)

The Village Hall Management Committee – Chris Bingley (October/November issue)

The Newsletter – Kathryn Martin / Joan Hardingham (co-Eds) (see June/July issue)

The Social Club – Kathryn Martin

Blacksmith's Field – Jan Palmer (October/ November Issue)

The Primary School – Jenny Hitt

The WI – Shirley Brook

The Parochial Church Council – Glynis Clint

### **In this issue**

#### **Mid Suffolk District Councillors' Report**

##### ***On behalf of both District Cllr. Steve Phillips and Mike Norris***

The past year has been a year like no other due to the Covid-19 pandemic.

On Mid Suffolk and Babergh District Councils many meetings had to be held online. The most significant impact on the Councils' financial governance arrangements for 2020/21 came from managing and responding to the Covid-19 pandemic. Making assumptions on which to base the impact on income and expenditure was challenging as nothing similar had been experienced before. The Suffolk Chief Financial Officer (CFO) Network has been used extensively as a place to share information, resulting in a degree of consistency of approach, which has strengthened governance arrangements both internally and across the County. A Covid-19 reserve was established under CFO delegation for each Council in early May 2020 to enable critical unbudgeted expenditure to be made in the Councils' response to the pandemic. Responding to requests for financial information from the Ministry for Housing, Communities and Local Government (MHCLG) meant that regular updates were provided to the Senior Leadership Team and the Cabinets, to monitor the financial impact and take any necessary action. From the combination of additional funding being provided to local government from MHCLG and savings identified across the Councils' operations during 2020/21, it is anticipated that both Councils will be able to absorb the additional costs incurred as a result of the pandemic.

#### **Support for local businesses.**

During the pandemic, each Council has administered over £30m of grants to date, which the Government has made available to local businesses. This has been through a combination of payments following Government guidance or the development of new discretionary policies. All discretionary policies have been approved in accordance with the Councils' Constitutions. On top of this, 100% business rates relief was also administered for the retail, hospitality and leisure sectors following a Government policy announcement. New arrangements have been put in place during the year to manage, monitor and report upon the range of grant schemes and business rates

### **2019/20 Annual Accounts.**

The Joint Audit and Standards Committee meeting on 29th March 2021 reviewed the draft 2019/20 Annual Accounts for both MSDC and Babergh District Councils. There had been a delay in having the 2018/19 Accounts signed off by the Councils' external auditors, Ernst & Young (EY), however this had resulted from resourcing issues within EY rather than any issues with the accounts, which were subsequently signed off with an unqualified audit report. The delay in completing the 2018/19 audit had a knock-on impact to the audit of the 2019/20 Accounts. It is anticipated that the final audit report will be issued before the end of this month and that an unqualified opinion on the accounts will again be the outcome. It was resolved that delegation be given to the Councils' S151 Officer (Responsible Financial Officer) and the Joint Committee Chairs to sign off the accounts, including the auditors unqualified opinion, once completed.

### **Development Control (Planning).**

Development Control (Planning) has been an interesting experience over the past year with several quite contentious planning applications to consider, mainly driven by Central Government's requirement for increased housing allocations. The Coronavirus has also had an impact on the way in which Development Control Committee meetings took place and meetings have been held online, although with the usual invitations and opportunity for parish councils, objectors and supporters to participate, as is normal

### **Local projects.**

As ward members we have been involved in a number of local issues on behalf of residents – for example I am a member of the local working group for the 'Access for All' project at Needham Market railway station. The Coronavirus situation has inevitably had an impact on the delivery of this project, as it has also on Mid Suffolk's Visitor Centre project at Needham Lake, which we are both on the member working group for. The intention was that the Visitor Centre should be open by the end of this summer season, however due to a request for a redesign of the kitchen area the actual opening date is as yet unconfirmed.

### **Locality Awards.**

Both District Cllr. Steve Phillips and I were pleased to be able to financially support Creting St Mary Parish Council with a contribution towards their website upgrade and the Diamond Jubilee Village Hall Committee with the purchase of round tables, cutlery and an electrically heated trolley, from our MSDC 2020/21 Locality Awards fund.

I hope that this report gives you an insight into some of the areas that we have been involved in – there are several other matters that we have been involved with, but I think this report is quite long enough already.

That concludes my report, if there are any questions I will endeavour to answer them, or I will obtain an answer for you.

**Mike Norris**

**Mid Suffolk District Councillor**

**Joint Ward Member, Needham Market Ward**

mike.norris@midsuffolk.gov.uk Tel: 01449 720871

## CHURCH WORSHIP AND PRAYER

**For the Benefice of North Bosmere -**  
the Churches of Coddensham, Creeting  
St Mary, Creeting St Peter, Crowfield,  
Earl Stonham with Stonham Parva,  
Gosbeck, Hemingstone, Stonham Aspal  
with Mickfield.



*photo: courtesy Glynis Clint*

All services are Benefice Services.

All details are correct at the time of going to press and may be subject to change. Please keep an eye on notice sheets and magazines.

### **Zoom services:**

Sunday Worship and Tuesday Morning Prayer at 09.30 am

To join a Zoom service: email [northbosmerebenefice@gmail.com](mailto:northbosmerebenefice@gmail.com) at least 2 days before the service. Click on the link you receive.

