



Worlington Pump

March 2016



Worlington Cricket Club

Worlington Cricket Club's new season gets under way in April with the first friendly fixture taking place on 2nd April before the league matches commence on Saturday 16th April.

Once again, Worlington will run two Saturday senior league sides as well as a Sunday Academy team and a side in the National Village Cup competition.

This year, their first round opponents in the Village Cup are Wenden CC of Essex and they will play host to them in Round One on Sunday 1st May.

Pre-season training for the youth players has already been taking place throughout the winter while the senior sides begin their sessions in March in preparation for the year ahead.

Further details on the cricket club, including latest news and a full fixture list can be found on their website at www.worlingtoncricketclub.co.uk

Aid collections for Calais and Dunkirk

The L'Auberge / Help Refugees organisation were incredibly grateful for the collection we, as a village, managed to get to them at Calais and Dunkirk just after Christmas and they are appealing for us to go on collecting as the problem is obviously going to continue for the foreseeable future. Aaron Lunn, who delivered the collection, writes

"First, we're very happy to tell you all that the despatch was a complete success, we managed to distribute a decent quality substantial load of blankets, tarpaulins, tents and over 80 pallets along with a few other assorted essentials directly into the camp, to those that needed it most.

The conditions were improved over the course of our stay, and they are improving, thanks to the donations and support we and other organisations receive, allowing us to put ourselves to good use."

If you wish to donate there is a list of urgently needed items on page 4. Please contact Heath Rosselli on 01638 717337 for more information.

The Life-Changing Magic of Tidying Up

Dear Friends,

A colleague on the point of retirement has been clearing his large rectory in preparation to move into a small retirement home he likes to call his 'man-cave'. Like many of us, he lives amongst clutter accumulated over many years. What to keep, and what to save? There's nothing quite like moving house to force decisions.

In all my adult life, I have (until now) never lived anywhere longer than four years; I now realise this used to help me to stay relatively clutter free. However Lawrence and I have now lived in our present home for twice that, and already it looks more like one of those house-clearance junk shops than a show-home. Of course when we married 8 years ago we brought with us the accumulated 'stuff' of two households; and since then we have added many daft purchases at auctions (what made us think we needed a dented copper bugle?) mementoes of our holidays (including a truly horrid pottery cicada complete with electronic chirruping sounds) and the contents of my mother's and my daughter's houses, still feeling too precious to part with - even those awful yellow "pouffes" from the 1960s I tried so often to persuade my mum to throw away. I seem powerless to sort things out.

However in talking to my colleague, I admit to being quite inspired. He told me about a book he has been reading, titled "The Life-Changing Magic of Tidying Up" by Marie Kondo. Apparently it is full of great tips for decluttering and re-organising, but one phrase really caught my attention. As my colleague described it, the author says that we should take each object in our home in our hands and ask the question, 'does this spark joy in me?' If the answer is 'no', then out it goes. Nothing must be kept for any other reason.

Springtime is traditionally a time of cleaning and decluttering not just our homes, but our hearts and minds. Often we seek to live a simpler lifestyle by giving up wine or chocolate for Lent. I wonder if instead we could take that principle of discarding whatever does not spark joy in us? What might we get rid of? Perhaps anger and revenge, bitterness and cynicism would all have to go. Out with sneering, criticism, gossiping. Selfishness and greed would have to go too. Wouldn't it be great if we could just get a big skip and throw all these things in? We'd all walk away feeling cleaner, lighter, happier.

I'm going to have a go at decluttering both my home and my heart this spring. I do hope you'll give it a try too.

Love Sandie

Date for copy for the next edition by: **Monday 21st March 2016.**

Please send articles to rob@garry.me.uk or ellen.clowes@btinternet.com. Thanks.

