



THE ICKLINGHAM VILLAGER

Issue 11 November 2006

Newsletter sponsored by : HELEN – Mobile Hairdresser.

If you have any ideas about what you would like to see in the Villager, please let us know.

Perhaps someone has a birthday, anniversary?

Have you any favourite recipes you would like to share, gardening secrets, any interesting walks in the area, or maybe any history about the village, useful telephone numbers, do you need to car share, perhaps we can help. Let us know!

Copy Date

November 2006 - if you have any items or notices of local events you would like

published in the next edition please ensure they are submitted by **15th December 2006**

How to contact us:

Ronnie Halford :717715
Beverley Curtis :719055
or
Pearl Watson
Clerk@icklinghampc.wanadoo.co.uk

WARM FRONT SCHEME

Warm Front is a government-funded scheme that has been set up by DEFRA to tackle Fuel Poverty. In 2006 there are no less than 2 million households in fuel poverty nationally.

Warm Front aims to improve the energy efficiency and comfort levels in the homes of those who need it most through the provision of **insulation and heating**, making homes affordable to keep warm and reducing the risk of cold related illnesses. The grant is available to people that own their home or rent from a private landlord. To qualify, the householder must be in receipt of an income related or disability related benefit or credit. The grants of up to £2700 (goes up to £4000 if oil fired heating is fitted) are available. Warm Front will organise and pay for all work up to the value of the grant.

All you have to do is call **free** on **0800 3162814** (between 8am and 6pm weekdays and 9am and 5pm on Saturdays) to find if you are eligible. If you are not eligible Warm Front offer a Benefit Entitlement Check. You will be guided through the process by a trained advisor.

A BIG THANK YOU TO THE RED LION

**FOR THE FANTASTIC FIREWORK DISPLAY
HELD ON BONFIRE NIGHT - A GREAT TIME
WAS HAD BY ALL**

**Quiz Night on Sundays in the Back Bar
Prizes and Jackpot to be won
ALL WELCOME**

**ALSO CURRY NIGHT ON MONDAYS
AND STEAK NIGHT ON WEDNESDAYS**

BOOK ON 01638 711698

RECIPE OF THE MONTH**Pumpkin Soup - serves 6**

25g butter
 1 medium onion finely chopped
 200g potatoes, peeled and chopped
 900g pumpkin, diced
 250g carrot, diced
 1.2 litres vegetable stock
 150 ml milk
 Finely grated nutmeg, salt & black pepper to taste



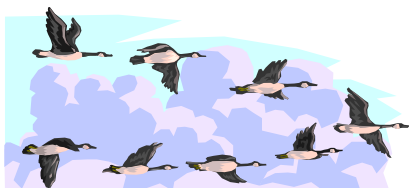
Melt the butter & onion, fry gently for 5 minutes, add potato, pumpkin, carrots and vegetable stock. Cover and bring to the boil and simmer gently for about 20 to 30 minutes until vegetables are tender. Cool a little then puree in a liquidiser. Return to a clean saucepan and stir in the milk. Add the nutmeg and season to taste. Enjoy on a cold winters evening.

LACKFORD LAKES EVENTS- NOVEMBER

Sun Nov 26 **LACKFORD LAKES WINTER FESTIVAL**
 Family event 11.00-3.00pm celebrate winter with crafts, guided walks activities and trails.

PLEASE RING 01284-728706 TO PRE-BOOK AND FOR MORE INFORMATION

Take a little time out to enjoy the beautiful autumn colours on a bright and sunny day and watch our winter visitors fly over and visit Lackford Lakes.

**MOBILE LIBRARY**

The Mobile Library visits the village on alternate Saturdays.

The Library Van will call at the times below :

December 2nd, 16th, 30th

All Saints Green	10.25am - 10.45am
The Hall Close	10.50am - 11.05am
West Street	11.10am - 11.25am

SELF DEFENCE FOR WOMEN

**DON'T BE A VICTIM
 LEARN BASIC TECHNIQUES
 GAIN CONFIDENCE AND HAVE FUN WHILE
 LEARNING**



Would you be interested in learning basic self defence ? We would like to start a 6 week evening course in the New Year for women over the age of 14. The Instructors are Colin Wright and Debbie Bush, they are qualified, insured and experienced.

This will be a very informal class, you do not need to be fit for these defences. Remember the first form of defence is to SCREAM and run away !!!!!

Dates will be confirmed when we get an idea of how many of you are keen ! Please contact Debbie on 01638-712278 or email on divehip-pys@tiscali.co.uk.

