



Worlington Pump

August / September 2020



Wildflowers

Joan Mortlock's prediction was right, in mid-June the wildflower patch in the church yard blasted into colour. If you haven't already done so go and look at it and have your spirits raised. The Newmarket Journal was so impressed with the photograph we sent them that they had their own photographer take a shot of the patch with most of the people involved present, it was on page two of the 9th July edition.

Do you know someone who can use a scythe?

The best way to cut wild flowers is by scythe but we have not so far been unable to find anyone who can use one. We have a volunteer who will strim them for us, which is much better than mowing, but it would be great if we could get them cut in the traditional way. We have access to a couple of old scythes, which will need sharpening, so if you or anyone you know could help please contact me.

Thank you. Don MacBean – 01638 713710

Changes and Chances

One of the loveliest services in the Church of England is Compline, or 'Night Prayer', a series of calming and peaceful readings and prayers to end the day and prepare for sleep. One of the prayers we sometimes use says this:

Be present, O merciful God,
and protect us through the silent hours of this night,
so that we who are wearied
by the changes and chances of this fleeting world,
may rest upon your eternal changelessness;
through Jesus Christ our Lord.

I've been reflecting much on changes and chances recently, particularly as I have passed some significant personal milestones. It's 40 years since I came to faith in my early 20's, 30 since I set out on the path to ordination and 25 years since I first wore a dog-collar. So much has changed since that memorable day, in the church and in my own life. It's also 7 years since I took responsibility as Parish Priest of Worlington and the other parishes in our group – 7 years which have passed quickly and which I have much enjoyed.

With advancing years I find as many people do that time seems to pass faster and faster, while I myself get a little slower and achier! So the time has come for me to announce my retirement as Parish Priest, with my last service coming on 1st November. My sadly neglected garden and home look forward to this date with much anticipation!

What follows will be up to our Bishop in discussion with the parishes, but in the short term we are very lucky to have a strong ministry team made up of our two curates, Rev David and Rev Caroline Butcher, as well as a number of very experienced retired ministers, so the change should be fairly seamless. After a suitable pause, I will no doubt join the team of retired ministers!

Rev Caroline is due to be ordained Priest on September 6th at 11am in a service which will be live-streamed from the cathedral – all are welcome to tune in on the cathedral website <https://stedscathedral.org/>.

Love Sandie x

Church Re-opening

Prior to the lockdown, we had begun opening All Saints' Church daily for private prayer and reflection, and we were sorry to have to close the doors. However now that restrictions are easing we have cleaned and sanitized the church and plan to re-open for private prayer one day each week initially. We hope to resume Sunday services from September – check the notice board in Church Lane for news.

All Saints Church Services

There will be no public worship at All Saints until further notice. However you can still join in remotely with worship with us at 11am every Sunday in any one of the following ways:

1. On your PC or laptop – we will send you a link to a Zoom meeting. Simply click on the link and you will be able to chat to other worshippers and join in with hymns and prayers.
2. If you have a smart phone or tablet, you can download an app called Zoom Cloud Meetings. You will then be able to join the meeting using a number we will give you.
3. You can dial into the meeting using your normal phone. You won't be able to see what is happening, but you will still be able to hear and we will be able to hear you. We will give you the number to ring beforehand.

If you would like to know more about any of these methods, just contact Sandie on revsandiebarton@gmail.com or 01638 720770.

Parish Priest	Canon Sandie Barton	01638 720770
Elder	Heath Rosselli	01638 717337
Churchwarden	Mrs Shirley Reeder	01638 716096
Treasurer	Elizabeth Klingaman	01638 711642

Thank You Ken

In the past few months we have all been giving thanks to those who work for the common good on a national level.

In this month's edition it is time to say a big thank you to Ken Lucas, who has throughout lock down has continued with his efforts to make the Village a better place; tending to the Graveyard, the Recreation ground, the War Memorial, putting up our N.H.S. banner and refurbishing the Cricket Clubhouse.