All Saints Church Services March 2016

Sunday 6 th	11:00 am	Mothering Sunday Family Communion
Sunday 13 th	11:00 am	Messy Church (Worlington Village Hall) No Evensong
Sunday 20 th	11:00 am	Palm Sunday Service
Thursday 24 th	7:30 pm	Maundy Thursday Communion (West Row)
Friday 25 th	2:00 pm	An hour before the cross (Freckenham)
Sunday 27 th	11:00 am	Easter Day Holy Communion

Priest in Charge	Rev. Sandie Barton	01638 720048
Elder	Heath Rosselli	01638 717337
Churchwarden	Mrs Shirley Reeder	01638 716096
Treasurer	Mr Rob Garry	01638 715611

Flowers

Sunday 13 th	Mrs A. Thornalley
Sunday 20 th	Mrs V. McClure
Sunday 27 th	Mrs V. McClure

Contacts for the Pump

Val McClure	01638 714336
Doreen Hubbard	01638 712688
Ellen Clowes	01638 712043
ellen.clowes@btinternet.com	

Advertising Rates

£60 per ½ page per annum
£30 per ¼ page per annum

Village Litter Pick

It is time once more to don your gloves, grab your litter pickers and head out to tidy up your village. We will be meeting at the Village Hall at 10am, on Saturday 19th March, where you can pick up your hi-vis, litter picker and bags. We will then head out to tidy up the area before returning to the hall around 11am for a well earned cuppa and light refreshments.

Worlington Village Hall

The Village Hall is a perfect venue for parties, meetings, exercise classes, etc. Tremendous value at £8 per hour for Worlington residents, £12 for non-residents
Contact: Nick Foster 07495 764609 email: el_fozzo69@hotmail.com

Aid collections for Calais and Dunkirk

The following items are urgently needed:

Cooking oil	Sleeping Bags
Rice	Thick blankets and duvets
Tinned fish (tuna, sardines, etc.)	Tents (preferably 4 people or larger)
Biscuit packets	Warm waterproof jackets & trousers
Tinned fruit and vegetables	Tarpaulins, 3.5m x 5m and bigger
Tea & Coffee	Camping Mats
Sugar, Salt	Firewood
Vegetable stock cubes	Fire extinguishers
UHT milk	Wind up/ solar torches and lanterns

Please check with Heath Rosselli on 01638 717337 for anything else that is needed or Shirley Reeder on 01638 716096 for where to take items.

Brown Bin Service

Your current brown bin service will end on Saturday 2nd April 2016.

A **new** optional garden waste collection service starts Monday 4th April 2016

The new garden waste only service will cost £40 a year for a bin. This charge covers your collections between 4th April 2016 and 31st March 2017. The new service will continue to use your existing brown bin.

To guarantee you do not have any breaks in your service please sign up by 22nd March 2016 (but you can join the scheme at any time).

To find out everything you need to know about the service and to sign up visit: www.westsuffolk.gov.uk/gardenwaste



If you do not want to sign up to the new service you do not need to do anything. You will not be charged if you do not want the new service. We will not be removing your brown bin – if you change your mind, you can join the new scheme at any time by following the steps above.

Email: customer.services@westsuffolk.gov.uk

Telephone: 01638 719119 or 01284 776119

Forest Heath & St Edmundsbury councils

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What's on in Freckenham www.freckenham.onesuffolk.net

Films At Freckenham - Tickets £5 – no need to book.

Friday 4th March - in a slight diversion from the normal films, we will be screening the documentary *Addicted to Sheep* (PG). It's been previewed on BBC Country File and on Channel 4. a sell-out in three showings in a mainstream Suffolk cinema in November/December, this terrific independent film tells a year in the life of North Pennines' tenant farmers, Tom and Kay Hutchinson and their family, following their quest to rear the perfect sheep. Told with affection but without sentimentality (life and death are unflinchingly intertwined) this feature film gets under the skin of its subjects and the tough lives they lead. While Tom and Kay joke about the devotion to rearing the perfect prize-winning sheep, their children reflect on the ups and downs of rural life with a wonderful blend of innocence and experience. The whole family are terrific company and the director, Mageli Pettifer, herself a farmer's daughter, captures both the beauty and the bleakness of the environment in which they live and work. With more screenings booked, this is a film not to be missed – an Indie film and sheep! As well-known film critic, Mark Kermode says it is “a rare treat”, while another believes “it could be one of the best films of 2015”. Running time 1 hour 15 minutes. Tickets £5 no need to book just turn up, bar & snacks available.