Wed 8 December, 10.30 am Holy Communion at Earl Stonham Parish Room

Sun 12 December, 11.00 am Toy and Gift Service at Creeting St Mary

Sun 12 December, 5.00 pm Christmas Lights, Toy and Gift Service at Creeting St Peter

Sun 19 December, 11.00 am Holy Communion BCP at Creeting St Peter

Sun 19 December, 6.30 pm Carol Service at Creeting St Mary

Christmas Eve, Fri 24 December, 6.30 pm Carol Service at Creeting St Peter

Boxing Day, Sun 26 December, 11.00 am Holy Communion at Creeting St Mary

Sun 2 January, 09.30 am Morning Worship at Creeting St Peter

Sun 9 January, 11.00 am Morning Prayer BCP at Creeting St Mary

Wed 12 January, 10.30 am Holy Communion at Earl Stonham Parish Room

Sun 16 January, 11.00 am Holy Communion BCP at Creeting St Peter

Sun 23 January, 11.00 am Holy Communion at Creeting St Mary

Sun 30 January, 11.00 am, Holy Communion focussing on Creation-Earl Stonham

Sun 30 January, 6.30 pm, Candlemas Choral Evensong at Stonham Aspal

### **Priest-in-Charge North Bosmere Benefice**

Rev'd Philip Payne, The Rectory, The Street, Stonham Aspal, IP14 6AQ  
01449 711684 [revphilippayne@btinternet.com](mailto:revphilippayne@btinternet.com)





# From the Rectory

Rev. Philip Payne

Rhythm of Life

Summer lingers into autumn, reluctant to leave. Then, slowly, warm days give way to winter chills and damp; green leaves change to glorious shades of gold, bronze and orange. Stark emptiness will soon follow.

Leaves that long graced trees now lie rotting on the woodland floor; untidy yet valuably home to all manner of woodland creatures. As they decay, these leaves will feed the very soil from which they once sprung, a reminder that in the midst of death springs forth life. We call it the end of the year but as year flows seamlessly into year, one year's end is another year's beginning. Now is winter's time; a time for the unseen work of regeneration.



Another bright summer will come; if we but allow our world a winter in which to rest and recuperate; a season to prepare afresh for new life. When an unseasonal warm spell wakes nature early, life is short-lived; plants and insects alike lack the strength to experience the fullness of a true summer. Autumn and winter each has its role, as much to be savoured as spring and summer. Let life pass at nature's pace, do not rush.

This seasonal rhythm of life is a gift of God in creation; as much for us as for the land. As the four seasons give structure to the physical world, so too the church year gives seasons for the soul. Advent, overlaying the end of the old year with the dawning of a new, is a season for preparation. Christmas will be with us soon enough and there is much to do in preparation. Yet, amidst the headlong rush to Christmas, as we hear again the familiar story and sing familiar songs, and as we prepare the Christmas feast, let us also ask ourselves what it means that "The maker of the stars and sea become a child on earth for me?" For if it is true then, "nothing with this single truth can compare, that God was man in Palestine, and lives today in bread and wine." (Sir John Betjeman – Christmas)

## **Creting St. Mary Church News.**

### **Harvest Festival**

We had a very enjoyable Harvest Festival and the Food Bank in Stowmarket were delighted with all the bags of food, donated by the Church and School.

### **Church yard maintenance.**

Over the past few months our Church yard has been cared for by volunteers and Mr Ian Westgate. Thank you to Ian for looking after what is known as the 'new church yard', it is really tidy now for the winter. A special thank you to Paul and Pat for their heroic effort in controlling large parts of the main church yard.

### **Remembrance Sunday.**

Our service finished with everyone standing round the war memorial as we heard the names of the fallen read out. School had met with Rev Philip on the 11th November and made a colourful array of wreaths and posters and decorated crosses. Thank you to the children in school who had made these beautiful reminders.

### **Maree's Craft sale and tea afternoon.**

On a very grey November afternoon twenty seven people and two young lads visited the Church Vestry for a cup of tea and cake and a chance to buy lots of wonderful Christmas gifts made by Maree. It was a lovely afternoon and all money raised was given to the Vestry fund. Our Vestry, late Georgian/ very early Victorian, 1837 was the first school in the village before the village school was built in 1871.

### **Christmas Toy and Gift service.**

Our toy and gift service this year will take place on Sunday 12 th December at 11am. All gifts will be given to the Family Refuge in Ipswich. We are asked not to wrap the gifts as each will be given specifically to a family or person.

### **Garlands.**

We have decided to decorate the front gate with garlands in time for Christmas. We hope lots of people will join us in decorating our gates. Garlands to be hung the weekend of 12 th December and there after.

### **Christmas Carol service.**

We are having our Christmas carol service on Sunday 19th December in Church at 6.30pm. Come and enjoy carols and readings with mulled wine and refreshments afterwards. There is always a lovely atmosphere and the Church will be look beautiful . Please bring face masks with you, unsure at this point in time what requirements might be necessary, thank you.

**Please check for Christmas Eve and Day services** earlier in this December village newsletter. Creting St Mary will be having a communion service on Boxing Day, 26 th December at 11am.

***Glynis Clint***



## CREETING ST MARY SOCIAL CLUB

Diamond Jubilee Hall

[csm\\_socialclub@outlook.com](mailto:csm_socialclub@outlook.com)

[www.creeting-st-mary.suffolk.gov.uk/social-club/social-club-news/](http://www.creeting-st-mary.suffolk.gov.uk/social-club/social-club-news/)  
open to residents of the village and surrounding area

The club is slowly getting used to opening up again and we have been pleased with the support for the events we have run so far.

**The October bar opening** was popular and will continue regularly on the last Friday of the month, except in December when we will open on Christmas Eve for an informal “bring a plate of food evening”. There have also been coffee and cake mornings each fortnight, thanks to Hazel and Bill. We will give them a miss until next year and may be replaced by soup lunches once a month but details will be sent nearer the time.

**The Firework evening on 5th November** was a wonderful success. The Parish Council underwrote the cost of the fireworks in case of loss, but excellent weather, absence of competition and great team work ensured a record time for all. Helpers are too numerous to mention, supplying a brilliant display, delicious food, plentiful drink and a friendly atmosphere. It is estimated that over 300 people came through the gate. Needham Market fire engine was in attendance and welcomed many children on board to see the equipment carried. Thank you to all the crew who gave up their free time for this. Thank you to all who supported the night and especially to those who gave time and effort to produce what seemed to me the best fireworks do in the village ever.

**Also in December** we will be providing a bar for a private party for one of our regular hirers, and on Saturday 18th December there will be a children’s party for 4 to 11 year olds. This ticket only event is already sold out.

My request for help with bar duties met with a good response which should mean that we can continue to run social evenings and occasional private parties in the future. Plans include a quiz in April, an Eastern Angles production in May, a Platinum Jubilee celebration in June, maybe a dog show, pudding evening, games night...