Ken is our local hero - Thank you, Ken

Over-grown Hedges

Please can you make sure your hedges are cut back and don't obstruct the paths.

Worlington Parish Council

Date for copy for the next edition by: **Tuesday 22nd September**. Please send articles to Rob Garry (01638 715611) pump@worlington.org.uk or Ellen Clowes (01638 712043) ellen.clowes@btinternet.com. Thanks.

Wardens Words - COVID-19 and Me

A Summary of what happened to me during April, May and June this year

I will begin by extending a huge thank you to all those who sent cards and good wishes through this time, they were so much appreciated.

The symptoms of this horrendous Coronavirus were loss of appetite, and no sense of taste or smell. I also developed a troublesome cough, which I am told will last for a while yet to come.

Having been advised to go for the test, Naomi and I were both tested, as she had been in close contact with myself, but I truly believe that the source of my infection was not local.

The results came through and showed that I had indeed contracted the virus, but showed that Naomi was clear of it at that point. On 27th April, feeling much less well and struggling to get my breath, I was admitted to West Suffolk Hospital, tested, examined and cared for by our wonderful nurses and doctors of the NHS. At first, I was not really aware of what was happening.

For two weeks I was in the ward for Covid patients, receiving special care and also oxygen therapy. Later, when I was able, the nurses would allow me to speak with Naomi over Face-time, on a tablet, which was a wonderful way to keep in touch, hear how the family were coping and what was going on in the world outside the hospital.

Eventually I was moved to Newmarket for another two weeks. In rehabilitation, I was encouraged to work on getting strength back into my muscles, given a daily dose of vitamins to build me up for coming home and I got used to walking with a frame. Naomi would visit and we would speak through the window!

Finally, when they felt I was ready, on 27th May, I was discharged and on my way home – Oh what a happy day!!

On arriving home, I was met by many friends and relations lining the driveway, and although we could not make contact as such, we were able to wave and smile at each other, and it was such a wonderful welcome home.

To begin with, I had some difficulty speaking, recognising and remembering things and was encouraged to carry on using the frame for walking, and later, a walking stick, to continue with the muscle strengthening in both arms and legs, as I had sustained some muscle wastage.

My family have been so supportive with shopping and meal preparation, taking care of my every need. Now I am getting stronger, day by day, and able to do some things for myself, but so grateful for the support from family and friends.

All my family were superb - Naomi was with me most of the time, at the beginning. Brent would come in and make tea three times a day and was looking after Chloe and dear Rueben, my nine month old puppy. Melvyn and Lizzie were coming in each evening, providing me with my supper.

On my birthday, I received many cards and visitors and a special choir from the church, Sandie, Heath, Elizabeth, David and Caroline came to sing Happy Birthday to me, whilst I was sitting in a chair on the lawn. Later in the evening we had a family picnic on the lawn, under the oak tree – GREAT!!

I am now making slow progress each day, but finding it so frustrating that things are not moving on as quickly as I would like or expect, but getting a little stronger as each da-y passes. I was so thrilled when I was able to walk without the stick!!

Brent and I walked down to the church. It was good to go inside again and find it had been thoroughly cleaned - thank you Sandie, David and Caroline.

Over the weeks, whilst being treated and in recovery, I received so many lovely cards and good wishes from so many people. You cannot imagine how wonderful it was to know that so many were willing my safe recovery.

I prayed to God and my prayers were answered.

Quote – Romans 5; 3-4

“Suffering produces Perseverance; Perseverance, Character; and Character, Hope.”

Shirley Reeder

What's on in Freckenham August & September 2020

There are glimmers of things are opening their doors after lockdown, but as I'm writing this in July it's all very new! First to announce this is **The Golden Boar Inn** with all their Covid-19 aware procedures in place and two great outdoor garden areas as well as indoors. They have a new chef and menu so do take a look at their Facebook page or give them a ring 01638 723000!