Saturday 26 March - Freckenham Farmers & Crafts Market 10am - 12 noon. Suppliers returning again include fresh meat from Culford Flock (www.culfordflock.co.uk) fruit and vegetables from West Row Plantation Farm (email plantationfarm@btinternet.com) Suffolk honey, preserves, award-winning savoury pies (www.the-pie-kitchen.co.uk or email sally.lewis7@btopenworld.com), a huge variety of preserves from www.gardenpreserves.co.uk, Mrs H's Cheese Stall (www.mrs-h-cheesestall.co.uk), local honey, preserves, pickles, eggs, crafts – candles, felting, knitting, jewellery, hand crafted cards, gifts and more tbc. Mildenhall Museum Shop with gifts & games too as they prepare to re-open the museum 1st March following a winter closure. Refreshments of drinks, bacon rolls & cakes available. Free entry. Some Easter gift ideas & treats. Next one 30th April.

Friday 1st April - Double Bill, Paddington at 2:30pm & Lady in the Van 7:30pm. For families during the Easter holiday, we are also screening an afternoon show of Paddington, with tickets just £2.50 each. Doors open at 2pm. Teas, coffees, soft drinks and snacks will be available. Only released in November 2015, the Alan Bennett story, Lady in the Van, starring the incredible Maggie Smith. We know this will be popular, tickets £5, so doors open at 7pm and enjoy some refreshments – snacks and drinks from the bar in advance.

Check the website www.freckenham.onesuffolk.net for our weekly activities and do check if you have not attended recently plus we are looking to start new extra activities soon!

Worlie Café

Worlington Village Hall

Friday 4th March 2016

11:30 am to 2:00 pm

Menu

Minestrone or Parsnip Soup

Toad in the Hole with Newmarket Sausages

Vegetarian Quiche with side salad

Home made Cakes

Tea, Coffee & Cold drinks

Look forward to seeing you trying the lunches
and having a chat with friends and locals

Summer Fashion Show

Clothes sale from the Artichoke Collection

also Cookery Demonstration and Jewellery Sale

Riverside House Hotel, Mildenhall on Tuesday, 22nd March 9:30 - 1:00

£8 inc. coffee & biscuits

Tickets from the hotel 717274
or Julie Merrick 716177



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A huge thank you to everyone who came along and supported us at the February Fish & Chip quiz. It was a really good fun evening and a very big 'thank you' once again to Brian Cole, quiz master. Thanks also to Linda, Kenny and Ellen for help on the night, for generous raffle prizes and to everyone for help in putting away chairs and tables afterwards. Your help really is appreciated.

The quiz made £435, proceeds in aid of All Saints Church.

Tuesday Coffee Morning

Last Tuesday of each month,
At All Saints' Church, Worlington
Next one is March 29th, 10.30 - 12
Join us for coffee and homemade biscuits
Everyone welcome

Easter Teas and Flowers

All Saints Church
Easter Monday 2:30pm - 4:30pm

An opportunity to see the Church beautifully decorated for Easter

Please join us for tea and Homemade Cakes

Proceeds to All Saints Church

Bingo

Worlington Village Hall
Friday 18th March 2016 at 7:30pm

£5 a book. This will provide you with 6 games.

(you may purchase more than one book)

*Cash prizes to include a Jackpot prize of **£50***

Raffle (donations greatly appreciated)

Please bring your own snacks / soft drinks / alcohol

So book your place now by contacting Nick

on 07495 764609 or email..el_fozzo69@hotmail.com

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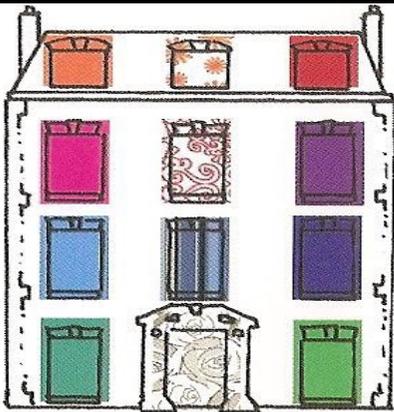
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*For information about events in the village
please visit the village website:*

<http://www.worlington.onesuffolk.net/>

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