To apply for membership contact the email above or phone Kathryn Martin. Only members can purchase alcohol and guests must be signed in. One advantage of belonging to the Social club is that all members are reminded shortly beforehand.

***Kathryn Martin, Social Club Chair.***

## The Diamond Jubilee Village Hall

The large hall holds about 100 (pre-covid!) there is a bar and a smaller lounge and meeting room (well-heated and with WIFI) which can all be hired separately; new heating and a soundproofed door between the main hall and the lounge. There is new cutlery and 12 large round tables seating 8 people plus a well equipped kitchen, ample toilet facilities, an outside patio, large car park and access to Blacksmith's Field

**Bookings: Mrs Jennie King**

**tel 07946 445516 [creetingjubileehall@gmail.com](mailto:creetingjubileehall@gmail.com)**

### **Who runs the Village Hall?**

This is run by the village Hall Management Committee.

The hall is an important focus for the village which lost its pub many years ago. Funds are available for its running and upkeep but decisions have to be made and bookings arranged for its use by clubs and other groups such as the Social Club - which runs the bar (and has its own committee).

This is all done on a voluntary basis and input and assistance is always welcome.

**Chris Bingley (Chair, Village Hall Management Committee)**

**Tel 01449 720324. [christine.bingley@gmail.com](mailto:christine.bingley@gmail.com)**

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Ballroom Dancing Session





## **SIMPLY BRASS - MUSIC TO OUR EARS** **Suffolk's only truly Independent Youth Brass Band -** **hold their weekly practise sessions at The Village** **Hall Mondays, 6.30-8pm.**

Formed in 2014 – they offer a fantastic opportunity for children of all abilities and backgrounds to make music at an affordable cost in a friendly, relaxed atmosphere. Children are encouraged to develop confidence in performance and make new friends from other local villages and schools.

From time to time they perform at summer fetes and they hold their own Birthday & Christmas concerts. Impressively, they've performed at Snape Maltings and at Aldeburgh Festival's Bandstand on the Beach twice! But it's not just about the music; they have outings to tobogganing, trampolining and the odd BBQ or two! Any young person (aged 7-18) with an interest either in learning from scratch or with some experience is very welcome to join. Instruments are made available on a loan basis free of charge. All they ask is that they are looked after and used!!!; for just £5 per month.

contact Nina or Ian on 07738 752862; email [simplybrassstowmarket@gmail.com](mailto:simplybrassstowmarket@gmail.com); go to facebook or [www.simplybrassstowmarket.org.uk](http://www.simplybrassstowmarket.org.uk)



Join us for our Christmas Concert 4th December,  
7pm St Mary & St Peters Church Stowmarket.  
Tickets from Nina or Ian or just drop us an email,  
We'd love to see you there!

## **Hatha Yoga at Creeting St Mary Village Hall** **Tuesdays 7pm – 8:30pm weekly yoga classes.**

The Benefits of Yoga

**Strength Building** - help improve some physical conditions and improve posture through correct practising of asana (postures).

**Beauty of Body** - It can increase mobility, flexibility, improve muscle tone and strength, improve balance, and keep joints healthy.

**Re-Energise** - It lets the relaxation response begin, which aids the whole body in healing and rejuvenation.

**Stress Relief** - It can help you with stress and anxiety through the combination of breathing practices (pranayama) and meditation.

**Mind & Soul** - It can bring more focus to your daily life through mindfulness and meditation.

**Relax & Refresh** - It can help with breathing problems and increase lung capacity through correct practise of pranayama (breathing exercises).

**Contact: Michelle Mellor**

[www.yogaclassesswithmichelle@gmail.com](mailto:www.yogaclassesswithmichelle@gmail.com)  
[e:yogaclassesswithmichelle@gmail.com](mailto:e:yogaclassesswithmichelle@gmail.com)



Page 15 December 2021/ January 2022

## Over Power Needham Market

Training sessions now being held at the Diamond Jubilee Hall in the village. At Over Power we help women lose weight plus get fitter, stronger and happier in their own skin. With our bespoke training sessions and unrivalled support we are one of a kind.

**Book your free trial week via email to [overpowerneedhammarket@outlook.com](mailto:overpowerneedhammarket@outlook.com).**



## CREETING ST. MARY VOLUNTARY-AIDED CHURCH SCHOOL

We're well into this school year now, and the children are all finding their feet in their classes.

We've had an exciting few weeks with the school turning 150 in October where we all dressed up and tried some Victorian style teaching! We had some drone pictures taken which can be found on the website, and we created a school tea towel with all our faces on to raise some money for the PSA!

The children paid their respects on Remembrance day, holding a special assembly on the field and then placing a wreath on the memorial at the church.

Our Harvest festival service was also an outside assembly, where we collected 10 full bags of produce to donate to Stowmarket Food Bank.

As we are now coming into the festive season, our Key Stage one children are beginning to prepare for their nativity which we are hoping to hold outside on the field, using our new outdoor classroom as the stable!

Obviously weather and covid restrictions permitting! We're all looking forward to being able to sing some Christmas Carols outside too.

You can find details of what each class has been up to via the website, and the class pages which are regularly updated with photos and information on what we have been doing. Everything from Vikings to sandwich making, Fencing to artist studies... We've had a very busy term!

### ***Felicity Knights***

#### **Spring Term 2022**

5 Jan—7 Apr

Spring Half Term

21 Feb—25 Feb

Head Mrs. Christine Friar  
school telephone 01449 720312  
office@creetingstmary.suffolk.sch.uk  
www.creatingstmary.suffolk.sch.uk



## MOBILE LIBRARY

Route 13 at Creeting St. Mary

**Suffolk Libraries' mobile library stops on Friday every four weeks at Whissel's Farm at 11.20-11.30 and outside 30 All Saints Road at 11.35- 45**

**No Visit in December 2022**

[www.suffolklibraries.co.uk/visit/mobile-libraries/ipswich-mobile-library-route-13](http://www.suffolklibraries.co.uk/visit/mobile-libraries/ipswich-mobile-library-route-13)



...and still going strong!

