

Worlington Pump

February / March 2024

Worlington Church

EASTER Egg Hunt

Join us on

April 1st at 3pm

for some egg-citing fun!

All Saint's Church, Worlington

Tea & Cakes served 2:30 - 4:30

I'm not good enough!

I wonder how many times you have thought that you are not good enough! It is very easy to think that particularly when we don't get things right or they don't go quite the way we intended them to go.

When things don't work well for me, I hold on to the belief that God loves me just the way I am! I believe that because of the evidence I see in the Gospels: Jesus called his disciples just as they were and a rough bunch weren't they! People who came to Jesus, he listened to them without demanding that they change first. He healed them, he forgave them, he helped the relatives of those who came to him asking for help. Jesus listened to and helped those who nobody else would talk to or engage with, those outcasts from society. It is for that reason that I believe that God loves me just as I am (however much I've got wrong!) and I hold on to that when things get tough!

I came across these words which come from an unknown author which you may find helpful: "God, grant me the serenity to stop beating myself up for not doing things perfectly, the courage to forgive myself because I'm working on doing better, and the wisdom to know that you already love me just the way I am." I believe that God loves and will welcome each one of us, just as we are, and He longs for us to come to Him. *Rev'd David Everett*

The Hythe - 50s & 60s

Before the Mildenhall swimming pool, the Hythe was where most of us learnt to swim, we used to go fishing there as well on a Sunday or Saturday. In the summertime there would be 40 or 50 people in the Hythe, some biked or walked from Mildenhall.

There was more water in the Lark back then and the bank was a lot lower, and there were a lot more fish. As you looked to the Staunch bridge you could see voles, or water rats as we called them, running backwards and forwards crossing the river. They lived in the banks and it is sad you don't see them anymore.

Charles Philips, Richard's father, the farmer at that time used to put his cattle in the field and to keep the grass down let them go in to the Hythe, I think he paid a small rent. On a hot day they used to go into the trees, this made a bit of a problem as we used change in there and didn't know where to stand!

The Hythe is a unique place and we were gifted with those great days. *Ken Lucas*

Worlington Hall Hotel - Defibrillator

I have been asked to let residents of Worlington know that there is a defibrillator at Worlington Hall Hotel. A donation was made to help them to buy a defibrillator, which has been fitted and up and running since last year. We hope it never has to be used.

All Saints Church Services

Sunday 4 th February	11:00 am	Holy Communion
Wednesday 14 th February	7:00 pm	Ash Wednesday Holy Communion
Sunday 18 th February	11:00 am	Holy Communion
Sunday 3 rd March	11:00 am	Holy Communion
Sunday 17 th March	11:00 am	Holy Communion
Friday 29 th March	2:00 pm	Good Friday, St. Andrew's, Freckenham
Sunday 31 st March	11:00 am	Easter Sunday Holy Communion

Rural Dean	Rev'd Chris Childs	01638 429212 revcchilds@aol.com
Elder	Heath Rosselli	01638 717337
Treasurer	Elizabeth Klingaman	01638 711642

Tuesday Coffee Morning

All Saints' Church, Worlington

Tuesday 27th February, 10:30 am - 12:00 noon

Tuesday 26th March, 10:30 am - 12:00 noon

Join us for coffee and homemade biscuits, and meet your friends and neighbours. We meet on the last Tuesday of each month.

We would love to see you!

Quiz Night

Friday January 26th and our Fish & Chip quiz night made a welcome return after four years. A very big 'thank you' to John Child, no stranger to most of us who acted as quiz master.

It was great to welcome so many of our friends back and all agreed that the fish and chips were as good, if not better than ever. Thanks to Ken Lucas for taking care of the raffle and grateful thanks to those who kindly provided the prizes.

£300 was raised in aid of All Saint's Church.

Bird Talk - Guest Contributor

Welcome to Julian Bhalerao who is the nephew of Robert Bright's wife Jackie. Robert and I were chatting about birds and Robert told me about Julian who is an ace birder. I got in touch with Julian and this uplifting article and stunning photographs are the result.

Don MacBean

My name is Julian Bhalerao. I'm in my fifties and live in North Norfolk with my wife Sarah and our two children. I have been a dedicated birder for most of my life and have travelled widely in search of birds and other wildlife. Seven years ago everything changed when, completely out of the blue, I suffered a massive stroke.