Freckenham Village Hall started with food stalls & bouquets of fresh cut flowers at the **OUTDOOR Farmers Market** at the end of July, following the current guidelines for Covid-19 awareness including social distancing and making it a one-way system. If this is successful we will do it again in August, date to be confirmed as last Saturday is a Bank Holiday weekend! Unfortunately the hall will need to be closed and so no refreshments

Friday Film Nights – are currently postponed.

Check the village website www.freckenham.suffolk.cloud for updates on what events are re-starting. Contact the tutor if you are new or attending after a break.

Bird Talk

The captivating photographs of two young foxes taken near the village by Pat Gates arrived just too late for the June/July issue but here they are now – worth the wait I would say. Thanks Pat.

On 18th July the ever willing Simon Evens went up the tower to check on the swifts and ring the chicks. The results are disappointing. Only twenty five out of the 43 boxes had been used which is the lowest number since 2015 and four have already failed to produce chicks. He ringed twenty eight chicks from fifteen boxes which is the lowest for some time and there were no broods of three which is unusual. However, there are still a few weeks before the end of the season so things could improve a bit.

I asked the charity Save Our Swifts what the national picture was and fortunately it seems normal except that bad weather has affected breeding in the north west. They added that it wasn't unusual for there to be breeding difficulties in our area, most probably due to lack of insects, because East Anglia is known to them as "The Chemical Desert."

There is good news though; on that same evening, 18th July, two enthusiasts came from Newmarket to look at the swifts and the display was one of the most spectacular I have seen which kept us watching for an hour. The consensus was that there were possibly more than fifty birds tearing round the tower at speed. Simon had said that looking through the slats in the tower it was breathtaking to see the birds approach the nest boxes at great speed and then entering the box or veering away. I wish I had the nerve to go up the ladder and see for myself.

There are far more birds flying around the tower and in the sky above the village than are actually nesting. The likely reason is that there are many non breeders looking for sites for next year which we hope they will return to. Miles Davis has



noticed that there have been swifts entering a couple of his boxes but then departing after a while. This is also happening in two of the camera boxes in the tower which seems to support the next year theory. Also, in his camera box there are a pair of chicks doing very well.

The final encouraging note relates to No. 15 Freckenham Road – the house that John Levington (Bagger) lived in almost all of his life. The new owners noticed that there were swifts nesting under the tiles so made sure that during the renovation the holes were not blocked up thus there are birds nesting there again this year. Loss of traditional nesting sites is one of the reasons for the decline in swifts so it is encouraging that there are sympathetic house owners in the village.

This talk of swifts nesting in boxes and under tiles must be irritating for those of you who have put up boxes and installed calling devices without result, but please keep at it. With all these young non breeders around this year some of them may come to you next year.

I haven't seen a house martin around the church this year. There are sometimes two swallows flying low over the Church Farm field the same pair, I assume, sometimes sit on the power line outside our house. Two! They look so forlorn I almost wish they weren't there at all to remind me of how it used to be only a few short years ago. I fear "The Chemical Desert" may have affected them more than our precious swifts.

To end on two up-beat notes, Nick Foster found a grounded young swift on Church Lane in mid July. It was ringed so almost certainly from the tower. He took it to Judith Wakelam who worked her magic on it and it flew away a few days later. Secondly, I have just watched a tiny very young wren exploring with naive enthusiasm the area round our summerhouse - quite charming; hope you have had similar experiences.

Don MacBean



Coronavirus and what it means to feel alive in 2020

It goes without saying if you've been alive and 'alert' in the world this year, you'll understand how having a reunion with a loved one during the time of a global pandemic is, quite frankly, elating. I'm writing these notes amidst a happy re-coupling with my significant other. It actually wasn't the dreaded virus that separated us, well--not directly at least. Masses of people, many of whom are completely alone, have been self-isolating at home, quite sensibly but rather heroically, in effort to save the majority from risk of infection. For us however, family grief, stresses with work but moreover a deep need to be 'strong' and 'do the right thing' for everyone around us (which never works, by the way), took its toll and forced us to take time apart.