**You can renew titles by logging in at <https://suffolk.spydus.co.uk/cgi-bin/spydus.exe/MSGTRN/WPAC/LOGINBs/>**



## Footpaths and Bridleways

At last, the repair of the footpath revetment on Footpath 58 (alongside the River Gipping) just upriver a short way from Hawks Mill Bridge, has been completed. The side of the river bank had collapsed into the river making it difficult for walkers to continue along the path – in fact they were in danger of slipping into the river, hence the path was closed for some time. Now a grand reinforcement has been constructed to reinforce the bank, perhaps not ecologically the best design but nevertheless, one that will be very safe for some time.

At this time of year, virtually all FPs & Bridleway in the Parish are far less troubled by overgrown weeds, hedges etc although the odd difficulty may be encountered. One such spot is at the bottom end of the FP running from opposite Woolney Hall, up across the fields to All Saints Road near Lyndale Lodge. The field's landowner had ploughed rather close to the bottom end of the path allowing some spoil to tumble down the slope onto the path making progress rather awkward. This has been cleared a bit so is easier for walkers.

Otherwise I'm not aware of any difficulties around the Parish's FPs & Bridleways – unless you know differently.

**Paul Scully November/December 2021**

**Tel: 01449 721461 e-mail: [paul@impressions41.plus.com](mailto:paul@impressions41.plus.com)**



### **Are you fed-up with doing the same old walks?**

Walking in Suffolk [www.walkinginengland.co.uk/suffolk](http://www.walkinginengland.co.uk/suffolk) has details of walks to download free, also books and contacts for walking groups and other counties are on the Walking in England website,

**John Harris [www.walkinginengland.co.uk](http://www.walkinginengland.co.uk) email: [john@walkinginengland.co.uk](mailto:john@walkinginengland.co.uk)**

## By the Way

### BIOLOGY EXAM

Students in an advanced Biology class were taking their mid-term exam. The last question was, "Name seven advantages of Mother's Milk". The question was worth 70 points or none at all. One student, in particular, was hard put to think of seven advantages. However, he wrote:

- 1) It is perfect formula for the child.
- 2) It provides immunity against several diseases.
- 3) It is always the right temperature.
- 4) It is inexpensive.
- 5) It bonds the child to mother, and vice versa.
- 6) It is always available as needed.

And then the student was stuck - finally, in desperation, just before the bell rang indicating the end of the test, he wrote:

- 7) It comes in two attractive containers and it's high enough off the ground where the cat can't get it.

He got an A!

(By the way, where do you reckon the man in the balloon and the woman on the ground were in the last issue of the newsletter – did you get it? They were somewhere in the Western Atlantic!!)

## Parish Council support to the Community in Covid Times

Support at a community level continues to be to be vitally important and the Parish Council want to connect those who need help to those who can give it.

If you can help a neighbour with: shopping, postage, urgent supplies or just a chat contact one of the below so we can collate the details.

Hugo Craggs: 07815 137228 hugocraggs@gmail.com

Lesley Plummer: 07889 272856 andaxi@btinternet.com

Sue Haynes: 01449 722570 susannehaynes@talk21.com

Jan Palmer: 01449 723997 creetingtog@gmail.com

Chris Emmins: 07894 231165 chrisemmins@offshorenrg.com

Roger Coton: 01449 721526 rogercoton@btinternet.com

Paul Scully: 01449 721461 paul@impressions41.plus.com

Jennie Blackburn: 01449 721369 clerk.csmc@yahoo.co.uk

Details on Creeting St Mary Parish Council Facebook page

<https://www.facebook.com/Creeting-St-Mary>

***Ed: if you are unsure of an offer of help, please consult with people on the list above.***



## A BIT OF HISTORY

**Part 2.** I hope you found Part One of A Bit of History in the last issue of the Newsletter interesting.

Were you successful in finding, from the various web links in the article, one or more of your ancestors or family members buried in Creting St Mary?

Using details from the plans of the grave locations in the far western corner of the church cemetery that we had extracted from the web pages, we cleared grass, ivy, brambles, bits of dead tree-branches etc from several headstones that were completely obliterated by vegetation. Once cleared, the



*photo courtesy Chris Bingley*

details on the headstones became readable. However, a few graves shown on the plans were not visible at all but further investigation using a metal rod to probe through the ground, revealed several gravestones that were lying flat and had been covered with soil, grass and weeds over many years. I'm pleased that now the scrub has been cleared, the graves are clearly visible. There are 21 graves in that comparatively small piece of the graveyard in that corner. Why not take a look?

Did you attend the Firework Night at the Village Hall recently? I did and by all accounts it was very successful and a good time was had by all. Most of you know that Guy Fawkes was the main culprit of a failed conspiracy by a group of provincial English Catholics to assassinate the Protestant King James I of England and VI of Scotland and replace him with a Catholic head of state emanating from what became known as the "Gunpowder Plot".

The following January, days before the surviving conspirators were executed, Parliament, at the initiation of James I, passed the Observance of 5th November Act, commonly known as the "Thanksgiving Act". It was proposed by a Puritan Member of Parliament, who suggested that the king's apparent deliverance by divine intervention deserved some measure of official recognition, and kept 5 November free as a day of thanksgiving. Now we know! (extracts from Wikipedia)

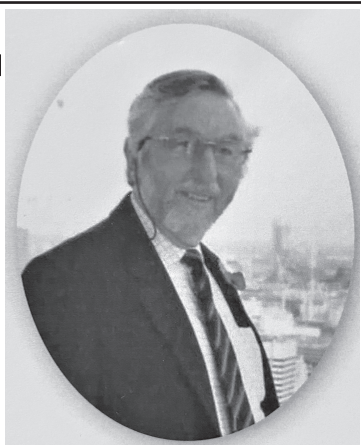
**Paul Scully November/December 2021**  
**paul@impressions41.plus.com 01449 721461**

## Chris Keeble

Chris, who for years supplied the monthly rainfall figures in Creting for this newsletter, died in September at the age of 80. He was a long-standing resident of the village until very recently.