After a lengthy stay in hospital I was allowed home but my life had completely changed. I was now partially paralyzed and had suffered significant sight-loss. Pursuing my beloved hobby of bird-watching and photography was going to be very challenging due to my new circumstances. I decided the best thing to do was to concentrate on watching the birds in my garden. I could carry on my extensive physiotherapy regime in the comfort and warmth of my kitchen and keep an eye on the birds in my garden.

Sarah relocated the bird feeders to a more suitable position and I found by heaving myself out of my wheelchair and edging myself against the kitchen sink I could see almost all of the garden. Observing the daily movements of the birds was great therapy for me. It improves my mental wellbeing, helps me manage my remaining eyesight and helps my physio exercises especially my legs as I have to stand for long periods to check the bottom of the garden.

I am fortunate to have lots of birds visiting the garden at different times of the year. Winter is the most productive time as natural food is scarce and the birds are attracted to the feeders in the garden. Numbers of local birds are augmented by migrants from Scandinavia. Sarah puts apples out in the Autumn and Winter. These are popular with our resident Blackbirds and also tempt migrant Redwings and Fieldfares to visit.



In recent winters we have been visited by an increasing number of Blackcaps with a maximum of three last winter. The Blackcap is usually a summer visitor to Britain's woods and hedgerows. It is a slim Grey Warbler. The male has a black beret whereas the female's is brown. They will eat apples and other fruit but

continued

will also try fat or seeds from my feeding station. The numbers of Blackcaps choosing to spend their winter in Southern Britain seems to be increasing. Milder winters help their survival as does all of us who put food out in our gardens.

Blackcaps would traditionally migrate to sub-Saharan Africa to spend the winter but they seem to be doing very nicely by not undertaking a long and hazardous migration twice a year. Do look out for them in your garden but be aware they can be quite fast-moving and sneaky as they try to evade the Blackbirds and get to the apples first. I have two in my garden currently and I expect to see them until March when they will disperse to find mates and hopefully breed. They breed in front of my house and in April I can hear the rich song of the male advertising his territory.

It's always a thrill to find something a bit different in the garden. Most of the other birds don't seem to mind the Blackcaps. The Finches and Tits will let them onto the feeders. The Blackbirds chase them off the apples if they are not too busy squabbling with each other. Our resident murderous Sparrowhawk is too slow to catch them. I will keep doing my hours of physio but I always have my camera close by as I'm still trying to get the perfect shot.

Julian Bhalariao

What's on in Freckenham

Meet Up Monday, Village Hall 2–3.30pm. Free event but donation appreciated.

Saturday 3rd February, Table Top Sale, 2-4pm. Free Entry refreshments available. Variety of sellers from charities, new items, recycle & upcycle, so sure to be some treasures! Mildenhall Museum will be there!

Saturday 24th February, Farmers Market, 10am-12. Regular stalls & some new ones. Entry free. Refreshments available of hot & cold drinks, bacon rolls and homemade cakes. We now have a new Fruit and Veg stall from Plantation Farm, West Row.

Friday 1st March, Film Night, Doors Open 7pm. Film TBA. £7 a person with free popcorn. Film starts 7.30pm

Saturday 23rd March, Farmers Market, 10am-12. If the weather is kind it might include some plants and bedding plants (but still protect from frost!)

New seated yoga class Wednesday mornings 10am with Suzy (British Wheel of Yoga). Contact 07548 898775 to get more details. We already have Yoga, Pilates, Karate, FitSteps (check timing), Circuits, Table Tennis & Dance Club sessions!

Just keep looking out and/or follow us on Facebook as more events are planned, including live music/theatre. Check out the website or join us on Facebook, FreckenhamVH, Freckenham Community Group, Freckenham Film Nights or call the village hall mobile 07542 198933.

<https://freckenham.suffolk.cloud/freckenham-village-hall/village-hall-weekly-events/>

Christmas Decorations - Thank You

A very special “thank you” to the small group of ladies who decorated our lovey All Saints’ Church for Christmas.

After much needed recent repair work, the church is one more looking splendid and with the window sills and alter full of gorgeous holly, yew, candles and pine cones, along with the Christmas tree, it was truly dressed for the season.

Thank you all once more.