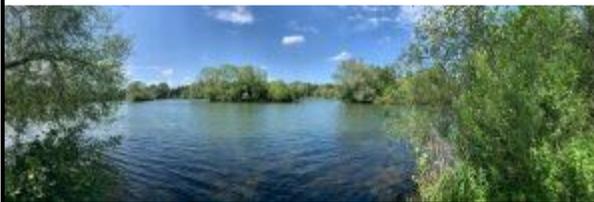
As someone who is on a sometimes precarious, sometimes bumpy road to recovery in the face of long term health 'stuff', I already had limited social interactions. Before the country 'locked-down' my days were already pretty slow paced and focused on (not fun) things like research regarding my health, chasing medical appointments, dealing with the DWP and HM tribunal service (Christ, that does sound bad!)

Saying that, it does offer me the time to do (quite fun) things like cooking from scratch, walking, decorating, and shovelling as much energy as possible at trying my damndest to be cheerful, and grateful. With this in mind listening to how the COVID situation had affected my closest friends and relatives had me in conflict--feeling concerned for them but, could there be a silver lining? Would we now -- finally-- have a shared understanding of being in the position of not being able to 'do' particularly much for yourself. It means so much to be understood, doesn't it? What is striking a chord most of all now however is, at 10 weeks in, how this slow-burn of anxiety and ever-building stress is effecting and actually having profound impact on the lives of those I care about the most.

To say my partner had a lot on at work recently, is a massive understatement. He works in distribution and suddenly, when COVID hit, it seemed the entire of East Anglia had developed a shopping preoccupation, numbers of parcels have been almost double the rate of what's normal for Christmastime! On top of all this, he was dealing with a death in the family-- not nice at a time where our cultural norms are being questioned and somewhat re-designed. I say re-designed; I recall a moment of deep discomfort watching him 'relive' his Grandfathers funeral via the wonders of his smart phone-- it had been videoed and guests had also been given the option to attend 'virtually' if they so desired. I suppose it was quite practical

considering the circumstances, but it didn't sit well with me... for some reason!

Back to the subject of video-calls and all things being a bit



'odd'. I waited nearly a year for a health diagnosis-- but never in a million years did I think it would be ascertained over a conference call. It's cool that we are able to make the tech work for us, so why does it all feel so strange?



It wasn't long after this online talk took place, actually, that the literary-loving friend aforementioned was called to a

COVID-19 test. Story worth telling: test had to be self-administered whilst in her car in a car park! The swab had to be taken from the back of the throat... her loving partner in the car said she 'looked like a cat bringing up a fur ball'. Hideous experience for her, but you have to laugh at that none the less. We can all benefit from laughing a bit more. I am glad she shared that story with me. Even more glad that the test came back negative and she's doing okay at the moment.

And then there is my friend who lost his job, due to 'restructuring' following the economic uncertainty. I did my bit and rewrote his CV. He did his bit and consoled me with red wine and we shared lots and lots of laughter. The current climate of change has been quite 'life-affirming' for many of us. For my friend, he was simultaneously facing redundancy alongside tending to a broken heart. He and his girlfriend decided to part ways, and he's still in the process of moving out--as well as trying to secure a new job. That's super trying.

My oldest friend, from my school years, gave birth to a baby boy during these crazy times-- and was unable to have family visit her and the new-born. Something you simply cannot plan for. Technology, for the most part in the form of Zoom and WhatsApp, made the world of difference for her and the extended family who understandably all wanted to meet the newest member of the clan.

The latest thing bonding my sister and I isn't technology however, sorry to say -- it's comfort-eating. My anxiety and depression hit some particularly low points over the last few weeks. But for my sister, the stress was untold. She had lost all her childcare at once and is now managing very well I must add, juggling being an energetic activities coordinator for her three-year-old, with trying to keep up a full-time job working remotely from home in the afternoons and late into the night. On the upside, the change in her and her partners' schedule has meant she has had the time to travel to me-- so I can see my gorgeous little niece 'Squeak'. And this has lifted my mood ten-fold. Silver-linings...