ART WORKSHOP

7.30 - 9.30pm
At The Community Centre
(first and second Mondays
of the month)



**all welcome come
 along and have fun**

Only £2 - includes Refreshments
No Art Workshop on Monday 1st January
2007

MARKET PLACE

Mobile Hairdresser -
 Helen provides a mobile hairdressing service which visits the village. This is ideal for the housebound and perfect for busy people. Telephone: **Helen on 01284 764613 or mobile 0778 7522 396**



CHURCH SERVICES December 2006

3rd December	Christingle	6.00pm
10th December	Festival of Light	6.00pm
17th December	Service of the Word	11.00am
24th December	Midnight Communion	11.30pm
31st December	Team Service	10.30am
Venue to be decided		
7th January	Service of the Word	3.00pm

PHOTOCOPYING

For simply the best value for local photocopying facilities contact

Pearl Watson on 01638 715416

KEEP YOUR HOME SECURE

Remember to close and lock your doors and windows.
Always keep keys in a safe place away from windows and doors
Report anything suspicious to the police straight away - dial **999**
 Free security upgrade for homeowners in Forest Heath who are 60 or over-Receiving income related benefit-Disabled .
 Discounts available for other householders.
 Security measures professionally installed by scheme approved contractor to a specification recommend by Suffolk Police
 Please telephone 01638-719238

ICKLINGHAM COMMUNITY CENTRE

For all Functions and Special Celebrations
 Bookings can be made by contacting Jean Padmore
 On 01638 714112
 Charges: £5 per hour for residents, £6 per hour for non-residents

In the Garden



- Tidy the garden shed, clean all equipment and oil tools before storing for winter.
- Protect winter crops from bird damage.
- Remove moss from steps, paths and terraces as they can become very slippery in wet weather
- Plant Pansies, Violas, Heathers and miniature Cyclamen in containers - deadhead regularly for winter colour
- Plant a tree in **National Tree Week** - for events in the area or tips and advice visit www.treecouncil.org.uk

Blood donor sessions for December

1st Newmarket Memorial Hall
11/12th Bury St Edmunds Athenaeum
19/20th Bury St Edmunds Athenaeum
21st Mildenhall Jubilee Centre
22nd Newmarket Memorial Hall

Help save a life

Warning

Commemorative Coins

It is advisable to check any change you receive. Apparently any commemorative coins minted before 1990 are no longer worth what was first paid for them. For example a £2 which I tried to pay into a bank recently, was rejected. This was because it was minted in 1989 and is now only worth 25p! K. Nolan

BLOOD DONOR

Would you like to give Blood ? Are you between 17-59 years and in general good health
 If so contact

the **DONOR HELPLINE** on 0845-7711711

WHAT'S ON

Art Class - Every Wednesday 2-4 p.m
Art Workshop - Meets on the first and second Mondays of the month at 7.30pm
Bingo - Meeting on the third Monday of every month at 7.30pm
Book Exchange - for access , please obtain a key from Karen, Jean or Pearl
Book Club - Date to be arranged
Carpet Bowls - Tuesdays at 7.30pm. Come along and have fun - all welcome.
Parish Council Meeting is on January 2007 at 7.30 p.m
Rainbow Club - Are you between 5 and 12 years old? Are you free Tuesday evenings between 6pm and 7pm. Do you want to have fun, win competitions and play games. For details contact Jean Padmore at 16 West Street or Tel: 01638 714112
Under Fives - every week during term time 10am till 11.30 am. Contact Dorothy Handford on 01638 712439 for details
Yoga Class - Wednesdays at 6.45pm - 7.45 pm £5 per session.
Christmas Fun Evening -24th November at 7.30pm - Present ideas for Christmas !!
Festival of Lights - December 9th and 10th hosted by Project St. James.
ALL THE ABOVE MEET AT THE COMMUNITY CENTRE (unless otherwise stated)

TO PLACE AN ADVERT IN THE NEXT EDITION PLEASE CONTACT THE EDITORIAL TEAM ON 01638 717715 01638 719055 BEFORE 15th Decmber

FISH & CHIP VAN

Calling at Mildenhall Rd, West St, and The Hall Close on **WEDNESDAYS 5.30-6.30pm**
 Ring 01638-713542 or 0771 903 5458 for party bookings.

PARISH NOTICES

Safety Regulations: The Community Centre Committee have purchased step ladders to comply with Safety Regulations. Please **DO NOT** stand on chairs or tables if you need to reach anything high as the Committee cannot be held responsible for an accident if the correct equipment is available. It is also preferable to use the ladders when someone else is present. The ladders will be placed in the toilet area.

AGE CONCERN - If you would like a copy of the Magazine please contact Pearl Watson who is the link person for Age Concern. **Age Concern has a help desk in St. Johns Street, Bury St Edmunds Tel :01284 757750 help and information is available for everyone! Age Concern Lunch Club Tel: 01284 757744**

Parish Councillors and Clerk

Chairman Wendy Goult	01638 510066
V. Chair John Browning	01284 728839
Councillors :-	
Clare Devlin	01638 711395
Veronica Halford	01638 717715
Jill Gooch	01638 728514
Jean Padmore	01638 714112
Ken Sore	01638 712596
Pearl Watson Clerk	01638 715416

Please address all correspondence for Icklingham Parish Council to:

6 The Hall Close, Icklingham, Bury St. Edmunds, IP28 6PU.

DON'T FORGET

**CHRISTMAS FUN EVENING
 FRIDAY 24th NOVEMBER 7.30pm
 at The Community Centre
 &
 The FESTIVAL OF LIGHTS**

**Hosted BY PROJECT ST JAMES
 DECEMBER 9th & 10th
 in St. James Church**