He was a lecturer at Otley College, Life President of the Young Farmers and founding member of Suffolk Smallholders Society. He also served for 30 years as a Special constable and helped at the Museum of East Anglian Life.

A very busy man devoted to sharing his expertise with many. We would like to extend our condolences to his family.



## CREETING SAINT MARY WELFARE CHARITIES

Charity number: 207445

The Creting Saint Mary Welfare Charities Trust can provide assistance for those in need, by reason of, age, illness, unemployment or for education.

Examples of possible grants are: annual grants to those with a state pension in financial need; grants toward the relief of general hardship; grants for students in higher or further education; help with aids to cope with disability not available from state funding; grants towards maternity costs and funeral expenses; help towards the cost of pendant alarms for the elderly. The Trust is intended to benefit the residents of Creting Saint Mary, however, in exceptional circumstances the Trustees may consider applications from persons resident outside the Parish.

### TRUSTEES:

Mr. P Stephenson (Chair) 01449 722868 Mr. D. Primmer (Hon. Clerk); Mrs. M. Aldred 01449 20568; Mrs. P. Day 01449 720057; Mrs. K. Martin 01449 720491.

***Please make any general enquires to :***

***Mr. D. Primmer, 30 All Saints Road, IP6 8NF Telephone 01449 721514***

## Creting St Mary Village Church Funding Appeal

If you are a resident of the parish of Creting St Mary, you should have received a circular from the Parochial Church Council seeking financial help in support of St Mary's Church. A very sincere "thank you" to all those who have responded positively to the appeal. The PCC is truly grateful. What has been donated so far should allow us fully to meet our commitments for the current year. We are trying to assure St Mary's future by way of commitment to regular giving over the coming years. If you have received our letter favourably but have hesitated over setting up regular donations, please do consider taking action now to help your Church look forward to a sustainable future. We need your help. Thank you

***David Haynes PCC Treasurer 01449 722570.***

## NEEDHAM MARKET AND DISTRICT HORTICULTURAL SOCIETY

Meetings will resume on Thursday 3rd February 2022.

Meetings other than the annual supper, take place in the Burton Room,  
Meetings are held in the Community Centre, Needham Market from 7:30pm.

**Current members need to renew their membership until 2022.**

Existing members have been invited to send their email addresses to the  
Secretary, Pam Rushbrook Membership is (£5 per year).

Prospective members can contact me for details of events and speakers and  
joining the Society.

***Hazel Mackintosh 01449 720753 Joint Events Co-ordinator***

### **News from Needham Market railway station Access for All campaign:**

Campaigners remain committed to achieving step-free access at Needham Market station, and we welcome that Mid Suffolk District Council shares this commitment as part of its plan to establish better links between the high street, railway station, and Needham Lake (*Ed.: and CSM!*)

The attitude of the railway companies is unfortunately very different. Despite a generous Government grant and council funding they have rejected a ramp option to the Ipswich-bound platform, stating that a ramp would not fully meet their standards and insisting that lifts are the only way forward despite their higher cost. At the same time, Greater Anglia advises us that Needham is too small a station to be granted funding for lifts for many years to come. We have therefore reached an impasse!

The campaign remains optimistic that a ramp solution can be found, and with the support of Mid Suffolk Disability Forum, we continue to encourage Greater Anglia to think creatively about pragmatically meeting the needs of all passengers, including those with limited mobility, young children, bicycles or heavy luggage. We hope to meet with stakeholders to progress this further in early 2022.



***Jen Overett, campaign coordinator, jenoverett@gmail.com***



## DR DAN POULTER MP

Member of Parliament for Central Suffolk and North Ipswich

We are incredibly lucky to live in a rural county like Suffolk, largely protected from overdevelopment, but one of the biggest issues that people ask me about is the planning system. Whilst we all accept that we need to build more homes for local people and for our children and grandchildren, it is essential that any new homes are built in the right place and with the right infrastructure.

It is for these reasons that I helped to lead the successful campaign to stop the Ipswich Northern Bypass. Right from the start, it always seemed to me that the bypass was more about mass house building than about relieving any travel and congestion issues in Ipswich, and that is why so many people, like me, fought against it.

Any new housing should, in general, be on a small scale and incremental. The planning system needs to protect our precious countryside wherever possible and retain the fabric, character and heritage of our villages and towns. I have made it clear to Government ministers that any decisions around new homes and where they should be located, is a matter which must be decided locally, in full consultation with residents, parish and local councils. New homes should be delivered through a locally led planning system. Communities should retain the right to shape the areas in which they live and to be able to demand health and educational infrastructure to support any new housing.

So, I am pleased to report that working alongside a number of other MPs, I have succeeded in delivering a rethink on the recent Government Planning White Paper. The White Paper would have set national targets for house building, made it much easier for developers to build houses and would have circumvented the local planning process. For me, this would have been wrong. It is essential that planning rules are set locally, not according to national targets, and I am pleased to have played my part in ensuring that this will continue to be the case.

Later this year, the Government will firmly set out new planning laws in its Planning Bill and I am confident that these laws will deliver a planning system that is locally led and fit for the future. With COP26 upon us, it is essential that due consideration is also given to the environment and I would also like to see a planning system that delivers high quality, low carbon design, helping to ensure cost effective, energy efficient homes, so that we continue to play our world-leading role in tackling climate change.

**Tel: 0207219 7038 [www.drdanielpoulter.com](http://www.drdanielpoulter.com) [daniel.poulter.mp@parliament.uk](mailto:daniel.poulter.mp@parliament.uk)**

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## Creeting St. Mary Women's Institute

**Our October Meeting** was open to all, and several visitors attended to listen to a talk on TWAM. This wonderful charity collects unwanted tools to transport to Africa enabling individuals and communities to become self reliant. All kinds of tools were brought to the meeting to donate and we heard how lives can be transformed. Electrical tools, plumbing, gardening tools are all very acceptable, as are unwanted computers, sewing machines etc. Containers are filled and ultimately shipped from their base in Ipswich. The stories we heard were heartwarming and real. Should you be interested, do look at their website or call 01473 210220. Collections can be arranged locally.