Another dear friend seems really troubled by the slower pace of his work. And he's understandably feeling the weight of having to let some of his staff go-- that's a really hard thing to do.

Nicola Gates, Mildenhall, Suffolk. Contact: hello@ngcreative.agency

Worlington Parish Council

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Office Hours: Monday - Friday: 9-10am & 1-4pm, Monday & Thursday: 6-7pm

Notice of Remote Meetings

Following on from the Government's announcement on Monday 16th March, together with the guidance from Public Health England and NALC, in relation to COVID-19, the Council has made the decision to hold all meetings remotely until further notice, via Zoom. The first meeting was held successfully on 16th July 2020.

Details for the next meeting and the Zoom Login details are available on our website: www.worlington.onesuffolk.net/parish-council/agendas-and-minutes/

End Year Accounts 2019/20

Following NALC's engagement with government around local council audit timeframes final regulations came into force on 30th April. These extend the statutory audit deadlines for 2019/20, to 30th November 2020. The Council's 2019/20 accounts summary is now available to view on the Council's website: <http://tuddenhamstmary.onesuffolk.net/>

The 30-day period for the exercise of public rights starts on **1 September 2020** and runs until **15 October 2020**.

Community Support:

Phone Tree for Freckenham, Worlington, Barton Mills and West Row - 720770

Home, but not Alone Scheme (Collaborative Communities Board)

<https://www.suffolk.gov.uk/council-and-democracy/council-news/show/home-but-not-alone>

West Suffolk Council Coronavirus Advice:

<https://www.westsuffolk.gov.uk/coronavirus/index.cfm?aud=resident>

Suffolk County Council Coronavirus Advice:

<https://www.suffolk.gov.uk/coronavirus-covid-19/>



It seems a long time but cricket has started. The two counties league has been abandoned for this season but the village cup is still on the go and they are going to play every Sunday.

We are now playing friendly matches for all the teams and there are games for all the youth sides and ladies team, of course. With the virus rules we cannot use the pavilion for showers etc., only for toilets and there are no teas. The players during matches every so often stop to sanitise their hands, every thing is strange but at least there are back playing. *Ken Lucas*

Bird Talk Extra

Stone Curlew update - the family are doing well with just the one chick despite the arrival of horses in the nearby paddocks. We were a bit concerned when we heard horses galloping up and down the field where the birds had been nesting. They were clearly very excited to be let loose into a new field and charged about like excited children released from a small flat after lock down.

The juvenile Curlew is now the same size as the adults so not as vulnerable and reminds me of my son, skulking about with his head down constantly looking for food (sorry Andrew). In the last few days we have not been able to see them so they may well have flown away to pastures new.

More drama unfolded in our garden as we have a number of nesting Blackbirds. They make quite a din if you go anywhere near their nest sites as I found out when I was cutting back a plant near our Wisteria. I didn't notice the nest until a cacophony of noise and flapping wings suddenly erupted around me. It was like something from Hitchcock's 'The Birds'. Anyway it had the desired effect and I retreated, humbled, into the house to let them settle.

The Blackbirds were clearly not having a good week as yesterday I witnessed one of their chicks on the lawn under attack from two Magpies. It was quite a distressing sight as it struggled to protect itself while parents buzzed and harried the Magpies. They eventually drove the attackers off but the chick lay motionless minus a few feathers and I feared the worst. However, about two minutes later the predators returned but, to my amazement the chick revived and fled across the grass and escaped. Clearly a better result than the pigeon v. the Sparrow Hawk, in Don's piece in the last issue. *Richard Smith*

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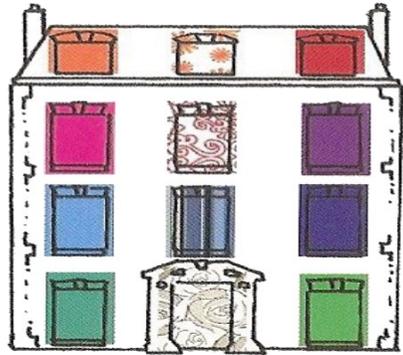
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