Worlington All Saints’ Church PCC

Worlington Parish Council

Name	E-mail	Address	Phone
Cllr Chris Hall (Chair)	crisdhall@yahoo.com	53 The Street Worlington. IP28 8RU	07770 763231
Cllr Lesley Osborne (Vice-Chair)	lesleyosborne37@gmail.com	11 All Saints Walk Worlington. IP28 8SP	01638 715914
Cllr Alan Marshall	alanwmarshall@goolemail.com	Manor End, Freckenham Road Worlington. IP28 8SN	07939 265578
Cllr Tim French	french.2000@talk21.com		07824 350654
Cllr Nick Foster	el_fozzo69@hotmail.com		07495 764609
Cllr Steve Foster	fozbuck51@hotmail.com	24 Church Lane Worlington. IP28 8SG	01638 714334
Cllr Edward Kerr	edward.kerr@edkerr.com		

The Parish Office (by appointment only)

56 Lamble Close, Beck Row, Bury St Edmunds, Suffolk, IP28 8DB

The Clerk, Joanna Priestley, can be contacted on:

Tel: 07706 086985

E-mail: worlingtonpc@outlook.com

Office Hours Tues - Thurs 9:30am - 2:30pm

Website: www.worlington.onesuffolk.net

MEETING DATES: First Thursday of the month at 7.30pm

All previous minutes & agendas can be found on the website or village notice board.

PARISH NEWS

THE HYTHE - The sign that was recently installed at the entrance to the Hythe was removed/stolen some time on the 17th or 18th January. Not only is it frustrating for those who maintain and look after the area, but it also means that a replacement will need to be purchased using parish funds that could be spent on other projects and improvements. If anyone does happen to know the whereabouts of it or has seen it anywhere then please do contact the Parish clerk to arrange retrieval.

VILLAGE WARM SPACE - The village hall will be open for tea, coffee and biscuits from 10am to 12 on 21st and 22nd February as part of the warm social space initiative. Pop in and have a cuppa in the warm and catch up with friends. There is no charge for this initiative as it is funded by a grant from West Suffolk Council.

NEIGHBOURHOOD PLAN - The draft neighbourhood plan has been submitted to West Suffolk for consideration. If you would like to read the document that has been submitted there are copies available in the church and in Worlington Hall Hotel. The documents are also online at the parish website. The plan, when passed will be in place for over ten years so please do have a look and see what you think. If you have any questions please let me know by contacting the parish council clerk.

VILLAGE HALL

The village hall is a fantastic venue for any occasion, competitively priced with a discount for village residents. We are also a registered charity so by using us for your party or special occasion you are helping to keep a valuable village asset open for all to use and enjoy. For more information on hire costs etc. please visit the village website.

BINGO – The bingo night we held in the hall at the end of January was enjoyed by all who attended. We will be looking to run another night later in the year where people will have an opportunity to win some money whilst socialising and meeting those from our community and further afield.

QUIZ – Our next quiz night, raising money for your village hall, will be held on Friday 8th March at 7.30pm. Teams of 6 ideally but if you want to come along teams can be made on the night, a great way to meet new people! Booking is essential. Please contact Nick on 07495 764609 or email: el_fozzo69@hotmail.com.

If you are a user of social media you can keep up to date with Village events and goings on by joining the 'Worlington News' group on Facebook.

Mildenhall & District Museum

6 King Street, Mildenhall IP28 7EX www.mildenhallmuseum.co.uk

YOUR MUSEUM NEEDS YOU

Do you have some spare time and interested in local history?

Mildenhall and District Museum are looking for new Trustees/Volunteers.

If you are interested and would like to know what is involved, please contact enqs@mildenhallmuseum.co.uk. We would love to hear from you.

The Museum will reopen after the winter break on 1st March the opening times are:

Tuesday, Wednesday, Thursday & Saturday 2:00 – 4:00, Friday 10:30 – 4:00

FREE ADMISSION – DONATIONS WELCOMED

ADVANCE NOTICE – This year marks the 90th anniversary of the Great Mildenhall to Melbourne Air Race and the commissioning of RAF Mildenhall in October 1934.

STOP PRESS – during the Easter school holidays the history hub presents an eggstravaganza at the museum fun for all the family..

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Date for copy for the next edition
by **Friday 22nd March.**

Please send articles to:

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pump@worlington.org.uk

Ellen Clowes

01638 712043

ellen.clowes@btinternet.com

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