**November's Meeting** consisted of Our AGM followed by some social time and enjoyment of our refreshments. After a lot of consideration, we chose three members to share the Honor of President for the coming year. Our valued Secretary and Treasurer each agreed to stand for a further year. We discussed some of the programme booked for 2022 and our planned December Christmas Lunch at the Angel in Needham.

**Our Competition** - a Victoria Sponge was judged, and we also chose from the books brought in for a book swop. There will also be a Christmas flower decoration afternoon in the Village Hall in December, if anyone is interested in joining us then please call me for details.

**Normal meeting time** is 7.30pm the second Wednesday of each month. We are open for members from surrounding villages too.

### Monthly walks

The only other WI news to report is that our monthly walks are about to recommence too. The walks are for members only and they contact the walk leader.

If you would like to know more, please get in touch.  
**Chris Bingley Tel: 01449 720324** email:  
christine.bingley@gmail.com



**Stowmarket and Needham Market  
Branch RNLI**



You may have been watching the inspiring BBC series 'Saving Lives at Sea.'

Now you have a chance to help!

Our small Branch has been around for well over 25 years, but is currently

needing a little more support on our committee, as our numbers need a boost. We meet, perhaps, five times a year, and organise local fundraising events. We have a great deal of positive support from the community, but we are now needing a little more practical help too. Could you help us please?

Do contact me if you would like more information.

Chris Bingley Tel 01449 720324 christine.bingley@gmail.com

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# CREETING NATURE NOTES

## helping nature to help us

### COLLEGE FARM AND CARBON

Our farm consists of 437 acres of largely heavy clay land to the east of All Saints Road and the main part of the village. Caroline and I have been here for 17 years and have developed the farm very much with wildlife in mind, with the added advantage of reducing carbon emissions. Farming is a significant contributor to carbon dioxide and methane emissions but, can do a lot to help with getting to net zero.

What have we done so far? We started by planting trees, beginning in winter 2004 by All Saints Road between Sparrow Hall Cottages and the church. These two spinneys consist of over 500 trees. Over the years we have planted over 3,000 trees that will, in time, lock up a good amount of carbon. You will see from the size of those trees that it will be many years yet before they get anywhere near maturity – tree planting is not a quick fix.

We have planted over 5 miles of hedge, reinstating hedges grubbed out in the 1950s and 60s. As 10 yards of hedge has about 40 plants, carbon is locked up relatively quickly.

For around 10 years we have been receiving agricultural compost from Material Change, just over the A14 at the Watering. This compost comes from processing garden waste and similar vegetable material. We have spread at least 2,000 tonnes per annum of this carbon rich material and incorporated it into the soil. This adds to the carbon matter locked up in the soil and improves the texture making it easier to cultivate so tractors use rather less diesel.

Additionally the combine harvester chops up the straw which is also incorporated, further adding to carbon in the soil. Because the compost and straw contains nutrients, we can put less fertiliser and other chemicals on the fields – fertiliser being a producer of greenhouse gases.

From 2005 we converted some of our less productive arable fields to wild flower grass meadows – grassland absorbs carbon. These fields are now grazed by sheep which recycles the grass into sheep manure, in turn taken into the ground by worms. However, sheep do produce some methane – we are experimenting with feeding sheep partly on willow as it seems this may improve their gut function and reduce methane accordingly.

All the steps above have been undertaken for the benefit of wildlife and to improve our farmland – but they are also important contributors to carbon reduction. In 2022 we are going to start measuring the amount of carbon in our soil while continuing to look at any other steps. We hope that you are encouraged that farming is part of the answer !!

***William Barnes, College Farm***



***photo courtesy Chris Bingley***

## Stowmarket Wildlife Group - Suffolk Wildlife Trust

### Wednesday 23 February – HEDGEROWS, HERBS AND MEDICINES With Martin Sanford

A look at some common plants of Suffolk hedges and waysides, their use for foods and medicine and how we use them sustainably.



### Wednesday 27 April – LOOKING FOR THE GOSHAWK – THE LOST RAPTOR With Conor Jameson

A natural history of this mystery-shrouded bird of prey: how it lives, where it lives, and why it might be missing from our lives. The search takes Conor to some unexpected places, at home and abroad

*The meetings above are 7.30pm the Village Hall, Stowupland, IP14 4BQ  
Admission £2.50.*

### Saturday 14 May 10am – TALES OF THE RIVER BANK With Judith and Steve Thompson

A rare opportunity to visit Judith and Steve's 9 acre wildlife haven in the midst of Stowmarket, between the Museum of East Anglian Life and Tinkler's Meadow along the River Rattlesden. Numbers limited. Registering essential.

All events are subject to regulations and precautions to reduce Covid-19 risks for the safety of all. Arrangements may change. Check the Suffolk Wildlife Trust website at [www.suffolkwildlifetrust.org/events](http://www.suffolkwildlifetrust.org/events) for up-to-date information updates.

John Thompson - 01449 676471 - [swtstowmarket@gmail.com](mailto:swtstowmarket@gmail.com)  
Stowmarket SWT Local Group

**We are a group of volunteers who care deeply about wildlife,** its beauty, diversity and importance to everyone's existence. We support the Trust's aims and vision for a Living Landscape - with nature reserves, Sites of Special Scientific Interest and County Wildlife Sites forming networks of linked-up habitat.

**We look after local wildlife reserves:** Work parties maintain Combs Wood at Stowmarket and Bonny Woods at Barking.

**Local SWT reserves** Mickfield Meadow, Bradfield Wood and Bulls Wood.

**SWT Magazine** is delivered to local members, saving postage costs.

*ED: I have just read 'H is for Hawk' by Helen Macdonald the unusual story of a woman training a Goshawk while grieving for the loss of her father, interwoven with the story of similar training journey in the 1930's in **The Goshawk** by T.H. White (author of 'The Once and Future King'). Gripping - as is the Hawk!*

### Get ready for the RSPB Big Garden Birdwatch

It's fun, free and for everyone. Join in 28-30 January 2022

<https://www.rspb.org.uk/get-involved/activities/birdwatch/>



8	2			6				
		6			9			4
	1		2		4			
			9				8	
2		1				3		7
	5				2			
			4		7		5	
5			1			9		
				3			6	1

**Sudoku -Fiendish** - like an easier one or a different puzzle? Let us know. Complete the grid with the numbers 1-9 using each number only once in each row, column or 3x3 box.

## PUZZLE ANSWERS page 37

### CHRISTMAS WORD SCRAMBLE

HIRCTMERSSTAE	.....
ESNCLDA	.....
IESRTOACNDO	.....
RACSRKEC	.....
NTKOISGSC	.....
TEESRPNS	.....
HCESTIRTSFMAARH	.....
ANAST	.....
HESLIG	.....
FBTAONCSITREHEIEMSHTGRH	.....
UROHDLP	.....
EREINRDE	.....
MWNSNOA	.....
THAERW	.....
ENUSTCTSH	.....
ITRHOAACRCSASML	.....
ASCORL	.....
EYRAMHRTSSIRCM	.....
BSUESRLPTSOSSUR	.....
ACKE	.....
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Community Chinwag



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Trevor Hughes has lived in Creeting St  
Mary for over 25 years and his  
company is based in Brandon, Suffolk



It feels like everything is getting more and more expensive and with Christmas coming up, I'm really worried about how I'll manage. My partner and I would love to treat our kids but we're keen to avoid huge debts. Do you have any advice?

Christmas can be costly for many of us and we know lots of people are struggling already this year. There can be a lot of pressure to spend more than you can afford, so here are a few key things to remember as we head into 2022.

### **Be realistic and budget accordingly**

Work out how much you can afford to spend – and stick to it. There's nothing wrong with managing expectations, and suggesting things such as spending limits, secret Santas or maybe even that you don't need to swap gifts.

### **Don't forget the everyday bills**

Remember that the rent or mortgage, utility bills, food bills and other existing debts still have to be paid – the consequences can be severe if they're not. Even though it's Christmas, it's not worth starting the New Year being behind on your bills

### **Don't be tempted by Buy Now Pay Later (BNPL)**

While it can be tempting to split payments, make sure you have a plan for how to pay the money back - particularly if your circumstances or income were to change. If you're using BNPL repeatedly or using multiple BNPL options, make sure you know how much you owe in total. Make sure you understand what you're signing up for, how you'll make the repayments and what will happen if you can't pay on time.

### **Buy safe to be safe**

Whatever the deal, whatever the temptation, don't buy from unauthorised traders and don't borrow from unauthorised lenders. These could put you at risk of unscrupulous collection methods – including threats and harm, unsafe products and unexpectedly high interest rates. You may also not be protected by Financial Conduct Authority rules

### **Shop around**

Try as many different places as possible to find the best price. Buy what you want and not what other people say you need. Be wary of extended warranties; the cost of a repair could be less than the cost of the warranty.

### **Get help if you're struggling**

Citizens Advice Mid Suffolk helped 15 people in Creting St. Mary with 42 issues in the last 12 months.

**Citizens Advice Mid Suffolk can provide advice on this or any other issue, including benefits, debt, employment, housing and family law.**

5 Milton Road South, Stowmarket, Suffolk. IP14 1EZ

Tel: 01449 742473 or **01449 676060** or use the contact form at [midsuffolkcab.org.uk/contact-us](https://midsuffolkcab.org.uk/contact-us)

**For more information and our opening hours go to [midsuffolkcab.org](https://midsuffolkcab.org)**

We are also on Facebook and Twitter to see the latest advice, and what we have been up to.



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## CHRISTMAS WORD SCRAMBLE -answers

HIRCTMERSSTAE = CHRISTMASTREE

ESNCLDA = CANDLES

IESRTOACNDO = DECORATIONS

RACSRKEC = CRACKERS

NTKOISGSC = STOCKINGS

TEESRPNS = PRESENTS

HCESTIRTSFMAARH = FATHERCHRISTMAS

ANAST = SANTA

HESLIG = SLEIGH

FBTAONCSITREHEIEMSHTGRH =

THENIGHTBEFORECHRISTMAS

UROHDLP = RUDOLPH

EREINRDE = REINDEER

MWNSNOA = SNOWMAN

THAERW = WREATH

ENUSTCTSH = CHESTNUTS

ITRHOAACRCSASML = ACHRISTMASCAROL

ASCORL = CAROLS

EYRAMHRTSSIRCM = MERRYCHRISTMAS

BSUESRLPTSOSSUR = BRUSSELSSPROUTS

ACKE = CAKE

IUPNDGD = PUDDING

## SUDOKU SOLUTION

8	2	4	3	6	1	5	7	9
7	3	6	8	5	9	1	2	4
9	1	5	2	7	4	6	3	8
6	4	7	9	1	3	2	8	5
2	8	1	6	4	5	3	9	7
3	5	9	7	8	2	4	1	6
1	6	3	4	9	7	8	5	2
5	7	8	1	2	6	9	4	3
4	9	2	5	3	8	7	6	1

# STOWE VETS

## Keeping your pet calm and stress-free over Christmas

Whilst many of us enjoy festive celebrations during this time of year, the change in routine can be significantly less exciting for our pets. The change in decorations, visitors and noise can leave animals feeling stressed and uncomfortable. Holidays don't have to be a difficult time for your pet though, there are several ways that you can minimise stress, and ensure that your pet has a merry Christmas!

### **Keep routines the same**

Even though the change in routine at Christmas can be an exciting break for humans, it's important to make sure your pet's routine is as consistent as possible to help your pet feel safe and secure amid the festivities. This means that routines like feeding times, exercise, bedtime, and toilet breaks should happen around the same times as usual, as much as is possible.

### **Give them somewhere to hide**

While some pets enjoy the excitement of having guests in the house, some don't, and either way, it's important that your pet has a safe space to get away from the celebrations if they want to. You could set up a quiet space in your house, with somewhere soft to rest, and toys to play with, so that your pet feels secure and happy. It's important that your pet is not disturbed by visitors in their safe place. For cats, you could even set up places to retreat to on top of secure furniture, so that your cat can enjoy and observe the celebrations from a safe height, out of the way of scary visitors.

### **Let them introduce themselves**

It can be very exciting to introduce your pet to your family and friends, and meet their pets, but forcing your pet into a room full of people they don't usually see could cause them to feel stressed and frightened. Allow your pet to decide if they wish to interact with guests or not, and encourage your guests to respect your pet's wishes.

### **Visiting family? Take familiar items**

If you're spending the festive period away from home, and bringing your pet along with you, make sure that you take something that smells familiar and is comforting, like their bed or favourite blanket. It would also be a good idea to take treats, chews and toys along with you, to help keep your pet entertained and settled. If possible, provide your pet with a safe and quiet space in the house you visit.

**If you plan to leave your pet with a petsitter, or in a kennel/cattery,** ensure that they have up to date information about your pet, and correct contact details for both you and your vet.

If you have any questions about your pet's health or behaviour, contact Stowe Veterinary Group on 01449 613130



**Creeping St Mary**  
Photograph taken from the air ambulance by  
Dr. Nicola Ebbs, Summer 2019

## For Sale

Copies of this wonderful photo taken by Dr Nicola Ebbs from the East Anglian Air Ambulance are available for sale with the proceeds going to the East Anglian Air Ambulance.

Prices:

A4 format £25 framed (plain black ) - £20 unframed

A5 format: £15 framed - £10 unframed.

£5 from each sale will be donated to the air ambulance.

To order copies please contact:  
Steve Fernie at Creeping House  
(opposite the church)  
steve@creepinghouse.com or  
phone 01449 720988

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## GENERAL INFORMATION AND CONTACTS

### Creeting St Mary Newsletter:

#### Editors:

**Content:** Joan Hardingham, Alder Carr Farm,  
creetingnewsletter@gmail.com

**Liaison** with contributors and advertisers: Kathryn  
Martin, creetingnewsletter@gmail.com

**Advertising:** Jennie Blackburn 01449 721369  
clerk@csmmpc.co.uk

(Advertising rates are on the next page)

**Distribution:** David Haynes 01449 722570

**Newsletter deadlines:** the 20th of the month of:  
September (Oct-Nov edition i.e early December and Christmas events)

November (Dec-Jan edition)

January (Feb-Mar edition)

March (Apr-May i.e. Easter)

May (Jun-Jul i.e. all those mid- summer events)

July (Aug-Sep - the summer holiday events)



### Creeting St Mary Parish Councillors

Sue Haynes (Chair) - 01449 722570 (Village Hall Management Committee)

Hugo Craggs (Vice-Chair) - 07815137228 (Community Infrastructure Levy (CiL)  
/Sustainability)

Jan Palmer - 01449 723997 (Blacksmiths Field / Play Equipment)

Paul Scully - 01449 721461 (Footpaths and Bridleways)

Roger Coton - 01449 721526 (Suffolk Association of Local Councils (SALC))

Nigel Smart - 01449 720100

Lesley Plummer - 01449 720359

Vacancy (to be co-opted) due to retirement of Chris Emmins

Vacancy (to be co-opted)

To contact any of the Parish Councillors, please contact the Parish Clerk first

Parish Council Clerk : Jennie Blackburn - 01449 721369

or email: clerk@csmmpc.co.uk

Meeting agendas and dates are placed on the village noticeboards during the week  
prior to the meetings, and also on the website.

### Creeting St Mary Website

[www.creating-st-mary.suffolk.gov.uk](http://www.creating-st-mary.suffolk.gov.uk)

Contact the Parish Clerk Jennie Blackburn at [clerk@csmmpc.co.uk](mailto:clerk@csmmpc.co.uk)

### The 3 village notice boards are located at:

the Village Hall, St Mary's Gardens and Jack's Green.

The old phone box at Jack's Green contains maps, information and a defibrillator  
and the notice board at the entrance to Alder Carr Farm has a foot path map.

### Diamond Jubilee Village Hall

Chris Bingley (Village Hall Management Committee Chair) 01449 720324.

[christine.bingley@gmail.com](mailto:christine.bingley@gmail.com)



To hire all or part of the hall : contact Mrs Jennie King Tel 07946 445516

**Creeting St Mary Social Club:** csm\_socialclub@outlook.com.  
Kathryn Martin (Chair) 01449 720491

**Creeting St Mary Neighbourhood Watch Representatives:**  
Bill Mackintosh: 01449 720753 Sue Haynes: 01449 722570

**Creeting St Mary Footpaths**  
Paul Scully 01449 721461  
e-mail: paul@impressions41.plus.com

**Creeting St Mary Welfare Charities**  
Mr. D. Primmer, 30 All Saints Road, Creeting Saint Mary, IP6 8NF  
01449 721514

**County Councillor for the Thredling Division:** Matthew Hicks  
Tel: (01728) 628176 ; matthew.hicks@suffolk.gov.uk ; Twitter: @HicksCllr

**Mid Suffolk and Baburgh District Councillors:**  
Mike Norris - mike\_norris@hotmail.co.uk 01449 720871  
Steve Phillips - steve.179@icloud.com 01449 721710, mob. 07794823323

**Member of Parliament for Central Suffolk and North Ipswich**  
Dan Poulter Tel: (01728) 726588 ; daniel.poulter.mp@parliament.uk  
Twitter: @drdanpoulter

**Creeting St, Mary Primary School** - Head Mrs. Christine Friar  
School telephone 01449 720312, office@creetingstmary.suffolk.sch.uk  
www.creatingstmary.suffolk.sch.uk

**Priest-in-Charge North Bosmere Benefice**  
Rev'd Philip Payne, The Rectory, The Street, Stonham Aspal, IP14 6AQ  
01449 711684 revphilppayne@btinternet.com

**Parochial Church Council**  
PCC Secretary: Hazel Minter - 01449 722148  
PCC Treasurer: David Haynes - 01449 722570.

#### **CSM Newsletter – Advertising Costs**

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